



West Anglian
Orienteering
Club



JABBERWAOC

Vol.39 No. 1

January 2011



*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

Very little space to add much here! This is very much an edition about fixtures with lots of information about different competitions including a new one for vets and a complete review of the event strategy for WAOC.

Mike Capper Next Copy Date – March 31st

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Chairman's Chat – Tim Mulcahy

It was disappointing for the club to have made an early exit from this year's Compass Sport Cup at Beacon Hill on Sunday 16 January. We didn't field a full complement of competitors and so were rather handicapped from the start. This is likely due to the 180 mile round trip to the event from Cambridge and even further for many other club members.

Nevertheless the day was most enjoyable with varied terrain, clement weather and great competition with some sparkling WAOC achievements. Dai Wilson excelled on Brown Men scoring highly with 88 points (out of 100). Rachel Pocock (90 pts), Julie Ferris (86 pts) and Helen Bickle (84 pts) also excelled on Blue Women. Thomas Louth (M16) again stormed around Blue Men finishing with a fantastic 2nd place and 99 points. On the same course Graham – chasing his speedy son - also proved his consistency with 89 points. WAOC's other Blue Men – Peter Duthie (78pts), Mike Capper (75pts – *Ed's note – despite going 12 – 15 – 14 – 13 – halfway to 16 – 14 – 15!!*), Peter Woods (64pts) and Robin Bourne (61pts) - all scored over 50 points. I even managed 59 pts despite going 'backwards' twice through lack of care with rootstock controls in the forested, flat and overgrown areas.

Erica Pilkington led the WAOC women on Green with 70 points, followed by Caroline Louth (62pts), Sue Woods (58pts), Janet Cronk (52pts) and Clare Woods (40pts). Mike Bickle (M60) powered his way impressively around Green Men with a brilliant 2nd place overall and 98 points, whilst Supervet Hally Hardie (M70) achieved 42 points on the same course. On Green Vets our supervets Michael (86pts) and Seonaid (76pts) Dudley, Ursula Oxburgh (70pts) and Colin Curtis (66pts) proved once again that age is no impediment in scoring highly in competitions. Finally, but not least Owen Bourne achieved a very good score of 76 pts on Orange Men.

Regarding WAOC's future events much work has been done in the background by Ben Holland and his Fixtures Strategy group. As a result he and his team are formulating a coherent strategy that unifies the broad and diverse range of events that the club promotes. Better advertising and coordination should result in many improvements and advantages.

Following analysis of the recent survey results the fixtures strategy team has considered setting up a summer Saturday series of events that cater for all levels of experience; extending the scope of the Club Night every 3rd Tuesday in the month; resurrecting the annual high quality (level D) Night Event and proposing to EAOA clubs to join a Night League; replacing the currently poorly attended Try-Os with a full colour-coded event aimed at beginners and experienced runners alike; retaining and enhancing the regular, more formal and larger Sunday events. Watch this space for more details as the team consolidates their proposals that the main committee has welcomed.

Our sport faces some new challenges going forward resulting, for example, from speculation about the future of the Forestry Commission, such as the government's potential sale of forests to private ownership. To support the orienteering cause please visit the site WWW.38degrees.org.uk/save-our-forests and consider signing the petition, or write to your MP, or write to The Hon Caroline Spellman MP The Secretary of State for the Environment, Food and Rural Affairs DEFRA, Nobel House, 17 Smith Square, London , SW1 3JR.

There are also proposals for new fees for using our forests but for 2011 at least there is a National Agreement that limits the increases. For the time being the WAOC committee has resolved to absorb the new rises without increasing our event fees in 2011. We will have to react to future changes as and when they happen.

Stop Press: At this week's committee meeting Ursula quietly announced her resignation from frontline leadership on activities such as club coaching and schools development. But Ursula retains her competitive orienteering spirit as she will now devote her energies to training and running in the new UK Masters Cup series. I cannot possibly do justice in this short article to Ursula's long and illustrious involvement in WAOC over many years – I hope to embarrass her more at the AGM in March! Suffice it to say here that Ursula is legendary in East Anglian orienteering, not just for her commitment, hard work and forthright views but also her determination to stay an active orienteer – now in the Supervet class.

Ursula has held a variety of committee posts over the many years including Chairman, Secretary, Club Coach and Schools Development officer – so she doesn't shy away from challenges and responsibility. Having handed over the coaching and Club Night reins to Peter Allen we are in a very good position as Peter has risen admirably to the challenges. Ursula has left the committee with some parting thoughts on the apparent decline in our junior competitor numbers and how this section of the club can be reinvigorated – we speculated that we are not attracting enough young couples to the club! This didn't of course stop our impressive current juniors reaching the 2010 National Final of the Yvette Baker Trophy - now rescheduled for Sunday 6th February in the Wyre Forest. (*Ed's note – report next time!*)

Remember that WAOC is your club and your views matter. The future is challenging and we need to be alert to changes and find innovative ways to handle them. The club has a long tradition and has thrived during many eras of change so I'm confident we can rise to the challenges. Please make your views known to a committee member or write to the Jabberwaoc editor. Don't forget the opportunity to attend the 2011 AGM in Cambridge on Saturday 19th March at St Matthew's Church Hall.

In the meantime, I wish you all a rewarding year of orienteering throughout 2011 – there are some spectacular multi-day events to savour in this year of the superb bi-annual Scottish Six Days event in August.

Membership notes

2011 SUBSCRIPTIONS

Thank you to those of you who have already paid your subs for 2011 - about two thirds of members so far. So, please, would the remaining third of you like to send off your subscriptions SOON? For National and Local members of BOF, subs should be sent direct to BOF. For Club-only members, subs come to me, please. You should already have the necessary forms from either BOF or from me.

MEMBERSHIP CARDS

Please note that, from 2011, WAOC membership cards will not be sent to BOF members. For them, membership of WAOC is on their BOF card, so that a second card for WAOC seems like rather wasteful duplication. Club-only members will continue to receive their WAOC membership cards.

Anne Duncumb Membership Secretary

WAOC Fixtures Strategy

Many thanks to all those who completed the Fixtures Questionnaire sent round before Christmas. It prompted a good number of responses that guided us in our discussions. Of note it is clear that members vary considerably in their likes and dislikes and so unfortunately there were no clear choices to be made!

A small working party (consisting of Peter Allen, Helen Bickle, Peter Duthie, Ian Lawson, Ursula Oxburgh, Peter Woods and myself) met in mid January to discuss the subject. After a lively discussion we homed in on a coherent plan, which has since been discussed and approved by the committee. I have detailed this plan below. In formulating the plan we have tried to cater for all WAOC members, young to old, experienced to beginner. Obviously we don't expect every orienteer to attend every event, but we hope that there is something for everyone without sacrificing the quality of any event.

Further to all this, the committee have decided to form a fixtures sub-committee to oversee fixtures from year to year. Two key aims of the sub-committee will be to (1) review fixtures strategy on an ongoing basis and (2) plan where and when each event will take place – thus being able to provide a calendar of all events well in advance of them taking place.

If you have any questions please get in touch – ben.holland@thirdlight.com

Ben Holland

WAOC's new Fixtures Strategy

Club Nights: Club Nights to continue largely as before i.e. each week on a Tuesday night. Club Nights will run during school terms - i.e. September through to July with breaks over Christmas and Easter holidays. Club nights provide a variety of activities for all ages, aimed at improving fitness while honing orienteering skills.

Tuesday Evening Events: WAOC will hold a full year of Tuesday “mini events”. The format of each event will be up to the imagination of the organiser but they should reward orienteering skill

and avoid elements of luck or “treasure hunts”. They should be relatively easy to organise requiring one or two people. SI will be encouraged but not required.

During Club Night season (September – July) these will be held on every 3rd Tuesday of a month and be organised as part of the club nights - i.e. these events will cater for both adults and juniors, and be focussed in or near Cambridge. However, we hope that, being events as opposed to training, and being in a different location each time, they will appeal to a wider audience.

During the winter months these events will form a series of Night Events – consisting mostly of urban running but we also hope to provide some non-urban night events as well.

During the summer break (i.e. when there are no club nights) the Tuesday events will be held weekly (or as often as resources allow). These events will not have a requirement to cater for juniors and will effectively replace the Galoppen series. Again we hope that SI will be used where possible to avoid the “paper plate hunting” that sometimes happens at Galoppens.

Winter Limited-Colour-Code Night Event: In addition to the series of Night Events held on Tuesdays in the Winter, WAOC will be holding an annual “limited colour code” Night Event promoted to the whole region. This will be held on areas such as Therfield, Ampthill, Mildenhall South, etc.

East Anglian Night League: WAOC will be approaching EAOA or other East Anglian clubs individually to encourage them to hold a similar format Night Event in order to create a Regional Night League. We feel this could work with just 2 other clubs participating but obviously the more the better.

Summer Saturday Series: A new venture, that will replace SMILES and provide something extra for adults in the Summer, WAOC will hold a series of 6 Saturday afternoon events during June, July and August – i.e. every other week. The format of each event will be that the organiser must provide a “short”, “medium” and “long” course - i.e. that there is a course challenging for adults, a course suitable for newcomers, and something in between. SI will be used and there would be a league to tie these events together. The areas for these events will be chosen carefully such that there is suitably challenging terrain for adults. The areas used will come from across the region and the majority will be park/forest running. One or two will be urban if suitable terrain and mapping exists. These events will be promoted to encourage beginners to the sport, but must also be suitable for experienced orienteers to have a good run in the off-season.

Limited Colour Coded event to replace Try-Os: Instead of holding a “Try-O” event, WAOC will be putting on a limited Colour- Code in September. This would follow on from the Saturday Series and thus provide a good transition between the less formal Saturdays and the more formal Sunday events. By holding a larger event we would hope to attract orienteers from across the region as well as many WAOC members.

Other Colour Coded and Regional events: WAOC will continue to plan and organise the other larger events as before without changing the current balance between forest and urban orienteering; i.e. approx 1 major urban event each year.

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British Orienteering at ExCeL

Mike & I travelled to the Exhibition Centre London to help on the BO stand on the 2nd day (Friday Jan 14th) of its 4-day exhibition. The event was shared with the Bike Show and the Boat Show, which was by far the largest of the three. The journey (confusing) on the DLR was a first, which we found interesting, portraying London and the refurbished Docklands from its higher viewpoint.

I was struck by how much smaller the Outdoor Show now was, compared with the previous time we had helped (NEC 2006) and the first time it was held. No longer sponsored by the Ordnance Survey, this was one of several stalls missing.

We were time-tabled to be on from 2.30 until 7pm, together with Jean Stirling (WAOC), Judith Holt (DVO ex-LEI, whom I knew) and Mike Bray (SN) who was our Team Leader. Also helping to drum up business was Richard Barrett, who stayed for about 3 hours, having been on duty with Helen Errington on Wed morning to set up the stand. He was also there on Sat morning and Helen was there with Ben Windsor (CUOC) on Thursday. None of the BO Directors was time-tabled to help.

The BO stand was tucked away at the opposite side from the entrance, behind the Cicerone Lecture stage where I caught some of a talk on Kilimanjaro by Alex Stewart, and was attractively laid out encompassing a maze. This had been cunningly planned from metal fence units to have 3 courses each with the same 10 controls on differing gaffles. Altogether with the morning session we had about 140 visitors to the stand, some 80 of who tried out the maze. Several of these had 2 or even 3 goes trying to get themselves higher up the Leader Board, one lad even managed to duck under a minute on his 3rd go.

Mike had been asked by the Development Sub-committee to see if there was anything plugging the sport for over-50s. No! Apart from the all-enveloping 4-fold 'Adventure Sport for all' which lists the age classes up to 70 and over. I fear the leaflet, though attractive and informative, is now out of date as it still lists events in the 6 named levels of 2 years ago. The other single A5 leaflets were on Regional Development Officers supporting Schools Sports Partnerships (we still do not know the final outcome on this) and the Regional 'Come and have a go at Orienteering' leaflets, including Northern Ireland but none from Scotland or Wales! On none of these could we find a picture of a Superveteran competing, they were mostly of children and the Elite, although our East Anglian one has a photo of a possibly grey haired, very sprightly, man.

Altogether we found it to be a rewarding, if tiring afternoon and the time seemed to go by quickly. We each had time off to explore the rest of the show and for refreshments. I met Ben Fogle, whose exploits I really enjoy watching on the TV!

Seonaid Dudley

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WAOC Success at the OMM

The OMM is the newish name for the KIMM – the original mountain marathon. My first experience of mountain marathons was nearly 30 years ago as a naive teenager with a 30lb rucksack and very limited experience of mountains. I think the first control was three quarters of the way up Helvellyn. It was very hard work and a bit disappointing since there was only limited navigation. The BBC was there and they filmed us packing up our rucksacks in preparation. They must have been laughing. Since then I have climbed a lot in mountains but never returned to the KIMM/OMM.

That changed last year when Andrew Stimson asked me for some advice to prepare for the Scottish Six Days. 'Hill training' I replied, partly in jest as that's not really feasible in Cambridge. Andrew was not deterred, a couple of days later he told me that there were still places free on the C course at the LAMM, would that be suitable training? Well yes but the event was in Kintail and less than a week away. Unfortunately Angie (my wife) was with me at the time and so I couldn't use her as an excuse. So we went up and then came a creditable 9th place. It wasn't much good as training for the Scottish Six Days – my racing was pretty dismal there. However we had enjoyed it and so entered for the OMM last October.

This was in mid Wales and we finished a creditable 7th place on the C course. However we knew from both races that fitness, teamwork, race tactics and navigation could all be improved so we entered the OMM this year determined to be more competitive. The race was on Dartmoor. Both of us had been running a fair bit as build up and so felt strong. We had better kit, including Ben Holland's magic super lightweight rucksacks. We also knew that a few extra grams of warm clothes and good food wouldn't be a problem so we catered for a comfortable night. We were lucky with a late start on the first day. We made two or three slightly unobvious but good route choices early on in the race and so got to the two hour stage knowing that we couldn't be too far off the pace, and feeling strong. After that the navigation became mostly straightforward with tracks across some of the tussocky ground easing the way. Since our previous outings could have been described as 'mostly good with some mistakes' we were determined not to make any mistakes and kept focussed right to the end. It was also nice to finish the day in less than four hours (3 hr 59min).

We have developed a good system for the overnight camps. I put the tent up, then climb into my sleeping bag and moan about being unable to move while Andrew (being the younger man) cooks, provides continuous tea, and ventures out into the rainy night to check results and position. He came back with positive news – third place and just 15 minutes behind the leaders. The weather was getting worse which would make navigation harder – things started to look very promising. It was a bit of a shame that I had vetoed Andrew excellent idea of bring windproof matches (an extra 3g) so he had to wander the campsite trying to borrow a lighter everytime I wanted another cup of tea. But overall we were feeling very positive.

The morning started with a 300m sprint up a hard track against high winds. We did manage to get to the start with just enough time to spare for the start team to give us a GPS tracker/radio transmitter. This meant that Angie and the girls could follow our position in the race on the web – there must have been one point in the race where Angie had a more accurate idea of our position than we did – certainly we were not aware that the chasing pack got quite as close to us as they had.

Running over hills for a long time is as much about saving energy and doing everything as efficiently as possible. We took longer and slightly more circuitous routes to the controls, always trying to find the easiest line across the tough terrain. This was occasionally difficult as a team since Andrew's strong legs don't seem to notice the difference between knee high tussocky heather and a grassy path. Again though in this our experience from the earlier events paid off – Andrew knew that forcing me through the toughest terrain would just exhaust me.

As we progressed through the controls we knew that we were not dropping much time. We were hitting controls bang on. We made one unobvious route choice which was potentially fantastic but did put us with a kilometre of very tiring ground to cover though it may be that the other routes had two or more kilometres of the difficult ground so it was a fair route. Coming out of that we had four controls to go. We were feeling strong but still had two significant climbs to go. One team in front of us and maybe several more but were they on the score course? Although usually taking significantly different lines we stayed level with the team in front – they looked stronger but kept taking the more direct but tougher routes. Finally, fortunately, the mist intervened. Both teams missed hitting the control straight on. Fortunately we were intentionally aiming off and knew where we were. The other team busied themselves running around a parallel feature in the mist. A control later and a marshal told us that he thought we were leading.

And that really does help tired legs. Working hard on concentration not to make mistakes on the final easier section we finished strongly, managing a pointless sprint on the last uphill 100m to the finish.

Winning does feel good – it hasn't happened that much over the years, but it is good when it does.

Steve Hinshelwood (running with Andrew Stimson)

Some dates for your diary

For those of you that don't often travel outside East Anglia to go orienteering (and even for those of you that do), here is a list of events coming up over the next few months that I would recommend:

20th February – Midland Championships (National Event), Norfolk: The Midland Championships come to East Anglia; your opportunity to compete against the best from across the Midlands relatively close to home. As this is a National Event, entry (in advance) will be by age class rather than course colour. See Norfolk OC website for further details nearer the time. (Ed's note – most of these events can be entered at www.fabian4.co.uk)

6th March – HAVOC Regional Event, Epping Forest: Another Regional Event on a good area being organised by one of our near neighbours.

12th/13th March – JOK Chasing Sprint and Southern Championships (National Event), Oxford and Henley: The JOK Chasing Sprint is a great fun event in which everyone runs a qualification race in the morning in the usual way, but then your start time for the final in the afternoon is based on how long you took to run the qualifier; so the first to cross the finish line at the end of the final is the overall winner! It is the Southern Champs on the Sunday; members of WAOC are not eligible to win trophies, but you can still compete in this National Event on an excellent area (Hambleton) not too far from home.

26th/27th March – Newcastle Sprint and Northern Championships (National Event): This weekend of competition is probably only for the more serious amongst us, given the travelling involved, but it should none the less be a great weekend.

9th/10th April – British Sprint and Middle Distance Championships, Brighton & Crawley: If you haven't tried sprint or middle distance orienteering then you really should give them a go. The atmosphere at the British Sprint Champs in particular is usually excellent. (This event is for National members of British Orienteering only).

22nd-25th April – JK International Festival, Northern Ireland: The biggest event in the British orienteering calendar; the Jan Kjellstrom International Festival of Orienteering (to give it its full title) is an event that everyone should try to attend every year (albeit it is very late this year, and the event is rather a long way away). Sprint race on Good Friday; individual races on Saturday and Sunday; relays on Easter Monday; plus ceildh on Sunday night! Full details on the JK 2011 website: www.jk2011.org.uk (If you are going, and would like a run in a WAOC relay team, please let me know; email: captain@waoc.org.uk).

14th/15th May – British Orienteering Championships (Individual and Relay), Sheffield: The other big event of the year that everyone should try to attend. This event really is open to everyone – you don't have to be a superstar to take part (although you do have to be a National member of British Orienteering). And don't worry, both days are in forest rather than on open moorland – some of the best orienteering forest in Yorkshire we are told (see the video on the BOC 2011 website: www.boc2011.org.uk). (Again, if you are going and would like a run in a WAOC relay team, please let me know; email: captain@waoc.org.uk).

31st July – 6th August – Scottish 6 Days, Oban: 6 days of orienteering on the glorious West Coast of Scotland. More of an orienteering holiday than a competition (although you can take it seriously if you want). Don't leave it too late to book somewhere to stay!

If you have any questions about any of these events, or any other event that you have seen advertised, please don't hesitate to ask – catch me at an event, or just send me an email.

WAOC Club Nights, Tuesdays, Cambridge

I thought that the Club Night on 25 January was a particularly fine example of its kind, and was inspired to write this brief note for Jabberwaoc, hoping to encourage members of WAOC and newcomers to Orienteering to come along if they can. I find the evenings very enjoyable and interesting.

Apart from breaks for the main holidays, the Club Evenings have been running every Tuesday since 20 April last year at Cambridge University's Athletics Centre at the South end of Wilberforce Road in West Cambridge. The Nights were initially organised very well by Ursula Oxburgh and Caroline Louth, but recently Peter Allen has made the role of organiser very much his own. The plan is for the Club Nights to continue at the same venue, except that on the third Tuesday each month they will be elsewhere. The usual format is that we meet at about 6.30 pm to warm up; the main activity starts at about 6.45 – with separate groups of juniors and seniors – lasting about an hour, after which we gather in an upper room at the Centre for soft drinks/coffee and discussion, leaving by 8.30 pm. Quite apart from the improved orienteering that the activities will hopefully develop, this is a great way to get to know fellow members of the Club better.

The cost each time is just £1 for seniors, to cover room hire and the drinks. Everything else is being paid for from a grant that WAOC has achieved under the 'Club and Coach' project from BOF. This has helped the Club with additional SI equipment, and also has made it possible to have O-maps made (almost all by Caroline Louth) of the Athletics Centre's grounds and several areas nearby. We now have enough maps that the various activities do not have to go back repeatedly to the same area. This week we were on a high-quality new and very intricate map of grounds and buildings belonging to one of the Colleges – a real challenge.

The main coaching activities, starting at 6.45 pm, have been very varied, for example peg relays, exercises on map visualisation, exploring areas preparatory to mapping, line following (quite tricky in complex urban areas), and many more. The planned schedule of exercises can be found on the WAOC website a few weeks in advance – forthcoming exercises for seniors before Easter include night orienteering in some other College grounds, a low-key event on Coe Fen, and a session with a running coach.

We used not to encourage newcomers to O to come to winter Club Nights, lest they be put off the sport by poor weather on dark nights. However, recent experience has shown that comparative novices can and do enjoy the evenings – the coaches and more experienced members make a special effort to draw them in to the activities. Several juniors come nearly every week, for the special activities provided, while their parents go out with the senior members.

I do hope that WAOC members will support this fun activity, and hopefully make the Club Nights self-sustaining – if all goes especially well it may be possible to organise such evenings in places outside Cambridge.

Chris Morley

The Club Nights will take place at the **University Athletics Centre, Wilberforce Road, CB3 0EQ** on most Tuesdays with some evenings held off-site. The centre boasts very impressive facilities and the surrounding area (streets, fields, University parkland etc.) should be good for O-training. The Centre is at the West end of Adams Road, which runs West from Grange Road ([TL434585](https://www.google.com/maps/place/University+Athletics+Centre,+Wilberforce+Road,+Cambridge,+UK/@52.20085,-0.11585,15z)).

The plan for the Evenings is that people should arrive at 6:30pm for 6.45 starts - there is ample car parking and changing - and that we finish by 8:30, probably with tea, coffee and biscuits. There will always be a bad weather alternative. Third Tuesday of month in February onwards

will be off site, i.e. not centred on the Athletics Centre

CLUB NIGHT DETAILS: 8 - 22 February

Tuesday 8 February - Skill Development (2)

Meet: Churchill College

Coaches: Caroline Louth & Ben Windsor (Juniors)

Tuesday 15 February - Night O on Coe Fen

Meet: Coe Fen Car Park

Coaches: Ursula Oxburgh and provisionally Ben Windsor & Peter Allen (Juniors)

Tuesday 22 February - Skill Development (3) location t.b.a.

Meet: University Athletics Centre

Coaches: Caroline Louth

2011 NOPESPORT URBAN LEAGUE

The league of course kicked off in Edinburgh in mid-January, with what has become the traditional league opener, followed by another trip north to Glasgow in April for a race around Erskine which hosted one of last year's trickiest sprint races for the World Championships selection.

Filey promises orienteering in a challenging seaside resort, a contrast to the city streets of Nottingham and then another trip to the seaside and Lossiemouth on the Moray coast which hosted a well regarded Scottish sprint championships last year.

A summer break before a quick succession of races, Guildford marks our furthest south race while the following weekend urban favourites Sheffield and Lincoln once again offer a fantastic double header. Cambridge returns to the calendar in October (it is also a Masters' Cup race), followed by another Yorkshire sortie to Skipton, then two trips to the North West in November where Chester and Penrith bring the season to a close.

League classes will remain as in 2010, with men's and women's classes for Junior (16-), Senior, Vet (40+) & Supervet (55+) while it'll be your best six scores from twelve to count. The next few events are

- Glasgow/Erskine - 02/04/11 (Followed by SOL near Stirling on 03/04/11)
- Filey - 07/05/11 (Followed by Barns Cliff Event on 08/05/11)
- Nottingham - 05/06/11
- Lossiemouth - 11/06/11 (Followed by event at Culbin on 12/06/11)
- Guildford - 27/08/11 (Followed by Long O on 28/08/11)

THE NEW MASTERS' CUP

To all M/W35+ - You are all masters and there is now a Masters Cup competition devised by the Senior Competitions Group and aimed specifically at you. You can find Masters Cup information at http://www.britishorienteering.org.uk/page/national_senior_competitions but here are the main points:

- Devised and refined by masters (Senior Competition Group) with input from Dave Peel, whose original suggestion it was
- Aimed at YOU, unless you are under-35.
- Based on 19 specified events in a variety of disciplines (Long, Middle, Sprint, Urban, Night,

Chase).

- An age class competition, with your score depending on your position in the results for your age class. (see the Rules below)

So every time you run at one of the 19 events designated at

http://www.britishorienteering.org.uk/page/national_senior_competitions you will get a Masters Cup score and can readily compare yourself with those of your contemporaries who have also run.

Fixture List

This list was produced from the BOF and EAOA fixture lists as of January 29th 2011. 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.

13th	EAOA SOS Level B	SOS Regional Event incorporating EA League , Writtle Forest Chelmsford, TL648025 Organiser: Geraldine Russell, grmussell@gmail.com , 01206 272761. Online entry through www.fabian4.co.uk Entry On Day: Senior £12.00, Junior £4.00, Student £4.00. , Punch Type: Sl, Dogs: Dogs on a lead only in the car park paddock. Dogs not permitted in the forest. Start Times: 10.30-13.00 stragglers.info
19th- 20th	EAOA NOR Level A	Norfolk Weekend incorporating Midland Championships 19th Retro Event at NT Felbrigg Estate , NT Felbrigg Estate Cromer, TG195405 Organiser: Pat Bedder, alanb.noroc@btinternet.com , 01603 424589 Postal Entry: Alan Bedder, 21 Tills Close Sprowston, NORWICH, NR6 7QS, 01603 424589, dumpling@norfolkoc.co.uk . Cheques payable to Norfolk Orienteering Club. Online entry through www.fabian4.co.uk Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, Dogs: Dogs on Lead, Livestock area. Start Times: TBC www.norfolkoc.co.uk
	EAOA	20th National Event & Midland Championships , Sherringham Park & Weybourne Wood Sherringham, TG139410 Organiser: Alan Bedder, alanb.noroc@btinternet.com , 01603 424589 Postal Entry: Alan Bedder, 21 Tills Close, Sprowston, NORWICH, NR6 7QS, 01603 424589, dumpling@norfolkoc.co.uk . Cheques payable to Norfolk Orienteering Club. Online entry through www.fabian4.co.uk Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: Sl, www.norfolkoc.co.uk
27th	EAOA WAOC Level C	WAOC Colour-Coded and EA League Event , Maulden Woods Ampthill, TL074392 Organiser: Hazel Bickle, hjc1000@esc.cam.ac.uk , 01223 842416. Entry On Day: Senior £8.00, Junior £3.00, Student £3.00. , Punch Type: Sl, Start Times: 10:30 - 12:30 www.waoc.org.uk
March		
5th	SEOA HH Level D	HH Saturday Series & Youth League , Phasels Wood Campsite Hemel Hempsted, TL051040 Organiser: Jacob Sharpe. Entry On Day: Senior £4.00, Junior £2.00, Student £2.00. , Punch Type: None, www.happyherts.org.uk/
5th	EAOA NOR Level D	Night Score Event , Cawston & Marsham Heaths Aylsham, TG165236 Organiser: Nick Pullen. Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.norfolkoc.co.uk
6th	EAOA HAVOC Level B	Regional Event Epping South West , Epping Forest South West Chingford, TQ388963 Organiser: Janet Biggs, jbiggs6@tesco.net Postal Entry: Janet Biggs, 64 Windermere Road Muswell Hill, London, N10 2RG, 020 8883 2338, jbiggs6@tesco.net . Cheques payable to Janet Biggs. Online entry through www.fabian4.co.uk Entry On Day: Senior £14.00, Junior £5.00, Student £14.00. , Punch Type: Sl, Dogs: Not allowed in Gilwell Park event centre - must be left at entrance gate. Can be taken into competition area if under control. Start Times: 10.30 to 12.30 orienteering-havoc.co.uk
20th	SEOA CHIG Level C	CHIG District Event , Wanstead Park Ilford, TQ416872 Organiser: Kate Brett, katebrett1@googlemail.com , 020 8530 8372. Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: Sl, Dogs allowed. Start Times: 10.30am - 12noon
20th	EMOA LOG Level D	Belton Park - EM League , Belton Park Grantham, SK934385 Organiser: Sean Harrington, sean@logonline.org.uk , 01522 791344. Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, Start Times: 10:30-12:30 www.logonline.org.uk
26th	SEOA HH Level D	HH Short Race Series & Youth League , Boxmoor Hemel Hempstead, TL049061 Organiser: David Heale, boxmoor@heale.worldonline.co.uk , 01442 219988. Entry On Day: Senior £4.00, Junior £2.00, Student £2.00. , Punch Type: Sl, Dogs: Permitted if kept under control, but restrictions may apply on courses if there are sheep in the area on the day Start Times: Register from 10:00 to 11.15. Last start 11.30 - courses close at 12.30 www.happyherts.org.uk/
27th	EAOA NOR Level C	NOR Colour Coded Event , Pond Hills Holt, TG099353 Organiser: Mike George, 01603 408269. Entry On Day: Senior £0.00, Junior £0.00, Student £0.00. , Punch Type: Sl, No dogs allowed. Start Times: Registration 10.00 to 12.00 Starts 10.30 to 12.30 Courses close at 14.30 www.norfolkoc.co.uk
27th	EAOA SOS Level C	SOS Colour Code Event inc. ESSOL , Hylands Park Chelmsford, TL680048 Organiser: Nancy Powell Davies, powell.davies@btinternet.com , 01376 562657. Entry On Day: Senior £7.00, Junior £2.00, Student £2.00. , Punch Type: Sl, Dogs: Dogs under control Start Times: 10.30-12.30 stragglers.info
27th	EMOA LEI Level C	EMOA League Event , Belvoir Castle Grantham, SK810325 Organiser: Roy Denney. Entry On Day: Senior £8.00, Junior £2.00, Student £TBC. , Punch Type: Sl, Dogs: On Lead in Car Park Start Times: 10.30 to 12.30 www.leioc.org.uk
April		
3rd	EMOA LEI Level C	LEI Regional Event , Cademan & Thringstone Woods Whitwick, SK435175 Organiser: Chris Phillips, onecphillips@lineone.net Postal Entry: EMOA Champs, 63 Loughborough Road, Quorn Leicester., LE12 8UD. Cheques payable to Leicestershire Orienteering Club. Entry On Day: Senior £14.00, Junior £5.00, Student £5.00. , Punch Type: Sl, Start Times: 10.30am to 12.30pm leioc.org.uk
9th	SEOA SO Level A	British Sprint Championships, Brighton & Sussex Universities, Falmer (Brighton) . , Brighton & Sussex Universities Falmer, Brighton, TQ350090 Organiser: Neil Crickmore, n.crickmore@sussex.ac.uk . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.bsbm2011.org.uk/

INVITATION TO ATTEND

West Anglian Orienteering Club

Annual General Meeting

Saturday 19th March 2011

From 6.30pm

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

1. Apologies for absence.
2. Minutes from AGM 2010.
3. Chairman's Report.
4. Captain's Report
5. Acceptance of Accounts
6. Awards and Presentations.
7. Election of Officers.
8. Any other business.

Any further resolutions or business to be sent to the Secretary
by 19th February - any proposed changes to the constitution or motions of
similar importance by 12th February.

****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.**

Next WAOC event - **Colour-Coded and EA League Event**
Maulden Woods Ampthill
[TL074392](http://www.waoc.org.uk)

Organiser: Hazel Bickle, hjc1000@esc.cam.ac.uk 01223 842416.
Entry On Day: Senior £8.00, Junior £3.00, Student £3.00.
Start Times: 10:30 - 12:30
Full range of colour coded courses
www.waoc.org.uk