



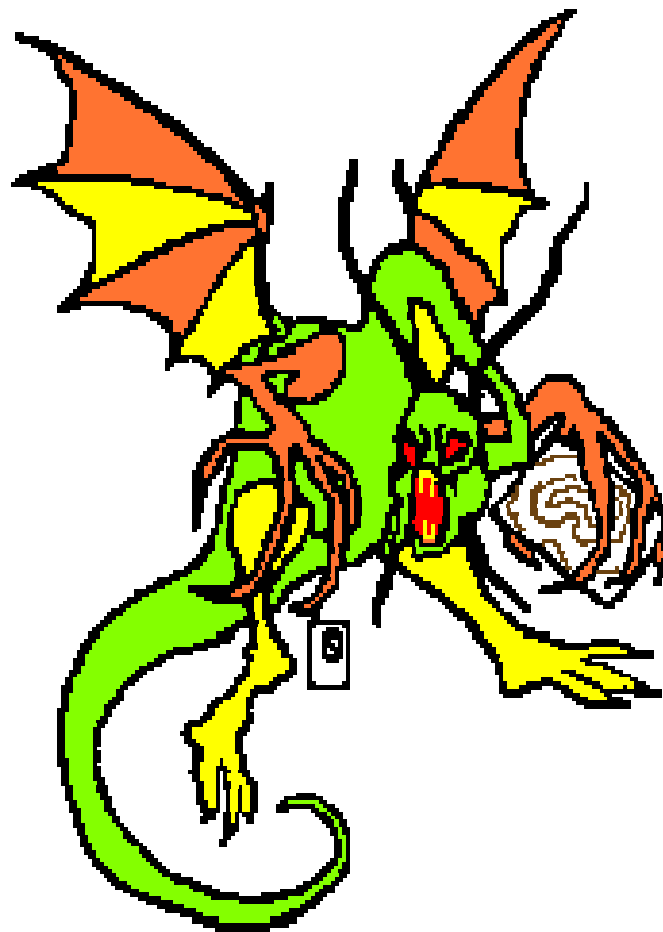
West Anglian
Orienteering
Club



JABBERWAOC

Vol.39 No. 3

July 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

Well summer is finally here and I am sure lots of you will be heading off to various orienteering events across the country. I know lots of you are going to the Scottish 6-Day event, so don't forget to write a few words about the event for the September edition of Jabberwaoc. I am off to Slovenia and then the O'Festival (along with the Haynes) that is running alongside the World Championships in France – both look like being 'testing' events but it is going to be great to run over some different terrain.

You will see below that Brian Williams is asking for help for the Ampthill event on Sunday October 2nd. Please try to find some time to help at this or one of the other events that are planned for the rest of the year. A lot of work seems to be falling on the same shoulders and there is a real danger of 'volunteer fatigue'. Helping out at an event is great fun and a really good way to meet at other members and the more that volunteer the more the club is able to put on!

Have a great summer, whatever you are doing!

Mike Capper

Next Copy Date – September 30th

Don Braggins

It is with great sadness that I have to report the passing away of Don Braggins after a long illness.

Many of you who have been involved with WAOC will know of the part Anne and Don Braggins played in the early years of the club's inception. They have always been active members and Anne, in particular, has been a leading light in developing Trail-O, with Don always loyally by her side.

On behalf of the club, I extend our deepest sympathy to Anne.

WAOC Committee

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Membership notes

David Cottingham and Elke Thijskens from Milton, Cambridge
Iain Stemp and Andrew (M14) from Histon, Cambridge

We hope you enjoy your orienteering with WAOC

Chairman's Chat – Tim Mulcahy

The 2011 orienteering year is already almost at the mid-year stage with the Easter JK and British Orienteering Championships behind us. But looking forward there are still several multi-day challenges ahead to relish, including the prestigious Scottish Six Days event at Oban and Yorkshire's White Rose later in August. So there's plenty of motivation to get fit and hone your navigation skills this summer.

On the club front the weekly Tuesday Club Night in Cambridge continues to thrive and expand. The collaboration with CUOC is especially fruitful with junior coach Ben Windsor providing plenty of interesting O' for the juniors. Ben and fellow CUOC student Matthew Vokes planned the recent 7th June evening at Coton Nature Reserve. The event proved particularly demanding for the seniors with a 'windows' orienteering challenge. Club Coach Peter Allen described it as "you only see a window around the control point and have to work out the way there without the detail on the map - good for practising recognising catching features".

Previous club nights that I personally attended included the evening at Burrell's Field organised by Caroline Louth on 10th May. This delightful venue is a private and secluded small 'forest type' location attached to Trinity Residences in the middle of Cambridge next to the University Library and Burrell's Walk and the Bin Brook. On 17th May we travelled to Therfield Heath where Ben and Matt excelled once again with challenging courses to suit everyone.

Other recent venues have included Mildenhall Wood and so by taking the Tuesday Club Night out of Cambridge it is hoped that members in the more remote parts of our region can participate at least occasionally in this successful enterprise led by Peter and his dedicated team. A testimony of the Club Night success came from Natalie Shaw, Participation Manager (East) from British Orienteering, who attended the 3rd May evening and commented "just wanted to say a quick thank you for letting me join in with your club night on Tues I really enjoyed it, fantastic to see so many newcomers having a go. Also really useful to see how well it works alongside CUOC and success of student coach Ben and with a bit of luck (and encouragement) perhaps some of the new students will become UKCC qualified!"

Thanks to the new initiative from the Fixtures Strategy group on the Development Committee the club's fixtures have been streamlined into a varied programme of events. The successful SMILE events have now been revitalised into the Summer Saturday series that now follows on from the Tuesday Winter League series.

The main committee continues to ensure that the club's administration and activities are properly managed, meeting bi-monthly throughout the year – with a summer recess. One of the ongoing issues is how to broaden the participation of members in the Club Night. We are conscious that it is centred on Cambridge and that many members cannot regularly make the journey from the outer region. If you would like to put forward ideas on how this issue might be addressed please contact a

committee member – as listed in Jabberwaoc. For example, if you are interested in starting up an initiative in your local area please ask for advice and assistance on how to proceed.

Finally, I hope you enjoy your summer - especially if it involves orienteering.

Tim Mulcahy

Help at Amptill Park event on Sunday October 2nd 2011

I am organising this event and will appreciate some help on the day. It would be helpful to me if you contacted me via e mail to say if you can help **but more helpful** still that you cannot as this will save me a lot of time making wasted phone calls. If you have a particular task you wish to do, particularly the string course then this would be appreciated too. Hoping to see a lot of you taking part on the day and making it an enjoyable event for you all

Brian Williams

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WAOC 2011 Awards and presentations for 2011

Owl Mike Bickle
Tortoise Caroline Louth
Chairman's cup Thomas Louth
Hally Hardie Mapping Trophy Caroline Louth

WAGAL Champions 2010 (based on a minimum of 2 events) (1st trophy + permanent trophy; 2nd and 3rd Juniors – medals, 2nd and 3rd adults – WAOC stickers or sew-on badges)

Junior men	1 Thomas Louth	2 Jonny Cronk	3 Thomas Hemingway
Junior women	1 Jaya Chand*	2 Catherine Hemingway	
Senior men	1 Stephen Borrill*	2 Andrew Stimson	3 Ben Holland
Senior women	1 Helen Bickle	2 Emma Holland	3 Clare Woods
Veteran men	1 Mike Bickle	2 Chris Morley	3 Mike Capper
Veteran women	1 Seonaid Dudley*	2 Lorraine Houghton	3 Ursula Oxburgh

* = doesn't have a permanent trophy already

Summer Galloper 2010 (based on a minimum of 3 events) (1st toadstool or mat)

Junior men	1 Tom Hemingway		
Junior women	1 Catherine Hemingway		
Senior men	1 Ben Holland	2 Andrew Stimson	3 Stephen Borrill
Senior women	1 Elisaberth Peeters	2 Helen Bickle	3 Madeleine White
Veteran Men	1 Peter Duthie	2 Roger Horton	3 Russ Ladkin
Veteran Women	1 Jean Sinclair	2 Hazel Bickle	

Juniors - Colour coded badges (eggs)

East Anglian Champions 2010

M10	Duncan Cooper	M12	William Louth
M18	Jonny Cronk	M40	Ronny Falk
M50	Mike Capper	M60	Mike Bickle
M70	Chris Morley		
W18	Sophie Louth	W35	Anna Falk
W40	Rachel Pocock	W45	Frances Cooper
W50	Janet Cronk	W55	Maria Marshall
W70	Seonaid Dudley		

Joan George Trophy

Jonny Cronk

East Anglian League Winners 2010

M16	Thomas Louth	M18	Jonny Cronk
M50	Peter Duthie	M60	Mike Bickle
W10	Erica Fox	W21	Helen Bickle
W70	Seonaid Dudley		

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WAOC Club Nights - change of day

Since they started over a year ago WAOC's Club Nights have always been on Tuesdays, usually at the University's Athletics Centre on Wilberforce Road in Cambridge but elsewhere sometimes (at least once a month). The Centre provides a useful regular base and car parking, and we now have O-maps of several adjacent areas. The grounds of the Centre itself are good for training exercises, particularly for juniors and novices, as well as for warming up, and we can have discussions indoors. Tuesday is also the evening when local athletes use the Centre, including people practising throwing objects of various kinds. The University's sports administrators have become worried about safety issues if an orienteer, and indeed anyone else, strays on to the throwing area, and they are not happy with our proposal to tape off the throwing area when we wish to use the grounds for O-training - of course no-one can guarantee that people would not cross the tapes. So to avoid this problem, but still be based at the Centre and have its grounds usable for O-training, WAOC must move the Club Nights away from Tuesdays - at least until better protection is installed. The Development Sub-committee, having considered the options, has decided to hold Club Nights, usually at the Athletics Centre, on Wednesdays from the Autumn onwards, starting on 14 September. We must apologise to those Clubnighters who have got used to Tuesdays but will not be able to come on Wednesdays - but hope that there are some WAOC members and others who could not come on Tuesdays but will be able to join in on the new schedule. Apologies also that we could not consult more widely about this - the decision had to be taken rapidly.

Chris Morley
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And Some Clubnight photographs ...



CAMBRIDGE PARKRUN RECOGNISES WAOC

The WAOC Runners have met on a Thursday evening for many years, and are now ably coordinated by Ben, with mapping contributions from Roger (yes, we even map our Thursday runs). A newer venture for some of those based near Cambridge is the Cambridge Parkrun - one of a national series of free 5km timed runs at 9am every Saturday (<http://www.parkrun.org.uk/cambridge/home>).

The formula is aimed at runners who might not tackle an event described as a race. The results (which are usually on the web later the same day) use a bar code, which you print from the website. The off-road course should be familiar to most in WAOC - looping around Milton Country Park. Several WAOC members have appeared under other colours (C&C, Riverside, CamRacers, unaffiliated ...), but it is now possible to register (in advance, on the website) as WAOC - which might just help give our sport a little more publicity.

While the Thursday nights develop our stamina (our runs are usually about an hour), Parkrun is a good way to get used to running a little faster. With numbers still building (typically 200+), the course can sometimes get a little congested, but with a new Parkrun starting soon in WAOC territory at Bedford, this will hopefully ease. For orienteers who would like to push their running a little harder over the summer, ready for the autumn season, but for whom an hour on a Thursday is too much, perhaps Parkrun might be worth a try.

Peter Duthie

Springtime in Shropshire

Mike and I have just returned from a very enjoyable 3 days of orienteering and sightseeing whilst at the biennial SINS, this year based at Ludlow.

We arrived on Friday afternoon at the event camp site at Monstay Farm in Mortimer Forest which we shared with a handful of orienteers and a dozen or so swallows giving us a fascinating display skimming a few inches over the grass. The weather was sunny but with a very strong wind which precluded us eating outside our borrowed caravan but the hardier types in tents dined 'en plein air'. Mr & Mrs H of HOC had organised an excellent social programme including a double fisted quiz, pig roast, ceilidh, a bar and the Butcher's Grill to nourish us and there were hot showers in the site, what more could one want!

I had a late start at Brampton Bryan on the Saturday, so we spent the morning watching the hoards of campers arrive, meeting up with old friends then visiting Ludlow. Best not to mention my orienteering in what was a mixture of runnable forest with dreadfully grotty undergrowth in places and open areas with vast views.

Duncan Cooper had a splendid win in M12L with his mum Frances finishing 4th, Noreen Ives 3rd and David Peregrine 6th in their classes. In the short classes Hazel Bickle finished 4th, Stephen Borrill 5th and Penny Bickle and Lorraine Houghton both 6th.

We drove back visiting Wigmore Castle, the seat of the Mortimer family from 1075 and inhabited by Richard Plantagenet in the mid 15C before he became King Richard IV. In 1601 it was sold to Thomas Harley of Brampton Bryan and was slighted during the Civil war.

Sunday's competition was within walking distance of the camp, in High Vinnalls, part of Mortimer Forest. About half the map was dark green and the rest white, some runnable and some, once again, with awful undergrowth. David Peregrine stole the show for WAOC, winning M70L with Duncan 2nd in M12, going very well. Frances went one better, coming 3rd as did Noreen and I was 5th. In the short classes Stephen won M40S, Lorraine 3rd and Hazel 5th. After our picnic we visited Mortimer Watermill and Croft Castle, still home to a branch of the Croft family who have been there for a millennium. Our WCH friend Jane Christopher's mother was a Croft and Jane remembers playing at the castle when a child.

An urban event round the streets of Ludlow followed from 5pm where Hazel Bickle finished 15th in W55, Penny 16th and Helen 19th in Women Open, Mike Bickle 18th in M60 and Stephen Borrill 42nd in M40.

At about 7am on Monday morning the forecast rain arrived, first East Anglian type drizzle but later on heavy rain. Oh dear! The Assembly was the same as for the previous day but it was a very muddy and wet walk/climb up to the start. It's amazing how some four hours of rain can turn what would have been runnable paths into quagmires. The forest was fairly OK but the steep slopes with nasty undergrowth were tricky and I fell about half way round my course on a slippery bluebell slope, whacking my shoulder hard. After 2 more controls, I couldn't face the muddy bank as it was a 2-hand job and my shoulder was so painful, so I gave up. Best for WAOC was David Cooper who had a fantastic run into 7th in M45L, matched by Frances and Duncan. In the short classes, Penny Bickle came 2nd, Hazel and Helen both 3rd.

The weather was so dreadful that the prize giving was abandoned, in fact the sun came out at about 3.30pm and has been lovely ever since! We spent the afternoon, after drying out and showering, then visited Berrington Hall. This was built in 1778 for Thomas Harley (a descendant from Wigmore Castle) and was Capability Brown's last garden assignment.

Only the stalwarts who survived all 3 days were eligible for class prizes (1st, 2nd, 3rd) but it wasn't stated whether it was for the Longs only! So far as I can see, Frances Cooper & David Peregrine both finished 3rd in the Longs and Penny & Hazel Bickle both 2nd and Stephen Borrill both 3rd in the Shorts. Others who survived were: Duncan Cooper & Helen Bickle both overall 5th, Angie Hinshelwood 7th, Todd Cooper 9th and David Cooper 15th. Also competing for WAOC were Lewis Cooper, who ran up as a M14 finishing 8th on 2 days but unfortunately mispunching on the first day, Satu Peregrine and John Hinshelwood.

Several left the camp site on Sunday evening on hearing the weather forecast but those who left after the Monday's competition provided much entertainment for the rest of us who watched them slide and skid trying to exit the camp field by a variety of gates. Several had to enlist the help of the farmer's tractor! We had booked an extra night and had the whole field to enjoy with a dozen others, watching it slowly dry out in the wind, giving us all no problem the following morning.

Super experience, pity about the performance! I do hope I haven't missed anyone out.

Seonaid & Mike Dudley

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So what exactly does the CUOC captain do?!?

I thought that seeing as CUOC don't normally write anything for your magazine, I'd write something for it, to let you know what we're up to. So here I'll summarise my year as Captain, and I hope in future versions somebody from CUOC can always write something about interesting things we've been doing since the last issue.

Everything really started at the Varsity match in Cornwall in March 2010, when Adam (2009-10 Captain) was persuading people that they wanted to be on the new committee, and suggested I should be captain this year. I was certainly keen on it, and it then became official at the AGM. Things didn't really pick up until October, because not a lot happens during exam term. Then my university life basically became orienteering, maths (in that priority order) and not a lot else – which I was quite happy with! To start with I was constantly asking Adam for help because he'd had 2 years of experience and I knew nothing about it!

Admin tasks aside, my main job was to find an event, transport to it, and accommodation if necessary, for every Sunday during term time. I've got a strong opinion that any event we can get to, we should go to, and nobody should ever be turned down from an event due to shortage of transport. So this is why various WAOC members, and members of other clubs, have received emails, phone calls, and questions at clubnight pleading for lifts for CUOC members. And I have to say, I've been impressed at how kind everybody in WAOC has been to us for getting us to events, so thank you: without it CUOC would get nowhere. I don't think anybody has ever accepted petrol money either, if I forget to ask and you want it, do say! In all we attended an event on all but 2 weekends in autumn term, and every weekend during spring term.

For Clubnights on Tuesdays, I emailed the list every Sunday evening with details to encourage CUOC to come – however it seems that normally there are just 3 or 4 of us who turn up. There are actually about 20 of us in existence, promise, even if you never see us all at the same time! However some of them have attended more dinners than events this year (there have been two dinners). I think that clubnight has been an essential link with WAOC – it's certainly helped me with getting to know the members. Aside from the two main dinners, socials are pretty much lunch every Wednesday, and a formal about once every two weeks.

Normally event organisers are separate jobs from the Captain, however I agreed at the AGM to organise the Icenian. Having never organised an event before, I didn't think it could be too hard – but by the day of the event two weeks into term time I had done almost no work! I am glad I did this though; it was a good experience and very rewarding to hear (mostly) positive comments coming back.

The SprintO is the other event which CUOC organise in November every year, for university students: a series of short courses with butterfly loops, during the day, followed by a social event in the evening and sleeping on CUOC's floors! This was good fun, the whole of Bristol's team slept on Vicky's floor because she had gone to Istanbul, and came punting the day after.

In terms of training outside of events, we don't tend to do much as a club, we intend for this to change next year though (or Matthew and I do at least).

I want to put across clubnight as the place where CUOC will train on Tuesdays, and we should have another physical session at least once a week as well as an event on Sunday. The main training was the training camp to South Wales, joint with OUOC, for a week at the start of December, which was a great sociable week with plenty of training on some of the best technical areas in the country. The downside: we arrived and all the pipes were frozen, so we had no flushing toilets, no showers (we asked at leisure centres so didn't stink too badly), and had to collect water from the valley.

The highlight of the year for all of us was most definitely the Varsity Match: held in the Czech Republic in the most amazing forests I have ever run in. We went for 3 days of training including a City Race around Prague. The Varsity Match was on Saturday 2nd April which CUOC won in the women's by a massive 50 minutes and lost in the men's by 23 minutes total time. I'm sure many of you have seen our O-kite tops, which Oxford (among others) have found much amusement in pointing out that they're upside-down.

Next year the Varsity match is going to be tough against Oxford's men's team consisting of four GB squad runners. But with the enthusiastic committee we've got this year, we're going to train, we're going to put up a good fight, and hopefully we're going to win.

Our next plans are to go to Norway for 3 days of training at the end of this term, we thought it would be fun to go abroad if it was cheap, so by browsing the Ryanair website until I found cheap flights, we're going to Norway and back for £26 return! Plans for the Cambridge City Race are also going well, we've got access to Downing, Pembroke, King's, Clare, Trinity, and St. John's, and pending Queen's, so it's looking good – keep 22nd October free in your diary!

The new joint captains are David Maliphant (men's) and Andy Strakova (women's), so good luck to them. If you don't know them, I'm sure they'll be the ones asking for CUOC lifts come October! Check out the website for the rest of the new committee!

I'll be around in Cambridge for at least another year and will keep on coaching in CUOC and WAOC, being the replacement Adam to make sure the new captains know what they're doing, and being webmaster for CUOC despite my fairly primitive website making skills.

Thanks again to WAOC for their massive help with transport during the year, you have been fantastic.

Ben Windsor

Out and about with WAOC

There have been a couple of major events since the last edition of Jabberwaoc. The 2011 JK was held on the sand-dunes and mountains of Northern Ireland. It was a long way to go and only a small but select group of WAOC-ers made their way over the Irish Sea. The terrain was tough, with a wide variation between the intricate contours of the coast and the tussocky steep Mourne Mountains.

Ursula Oxburgh managed an excellent 2nd place in the sprint race around the halls of residence of Strathmillis University College, but then seemed to bomb-out on the first day of the individual (she may tell another story!!). Other than that, whilst there were no winners, there were several excellent performances, especially in M14 and M18 and in M45 and W40.

Sprint

M14 13th William Louth
M16 37th Matthew Haynes
M18E 11th Thomas Louth 29th James Haynes
M45 12th Steve Hinshelwood 15th Graham Louth
W21 61st Louise Sime
W55 14th Nicola Gardner
W75 2nd Ursula Oxburgh

Individual

M14A 16th William Louth
M16A 37th Matthew Haynes
M18E 16th Thomas Louth 29th James Haynes
M45L 20th Steve Hinshelwood
M45s 4TH Graham Louth
M70 8th Chris Morley
W40 12th Rachel Pocock
W55L 24th Nicola Gardner
W55S 5th Noreen Ives

A few weeks later, the British Orienteering Championships were held in Sheffield. I was injured so missed my run, but there was a good turn-out from WAOC and it was great to see so many relay teams. The individual was held on the rocky slopes of Wharncliffe and Grenoside – I used to live just off the map of these areas and the latter was known as *Genoside* due to its well deserved reputation for general grottness (I gather it has improved since then!). Nonetheless, courses seem to have been pretty tough and times long, but all I have spoken to seem to have enjoyed their runs.

M14A 11th William Louth 46th Mihir Chandraker
M14B 10th Owen Bourne
M16A 19th Tom Hemingway
M18E 8th Thomas Louth
M21S 13th Peter Gardner
M45L 20th Steve Hinshelwood
M45S 6th Graham Louth 17th Robin Bourne
M50L 70th Peter Heybrock
M55L 59th Chris Brown 61st Maurice Hemingway
M65L 50th John Wickersham
M70S 3rd Hally Hardie
W12A 8th Catherine Hemingway
W40L 8th Rachel Pocock
W45L 36th Alison Fox
 44th Pam Hemingway
W50L 33rd Caroline Louth
W55L 13th Nicola Gardner
W70L 13th Seonaid Dudley
W75 6th Ursula Oxburgh

The relays moved to the amazing terrain of Tankersley – 1000s of bell-pits scattered across a very runnable forest meant that accurate navigation was crucial. Most seem to have managed this well, although I have heard a few stories of headless running from pit-to-pit, hoping against hope that one of them contained a control!!

Men's Short 13th – Steve Hinshelwood, Peter Gardner, Graham Louth

W40 13th – Rachel Pocock, Nicola Gardner, Caroline Louth

M18 5th – Tom Hemingway, Thomas Louth, William Louth

Mixed Ad-Hoc 44th – Maurice, Catherine and Pam Hemingway

BRITISH CHAMPIONSHIPS 2011

The first Championship was the British Nights which was held on a balmy dry evening in February in Bentley Woods. This was the second event in the inaugural CompassPoint Masters Cup competition and attracted more runners than is usual at the Night Champs and they were not disappointed. The organisation was good, with mega fairy lights to lead us from Assembly to the Start and the opportunity to book food ahead of time so that even if you were out for too long you still got something to eat.

Caroline Louth and I were attending the Coaching Conference at Lilleshall and she drove a car load of us to the event where we met up with the rest of the Louths plus as many CUOC as would fit in their car. The woods were in beautiful condition, my course was good and my light did not give out: pity that one leg took me so long. Tom Louth came 2nd on M18 and William (M14) ran M18S and won it most comprehensively – good runs, lads.

Next up was the most successful British Sprints and Middle Champs weekend near Brighton. This was quite an ex-WAOC do with Neil Crickmore co-ordinating the whole weekend and Sue and M18 Jonny (whom some of us remember as an enthusiastic string course competitor in his WAOC days) planning the Sprints and I noticed Bryony (EUOC) acting as assistant to the planners. Again these were Masters Cup events and attracted more participants than had been expected. Because the Sprints are run as a Qualifier in the morning and a Final in the afternoon people have to hang around for a few hours between runs so good weather makes a massive difference and we certainly had that, along with an extensive assembly area with food and drink available in a student cafeteria, so a really good atmosphere.

Those of us who know Sue will not be surprised by the Planner's comments, equally applicable to any Sprint event:

'1) Sprinting off from the start is not a great idea, especially when the first control is very close.

Many overshot the first controls in the Heats and the finals.

2) If you have a control on an uncrossable feature, check your control descriptions to see which side it is on. We expected to see some people gazing down on 111 and you didn't disappoint us.

3) Olive green means the same on any orienteering map. In this sort of area the planners can plan courses to reduce the temptation to go where you shouldn't, but can't remove it altogether.'

WAOC's outstanding result was Rachel Pocock's 2nd on W40, despite running with the end of a cold – an occupational hazard of a mother of 3, very well done, Rachel. M18 to 21 all run M Elite: no M18 made the Men's Elite A Final but Tom Louth made the B Final and ended up 6th and equal top M18 with Peter Bray.

The Middle Champs the next day in Worth Forest had varied terrain requiring different techniques in different areas and the planner had taken full advantage of this, unfortunately the vague part of the map had me completely buffaloed, which was very careless of me. As I was waiting at the Start I saw Hilary Simpson (W70) coming through it and going off to the L and realised that she was on my course and indeed when I came to my 'long' route choice leg I did the same as it had the advantage of a very good attack point for the next control and was overtaken by Rachel Pocock going up the hill considerably faster than I was. Rachel was disappointed with her 4th place on W40 – over the longer Middle course her cold had kicked in – but it was still our best result (I don't count my 2nd out of 2).

I have competed in Wharncliffe Woods on a number of occasions: the last being a British Championships a few years ago when I remember a distinctly unimpressive course on a distinctly unimpressive area: this time was completely different.

The planners were Oli and Jenny Johnson (top Elites), we used Grenoside Woods as well as Wharncliffe and everything was transformed. The map was excellent: I found no inaccuracies and the forest with good visibility but a lot of stuff on the ground had been mapped with the undergrowth slow running symbol (wider green vertical lines) so route choice for the less agile was not the lottery it so often is – quite frequently we find ourselves barely able to move through the white wood because of what we find underfoot. My course was very well planned with each leg providing a navigational challenge and no attempt to hide the controls and I know that others felt the same. The planners had problems with raptors nesting up to the last minute and had to OOB part of the area after the maps were printed and bagged – birds continue to cause us lots of problems at orienteering events. The older courses were all too long for the terrain but this is a matter for the relevant BOF committee (and I am needless to say putting in my 2 penn'orth on behalf of Senior Competitions Group!).

With the results only listed by age class it is a huge job trawling through them to find how everyone did so apologies if I missed your stellar run. Steve Hinshelwood was 20th out of 80 odd in M45L and probably our best result: he and both the Louth lads just missed Championship times: I doubt if the lads will be pleased.

I didn't run in the BOC Relays the next day so can't comment on them!!

Ursula Oxburgh

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A brief weekend in Scotland – the Moray Mix 2011

This seemed like too good an event to miss. Eddie Harwood of Moray OC was waxing lyrical about the complexities of the urban race at Lossiemouth and Culbin is just an amazing area.

I have been suffering from a wrecked ankle in recent weeks – a bluebell slope at Mardley Heath being my very painful downfall – but despite the hobbling nature of my running, I had a flight booked so it seemed a shame not to go.

So it was a trip up from Luton to Inverness on Friday night and then straight back on Sunday afternoon. A 'bit mad' really, but well worth the effort!

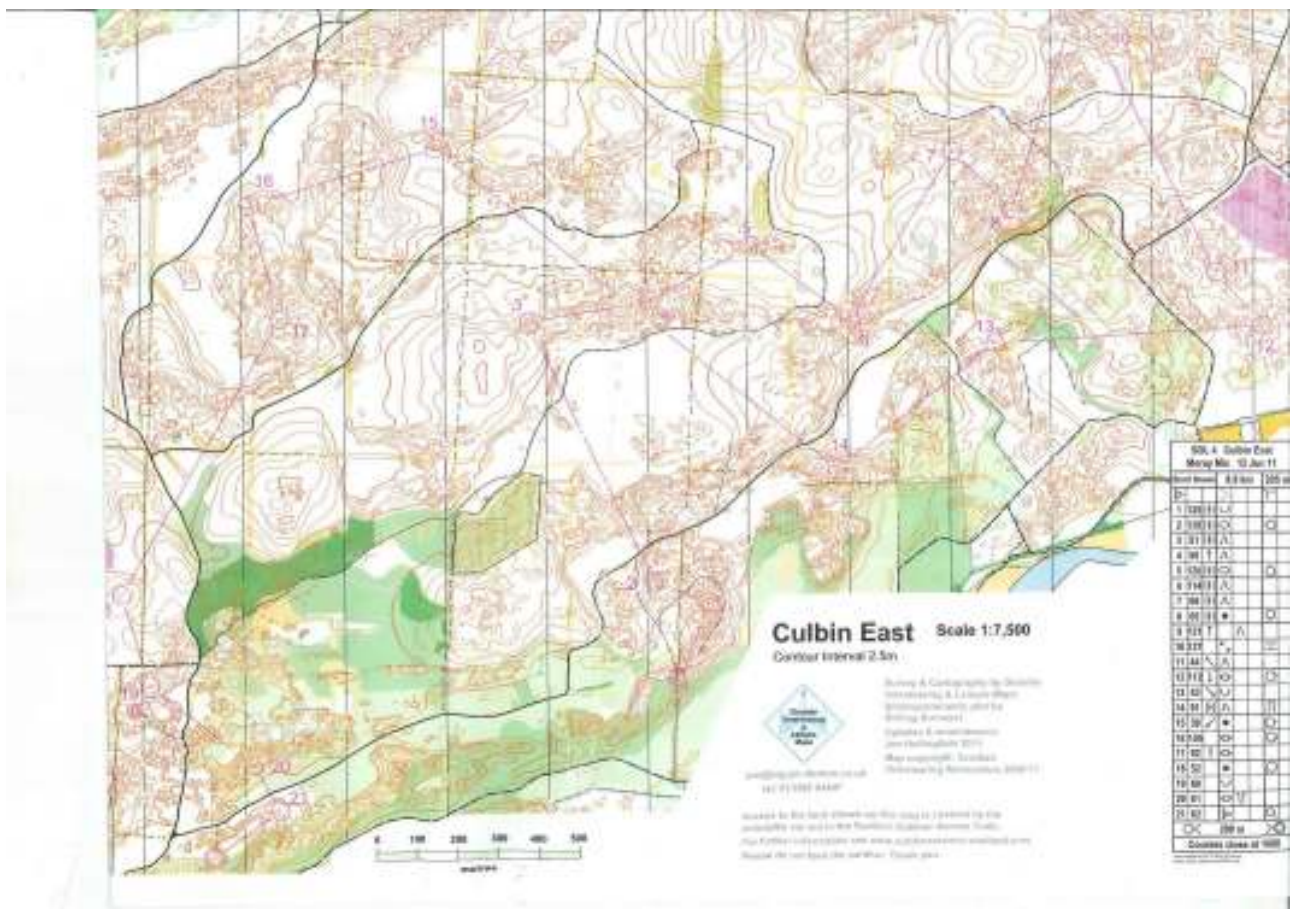
Lossiemouth lived up to its reputation – the race started with high speed running around an RAF base and then moved into an extraordinarily complex housing estate before going through some lovely sand-dune sculptured woods and then back into some long route choice legs back in the town. You can see the maps and courses here.

<http://www.dearman.org.uk/Moravian/gadget/cgi-bin/reitti.cgi?act=map&id=48&kieli=>

This really was a brilliantly enjoyable race. Head down and go for it, microsecond decision making and lots of traps (fair traps) to catch you out if you did not read the map carefully enough. I managed a distant second but picked up loads of Nopesport Urban League points making it all very worthwhile!

Culbin hosted Sunday's race. I have managed to miss every event there since I manned a control there in 1976 in the World Orienteering Champs (if you ask me nicely, I might even tell you how I inadvertently helped Hungary to win a bronze medal in the Women's relays at Culbin!) but I knew what to expect and the area certainly lived up to its reputation. Mind blowing! Amazing!

If only I was fit...if only I could interpret sand dunes. To be fair to myself, after about number 5 I was seeing the map really well, but by then the damage had been well and truly done. My ankle had started hurting but it was a beautiful day so I plodded around, trying to avoid making too many mistakes and just enjoying the challenge and the scenery. Not my finest hour, but believe me, it was really good fun!



Fixtures

Fixtures have been taken from the BOF and EAOA fixture lists as of June 26th 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.

Events to look out for outside the region

The White Rose Weekend – this is always a fun holiday event with lots to do and excellent camping facilities on the August Bank Holiday Weekend (August 26th – 29th 2011) – <http://www.whiteroseweekend.org.uk/> .

If you fancy something different on the same weekend, **Guildford Orienteers** are organising a double header with a **city race** around Guildford on the Saturday (August 27th) and a Long-O event around the surrounding forests on the Sunday – the urban race around Guildford was excellent last year, and as a bonus you can pick up some Nopesport Urban League points. (<http://www.guildfordorienteers.co.uk/>)

Then in September, a double of weekends that offer superb urban competition – if you have not yet done the **London City Race** then you have missed one of the best events you could possibly ever go to! This year, the map is heading back into The Barbican – multi-layers, dead-ends...all of it mind-blowing. Give this one a go – Saturday September 10th <http://www.cityrace.org/>

The weekend before this, **Sheffield** and **Lincoln** host a double header of urban races – Lincoln, in particular is always good fun, and you are guaranteed to have at least one leg where you will stand around thinking, ‘What is the best route for this leg?’ Both Sheffield and Lincoln are also Nopesport Urban League events and they will prepare you well for the unmissable **Cambridge City Race** on Saturday October 22nd.

Sheffield Saturday September 3rd <http://southyorkshireorienteers.org.uk/>
Lincoln Sunday September 4th <http://www.logonline.org.uk/log2/index.php>

East Anglian Events

Date	Region	Club	Level	Event Name	Event Venue	Closing Date	Grid Ref
Tue 12/07/11	South East	HHI	Level D	HERTS ARC Summer Series	The Quadrant, Marshallswick	EOD	TL168086
Thu 14/07/11	South East	SAX	Level D	SAX Summer Thursday Evening Series	Mote Park	EOD	TQ774553
Thu 14/07/11	East Midlands	LOG	Level D	Summer Series 8/9	Stamford Town	EOD	TF028071
Thu 14/07/11	East Anglia	SOS	Level D	SOS Summer Series 5	Hilly Fields	EOD	TL985255
Sun 17/07/11	South East	LOK	Level D	LOK Frolics	Hampstead Heath	EOD	TQ276862
Tue 19/07/11	South East	HHI	Level D	HERTS ARC Summer Series	Sandridge, at the junction of House Lane and Anson Close	EOD	TL171103
Wed 20/07/11	East Anglia	SUFFOC	Level D	SUFFOC Summer Series ~ Event 5	Finborough Park & Woods	EOD	TM016578
Thu 21/07/11	South East	LOK	Level D	LOK Park Race	Hyde Park	EOD	TQ281800
Sat 23/07/11	East Anglia	WAOC	Level D	WAOC Summer Series Event 4	Amphill Park	EOD	TL023382
Sun 24/07/11	East Midlands	LEI	Level D	LEI Summer League 17 Irchester	Irchester country park	EOD	SP912658
Tue 26/07/11	South East	HHI	Level D	HERTS ARC Summer Series	Sandridge, at the junction of House Lane and Anson Close	EOD	TL171103
Thu 28/07/11	East Midlands	LOG	Level D	Summer Series 9/9	West Common	EOD	SK961722
Thu 28/07/11	South East	CHIG	Level D	Park O	Wanstead Flats	EOD	TQ416872
Thu 11/08/11	South East	SAX	Level D	SAX Summer Thursday Evening Series	Manor Country Park	EOD	TQ678570
Thu 11/08/11	East Midlands	LOG	Level D	Midsummer Madness	Lincoln University Campus	EOD	SK973719
Sat 13/08/11	East Anglia	WAOC	Level D	WAOC Summer Series Event 5	Fairlands Valley, Stevenage	EOD	TL255238
Sat 20/08/11	East Anglia	WAOC	Level D	WAOC Summer Series Event 6	Wimpole Hall	EOD	TL343511
Thu 25/08/11	East Midlands	LEI	Level D	LEI Summer League 23 Melton	Melton Country Park	EOD	SK760200
Wed 31/08/11	Scotland	GRAMP	Level D	Summer Series Templars Park	Templars Park	EOD	NO 849 998

Sat 03/09/11	South East	DFOK	Level D	DFOK NW Kent League	Danson Park	EOD	TQ473752
Sun 04/09/11	East Midlands	LOG	Level B	Lincoln City Race	City Centre	EOD	SK973719
Sun 04/09/11	East Anglia	SUFFOC	Level D	SUFFOC 'Come and Try it' Event	Haughley Park	EOD	TM002623
Sat 10/09/11	South East	SLOW	Level B	The Fourth City of London Race	City of London	EOD	TQ327811
Sun 11/09/11	East Anglia	SOS	Level C	SOS Colour Code Event inc. ESSOL and SOS Club Champs.	Danbury Park	EOD	TL773052
Sun 11/09/11	South East	LOK	Level C	LOK London Ultrasprint	Regents Park	EOD	TQ285834
Sun 18/09/11	East Anglia	WAOC	Level D	WAOC Therfield Heath Limited Colour Coded	Therfield Heath	EOD	TL348406
Sun 18/09/11	East Anglia	NOR	Level D	NOR Try-O and Score Event	Whitlingham Country Park	EOD	TG244079
Sun 18/09/11	East Anglia	HAOC	Level C	Weald Country Park SWELL Event	Weald Country Park	EOD	TQ568941
Thu 29/09/11	South East	CHIG	Level D	North london Street Events	TBC	EOD	TQ386993
Sat 01/10/11	South East	DFOK	Level D	DFOK NW Kent League	Jubilee Park	EOD	TQ435680
Sat 01/10/11	South East	CHIG	Level D	Local & Schools League	Latton Woods	EOD	TL470075
Sun 02/10/11	East Anglia	WAOC	Level D	WAOC Ampthill Park Limited Colour Coded	Ampthill Park	EOD	TL023382
Sun 02/10/11	East Anglia	SUFFOC	Level C	SUFFOC Colour Code Event , EA League & Essex & Suffolk Schools League	Daisy's Wood & Hundred Acre Walks	EOD	TM345502
Sun 09/10/11	East Anglia	NOR	Level C	NOR Colour Code Event	Horsford	EOD	TG185175
Sun 09/10/11	East Anglia	SOS	Level C	SOS Colour Code Event inc. ESSOL	The Brooks	EOD	TL790306
Sat 22/10/11	East Anglia	CUOC	Level B	Cambridge City Race	Coe Fen, Cambridge City Centre	EOD	TL444575
Sun 23/10/11	East Anglia	WAOC	Level C	WAOC Colour Coded event including an Yvette Baker Trophy Heat	Rowney Warren	EOD	TL123403

Future WAOC events

THE SUMMER SERIES

Following the feedback from the Fixture Questionnaires earlier in the year, the SMILE events have been replaced with this Summer Afternoon Series with events stretching throughout the summer.

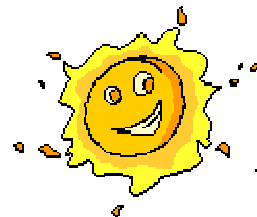
These will be a series of low key events which have a course for all skill levels, and all events will use SI for timing.

Starts: 1.30 p.m. to 2.30 p.m.

Cost: £3.00 per Adult, £1.00 per Junior

Courses:

- Short - A course aimed at children and newcomers.
- Medium - Something in between (roughly orange standard).
- Long - A challenging course for experienced orienteers



The schedule is laid out below and more details of each event will follow in due course. For further information please contact Helen Bickle (hnbickle@hotmail.com).

Sat July 9, 2011	Hinchingsbrooke CP	Saturday Summer Series	TL222719
Sat July 23, 2011	Ampthill Park	Saturday Summer Series	
Sat August 13, 2011	Fairlands Valley	Saturday Summer Series	
Sat August 20, 2011	Wimpole Hall	Saturday Summer Series	
September 18, 2011	Therfield Heath	Local & Try-O	TL348406
October 2, 2011	Ampthill Park	Local & Blodslitet	TL024382
October 23, 2011	Rowney Warren	Local & YBT Qualifier	TL123403
December 10, 2011	Mildenhall South	Night Event	TL745740