



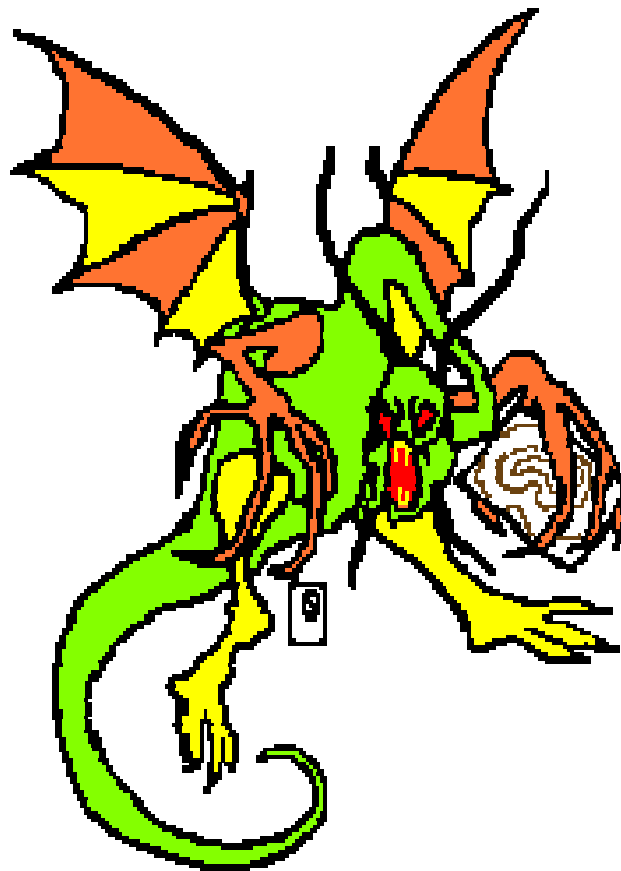
West Anglian  
Orienteering  
Club



# JABBERWAOC

Vol.35 No. 1

February 2007



*And, as in uffish thought he stood,  
The Jabberwock, with eyes of flame,  
Came whiffling through the tulgey wood,  
And burbled as it came!*

## **Editorial**

It's a busy time for regional events what with the Thetford Thrash, the NOR single Dumpling (also the British Night Champs on the same area the night before) and SOS Baddow Ridge event all in February. There's also a National Event in Dorking at the end of the month.

On March 17th it is the club *AGM*. This is your chance to have your say on how the club should be run and to get yourself on the committee and to have an enjoyable social evening. It's all change on the committee with various committee members standing down or moving to other positions. In particular the club chairman, secretary and treasurer are all changing (see Caroline's Chairman's Chat). Some replacements have already been found but certain positions need the club members to vote in their preferred members so we need you there. We also need to know if you want to nominate someone for one of the posts.

With the Compass Sport Cup coming up, the captain will need to know who is available to represent the club. Then for the JK and British Championships, the captain will be looking for willing volunteers to make up relay teams. Taking part in relays is great fun and a great way to get to know more members of the club. See details later in this edition.

Ursula is looking for volunteers to plan and organise *SMILE* events - see the *SMILE* 2007 details later in this edition. Please offer your assistance if you can. There is also a plea for planners and organisers for events later this year.

Julia Crook

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

31st March 2007

## **WAOC Membership Information**

### ***New Members***

Welcome to:

Wendy Jones  
Amyas Phillips  
Alison Sleigh

from Croydon, nr Royston  
from Cherry Hinton, Cambridge  
from Cherry Hinnton, Cambridge

We hope that you will enjoy orienteering with us.

Anne Duncumb (membership secretary)

## ***SUBSCRIPTIONS for 2007***

Many thanks for all the subs now received. The drop-out rate seems to be unchanged from the last few years, indicating that the changes in BOF Membership arrangements have not led to a fall in member numbers.

Please remember that, in order to qualify for the £2 discount on entry fees, you need to show your BOF card every time you register at an event.

Anne Duncumb (membership secretary)

## **Chairman's Chat**

Many thanks to Mike Capper who has stood down as Fixtures Secretary. Mike took over this important role after Dave Wotton's death in 2001. He has planned our calendar of events, negotiated with other EAOA clubs for dates, arranged permission for access with all the landowners and registered the events with *British Orienteering*. Although this happens very much offstage, I have always been able to rely on it being done and on time. Thank you Mike for all your hard work.

Dil Wetherill has now taken over as Fixtures Secretary. Welcome to the committee.

This year's AGM is a time of change with my 3 years of office as Chairman ending. Chris Morley has agreed to be nominated as Chairman so we are looking for a new Treasurer. Tim Mulcahy is standing down as Secretary and Karen Heybrock has agreed to be nominated for this post. Rolf Crook is being succeeded as Club Captain by Steve Hinshelwood and Ursula Oxburgh is standing down as Events Convenor. The Events Convenor is responsible for arranging organisers, planners and controllers for WAOC events. This is a key role for the club, without which our events would not happen, and which could possibly be split. We are also looking for someone to takeover as Club Coach and arrange coaching and coaching weekends.

If you are willing to take on one of these roles, do please get in touch. It is not necessary to be a top orienteer for any of these posts! Committee members are happy to explain what each role involves. WAOC, like all o-clubs, relies on volunteers to run the club and put on events. If you enjoy orienteering, please consider whether you are putting enough back into the sport.

May I thank all the members of the committee for their hard work and support whilst I have been Chairman.

Caroline Louth

# WAOC AGM

**17<sup>th</sup> March 2007  
from 6:00pm**

**St. Matthews' Church Hall  
St. Matthews' Street  
Cambridge**

St. Matthews' Street is off East Road near the Grafton Centre. Parking is available in St Matthews' Street and the neighbouring streets as well as in the Grafton Centre car park.

The evening will consist of some games as well as the business of the club and food and drink (mulled wine). Please bring a contribution to the food.

## Agenda

1. Apologies for Absence
2. Minutes from the previous 2006 AGM
3. Chairman's report
4. Acceptance of Accounts
5. Awards and Presentations
6. Election of Officers
7. Any other business

O-tops and sweatshirts will be on sale.

Winter O-tops £16.50, sizes 3,5,6,7.

Summer O-tops £20, sizes 6 and 7.

Club sweatshirts £10, sizes M and XL.



## Compass Sport Cup and Relay Events

Entries for the BOC relays, JK relays, and Compass Sport Cup are sorted through WAOC, so it is essential that you let the captain know if you would like to compete. And I would encourage everyone to compete. Relay courses cater for all age classes and abilities, just like any other event. They tend to be more light-hearted than the individual events, although no less competitive, and bring out some club camaraderie. What better way to finish the weekend away.

At this point I (Rolf) am handing over club captain to Steve Hinshelwood. Please contact Steve ([steve.hinshelwood@ntlworld.com](mailto:steve.hinshelwood@ntlworld.com), 01223 844541) to enter these events. Let us know your age class and SI number. For relays also mention any preferences such as “I prefer to run the middle leg” or “I’ve been training hard and am looking for a run in the JK Trophy”. Teams can be juggled at the event, in the case of injury for example, but Steve and Simon would like to have teams sorted out as much as possible beforehand. The club pays for half of your relay entry fee, and for all of your Compass Sport Cup entry fee.

### ***COMPASS SPORT CUP – FIRST ROUND***

Our first round competition is at Egypt Woods and Burnham Beeches, near Slough on **Sunday March 18**. This is an ancient beech forest, generally very runnable with contours and a few rhododendron bushes. Our friendly local rivals, NOR are travelling north to compete with our other usual rivals NOC and LEI, so this year we will be up against the likes of HH, MV, SLOW, SN and LOK. There are plenty of start slots on eight different courses, and non-competitive white and yellow for the youngsters, so I encourage everyone to run. As you’re competing for the club, and as a thank you for helping at other events, the Compass Sport Cup entry fee is paid for from club funds. The club’s deadline for entries is **February 16**.

Each age class is assigned to one of eight courses with associated colours from Orange to Brown: Brown for Men Open; Blue Women for Women Open; Blue Men for M45+ and M20-; Green Women for W45+ and W20-; Green Men for M60+; Short Green for M75+ and W60+, Light Green for M18- and W18-; and Orange for M14- and W14-. Most competitors will run to class, but we may ask a few to run up a class if deemed advantageous.

### ***JK RELAYS***

The JK relays are at Caerwent, a disused army camp between Chepstow and Newport (Gwent) on **Monday April 9** (Easter Monday). The area has many roads and tracks dividing up grassland now used for grazing. It will be fast and furious and spectators will benefit from excellent views as the races unfold. The club pays for half of your relay entry fee. The club closing date is **March 9**.

### ***BOC RELAYS***

The BOC relays (British Relay Championships) are on **Sunday May 6** at Pwll Du near Blaenafon and Abergavenny. The area is largely runnable open hillside with extensive old opencast workings and with no brambles or gorse. The club pays for half of your relay entry fee. The club closing date is **April 6**.

Rolf Crook

## FIXTURES FOR 2007

**Have you enjoyed orienteering with WAOC in 2006?** The 2006 Fixtures List below shows the members of WAOC you have to thank for making your orienteering such fun. Without planners and organisers events simply cannot go ahead so WAOC, and that means you, is very grateful to all these people for making last year's events so successful. Particular thanks to the Woods family for the support they gave Peter in 2 and above all to the Humphries family, which includes the BOF Elite Planner for 2007, for their enormous contribution to planning in 2007.

Date	Venue	Type	Organiser	Planner
22 Jan	Mildenhall North	District Event	Cath Pennington	Simon Gardner
4 Feb	Mildenhall South	Night Event	Roger Horton	Martin Humphries
5 March	High Ash	District Event	Chris Page	Graham Louth
22 May	Rowney Warren	Middle Race	Peter Woods	Neil Humphries
16 Sept	Wimpole	Come And Try It	Ursula Oxburgh	Martin Humphries
1 Oct	Amphill Park	Mini Blodslitet	Brian Williams	Peter Woods
5 Nov	Maulden Woods CANCELLED	District Event	Bruce Marshall	Roger Horton
3 Dec	Rowney Warren	District Event	Maureen Weldon	Mike Bickle

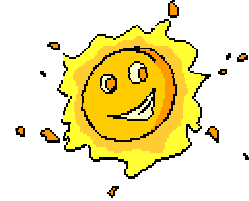
**Are you hoping to orienteer with WAOC in 2007?** If so please look at the 2007 Fixtures List below. You may note that it is particularly empty of officials. Now WAOC has a principle, honoured more in the breach than the observance, of not asking people to plan or organise more than once every 2 years, so we are looking hard for planners and organisers who are not on the 2006 list. If you would like to help but feel that do not yet have enough experience to take on the whole task, we have very clear planner's and organiser's guides, we hope to provide you with a mentor to guide you through the various steps and we will put on training evenings if there is a demand for them. So please get in touch to find out more: the WAOC Fixtures programme depends on YOU.

Date	Venue	Type	Organiser	Planner
29 April	Therfield Heath	Relays		
16 Sept	Hinchingbrooke Park, Huntingdon	Come And Try It		
21 Oct	Mildenhall North	District Event (Colour Coded)		Tim Mulcahy
18 Nov	Rowney Warren	District Event (Colour Coded)		
16 Dec	Maulden Woods	District Event (Colour Coded)		

**Ursula Oxburgh (Events Convener), 01223 357199, [u.oxburgh@esc.cam.ac.uk](mailto:u.oxburgh@esc.cam.ac.uk)**

## Milton Country Park Threatened with Closure

If you haven't already heard, Milton Country Park is threatened with closure later this year. There is a website all about it at <http://www.savemiltoncountrypark.com/> which includes a petition. We use the area annually for SMILEs and Midweek Summer Galoppens, and the running group run round it as part of one of the regular runs.



## WAOC SMILE 2007

WAOC's SMILE calendar is under construction for 2007 and now needs organisers / planners to ensure that it is as successful this year as in previous years. The events are **SuMmer Introductory Low-key Events** and they will be held on either Saturday or Sunday mornings starting in April and finishing in or around 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 potential dates for the events and we are keen to secure six of the seven dates. 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 :

Ampthill Park; Coldham's Common, Cambridge; Ferry Meadows, Peterborough; Fairlands Valley, Stevenage; Hinchingsbrooke Country Park; Milton Country Park, Cambridge; Rowney Warren, Shefford; 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.

<b>Date</b>	<b>Location</b>	<b>Organiser / Planner</b>
Sat 21 April 2007	Coe Fen, Cambridge	Jenny Grey + KCS
Sun 13 May 2007	Wandlebury, South Cambridge	Cooper Family
Sat 26 May 2007 or Sun 27 May 2007		
Sun 3 June 2007	Therfield Heath, Royston	Cronk Families
Sun 10 June 2007	<i>Provisional Wimpole Hall</i>	<i>Peter &amp; Janet Allen</i>
Sat 16 June 2007		
Sun 1 July 2007	<i>Provisional Wimpole Hall</i>	<i>Peter &amp; Janet Allen</i>

If you will take up the challenge to run an event at the end of May or on 16 June and keep the SMILE calendar active, 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.

Ursula Oxburgh, email [u.oxburgh@esc.cam.ac.uk](mailto:u.oxburgh@esc.cam.ac.uk), tel 01223 357199

## **Are you Wired-up for WAOC?**

Well, 105 members are already subscribing to the WAOC emailing list.

If you want to be better informed about WAOC events then get connected.

The club's Yahoo Group! account sends out about 3 emails a month so you won't get deluged with lots of uninteresting messages and your email address is secure so no one else can misuse the service.

To subscribe, or to broadcast a message to other club members, send an email to Bruce Marshall ([bmarshall@theiet.org](mailto:bmarshall@theiet.org)).

## **New Junior Certificates**

The club operates the colour badge scheme whereby juniors (and seniors) qualify for a colour badge when they have achieved 3 standards at a particular colour. For White the standard is to finish the course successfully as an individual (not in a pair) and without being shadowed. For all other colours the standard is the winning time + 50% or the top 50% of competitors; whichever includes the more competitors.

We have felt for a while now that juniors sometimes move on too quickly to the next colour after getting a badge. It is far better for juniors is to keep practicing at the same level until they are able to consistently come in, say, the top quarter of the runners on their course, before moving up. That way juniors can be sure that they have really mastered the skills necessary at one level, before moving on to start learning and practicing the skills necessary for the next level of technical difficulty.

To encourage juniors to persevere at White, Yellow and Orange courses, we are introducing WAOC Junior Certificates. These will be awarded to those juniors who complete a further 4 and 8 courses within the colour standard, after the relevant badge has been gained. The Junior Captain will present



certificates at the start of junior training. Please contact Ian Smith, who looks after the colour-coded awards, once you have qualified for a certificate.

We would also encourage juniors who have achieved a colour standard (and even those who have not!) to also try to achieve a Gold, Silver or Bronze standard at one or more Regional or National Events. To achieve a Gold standard at a Regional or National event you need to finish within the winning time + 25%; to achieve a Silver standard it is the winning time + 50%, and a Bronze standard is the winning time + 100%. If you achieve three Bronze, Silver or Gold standards within 2 years (all on the same course) then you qualify for a Bronze, Silver or Gold Badge from *British Orienteering*. If you would like further information about Regional and National Events please contact any member of the committee.

Caroline Louth

## Training

The next training session to put in your diary is at the High Ash Colour Coded/District event on 4th March 2007 (after the WAOC event, starting at 12:30pm). As usual, please indicate which of the following sessions you'd like to attend:

- i) Starting off on the White
- ii) Moving on to Yellow
- iii) Learning Orange skills
- iv) Light Green and above

Please contact Jo Whitehead ([jo.whitehead@ashridge.org.uk](mailto:jo.whitehead@ashridge.org.uk), 01223 353603) by Tuesday 27th February if you'd like to take part in the training and what level of training you'd like to do. On the day, don't forget to have something to eat and to drink before you come to the start of the session. If any adults are happy to help with the coaching sessions, please let me know ([blanka@drongo.org.uk](mailto:blanka@drongo.org.uk), 07791-208789).

## ORGANISING A WAOC EVENT IS EASY

Have you ever thought about organising a WAOC event? A lot of you have must have done so: indeed, there is a plea for organisers for next year's events on another page of JabberWAOC and I and other Events Convenors have been phoning round the membership list for many years.

This is to tell you all that we have now put together a fantastic Organiser's Pack, with everything you could possibly need to organise a WAOC event.

There is

The Organiser of an orienteering event is responsible for everything that goes on at an event except for the bit between the start and the finish, which is the Planner's responsibility!

A summary of the Organiser's tasks in rough chronological order is:

2. **Contact Officials.** The Events Convenor will have sorted these out. Contact the Controller to make yourself known to him. Contact the Planner to discuss location of the car park, start and finish, courses etc.

3. Publicity. Confirm with the JabberWaoc Editor and the Web Site Manager that the event details are being published.
  4. Risk Assessment. There is a risk assessment form in the Organiser's Pack. Liaise with the Planner over event specific risks.
  5. Key to forest. Most FE forests have a locked gate. The Fixtures Secretary will have contact details for the forest office.
  6. Helpers. About 2-3 weeks before the event start contacting club members to help on the day. An experienced helper on Download, Enquiries and Start is useful, but also try to involve new members. The Membership Secretary will have sent you a current list of members. Details of helpers and tasks are in the NOTES FOR ORGANISERS
- Car Park  
String Course?  
Registration  
Start.  
Finish  
Data Entry & Download.  
Results.
7. Equipment. There is a separate equipment list. The equipment is stored with the Equipment Officer. Arrange a pick up time and take your list with you when you collect the equipment.
  8. Accounts. After the event you need to count the money, fill in the Event Expenses form in your pack and send him/er a cheque.

So, as you can imagine, the day before tends to be quite busy, but the event itself normally runs very smoothly and you should be able to fit in a run if you want to – on the other hand, you get WAGAL points equal to your best score, so you may prefer to rest on your laurels!

This is a really good way to get to know different club members and you give a lot of people a great deal of pleasure by organising an event for them – as you have enjoyed events organised by others. So go on, give it a go. E-mail me before I ring you!

Ursula Oxburgh (Events Convenor) ([u.oxburgh@esc.cam.ac.uk](mailto:u.oxburgh@esc.cam.ac.uk) 01223 357199)

**WAOCjuniors February 2007 update...**



Just before the end of the year, at WAOC's colour coded event at Rowney Warren, the last junior training session of the year was held, and there was also a cake stall which made £73 for the junior fund. Thanks for all the support – the funds will be used to buy some new junior O tops as we have a number of juniors representing the club who have reached the yellow standard badge and are due to be given their WAOC tops. We are also hoping the money may help to fund WAOC junior head torches to encourage juniors to attend night events and perhaps improve our chances in events such as the Peter Palmer relays. Thanks are also due to Sue Woods and her helpers who organised the cake stall – I am

sure it was very much appreciated by the competitors who'd been running in the December cold!

The end of the year also brought the final of the Yvette Baker National competition, which is a bit like the Compass Sport Cup, but solely for juniors. This was held in the South Central region, at Cold Ash (some of you will recognise the name as the venue for last year's end-of-January National event). As a club we finished 10<sup>th</sup> out of 14, slightly lower on our 8<sup>th</sup> place from the 2005 final, but there were some great individual performances. It was also good to see many of the newer juniors competing for the club. The scoring team was *Simon Gardner, Helen Gardner, James Haynes, Sophie Louth, Jacqueline Heybrock, Thomas Louth, Susha Chandraker, Katrin Sengerová and Beth Barker*. Well done also to:

- **Simon Gardner** who was **10<sup>th</sup>** on Boys' Green
- **Helen Gardner** for **winning** the Girls' Green
- **Thomas Louth** who **won** the Boys' Orange
- **Susha Chandraker** who was **10<sup>th</sup>** on Girls' Orange
- **Beth Barker** who was **17<sup>th</sup>** on the Girls' Yellow
- Todd Cooper, Robert Armitage, William Louth, and Beth Barker who all managed to get a yellow standard at this competitive event
- Thomas Louth, Susha Chandraker, Ben Armitage, and Philip Humphries who all managed to get an orange standard
- James Haynes who managed to get a light green standard

For the juniors, just like the seniors, the beginning of the new year brings with it the start of the competitive individual season with competitions such as the JK, British, selection races and such like – so watch this space for some results over the next few weeks!

With the start of the new year, juniors and seniors alike move up a year in their orienteering age. This year, the junior club loses one of WAOC's best recent juniors, Helen Gardner, as she moves on to become a W21. Over the last few years, Helen has been a member of the British Junior Squad and competed in 3 out of the 4 Junior World Champs she had been eligible for, various European Cup events, all the junior home internationals she could have run in and many other events, which would take a lot of space to list. Despite all of her commitments to national and international level orienteering, Helen made sure she competed in as many club-based events as possible, supporting the WAOC juniors not only through her own results but also through inspiration of the younger juniors in the club. With this, I'd like to congratulate her on all the achievements she has had as a junior, and wish Helen the best of luck in her orienteering as a 'senior'.

*Blanka Sengerová*  
(WAOC Juniors newsletter editor)