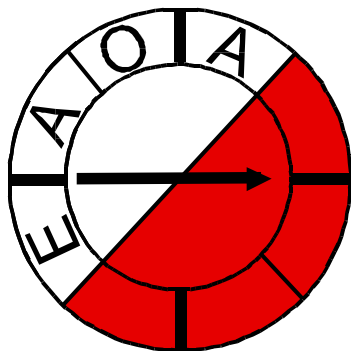




Number 159 - June 2003



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1. Editorial

This is the fourth edition of Points East I've edited, which since it has settled down into a quarterly publication pattern means that it represents a whole year of regional activity. I think the format has settled down too – whilst I thought the photos last time brightened it up a bit, it has been pointed out that 1.7MB takes a long time to download with a 56k modem, so I've kept this one a bit smaller. As I'm soon going to lose the use of www.cam.ac.uk to host the EA website and will need to find an alternative out in the real world, I shouldn't make the same mistake again... The September edition will let you all know the new home of the website and my new email address, but the old ones will keep working until then – articles to me by the end of August please, at mwc22@cam.ac.uk.

It's the time of year for AGMs – EAOA's will be at Hatfield Forest on 22nd June (agenda and last year's minutes included here) and BOF's is even sooner, on 7th June. Read Lyn's article for more BOF details, though I'm not convinced that increasing the influence of the elected Councillors makes sense when not a single person appears to be standing for the four positions! Our Association is suffering from apathy as well, as we're still looking for a new Secretary to replace Rachel Thomas who is standing down after three years' hard work, as well as having had no Vice Chairman for some time. Please give some thought to doing one of these jobs, EAOA can't function properly without its officers.

In the forest, I hope you enjoyed the JK and British, wherever you came in the results. It's getting near the end of the season now, but there's still the Harvester to come, and it's near enough that there ought to be plenty of East Anglian teams entered. Best wishes for any O-related holidays over the summer, whether to Scotland or further afield, and in particular for those juniors going on tour, whose exploits I'm sure you'll be able to read about next time.

Mark Collis (DRONGO/WAOC)

2. Chairman's Chat

The year seems to be flying by. I cannot believe that June is fast approaching. I have just returned from BOC in Sheffield. A well run and enjoyable event - shame about my navigational abilities. I seem to be leaving my brain behind on runs at the moment. Fortunately other East Anglians fared better. Congratulations to them and to our Juniors on their tour selections. Particularly pleasing for the Region is the selection of Helen Gardner for the JWOC squad. It is good to have the region represented at this level again after a number of years. As she is still first year 18, I hope this is the first of many.

Out of the forest, I attended BOF Council. The item that has the most relevance for the majority of you is the proposed restructuring of the BOF committee structure. Now don't go to sleep or skip to the next item. How BOF runs ultimately affects what happens in the Forest and I know many of you have strong views on how things should be done there.

So why the need for change? The recent Management Audit was heavily critical of the current structure. The decision making process was regarded as top heavy and ineffective. Anyone who has tried to get changes through will agree. Proposals seem to drift around for years! In addition, there is some conflict of interest between Development, Event Standards and Competitions committees leading to differing views on strategic issues. Competitions are having difficulty implementing some of the strategic decisions imposed on them. As a result of this and the heavy workload on them, the Chairman of both Event Standards and Competitions Committees have resigned and no replacements are forthcoming. Currently Coaching Committee and International Committee run effectively and these will not be changed.

The proposal is to create a new Event Operation Committee (EO) under the Chairmanship of BOF Vice Chairman. This will be supported by six sub-committees covering the main groups of orienteers - elite, seniors and juniors plus rules, fixtures and mapping. Representatives of these sub-committees will sit on EO. Thus EO will oversee the whole process and will be small and therefore more effective. It will report along with Coaching and International to the Management Committee, which in turn will report to Council. Currently all Committees report direct to Council.

Now, where is Regional representation you might ask. How does the ordinary orienteer get a say. Well, to start with, you have a Regional Representative on Council (yours truly at the moment) and I am happy to listen to any views you may have on this and other issues. Council has the ultimate sanction I guess although in practice, the Management Committee (MC) is responsible for getting things done. It will consist of Chair of BOF, Vice-Chair, Treasurer and all 4 elected councillors. (Currently only 2 sit on MC). These are the people that you vote for (if you bother to use your vote but I'll come to that later). Currently Dick Towler is a Councillor and it would be good to keep a member of EAOA as a Councillor.

If you have been paying attention, you will have noticed that Regional reps have disappeared from EO. The make up of the sub-committees is not clear. It is proposed that EO will have 12 Correspondent Members from each of the Regional Associations. They will receive all committee papers for comment, and I assume be able to discuss these within the region first. They may request or in some cases, be invited to attend committee meetings. Apparently in works in some other governing bodies.

So there you have it. Let me have your thoughts at lynwest.ghh@tesco.net.

Finally, BOF AGM is on June 7th. BOF members will have received their papers. If like me you will not be attending (It's in the middle of A levels), you can vote by proxy. Remember a democratic organisation can only remain so if members use their vote. I would like to draw your attention to Proposal 3 - Family Membership Fees. Currently, when a Junior reaches 18, they are no longer covered by Family Membership and must become individual members, albeit at Junior rate. Many do not bother to join or if they do, contact is lost during the student years with address changes. This proposal will keep them as family members until they finish at University. There is also an adjustment to redress the balance for single parent families. To me the proposals are common sense but need 75% majority.

That's all for now folks. I hope to see you at EAOA AGM.

Lyn West (SOS)

CONGRATULATIONS TO:

- * **Thomas Louth (WAOC)** 3rd in M10A & **Rob Frost (NOR)** 2nd in M21L at BOC
- * **NOR** team 2nd in Medium Open & **WAOC** team 2nd in M40 at British Relay Championship
- * **Helen Gardner (WAOC)** selected for the Junior World Championships in Estonia and pre-JWOC 2004 tour to Russia
- * **Chris Sellens (SOS)** selected for pre-JWOC tour and for under 21 tour to Scandanavia
- * **Hazel Tant (SOS) & Ed Kelleher (NOR)** selected for under 17 tour to Sweden
- * **Jamie Taylor (WAOC)** the regional representative on under 15 tour to Lagganlia

3. Annual General Meeting

The AGM of EAOA has moved from its originally planned date, and will now be held after the SOS event at Hatfield Forest on Sunday 22nd June, at 1.30pm. The Agenda, and Minutes of last year's AGM, follow:

EAST ANGLIAN ORIENTEERING ASSOCIATION

AGENDA for ANNUAL GENERAL MEETING

**Annual General Meeting to be held on SUNDAY 22nd June 2003
at 1330 at HATFIELD FOREST**

- 1 Apologies for absence
- 2 Minutes of the last AGM – 9th June 2002
- 3 Matters arising from the minutes
- 4 Chairman's report
- 5 Treasurer's report
- 6 Election of officers
 - Chairman Lyn West
 - Vice Chairman vacant
 - Hon Secretary vacant
 - Treasurer John Ward
- 7 Any other business

Rachel Thomas
Honorary Secretary

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EAST ANGLIAN ORIENTEERING ASSOCIATION

Minutes of the Annual General Meeting, held on 9th June 2002 at Santon Downham, Thetford.

Present: Tim Eden (Chairman/NOR) Lyn West (Treasurer/SOS) Rachel Thomas (Secretary/SMOC) Kim Eden (NOR), John West (NOR), Mike Capper (WAOC), Maurice Capper (WAOC), Dick Towler (NOR), Andrew Cordle (SOS), Maria Marshall (WAOC), Bruce Marshall (WAOC), Colin West (SOS), Mark Collis (DRONGO/WAOC), Neil Humphries (WAOC), Roger Stenson (NOR) June Webb (SUFFOC), John Webb (SUFFOC), Hannah Gee, Clarissa Napier (NOR).

1. **Apologies for absence:** Heather Sears (Coaching/NOR), Pat & Alan Bedder (NOR), David Roach, Brian Daniel (HAVOC), Ursula Oxburgh (WAOC).
2. **Minutes of the last AGM (2001):** The minutes of the last AGM were accepted and signed.
3. **Matters arising from the minutes:**
 - a. The SI accounts were circulated
 - b. The committee debated the approach to depreciation and agreed to depreciate SI equipment by 25% per year.
 - c. Following debate, no further action was taken about National Trust fees. SUFFOC will continue to take the issue forward with Ickworth. It was suggested that as the NT Head Office has moved to Ickworth, orienteers may find all fees being equalised and raised.
4. **Chairman's report:** The Chairman gave his report illustrating that orienteering amongst East Anglians had been active since the end of last year's foot and mouth disease. He reflected on competitions at home and abroad, the expansion of Sport Ident electronic punching, the creation of the new Norfolk Orienteering club from NOR and WASH. The meeting was also reminded of the orienteering friends who had died during the year.

A significant part of his report focused on the successes of the junior squad and he took the opportunity to thank Colin West for his efforts as Squad Coordinator which had been fundamental to that success.

Tim reminded EAOA that this was his last report as Chairman, and was thanked by the meeting for his work over the past 4 years. (Full text attached to minutes).

5. **Treasurer's report:** The Treasurer informed the meeting that the Region remains in a sound financial position, achieving a surplus of £963 despite the disruption brought about by foot and mouth disease (FMD). Lyn sounded a note of caution that the marginal increase in net worth was due to the capital value of the SI equipment, and that, largely as a result of repaying in full all the loans made by clubs for the SI equipment, the cash reserves are £800 lower than at the end of 2000.

Other contributing factors to the current situation included reduced spending on the Junior Squad, due to lower activity because of FMD; reduced funding for the Start programme resulting in more requests for support from juniors. EAOA's policy of making grants of one-third the personal contribution when requests are made by

individuals. A tour report is requested in return. It was noted that this policy applies to seniors and veterans as well as juniors.

A forecast had been prepared for 2002. Although cash reserves were perceived as currently unnecessarily high, income from other sources must be maintained and therefore Lyn proposed that event levies including the SI equipment hire charge remain at the current level, SI dibber hire should rise from 50 p to 75p in line with most other events. No change to capitation was proposed. The sum outcome of these proposals will be a small and planned reduction in the cash held by the region. (full report and accounts attached to these minutes). **Agreed: to accept proposals in full.**

6. Election of officers:

- a. **Chair:** Lyn West was proposed by Andrew Cordle and seconded by John Ward. **Agreed**
- b. **Vice chair:** no nominations received. Tim Eden pointed out the importance of this post, as demonstrated by the need to find a deputy when Tim had difficulty in attending meetings during the past year.
- c. **Secretary:** Rachel Thomas was proposed by Clarissa Napier and seconded by Mike Capper. **Agreed.**
- d. **Treasurer:** John Ward was proposed by Clarissa Napier and seconded by Lyn West. **Agreed.**
- e. Other positions are appointed to the committee:
 - i. Fixtures secretary: Roger Stenson agreed to continue
 - ii. Event standards committee: Andrew Cordle agreed to continue
 - iii. Coaching: Heather Sears agreed to continue as Junior Squad Coach, but finds the Coaching Committee difficult to attend. **Agreed: clubs to ask if there is anybody who will be EAOA's rep on the Coaching committee**
 - iv. Mapping representative: John Ward agreed to continue
 - v. Junior Squad Co-ordinator: Colin West had notified all clubs that due to work pressures he is unable to continue as squad co-ordinator. A volunteer had been found, however, he is unwell and therefore Colin will continue until the situation is clearer.

7. Any other business:

- a. **Thanks to Colin West:** A note was received from Ursula Oxburgh (WAOC) thanking Colin West (together with Eleanor and Lyn) for the transformation in the EA Junior Squad which has taken place while he has been co-ordinator. 'It has become a vibrant, friendly, very supportive squad with which he has achieved quite outstanding success. Juniors love the weekend away and all seem to have had a fantastic time at the British Champs – and came away with 4 trophies.'
- b. **Points East:** Ursula Oxburgh has volunteered to edit the electronic PE. This will be restructured and editions numbered. Deadlines will be implemented. There is a facility to produce a limited number of printed copies.
- c. **Tim Eden:** A vote of thanks was proposed to Tim Eden for his term of office as Chairman, and was supported by the meeting.

Meeting closed.

4. East Anglian Schools' Championships

The 2003 East Anglian Schools' Orienteering Championships will take place on Sunday June 22nd in Hatfield Forest, near Bishop's Stortford. Please note that this is a change in date and venue to the original publicity. It is being run in conjunction with an Essex Stragglers colour-coded EAGAL event. We hope to see competitors from as many East Anglian Schools and Youth Groups as possible.

Pre-marked maps will be used so **Pre-entry is strongly advised**. Closing date for entries is post-marked June 14th. For more details and an entry form contact lynwest.ghh@tesco.net or send SAE to Lyn West, Grove Hill House, Dedham, Essex CO7 6DX.

For further details of the event see SOS web site at <http://www.stragglers.info>

5. CompassSport Cup Summary

In contrast to last year when we had a regional round at Highlodge Warren, East Anglian clubs were scattered far and wide, at three venues. Our results were:

Blidworth (EM) - Cup			Ragley (WM) - Trophy			Redlands (SE) - Trophy		
1.	NOC	254	1.	SWOC	111	1.	SOS	113
2.	DVO	180	2.	SPLIT	80	2.	HAVOC	74
3.	NOR	148	3.	COBOC	75	3.	CHIG	71
4.	WAOC	134	4.	SMOC	71	4.	CROC	58
5.	LEI	105	5.	WRE	46	5.	MDDXO	12

Congratulations to SOS for making it through to the final (which is of course here in East Anglia this year, at Shouldham on 1st June) and good luck. The other winners from around the country were:

- * Burnbanks (NW) - Cup LOC, Trophy PFO
- * Moncrieffe Hill (S) - Trophy ESOC & INT
- * Ragley (WM) - Cup TVOC
- * Redlands (SE) - Cup SO
- * Ringwood (SW) - Cup BOK, Trophy SARUM
- * Yateholme (YH) - Cup AIRE, Trophy CLARO

6. Results Round-Up

NOR Swaffham Heath 9/3/03

White

1. Abbie & Olivia Hampson (FALCON)	W10	14:25
2. Sarah & Matthew Wardle (NOR)		35:55

Yellow

1. Adam Chalkley (GOODERSTONE)	M12	13:02
2. James Thomas (WAOC)	M12	14:47
3. Ben Howe (IND)	M12	14:52

Orange

1. Daniel Tinker (WYCOL)	M14	29:16
2. Hannah Vogler (IND)	W12	34:51
3. Ruth Taylor (WYCOL)	W14	38:47

Red

1. Paul Taylor (IND)	M35	54:58
2. Lewis Hadler (WAOC)	M16	65:47
3. Rod Sibson (NOR)	M50	66:06

Light Green

1. Clem Vogler (NOR)	M55	31:21
2. John Hadler (WAOC)	M45	35:36
3. Andy Stubbing (NOR)	M45	38:03

Green

1. Barry Pilgrim (NOR)	M55	44:49
2. Ben Cowley (NOR)	M20	48:52
3. Paul Dickinson (NOR)	M21	52:34

Blue

1. Ian Renfrew (WAOC)	M21	45:03
2. Mike Bickle (WAOC)	M55	55:24
3. Simon Peck (SUFFOC)	M45	57:55

Brown

1. Laurence Ball (HEWETT)	M18	62:46
2. Robert Frost (NOR)	M21	64:11
3. John Ward (NOR)	M35	73:34

SMOC Willen Lake 9/3/03

White

1. Jodie Palmer (IND)	W10	28:45
2. James Nisbet (SMOC)	M10	35:04

Yellow

1. David Haddock & Jack Mair (IND)		33:19
2. Sophie & Charlie Joseph (IND)		40:08
3. Marienfeld (NOR)		48:28

Orange

1. Jonathan Mair & Amy Haddock (IND)		26:50
2. Toby Leaker (SMOC)	M14	29:32
3. Craig Gillespie (SMOC)	M20	31:25

Light Green

1. Nathaniel Leaker (SMOC)	M18	24:13
2. Rory Gillespie (SMOC)	M21	31:54
3. Sally Palmer (IND)	W21	38:18

Green

1. Eric Brown (HH)	M55	51:44
2. Ken Livermore (HH)	M70	59:54
3. Jonathan Redshaw (IND)	M21	79:35

Blue

1. A.P. Klein (IND)	M21	43:30
2. Ian Wells (LEI)	M50	47:00
3. N. Panesi (IND)	M21	53:40

Long 16km

1. Terry Penny (SMOC)	M55	150:02
2. B. Mold (IND)	W40	157:22

Long 20km

1. K. Duell (RAFO)	M45	130:21
2. R. Williams (SMOC)	M40	141:53
3. L. Chapman (NOC)	M40	226:09

1hr Bike Score

1. Panesi		130 pts
2. Silvia Ruiz		85 pts
3. R. Treher		30 pts

2hr Bike Score

1. Marcus Misson (WAOC)	M35	340 pts
2. L. Welbourn		328 pts
3= G. Hunt		314 pts
G. Morehouse		314 pts

WAOC Warden Warren 23/3/03

White

1. Thomas Hemingway (WAOC)	M10	14:23
2. Katrin Sengerova (WAOC)	W10	15:19
3. Duncan Taylor + 1 (WAOC)	M10	16:12

Orange

1. Dryden Williams (SMOC)	M12	17:21
2. Sophie Louth (WAOC)	W12	18:02
3. Thomas Louth (WAOC)	M10	20:21

Light Green

1. Jenni Barclay (WAOC)	W21	26:52
2. Laura Birkinshaw (IND)	W21	29:41
3. Pip Peakman (IND)	W35	30:32

Green

1. Steven Lawson (IND)	M21	38:40
2. Bruce Bryant (OD)	M45	41:18
3. Edward Louth (WAOC)	M14	43:01

Blue

1. Ian Renfrew (WAOC)	M21	44:56
2. Rolf Crook (WAOC)	M21	46:06
3. Mike Murray (SLOW)	M55	46:13

SUFFOC Ickworth Park 30/3/03

White

1. Kim Bailey (IND)	W12	14:15
2. Sarah Wardle (NOR)	W10	21:50

Yellow

1. Ruth & James Taylor (WYCOL)	M10/W14	19:03
2. Conor Weed (SUFFOC)	M10	20:06
3. Richard McCormick (NOR)	M14	20:22

Orange

1. Alex Grey (IND)	M12	28:46
2. Sophie Louth (WAOC)	W12	30:12
3. Christopher Thomas (IND)	M18	30:51

Red

1. N. Tomkins (IND)	M35	37:36
2. Alan Alford (SOS)	M45	42:35
3. Bob Cathmoir (SOS)	M60	47:15

Light Green

1. Anna Welch (IND)	W35	43:09
2. Susan Matthews (WAOC)	W35	44:36
3. Mike Petch (IND)	M50	45:53

Green

1. Mark Chalkley (NOR)	M14	43:34
2. Barry Pilgrim (NOR)	M55	48:41
3. Vivienne Broughton (SUFFOC)	W40	49:39

Blue

1. Graham Louth (WAOC)	M40	47:43
2. Blanka Sengerova (WAOC)	W21	49:42
3. Martin Rigby (BAOC)	M45	52:24

Brown

1. Rob Campbell (WAOC)	M35	46:14
2. Bill Morgan (NOR)	M50	63:24
3. Andrew Elliott (SUFFOC)	M21	64:02

HAVOC Langdon Hills 6/4/03

White

1. Abiyomi Olaifa (HAVOC/HFPS)	M10	11:17
2. Ceris Burgues (HAVOC)	W10	16:07
3. J. Cooper (2ndGP)	M10	18:17

Yellow

1. Hassan Cokgezici (HAVOC/HFPS)	M10	18:21
2. Thomas Louth (WAOC)	M10	19:16
3. Dion Williams (HAVOC/HFPS)	M10	24:23

Orange

1. Lenval Greer (HAVOC/HFPS)	M10	22:26
2. Katy Howes (SAX)	W12	31:11
3. Sophie Louth (WAOC)	W12	34:14

Red

1. Yvonne Hodson (TVOC)	W55	53:52
2. Francois Ricard (IND)	M21	57:09
3. S. McGregor (IND)		63:46

Light Green

1. Clare Howes (SAX)	W14	36:45
2. Ben Harris (HAVOC/HFPS)	M12	37:46
3. John Gillespie (CHIG)	M55	40:40

Green

1. Chris Cann (HAVOC)	M21	42:50
2. Sarah Howes (SAX)	W40	48:11
3. Brian Straight (HAVOC)	M60	50:22

Blue

1. Paul Beckett (HAVOC)	M40	55:02
2. Richard Lloyd (SLOW)	M35	60:16
3. Richard Bonnett (SOS)	M45	63:08

Brown

1. Ian Maynard (HAVOC)	M40	68:27
2. Anthony Squire (INT)	M21	69:43
3. Michael Muggeridge (HAVOC)	M40	80:00

NOR Lynford 13/4/03

White

1. Sam Riches & Tom Howe (IND)	M10	13:27
2. Caitlin Campbell (WAOC)	W10	14:19
3. Rory Braggins (WAOC)	M10	16:24

Yellow

1. Ben Howe (IND)	M12	16:14
2. Alice Campbell (WAOC)	W10	17:08
3. Thomas Louth (WAOC)	M10	18:17

Orange

1. Lewis Hadler (WAOC)	M16	27:23
2. Sophie Louth (WAOC)	W12	34:25
3. C. Chudasama & S. Abel (ACF)	M16	36:35

Red

1. Rod Sibson (NOR)	M50	37:50
2. Niven Last (IND)	M40	67:29
3. Jacky Scarlett (NOR)	W45	72:57

Light Green

1. Clare Woods (WAOC)	W16	33:20
2. Wayne Browne (BAOC)	M35	41:22
3. Richard Barker (SOS)	M50	43:49

Green

1. Robin Campbell (CHIG)	M65	35:45
2. Helen Errington (HH)	W40	36:59
3. Kim Eden (NOR)	W45	37:02

Blue

1. Michael Belshaw (NOR)	M40	52:09
2. Peter Gardner (WAOC)	M18	54:24
3. Martin Hore (SUFFOC)	M50	54:29

Brown

1. Rolf Crook (WAOC)	M21	60:04
2. Laurence Ball (NOR)	M18	60:58
3. Danny Goldsworthy (NOR)	M21	61:16

WAOC Bush Heath Chasing Sprint 27/4/03

Men's Open

1. Ian Renfrew (WAOC)	M21	37:05
2. Rolf Crook (WAOC)	M21	37:09
3. Daniel Halliday (OD)	M18	38:21

Women's Open

1. Jessica Halliday (OD)	W16	36:30
2. Blanka Sengerova (WAOC)	W21	39:15
3. Kate Penny (WAOC)	W21	39:41

M40+/16-

1. Simon Gardner (WAOC)	M16	35:27
2. Stephen Bingham (SMOC)	M45	35:37
3. Mike Capper (WAOC)	M45	36:05

W40+/16-

1. Joanna Halliday (OD)	W14	36:10
2. Jane Halliday (OD)	W40	39:26
3. Nicola Gardner (WAOC)	W45	40:29

Junior

1. Thomas Louth (WAOC)	M10	23:31
2. Alana Wright (CLOK)	W12	23:59
3. Duncan Taylor (WAOC)	M10	24:18

NOR Blickling 11/5/03

White

1. Abbie Hampson (CECIL GOWING)	W10	14:15
2. Olivia Hampson (FALCON)	W10	15:00
3. Jack Goldsworthy (SPARHAWK)	M10	18:49

Yellow

1. Matthew Bedder (THORPE)	M12	16:52
2. H. & A. Chaffey (NOR)	M12	24:00
3. Ben Howe (IND)	M12	27:39

Orange

1. Kim Eden, Hannah & Louis		37:16
2. Rob Harber (NOR)	M16	38:12
3. Ruth Taylor (WYCOL)	W14	38:49

Red

1. Mark Crookes (NOR)	M21	61:10
2. Niven Last (IND)	M40	74:20
3. Lisa Daniels (NOR)	W21	97:16

Light Green

1. Tim Harber (NOR)	M50	45:35
2. Dickinson (NOR)	M21	51:14
3. Louise Paterson (NOR)	W35	56:43

Green

1. Mark Chalkley (WYCOL)	M16	37:56
2. Graham Wardle (NOR)	M50	39:35
3. John Rushmer (NOR)	M55	44:52

Blue

1. Tim Eden (NOR)	M50	46:53
2. John Ward (NOR)	M60	52:59
3. Steve Nobbs (NOR)	M45	54:42

Brown

1. Rolf Crook (WAOC)	M21	46:22
2. Robert Frost (NOR)	M21	48:27
3. Danny Goldsworthy (NOR)	M21	48:35

SOS Wivenhoe Park & Woods 11/5/03

White

1. Alex Ware (Cherry Tree)	M10	17:19
2. Daniel Figg (HH)	M10	32:36

Yellow

1. Arabella Gilby (Philip Morant)	W12	20:34
2. Rory Holding (Danbury Park)	M10	24:33
3. Lily Gilby (Home Farm)	W10	26:27

Orange

1. Rachael Widdick (IPS)	W16	25:19
2. Andrew Barker (SOS)	M18	27:09
3. Robert Taylor (SOS)	M50	28:37

Light Green

1. Aidan Callender (IND)	M21	24:32
2. Gillian Powell Davies (IND)	W40	27:52
3. Graham Leitch (IND)	M45	32:02

Green

1. Alistair Holding (SOS)	M35	34:08
2. Paul Lowe (SUFFOC)	M40	35:09
3. Alison Gourd (CROC)	W35	35:22

Blue

1. Peter Lake (CHIG)	M35	38:10
2. Andrew Malley (SOS)	M40	39:01
3. Kevin Main (BAOC)	M21	40:35

7. Glenmore Training Tour

Although the various junior training tours which are regularly reported on in Points East happen during the summer, the forests are there all year round... CUOC have a regular tour to the Lake District in early December, while our traditional rivals Oxford head off at the start of the Easter holidays. Our friendly rivalry means reciprocal invitations, and so a select group of Cambridge's finest (Blanka and I) joined OUOC's tour to Scotland in March.

Joining our luxury transport for the week - a minibus that was a few weeks old, could happily cruise at 90mph on the motorway and even had a sunroof – at Leicester, the journey north was broken overnight at a conveniently located parents' house near Edinburgh. On the Sunday morning we were up and away early to get early starts at the Scottish CompassSport Trophy round, which was held at a newly mapped area called Moncreiffe Hill, a distinctive landmark when approaching Perth on the M90. We'd agreed amongst ourselves to all do the same course (blue), which made for a bit of competition to warm up for the week. Though far from the most technical of Scottish maps, it was a lovely area to run on (apart from the 50m climb in 100m up to number 7) and I can see why the winners weren't that keen on coming to Shouldham for the final...

The early starts were to allow us to keep heading north in time for our first training session the same afternoon, at Inshriach. Although the most challenging bits of the area, moraine nestling at the western foot of the Cairngorms, were out of bounds so as not to disturb capercaillie, the parts we did go into were a nice gentle introduction to Highland forests in the remaining hours of daylight (and having trained in the best bits with WAOC last summer, wasn't too disappointed.) Getting to Aviemore's Tesco five minutes after closing time dictated our plans for the evening; after fish & chips over the road, we headed to Glenmore Youth Hostel, our home for the week, then to Glenmore Lodge to try to get hold of our Emit kit and maps – unfortunately the appropriate people had gone home, so we had to settle for going to the bar instead.

Despite being based in the mountains, Monday was a day at the seaside – a scenic drive over the hills to the forested sand dunes of Roseisle. We started off with a line exercise, not too easy without slowing right down in places, before heading to the north end of the map for a short race, our first use of the Emit kit. After a clock relay, enlivened by some teams moving the wrong control flag, it was time to cool off with a short swim in the sea, though the North Sea was a bit cold despite the glorious sunshine we were blessed with all week.

The next day was a shorter one, at Anagach Wood near Grantown-on-Spey, and a bit different from my point of view as I was planning the exercises. The first was to test people's ability to simplify legs, by using master maps with a twist – you don't have a blank map to draw the course on, but just a blank piece of paper. There was quite a range of artwork, some detailed and artistic, some plain and functional, and one person just wrote each leg down in words. The other was a mixture of long and short legs, along the same lines as one I had planned on December's tour to the Lakes, but

without a control on an island... This omission was rectified in the afternoon, as most of us headed for Loch an Eilein, which contains the island castle shown in the photo below. It was a stronghold of Alexander Stewart a notorious character known as the Wolf of Badenoch, who ransacked towns, burnt a cathedral, and reputedly died after



playing chess with the Devil! We couldn't resist the temptation to swim out to take a closer look, which earned us the 'Crazy Tabs' award at the end-of-tour dinner.

The last full day of the tour was the furthest away, at Plodda in Glen Affric, a very physical area which was used for the World Championships in 1999. The morning exercise was map memory in pairs, starting from the car park - we did rather better than Oxford's captain, who managed to overshoot a 300m leg by over a kilometre! The route back from the end of the exercise led down to the bottom of the valley, and up past the

spectacular Plodda Falls, one of the highest waterfalls in the country. After some rather unseasonal sunbathing, we set off back down to the river and across the valley for the afternoon's exercises, starting with a relocation exercise in threes – as we were grouped with Ed Catmur, the main challenge was trying to keep up with him. Regrouping at the top of a hill, we were ready to set off for the final exercise, a downhill race with the finish nearly 200m lower than the start, though by then I was sufficiently knackered that it was still hard work. The tour dinner in the evening was at a local curry house, where we had no trouble getting the waiters' attention as we were the only customers.

Though we were going most of the way back south on Thursday, we were in no hurry to leave the Highlands, with another two exercises at Uath Lochan. First was some contouring work, which illustrated how hard it is to keep to exactly the same height – interestingly this was harder when the ground wasn't very steep. The final event of the tour was a race with every control on a boulder, a tough end to the week.

The drive south was uneventful, particularly for those who weren't driving and all fell asleep. Returning on the train across the Fens on the following morning was a stark reminder of just how different the scenery varies across the county... and I know which I prefer. It's obviously easier for a student club to take a week off, but if your club is organising some training in one of the more technical parts of the country I'd encourage you to make the effort to go, it really does make a great holiday.

Mark Collis (CUOC)

8. EAGAL Results

As long as they arrive on time, mugs will be awarded to 2002 EAGAL winners at the AGM on 22nd June, so here are the top three in each class. There were seven EAGAL events during the year, with the best four scores to count and you need to have competed in at least three. *[Note: these aren't the official results as I've worked out the points from the last event of the year myself; I'm pretty sure I've got the right winners, but please let me know if you spot any mistakes]*

M10

1. Thomas Louth (WAOC)	400	(5)
2. Adam Chalkley (NOR)	298	(4)
3. Adam Stubbing (NOR)	180	(3)

M12

1. Edward Louth (WAOC)	331	(4)
2. James Park (SUFFOC)	138	(3)

M14

1. Mark Chalkley (NOR)	394	(4)
2. James Lyne (SOS)	252	(3)
3. Adam Smith (WAOC)	94	(5)

M16

1. Jonathan Pye (SOS)	221	(3)
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M21

1. Rob Frost (NOR)	396	(4)
2. Rolf Crook (WAOC)	375	(6)
3. John Ward (NOR)	344	(4)

M35

1. Paul Price (NOR)	308	(4)
2. Bert Park (SUFFOC)	300	(3)
3. Ian Clayton (WAOC)	175	(3)

M40

1. Mark Johnson (SOS)	316	(4)
2. Neil Humphries (WAOC)	300	(3)
3. Paul Lowe (SUFFOC)	298	(7)

M45

1. Richard Bonnett (SOS)	379	(6)
2. Simon Peck (SUFFOC)	378	(6)
3. Ian Smith (WAOC)	370	(6)

M50

1. Mike Bickle (WAOC)	378	(4)
2. Les Jarrald (NOR)	363	(6)
3. Bruce Marshall (WAOC)	336	(5)

M55

1. Roger Horton (WAOC)	356	(6)
2= David Ball (NOR)	299	(3)
John Collyer (SOS)	299	(3)

M60

1. Rodney Freeburn (NOR)	395	(5)
2. John Ward (NOR)	312	(4)
3. John Starkey (SOS)	287	(3)

M65

1. Colin Curtis (WAOC)	400	(6)
2. Bill McLean (SUFFOC)	237	(3)

M75

1. John Peel (NOR)	300	(3)
2. Maurice Capper (WAOC)	228	(3)
3. Harry Meatyard (NOR)	92	(3)

M80

1. Bob Farnbank (NOR)	200	(3)
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W10

1. Sophie Louth (WAOC)	398	(4)
2. Georgina Czyzewicz (SOS)	287	(3)
3. Alice Campbell (WAOC)	249	(3)

W12

1. Katy Woods (WAOC)	323	(5)
2. Sarah Lyne (SOS)	250	(4)
3. Rachael Malley (SOS)	86	(3)

W14

1. Clare Woods (WAOC)	372	(5)
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W16

1. Emma Johnson (SOS)	258	(3)
2. Kiri Alford (SOS)	204	(4)

W18

1. Nicola Robertson (SOS)	244	(3)
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W20

1. Rosemary Dyer (CUOC)	384	(4)
2. Blanka Sengerova (WAOC)	231	(3)

W21

1. Helen Christopher (WAOC)	236	(3)
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W35

1. Julia Wotton (WAOC)	300	(3)
2. Julie Moore (NOR)	150	(3)

W40

1. Helen Stubbing (NOR)	93	(3)
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W45

1. Sue Woods (WAOC)	345	(5)
2. Lyn West (SOS)	274	(3)

W50

1. Maria Marshall (WAOC)	399	(5)
2. Hazel Bickle (WAOC)	277	(3)
3. Lindsey Freeman (WAOC)	248	(3)

W55

1. Pat Bedder (NOR)	351	(4)
2. Geraldine Russell (SOS)	320	(6)
3. Mary Batten (WAOC)	251	(3)

W60

1. Clarissa Napier (NOR)	300	(3)
2. Yvonne McLean (SUFFOC)	282	(3)
3. Carmel Johnson (SOS)	127	(4)

W65

1. Barbara George (NOR)	400	(4)
2. Ursula Oxburgh (WAOC)	367	(4)
3. June Webb (SUFFOC)	203	(3)

W70

1. Anne Duncumb (WAOC)	300	(3)
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W75

1. Sheila Farnbank (NOR)	232	(3)
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In addition, mugs will also be available at the AGM for 2001 EAGAL winners. Just in case you can't remember who they were, here is the list. Full EAGAL points for everyone can be found online at

<http://homepage.ntlworld.com/n.humphries/Eagal/index.htm>

M10	Adam Chalkley (NOR)	W10	Katy Woods (WAOC)
M12	Edward Louth (WAOC)	W12	Rachael Malley (SOS)
M14	James Lyne (SOS)	W14	Emma Johnson (SOS)
M16	Laurence Ball (NOR)	W16	Helen Gardner (WAOC)
M18	Chris Sellens (SOS)	W18	Suzy Robertson (SOS)
M21	Juha Malinen (NOR)	W21	Helen Christopher (WAOC)
M35	Paul Goldsworthy (NOR)	W35	Karen Goldsworthy (NOR)
M40	Neil Humphries (WAOC)	W40	Caroline Louth (WAOC)
M45	Richard Bonnett (SOS)	W45	Lyn West (SOS)
M50	Les Jarrald (NOR)	W50	Sue Craythorne (NOR)
M55	David Ball (NOR)	W55	Pat Bedder (NOR)
M60	Rodney Freeburn (NOR)	W60	Clarissa Napier (NOR)
M65	John Webb (SUFFOC)	W65	Barbara George (NOR)
M70	Norman Howarth (NOR)	W75	Sheila Farnbank (NOR)
M75	Bob Farnbank (NOR)		

9. Changes to EAGAL courses

You may remember my short article in the last Points East showing how many anomalies there are in the current class to course assignments for EAGALs. Our Technical Rep. Andrew Cordle produced a similar analysis for the March committee meeting for further discussion, in a rather more friendly and colourful format. Consequently, at the May meeting a series of changes, illustrated in the table on the back page, were approved to come into force in 2004.

It would be nice to think that this shift to more appropriate courses will get people flocking back to compete in EAGAL events, but something more drastic might be needed. The qualification that you need to have competed in three of the seven nominated events during last year means that several classes have no winner, and many others do not have a top three (including W14-W45 inclusive...) Is the EAGAL competition currently fulfilling its purpose when it looks as though so many people are either being tempted by larger events further afield, or are not interested in travelling to an event on the other side of the region just because it is an EAGAL?

And finally, remember that your contributions to Points East are always welcome. Please send either by email to *mwc22@cam.ac.uk*, or by post to Mark Collis, Pembroke College, Cambridge CB2 1RF.

	Length (km)	Old		New			Length (km)	Old		New	
		M	W	M	W			M	W		
	2.5						6.0				
L	2.6					B	6.1	55		55	
T	2.7		14, 75		14, 75	L	6.2				
	2.8					U	6.3				
G	2.9					E	6.4				
R	3.0		70		70		6.5				
E	3.1						6.6	50		50	
E	3.2		16		16		6.7				
N	3.3	14		14			6.8				
	3.4		65		65		6.9	45		45	
	3.5	75		75			7.0		21		21
	3.6						7.1	20		20	
	3.7		60		60		7.2				
	3.8						7.3				
	3.9						7.4				
G	4.0						7.5				
R	4.1	70	18, 55	70	18, 55		7.6				
E	4.2						7.7				
E	4.3						7.8				
N	4.4	16	50	16	50		7.9	40		40	
	4.5						8.0				
	4.6	65		65			8.1				
	4.7		45		45		8.2				
	4.8						8.3				
	4.9						8.4				
	5.0		20		20		8.5				
	5.1					B	8.6				
	5.2	60		60		R	8.7				
	5.3					O	8.8				
	5.4					W	8.9				
	5.5		40		40	N	9.0				
	5.6	18		18			9.1				
	5.7						9.2				
	5.8		35		35		9.3	35		35	
	5.9						9.4				
	6.0						9.5				
B	6.1	55		55			9.6				
L	6.2						9.7				
U	6.3						9.8				
E	6.4						9.9				
	6.5						10.0	21		21	