



West Anglian  
Orienteering  
Club



## JABBERWAOC

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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

By the time you read this, the summer holidays will be in full swing. Many of you may be heading off to The Lakelands 5-days event and I wish you well if that is where you are going – I hope the weather holds up.

It has been a busy time for the club. The club nights seem to be going really well and to be attracting a few newcomers to the sport. I wonder if we could help newcomers by getting rid of some of the more esoteric vocabulary used by the sport – a prime example being ‘Galoppen’! Is it time to rename the Galoppen series to a more easily accessible/understood ‘Summer League’? I certainly think so, what do others feel? Your views are most welcome!

And finally, good luck and thank you to Andrew Stimson who will be moving ‘up North’ in the not too distant future. Andrew has been involved in the club for several years and has contributed a lot in this time, most recently as club treasurer. I hope he enjoys the hills of Lancashire and I am sure we will see him at some WAOC event in the future!

**Mike Capper**

**Next Copy Date – October 1<sup>st</sup>**

**Event reports especially welcome**

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### Calling all WAOC juniors (M/W12 to M/W18)

This year's Peter Palmer junior night/day relay is on Saturday night/Sunday morning of 4/5 September, at Chetwynd Barracks, Chilwell near Nottingham - initial details attached.

Please would any WAOC juniors (M/W12 to M/W18) that would like to take part in this year's event let me/Janet Cronk know asap (entries need to be in by 30 August so at least a few days before then please).

Graham Louth  
WAOC Club Captain [captain@waoc.org.uk](mailto:captain@waoc.org.uk)

### WAOC Committee

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## Welcome to

Daniel and Bente Dignam and family (Sarah W9 and Anna W 7) from Cambridge

John Marshall from Cambridge

Maja Thorsen from Burwell

## We hope you enjoy your orienteering with WAOC

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### Photographs for Publicity

Earlier this year Seonaid and I were invited to be the club's Publicity Officers, Seonaid writes the weekly press reports and I am exploring other ways of promoting the club and its activities. Being new to WAOC we do not have a library of photographs of club members and are asking for your help in establishing one. We are particularly interested in pictures of orienteers competing in the forest and elsewhere. We would like to include competitors in other disciplines like Night-O, Street-O, Bike-O and perhaps Punt-O. The Press frequently ask for photos of individuals who have excelled themselves, with or without their trophies. If you can help in this direction we would be most grateful. We will, of course, return any photos sent to us as quickly as possible after scanning and digitizing.

The question of publishing pictures of children and teenagers has been raised – these appeal to the Press and public who want to know more about our sport. Can we assume that unless you tell us otherwise, you don't object to your children's photographs being published?

Mike Dudley

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### Compass Sport Cup Final - Sunday 17 October

Following your outstanding performance at the Compass Sport Cup qualifier earlier this year (yes, all of you!), please remember to reserve **Sunday 17 October** in your diary for the **Compass Sport Cup Final**, on Burbage Moor near Sheffield in Yorkshire. **All club members** (both National and Local members of British Orienteering) **are eligible to take part in this**, the **national final** of this annual inter-club competition, and the more of you that take part the better chance we have of doing well, as everyone scores points! (Juniors need to run the Orange or Lt Green course to score for the club, but there are usually White and Yellow courses available for those that aren't up to running Orange just yet).

If there is sufficient interest I will look into the possibility of hiring a minibus or coach. Please let me know, preferably by email ([captain@waoc.org.uk](mailto:captain@waoc.org.uk)), if you would be interested in this option (including numbers please).

I'll circulate further details nearer the time, but in the mean time, **please remember to put the date in your diary!**

Thanks  
Graham Louth  
WAOC Club Captain

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### **Club Captain's Report on Results at Major Competitions, Spring 2010**

In light of the many excellent performances that many WAOC members, of all ages, have achieved at major events over the last few months, I thought it would be appropriate to provide a summary of some of the best (with apologies to anyone whose outstanding performance I have missed).

#### ***Midland Champs, Belvoir Castle near Grantham, 21 March 2010***

- Catherine Hemingway W12B 1<sup>st</sup> overall
- Alexandra Fox W12B 2<sup>nd</sup> overall
- William Louth M12A 2<sup>nd</sup> overall
- Tom Hemingway M14A **Midland Champion** (1<sup>st</sup> overall)
- Thomas Louth M16A **Midland Champion** (5<sup>th</sup> overall)
- Anna Falk (W35) W21E **Midland Champion** (2<sup>nd</sup> overall)
- Rachel Pocock W40L 3<sup>rd</sup> overall
- Ronny Falk M40L **Midland Champion** (4<sup>th</sup> overall)
- Steve Hinshelwood M45L 8<sup>th</sup> overall
- Seonaid Dudley W70L **Midland Champion** (2<sup>nd</sup> overall)
- Chris Morley M70L 9<sup>th</sup> overall
- Ursula Oxburgh W75 **Midland Champion** (1<sup>st</sup> overall)

(The Midland Championships event is open to all, but to be Midland Champion you have to be a member of a club from EAOA, EMOA or WMOA).

#### ***JK Sprint, Bicton College, Devon, 2 April 2010***

- William Louth M12 **Silver**
- Thomas Louth M16 **Gold**
- Anna Falk W35 **Gold**
- Ursula Oxburgh W75 **Silver**

#### ***JK Individual (combined time over two days), Cookworthy Forest and Braunton Burrows, Devon, 3 & 4 April 2010***

- Alfie Pocock Yellow 2<sup>nd</sup>
- Hannah Pocock Yellow 6<sup>th</sup>

- Ed Scaife M12B 3<sup>rd</sup> (3<sup>rd</sup> on first day and 6<sup>th</sup> on second day)
- Catherine Hemingway W12A 4<sup>th</sup>
- William Louth M12A **Silver** (1<sup>st</sup> on first day and 2<sup>nd</sup> on second day)
- Tom Hemingway M14A 6<sup>th</sup> (3<sup>rd</sup> on second day)
- Thomas Louth M16A 10<sup>th</sup> (4<sup>th</sup> on first day)
- James Haynes M18L 6<sup>th</sup> (2<sup>nd</sup> on first day)
- Ronny Falk (M40) M21L 14<sup>th</sup>
- Anna Falk W35L 5<sup>th</sup> (1<sup>st</sup> on first day)
- Rachel Pocock W40L 8<sup>th</sup>
- Graham Louth M45S 7<sup>th</sup> (5<sup>th</sup> on first day)
- Noreen Ives W55S 6<sup>th</sup> (4<sup>th</sup> on second day)
- Hazel Bickle W55S 9<sup>th</sup>
- Chris Morley M70L 7<sup>th</sup> (6<sup>th</sup> on second day)
- Ursula Oxburgh W75 4<sup>th</sup> (5<sup>th</sup> on first day and 4<sup>th</sup> on second day)

### ***JK Relays, Braunton Burrows, Devon, 5 April 2010***

As usual it was the juniors that showed the adults the way in the relays:

- WAOC Whizzers (Thomas Louth, Tom Hemingway, Jonny Cronk) M48- : 6<sup>th</sup>
- WAOC Whippersnappers (Owen Bourne, Catherine Hemingway, William Louth) M/W40- : 9<sup>th</sup>
- WAOC Wannabees (Ed Scaife, Hannah Pocock, Molly Pocock) Mini Relay: 11<sup>th</sup>

Whilst they did not come particularly high up the results table, it was also very encouraging to be able to run a team in the Women's Trophy relay for the first time in many years:

- WAOC Whirlwinds (Anna Falk, Sophie Louth, Rachel Pocock) Women's Trophy: 20<sup>th</sup>

### ***British Middle Distance Championships, Haverthwaite Heights, Lake District, 17 April 2010***

- William Louth M12 **Silver**
- Rachel Pocock W40 5<sup>th</sup>
- Ursula Oxburgh W75 **Gold**

### ***British Elite Sprint Championships, Chorley, Lancashire, 18 April 2010***

- William Louth M12 3<sup>rd</sup>
- Thomas Louth M16 3<sup>rd</sup>
- Rachel Pocock W40 2<sup>nd</sup>
- Ursula Oxburgh W75 1<sup>st</sup>

### ***British Orienteering Championships (Classic), Cannock Chase, 1 May 2010***

- Seb Scaife White 3<sup>rd</sup>

- Alfie Pocock Yellow 5<sup>th</sup>
- Ed Scaife Orange 8<sup>th</sup>
- Hannah Pocock W12B 2<sup>nd</sup>
- William Louth M12A **Bronze**
- Tom Hemingway M14A 5<sup>th</sup>
- Thomas Louth M16A 6<sup>th</sup>
- Sophie Louth W18E 11<sup>th</sup>
- Rachel Pocock W40L 11<sup>th</sup>
- Graham Louth M45S 7<sup>th</sup>
- Janet Cronk W50S 9<sup>th</sup>
- Ursula Oxburgh W75 4<sup>th</sup>

### ***British Relay Championships, Cannock Chase, 2 May 2010***

- WAOC Whizzers (Thomas Louth, Jonny Cronk, James Haynes) M18 : 6<sup>th</sup>
- WAOC Wannabees (Matt Haynes, Hannah Pocock, William Louth) Junior Ad Hoc: 7<sup>th</sup>

Again, and despite Anna Falk not being available because of illness, it was great to be able to run a team in the Women's Premier relay:

- WAOC Whirlwinds (Rachel Pocock, Sophie Louth, Clare Woods) Women's Premier: 11<sup>th</sup>

### ***Championship standards***

Congratulations to the following members of WAOC that have achieved one or more Championship Standards at National Events this year:

- William Louth M12 (4)
- Tom Hemingway M14 (4)
- Thomas Louth M16 (3)
- Ronnie Falk M40
- Steve Hinshelwood M45
- Chris Morley M70 (3)
- Sophie Louth W18E
- Anna Falk W35 (3 including one at W21E!)
- Rachel Pocock W40 (3)
- Seonaid Dudley W70
- Ursula Oxburgh W75

And commiserations to Catherine Hemingway who missed out on a Championship Standard at JK Day 3 by just 12 seconds. (To achieve a Championship Standard you need to run the A or L course for your age class at a National Event, and finish in a time no more than 25% longer than the winner. If you achieve three Championship Standards in a year then you can claim a Championship Badge).

### ***FCC (Future Champions Cup)***

Congratulations to Jonny Cronk on coming 10<sup>th</sup> overall amongst the M18s and Sophie Louth on coming 17<sup>th</sup> overall amongst the W18s in this year's Future Champions Cup. (The FCC is a national competition for M/W18s and 20s based on results at a number of major events throughout the spring season).

### ***International Representation***

Well done to Thomas Louth and Anna Falk who both ran for England in the Interland competition against teams from Belgium, the Netherlands, Germany, and France; Anna putting in a particularly strong performance to be the best 'English' woman in the Women's Open class, coming home 5<sup>th</sup> overall.

### ***Training Camp Selections***

And finally congratulations also to Tom Hemingway on being selected to attend the Junior Regional Squads' Training Camp at Lagganalia in Scotland, and to Thomas Louth on being selected to attend the British Orienteering Talent Coaching Camp in the Cairngorms, both during the summer holidays.

Graham Louth  
WAOC Club Captain

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## ***Tuesday Evenings – Club Night at the University Athletics Ground*** ***by Sophie Louth***

**For Whom** - Club night is aimed at everyone, club members and beginners, of all ages and physical ability. In previous weeks we have had participants from a wide range of ages, 8 to 75 years, and a wide range of abilities from newcomers to British Champions.

**Why** - It exists primarily for fun, but also for those who would like to get a bit fitter to achieve this without noticing they are doing so, for those who are fitter to keep up their fitness and for everyone to improve their navigational skills. There is an opportunity for everyone to meet other club members, some of whom we are ashamed to find have been in the club as long as ourselves.

**What Happens** – We generally start with a warm up, with both a warm up for the super fit and another for those who want to take it slower. We then have a number of exercises to help to improve a particular skill for example compass work or control flow. These can be taken at your own pace and work just as well for all abilities. Some exercises are more competitive than others, and there is variety and people on hand to help if you are struggling. This tends to finish around 8 when you can warm down as you wish and then we retreat back to the club house for tea and biscuits, we also can look at maps and do some theory sessions depending on demand.

**I am new to club night what do I need?** – Trainers, and clothing you are willing to run in is fine, for the time being shorts are sufficient leg cover as we are not in the forest or terribly rough terrain. If you have a compass and dibber it can be a good idea to bring these. However if you do not, please do not go out and buy them just yet - they will be available to borrow.

**What are the parking arrangements?** – There is a car park, although the athletic club does use the facility at the same time, the pressure on spaces is more with bike parking than car parking. We have use of the changing rooms which have lockers where you can leave stuff securely, as well as the room we have booked.

**I am new to orienteering entirely** – The idea is that there will be exercises which are accessible to new comers so just come along, have a go and enjoy yourself.

**Where is it?** - The University Athletics Ground, Wilberforce Road CB3 0EQ  
[http://www.multimap.com/maps/?qs=CB3+0EQ&countryCode=GB#map=52.20876,0.12772|15|4&bd=useful\\_information&loc=GB:52.21:0.09994:16|CB3\\_0EQ|CB3\\_0EQ](http://www.multimap.com/maps/?qs=CB3+0EQ&countryCode=GB#map=52.20876,0.12772|15|4&bd=useful_information&loc=GB:52.21:0.09994:16|CB3_0EQ|CB3_0EQ)

**How much does it cost?** - £1 for adults, 50p for juniors/students, £2 for families

*If you have any ideas about exercises or general themes, do not hesitate to suggest them. Anyone who would like to run a session or an exercise would be much appreciated.*

**For further information contact:**

Ursula Oxburgh  
 Tel: 07765 266683  
[clubnight@waoc.org.uk](mailto:clubnight@waoc.org.uk)

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**Book Review**

*Learning orienteering- step by step* Gunnar Hasselstrand, IOF (1987)

It is often said that the orienteer is well introduced to the sport at an elementary level, and if they continue can easily get guidance on advanced techniques, but the middle order skills for the club orienteer are not as well instructed as they might be. This book seeks to help you develop those middle order skills by the use of a ladder of skills, like the one below.

This book originates in Sweden and is interesting for this particular feature as well a rather quaint terminology of orienteering skills. Orienteering “moments”, for example, are constantly referred to and I think this is when something on the ground matches a point on the map, or a point where a decision has to be made on the ground based on what you read on the map.

<b>Level</b> Level 1 is easy and level 2 builds on level 1 etc	<b>Step</b>	<b>Description</b>
Level 4	M	Understand contours, small features (<5m), read contours in detail.
	L	Orienteer using ridges, large knolls, and significant <i>reentrants</i>
Level 4	K	Understand contours, large features
Level 3	I	<i>Fine</i> orienteering on short legs, small features on the map
	H	<i>Rough</i> orienteering on longer legs against <i>catching features</i> , pacing
Level 3	G	Make simple route choices
Level 2	F	Orienteer on short legs against catching features, pacing
	E	Shortcuts, the blue map features and the green map features in



		detail
Level 2	D	Reading objects by paths, finding controls just off a path
Level 1	C	Orienteering from path to path, direction
Level 1	B	Orienteering along a single path, pacing and direction
Level 1	A	Map Colours, most commonly used symbols, detailed setting the map by features
Ground	Key to everything else	Understanding the map, Set the map by a line feature like a path, setting the map using a compass, recognise key points on a map and visualise what it might look like on the ground

TERMS: A *catching feature* is a feature on the ground which is easily recognisable and enables you to see where you are on the map. Orienteers usually choose a catching feature just before and just after a control, so they know when they are near to a control and when they are just beyond it so need to turn back!

A *re-entrant* is a small valley leading up a hill. Usually from 20m to 50m long. and 5 to 25 m deep

*Rough* orienteering is when only large features like edge of thicket, path junction are noted. *Fine* orienteering is done more slowly and all the map features are read more carefully to guide you into the precise position of the control.

I send it in to Jabberwaoc as a stimulating idea, rather than a universal solution. Most of the experienced amongst you would construct a slightly different “ladder of skills”, but it makes us all think. Please ask Ursula, Mike, or I if you are interested in a developing skills course and any of us would gladly refer you to a text or simply talk you through some ideas.

This book is probably unobtainable at the moment, but if anyone would like to borrow my copy please let me know and I will deliver it to you.

Peter Allen

Email [science@huccombe.org.uk](mailto:science@huccombe.org.uk).

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### BOF Rankings – the top ten seniors as at August 1<sup>st</sup>.

1 (60 +4)	Thomas Louth	WAOC	1994	M	7710	1
2 (155 +15)	Simon Gardner	WAOC	1988	M	7428	
3 (157 +15)	Ronny Falk	WAOC	1970	M	7423	
4 (252 -11)	Anna Falk	WAOC	1973	F	7228	
5 (274 +32)	Jonathan Cronk	WAOC	1992	M	7200	
6 (375 +30)	Steve Hinshelwood	WAOC	1964	M	7067	
7 (578 +72)	Graham Louth	WAOC	1962	M	6803	
8 (608 +79)	James Haynes	WAOC	1993	M	6769	
9 (744 +86)	Mike Capper	WAOC	1955	M	6608	
10 (839 +103)	Andrew Stimson	WAOC	1981	M	6490	
11 (877 +64)	Michael Bickle	WAOC	1948	M	6452	
12 (881 +115)	Rachel Pocock	WAOC	1967	F	6451	
13 (906 +111)	Maurice Hemingway	WAOC	1955	M	6425	
14 (1129 +152)	David Cooper	WAOC	1963	M	6155	
15 (1206 +134)	Peter Woods	WAOC	1957	M	6073	

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## Is She Lost?

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Has anyone seen Ursula since the Crown Lakes SMILE, 22<sup>nd</sup> May?  
We ask because our ever hungry Labrador, Frankie, forever on the lookout for a tasty morsel, came across the below. But NO food, and NO body, was attached. Should there have been?



The card was found on Sunday 6<sup>th</sup> June at 1515.32, some 15 days, 4 hours, 17 minutes and 32 seconds after the start. Is this a record? Have the (wo)man-eating thorns devoured the card's owner? Or have the nettles, scrub, and wild flowers swallowed up our intrepid champion of yesteryear? Can it really be that Ursula is still out looking for controls?

Lindsey and Hally

### ***European Masters Athletics Championships, Hungary***

WAO's own Maurice Hemingway (M55, Offord d'Arcy) was selected to run for Great Britain in the European Athletics Championships, held in Hungary on 15th July.

Maurice competed in the Marathon and achieved 16th place with a time of 3h53:18. He was 3rd out of the GB runners and helped Team GB to a 4th place overall.

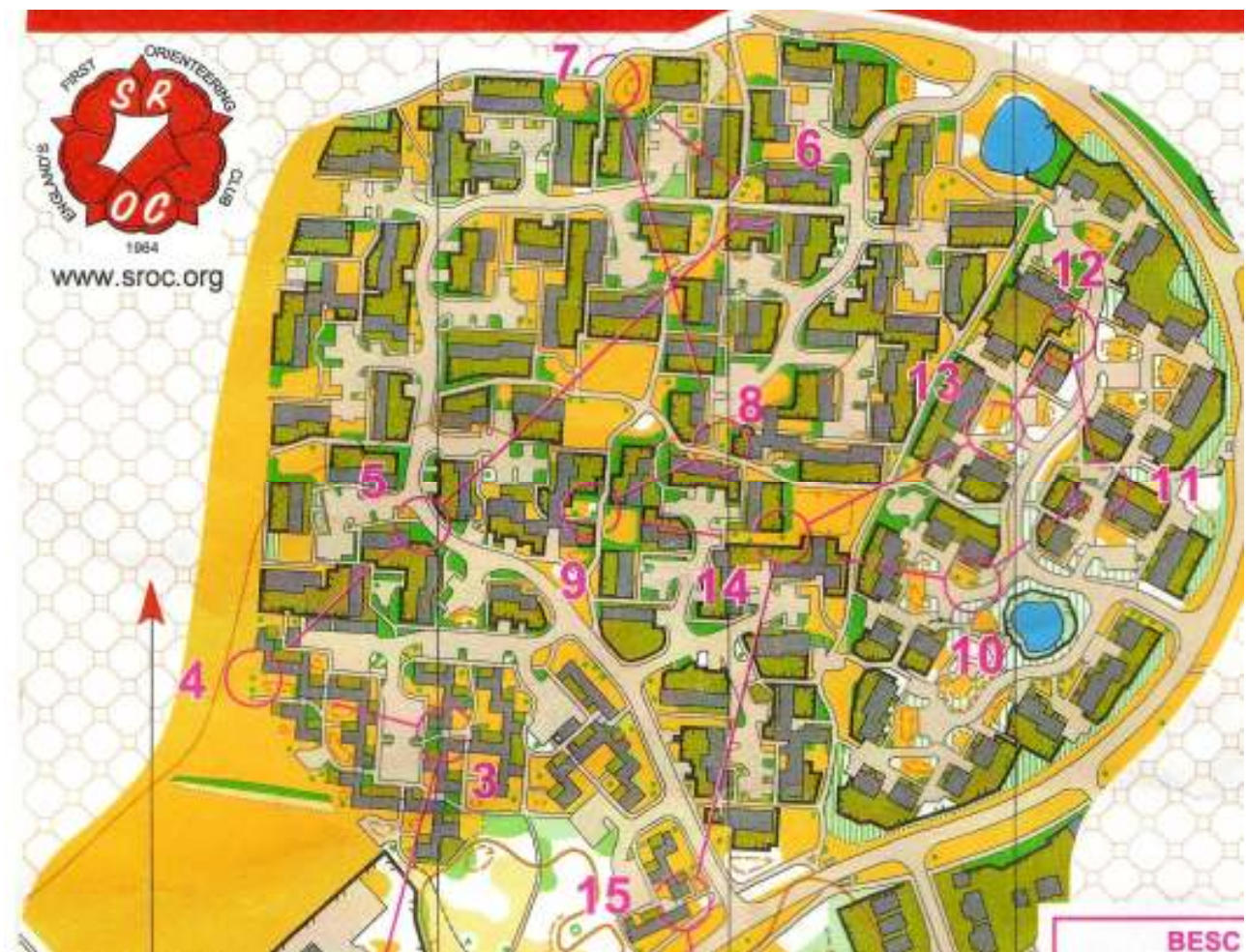
Many congratulations, Maurice!

## A bit of Urban Racing!

It is amazing how quickly urban racing has begun to dominate the late spring/summer season – I think lots of clubs are realising that these offer a great alternative to running in grotty, bramble-laden woods.

There have been several noteworthy events since the last JW – here are a few you may have missed!

**The Elite Sprint Championships – Chorley.** This is one of my favourite events of the year as you get the chance to test yourself against elite runners. Sadly this great format has been ditched next year for ‘all age sprints’ (see below). The event involves a double-header sprint with the second race being seeded according to finishing position in the first race. This is all great fun. The highlight of this year’s race was a very fast run around a housing estate – lots of opportunities for errors and the need to think really quickly as you decided which route to take.



As you can see, some of this was very like parts of Huntingdon – wouldn't it be great to do a similar thing there?

Shortly after the Elite Sprints came **The All-age Sprints** in Gosport – confusing isn't it? This time you found yourself running in age classes and again there were two races. The event was held on a boat. Well not really, but for some reason the Royal Navy designate their on-land facilities as boats. So HMS Sultan it was!





As you can see, this was an interesting area with lots of history attached. Part of each course involved running around some of the forts built by Lord Palmerston between 1853 and 1863 on the western side of Gosport to protect Portsmouth harbour from an invasion force attacking from the land. Legs 10-11-12-13 gave lots of route choices around Fort Rowner, with many opportunities to run down dark passageways if you so chose (11-12 especially!).

I was the only WAOC-er at this event. This type of race is definitely recommended and is great fun – there will be a chance to sample this type of event in October when SMOC hold the inaugural Midlands' Sprint Championships in Milton Keynes.

The day before the race, I went to a **City Race** in Winchester. A superb event! An interesting town, lots of great route and chances to visit parts of the town such as the Bishop's Garden





that are not normally open to the public – controls 12-13 on the map above. The highlight for most runners was the opportunity to run past King Alfred’s Round Table on leg 15-16. Again, I think I was the only WAOC runner in attendance.

The **Guildford City** race was another fun opportunity to run around somewhere that you might not normally visit.



The highlight was the run around the castle – 7-8 and 16-17-18. This was really tricky and was a good example of how urban racing CAN BE difficult (contrary to some opinions). Andrew Stimson was the other WAOC-er at this event, and he beat me comfortably on the longest course on what was an extraordinarily hot day!

And finally, I have to mention the Cliffhanger Ultrasprint in Sheffield.



This involves running 3 courses within an hour, leading to a chasing start sprint (you start according to your time, with the first over the line being the winner) in the afternoon. The event is allied to an Outdoor Pursuits exhibition which this year included a round of the World Bouldering Championships (blimey, are those people strong!). All great value at £5.00!

Of course, the twist in this event is the maze – a twisty mesh of crowd control barriers which by the end of the day you had navigated around 4 times – believe me it is not as easy as it looks.

There are going to be lots of opportunities to try urban racing in the next few months. The London City race (Saturday September 18<sup>th</sup>) really should not be missed ( <http://cityrace.org/2010.php> ) - this year it is going south of The Thames.

If you like history, then the Lincoln City race (Sunday September 5<sup>th</sup>) will take you around Lincoln Castle, the Bishop's Gardens and the Cathedral as well as some of the more modern parts of Lincoln. [http://www.logonline.org.uk/log2/user\\_files/cityraceposter.pdf](http://www.logonline.org.uk/log2/user_files/cityraceposter.pdf)

And finally, on October 3<sup>rd</sup>, there is a City Race in Warwick. The last time this was held, several legs involved running around Warwick Castle, including some epic legs involving high walls and towers! This is an event definitely worth travelling too. <http://www.octavian-droobers.org/>

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## Galoppen results

### May 12<sup>th</sup> Crown Lakes

Long – 1 - Tom Hemingway, 2 - Ben Holland, 3 - Peter Duthie



Short –

### June 30<sup>th</sup> Harlton Clunch Pits

Long – 1 - John Marshall, 2 - Russ Ladkin, 3 - Andrew Stimson

Short – 1 - Hazel Bickle

### July 13<sup>th</sup> Coe Fen

Map memory – 1 - Peter Duthie, 2- Roger Horton, and 3 - John Marshall

Orange – 1- Muriel Scaife, 2 - Jaya Chand, 3 - Ed Scaife

Yellow – 1 - Anna Dignam, 2- Alva Enebakk, 3- Elle Enebakk

### July 28<sup>th</sup> Ely

Paired Score - 1 equal - Peter Duthie, Ian and Andrew Stemp, Russ Ladkin

### *Orienteering at Hinchingsbrooke, 25 July 2010*

This was a new venture for WAOC. The Hinchingsbrooke Sports Festival in the Park is promoted and run by Hunts DC's David Reeve. David is the Sports Development Officer (Equity) for the Sport and Active Lifestyles for the District! Hunts DC hope to run a similar event at the same time in 2011. It's all part of the run up to London 2012.

The weather was superb, attracting 545 people to the activities during the 3 hours on offer. The event was open to all clubs in the District and at first there were 31 signings, whittled down to 13, we think. Mike Dudley offered to stage an orienteering demonstration and, for insurance purposes, had to have a qualified coach with him.

Many thanks to Frances Cooper, who travelled a fair distance to fulfil that requirement. Many thanks also to Muriel and Edward Scaife from Holme and Colin Curtis from Huntingdon who helped us admirably. We had a fair bit of interest with 14 units (some individuals, some families). All said they had enjoyed the experience, only a few had tried, or even heard, of Orienteering before so hopefully some new recruits will emerge from the day.

The course was an easy white, about a mile in length with 10 controls taking in some woodland and the large lake.

Seonaid and Mike Dudley

### Fixture List

This list was produced from the BOF and EAOA fixture lists as of 1<sup>st</sup> April 2010. A full list of events is available on the BOF web site ([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)) where you can find more information on the events listed below. Always check before travelling.

Sun 05/09/10	East Midlands	<a href="#">LOG</a>	Regional	Lincoln City Urban Race	<a href="#">Lincoln</a>	EOD	<a href="#">SK973719</a>
Sun 05/09/10	East Midlands	<a href="#">BAOC</a>	Local	Peter Palmer Relays	<a href="#">Chetwyn Bks, Chillwell</a>	P: 01/01/70	<a href="#">SK503350</a>
Sun	East Anglia	<a href="#">SOS</a>	Local	SOS Colour Code Event	<a href="#">Hockley Woods</a>	EOD	<a href="#">TQ830915</a>

12/09/10

Sun 12/09/10	East Anglia	<a href="#">WAOC</a>	Local	WAOC Try-O Ferry Meadows	<a href="#">Ferry Meadows, Peterborough</a>	EOD	<a href="#">TL146978</a>
Sun 12/09/10	South East	<a href="#">HH</a>	Local	Local Event	<a href="#">Sherrards Park Wood</a>	EOD	<a href="#">TL228142</a>
Sun 12/09/10	East Anglia	<a href="#">SMOC</a>	Local	Keyne O	<a href="#">Linford Wood</a>	EOD	<a href="#">SP845401</a>
Sat 18/09/10	South East	<a href="#">SLOW</a>	Regional	SLOW - City of London Race	<a href="#">City of London</a>	EOD	<a href="#">TQ325803</a>
Sat 18/09/10	South East	<a href="#">CHIG</a>	Local	CHIG CATI	<a href="#">Epping E ( Strawberry Hill)</a>	EOD	<a href="#">TQ417963</a>
Sun 19/09/10	South East	<a href="#">LOK</a>	Local	LOK District Event	<a href="#">Hampstead Heath</a>	EOD	TBC
Sun 19/09/10	East Anglia	<a href="#">NOR</a>	Local	Try Orienteering Day	<a href="#">The Walks, Kings Lynn</a>	EOD	<a href="#">TF623198</a>
Sun 26/09/10	East Anglia	<a href="#">WAOC</a>	Local	WAOC Try-O Crown Lakes	<a href="#">Crown Lakes</a>	EOD	<a href="#">TL198947</a>
Sun 26/09/10	East Anglia	<a href="#">HAVOC</a>	Local	Thorndon North SWELL	<a href="#">Thorndon North Country Park</a>	EOD	<a href="#">TQ604928</a>
Sun 03/10/10	East Anglia	<a href="#">SUFFOC</a>	Local	SUFFOC Colour Code Event & Yvette Baker Regional Qualification Round	<a href="#">Haughley Park</a>	EOD	<a href="#">TM002623</a>
Sun 10/10/10	East Anglia	<a href="#">SOS</a>	Local	SOS Colour Code Event	<a href="#">Baddow Ridge</a>	EOD	<a href="#">TL790065</a>
Sun 10/10/10	East Anglia	<a href="#">SMOC</a>	Local	Keyne O	<a href="#">Campbell Park</a>	EOD	<a href="#">SP862395</a>
Sat 23/10/10	East Anglia	<a href="#">SMOC</a>	Regional	SMOC MK O-Sprint & EA League	Campbell Park	EOD	<a href="#">SP885375</a>
Sun 24/10/10	East Midlands	<a href="#">LEI</a>	Regional	LEI Midlands Middle Distance Championships	Irchester Country Park	EOD	<a href="#">SP914660</a>
Sun 31/10/10	East Anglia	<a href="#">WAOC</a>	Local	WAOC Colour Coded Event	Mildenhall	EOD	<a href="#">TL728750</a>

## NEXT WAOC events

### Summer Galoppen

Wed, 18 August [Fairlands Valley](#) Ian Lawson  
Wed, 25 August Jesus Green & Midsummer [TL461590](#) Roger Horton  
Common

One more date in early September to be announced...

### Come and Try orienteering in Peterborough

Sunday September 12<sup>th</sup> – Ferry Meadows (Nene Park)

Sunday September 26<sup>th</sup> – Crown Lakes (Farcet)

Morning starts

Courses for beginners as well as a more technical training course for experienced orienteers

Check [www.waoc.org.uk](http://www.waoc.org.uk) for more details