



West Anglian  
Orienteering  
Club



## JABBERWAOC

Vol.40 No.2

July 2012



*And, as in uffish thought he stood,  
The Jabberwock, with eyes of flame,  
Came whiffling through the tulgey wood,  
And burred as it came!*

## Editorial

Brief notes – thank you to contributors. Hope to see some of you at Creoso 2012 – I am praying the (quote) 'runnable terrain' does not turn out to be knee deep heather and tussocks!

## Mike Capper

*Next Copy Date – September 29<sup>th</sup>*

## WAOC Committee

Chairman:	Tim Mulcahy (01223-512064) <a href="mailto:tim.mulcahy@virginmedia.com">tim.mulcahy@virginmedia.com</a>	Secretary:	Rakesh Chandraker (01223-440319) <a href="mailto:rakesh.chandraker@ntlworld.com">rakesh.chandraker@ntlworld.com</a>
Treasurer:	Cath Pennington (01223 2333931) <a href="mailto:cath_pennington@hotmail.com">cath_pennington@hotmail.com</a>	Captain:	Graham Louth (01223 246145) <a href="mailto:graham@louths.org.uk">graham@louths.org.uk</a>
Junior Captain:	Jonathan Cronk (01954 719256) <a href="mailto:jc@brooklands.demon.co.uk">jc@brooklands.demon.co.uk</a>	Fixtures Secretary:	VACANT
Convenor:	Peter Woods (01223 721433) <a href="mailto:peter_woods@ntlworld.com">peter_woods@ntlworld.com</a>	Mapping Secretary:	Neil Humphries (01462 434859) <a href="mailto:n.humphries@ntlworld.com">n.humphries@ntlworld.com</a>
Membership Secretary:	Anne Duncumb (01223 843064) <a href="mailto:memsec@waoc.org.uk">memsec@waoc.org.uk</a>	Equipment Officer:	Caroline Louth (01223 246145) <a href="mailto:caroline@louths.org.uk">caroline@louths.org.uk</a>
Website Maintainer:	Ben Holland 07787 508093 <a href="mailto:ben.holland@thirdlight.com">ben.holland@thirdlight.com</a>	Publicity:	Seonaid & Mike Dudley (01480 381192) <a href="mailto:mands.39351@virginmedia.com">mands.39351@virginmedia.com</a>
Jabberwaoc Editor:	Mike Capper (01733 235202) <a href="mailto:mike.capper@virgin.net">mike.capper@virgin.net</a>	Colour-coded Awards:	Ian Smith (01920 822421) <a href="mailto:smithfamilypuckeridge@hotmail.com">smithfamilypuckeridge@hotmail.com</a>
Junior Coordinator:	VACANT	Development:	

## New members - welcome to:

Hester Dewhurst, W11 from nr Royston  
Craig Jallal from St Neots

## We hope you enjoy your orienteering with WAOC

### Another new member!

Ben and Emma Holland are pleased to announce the recent arrival of Greta, born 17th March and weighing in at 7lb5. Although I am writing this at 3am, I can still report that she brings us endless joy and amusement - mostly through moped impressions at the moment! She competed in her first orienteering event at the tender age of 5 weeks, as she was walked round the WV55 course at the Huntingdon Urban Race. Many more events to follow no doubt.



**Greta gets into the jubilee spirit!**

---

### **Chairman's Chat**

Just a very brief chat this time round, mostly to wish you all the best for your summer holiday plans, especially if you spend them orienteering either in Wales or overseas at multi-day events. There must be some sunshine on its way after a record wet June and first half of 2012.

Plans are developing in preparation for the Compass Sport Cup final on Sunday 30th September 2012 at Teviothead near the Scottish Borders north of Carlisle. We hope to be able to send a full team to the event to compete as well as possible and at the same time to have a memorable club weekend together. The committee is reviewing modes of transport and overnight accommodation on the Saturday. Please contact Club Captain Graham Louth or any member of the committee to register your interest as soon as possible.

Chris Morley's active Development subcommittee has provided the ever popular Summer Afternoon series of low key events for everyone kindly organised again by Hazel Bickle. Peter Allen leads the Club Night team in promoting the Wednesday evening training events with the fruitful collaboration with CUOC. A highlight will be the annual Punt-O to be held on 4<sup>th</sup> July.

The main committee is very pleased to announce that Bob Hill kindly stepped forward to fill the vacant Fixtures Secretary post previously filled by Ian Lawson who returned many years of excellent service in this crucial job. Luckily for the club Bob

comes to the role with previous experience from the RAFO club and was quickly up and running once Ian had handed over the reins.

This leaves us with our appeal for a new JabberWaoc editor to start in 2013 succeeding Mike Capper who wishes to stand down after a long and successful tenure in the job. Mike has laid down a solid format and procedure for producing our club magazine that should assist any future editor. If you are interested in taking on this role I'm sure Mike would be most happy to chat over what it involves and then contact any committee member. The prosperity of the magazine depends of course on the contributors – so please let's have plenty of summer news in the next edition.

After the summer recess let's get off to a great start to the autumn with a worthy performance at the Compass Sport Cup final mentioned above – watch out for news of arrangements on the club website.

**Tim Mulcahy**

---

### **Weekly Clubnights Autumn schedule**

The new clubnights start on 5<sup>th</sup> September and this is the provisional schedule fresh from the development committee.

Every Wednesday evening in school term time 6.30 for 6.45 start. Finish 8.30. Soft drinks and biscuits are provided.

First and second weds of month at University Sports Centre in Wilberforce Road where bike and car parking are available.

Other Wednesdays various locations shown below with activities.

Everyone is welcome especially families. Novices too as can be introduced by our team of coaches to basic techniques.

**Queries (especially about exact locations) - Peter Allen email:**

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

<b>Date ( all Weds except party on the 30<sup>th</sup> November)</b>	<b>Clubnight regular and Coach/Location/Activity</b>	<b>Other events</b>
<b>5<sup>th</sup> September 6.30 – 9 pm</b>	<b>West Site or Old Field Meet at University Sports Centre, Wilberforce Road</b>	Public post graduate Initiative
<b>12<sup>th</sup> September</b>	<b>St John's Meet at University Sports Centre , Wilberforce Road</b>	Public post graduate Initiative
<b>19<sup>th</sup> September</b>	<b>Therfield Heath nr Royston Short and long activities. Contour interpretation.</b>	Public post graduate Initiative

<b>26<sup>th</sup> September</b>	<b>Coe Fen/Newnham Street O Courses 5k technical,3.5k medium,1.5k easy</b>	
<b>3<sup>rd</sup> October</b>	<b>West site/Old Field</b>	
<b>10<sup>th</sup> October</b>	<b>Meet University Sports Centre, Wilberforce Rd</b>	

### **The Thursday Night Runners**

Since the last edition of Jabberwaoc, the Thursday Night Runners have been out and about and are pleased to report that the Monkfield Arms at Cambourne, The Kings Head at Dullingham, The Black Bull at Balsham, The Duke of Wellington at Willingham, The Maid's Head at Wicken, The Pig and Abbot at Abington Piggots and The Jolly Brewer at Milton serve excellent beer and good food.

If you're free on a Thursday and would like to take part in this pub inspection programme please get in touch and I'll add you to the mailing list –

[ben.holland@thirdlight.com](mailto:ben.holland@thirdlight.com).

Ben Holland



**The end is in sight for the Thursday runners as they reach the rainbows end!**

## **You don't have to be good at navigating to win a British Champs medal**

I think it is about twenty eight years since I last got a British Champs top three, and thirty since my last relay top three. The first part of a podium finish is of course getting to the event. I have become fairly proficient with SI Entries (even though they still call me Angeleen), but I am still not that good with electronic final details. I read them, then simplify. So I set off for the Lakes in good time and a basic strategy for getting there - A14,M6,J36,head west, get to A595, it'll be obvious. After twenty odd miles along the A595 I lost my nerve and drove thirty miles back the other way. And then thirty two miles back north again. Already late but the bus drivers from parking were on a lunch break and keen to have a laugh at the expense of an anxious orienteer still ten miles from the start. An hour later the bus drivers had their break and deigned to drive me to the event. I had three minutes at the start to recover from my run in from assembly, but didn't have to waste it warming up, or getting the adrenaline going. In fact being puffed out from my stressful journey to the start meant I didn't rush off too fast on leg one. The run was great, the map perfect, it was impossible to get lost despite the complex (TD5+) terrain. But no fairy tale, I'm not fast enough for top three. (But I think I might have got top thirty).

The rest of the day was spent driving around campsite after campsite asking for a space, then walking from b&b to b&b (all advertising vacancies) looking for a bed. I almost phoned Graham to say I was injured, heading home and couldn't run in the relay. On my way back to the M6 I saw some caravans, drove miles up a farm track to find a field and deserted farmhouse. Facilities were basic, uneven grass, no water, no toilets, I'd remembered the camping gas but forgotten the stove, but the caravan next to my tent took pity on me and generously provided food, beer and a thirty year history of caravanning in the Lakes.

Second day of the British Champs is the relays. Graham put his top team into the Ad Hoc class (almost but not quite the equal of Men's Open). I was to lead off, Graham to take the baton from me, a technical skill that requires the runner to be in the changeover area, and Catherine Hemingway to anchor the run with a faultless final leg. And it all went to plan. Another super area, not technically hard but no easy legs either; open limestone hillside with small contour features on top of big ones, subtle vegetation and very fast running.

I had to rush off and join my family camping somewhere near Rutland Water (or was it Graffam Water?). Finding them without map or phone was another challenge but that's another story. So I missed my podium spot, third place in the Ad Hoc Relay class, thirty years since my last Ad Hoc Relay victory. Is there a point to this indulgent ramble? Moral of tale: remember to take a map with you!

**Steve Hinshelwood**

---

## **The Greensand Ridge Relay 2012**

A team of six from WAOC competed in the Greensand Ridge Relay on 23 June, covering the 33 miles in legs from 5 to 9 miles long. Peter Haynes started our run

from Leighton Buzzard with Kathy Haynes continuing the route through to Woburn. From here John Marshall took on the long 9 mile leg crossing the M1 and handing over to Tin Wong at Millbrook. Tin's leg crossed the familiar WAOC areas of Amptill and Maulden Wood before finishing at the A6 lay-by normally used for Maulden events. From here, Ben Holland ran through Clophill and alongside another WAOC area - Chicksands Wood before handing over to Peter Duthie for the final leg at Deadman's Cross on the A600. Peter continued the run and finished in Northill after a very muddy woodland stretch which caught out a few of the running club competitors.

The team completed the distance in 4hrs 59mins and without any navigational problems. We came 34th out of a field of 40 - most of which are running clubs who regularly train on the route - maybe a last minute route change would give us orienteers a tiny advantage?! Many thanks to all of the team for making it a very enjoyable day. Particular praise to Peter and Kathy Haynes, and Peter Duthie who beat their handicap times.

Ben Holland



**Peter Duthie gets cheered on!**

---

## **Orienteering and Shopping**

Well this was certainly an event with a difference, but ideal for those of you who like to combine orienteering with a touch of retail therapy. With magnificent views of the Olympic Stadium and controls sites scattered around the Westfield Shopping Centre



**The Olympic Stadium in the background**

A brief visit to The Body Shop before the race confirmed what I feared and I was going to have make-do with what I'd already got....and then it was off to the start line..

To ensure safety, runners started in mass starts every 15 minutes, and then it was off, looking carefully to make sense of the different layers of the building and the (amazingly complex car parks!)

*My route – Downstairs – 101 – 102 – Upstairs – Through the car park – 104 – 105 – 106 – 107 – across the bridge to the station – 108 – around the building – 109 – 110 – back into the shopping centre – 201 – 202 – 203 – 204 – 206 – things beginning to go wrong now – can't remember which controls I have already visited – 209 – eventually to the top of the car park – 211 – mess around for 15 minutes in the many layers of Car Park A looking for 218/217 (I guess the map gave me a massive clue that Car Parks A and C might not actually be in the same part of the building – it took me a long, long time to twig on to this – eventually back to the 2<sup>nd</sup> floor – 214 – 215 – down to the second floor – 210 (think I may have been here before!) – 212 – 216 – find the route to Car Park C – 218 – 217 (phew that was easy) – haven't got a clue which controls I still have to do – time running out – head for the finish – 208.*

Fun, but never got to grip with the car parks – must do better!



**Which route would you have taken?**



**Westfield**  
 STRATFORD CITY  
 E20

**Orienteering  
 Race  
 15 April 2012**

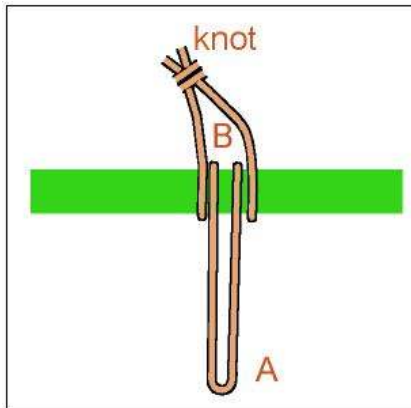
Special Symbols  
 → Go up a level  
 → Go down a level



Scale 1:4000 0 40 80 120 160 200 metres

Concept by Josh Jenner (CHIG). Map by Oliver O'Brien (SLOW) in March 2012 using Adobe Illustrator & MapStudio. Printer: Print5. Possession of this map does not imply access for orienteering or any other purpose.

## How to tie your compass to your wrist with a slip knot



1. Remove the strap from your compass.
2. Find a cylinder like the barrel of a pen, pencil or a finger of your left hand.
3. With the knot at B uppermost, wrap the cord round the pen as shown in the figure.
4. Carefully slip the strap off the pen and as you do so carefully push the end A through the hole made by the pen.
5. As you pull it apart allow the various bits of cord to tighten around the end that was B.
6. You now have a new double-stringed loop which you can adjust at will. This is where your wrist goes.
7. Finally put loop A through the compass baseplate and double back to re-secure the strap to your compass.

## Bruce Marshall

---

### 2013 BOF Membership Scheme

You will no doubt have read elsewhere with interest about the proposed changes to the BOF membership scheme. WAOC has now received a mail from BOF in this respect which is reproduced below for your information – it includes some FAQ (frequently asked questions).

As you may be aware a new British Orienteering membership scheme was adopted at the 2012 AGM.

The passed resolution stated: That from 1st January 2013 British Orienteering will have a single tier of membership with two categories:

Senior – any member aged 21 or older on 31 December of the membership year

Junior – any member aged 20 or younger on 31 December of the membership year  
Membership fees will be nominal and capped at a level such that the budgeted amount of money to be raised from membership fees will not exceed 25% of the budgeted total income to be raised from membership and levy fees.

From 1 January 2013 until amended, fees will be: Senior member – £5.00; junior member – £2.00

Work has now commenced to implement the scheme.

Since the AGM there have been a number of queries from clubs asking how the implementation will affect them and there is now a set of frequently asked questions being developed.

We have taken some time to reflect on how the membership scheme is implemented and in particular have gone back over a number of issues raised by clubs and associations during the last few years. These predominantly concern the issue of when clubs/associations need to provide club/association membership fees to British Orienteering in order for them to apply at renewal time.

The key problem has been in trying to keep the collection costs as low as possible and this has meant linking renewal notices and membership cards to the publishing of editions of Focus hence saving on postage.

We are seeking to reduce our costs as much as possible and this has caused us to completely rethink how the membership collection process has worked. The results of our deliberations are as follow:

- a) Membership cards; these cost around £2,000 per year for the cards alone. After discussion with a number of members and clubs it appears that membership cards are rarely asked for at events. Consequently we are considering ceasing to provide membership cards and instead providing a Welcome Pack to new members and a Renewal Letter/Certificate to renewing members, which will state the member's unique number amongst other information.
- b) Delivery of renewal notices and Welcome Pack/Renewal Letter; even when mailed with Focus they have a considerable cost, a) due to the print and handling charges of the mailing house and b) the increased weight of the package and subsequent increased postage. We are proposing to issue renewals by email to those members who we have email addresses for, approximately 5,200 of 6,000 or 86% of members, and by post to those who have not supplied us with an email address. We will still only contact those people who are the 'default' member of the membership unit. We will issue Welcome Packs to new members by email and these packs will contain the member details and British Orienteering membership number. To renewing members we will issue a Renewal Letter or Certificate by email wherever feasible with a letter by post if no email address is available.

- c) Schedule; by implementing the above changes we are able to change the schedule considerably, hopefully addressing the problems caused to clubs by the current system.
- 31 October: latest date for club and association membership fees to be notified to the National Office
  - 1 November: new members and online renewals commence for membership year 2013
  - 12 November: renewal notices issued by email where feasible including direct debits charges
  - 23 November: last date to notify the office of any changes to direct debits
  - 5 December: direct debits payments drawn from bank accounts

### ***2013 Membership Scheme Questions***

*1. Will we still have junior, senior, student and family membership?*

Membership of British Orienteering will only be as senior or junior members (and Honorary) but clubs can still have student or family memberships if they wish.

*2. Will clubs still be able to have a club family membership category? And will the British Orienteering system be able to support club family membership?*

Yes, clubs can continue to offer a family membership category. Yes, British Orienteering will be changing the on-line system to ensure that family membership fees for clubs will be able to be collected.

*3. Will associate membership continue?*

No, the Associate Category of membership will cease.

*4. Will British Orienteering continue with first year free membership?*

No, now that the cost of British Orienteering membership is so low the reasons for offering a free first year of membership will cease, consequently free membership of British Orienteering for the first year of membership is no longer being offered. Clubs and associations will still be able to offer a free first year if they choose to do so.

*5. What are British Orienteering Membership fees in the new structure?*

Membership fees are, for a senior (21 years old or older on 31 December of the membership year) **£5.00** and for a junior (20 years old or younger on 31 December of the membership year) **£2.00**. There are no other categories except 'Honorary'.

*6. Will we still be keeping Direct Debit as a payment method?*

Yes, that ability to pay membership by direct debit will be continued. However now the membership fees are so low there will no longer be a £1 discount for paying by direct debit.

*7. Will the renewal period still be January to December?*

Yes the membership year remains as January to December with new people joining and renewals for 2013 commencing from 1 November 2012.

*8. Will the membership of British Orienteering benefits package change?*

Yes the benefits package will be changing and we will let you know the details as soon as they are confirmed.

---

## **The JK 2012 – a sunny trip to Scotland**

Scotland always provides fun and exciting orienteering and this year's JK was no exception – an entry of over 2000 runners gave it a big race feel (most of the time) and lots of things were really well thought through (as well as some things that weren't quite so good due to various problems in the run up to the event).



### **Day 1 – The Sprint**

This was really enjoyable once you got past the rather chaotic start – short sharp legs with lots of turns and a need to keep running as fast as you could, but staying error free. Few achieved this, although I was pretty pleased with most of my route choices, with only a 45 second error in the park (#18 – got completely confused by the bumps.. panicked..whoops there goes a decent run) being the difference between a good run and mediocrity! The weather held out, although the race felt very low key – a missed opportunity, maybe, to be more

visible (something nicely achieved at the WAOC Huntingdon Town race this year!).

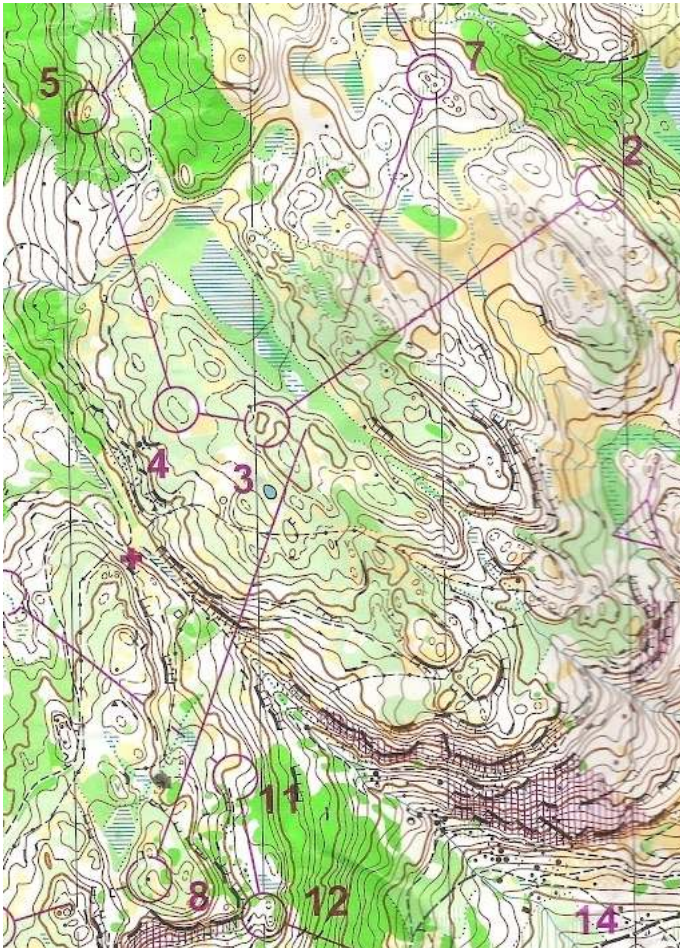
***Best WAOC performers - 4<sup>th</sup> William Louth (M14), 21<sup>st</sup> Tom Hemingway (M16), 9<sup>th</sup> Thomas Louth (M18E), 15<sup>th</sup> Catherine Hemingway (W14), 18<sup>th</sup> Rachel Pocock (W45)***

### **Day 2 – Long at Dunalastair**

To be honest, I wasn't really looking forward this, having quite bad memories from a previous visit to the area. Post race views this time seemed to be mixed – I know that some of the junior courses had some major issues with some dodgy mapping in the middle of their courses, costing some a lot of time, and the assembly area was too far from the car parks to have any atmosphere. I thought it orienteering was okay – a bit of a plod, and too much climbing for me, but some good orienteering in patches and only a few mistakes on my course to slow me down. I am getting better at climbing over deer fences....but still have problems locating small features in 'fight'!

### **Day 3 – Quality at Craig a Barns**

This was always going to be good day...of all the areas in the UK, outside some of the Morayshire sand dune areas, this is just the best place to orienteer. Thankfully, the planner got most of the climb out of the way going to the start (not that we were



thanking him at the time!), and for most of the course there was a superb balance between being fit and having control of where you were going through technical accuracy. Superb – some great short legs in the low visibility forest and then a quality long leg which really made you think! Not sure I got this right (leg 7 – 8) as I took the western long route around the tracks..straight was definitely faster if you were fit enough to run through the terrain.

A brilliant days orienteering!

***Best WAOC result – William Louth 10<sup>th</sup> on M14A***

### ***The relays***

I gave these a miss but by all accounts they were very enjoyable,

although looking at the map I am not sure that I would have fancied the climb from the top. There were no spectacular results from WAOC, but I guess it is the taking part that is important!

Next year's JK is more conveniently located in the South Central region – more details at <http://www.jk2013.org.uk/>

## **Mike Capper**

---

### **LATEST BOF RANKINGS**

1 (52)	Simon Gardner	WAOC	1988	M	7559
2 (237 +1)	Thomas Louth	WAOC	1994	M	7131
3 (290)	Steve Hinshelwood	WAOC	1964	M	7035
4 (597 -2)	Graham Louth	WAOC	1962	M	6611
5 (747 -1)	Iain Stemp	WAOC	1965	M	6457
6 (772)	Brian Cowe	WAOC	1976	M	6428
7 (856 +2)	David Cooper	WAOC	1963	M	6336
8 (898 +1)	Mike Capper	WAOC	1955	M	6294
9 (918)	Michael Bickle	WAOC	1948	M	6268
10 (939 +989)	Tom Hemingway	WAOC	1996	M	6251

---

### **Fixtures**

Fixtures have been taken from the BOF and EAOA fixture lists as of July 1st 2012. A

full list of events is available on the BOF web site where you can find more information on the events listed below. Always check before travelling.

([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) )

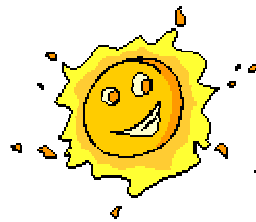
14th	WAOC EAOA Level D	<b>WAOC Summer Series</b> , Cambourne, Cambourne, <a href="#">TL320596</a> No dogs allowed.
19th	SOS EAOA Level D	<b>SOS Summer Evening Series 5</b> , Danbury Common, Danbury, <a href="#">TL779046</a> Organiser: Rhiannon Ware , rhiannon.ware@virgin.net , 01206 826152 <a href="#">stragglers.info/home/index.php</a>
25th	SUFFOC EAOA Level D	<b>Rushmere Heath &amp; Foxhall Summer Series ~ Event 5</b> , Rushmere Heath & Foxhall, Ipswich, <a href="#">TM206445</a> Entry times: Starts between 6.30 pm – 7.30 pm. Organiser: Simon Peck , simon589@btinternet.com <a href="#">www.suffoc.co.uk/events/summer12.htm</a>
<b>August</b>		
4th	WAOC EAOA Level D	<b>WAOC Summer Series</b> , Ampthill Park, Ampthill, <a href="#">TL023382</a> Dogs: Dogs welcome if kept on a lead.
18th	WAOC EAOA Level D	<b>WAOC Summer Series</b> , Cambridge, <a href="#">TL343511</a> No dogs allowed.
19th	SMOC EAOA Level D	<b>Keyne-O</b> , Campbell Park, Milton Keynes, <a href="#">SP867398</a> Organiser: Helen Nisbet <a href="#">www.smoc.info/</a>
<b>September</b>		
9th	HAVOC EAOA Level C	<b>Weald SWELL Event</b> , Weald Country Park, Brentwood, <a href="#">TQ573940</a> Dogs: Dogs to be kept under control.
9th	SMOC EAOA Level D	<b>Keyne-O</b> , Open University and Woughton, Milton Keynes, <a href="#">SP886370</a> Organiser: Keith Downing <a href="#">www.smoc.info/</a>
16th	NOR EAOA Level D	<b>Colour Coded &amp; Try-O</b> , University of East Anglia & Earlham Park, Norwich, <a href="#">TG190076</a> Entry times: 10.30 to 12.30. Dogs: On Lead. Organiser: Nicky Nicholls , membership@noroc.co.uk <a href="#">www.norfolkoc.co.uk</a>
16th	WAOC EAOA Level D	<b>WAOC Mildenhall South Colour Coded</b> , Mildenhall, <a href="#">TL740741</a> <a href="#">www.waoc.org.uk</a>
<b>October</b>		
7th	SOS EAOA Level C	<b>SOS Colour Coded inc. Club Championships, ESSOL &amp; Yvette Baker Trophy Heat</b> , Chalkney Wood, Earls Colne Organiser: David Lumby , david.lumby@thomasmiller.com , 01206 364419 <a href="#">stragglers.info</a>
7th	NOR EAOA Level C	<b>Colour Coded event</b> , Holt Country Park, Holt <a href="#">www.norfolkoc.co.uk</a>
7th	SMOC EAOA Level D	<b>Keyne-O</b> , Loughton Valley, Milton Keynes, <a href="#">SP825403</a> Organiser: Ric Brackenbury <a href="#">www.smoc.info/</a>
14th	SUFFOC EAOA Level C	<b>Ickworth Park Colour Code Event and ESSOL</b> , Ickworth Park, Horringer, <a href="#">TL816614</a> Entry times: Starts: 10:30 to 12:30 - Registration from 10:00. Dogs: Dogs welcome but, as courses could pass through areas grazed by sheep, they must be kept on a lead at all times.. Organiser: Sarah Mansel , sketchweppers@tiscali.co.uk <a href="#">www.suffoc.co.uk</a>
21st	WAOC EAOA Level C	<b>WAOC Mildenhall North Colour Coded and EA League</b> , Mildenhall Entry times: 10.00 to 12.00. <a href="#">www.waoc.org.uk</a>
28th	HAVOC EAOA Level C	<b>HAVOC Snail Trail Trophy Event</b> , Epping SW, Chingford, <a href="#">TQ393950</a> Dogs: Dogs to be kept under control.

## 2012 WAOC Fixtures

September 16, 2012	<a href="#">Mildenhall South</a>	Local	<a href="#">TL745740</a>
September 30, 2012	<a href="#">Amphill Park</a>	Local	<a href="#">TL024382</a>
October 21, 2012	<a href="#">Mildenhall North</a>	District	<a href="#">TL735752</a>
November 25, 2012	<a href="#">Maulden Woods</a>	District	<a href="#">TL074393</a>

### Summer *Afternoon* Series

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



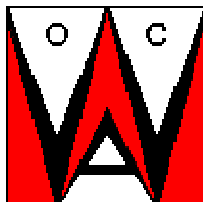
Cost: £3.00 per Adult, £1.00 per Junior  
(SI hire is free)

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

### **Location**

### **Date**

Cambourne	Saturday 14 <sup>th</sup> July
Amphill	Saturday 4 <sup>th</sup> August
Wimpole	Saturday 18 <sup>th</sup> August



More information on these events is available on the WAOC website [www.waoc.org.uk](http://www.waoc.org.uk) or from Helen Bickle (Email: [hnbickle@hotmail.com](mailto:hnbickle@hotmail.com)).