

West Anglian
Orienteering
Club



JABBERWAOC

Vol.36 No. 2

April 2008



*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

Not much to say this month. The orienteering season is in full swing and, injuries allowing, I hope to see some of you at the many exciting events, both near and far, that are coming up. If you're going to any of these, why not write a brief report for Jabberwaoc – I am sure we would all be pleased to hear about your exploits!

For those of you who have yet to renew your membership of WAOC, this will be your last Jabberwaoc. Details of how to renew are given below. If you are a club member, have a look at the British Orienteering website (www.britishorienteering.org.uk) to see the many benefits of joining the national federation – it is very worthwhile.

The SMILE season as well as a series of summer league events (usually Wednesday evenings) will start shortly – they are great fun and provide a good opportunity for a bit of surreptitious technique training.

Finally, well done to all the juniors who have been running so well over the last few months and I am sure we all wish the best of luck to Thomas Louth who is competing at the World Schools' Championships in Scotland at the end of April. Enjoy!

Mike Capper

Next Copy Date – June 21st

MEMBERSHIP RENEWAL reminder for 2008 - FINAL REMINDER

For any members who have not yet renewed their membership of British Orienteering and/or WAOC, and still wish to do so, this is the final opportunity!

British Orienteering members will have received their renewal requests from BOF in November. If you can't locate the form, email nicole@britishorienteering.org.uk or telephone the BOF office 01629 734042

Club only members had their renewal form enclosed with the November edition of Jabberwaoc. If you can't find the form, fees are: Seniors/Families/Groups £10, Juniors £2.50. Cheques, made out to WAOC, to Anne Duncumb, 5A Woollards Lane, Great Shelford, Cambridge CB22 5LZ. If you want to change to being a BOF member (either Local or National) I can provide the necessary form.

Anne Duncumb (membership secretary)

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Chairman's Chat

It was very good to see many WAOC members over the Easter weekend at the JK, which featured challenging courses on interesting Sussex terrain – and also some challenging weather. Congratulations in particular to William Louth who came first in M10A, to Thomas Louth who was 4th in M14A, and to those who had runs in Championship times. Special thanks are due to all those who looked after the Club's equipment, the splendid new feather banner and especially the tent – a welcome haven of companionship and shelter, especially from the snow on the Relay day.

At the Club AGM on 15th March the Secretary, Treasurer and Chairman were all re-elected unopposed. Ian Lawson has taken over the important role of Fixtures Secretary from Dil Wetherill, who is becoming Club Coach and Training Officer. Ursula Oxburgh is stepping down after making a fine contribution to WAOC in the important role of Events Convenor, to be replaced by Peter Woods – and Hazel Bickle has kindly agreed to organise the Summer Galloppen events. Thanks were expressed at the meeting to all these volunteers; the committee is still on the lookout for a Publicity Officer and someone to take on Junior Development.

A motion was carried at the AGM that paper copies of Jabberwaoc should no longer be sent automatically to all members of WAOC, but would be available on-line as it is now – so that anyone who wanted copies on paper would be expected to apply for that. The committee will now consider the arrangements for doing this, presumably from January 2009 with a reduced membership subscription and an appropriate charge for Jabberwaoc on paper.

Graham Louth kindly brought to the JK some possible designs for a new WAOC O-top, so that people there could express their views. It would be a great help if WAOC members who encounter Graham in the next few weeks, maybe at Ampthill, the British Championships or Chicksands, could study the designs and express any preference in time for the next committee meeting on May 15th.

Club News

The list of current committee members and their contact details is available at www.waoc.org.uk

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Paul Carne and Jo Williams from Meppershall, Beds

John Harris from Puckeridge, Ware

We hope that you will enjoy orienteering with us.

Advert - almost Free to a good home.

Hally Hardie has 2 unused 'space blankets' which are available to any Club member/s who may want either or both of them (for the 'price of a drink' if Hally can catch them in a pub). Hally is possibly moving home in May so is keen to offload them before then. Hally can be contacted on hally40@btinternet.com

Colour Coded Awards

You are all familiar with arriving at a local Orienteering event and choosing which 'colour' of course to run, you are usually faced with a range of choices from White for absolute beginners and youngsters to Brown for the experts. You may not be aware that there is also a system whereby you

can obtain 'Colour Coded Badges' which can be proudly worn on your tracksuit or pinned to the wall somewhere in the house.

This scheme is intended for youngsters and adults and is a means of marking your progress through the stages of difficulty that the different coloured courses present.

To qualify for a badge you have to complete three courses of the same colour on your own and achieve the 'standard' for that course.

On a White course everyone who completes the course meets the standard.

On all other courses you have to do the course in less than the 'standard time'. There are two ways to define the standard time and whichever method includes most people is the one used.

The two methods are

1. 50% of the competitors who started the course.
2. All the competitors within 150% of the winner's time.

The published results from an event should show the standard times for each course.

If you have done three courses meeting the standard you are entitled to claim your badge. To do this you need to contact me, Ian Smith, let me know which three events qualify you for your badge and I will send you your badge, free of charge.

To contact me you can email smithfamilypuckeridge@hotmail.com or phone 01920 822421 in the evenings.

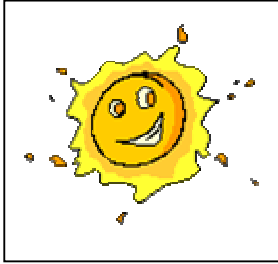
I look forward to hearing from you.

Ian Smith

Summer Mid-week Galoppen 2008

The **Galoppen** is a series of fun orienteering courses held locally on Wednesday evenings. You may remember the prizes for last year's Junior and Senior Men and Women were given out at the AGM. The system of awarding points results in a higher final score if you take part in more events. I actually won a Cadbury's crème egg this year but this came at a price as I also won the prize of coordinating this year's series.

It is good to get a run on sunlit evenings with starts usually 6-7pm so WAOC members and friends can come after work to compete in these informal events with just two courses. These have varied in design using a minimum of equipment with controls of lettered plastic cups on a conventional colour coded style course to a Street O where you write down the numbering on specific lamp-posts. We have had quizzes and one event was based on Sudoku, where I got into trouble for wanting to finish the Sudoku rather than hand in my control card!



These low-key events are ideal for anyone thinking of starting to plan events or old hands inventing imaginative new courses. Locations and dates are beginning to fill up but lots of volunteers are needed for all the Wednesday evenings still available so do please contact me to reserve your favourite area or find out more details on hjc1000@esc.cam.ac.uk (or via Helen on hnbickle@hotmail.com if my work's firewall stops your e-mail) or phone 01223 842416.

Areas available include Ampthill, Bar Hill, Cherry Hinton Hall (not 23 July - 6 August due to Folk Festival - fencing appears overnight), Coe Fen, Coldham's Common, Dry Drayton, Fairlands Valley, Harlton Clunch Pits, Hinchingbrooke Park, Priory Country Park, Rowney Warren, Therfield Health, and Wandlebury.

Provisional timetable so far

Date	Location	Organiser
Wednesday May 7	Crown Lakes	Hally Hardie
To be confirmed	Ferry Meadows	Lindsey Freeman
Wednesday June 11	Jesus Green/Midsummer Common	Helen Bickle
Wednesday June 25	Milton Country Park	Martin Rigby
Wednesday August 20	Wimpole Hall	Ian Lawson

Keep an eye on www.waoc.org.uk for the latest information.

Hazel Bickle

Minutes of the WAOC Annual General Meeting - 15th March 2008

Present: **Beth & John Barker, Hazel & Helen Bickle; Anita, Sushruta & Mihir Chandraker; Frances Cooper; Janet & Jonathan Cronk; Anne Duncumb; Nicola Gardner; Peter, Karen, & Jacqueline Heybrock; Ian Lawson; Graham, Caroline, Sophie, Thomas & William Louth; Chris Morley; Alice & Martin Rigby; Ursula Oxburgh.**

1) Apologies for absence

Armitage family, Mike Bickle, Rakesh Chandraker, Steve Hinshelwood, Ben Holland, Bruce & Maria Marshall, Pocock family, Blanka Sengerova.

2) Minutes of the last AGM 2007

The minutes of the last AGM were approved as an accurate record of the proceedings.
Proposed: Ursula Oxburgh, Seconded: Anne Duncumb

3) Chairman's Report – Chris Morley

On the face of things, the past year has been a fairly ordinary one for the Club, with no Regional Event in the Thetford Thrash, and no world-ranking Middle Distance races at Rowney Warren. WAOC has nevertheless put on during the year four District events, one Night Event, one Try-O, six SMILES and eight Summer Galloppen events - and I should like to thank to all those WAOC members who organised and planned the events, and all the large number of people who

helped. As an amateur sport we rely entirely on voluntary contributions from willing members, and it is heartwarming to see this help continuing - without it the Club could not exist.

During the year the Club and individual members have had a number of successes in Orienteering competition out in the forest - notably our juniors. May I congratulate all our various winners and champions. For the first time ever the Club has made its way through to the final round of the CompassSport Cup – due to a splendid victory over NOR at Brandon in January. The final will be at Sutton Park in October, and all members of WAOC are urged to attend it at all possible – it is likely that the Club will organise transport by coach.

The past year has certainly not been an uneventful one for the Committee, and the Junior Subcommittee has also continued to meet regularly. New officers, Secretary and Treasurer as well as Chairman, were elected at the last AGM, and since then there have been several changes in other offices - Mike Capper has taken over from Julia Crook as Editor of Jabberwaoc (and is doing a great job); Ian Lawson has taken over as Fixtures Secretary from Dil Wetherill, who is switching to become Club Coach and Training Officer; and quite soon Peter Woods will be taking over from Ursula Oxburgh as Events Convenor. I should like to thank all the previous officers on behalf of us all, and wish the new officers well- and add a special word of thanks to Ursula, who has done over many years, and continues to do, a tremendous amount for WAOC. Perhaps I should add that we are still seeking a Publicity Officer and a Junior Development Officer.

Matters considered by the Committee over the year have included the fact that with prospective expenditure the Club is not quite so healthy financially as it used to be; lengthy consideration of possible designs of new O-tops for the Club, where Graham Louth is we think coming up trumps; acquisition of a splendid new feather banner to mark out the Club tent at events; an arrangement to encourage members to take Jabberwaoc on line but not on paper, by a reduced entry fee to one event in the year; a proposal to urge all Club-only members to become BOF local members; and mapping of existing and possible new areas for Orienteering. So there is a lot going on, as well as the regular month-to-month organising of events.

As your Chairman I attended an Extraordinary General Meeting of BOF last October, at which future development of the sport was discussed, and also a proposed re-organisation of the different categories of O-event, with Regional and District events possibly being amalgamated into a single Standard category - doubtless we shall hear more about that over the next few months.

4) Captain's Report

Unfortunately Steve Hinshelwood was unable to attend due to sickness but Chris Morley reported our success in the Compass Sport Cup and wished to encourage as many as possible to participate in the final on 19th October. The club hopes to arrange a coach.

5) Treasurers Report & Acceptance of Accounts

Club Treasurer Helen Bickle presented the annual accounts and reported that they had been audited and approved by Peter Haynes. The meeting approved the accounts as presented. Proposed: Caroline Louth, Seconded: John Barker

Helen made the following comments:

2007 has been a financially healthy year. Despite the fact the Thetford Thrash, usually a money-spinner, raised less than £200 due to the higher British Orienteering levy on regional level events, the other events more than made up for it. Membership subs are also higher than

anticipated. This is partly due to the increased fees but has also been artificially increased by more people paying earlier with many 2008 subs paid in 2007.

The £400 paid into other income and out of miscellaneous expenditure is from the club dinner at the Scottish Six Day. Overall there has been a surplus of just over £1,300. However we are writing off the old o-top stock, which still leaves a surplus of £1,120. This has increased the club's net assets, excluding equipment, to £7,220. This includes £313 in the Junior Fund.

Looking on to 2008, we are going to spend more. The levies the club has to pay for each competitor at events have increased slightly again this year. The British Orienteering's senior levy has increased to £1.20 and the junior levy to 25p. The East Anglian Orienteering Association's levy and SI hire charge have not changed. However the SI equipment charged per senior competitors has increased from 50p to 75p. This has meant that we have had to increase our charges for district events by 50p per junior and £1 per senior. However the prices for Galloper and local events have not changed. We will be spending slightly more on relays as the club has reached the Compass Sport Cup Final. We will have to use some of the club's reserve to cover the cost of the extensive mapping planned but we still expect to have a healthy bank balance of over £4000 at the end of 2008.

6) Awards and Presentations 2007

Chairman's Awards 2007 – Chris Morley

One of the Chairman's most difficult tasks each year is deciding to whom to present our various major awards at this Meeting. So many people do such a lot for the Club, and deserve proper recognition. However, only a few can be singled out each year. We do have a list, carefully preserved by Anne Duncumb, of those given awards in previous years, to guide this year's selection.

The Owl Trophy is for the senior member, man or woman, most successful in Orienteering events over the past year. Several members of the Club have done well, including some very good newcomers to WAOC, but looking at the BOF ranking lists there is one person who has more ranking points than a contemporary who took the Owl a few years ago - and who did supremely well on what I had hoped was a quite tricky Chocolate course at the Therfield Night event that I recently planned, rushing round in a very fast time - and so I am presenting the Owl to our Club Captain, **Steve Hinshelwood**.

The Tortoise Trophy is for outstanding contribution to the Club and its affairs. Again, there were a number of people to whom this trophy could have gone - including in particular Julia and Rolf Crook who have recently left to live in Leeds but who both contributed outstandingly to W AOC while here. However, in view of the great contribution that families make to this Club, and numerous outstanding parts she has played in our affairs, now moving strongly into developing Orienteering in local schools, I am awarding the Tortoise to our previous Chairman, **Caroline Louth**.

The Chairman's Cup is for our most outstanding junior orienteer. Many of our juniors have done well this year, but looking at the splendid series of successes that he has had, in major events, I do not think that there is any doubt but that this Cup should be presented with hearty congratulations to **Thomas Louth**.

The Hally Hardie Mapping Trophy newly presented by Lindsey Freeman and Hally Hardie. This is intended for the person who has made the greatest recent contribution by going out mapping in the forest. I hope that it will indeed encourage W AOC members to go out mapping several of our

existing areas need to have their maps updated, and we have a few new areas in prospect (Monks Wood near Sawtry, and Cavenham Heath near Mildenhall). Over the past decade several Club members have done a good deal of mapping, but effort has perhaps declined in the past year or two - indeed it is arguable that the trophy should go to Hally himself. However, nowadays there is another aspect to mapping, namely looking after and updating our archive of maps on the OCAD computer system, and in recognition of that as well as his work in the forest I am presenting the Hardie Trophy to **Neil Humphries**.

WAGAL Champions 2007 (based on a minimum of 3 events)

Junior men	1 James Haynes	2 Jonathan Cronk	3 Mihir Chandraker
Junior women	1 Jacqueline Heybrock	2 Alice Rigby	3 Elizabeth Barker
Senior men	1 Ben Holland	2 Stephen Borrill	3 Kvido Strisovsky
Senior women	1 Helen Bickle	2 Blanka Sengerova	3 Louise Sime
Veteran men	1 Chris Morley	2 Mike Bickle	3 Neil Humphries
Veteran women	1 Frances Cooper	2 Janis Ryall	3 Sue Woods

Summer Galloper 2007 (based on a minimum of 3 events) – Presented by Ian Lawson

From this season, Ian is handing over the Coordination of the Wednesday evening Gallopers to Hazel Bickle.

Junior men	1 Thomas Hemingway		
Junior women	1 Catherine Hemingway	2 Tuva Falk	
Senior men	1 Ben Holland	2 Roger Horton	3 Ian Lawson
Senior women	1 Helen Bickle	2 Hazel Bickle	3 Frances Cooper

Colour coded badges – Presented by Ursula Oxburgh

Juniors:

WHITE James Nisbet, Louise Scott, Ben Wetherill
 YELLOW Mihir Chandraker, Todd Cooper, Philip Sansom, Joseph Stedman-Jones
 ORANGE Robert Armitage, Felix Barker, Mihir Chandraker, Matthew Haynes, William Louth
 LIGHT GREEN Alice Rigby
 GREEN Jacqueline Heybrock, Susha Chandraker
 BLUE Jonathan Cronk, James Haynes, Jacqueline Heybrock

Seniors:

GREEN Janet Cronk

Junior Successes

Once again WAOC sent 2 handicap teams to compete in the Peter Palmer Night into Day Relays last September. For WAOC1 Edward Louth had an excellent first leg run, handing over to Jonny Cronk for the second night leg. Jacqueline Heybrock (dawn Light Green leg), Thomas Hemingway (Orange), Beth Barker, Catherine Reilly and Alice Rigby (Yellow) all had steady runs leaving the long Green leg to Thomas Louth who brought the team home in a very creditable 9th place out of 21. WAOC2 was led out by Sophie Louth, with Katy Woods taking on the second night leg. Ben Armitage (dawn Light Green) Matt Haynes (Orange) and Felix Barker (Yellow) left James Haynes to complete the last long leg in style. Once again, as so often for junior events, it was Emit punching and unfortunately 2 of the WAOC2 team mispunched – only too easy with Emit, as many seniors

know to their cost.

In the Yvette Baker Trophy Regional Round, held at our Mildenhall event, WAOC juniors turned out in force. We were beaten by only 9 points by Octavian Droobers from Coventry (who carried a bye into the final because they were in the top 5 last year) but beat SOS (our nearest EA rivals) by an amazing 124 points. Our scorers were:

Emily Williamson (1st on Yellow Girls) 100: Edward Louth (1st on Green Boys) 100.

James Haynes (2nd on L Green Boys) 99: Jonny Cronk (2nd on Green Boys) 99

Felix Barker (Orange), Thomas Louth (L Green), Alice Rigby (L Green), Sophie Louth (Green) all 98. Jonathan Heybrock (Yellow) and Kate Collins (Yellow), both scored 97. Everyone else contributed to our resounding success by pushing other runners down the scoring, so it was a very good team effort: well done WAOCjuniors.

The Final of the Yvette Baker Trophy, held near Scunthorpe, was a long drive for everyone so many thanks to the 16 who turned out, particularly Simon Gardner, our former junior captain, who came all the way from Edinburgh.

William Louth heads the list this time with 100 points from a win on Yellow Boys, followed by Thomas Louth (3rd on L Green boys), Simon Gardner (6th on Green Boys), Thomas Hemingway, Edward Louth, Kate Collins, James Haynes and Jonathan Heybrock and to complete a Louth quartet, Sophie just missed out on the list by one place.

7) Election of Officers

The following three principal officers were elected.

Chairman: Chris Morley

Proposed: Jacqueline Heybrock

Seconded: Hazel Bickle

Treasurer: Helen Bickle

Proposed: Caroline Louth

Seconded: Ian Lawson

Secretary: Karen Heybrock

Proposed: Ursula Oxburgh

Seconded: Anne Duncumb

8) Any Other Business

- BOF Membership. Anne Duncumb proposed a change in policy to no longer have a club only membership but that members are offered BOF local membership instead. This proposal was supported by Graham Louth and seconded by Peter Heybrock.
- Design of O Tops. Graham Louth would prepare mock-ups for voting on at the JK and if possible on the website.
- Jabberwaoc Online. After some discussion to encourage members to receive Jabberwaoc Online rather than printing and posting copies which was fairly expensive, a motion was proposed by Graham Louth to make Jabberwaoc only available online. Members could opt into a paper copy if they require. Seconded – Anne Duncumb. This was put to the vote. All were in favour and the motion carried.



The Jan Kellstrom Trophy – Easter 2008

It was cold. It snowed (quite a lot). I picked up an injury at the sprints.

JK snow – the relays



Well done to everyone who survived all four days. The sprints were great, and the individual races tested a range of skills. Best senior performance in the relays came from the Women's Short (that's length of course, not size of women) team who came 9th. Next year's JK is in Northumberland on April 10-13 2009 – later in the year, so hopefully the weather will be better.

The East Anglian Championships 2008

This year's championships offered fast and furious orienteering at The Kings' Forest near Thetford. Accuracy and fast running seemed to be at a premium, with routes through the forest generally faster than 'going round' on the tracks. There was a good turnout from members of WAOC and a number of notable successes. Junior winners are listed elsewhere, but well done to the senior winners

W21 Anna Falk

W75 Anne Duncumb

M60 Mike Bickle

W40 Alison Fox

M40 Dil Wetherill

M65 Chris Morley

W55 Lindsey Freeman

M50 Mike Capper

WAOCjuniors newsletter: February/March 2008



Dear WAOCjunior,

Phew, that's been a busy time and I guess more busy orienteering weekends are coming up! Since the last newsletter midway through February, the East Anglian champs have taken place at King's Forest, and I am pleased to announce that a number of WAOC juniors now have the title of "2008 East Anglian Champion":

- **Alexandra Fox** as a W10
- **Jacqui Heybrock** as a W20
- **William Louth** as an M10
- **Thomas Louth** as an M14
- **Jonny Cronk** as an M16
- **Edward Louth** as an M20

The first National event of the season took place at Big Wood on 9th March, with the first round of the Future Champions' Cup (a league competition for M/W18's and 20's, which runs throughout the spring each year and concludes with a league final). Midway through March, some of the older juniors who've gone off to University have taken part in the BUSA (British Universities') Championships hosted by Sheffield and, of

course, we've had the Jan Kjellstrom orienteering festival, one of the highlights of the orienteering calendar just taking place over the rather snowy Easter weekend.

In compiling this newsletter, it is great to scroll through many of the results from events further afield and read about a number of successful runs from many of WAOC's juniors – but just as good as the results at the big events, it's great to see many of you, especially the newer club members, running at the more local events and gradually gaining your colour coded badges and certificates. So keep that up!

As for the events coming up over the next couple of months, I will mention the British Sprint/Middle distance championships event, which is due to take place over the weekend of 5th/6th of April in the Coventry area and of course the main British Championships event, which will be in Culbin Forest in Scotland this year (19th/20th April) – I think it will be well worth going to one or both of those given that quality of the areas and competition.

Many of you are aware of the Peter Palmer junior team relays in September. There is also an adult version of the same event, the Harvester relay, which will be taking place over the weekend of 17th/18th May this year, held in Hambleton in the South Central region. I mention it because there is a competition for the top junior only team as part of this relay (5 juniors are needed for a full team) and WAOC has entered this in the past. As the event is very close this year and easily accessible, some of you may be interested in competing. If you are keen to run the Harvester, then contact either Steve Hinshelwood, the club captain or Edward Louth, the junior captain, as soon as possible so that they can work out whether to enter a team.

Before I move on to general results, I wanted to congratulate **Thomas Louth** who was selected to run for England at the Interland competition in Weeterbergen in the Netherlands on the 2nd March. Even better, he then proceeded to win the M14 class at the competition by a huge margin of about 3 minutes so congratulations to Thomas!

Results:

It's been a busy month and a half or so, and there are results to speak about it too. Over the weekend of 16th/17th February our neighbouring clubs Suffolk OC and Norfolk OC hosted the Punch weekend of East Anglian orienteering at Hockham and King's Forest, incorporating the East Anglian Championships as already mentioned above. Apart from seeing some WAOC juniors becoming EA champions, there were also some other commendable results. On the Saturday (Hockham), the following did particularly well:

- **Edward Louth** finished 2nd of 4 on JM5L, trailing behind winner by only 1:04min
- **Thomas Louth** was 1st of 3 on JM5M of 3, with **Jonny Cronk** 2nd, finishing 7 minutes behind Thomas
- **Sophie Louth** won JW5L
- **Matthew Haynes** won JM4 of 7 runners
- **Thomas Hemingway** won JM3 (of 6), with **Mihir Chandraker** placed 3rd on the same course
- **Catherine Hemingway** was 1st with **Alexandra Fox** 2nd on JW1

For the results on the following day, at King's Forest, congratulations to:

- **Edward Louth** who finished 1st on JM5L
- **Jonathan Cronk** who was 1st with James Haynes following in 2nd on JM5M (of 3)
- **Jacqui Heybrock** who won JW5L (of 3)
- **Thomas Louth, Jonny Heybrock, Ben Armitage,** and **Matthew Haynes** who made it a WAOC 1-2-3-4 on JM4
- **Thomas Hemingway** who was 2nd (by less than a minute from SOS's Thomas Birkett) on JM3, with **Robert Armitage** in 4th on the same course (of 5 finishers)
- **William Louth** who came 1st on JM2



Simon Gardner at the start of the BUSA individual (Photo: Peter Cull)

- **Alexandra Fox** for winning JW2
- **Catherine Hemingway** who was 1st (of 4) on JW1

On 9th March, SARUM, the Wiltshire orienteering club, held a national event on Big Wood in the Salisbury plain, with a select few WAOC members attending. Well done to the following juniors on their commendable results:

- **William Louth** was 8th of 14 on M12A
- **Thomas Louth** finished 4th of 14 on M14A
- **Jonathan Cronk** was 10th of 26 on M16A
- **Simon Gardner** ended up 6th of 13 on M20L

The following weekend, over the 15th/16th March, the British Universities orienteering championships (known as BUSA) were hosted by Sheffield University, with Saturday's individual race held on Stanton Moor in the Peak District. Still a junior, and last year's junior captain, **Simon Gardner** ran for Edinburgh University and finished 20th of 59 within the strong field of the Men's A course. The hills up in Edinburgh must be good for training?!?

Throughout the Easter weekend (21st-24th March 2008), the traditional Jan Kjellstrom festival of orienteering took place, with some interesting snowy conditions to contend with as well as the courses themselves. This year's event was in the South East region, with events taking competitors from the University of Surrey sprint race, through to the intricate area of Leith Hill and the more physical Ashdown Forest for the individual races and finally to Eridge Old Park where the relays took place. Despite the weather, everyone seemed to enjoy themselves, and a number of WAOC juniors brought back some successful results too.

In the sprint race on Good Friday, these were:

- **William Louth** won M10 (of 15 runners) with a 3 minute lead
- **Thomas Louth** won M14 (of 50 runners)
- **Jonny Cronk** was 18th and James Haynes finished 23rd (of 62 runners) on M16
- **Simon Gardner** was 7th (out of 22) on M20E
- **Susha Chandraker** finished 20th with Sophie Louth close behind in 25th (of 43 runners) on W16

The results of Days 2 and 3 (Leith Hill and Ashdown Forest) are combined together to give the overall JK results, and WAOC juniors had some great overall results, as well as some individual good runs on one of the two days. So for the individual days, well done to:

- **William Louth** for winning M10A overall, with a lead of over 6 minutes after winning both days
- **Ben Wetherill** who ended up 5th on M10B (of 11 finishers) with a consistent 5th place on both days
- **Thomas Hemingway** who finished 19th (of 48) on M12A on Day 1
- **Thomas Louth** who was 4th overall (of 51) on M14A, with a 4th and 5th place on the two respective days
- **Jonny Heybrock** finished 8th of 21 on M14B on Day 2
- **Jonny Cronk** was 16th of 59 overall on M16A, with a great 12th place on Day 2
- **Simon Gardner** was 19th and **Edward Louth** 20th overall (of 46 both day finishers) on M20E (the men's junior elite course), with Simon's top result being 17th on Day 2 and Edward's 14th on Day 1
- **Jacqui Heybrock** who was 4th overall (of 11) on W18S, with an especially good result on Day 2 where she finished 2nd on W18S, with a 10th fastest time of the 165 people running her course that day
- **Clare Woods** (another ex-junior captain of WAOC) was 3rd of 10 on W20L on Day 1

Finally, the relays took place on Easter Monday. First leg runners might have encountered some snow whilst out on their courses, but nowhere near as much as the later runners. Nevertheless, everyone completed their course and seemed to enjoy it. On the results front, well done to:

- **Edward Louth** brought back the Men's Short team in 12th (of about 54 teams) on first leg
- **Jacqui Heybrock** and **Sophie Louth** ran with Anna Falk in the Women's Short relays, finishing 8th of 33 overall, with Sophie catching up 5 places during her run
- **Clare Woods**, running with Helen and Penny Bickle, was in a relay team finishing 14th of 33 on the Women's Short
- **Simon Gardner** was part of the Edinburgh University team who finished 11th of 31 on the Men's JK trophy, with Simon running last leg and making up one place in the process

- WAOC's team (**Jonny Cronk, Thomas Louth and James Haynes**) finished 10th of 25 on the M48-, with Thomas making up 4 places during his run
- WAOC, with **Jonny Heybrock, William Louth and Matthew Haynes**, were 13th of 21 on M/W40-, with Jonny bringing the team from 13th to 10th during his run



The M/W40's receive their overall prizes at the JK Prizegiving (Photo: Robert Lines, SO)

Colour coded awards:

As always, I am pleased to announce another colour coded badge gained by a WAOC junior: this month it is **Robert Armitage** who has gained his **Orange** badge – well done!

Good luck to those of you running at the various British Champs events in April, and I hope the running will be in spring-like sunlit forests soon!

Blanka

Late news – latest Future Champions Cup standing (updated post-JK)

Clare Woods 13th of 21 on W20
 Simon Gardner 7th of 40 on M20
 Edward Louth 11th of 54 on M18

Fixture Section

Greensand Ridge Relay - Sat 28th June 2008

Summer is on the way (apparently), so it's time for SMOC to invite you once again to the summer's friendly relay race, the Greensand Ridge Relay, on Saturday 28th June 2008. The format is identical to last year and recent years - 6 people per team run from Leighton Buzzard to Northill, with a staggered start at around midday to a finish around 5pm depending on handicap, speed and ability to follow the route! Team categories are Open, Ladies and Mixed (3M+3F), but all are eligible for the main prize for the furthest ahead of handicap. In 2008 I'm expecting an even bigger field than last year's record 23 teams, so can promise plenty of friendly rivalry from start to finish. We'll have the electronic timing back again (remember how to 'dib'), and having learned some lessons, I hope improved results processing too. All rounded off with a celebration and leisurely drink in the garden of the Crown. One of the summer's great days out!

All the details including the entry form, past results etc. are available on the SMOC website at:

<http://www.smoc.info/GSRR/>

Under 'Route Details' you will find some enhanced route descriptions to pass on to your team members, including changeover locations and parking advice. There are a few points on the route where there has been some debate over the correct route. I have tried to remove some of the ambiguity with some guidance. There are also a couple of places where it is possible to take a significant short-cut, by accident or otherwise. Part of the competition is finding your way, so I won't place marshals. But I probably will put in an extra checkpoint at key locations such as the Stone Jug, to ensure the full route is taken.

Under '2008 Entry Information' is everything I hope you will need to enter a team, particularly the handicap instructions, handicap times and entry form.

You have until June 22nd to assemble your teams and work out the handicaps on your entry form, but if you are intending to enter I'd appreciate it if you'd drop me an email to let me know so I can gauge likely numbers.

Please feel free to pass this on and encourage new friends to enter. If you've not participated before I can promise a fun and convivial day.

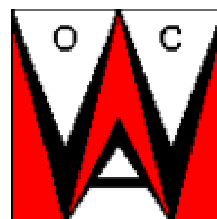
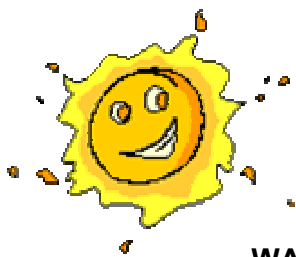
Anything else you need to know - just ask.

See you on the Ridge on the 28th,

Richard Pownall SMOC

Fixture List

For an up-to-date list of upcoming fixtures, please refer to www.britishorienteering.org.uk or www.waoc.org.uk



WAOC SMILE ORIENTEERING 2008

West Anglian Orienteering Club's SMILE calendar is now finalised for 2008. These are our SuMmer Introductory Low-key Events and they will be held on either Saturday or Sunday mornings starting in May and finishing on Saturday 12 July 2008. SMILE events will offer White, Yellow and Orange courses, and each one will be planned and organised by a different WAOC family or team.

Entry will be just £1.00 for the SMILE courses. All the events start at around 10.30hrs and courses will remain open until around 12.30hrs. Juniors that have entered a course and completed it, can run again on the next "more difficult" course without paying any more.

SMILE events are aimed particularly at developing orienteers. The calendar below shows the dates for the events.

Date	Location	Organiser
Sat 10 May	Coe Fen, Cambridge	Jenny Grey
Sat 14 June	Milton CP, Cambridge	Chandraker & Heybrock
Sat 21 June	Therfield Heath, Royston	Peter Haynes
Sun 6 July	Amphill	Wetherills
Sat 12 July	Wandlebury	Frances Cooper

It is anticipated that there will also be a score or similar course available on each day for the more experienced. Entry for this will be £3.00 per person. More detail about each event will be posted on the WAOC website at :

www.waoc.org.uk

Results from each event will be posted on the website.