



West Anglian  
Orienteering  
Club



# JABBERWAOC

Vol.37 No. 2

April 2009



*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

More about this next time, but there is great news, with the club having just heard that it has been successful in its Clubmark application and is now fully accredited. This is a great achievement and reflects a lot of hard work from a small number of club figures. Well done to all of them, and more information about what it means to WAOC in the next Jabberwaoc.

*Mike Capper*

**Many thanks to this edition's contributors**

**Next Copy Date – June 1st**

## Chairman's Chat

Tremendous news! – WAOC has a British Champion among its members, in Anna Falk who triumphed on W35L in the New Forest on 28<sup>th</sup> February. I cannot recall the last time we had a senior champion, and it was a great pleasure at the AGM to present Anna with the Club's trophy for best senior performance, a wooden Owl – actually earned for splendid results during 2008, before the latest news came in. Many congratulations to her!

The AGM seemed to go well and to be enjoyed by those who attended. There were around 50 people of all age classes, with the usual format of ice-breaking party games and O-symbol relays, the formalities, presentations, then food. The proposed amendments to the Constitution were all accepted, which is good news as some of them were essential for us to achieve Clubmark recognition. Chairman, Secretary and Treasurer were all re-elected unopposed, but all three have now served for over two years, so next March we shall be looking for at least one replacement – if any member is interested in taking on one of these posts, could s/he please let the committee know.

One problem that became apparent at the committee meeting last week was that, far from being able to learn from CUOC how to put on a City Race in Cambridge, WAOC will now be the pioneers, after CUOC's planned race in February was snowed off – though our event at Croxton Heath survived, very successfully I thought. For 31<sup>st</sup> May we are fielding a strong WAOC team, of controller, planner, organiser, events convenor, and fixtures secretary, who are liaising with the various authorities, doing the risk assessments and so on – so all should go well. However, we shall probably need more helpers than usual, to keep watch at various points, and especially over the SIdent control equipment that will be disposed across the Cambridge streets and commons, secured as best we can manage.

Another thing occupying the committee's attention recently has been the 'participation project' in Huntingdon – see the separate note – for which we have obtained substantial financial support from Living Sport and from British Orienteering. It consists of introductory day, and evening coaching sessions, culminating in a SMILE event in July, with a repeat series in the Autumn, followed up by monthly low-key events from September, all aiming to attract youngsters and boost O in the area. It should bring notable benefit to WAOC, and could be a good model for future such efforts in other towns across West Anglia, so I hope that Club members will rally round to assist.

Rather than rely on me to summarise what the committee has been doing on your behalf, the committee is hoping to be more open about what is going on, by making minutes available and inviting interested members to come to meetings. However, the important thing about committees

is not to let them distract you from the real business afoot, in this case our absorbing sport of Orienteering. So I hope to see a great many of you at the next significant O-event, the JK in Northumberland at Easter, and wish you all success and enjoyment in the forest, then and later.

Chris Morley

## **WAOC Committee**

The list of current committee members and their contact details is available at [www.waoc.org.uk](http://www.waoc.org.uk)

### **COMMITTEE MEETING**

The next WAOC committee meeting will be held on

Wednesday 13th May 2009.

The committee welcomes any contributions from club members.

If you would like to attend the meeting or like copies of the minutes please contact the Chairman or Secretary.

## **WAOC Membership Information**

### ***New Club Members***

#### **Welcome to:**

Andrew Stimson from Cambridge.

*We hope that you will enjoy orienteering with us.*

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### **WAOC membership**

Many thanks to members whose subs for 2009 have already been received. There are a few still outstanding, so if you want to remain a member, please send your sub right away (BOF members directly to BOF, Club only members to Anne Duncumb)

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## **WAOC O-TOPS**

Another order for WAOC O-tops will be sent to Ultrasport very soon, so if you want to order one NOW IS THE TIME. We cannot order less than 5 tops at once, so it may be some months before the next order goes in. Information about ordering one of the new tops can be seen on the WAOC

website, in the September 2008 edition of Jabberwaoc. All the past editions are available as pdf files from 'Jabberwaoc' on the WAOC home page.

Any problems, please contact Anne Duncumb [memsec@waoc.org.uk](mailto:memsec@waoc.org.uk) or phone 01223 843064

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## **Summer Galoppen 2008 (and 2009 information)**

Congratulations to the winners of the 2008 GALOPPEN summer series. There were nine Wednesday evening events and clearly the more you took part the higher you scored. All organisers were awarded an equal score with the winner of their event.

Junior Men - James Haynes  
Senior Men - Ben Holland  
Veteran Men - Bruce Marshall  
Junior Women - Tuva Falk  
Senior Women - Alison Sleight  
Veteran Women - Anna Falk

Many thanks to all who organised and took part in these enjoyable summer events

Hazel Bickle

**Note – dates for the 2009 are currently being arranged – keep your eye on the [www.waoc.org.uk](http://www.waoc.org.uk) for up-to-date information**

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## **The Huntingdon Participation Project**

The purpose of this note is to inform members of WAOC about our planned 'Participation Project' in the Huntingdon area, which is due to start in May this year if all goes well. Largely due to Ursula Oxburgh, WAOC has obtained financial support for the project from Living Sport, the Cambridgeshire and Peterborough Sports Partnership whose vision is 'Active, healthy, successful communities where everyone can play, achieve, and enjoy', and from British Orienteering. The project promises to benefit WAOC in various ways, by increasing our membership in the Huntingdon area (possibly leading to the formation of a satellite Club), by increasing our contact and cooperation with local sports authorities, by boosting our profile in the local media, and (not least) financially – but for the best outcome, appreciable input and participation by existing members of WAOC will be needed.

The basic concept is now to have a well-publicised (and free!) introductory day in early May in Hinchingsbrooke Country Park, aimed at local families and others, followed by 6 coaching sessions on the same evening each week at a small charge, aimed at local schools, youngsters, families and young adults. The whole would culminate in participation in a SMILE event, part of the regular WAOC series, in early July in the Country Park. Dates are still under negotiation, but we are aiming for Saturday 9<sup>th</sup> May for the introductory event, Wednesdays or Thursdays, beginning 20<sup>th</sup> or 21<sup>st</sup> May for the evening coaching, and Saturday 4<sup>th</sup> July for the SMILE event. A similar coaching series would be repeated in the autumn, probably culminating in a local event in St Ives rather than Huntingdon.

The second half of the project would involve a monthly series of about ten weekend events, most of them low-key and within about 40 minutes drive of Huntingdon between September 2009 and June 2010, to introduce people to mainstream orienteering in forests and parks. Looking at our current planned fixtures, four or five of them could be adapted for this purpose, so the extra commitment by WAOC would be four or five low-key Saturday morning events plus probably one extra urban race – all of course open to all our members, not just those attracted by the Huntingdon project.

The Club has signed a Partnership Agreement with Living Sport, under which WAOC will be invited to various sports network meetings and will make information about Living Sport's activities available to our members through such media as Jabberwaoc. Half of the financial support from Living Sport is earmarked for two brand-new maps drawn to ISSOM standards (as required for Sprint and City races): one of Huntingdon and one of the Hinchingsbrooke area including the Country Park and the adjacent School. We are currently going out to tender for this mapping. Most of the rest has already been spent on new dibbers, so that we shall be able to put on local events using WAOC's own SI controls and dibbers, which will give us a financial saving and extra flexibility (for example, to run such participation projects in areas other than Huntingdon). We are also getting help from Living Sport with publicity for the Project. The support from British Orienteering will be spent on equipment and room hire for the coaching sessions – and it is planned to employ a professional orienteering coach – and on the planning and organising of the series of low-key weekend events.

Why Huntingdon for this project? It lies between Cambridge and Peterborough where we have members, but WAOC has comparatively few members there; we have good contact with local schools, many of which are interested in and have been mapped for Orienteering; we have good contacts with Hinchingsbrooke Country Park; and the headquarters of Living Sport is nearby. If the Project goes well, we would consider doing similar things in other towns, for example Cambridge, Peterborough, perhaps Royston etc.

What is hoped for from WAOC members? Crucially above all, assistance will be needed with the various components of the project. People will be needed on the introductory day, to help with the evening coaching sessions – we cannot expect the professional coach to function without back-up – and to help with the low-key weekend events. I very much hope that members of WAOC will be willing to contribute, perhaps on a rota arrangement, in view of the great benefits in prospect for the Club – we shall be asking for volunteers quite soon. In particular, anyone willing to go on an O-coaching course with a view to helping on this project will be most welcome.

Chris Morley

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## **BRITISH ORIENTEERING LONG DISTANCE AND RELAY CHAMPIONSHIPS 2009**

Originally the British Champs in the New Forest were going to be held later in the year but quite late on the organising region and British Orienteering discovered that In the New Forest as in Thetford Chase ground nesting birds rule after 1 March so the Championships had to be brought forward to February. Unfortunately this moved them out of the competition period for our Elite orienteers, so this year the British Elite Long Distance Orienteering Championships are to be held in conjunction with a National Event in the Forest of Dean. Despite the change of date 28 WAOCs travelled down to the New Forest for a weekend of orienteering. I have always felt that Forest is a

bit of a misnomer: maybe when William the Conqueror hunted there it was indeed a massive forest, but now the overwhelming impression from the road is of heath land with occasional stands of trees. The weather was spectacularly good for the end of February and my drive through the Forest to the event was along rolling, unfenced roads with the ubiquitous New Forest ponies grazing on patches of grass and a couple of kestrels on the lookout for breakfast.

Having made a spectacular error in last year's November Classic, where I found myself in an extensive open area and unable to reconcile the blocks of trees with the map, I had decided that attack points were what I needed to concentrate on this time. I avoided any major disasters, though in the open the paths have a tendency to split and join and the path junctions I planned to use as attack points were much clearer on the map than on the ground. The weather stayed good, I was able to avoid the worst of the heather, probably because the planner was kind to those of advancing years and apart from a 'more haste less speed control' I had a reasonable run.

One of the Club Captain's responsibilities is to take the Club tent to major events and Graham had not let us down. When I looked round after my run, there was the Club tent, easily identified by the Club banner and with lots of new WAOC tops gathered in and around it: the new Club strip seems to be very popular. Just behind the club tent there was a bale of straw which had presumably been left by the farmer in case a car got stuck. One enterprising group of very juniors had managed to tease it apart and were having the time of their lives throwing it up in the air so it landed all over them and their surroundings and there in the middle of it all were 2 very small WAOC tops, worn by 2 very small, very fair-haired WAOC Falks – great to see WAOC tops having so much fun.

Highlight of the results was Anna Falk's win on W35L – congratulations Anna - it is a long time since WAOC has had a senior British Champion. The other senior run of distinction was Dil Wetherill's, 8<sup>th</sup> on M45L with a Championship time. Ronny Falk also came 8<sup>th</sup>, on M35L and Graham Louth, 3<sup>rd</sup> on M45S, was cannily running the Short course and obviously saving himself for the Relays the next day. Thomas Louth has moved up to M16 this year and, as those who have made the move will know, the M16A course is a big jump, both in length and difficulty, from the M14A, so well done Thomas to come 4<sup>th</sup> with WAOC's third Championship time. William Louth (6<sup>th</sup> on M12A) and also running up from last year just missed out on a Championship time – never mind, William, there are still the two JK days to come and all of next year.

I didn't go to the Relays – British Orienteering Relay courses are not very forgiving to this older woman who tends to keep her team waiting for ages while she completes a course aimed at a 55 year-old – but I have had accounts from those who did.

The WAOC Wanderers, running as Short Men, seem to have wandered in the right direction, coming in 10<sup>th</sup> on a very competitive course: well done, Dil, David Cronk and Graham (I said you were saving yourself for this – and I note that you beat Thomas on the run in, though more of Thomas's run later). WAOC had Wayfarers on the Short Men and Wonders on the Short Women as well. Also on the Short Men, Simon Gardner, still WAOC though running as an EUOC Legend, led out a very successful Edinburgh team who finished 2nd.

Among the juniors, the WAOC Whizzers - Thomas Louth, James Haynes and Jonny Cronk - came 6<sup>th</sup> in the M18 Relay, a really good result with Thomas Louth having an amazing first leg. The M18's and Short Men's Relays set off at the same time and Thomas came back first of everyone in 22 minutes, a blistering 3 minutes before the next M18 - a great run, Thomas, and no pressure James! Our other junior teams had a few problems with the gaffling of the courses (different relay courses have some controls in common and some different with some groups of controls being quite

close together). The trouble with relays is that you only have the control descriptions on the map and not any loose ones on your wrist, and it takes quite a lot of time to unfold your map to check the code. The M14 WAOC Whippersnappers and the 12- Mini Relay WAOC Weenies all had fast runs, with William Louth, running third for the Weenies, having a blistering run, the fastest on his course, which would have brought the team home in 3<sup>rd</sup>. So well done all the juniors and better luck with the mispunching next time - I can remember others mispunching when they were your age.

Ursula Oxburgh (W75 already and getting older every year)

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### Portugal Orienteering Meet – February 2009

I think I may have found orienteering heaven. Beautifully runnable cork forest. No undergrowth. Sunny days and challenging but fun orienteering. Yes, this was the Portugal Orienteering Meet 2009 (POM09).



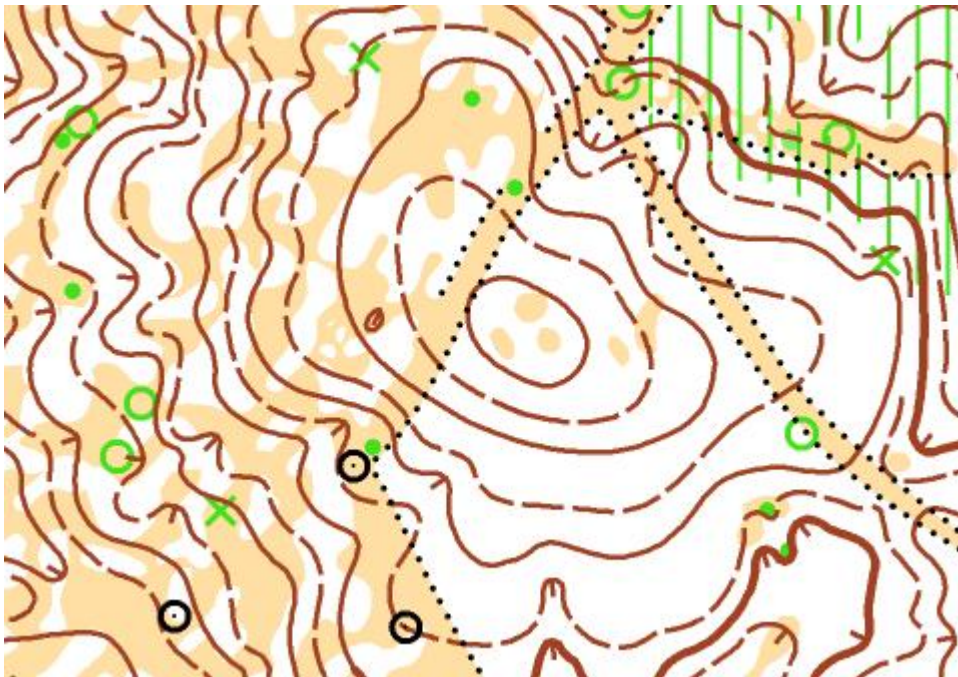
I'd had my eye on this long weekend of events for quite a while, and the cold snowy weather of January convinced me that it was a jaunt worth making. Stepping off the plane at Lisbon airport and realising that my decision to pack some shorts was the right one soon showed me that this was going to be a good few days. I had set my targets for the week – nothing too challenging – top half of the field, beating the 10 minute per kilometre benchmark each day and no error more than 5 minutes. As I say, I was being realistic after my chastening experience in France.

**Day 1** The organisers had thought this through sensibly and started with a relatively straightforward day in open pine forest, with lots of fine contour details but not too much climb. My sort of area, especially as it was a middle distance race! Not too many mistakes, and a good run, other than



going to 9 before 8 – a simple mistake and it made relocation easy. The organisation is great and it is just superb to be able to run in warm sunshine. This is what I came for.

**Minutes per km - 9.7 Position 39/60**



**Day 2:** Having given the night street a miss when I find out that I have left my very cheap headlamp at home, I am well rested for the first long race. Into the cork forest now and it really is superb. Lots of contours, but so, so runnable. A tricky course, with lots of route choice. Go to 15 before 14 as I lose concentration (bit of a pattern developing here...), but am pleased with an injury free run over the 7.3 km course.

**Minutes per km 9.5 Position 37/61**

I spend the afternoon taking in the sun, exploring Evora, drinking beer in the great open air cafe next to The Temple of Diana, and visiting the largest Neolithic stone circles on the Iberian Peninsula (not so good during the day but spectacular when I go back at dusk to get the full experience!). Biggest mistake of the day is ordering a Portuguese dish for my dinner that includes clams – an uncomfortable night ensues...

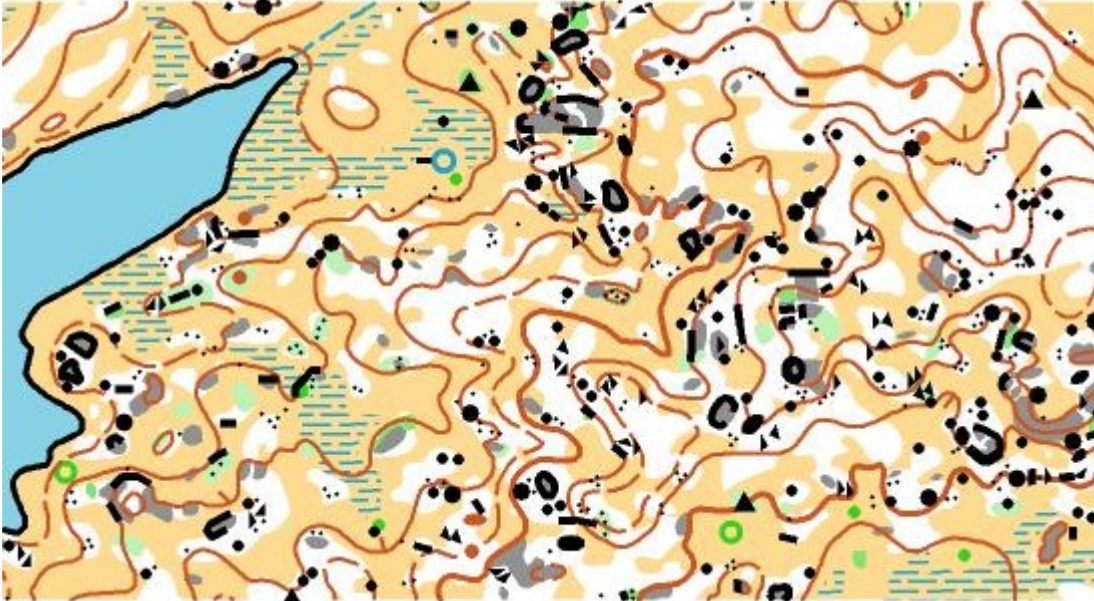
**Day 3:** Another Middle Race, but now we're moving into the boulder terrain. You know it's beginning to get difficult because people start asking me for help – the fools. It is still great orienteering. I use my compass (!! ) and concentrate really hard. This means that I have a great race up until the little loop at the end, where I follow the wrong guy (well, he was doing the right course but was going the wrong way) and end up circling around a field of very large boulders looking for the control. End up at 21 before 20 (doh!) – mind you, they were quite close together. Still, my relocation techniques have improved since France, and although I lose a little time, it is by no means a disaster. This was a really fun day.

**Minutes per km 9.4 Position 32/54**

**Day 4:** The final day is a Long Race. 7.3 kilometres with 25 controls so not that long really. M21 Elite have 43 controls in their 12.3 km race! All courses have butterfly loops – there is a central control which you revisit 3 or 4 times. Of course, the butterfly loops are in the really tricky terrain



(below) with lots of boulder so it is superb fun. I have to say though, that it is pretty annoying when you can't find the central control having already been there once. It's funny how things look different when you approach them from a different angle. But that little hunt aside, I run pretty consistently, do not make any other major mistakes and am pleased with my final position for the four races of 28/62 and overall minute per km time of 9.3. So nothing spectacular, but consistent mediocrity helping me to reach my target 😊



Just time after the race to head to the Atlantic Coast to look at the sea, and then off home, feeling blessed that so many people had worked so hard to provide me and 2000 others with such a great orienteering event.

Next year POM is on the coast, just north of Lisbon. Sand dunes rather than Cork forest. I will be there, all being well. Let me know if you want any more information – it's in the first weekend of half term week next year so is a great opportunity for some early season sun and training.

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## **The East Anglian Orienteering Championships 2009**

To be honest there was a disappointing turnout for this event. It may have partly been due to the very snowy weather or possibly, it was the reputation of Bucknell and Hazelborough and the very clever sleight of hand by SMOC in changing the area's name to Silverstone North. Whatever the reason, there was not a great deal of competition in some classes and this somewhat devalued the event. Those who went found that the woods were a very mixed area, with some very pleasant deciduous areas as well as some thicker coniferous plantation. Courses were enjoyable and extremely challenging physically because there was a deep layer of snow on most of the paths. These became increasingly muddy as the day went on. There was plenty of route choice and some tricky fine navigation in the most runnable areas. So, not as bad as some people maybe thought, definitely worth a visit again in the future and an enjoyable day's competition.

## **Congratulations to all of the WAOC East Anglian Champions.**

M14	Jonathan Heybrock	WAOC
M21	Dil Wetherill	WAOC
M50	Mike Capper	WAOC
M65	Chris Morley	WAOC
W18	Jacqueline Heybrock	WAOC
W45	Caroline Louth	WAOC

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## **The (Town and) Country Weekend**

**Saturday - The Cambridge City Race:** Cancelling an event is never easy, especially when you know how much hard work has gone in to planning and organising everything. The weather at the start of the week never looked promising, and as the days went by and snow came, melted and then came back, the decision became more and more difficult. Finally, on the Wednesday night, more heavy snow and continuing below freezing temperatures meant that the decision became unavoidable. Unlike a forest race, urban racing is already fraught with dangers and everyone involved with the event felt that the risk of a serious accident due to very icy packed snow was too great. Urban Race is already on a knife-edge in terms of risk and we all knew that to have gone ahead could have done irreparable damage to this type of racing if there had been a serious injury (to runner or pedestrian/cyclist). So a hard decision but the right one in the circumstances.

The good news is that the new date (October 17<sup>th</sup>) increases the chances of the race being run on a sunny day. Hard urban racing, a pint of Greene-King on the banks of the River Cam followed by an afternoon of sightseeing or punting. Sounds perfect, does it not? Put it in your diary – CUOC will be accepting new entries!

**Sunday – Croxton Heath:** The Country part of the weekend was more fortunate. By Sunday, the weather had begun to clear up, and despite some shall we/ shan't we email conversations and a late check of conditions, the event rightly went ahead and was a great success. Croxton Heath is one of the best bits of Thetford Chase and the event seems to have been greatly enjoyed. A few people did not turn up because of the previous day's cancellation, but it was their loss. Those who went enjoyed intense orienteering in a prime bit of coniferous plantation and heath land. There were some fine performances from WAOC competitors, including a win for Lewis Cooper, second places for Duncan Cooper and William Louth, and third places for Dil Wetherill, David Cronk and Jonathan Heybrock.

Everyone who ran owed a great deal of thanks to Graham Louth, Tim Mulcahey and Martin Sellens for their brilliant efforts in getting the event on.

## **Fixture List**

For an up-to-date list of upcoming fixtures, please refer to [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) or [www.waoc.org.uk](http://www.waoc.org.uk)

## SMILEs - (SuMmer Introductory Low-key Events)

Registration between 10:00 and 11:30, starts anytime between 10:30 and 12:00.

Cost: £1 per child/student and £3 per adult with no charge for a second go: just remember that you need to have finished your last course before 13.30.

You will have a choice of courses to try:

**White** - a short, very easy course, suitable for children, particularly Years 5 and 6 and those who have not orienteered before.

**Yellow** - a fairly short, easy course, suitable for more experienced children, including Years 7 and 8 and adults who have not orienteered before.

**Orange** - a longer, more difficult course, with some of the controls off the paths, suitable for experienced children from Years 9 and 10 and adults who understand about maps.

**Timed Score** - a course for experienced orienteers of all ages.

This year we are running a SMILE Schools' League, open to all children who do courses on their own or in a pair with another child (but not if they have an adult going round behind them). The best school will win a SMILE Schools' Trophy based on the results of all the SMILEs.

<u>Date</u>	<u>Location</u>	<u>Organiser</u>
25 April	Coe Fen	Jenny Grey
16 May	Coldham's Common	Chandrakers
20 June	Milton Country Park	Jacqueline Heybrock
4 July	Hinchingsbrooke Country Park	Ursula Oxburgh
11 July	Wandlebury	Frances Cooper

Final confirmation of dates and more information on these SMILE events, including where to park and meet, will be available on the WAOC website: [www.waoc.org.uk](http://www.waoc.org.uk) or from the SMILE co-ordinator Helen Bickle ([hnbickle@hotmail.com/01223842416](mailto:hnbickle@hotmail.com/01223842416)).

The summer's low key events holds lots of opportunities for people new to orienteering to come and have a go at this great sport. It's the perfect time to invite some of your friends and family along and have some fun.

We will be trying to tell people from all over Cambridge and its surrounding villages, about the events and have flyers to advertise them. Could you help distribute the flyers? Perhaps there is a notice board at work, at the gym, or where you socialize, or a village board? If you are willing to put a few flyers up, your help would be very much appreciated. If so please let Alison Sleigh know by email: [alisleighuk@yahoo.co.uk](mailto:alisleighuk@yahoo.co.uk) (or leave a message on 07957790984).