



West Anglian
Orienteering
Club



JABBERWAOC

Vol.38 No.1

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*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

Some brief thoughts – well done to everyone who contributed to the success in the CompassSport Cup round at Shouldham. The first time WAOC has ever qualified by winning a heat! There will be a full report in the next JW along with ‘how it went’ features on the JK, Huntingdon Town Race (**A not to be missed event** - I cannot wait!) and other races.

This is really an AGM issue. It would be great to see as many members as possible at the AGM on March 13 – more information on the back page. The BOF (sorry BO) AGM is also coming up soon and a cause of great debate is the current system of grading events – a question of 3 tier or not 3 tier. There will be a vote on this at the BO AGM (at the JK) and I hope that the articles in this JW present both sides of the argument fairly.

Mike Capper

Next Copy Date – April 11th

Chairman’s Chat

I have the pleasure of writing this – which will be my last Chat as your Chairman – soon after the splendid news burst, of our having won through to the Final of the 2010 CompassSport Cup, not on a technicality as last time but fair and square ! Congratulations to all those WAOC members who came to the famous victory last Sunday at Shouldham – not only to those who scored counting points for the Club, but to those who prevented members of rival clubs from scoring so many, and also to those whose scores would doubtless have counted if colleagues had not had such good runs ! Altogether 57 members of WAOC started in the competition, a marvellous turnout which probably made the difference between defeat and victory over NOC and NOR, narrow as it was. Particular thanks go to Mike Capper who controlled the event, and especially to our Club Captain Graham Louth, who not only organised the event on behalf of EA OA, but whose judicious disposition of WAOC members across the various courses must have materially contributed to the successful outcome.

As I write, the now traditional Thetford Thrash weekend looms – if the snow holds off it should give two good open-forest days. Collaboration with CUOC, in this and other ways, is I think very valuable for the Club, giving us a wider range of nearby events and regularly bringing in as members of WAOC people who stay on in our area beyond their student days. A representative of CUOC is now invited to every meeting of our committee, to smooth liaison and promote co-operation.

The date for our 2010 Annual General Meeting has now been confirmed as Saturday 13th March, in St Matthew’s Church Hall in Cambridge. The meeting is traditionally incorporated into a Club Evening, with games and food – and of course involves presentation of various trophies as well as officers’ reports etc. A formal notice is circulated with this issue of Jabberwaoc. All three major Officers of the Club - Chairman, Treasurer and Secretary - are standing down, and the committee would be very pleased to hear from anyone who is interested in filling one of these posts. A revised Constitution for the Club is being proposed, as set out with the notice of the AGM, mainly because we are asked by BOF to specify what happens to assets in the unlikely event that the Club is dissolved, but also to tidy things up in various minor ways.

A week after the AGM, on Saturday 20th March, WAOC is putting on the Huntingdon Town Race, on a new ISSOM map by Graham Gristwood, in the Nopesport urban league. Coupled with the National Event at Belvoir the next day (the Midland Championships) it makes a very attractive O-weekend. This Town Race is the last major component of the Participation Project in Huntingdon which we started last May with very welcome sponsorship. Your committee has agreed that, while we will continue to put on such events as Super SMILEs as culmination of coaching in schools in the Huntingdon area, efforts to attract new members and widen participation should in future be directed elsewhere, and probably take a different form. We have had preliminary discussion with British Orienteering, who are keen – and may provide funding - for us to establish regular Club Evenings, at which current and hopefully many new members can get together for orienteering and fitness training and discussion. The committee has begun to consider arrangements and look for a possible venue, probably in Cambridge. Advice and input on that from members of the Club will be most welcome – I hope that there will be more news in the next Chairman’s Chat.

It has been a privilege to serve as Chairman of your Club for the past three years. WAOC is I think in good heart, both in O-competition – witness the high turnouts and success in the CompassSport Cup regional heat and recently by our juniors at the Yvette Baker Trophy final – and financially. Although we are always on the lookout for more help, WAOC is fortunate in having a very good committee and team of officers, and members willing to take on the various organising and planning tasks and to help at events – may I express my thanks to you all. I have much enjoyed my term chairing the committee, and wish my successor – and the Club as a whole – continued enjoyment and success in our wonderful sport of orienteering in the future.

I shall not add ‘May you run in sunlit forests’, because although I share the sentiment I personally find that bright low-angle winter sun is awkward for orienteering!

Chris Morley

WAOC Committee

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Welcome to

Julie Ferris, Martin Simpson and family (Oscar Wilkinson M7) from Stamford

We hope you enjoy your orienteering with WAOC

RENEWAL - Subscriptions for 2010 are now due

If you wish to remain a member and haven't yet sent off your sub, please do it right away. British Orienteering members should have had a reminder quite recently and Club-only members should send their subs (£12 seniors and families, £2.50 juniors) to me, Anne Duncumb, 5A Woollards Lane, Great Shelford, Cambridge CB22 5LZ.

Thank you to those of you (a large proportion) who have already renewed your membership ☺

Anne Duncumb (membership secretary)

Proposed revised constitution, for AGM 2010

The current WAOC Constitution is as adopted by the Annual General Meeting held on February 28, 1997 at St Andrew's School, Bedford, and amended by resolutions passed at the Annual General Meeting held on 7th March 2009 in St Matthew's Church Hall, Cambridge.

It is now proposed that the Constitution be further amended, to take the form set out below, (i) to clarify membership of the Committee, (ii) to add a section on winding up the Club should that be proposed, and what is to happen to the assets and other belongings of the Club in that event, and (iii) to make various minor changes.

The Constitution of the West Anglian Orienteering Club

1. Title and Purpose

- a. The Club shall be called the "West Anglian Orienteering Club".
- b. The Club shall be a member of the East Anglian Orienteering Association (EAOA) or any appropriate successor organisation, and shall be affiliated to the British Orienteering Federation (BOF) or any appropriate successor organisation.
- c. The objects of the Club shall be:
 1. to promote and encourage participation in the sport of Orienteering (as defined in the Constitution, Rules of Competition and Bye-Laws of BOF) in Bedfordshire, Cambridgeshire and surrounding counties
 2. to promote the sport of Orienteering by offering coaching, recreational and competitive opportunities to everyone
 3. to ensure that everyone, both now and in the future, receives fair and equal treatment in all aspects of Orienteering.

2. Management

- a. The affairs of the Club shall be conducted by an Executive Committee, which shall meet and act as required for the efficient conduct of the Club's affairs, but in any event not less than twice yearly. This committee shall carry out the decisions of the Annual General Meeting (AGM) or any Extraordinary General Meeting. An appropriate officer shall maintain a minute book and record in it the names of those present and the business of the meetings. A quorum shall consist of at least five members of the committee.

- b. The Executive Committee shall consist of the Chairman, the Secretary and the Treasurer, these to be known as the Officers of the Club and to be elected annually at the AGM, plus at least four other members appointed by the Committee itself.
- c. The Executive Committee shall have the power to:
 - 1. Appoint members of the Committee, apart from the Officers of the Club, normally those who perform some recognised function in or service for the Club
 - 2. Constitute sub-committees as deemed necessary
 - 3. Fill until the next AGM any casual vacancy that may occur amongst the Officers.

3. Membership

- a. Members of the Club shall belong to one of four classes:
 - 1. Senior individual members
 - 2. Junior individual members (under 21 on Dec 31st in the year of membership or in full-time education).
 - 3. Family members – who join together.
 - 4. Youth groups and educational establishments – all the members except leaders must be under 21 or in full-time education on Dec 31st in the year of membership.
- b. Membership shall be valid for a period of one calendar year subject to payment of the subscription appropriate to the class of membership.
- c. Membership fees are payable annually and are due on 1st January each year. The membership of any individual or group whose fee has not been paid by 31st March shall be deemed to have lapsed. New affiliations received after 1st September will count for the following year.
- d. At any Annual or Extraordinary General Meeting individual members in classes 1 or 2 (in class 2 only if over 18) shall be entitled to one vote each, and family units and groups in classes 3 or 4 shall be entitled to two votes each.

4. Finance

- a. The financial year of the Club shall be the Calendar Year. The accounts shall be balanced at 31st December each year and submitted, after independent audit, to the AGM.
- b. The auditors of the accounts shall be appointed by the Executive Committee.
- c. The audited accounts shall be circulated to the Executive Committee at least seven days in advance of the AGM, and copies shall be provided at the AGM for all those who attend.
- d. All cheques written against the Club shall be signed by two Officers of the Club, of which one shall normally be the Treasurer.

5. Annual General Meeting

- a. The meeting shall be held not later than 31st March each year.
- b. At least 14 days notice in writing shall be given to all members of the Club of the intention to hold the AGM or an Extraordinary General Meeting, and the agenda shall accompany this notice.
- c. An Extraordinary General Meeting may be called by the Executive Committee, or on application in writing to the Secretary supported by at least 10% of the total voting membership of the Club.

6. The Constitution

- a. Any amendment to the Constitution shall be proposed in writing to the Secretary at least one calendar month before the General Meeting at which it is proposed to introduce the amendment.
- b. A written copy of any proposed amendment shall be circulated with the notification of holding a General Meeting.
- c. Any amendment to the Constitution shall be effected by a simple majority of an AGM or EGM of the Club.
- d. It shall be deemed sufficient if any notice or document that under this Constitution is to be circulated in writing is sent, to arrive by the due date, by email to all those members who have given the Club an email address and by post to all other members.

7. Winding up

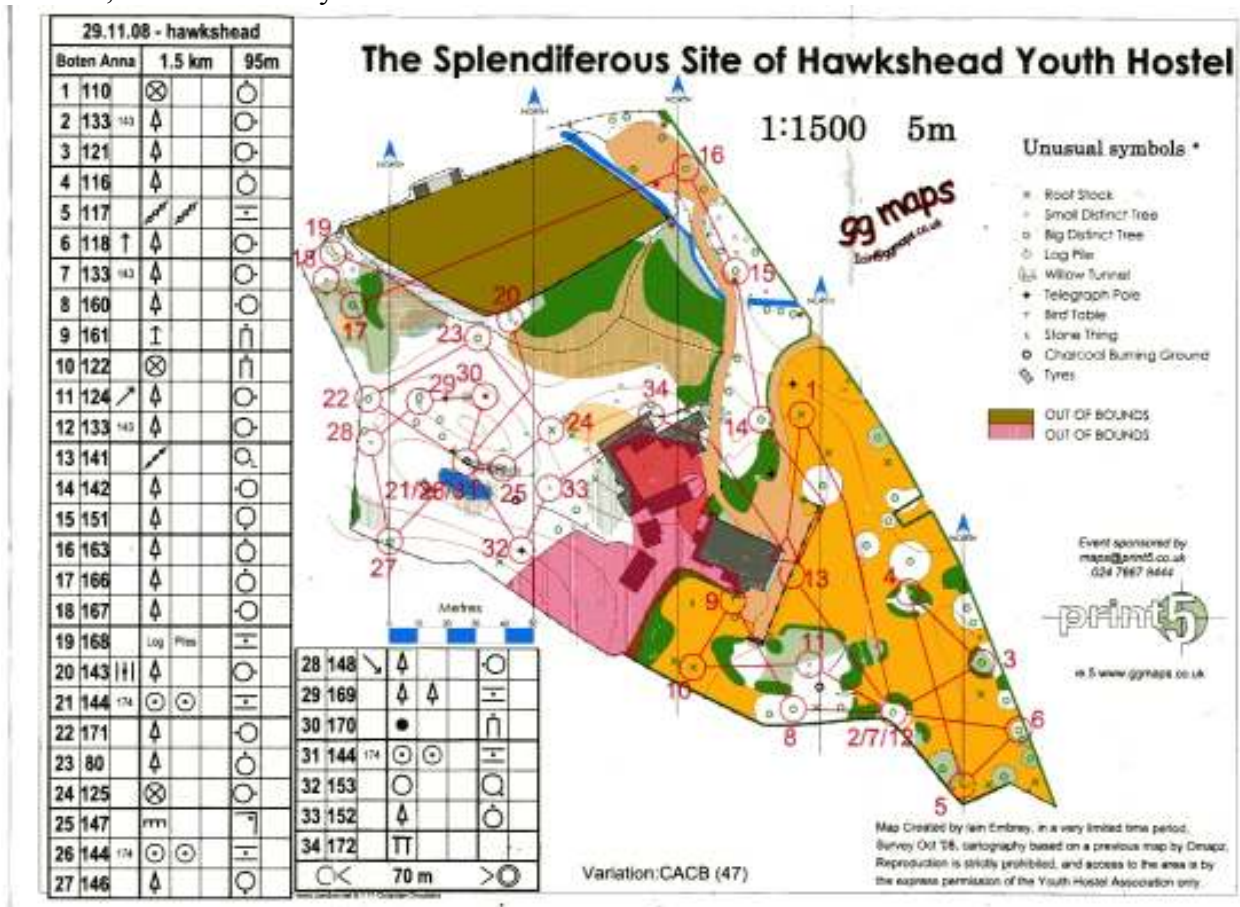
- a. If the Executive Committee decides for any reason that it is desirable in the interests of Orienteering that the Club cease to exist, or if a proposal to that effect supported by at least 25% of the total voting membership of the Club is sent to the Secretary in writing, an Extraordinary General Meeting of the Club shall be called, unless the AGM is due to be held within three months.
- b. Due notice having been given to the members, a resolution to dissolve and wind up the Club shall be put to that EGM or AGM, and to pass shall require a two-thirds majority of those attending the meeting .
- c. If such a resolution be passed, the Club shall be dissolved and cease to exist at whatever date be specified in the resolution, and if no such date is specified then three months after the passing of the resolution. The Club shall neither put on events nor incur any further liabilities after such a resolution is passed.
- d. If such a resolution be passed, the belongings and any assets of the Club remaining after all liabilities have been met shall be applied, in the period before the Club ceases to exist and at the discretion of the Executive Committee, to promote the sport of Orienteering. They shall be offered wholly or in part first to any Orienteering Club or Clubs specified in the winding-up resolution, secondly to any continuing Orienteering Clubs in Bedfordshire, Cambridgeshire or adjacent areas which members of West Anglian may be expected to join, thirdly to the East Anglian Orienteering Association or any appropriate successor organisation, fourthly to the British Orienteering Federation or any appropriate successor organisation, and lastly to any other organisation which exists to promote and encourage participation in the sport of Orienteering. Any unwanted belongings shall be sold or otherwise disposed of, and the assets adjusted accordingly. Any assets not accepted by organisations specified above shall be given to charity.
- e. The records, archives and books of the dissolved Club shall be passed to any successor Orienteering Club, or to EAOA, or to BOF, and if not wanted by them to any member of the Club immediately before its dissolution, and otherwise destroyed.

Hawkshead M/W16 Junior Training Weekend

Hawkshead is a weekend of junior training in the Lake District, held each year in the last weekend of November, and organised by the Regional Junior Squads. It is designed to allow M and W16s of all abilities, from across the country, to train in challenging and interesting terrain, which some of us do not often get the opportunity to run on.

This year the EAJS contingent was rather smaller than usual with only myself (Thomas Louth) and my mum (Caroline) going – hopefully next year there will be rather more of us! As I was the only EAJS junior we teamed up with the South East Junior Squad (SEJS), who we have often trained with in the past, and which gave me the opportunity to train with some of my counterparts from that squad, such as Chris Young.

Saturday was cold but clear, and we were delighted by the view of the distant, snow covered peaks. We were given maps of the training areas, with exercises planned, but it was up to us to choose what techniques we practised using the various exercises and maps on offer. For example there was a course with legs specifically designed to have route choice; we ran this in pairs in order to see which choice was better, and discussed it afterwards with our coaches. All of the areas were decidedly hilly; in fact the only flat bits of Saturday morning’s area (Esthwaite Intake) were the marshes, which were very wet!



Saturday’s training was followed by a night relay around the grounds of Hawkshead Youth Hostel; it being totally dark by about 4pm. This was very amusing, and fairly manic, with 34 controls over a 1.5k course, and numerous butterfly loops, on a 1:1500 scale map. Following dinner we had a talk from Tony Carlisle on the new arrangements for junior coaching, and also a debrief with our squads on the day’s training.

The long journey home meant that we only had time to train in the morning on Sunday, but we still managed to fit in a lot. Brown only maps (plus crags) were available for the area (Great Tower Wood), which added to the challenge, resulting at one point in my getting very lost while trying to complete a bearings exercise.

I thoroughly enjoyed the weekend and look forward to (hopefully) in 2010.

Thomas Louth

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URSULA OXBURGH's WORLD MASTERS' DIARY

VICTORIAN PRELUDE – Bushrangers Orienteering Festival.

Fri 25 Sept. Fly to Melbourne (unfortunately the only sensible way), taxi to camper place and pick up Hippie Camper which turns out to be a white van with flowers on the side. Drive through the rain to Castlemaine – beautiful former gold mining town – and settle the camper on a saturated site in a saturated caravan park. Raining and cold but I brought 2 good sleeping bags with me and am fine (no wellies, though).

Sat 26 Sept. Unable to extricate Hippie Camper from saturated site: camp site people have to give me a push. Down the road a little way to register for O Festival (still raining) then sit in HC until time to go to my Start in the Aus. Middle Distance Champs. Walk to the Start supposed to be 1.3 K turns out to be a good 2. Since we all have timed starts it would have been good to have had a notice in Assembly. Leave my cagoule at clothing dump. There are just 3 W75s: Maureen Ogilvie (AUS), Nesta Leduc (CAN – all the way from Yellowknife, which is a very long way from anywhere) and me. Maureen Ogilvie tells me that she beat Anne Donnell at a World Masters' so I realise she is outside my league as I have never ever beaten Anne D. There are 17 courses, ranging from 6.4K & 210m to 1.3K & 30m (ours). We start within 2 minutes of each other and I very soon realise that my son-in-law's S hemisphere compass is not finding N very readily, which is quite a drawback. My knee, which I wrenched at the White Rose, turns out not to have recovered as much as I had hoped, so downhill going is pretty painful. Last control turns out to involve crossing a fast flowing creek so I wade in with care and it suddenly gets quite deep (up to my waist) but I manage to keep my footing, unlike the young man who rushes in behind me and ends up totally immersed. Arrive in the rain at muddy Download with sodden lower half to discover that no clothing has been returned from the Start. After a considerable time a guy arrives with a car piled high with assorted jackets and bags and my cagoule finally surfaces. Ended up 2nd to Nesta Leduc because Maureen left her compass in her beautiful yellow and green Australia jacket at the clothing dump. Back to the Hippie Camper to strip off my sodden stuff and change into warm dry clothing, but a pretty chilly Hippie Camper and a distinctly wet and cold caravan park, though a better-drained site than last night. Notices in the Showers that Castlemaine is on Level 4 Water Restrictions – what do you do with it, guys? 2 sleeping bags and a hat tonight.

Sun 27 Sept. Victorian Long Champs in pretty ordinary gully and spur terrain: compass and knee no better than on Sat. Weather very cold and showery but gloves plus 2 layers throughout keep me warm. 'Only' 11 Hard courses today! Course 11 is 3.0K & 165m won by Maureen in 50 minutes: I take 92 – not very competitive at the moment.

Midweek. A complex score format on v simple gully and spur terrain but a chance to buy a top-of-the-range Silva fast needle baseplate compass from the trader - \$145, which equates to around £81 so also a top-of-the-range price. It works a treat so well worth it.

Also a Model Event - a chance to find some controls on the area used for the 2005 WMOC

Thur 1 Oct. Drive Hippie Camper from Castlemaine to Benalla and buy a trekking pole en route to help knee out.

Fri 2 Oct. Australian Sprint Champs in Benalla. Map with **1m** contours on v limited terrain. 2 errors, losing over 2 minutes. Maureen O 1st, Nesta L 3rd but she cheated by crossing 'uncrossable' water right in front of me. I am 4th out of 6: would have been 3rd if I hadn't loused up 1 - or if Nesta had gone round.

Sat 3 Oct. Up at 5:30 as I have a considerable drive and an early start for Australian Long Champs: a good course on rough and pretty complex granite. Difficult route choice in places. No errors but knee, even with help from trekking pole, is very slow downhill and is far from happy contouring on the rough and bouldery terrain. Again 4th out of 6. At the Results I meet up with Neil, my M80 Sydney friend, who ran the same course and made the same route choices so I'm chuffed. Christa, his W65 wife, has a lot of foot trouble so not a particularly good time for her. Weather starts off poor and deteriorates: yet another very cold and wet day.

Sun 4 Oct. Drive H C back to Melbourne, still in the rain, and fly back to better weather and family in Sydney.

WMOC: SYDNEY & LITHGOW

Wed 7 Oct. The first day of accreditation for the World Masters Games – massive queue, moving at a snail's pace in the wet – it takes me 4 hours to be processed so no possibility of going on to a Park O afterwards. We calculate that these volunteers are processing 120 / hour so how are they going to get through 28,000+ before Sunday? An absolute shambles. (Things got even worse on subsequent days: people ended up with no accreditation pass, just the massive holder to hang round their neck and not even the colourful backpack. Those who had relied on WMG to reserve them a Southern hemisphere compass as offered during the booking process were disappointed as they had sold out.)

Thur 8 Oct. Visit my daughter's physio and she spends a lot of time on my knee, giving me some pretty difficult exercises and also taping it in preparation for the Sprints. That works a treat, she tapes it again before the Long races and I have no more trouble with it so immediately give up on the exercises. Fantastic woman!

Sat 10 Oct. Sprint Qualification in Macquarie University, a sprawling campus on a massive block of land with very little complex detail – a very ordinary area and a very ordinary course and even so I manage to make 4 minutes of errors. I finish 8th which decides my starting position for tomorrow. Neil is 2nd on M80.

Sun 11 Oct. Sprint Final in the Olympic Park. I reckon that Neil should get a medal today so my lovely daughter makes me a sandwich to carry me through to his medal ceremony. The first 10 in each age class wear two numbers today: one is our unique number – mine is 75514 (75 = age group, 5 = W, 14 = me) the other is our race position, so mine is 75 – 8. If you are vertically challenged it is quite tough fitting two full size numbers onto your front but my lovely friend Jean, who is running W65 but also acting as a volunteer, lends a hand! All the starts are utterly silent: no-one says a word to us and we don't say anything to anyone. Setting off 8th out of 12 I have no particular ambitions.

Maps are upside down on a table and each age group has an official: mine beckons to me, writes my number on the back of the map (so when I collect it at the end I shall get the actual map that I have used) then holds it face down on the table. I read my first control description and hold the corner of the map, ready to turn it and look at it as he releases it on the long bleep. I really like this way of starting.

My one minute runner spends quite a time looking at her map just in front of me and then goes L so I start moving while still locating myself on the map. I find her at 2 looking completely lost and half proffering her map for help so I imagine that she has overrun 1. No help forthcoming I'm afraid and we leave 2 in the same direction but where I turn R to 3 she goes L (she ends up waiting for another Swedish runner and running with her from 1 to Finish). No particular problems in the early part: 4 to 5 is a straight run from one end of a piece of grass to the other and I reckon that as one of the slowest runners I should try to stretch out a bit on this. I overtake Audrey Geere (TVOC) and looking at the splits, I see that I was 1st at 5! 7 is on either a ramp or an adjacent staircase – one of those controls where you need to read the description (and then digest it!) while navigating: I manage to work it out and then take the short, inside route to 8 which is easily identified, then into the big Olympic stadium where again it's the inside route but I am very anxious not to overrun 9 so deliberately move out a bit early. I see that I ended up there only 5 seconds down on Maureen Ogilvie who has hoovered up Nesta (her 2 minute runner), at 3, Sue Healy (her 1 minute runner) at 5 and Aune Jalava (7 minute) at 7 so it's quite a posse coming through, though Aune falls off the back at 9. I lose 2.5 minutes to 10 because I cannot see whether or not there is a gap in the fence so go a very long way round (either I should have bought a S hemisphere compass with a magnifier bit in the middle or I could have stopped and had a proper look at the map – it would have been better to have walked to 10!). 10 to 11 seems to catch us all out. The problem is that the thick, black uncrossable fences are just strings of bunting with lots of officials standing round and I certainly have huge difficulty in relating the map to the ground so that I run into completely the wrong area and way past 12 which I do not recognise until I am coming out back to 11 – another 2 minutes lost. (Sue Healy (AUS) is leading the trio at this point – I imagine they can see me going to 12 the first time as they are pretty close behind me. Sue finds 12, punches it and races into the stadium to rapturous applause before it is discovered that she has not punched 11.) I Race back to 12 and there's Nesta Leduc coming towards 12 as I'm coming out! A bit hesitant finding the way into the stadium then all that is left is the sprint to the Finish, absolutely determined not to let Nesta overtake me on the run-in.

You can see Maureen's, Nesta's and my routes on Routegadget at <http://garingal.com.au/cgi-bin/gadget3/reitti.cgi?act=map&id=46&kieli>.

As I am running round the stadium the commentary is going beserk: Maureen is in the stadium behind me and she is a late starter and Australian. As I finish there's Nesta just behind me, so I congratulate her - she started after me - and then go to look at the Results where there is just Sue's mp up so far. So that's that – 2 runners with better times than mine, another 5 who started after me, 2 bad errors late on - it looks like another 8th place, so off to find my New South Wales friends. I only realise that I've won Bronze when Hilary Simpson (OD) congratulates me – truly amazing and so completely unexpected as I had gone out to Oz hoping against hope not to be last! The sandwich is fantastic, there are lots of Brits, both medal winners and not, hanging round to support us – a total of 8 GBR medals, with Nick Barrable, the last starter on M35, winning our only Sprint Gold.

Mon 12 Oct. Last visit to the physio to re-tape my knee then off by CityRail to be met by Neil and Christa to drive up to Lithgow where Neil has borrowed an amazing holiday home from a friend.

Tue 13 Oct. Model Event. I get ready to go and discover that I have brought up 2 L ankle protectors and no R ones. Neil delivers me to Lithgow station and I spend the day travelling to my daughter's by CityRail then back up to Lithgow, where of course Neil collects me from the station.

Wed 14 Oct. Long Qualifier 1. Not a very nice day – cold & raining at times – but we arrive very early (Christa has an early start) and get a good parking spot. We oldies seem to have a flattish walk to our start but the younger Vets are climbing vertically up the hillside opposite Assembly. We start at 2 min intervals in random order. My course is very straight forward: the early part cutting across spur and gully (always runnable), the second part a bit more complex. All going well from 2 - 3, then I choose to look at my map just as I should be crossing a mini-creek, trip, catch myself with my hands – no problem, get up, look at my compass - OH NO – lovely smell of alcohol and the compass is bust. I find 3 OK but 3 – 4 is too complex to go without a bearing. In the end I go down to the track and attack from there – that's OK as I see Nesta coming down from the control as I am going up. The rest of the course has sufficient line features to ease navigation, 8 would have been much more straightforward with a bearing. It is won in 33 minutes: I am 6th with 44. Maureen Ogilvie has mp – she missed out the next to last control.

The Silva trader also competes, and not v rapidly I think but eventually he comes back to his stand and I buy another compass. He gives me a \$5 discount but the £ has slid some more so it's another £81.

Thur 15 Oct. Long Qualifier 2. This was a very good day, even though I discovered in the car that my new Silva compass has a tendency to stick – it seems to be OK for a time if you turn it upside down and tap it – and of course the trader is out running. The same start order as yesterday and this is a harder course. I manage to visualise the first control (a hill at the end of a spur) and as I take my bearing to the next control I can see its control flag which then vanishes as I go down but I hit 2 spot on. 3 is OK, 4 very tentative – I just needed to push on a bit further. 5 and 6 are fine – the compass can be tamed. Continual variety in each leg. 6-7 starts by going up to a drinks station on a track. I go far too far to the R and end up running along the track (not good) then a drink and down the other side to a fence near to 7 which is up a steep hillside. Over the fence to the next easy control: now what's ahead? Oh no, a spur to go up – quite a lot of brown lines! I take care with my line up it this time, but even so I'm pretty slow, then down the other side to 9 in a re-entrant. Now there's route choice – over the spur or contour round it? It's a no-brainer for me – and I don't think I lost any time by going round. Then I leave 10 in the wrong direction and take ages interpreting the fences on the open area (I'm not good at open). As I am coming in there is Eileen Bedwell (CLOK) just ahead so I challenge myself to beat her to the Finish, which I just do. Maureen Ogilvie has done it in 37 – she is in a class apart. Barbara George (NOR) has mp today (44 min). I have dead heated with Bernice Antonsson (SWE) in 56:56 in 3rd position, so the effort to the Finish was worth it. Because Maureen and Barbara are not competitive in the Final they will have earlier starts and I shall set off 3rd from last with Bernice 4th. I realise by now that nearly everyone runs faster than I do so I'm pretty happy that my skills have stood me in such good stead. Today I got a real buzz which persists right through the Rest Day.

Sat 17 Oct. Final Day. Good weather today but not at all a good day for me. I find myself under pressure setting off 3rd from last. My advice from Keith Marsden (chairman of Coaching Committee) is to continue to rely on my skills and to nail the first control, so my plan is to start on a careful bearing while considering my options. My first control is at the bottom of a passageway between 2 cliffs and when I turn over the map I see that it is in a cliff enclosed, boulder ridden re-entrant but I am on the plateau and need to run along a vague spur for some 400m. I set off on a bearing but become seduced by a path that everyone is running along. Run along the path for some

time, not much distinctive on it so after a time I move to the L (no bearing) in order to hit the cliffs of my re-entrant. At this point I take leave of my senses, decide that I have gone far enough to the L and go to the R (still no bearing) and eventually come off the plateau into a boulder-ridden re-entrant but it isn't the correct one and there is Bernice, my 2 minute runner, standing by a control which could not be ours and looking at me. At this point I lose my head completely and it takes me ages to work out which of the possible re-entrants I am in, though it should have been blindingly obvious from the map and my compass. Off into the correct re-entrant and round the cliffs to my passageway, but why did I do a 180 in leaving the control? I then remember to set my compass on the map, turn round and find 2. I am presumably too demoralised by this time to choose a direct route to 3, across a rocky re-entrant and then a cliff-enclosed re-entrant, as I go round the top of both re-entrants - not a good choice for a slow runner.

So that is really the tale of our Final course. With a few exceptions our positions at 3 are our final positions. Why? Because there is no more challenge in the course. 4 is just further along the top edge of the same re-entrant and 5 still further along it, still on the same line. I am caught on my way to 5 by Sue Healy who set off 2 minutes after me. We find 5 together and set off for 6 down a spur, through a fence, up a gentle slope where I can't quite keep up with her, punch 6 then off downhill to 7. Ever so many runners converging on 7 and now from 7 to 8 there are masses of runners, all of them faster than me. I do my best, with Sue Marsden yelling me on from above. 8 to Finish is uphill, so I dig in one last time, drop my map on the way - no time to pick it up. At the Finish the woman collecting maps takes that in her stride and immediately sets off down the hill to retrieve it.

Sue finds me and says 'How long did it take you to 1? Answer 21 minutes - it took her 23. We look at the Results: Caryl Woof, who went out last, is still not in and we are concerned. Has she fallen in some inaccessible place? Is she carrying a whistle? Eventually she finds me, we hug one another consolingly - it took her 48 min to 1, she continued and then at 3 she thought she heard someone calling 'Help' and like a good Tasmanian immediately considered the possibility of a snake bite. She never found anyone but decided to retire at that point - and she always carries a whistle (as I do).

Nesta won and 2 Swedes came 2 and 3, so not a good day for either AUS or GBR. Neil came 3rd on M80 so Christa and I wait for the M80 / W80 ceremony then we go straight to the car for the drive back to Sydney.

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Why British Orienteering Needs a 4 Level Event Structure

At the 2010 British Orienteering AGM, to be held on Saturday 3rd April 2010 at the JK, we are tabling the following Proposal:

That the current BOF Event Structure be amended, with effect from 1st January 2011, from a 3 tier structure to a 4 tier structure, the Levels to become:

- **Level 1 Events - British Orienteering's major events, including the British Championships (Sprint, Middle, Long, Relays) and the JK.**
- **Level 2 Events - comprising a limited number of high quality events, including the best of the traditional age-class based cross country events, high profile city races and the Harvester Relays.**

- **Level 3 Events - comprising a wide range of typical Sunday morning events for competitors largely from within their Region, including colour-coded cross country events (former District events), urban races, etc.**
- **Level 4 Events - small scale events aimed at providing local competition (e.g. within a club) and increasing participation - e.g. introductory events, club summer evening events.**

This Proposal, if carried, will have the effect of creating a 4 tier Event Structure, by the insertion of an additional Level to enable a clear distinction between those events aimed at attracting competitors primarily from within the Region, and those aimed at a wider audience.

Following the introduction of the new Event Structure, clubs are now being encouraged to register their former District Events in the new Level 2, as Regional Events, instead of in the New Level 3, as Local Events, as was initially intended. Merging the former Regional and District Events into a single tier of Events of widely differing qualities, has created a number of problems, all of which may affect the quality or cost of our orienteering, including:

- **Identification of Quality Events:** How is a competitor to decide which of these Events are worth travelling to if they are all now described as Regional Events?
- **Entry Fees:** If Clubs choose to register their former District Events as Regional Events, they may well be tempted to increase their entry fees for these Events.
- **Embargoes:** The requirement for a 12 month embargo on areas to be used for Regional Events has been dropped, to permit former District Events to be registered as Regional Events.
- **Controllers.** Level 2 Regional Events should be being controlled by Grade 2 controllers, but there aren't enough of them for all the former District Events, so now experienced Grade 3 Controllers are being allowed to control Level 2 Events. Newly qualified Grade 3 Controllers can only control Level 3 Local Events, many of which don't need a controller at all.

The creation of a separate Level for the best of the old Regional Events, along with other events aimed at a national audience, will enable all of these, and other, problems, which didn't exist under the old Event Structure, to be easily resolved.

To get our Resolution adopted at the AGM, we need your support, either to attend and vote at the AGM, or to use your Proxy Vote, details of which will be sent out to you by British Orienteering. Few members of British Orienteering have yet had an opportunity to express their opinions on the current Event Structure. Use your chance to do so now.

Mike Atherton, Sue Birkinshaw, Roger Smith, Dick Towler

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In Favour of the Existing 3 Level Event Structure

The last thing orienteering needs is yet another reorganisation - let's focus on making this one work. The disagreement we have with the proposers of the motion is over their perceived need to divide the events which fall between Local and National events into two tiers. In Airenteers we have found it very easy to utilize the new 3 tier system, and, as it beds in, have found no competitor confusion regarding what we are offering at different events. Clear advertising of what is on offer is easy to achieve.

We are opposed to putting the orienteering community through a further period of change, until

throughout the country every club and region has wholeheartedly tried to implement the new structure. It is clear that the introduction of the 3 tier structure was introduced badly, but the alterations to Guidelines are gradually clarifying confusions that emerged. There is still some way to go on the guidelines for officials.

A lot of the confusion in implementation of the 3 tier structure has arisen because some clubs and regions have chosen to make the old District events Level 3 Local events. They were not helped by the original guidelines. These guidelines have recently been much improved. Local events are clearly designed as being low organizational input events aimed at a very local target group with “typically no more than four courses”. The assertion in the proposal that the new event structure originally intended the old District events (usually those with 6-9 courses) to be Level 3 (Local) events is wrong. The intention of the working party who proposed the new structure was always that they should become Level 2 Events.

A lot of confusion has also been created by calling the Level 2 Events “Regional”. Within the previous structure a “Regional Event” in one region on a particular day meant that you could not have another Regional event in the same or a neighbouring region. This convention/rule no longer applies to Level 2 Events. Much of the debate around the new structure is based on the false assumption that today’s Regional Event is the same as the old beast. “Regional” now merely means that the Region rather than BOF take responsibility for the management of these levels of events. How they market the different Level 2 events within their Region is up to them and the clubs in the Region. Having all these events within Level 2 gives Regions far greater flexibility as to how they wish to operate their programme.

Level 3 events are entirely the domain of the club, with the region only providing oversight to ensure they do not conflict with the Level 2 programme in the Region.

The Structure was changed because strict age classes were not really working at many regional events because there were too many classes with too few people in them. This did not make for a good competitive experience – for example an M35 and M40 frequently ran in events with only 3 or 4 competitors. If you were a W35 or W20 you could win by just getting round the course, but there were 50 classes per event. They were also confusing and inaccessible for beginners. If you remove the age-class structure, most of the other differences between Regional and District events had more or less disappeared because of the increased use of electronic punching and overprinting for all events, so there was no longer any cause to differentiate in the rules.

No amount of legislating from BOF could ensure that Regional events got better standards of terrain, planning, controlling or mapping than District events – an issue frequently borne out by experience – nor that standards could be applied consistently across the country.

Also the old rules were very prescriptive on the type of event being held – basically they were designed for the standard long cross-country type event and made no allowance for other formats – urban, middle, sprint, long-o, all of which are becoming more popular, particularly urban.

The new event structure still allows the old event formats to go ahead, but is much more flexible in allowing new and innovative formats to be introduced. Events run under new formats fit more sensibly into the 3 Level event structure.

It is perhaps worth noting that the 'high profile urban events' the proposers of the motion wish to include in their 2nd tier arose outside any reference to an event structure. If we are to have an

evolving and dynamic sport, the less restrictive 3 tier event structure appears far more suited to enable that evolution to happen, i.e. it is customer demand and enthusiasm that has determined what becomes high profile.

The new structure is good for beginners, good for experienced orienteers, particularly those in the less well populated age groups, and good for innovation – all of which you would hope will be good for the future of the sport.

So what of the objections in the proposal?

- **Identification of Quality Events:** How is a competitor to decide which of these events are worth travelling to if they are all now described as Regional Events? The first problem is who on earth decides what is a quality event? And who on earth would determine which of the burgeoning numbers of Sprint, Middle Distance, Long O and Urban races are high quality and which are not? All these, in terms of event organization, professionally printed maps and electronic timing, have more in common with each other than any do with the Local Event (usually 4 courses or less, according to the Guidelines) put on by one man and his dog.

The existing broadly based level 2 which we now have leaves the important decisions about what is quality to the competitor. Is that so different from what we have always done? I have certainly chosen more distant “District” events over closer “Regional” Events based on a personal assessment of likely quality. Regions, if they wish, can create a stronger aura or brand specific to some events by using them for region wide competitions/leagues, and set out their own criteria for those events.

- **Entry Fees:** If Clubs choose to register their former District Events as Regional Events, they may well be tempted to increase their entry fees for these events. Our experience in Aire in implementing the 3 tier structure is quite the reverse. There is absolutely no reason to increase entry fees unless there are large land access fees, PG plot or professional mapping fees to cover.

- **Embargoes:** The requirement for a 12 month embargo on areas to be used for Regional Events has been dropped, to permit former District Events to be registered as Regional Events. The BOF Guidelines say: “Embargoes on an area being used for a regional event may be set by the Association registering the event. The extent of this embargo, if any, should reflect the importance of the event.” We are now planning on a basis of a 12 month embargo prior to any Level 2 event (we usually put on between 6-8 per year). This still enables us to provide 35 Level 3 Local events per year with between 1 and 4 courses.

- **Controllers.** Level 2 Regional Events should be being controlled by Grade 2 controllers, but there aren’t enough of them for all the former District Events, so now experienced Grade 3 Controllers are being allowed to control Level 2 Events. Newly qualified Grade 3 Controllers can only control Level 3 Local Events, many of which don’t need a controller at all. Agreed; the controller guidelines have not been honed carefully to tie in with the new structure. But that is not a problem created by the 3 tier structure. Most existing Grade 3 controllers already have the experience of controlling events with 7-8 courses. There is a clear issue as to how new controllers and other officials progress, which could be being tidied up now, were it not for the uncertainty created by the proposal for a 4 tier structure.


We would urge BOF members to actively vote against the proposals and urge their clubs and regions to implement the existing 3 tier event structure as intended. Within 4-5 years we will have built up sufficient body of experience to be able to properly assess whether or not the structure

requires further tweaking.

Chris Burden & Andrew Kelly

BOF rankings

As some of you will know, BOF has introduced a new all-age ranking system for seniors. Here are the top 25 WAOC scores) it is worth noting that under-18s do not qualify).

Pos. 	Name	Club	YOB	M/F	Points
1 (144 -3)	Anna Falk	WAOC	1973	F	7488
2 (170 +47)	Simon Gardner	WAOC	1988	M	7441
3 (245 -1)	Ronny Falk	WAOC	1970	M	7290
4 (444 -10)	Steve Hinshelwood	WAOC	1964	M	7014
5 (485 -9)	Graham Louth	WAOC	1962	M	6965
6 (779 -1)	Mike Capper	WAOC	1955	M	6604
7 (783 +1)	Michael Bickle	WAOC	1948	M	6598
8 (1000 -11)	Chris Morley	WAOC	1940	M	6364
9 (1011 +166)	David Cooper	WAOC	1963	M	6350
10 (1107 -5)	Andrew Stimson	WAOC	1981	M	6222
11 (1156 +2)	Peter Gardner	WAOC	1985	M	6172
12 (1190 -8)	Maurice Hemingway	WAOC	1955	M	6132
13 (1252 +24)	Peter Woods	WAOC	1957	M	6044
14 (1315 -4)	Dil Wetherill	WAOC	1964	M	5946
15 (1341 -1)	Penny Bickle	WAOC	1980	F	5915
16 (1397 +69)	Peter Heybrock	WAOC	1960	M	5843
17 (1454 +79)	Ian Smith	WAOC	1956	M	5774
18 (1466 +109)	Tim Mulcahy	WAOC	1952	M	5756
19 (1506 -2)	John Wickersham	WAOC	1942	M	5700
20 (1576 -4)	Bruce Marshall	WAOC	1952	M	5604
21 (1620 -8)	Clare Woods	WAOC	1988	F	5552
22 (1648 +4)	Nicola Gardner	WAOC	1955	F	5519
23 (1673 +489)	Jacqueline Heybrock	WAOC	1991	F	5473
24 (1794 -17)	Ian Lawson	WAOC	1954	M	5266
25 (1866 -9)	Helen Bickle	WAOC	1982	F	5145

Fixture List

This list was produced from the BOF and EAOA fixture lists as of 31st January 2010. A full list of events is available on the BOF web site (www.britishorienteering.org.uk) where you can find more information on the events listed below. Always check before travelling.

Date	Region	Club	Level	Event Name	Event Venue	Closing Date	Grid Ref
Sun 21/02/10	East Anglia	HAVOC	Local	HAVOC Epping SW	Epping South West	EOD	TQ394950

Sun 28/02/10	East Anglia	NOR	Local	Local Colour Coded & EA League	Cockley Cley	EOD	TF781061
Sat 13/03/10	South East	HH	Local	HH Local	Northaw	EOD	TL282040
Sun 14/03/10	East Anglia	SOS	Regional	SOS Regional Event & EA Championships	Donyland Woods and Middlewick	O: 01/03/10 P: 01/03/10	TM010220
Wed 17/03/10	East Anglia	RAFO	Local	Honington Sprint O	RAF Honington	EOD	TL892743
Sun 21/03/10	East Midlands	LEI	National	National Event & Midland Championships & Future Champions Cup	Belvoir Estate	O: 15/03/10 P: 01/03/10	SK805325
Sun 28/03/10	East Anglia	NOR	Local	NOR Colour Code Event	Cawston & Marsham Heaths	EOD	TG165236
Sun 28/03/10	South East	CHIG	Local	District Event (Full colour coded) and SWELL	Epping South	EOD	TQ391895
Sun 18/04/10	East Anglia	NOR	Local	NOR Colour Code Event	Bacton Wood	EOD	TG317311
Sun 18/04/10	South East	HAVOC	Local	HAVOC Local Event	Belhus Woods	EOD	TQ565825

WAOC proudly presents the first Huntingdon Town Urban Orienteering Race, a [NopeSport Urban League](#) event.

The event will use an extensive area of Huntingdon Town, newly mapped by [Graham Gristwood](#).

This event is linked to the [Midlands Championships event](#) at Belvoir Castle the following day.

Urban Orienteering is a test of speed on the ground but also speed of thinking, with your choice of route being critical.

Huntingdon's historic town centre will present some intriguing challenges of navigation for all levels of competitor.

Online entries are strongly preferred through Fabian4 (www.fabian4.co.uk).



INVITATION TO ATTEND

West Anglian Orienteering Club

Club Night

Incorporating the Annual General Meeting

Activities Award Presentations Pot Luck Supper*

Saturday 13th March 2010, from 6.30pm

St Matthew's Church Hall, St Matthew's Street, Cambridge**

Agenda for the Annual General Meeting

1. Apologies for absence.
2. Minutes from AGM 2009.
3. Chairman's Report.
4. Captain's Report
5. Acceptance of Accounts
6. Awards and Presentations.
7. Election of Officers.
8. Vote on amended Constitution ***.
9. Any other business

***Please bring a contribution to the food**

****St Matthew's Street is off East Road near the Grafton Centre.
Parking is available in St Matthew's Street or the Grafton Centre car park.**

***** Please refer to the proposed constitution published earlier in JW**