

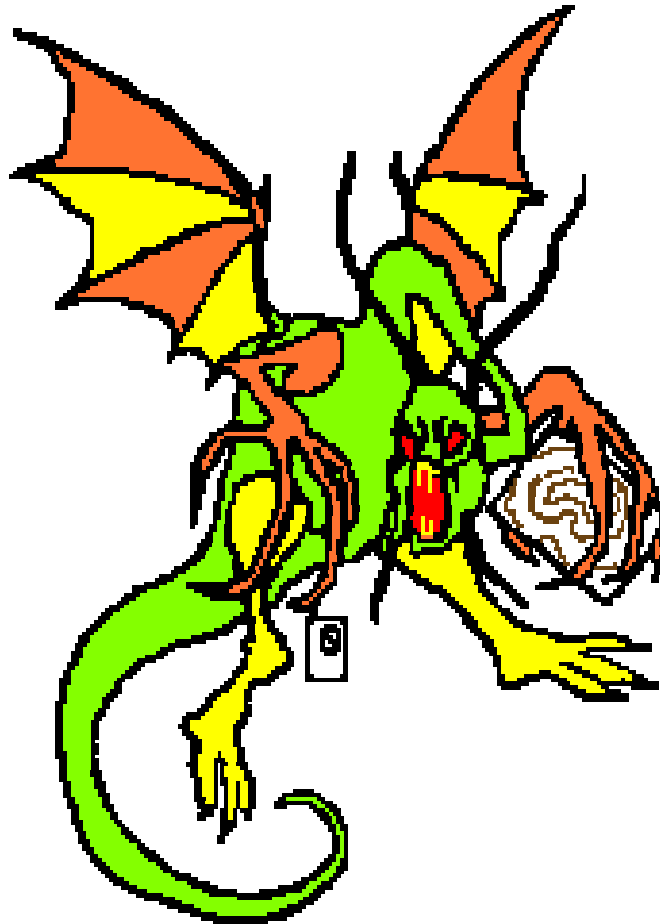
West Anglian
Orienteering
Club



JABBERWAOC

Vol.41 No.2

July 2013



*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

Welcome to the second 2013 edition of your WAOC magazine. Information is given on all our Clubnights, TrailO, Summer Series and EAOA events. All regular news and many articles of member's experiences with photos from these events are present. Thanks to all those that give of their time for these events, this may bring satisfaction but I am always impressed by the quantity of input this takes and the fact that it is always the same few that give so much. Looking forward to a summer of events with lower bracken and brambles after the late start of this year's growing season.

Hazel Bickle

Look at the online edition for more photographs and colour maps.

Next Copy Date - 16th September 2013

Chairman's Chat (June 2013)

Just like the weather, my orienteering experiences this year have turned quite suddenly but rather belatedly from wintry to springy. For me, Spring started at a clubnight in April with a splendid street-O in St Neots organised by Jenny and Jason, who had also organised the final event of our "winter" season at Wimpole just 3 days earlier.

Although we had a record attendance at Wimpole, a strong wind caused one tent to collapse and another to list alarmingly, continuing a history of mostly weather related issues that have arisen unexpectedly at recent events: waterlogged ground at Chicksands, snow at Rowney (twice), and tree felling at Thetford Warren. Some of these occurrences have highlighted the need to pass on late breaking news to potential participants both within the club and outside.

So, as something of an experiment, I have taken WAOC into the realm of social media by setting up a Facebook page. Next time there is an unexpected snowstorm the day before an event, it will be possible for anyone with a Facebook account to post updates, ask questions, and respond. In the meantime, I hope it will be a useful way for us to communicate on matters not covered on the main website. Please do take a look, if you have not already done so. The page (although not all detail) is visible even without a Facebook account, and there is now a link to the Facebook page on the regular website. Although, to be clear, the regular Website will continue to be the main source of information about fixtures, results and so on.

As well as the Facebook "page" which is visible to everyone, I have also set up what is called a "group" and to see what is posted by the group you have to join the group, a bit like the Yahoo email groups we already have.

Feedback on any of this via Facebook posts, email, or even stern letters to the JabberWaoc editor, are all welcome, but please don't ask me to try Twitter. I've come as far as I want to along the social media path for the time being: Peter is not about to become a Tweeter.

On more traditional matters, I am very pleased that Caroline and Graham Louth were able to lay on a training course for planners, which was very well received by all the

attendees I have had a chance to speak to about it. As a result, quite a few who are new to planning will be practising their art at our events over the Summer and beyond.

We have included TrailO exercises at a couple of clubnights recently, one of which was at Wandlebury, which I did manage to get to. After an enjoyable but admittedly not technically demanding score course in very familiar territory, I was able to try the TrailO exercises devised by Anne Braggins and set out by Bruce. These superficially simple puzzles of map interpretation were a good contrast to the run, and intriguing. These examples have been positively received and I hope we will be able to lay on further TrailO experiences as I can recommend them to all. These do require preparation of their own, separately from the regular course planning, and I would encourage anyone who is interested in getting involved to contact Anne or myself.

I will look forward to seeing many of you in Moray country for the Scottish 6-days. As they doubtless say up there: May you always run in sunlit Forres.

WAOC Committee

Current contact details in the latest edition of JabberWAOC

Summer Clubnights: Last of the Summer Wine

Wednesday 19th June, starts from 6.30pm to 7.30pm

Street-O in **Cambourne** - meet at the Wildlife Trust car park, off the road between central Cambourne and the A1198 roundabout. <http://binged.it/14J6IK2>

1:10000 ISOM map, revised May 2013, controls will be fire-hydrant 'H' signs - bring a pen.

60 minute and 40 minutes score options Entry £3/£1

Due to bird nesting, long-grass areas will be out-of-bounds.

Due to traffic on roads, any under-16s must run with a responsible adult.

Further details from Peter Duthie 01480 467736.

Punt O

Wednesday 26th June 6.30 briefing for 6.45 punting start

The Punt-O is a team event around central Cambridge, incorporating punting on the Backs, and running around streets and open spaces in the city centre.

Travel: the event starts at the punt store of Trinity College, off Garret Hostel Lane. Bicycles can be parked in the college. There may be some car parking along the Backs, on Queens' Road or the roads off it.

The event will end on Jesus Green, with the option of being ferried back to Trinity shortly after the end of the event. NB some people will need to punt the punts back after the picnic.

Timings: The event is planned to start at 1845. As there will be a briefing period before this please arrive promptly at 1830. The event should be over by 2015.

Facilities: No facilities are provided by the organisers, though clothing and food can be carried on the punts.

There is the intention to have a picnic on Jesus Green after the event, commencing at approximately 2015. This is reliant on appropriate weather, see further correspondence.

Format: The event will be raced in teams, with one punt per team. Teams should consist of five participating adults. Four or six would also be appropriate, with a corresponding increase

or decrease in distance run per person. Additionally children may participate, some opportunity for minors to run away from roads will be provided. Electronic punching will **not** be in use, please do not bring dibbers. Each competitor will require a pen, these will **not** be provided. Make sure yours works. A compass may also be useful. Courses will be between one and two kilometres in length. Additionally there will be a number of short legs. More detailed information will be issued at the event briefing.

Wednesday 3rd July Summer in Peterborough at Ferry Meadows.

The last of our Peterborough initiative this summer is celebrated with another look at an old favourite for the experienced and an eye opener for the novice. 6.30 for 6.45 Exact meeting place to be announced, but probably at Ferry Meadows Leisure Centre. Check the web site.

Wednesday 10th July 2013

Fen Ditton and Stourbridge Common Street O postponed from 12th June due to clash with University 'Bumps' Races

Clubnights will be back in the Autumn (see chart on page xx) but our informal events continue with a Summer Series in July and August.

Photo Gallery

Epping N Training Night 22nd May 2013





Identify the WAOC orienteers who won the friendly team event on this night ?

Here is what we learnt from Tim Pribul, the planner:

“General - the courses were planned to use the best of the forest but also to test a variety of skills.

Blue and Green- early controls on the west side of the road (first four controls same for both courses to enable discussion), precise compass work, distance measurement, reading all features, little route choice, direct fast running with good visibility.

Epping does not accommodate a 'coarse' approach; there is no 'running-in' or 'familiarisation time' with this terrain.

East side of road, route choice, longer legs, fine navigation approaching controls

West side again - reduced visibility, control picking, distance judgement

Fast finish”

The Summer Series. July and August

Saturday 13th July 2013 Registration 10.30 am, courses starts 11.00 -12.30

Coe Fen and Newnham Village.

Our newest and youngest planner gives a morning’s orienteering you could combine with a day in Cambridge on a summer’s day. A novice’s event so bring your friends who don’t normally orienteer. Long courses for the experienced as well.

Entry on Day. Details on web site of meeting place and details of parking suggested.

Trumpington Park and Ride or Coe Fen public car park 10.00 am opening (so get there early!) are among the options. Entry £4/£1

Wednesday 24th July 6.30 for 6.45 – 7.30 ish starts

Ampthill

An evening’s orienteering in the more Southern and Western part of the Club’s area.

An under-rated area well worth an explore.

Entry on day. Ampthill Park Western Car Park £3/£1

(tbc)Saturday 10th August 1.30- 3.00 registration for afternoon runs

Wimpole Hall Park

An outstanding park area to try out navigating on foot with spectacular views from the chalk ridge. NT members combine it with a house tour or bring your friends and family for a day out relaxing in the park. The farm is a special children’s attraction.

Long courses as well as introductory activities. £4/£1

Thank you from Peter Allen

As the retiring coordinator of our Wednesday Clubnights I should like to thank and pay tribute to those who have made it work so well.

To: Coaches and evening leaders, Ursula, Caroline, Helen, Cath, Matthew, Tom, Ben Holland, Michael, Peter, Andy, Katrin, and Zulza

To: Helen Hague for sorting out the money and register every week and Chris Morley for making Trinity College and University arrangements for us.

To: Caroline Louth for her brilliant maps.

To: The last is a little goodbye thank you to Ben Windsor, who in his four years at Cambridge has through his tireless enthusiasm made our clubnights and junior coaching what they are.

Junior coaching especially in his early years here, three new maps (one currently being made of Newnham), and getting the CUOC members to the activities are amongst his many achievements. Ben, when uninjured, is a top class orienteer but his main contribution for us has been his willingness to help with the support structure our sport needs. We all need to be planners, coach scout or interest groups, or organisers at our own comfort level- it is part of being an orienteer. Ben's example should inspire us all.

CUOC are the 2013 University Club of the Year and came second in the overall Club of the Year competition. Whilst the club captains and other members of CUOC can take great credit here - Ben was always at the centre of it.

We at WAOC wish you every success and please speak to any of us when we will certainly meet at orienteering events. For the vision and foresight in giving help to us at WAOC we may never see your like again



Ben. Above with Matthew Vokes at Epping N May 2013

Autumn Clubnights

Date	Coach	Place and Activity
Weds 18th Sept 2013	Helen Bickle	Cherry Hinton Hall and surrounding roads
Weds 25th Sept	Volunteer from new planners	IVC(Impington Village College)
Weds 2nd October	Volunteer from new planners	Therfield Heath, courses
Weds 9th Oct	Peter Allen or experienced volunteer A free hand why not go for this someone?	Unknown
Weds 16th Oct	CUOC	Freshers' program and WAOC adults skills development Camb University Athletics Centre and West Site
Weds 23rd Oct	CUOC	Freshers' program and WAOC adults skills development Cambridge University Sidgwick Site
Weds 30th Oct	CUOC	Freshers' program and WAOC adults skills development Homerton College
Weds 6th November	CUOC	A grand race with max participation from WAOC and CUOC Burrell's Field and Sidgwick Site
Weds 13th November	CUOC Matthew Vokes	Indoor Micro O at University Athletics Centre
Weds 20th November	CUOC	Science Park
Weds 27th November	WAOC Novice planner	Girton College
Weds 24th December	CUOC	Adventure Race at Churchill: all skills training
Friday 6th December		Party in the Party Room at Burrell's Field

IntrO at Hinchingsbrooke

Adding IntrO to club nights has so far been a success with 23 people doing the six controls last week (5th June) on a map by Robert Dove (SMOC). The close proximity to the FootO start/finish showed that the two disciplines can co-exist. The tests were again based on map interpretation and knowledge of the pictorial control descriptions. In case of Control 6 it was necessary to take in information from a wider area than around the circle, the A and B markers were obviously not involved in solving the problem but required when recording the choice; the correct marker, exactly half way between the two tree trunks had a second marker partly obscured which had to be behind that position.

The next stage with IntrO is to find volunteers to plan courses, with help as required.

Anne

The Number Game

Peter Duthie

That centuries are significant (whether cricket, anniversaries or event tallies) is an artifact of our number system (and hence of our number of fingers) but I'm enough of a running geek to try to keep a tally of events completed. It can be difficult to account for some races (do heats and finals count as one event or two? Are mountain marathons orienteering? Which evening/training events count?) but my current reckoning suggests that the recent Hinchingsbrooke evening event was number 800 on the Duthie tally. By contrast, my total for events running without a map now comes to 544, and cycling events (not including multi-sport events) a mere 14, making a total of 1358 events since the early 1970s. I suspect that there are WAOC members who may exceed my totals but not be boring enough to record them, but can I extend a challenge -how many in the club can beat my 1358 total? For what it is worth, my running mileage over the same period approaches 37,000. I remember Gareth Bryan Jones in a coaching session in about 1975 saying that a runner like a car should be good for 100,000 miles. Cars now seem to be better built, but I doubt that I'll make the 100k before my knees give in. So if you think you can beat my numbers, then perhaps a posting on the club Facebook page will help put me in my place ...

BOC 2013 Report Tom Dobra

There is nothing quite like taking a naughty term-time bank holiday weekend to attend my first ever British Championships, only to pick up a few more firsts along the way! The weekend started with a not-too-early start from Cambridge on Saturday in the CUOC minibus, into a day of heavy showers on a demanding area. This was to be followed by the relays, an unexpected TrailO and the chance to use the new emiTag system at Dorking. So, I thought I would share my views as a student on the weekend with you.

Individual – Saturday

Having Mexcian-waved off several fellow CUOCers onto their elite courses (which I had spared myself) from the hay bales at Winterfold and Pitch Hill (Surrey), I finally headed off at 12:44 for a mostly dry run on a challenging but doable course. At 23 controls over 12.9km (480m) on the M21L, the course had a decent level of route choice as warned in advance. Most notable was the long leg to control 12 at 2.3km, taking a rather long time of 18:04, which I can only blame on the hills and one deep hole! It was by no means perfect, but I was pleased how all the techniques I had learnt over the last three years at training night and elsewhere came together.

Relay – Sunday

Sunday's relay made good use of the adjacent area, Holmbury Hill, in particular the complex southeastern part of the map. As a leg two runner starting in 4th place, I started in the heat of the crowd, only to go my own separate way due to the "severe" gaffling, as described very accurately by Matthew Vokes during changeover. By control 5, I had found everyone again, many wandering around as confused as me! I escaped after 90s of searching, only to do a very poor route choice into 7

through the undergrowth. From then on, life became easier with just a few brushings and the crowd at the spectator control to worry about, although that still did not prevent an error on the penultimate control! In the end, CUOC came home 18th on the Men's Premier (with Oxford spoiling the day by taking the win). WAOC came 3rd on the W40 and 2nd on the mixed ad-hoc.

TrailO – Sunday

This was the unexpected part of the weekend for me! I had heard of TrailO before and then dismissed it thinking it probably wouldn't be very interesting, despite not knowing what it was. However, it is something that everyone must try (no excuses with plenty more opportunities over the summer)! For myself, I primarily see it as a superb training exercise for my shoddy visualisation: in footO, I run to where I think the control is and then punch it (except for Ultrasprint, which I aim to do in London in September); in TrailO, you have to decide which one (if any) is correct – that involves more brainwork. I did the championship course at the British (Newlands Corner), coming home miles down the pack with 12 out of 22, which was mainly due to not appreciating the challenge until after control 10. The two timed controls at the start were rather scary: very swift briefing, here's the map and the clock is now ticking. I'm feeling ready now to do another big course, Anne.

Urban – Monday

Using EmiTag at Dorking on bank holiday Monday was one new thing that I did know was coming. EmiTag is a touch-free system from the same company that makes the one-way-only annoying Emit bricks. Having used a similar system in cross-country races, as well as being an energetic M21, I was genuinely excited. I am pleased to report that the system works beautifully, saving energy for faster running, perhaps spurring me on to come 11th in a town that I did not think was particularly technically demanding. Of course, with any new system, it takes some getting used to, as demonstrated by the vast number of runners who slapped their card hard onto the finish gates! I would also like to test the system's limits some time: how far away and how fast can I get away with (as a competitor), can I punch from the wrong side of a hedge (for the planners)?

Pesky Runners - or Orienteering through the Looking Glass

from Peter Duthie

Some years ago I remember walking with friends in the Peak near Chatsworth when a major O-relay was taking place. Though they were amused by the antics of runners diving into depressions in the heather (or scratching heads when the depressions did not turn up where expected), it was the sound of the PA system filling an otherwise quiet valley which left a poor impression. Sometimes our bigger events can seem rather to impose themselves on the countryside we enjoy.

I again had the experience of O-from-the-outside when I ran the Coombe Hill Run recently. An event I first tackled in the early 1980s, it is one of the few hill running events in the south-east. This time around, it coincided with a TVOC SE League event - and to make the day even more entertaining, also with an organised cycle event - not to mention the myriad bobble-hatted rambles who frequent this popular Chiltern viewpoint on a sunny day. The cyclists seemed patient as they waited for the

runners to start - perhaps they appreciated a rest before starting the climb - hardly Alpe d'Huez but a contrast to the Vale of Aylesbury. The orienteers in the woodland came next - I felt sorry for a youngster in HH colours wondering how to cross the pelaton to reach the final control. Further up the hill as the race pace slowed, a HAVOC runner seemed to get caught up in the rush until he stopped to check his map - a manoeuvre which nearly caused a pileup. The race then dived down the gully bridleway - fortunately free of orienteers while I descended, though we had to dodge a couple of golf carts as we turned back to climb to the monument and the waiting spectators. I saw several more controls on the summit plateau, and had to resist the temptation to visit them - a discipline I could do with learning for O-events. That they were EMIT controls helped me to put them behind me. By the time we were heading back down to the finish, the field was spread out, and crossing our path seemed less of a challenge for those carrying maps. The course had been changed from previous years (cattle were the undisputed occupants of the usual finish field that day), so I was unable to compare my time with previous outings. Writing a week after the event, the results are still not on the web - a reminder of how lucky we are with the (generally) immediate posting from O-events. Walking back down the hill to the pub where we started (and a free beer), I got the chance to see a Short Green map - probably a good thing I'd resisted the temptation to try the two events back-to-back, though RouteGadget gave me the chance later to see what I'd missed on Blue.

While the different users of Coombe Hill seemed to manage without disrupting each other too much that day, I was struck by the potential impact a countryside sport can have on other people. Considering the number on the orienteering results, interval starts and distributed courses seemed to minimise their presence. A smaller number in the hill run probably had a bigger effect - but for a shorter time. Local people treat the race as a spectator event in itself, and it got a good photo/video splash on the Wendover News website (<http://www.wendovernews.co.uk/news/coombe-hill-run-2013>). For better or worse, most WAOC events do not get potentially disruptive numbers (or such press exposure, despite Seonaid's best endeavours), and Breckland forests can generally swallow more than we can muster. But I have seen dog-walkers finding it hard to pass a start without being given a map or a finish without being given a time - though SI has generally sorted the latter issue. So next time we organise an event, however large or small, let's try to remember the people and other sports who share our areas. One day we might be the ones outside looking in.

Thierry follows his compass to Boden



I got the idea of this article when watching the GPS replay of the Swedish Ultra long distance championship some days ago. The two first men over there were struggling with their running direction in the very final part of the race – a very common mistake in orienteering whatever the level of the runners.

How many times I have been writing "compass!" in my own race's analysis, meaning that I had to put more focus on it. I would still say that around 60% of my mistakes are due to inefficient use of my compass; the other mistakes being due to too low map reading frequency or wrong map interpretation mostly.

Consistency

I have heard many Scandinavian runners saying that, even if they were carrying a compass, they almost never looked at it. And I think it became even trendier when the extremely skilled Finn Pasi Ikonen managed to win World Championship without a compass at all in 2001.

Of course, I can see the point, especially in very detailed areas, where contours will give you easily the directions to follow. And I can also remember an experience where I broke my thumb compass right after the start, and still had one of my best performances, being even more focus on selecting the most remarkable features of the terrain for my navigation. But, in France, where I grow up, most of the maps are so less detailed compare to Scandinavia and your only chance to "survive" with consistency is to follow carefully the direction given by your compass. "Consistency", that's definitively the key word when we talked about compass!

After I won my first WOC gold medal in 2003, people became interested to hear about my technique and there was some kind of misunderstanding with Skogsport's journalist as Swedish readers start to believe that I was just following my compass, and not reading the map much. Of course, it is wrong – a high map-reading frequency is what defines my technique the best, compass acting more like a security belt. But I strongly believe that you can't orienteer with consistency only with the map.

The usual confusion we do when we talk about compass is only to talk about flat or green areas. Of course, that the areas where it is the easiest to lose directions. But I would also highlight that parallel mistakes (the most common mistake among elite orienteers?) can almost happen everywhere and the only way to avoid them with efficiency is good compass abilities.



Staying into the tunnel

With this map extract, you can easily see that, for a short leg, 90% of the work is already done if you run with an accurate direction. And if you check your compass regularly, it will apply to your whole performance as you will always stay in a narrow tunnel, making the range of possible mistake rather small. Thus, at any time, you should now in which precise direction you are running. Especially nowadays, where the position of the features in the terrain are more and more in their correct location on the map due to the new mapping methods (i.e. laser curving, gps, etc).

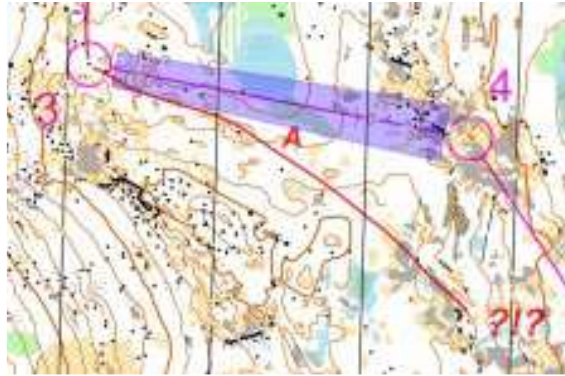
Compass in steep terrain



Let's now have a look to some example in O-Ringen 2013 terrains. I guess that when you thought about Boden, you mostly imagine those steep slopes and you may rather think that compass won't be really precious. In fact, it is the opposite.

Here is a leg of a course I ran with the students of Älvsbyn last autumn. I suspect the course setters of O'ringen to use a lot this trick: leaving a detailed area, crossing a flatter hill top and going down to pick a tricky control. My execution for this leg was pretty bad when I didn't properly check the direction on the middle part of the leg, and I ended too far on the right. I relocated quickly because luckily no feature was really looking the same in the area I was, but I could have lost a lot more time.

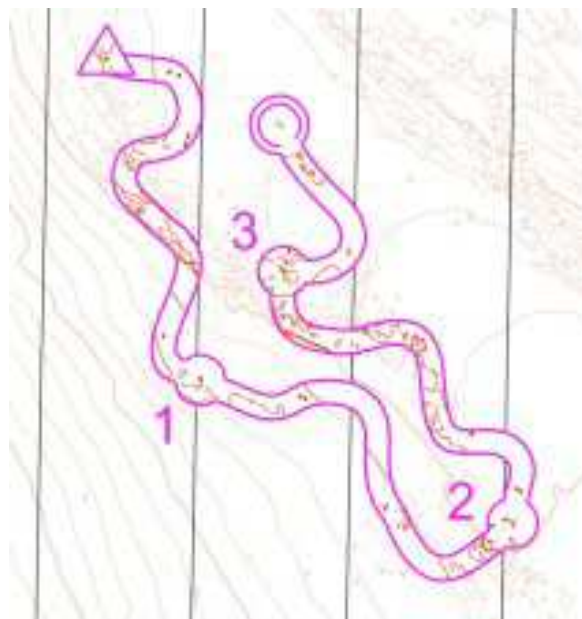
Control your direction



Let's now have a look to a situation where you can definitively lose a lot more time indeed.

Again here, the whole execution is very much dependant on how you handle the middle part of the leg. If you don't properly check your direction when you pass around the "A" area, there is a big chance to start to deviate, little by little, and break the "tunnel". And finally find yourself in an area where your mind will have no difficulty to make everything coincide with where you were expecting to be.

The better your habits are, the better they'll be in pressure situation



I now realize that I have been talking a lot, but not been giving much advises to improve your compass skills. Well, may be because there is, unfortunately, no real recipe. At the beginning, I think you have to force you to have a glimpse at your compass about every 3-5 times you look at your map, meaning you don't spend more than 20-30 seconds without looking at your compass. Slowly, it will become a routine and you won't have to invest energy on this anymore.

But if you want to accelerate the process, you should consider including regularly "corridor" exercise in your training. The goal is to stay inside the corridor of course. But to get the best of it, the corridor has to be as narrow as possible to show just few details (map with only contours works best then), with several bends. You will definitively need to rely on your compass to complete the training. This is my favourite one and the best way I found to keep my compass abilities to an acceptable level.

A hot knife through the butter!

There is a last point why compass is so important in orienteering and especially in a multiday event like O-Ringen. No matter who you are, no matter how good athlete you are, I have always believed that everyone has a limited amount of focus to invest for a race. You simply can't maintain a very high focus from start to finish, even if the race would last only five minutes. Thus, the key is to be able to understand the dynamic of the race and be totally concentrated when it really matters, like when you are attacking a control in a very detailed area. Your compass is also there to help you to save some mental energy, time to time, while cutting through the terrain like a hot knife through butter!

Thierry Gueorgiou

News from Press Office:

For many years I have had a love affair with Cambridge, maybe because it rejected me way, way back! When Alison came up way back, I renewed my interest and, since removing to Huntingdon some 3 years ago, I go in as often as I can using my free bus pass. Our local bus, the B 'Guided Bus', is a lovely peaceful ride. So hanging flyers on railings is no problem. I often return after a couple of weeks to add to or replenish them. Then, I go after the event to remove those which are still up! The Verger of Great St. Mary's is very helpful and hangs and removes them for me. When I was publicising the Thetford Thrash, he pointed out that many organisations are going over to A3 and recommended that I get some. Well, I did get 2 enlarged and laminated by Staples at a cost of £9.84 but I shan't be repeating the process - not worth it! Michaelhouse has a lady who checks every Monday for out of date posters and removes them but for all the rest I've not had official permission, neither I suspect have many of the others. The rest of the time I use by shopping, visiting Museums, exhibitions and interesting buildings, so ends another very interesting day!

As for the press, there has been an article in our local News & Crier every week our holidays and the Hunts post obliged four times. The Royston Crow printed a photo of Rachel Pocock when she won a silver medal in the British Middle Champs. And, for the second time ever, I had a bit in the Cambridge Evening News when William Louth gained two 5th places (podium) at the World Schools Champs in Portugal. Also the Wetherill family featured twice in the Hitchin/Stevenage Comet, which Ian Lawson kindly cuts out and sends me.

I've tried to publicise the Hinchbrook Club Night locally, Library, St.Mary's railings, Outdoor Shop and in my press write up. Will we gain any new takers?

No2 28/5/13



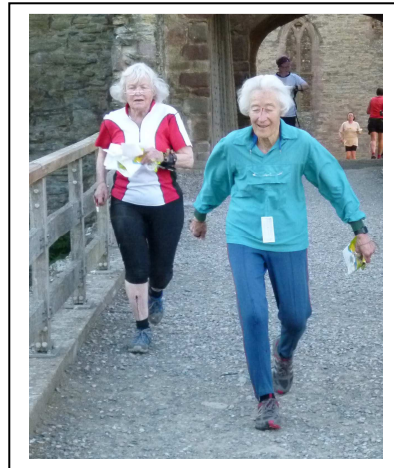
William recently finished with 2 podium places at the World Schools Champs in Portugal – Short and Long.



Rachel Pocock won a silver in the British Middle Champs on Cromford Moor.




Ursula won bronze in the Sprint distance on Loughborough Uni campus.




Ursula and Ruby At Ludlow

BO Ranking list:

Position	Name	Club	YOB	M/F	Points	Contributing scores 
1 (169 +10)	Robert Campbell	WAOC	1966	M	7664	1260, 1277, 1271, 1275, 1276, 1305
2 (281 +12)	Dil Wetherill	WAOC	1964	M	7490	1235, 1233, 1299, 1230, 1245, 1248
3 (309 +10)	Tom Hemingway	WAOC	1996	M	7464	1264, 1264, 1232, 1221, 1264, 1219
4 (402 +19)	Steve Hinshelwood	WAOC	1964	M	7336	1228, 1220, 1213, 1220, 1239, 1216
5 (420 +14)	Brian Cowe	WAOC	1976	M	7314	1205, 1240, 1219, 1206, 1203, 1241
6 (473 +3)	Graham Louth	WAOC	1962	M	7246	1213, 1197, 1198, 1205, 1218, 1215
7 (570 +19)	Sean Blanchflower	WAOC	1973	M	7146	1180, 1201, 1198, 1197, 1168, 1202
8 (647 +41)	Ben Green	WAOC	1977	M	7072	1211, 1176, 1167, 1170, 1185, 1163
9 (727 +37)	Michael Bickle	WAOC	1948	M	7002	1172, 1149, 1188, 1165, 1176, 1152
10 (783 +30)	David Cooper	WAOC	1963	M	6957	1166, 1136, 1183, 1139, 1166, 1167
11 (853 +33)	David Cronk	WAOC	1960	M	6888	1145, 1128, 1148, 1154, 1138, 1175
12 (854 +34)	Mike Capper	WAOC	1955	M	6887	1137, 1140, 1156, 1160, 1156, 1138
13 (949 +38)	Rachel Pocock	WAOC	1967	F	6806	1150, 1147, 1143, 1121, 1123, 1122
14 (1010 +33)	Iain Stemp	WAOC	1965	M	6753	1142, 1194, 1097, 1114, 1111, 1095

City races and Sprints

06 Aug	London Park Race Series Race 11	Level C SLOW	SLO W	SEOA	Battersea Park	Battersea
31 Aug	Lincoln City Race	Level C LOG	LOG	EMOA		Lincoln
21 Sep	LOK Ultrasprint (UKOL16)	Level B	LOK	SEOA	Victoria Park	Hackney
22 Sep	London City Race (UKOL17)	Level B	SLO W	SEOA	London Docklands	London
06 Oct	Stamford Town Race	Level C	LOG	EMOA		Stamford
26 Oct	Cambridge City Race	Level B	CUOC	EAOA	Cambridge City Centre	Cambridge

Position	Name	Club	YOB	M/F	Points	Contributing scores 
15 (1038 +31)	Maurice Hemingway	WAOC	1955	M	6728	1120, 1126, 1122, 1125, 1118, 1117
16 (1138 +13)	Chris Brown	WAOC	1952	M	6651	1142, 1131, 1090, 1101, 1091, 1096
17 (1208 +32)	Peter Duthie	WAOC	1959	M	6587	1101, 1102, 1085, 1100, 1085, 1114
18 (1341 +42)	Stephen Borrill	WAOC	1971	M	6475	1100, 1075, 1075, 1072, 1094, 1059
19 (1373 +43)	Paul Beecher	WAOC	1979	M	6453	1018, 1101, 1061, 1057, 1136, 1080
20 (1392 +44)	Peter Woods	WAOC	1957	M	6437	1071, 1097, 1046, 1091, 1076, 1056
21 (1460 +50)	Robin Bourne	WAOC	1962	M	6376	1060, 1102, 1035, 1047, 1052, 1080
22 (1496 +41)	Ian Smith	WAOC	1956	M	6347	1050, 1064, 1052, 1064, 1058, 1059
23 (1508 +38)	Alison Fox	WAOC	1966	F	6340	1057, 1049, 1060, 1041, 1096, 1037
24 (1672 +49)	Philip Hague	WAOC	1969	M	6191	1017, 1010, 1023, 1029, 1052, 1060
25 (1724 -12)	Alice Campbell	WAOC	1993	F	6147	998, 1010, 1046, 990, 1057, 10

<http://www.britishorienteering.org.uk/page/rankings>

EAOA Fixtures

Fixtures have been taken from the EAOA fixture lists as of 15th June 2013. 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

June

30th NOR **Summer Score Event**, Sandringham Country Park, Kings Lynn, [TL690290](http://www.norfolkoc.co.uk) Entry times: 10.15 to 10.55. Dogs on Lead Please.
 EAOA Level D www.norfolkoc.co.uk

July

3rd SUFFOC **Summer Series Event 4**, Holywells & Landseer Park, Ipswich
 EAOA Level D Organiser: Clive Wilkinson www.suffoc.co.uk

7th SOS **SOS Relays Danbury**, Danbury Outdoors and Country Park, Danbury
 EAOA Level D Organiser: Andrew Cordle stragglers.info/home/index.php

11th SOS **SOS Summer Series 4**, Danbury Common, Danbury
 EAOA Level D Organiser: John Williams stragglers.info/home/index.php

14th SMOC **Keyne-O**, Great Linford, Milton Keynes, [SP854423](http://www.sp854423)
 EAOA Organiser: Helen Nisbet

Level D www.smoc.info/

28th July – 3rd August Scottish 6 Days - Moray2013 Moray Coast Level B
August

SMOC
11th EAOA **Keyne-O**, Loughton Valley, Milton Keynes, SP826404
Level D Organiser: Ros James www.smoc.info/

24th – 26th August White Rose EBOR Gilling and Helmsley Level B and C
September

HAVOC **HAVOC Bedfords Park SWELL**, Bedfords Park,
8th EAOA Romford, TQ520924
Level D Entry times: 10am to 12noon. Dogs: To be kept under control.

SMOC **Keyne-O**, Furzton, Milton Keynes, SP852359
8th EAOA Organiser: Richard Pownall
Level D www.smoc.info/

WAOC
15th **EAOA Level D** **Therfield Heath Colour Coded, Therfield Heath, Royston, TL348406**

NOR **UEA colour coded event**, University of East Angia & Earlham
15th EAOA Park, Norwich, TG190076 Entry times: 10.00 to 12.00. Dogs on Lead.
Level D www.norfolkoc.co.uk

SUFFOC **Colour Coded**, Haughley Park, Stowmarket
29th EAOA Organiser: Will Harrison www.suffoc.co.uk
Level D

October

NOR
5th EAOA **VHI Weekend**, Sheringham
Level B

NOR
6th EAOA **VHI Weekend**, Sheringham
Level B

SOS **SOS Colour Coded The Broaks inc. Club Championships & ESSOL**, The Broaks, Halstead
6th EAOA Organiser: Mark Lyne, stragglers.info/home/index.php
Level C

SMOC **Keyne-O**, Campbell Park, Milton Keynes, SP867398
6th EAOA www.smoc.info/
Level D

WAOC
13th **EAOA Level D** **WAOC Mildenhall South Colour Coded, Mildenhall, TL740741 Dogs allowed. www.waoc.org.uk**

NOR **NOR Club Championships**, Beeston Regis (Roman Camp),
20th EAOA Sheringham, TG186413
Level D Entry times: 10.00 to 12.00. Dogs on Lead Please.
Organiser: Alan Bedder www.norfolkoc.co.uk

CUOC
26th EAOA
Level B
Cambridge City Race, Cambridge City Centre, Cambridge,
[TL450592](http://www.cuoc.org.uk) Dogs: In assembly area only.
Organiser: Joseph Hobbs , cityrace@cuoc.org.uk
www.cuoc.org.uk

WAOC
27th EAOA
Level C
Town and Country Weekend, Brandon, Brandon
www.waoc.org.uk

November

SUFFOC
3rd EAOA
Level C
Colour Coded and EAL, The King's Forest, Bury St Edmunds
Organiser: Andrew Elliott ,

SMOC
10th EAOA
Level C
SMOC Colour Coded Event, Twywell Hills & Dales CP,
Thrapston, [SP940765](http://www.sp940765.com)
Organiser: Robert Dove

HAVOC
17th EAOA
Level C
HAVOC Epping SW SWELL, Epping SW, Chingford, [TQ393950](http://www.tq393950.com)
Entry times: 10.00 to 12 noon. Dogs: To be kept under control.

NOR
17th EAOA
Level C
West Norfolk Colour Coded Event, Roydon Common &
Grimston Warren, Kings Lynn, [TF680220](http://www.tf680220.com)
Entry times: 10.00 to 12.00. No dogs allowed.
Organiser: Leanne Bailey www.norfolkoc.co.uk

SOS
24th EAOA
Level C
SOS Colour Coded Wivenhoe incorporating ESSOL,
Wivenhoe Park. Woods and Marshes, Colchester
Organiser: Peter Warland stragglers.info/home/index.php

December

SUFFOC
1st EAOA
Level C
Colour Coded and ESSOL, Knettishall Heath, Thetford
Organiser: Clive Wilkinson

WAOC
8th EAOA
Level D
WAOC Colour Coded Ampthill Park, Ampthill, [TL023382](http://www.tl023382.com)
Dogs: Dogs welcome if kept on leads.

NOR
15th EAOA
Level C
Sth Norfolk Colour Coded Event , Hockham,
Thetford, [TL937919](http://www.tl937919.com) Entry times: 10.00 to 12.00. Dogs: On Lead.
Organiser: Helen Lloyd www.norfolkoc.co.uk

NOR
29th EAOA
Level D
Xmas Informal Score Event, Cawston & Marsham Heaths,
Aylsham, [TG166236](http://www.tg166236.com)
Entry times: 10.15 to 11.00 for orange course. Dogs: Dogs on Lead.
Organiser: Alan Bedder www.norfolkoc.co.uk