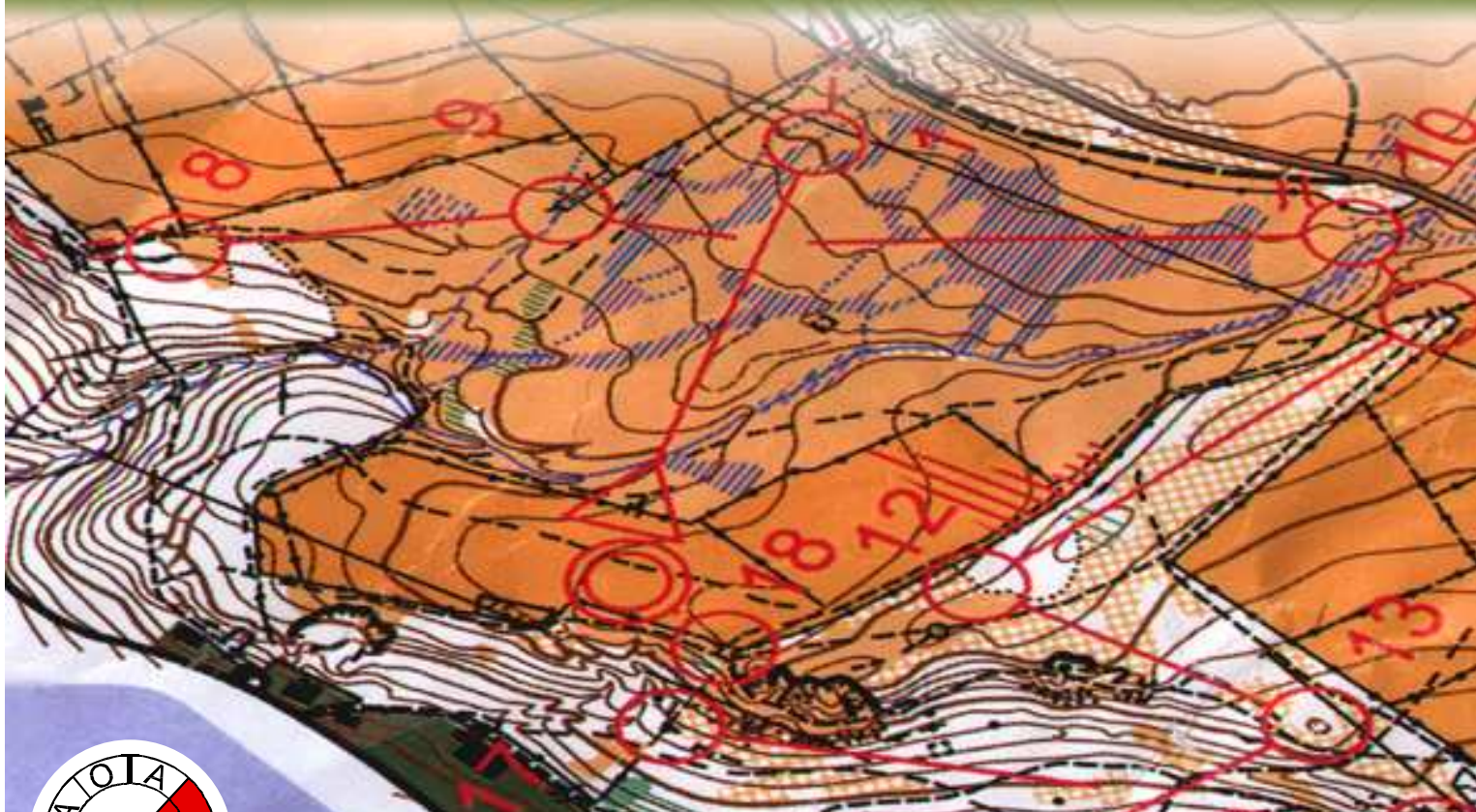
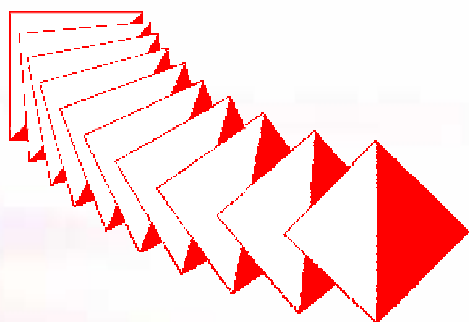


Points East

No. 160 – Autumn 2003



Quarterly Journal of the East Anglian Orienteering Association

Number 160 – Contents

Editorial	2
Chairman's Chat	3
2003/04 Committee	4
AGM Minutes	5
Czech 5 Days	7
Junior Points East	9
WMOC 2003	12
Harvester	13
Results Round-Up	15
The Last Word	16

Front Cover: Pointing East... Sunrise at the Harvester.

Editorial

We're now at the end of the summer break and there haven't been many recent events in the region, but back in June (remember when it was light in the evenings?) EAOA hosted the CompassSport Cup Final at Shouldham Warren. SOS were the region's only finalists, and narrowly missed out in the Trophy as runners up to SARUM by a couple of points; NOC won the Cup. Members of our other clubs were there too, helping to organise what was a successful event despite some of the more distant clubs failing to bring a serious team.



Travelling far and wide is the main theme of this issue, with reports from the Czech Republic, Scotland, Sweden, Norway, and... Derbyshire. The last of these refers to the Harvester, another summer tradition along with multi-day holiday events and junior tours – I've written about my experience of this year's race later on, but what I think it really needs is more teams, or it might go the same way as the Peter Palmer relays which were called off due to lack of interest. It doesn't matter if you're not likely to win (we weren't) but running overnight is really good fun, and I hope every East Anglian club will try to enter at least one team next year.

Unless you're reading the html version, or perhaps wearing very dark glasses, you will have noticed that Points East has been given a bit of a facelift, so that it looks a bit more like a publication than a printed out web page. A consequence of this divergence is that from the next edition it will be pdf-only, so I don't have to edit it twice; I'm sure all of you have Acrobat Reader installed by now, and if not – now is good. I'd also like to increase the number of pictures and map extracts featured, so if you've taken a nice photo or made an interesting route choice, let me know otherwise you'll keep having to put up with mine!

I hope to see plenty of you in the forest this autumn, which might even be somewhere in East Anglia when I can get away from my (hopefully temporary) exile in Surrey.

Mark Collis (DRONGO)

Chairman's Chat

So summer is over. I hope you all had a good one. Mine certainly was enjoyable with trips to WMOC in Halden and the Scottish 6 days. There were relatively few East Anglians at the former but a strong presence at the latter. Members of the region travelled to a variety of other orienteering venues – French 5 days, O-Ringen, World Champs in Switzerland (I'm told that the atmosphere was fantastic), Junior O tours to Scandinavia and Helen Gardner to JWOC in Estonia. Whatever you did, I hope you are refreshed and ready to go.



The autumn programme is well underway with a good variety of events in the region. The November Classic, always a favourite event of mine, coincides with the adjourned BOF AGM. Please do make the effort to attend if you are travelling down for the weekend. There are major administrative implications if the AGM continues to be inquorate. BOF faces a fine if we cannot file approved accounts. There are a series of workshops to enable members to have their say on a number of current issues such as the new BOF structure (mentioned in the last chat), simplification of events, how to resolve the current fixtures congestion and environmental and access issues. All BOF members received details in the last mailing. There is never a shortage of complaints in the car park or Wilf's queue. This is your chance to input views where it matters.

It is the AGM season with most clubs holding theirs in the next few weeks. I know most clubs struggle to fill the vacancies but I hope you all manage to get a full and willing committee. The EAOA AGM was held in June and I am pleased that we now have a full committee – some old faces, some new ones. See below for the full list.

However the region still has skills shortages. We are desperately in need of coaches. Our existing coaches do their bit but the Junior Squad is just one group that would benefit from more qualified assistance. Several clubs in the region lack active club coaches and many of our experienced coaches are not renewing their qualifications. In most cases they have done their bit over the years. If you feel you may have something to offer on this front, please contact Heather Sears or me. There is funding available to help with cost of courses etc.

The pressure on our Grade 2 controllers is fairly intense. This is the level you need to control badge events and the region desperately needs more. The committee is planning to put on a training course. If you are a Grade 3 controller, think about up grading. At least attend the course – you will learn a lot anyway.

There are also job vacancies for a weekend co-ordinator for the British Schools in November 2004 and for a planner/organiser for the AGM score event.

So there are plenty of opportunities for you to contribute if you missed out on a committee post. It is worth remembering that our sport is entirely dependent on volunteers. So if you enjoy orienteering, please consider giving a little time back to our sport. Lack of experience is not an excuse – you can't get experience if you don't have a go!

Each year the Bill Stevens Trophy is awarded to a person who has made a significant contribution to the "behind the scenes" work of the region. I am pleased to announce that this year it has been presented to Mark Collis. Mark has worked tirelessly to support CUOC, he plans, he maps, he maintains the EAOA web site and has successfully launched the electronic version of Points East. I am sure you will all agree that the award is well deserved. So to Mark and the many of you out there who give so much, THANK YOU.

Lyn West (SOS)

It came as quite a shock to be presented with the Bill Stevens Trophy at the September committee meeting, and I'd like to thank Lyn for having thought I was deserving of it, and for the kind words above. In turn, I'd particularly like to thank all the ever-changing faces in CUOC, without whom I wouldn't have initially got involved in the sport, and without whose support over the years I could not have got much done – Mark.

2003/04 EAOA Committee

Chairman:

Lyn West (SOS)
lynwest.ghh@tesco.net

Vice Chairman:

Paul Lowe (SUFFOC)
orient@pdl.demon.co.uk

Secretary:

Keith Downing (SMOC)
keith.downing@keith-o.demon.co.uk

Treasurer:

John Ward (NOR)
JTWAGRON@aol.com

Fixtures Secretary:

Roger Stenson (NOR)
r.stenson@ntlworld.com

Event Standards committee rep:

Andrew Cordle (SOS)
andrew@cordle.net

Coaching committee rep:

Heather Sears (NOR)
h.j.sears@leeds.ac.uk

Junior Squad co-ordinators:

Andrew Malley (SOS)
malley@btopenworld.com
Clive Tant (SOS)
Clive.Tant1@btopenworld.com

Webmaster & Points East editor:

Mark Collis (DRONGO)
mark@drongo.org.uk

SI Equipment Officer:

Bruce Marshall (WAOC)
bmarshall_uk@yahoo.co.uk

EAST ANGLIAN ORIENTEERING ASSOCIATION**Minutes of the Annual General Meeting, held on 22nd June 2003 at Hatfield Forest**

Present: Lyn West (Chair/SOS), Rachel Thomas (Sec/SMOC), John Ward (Treasurer/NOR), Mark Collis (DRONGO), Blanka Sengerová (CUOC), Sue Vine (NOR), Barbara George (NOR), Alan Coddington (NOR), Bruce Marshall (WAOC), Maria Marshall (WAOC), Maurice Hemingway (WAOC), Pamela Hemingway (WAOC), Paul Lowe (SUFFOC), Clive Coles (SUFFOC), Jack Isbester (SOS), Paul Beckett (HAVOC), Barbara Fothergill (HAVOC), Colin West (SOS), Andrew Cordle (SOS), Andy Malley (SOS), Mark Lyne (SOS), Clive Tant (SOS), Martin Sellens (SOS), Nicola Gardner (WAOC), JM Robertson (SOS), Geraldine Russell (SOS).

1. **Apologies for absence:** Brian Daniel (HAVOC), John & Jane Webb (SUFFOC).
2. **Minutes of the last AGM (2002):** John Ward (not West) (NOR) present. Treasurer's report – EAOA's policy of making grants of **one** third the personal contribution.
Minutes accepted as correct record – Nom: John Ward, Sec: Mark Collis.
3. **Matters arising from the minutes:** No matters arising.
4. **Chairman's report:** The Chairman gave her report, a copy of which is circulated separately.
5. **Treasurer's report:** The Treasurer's report is attached to these minutes.
Proposed to reduce the SI levy from 50p to 25p – & Proposed to abolish the junior event levy.
Carried unanimously – to be reviewed next year.
The Treasurer expressed the hope that clubs will pass the savings on to orienteers rather than build their own surplus.
6. **Election of officers:** Rachel Thomas took the Chair for the next item, and took the opportunity to thank Lyn for her work to date.
 - a. **Chair:** Lyn West was proposed by John Ward and seconded by Paul Lowe.
Agreed
 - b. **Vice chair:** Paul Lowe was nominated by Lyn West and seconded by Barbara Fothergill.
Agreed
 - c. **Secretary:** Lyn West thanked Rachel for her work as secretary.
Keith Downing was nominated by John Ward and seconded by Lyn West.
Agreed
 - d. **Treasurer:** John Ward was proposed by Paul Lowe and seconded by Mark Collis.
Agreed
 - e. Other positions are appointed to the committee.
7. **Any other business:** Mark Collis reminded members that as he is moving on later this year, the website for Points East will be hosted by www.drongo.org.uk. There is a link from the EAOA website.

Meeting closed at 14.10

Treasurer's Report for Year ended 31st December 2002

Income in the year to the end of December 2002 differed in several ways from the previous twelve months. There was a slight reduction in EAOA subs (capitation), reflecting decreased membership, but an increase in event levies as event numbers recovered following foot and mouth in 2001. Similarly, SI card hire increased, but sales of cards went down. The biggest difference, however, was contributed by the successful CompassSport Cup event held at High Lodge, this being largely responsible for overall receipts rising by £2513.

Expenditure also rose, but mainly in terms of funding for the Junior Squad (an increase of £1304), and an extra £757 in Junior Tour Grants. About half the income from the Compass Sport Cup event (£1294) was absorbed by its costs. Other non-capital costs were similar to the previous year, apart from SI equipment and insurance which reduced by £430.

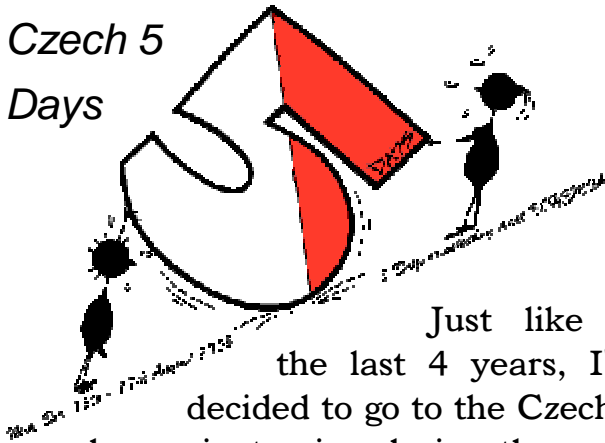
The Association again made a surplus, but it was reduced by £115 to £868.

Capital expenditure was entirely related to SI equipment, a new computer and additional base stations costing £1370. The current value of the capital assets is £4514.

A decision was taken at last year's AGM to increase income by raising the hire cost of SI cards to 75p, but to leave capitation, event levy and SI equipment hire unchanged. I suggest that it is unnecessary for the Association to keep such a high capital reserve. Some weeks ago I asked for estimates on club membership this year to gauge the likely income from capitation, and from those I've received it would appear that income from this source will be little changed. I've also asked for estimates on spending on Junior Tours and the Junior Squad, but still await replies. Income from the CSC will be less than first thought because of club non-attendance.

If we can assume that expenditure will be no greater next year than last, there's room to reduce income. Your committee has agreed that a fair way of doing this would be by reducing the hire charge of the SI equipment or the event levy. A reduction from 50p to 25p per senior competitor for the hire of SI equipment would result in reduction in income of £500-600. Abolishing the Junior event levy would reduce income by around a further £60 per year. With the approval of this meeting I would like to introduce the revised charges from 1st January 2004. My hope is that clubs will be willing to pass these savings onto competitors rather than amassing large surpluses!

Czech 5 Days



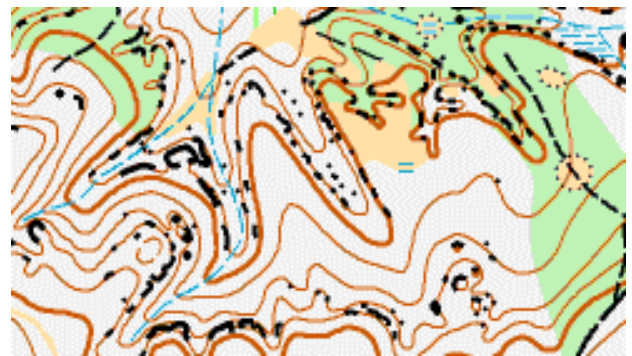
Just like in the last 4 years, I've decided to go to the Czech 5 days orienteering during the summer since I'd be in the Czech Republic during that time anyway. The Czech 5 is an event whose organisation alternates between the Nový Bor and Jičín orienteering clubs. Both of these are towns to the north of Prague, in an area where plenty of rocky sandstone is found, which makes orienteering there extremely interesting (and occasionally quite difficult). This year Mark Collis and a few Oxford orienteers also joined me in the Czech Republic for the event, which was held very close to Nový Bor, the organising club's home town.

The event campsite was in the grounds of the town's recreation area/outdoor swimming pool, which was quite welcome to all of us, especially after watching the heatwaves of the previous weeks and wondering whether it would be slightly milder when it actually came to running. (It wasn't!)

We arrived in the town on Tuesday, in plenty of time to register, go swimming, wander through the town, but did not quite manage to take advantage of the training controls in part of the forest on the outskirts of town (apart from Oxford's Ed Catmur) largely because it was still slightly too warm... It turned out later that we didn't actually miss

seeing the area at all as we wandered through it when descending Klíč, a hill just outside of Nový Bor, whose name is translated as 'key'...

The maps for all five days were located around a small village called Mlýny and the finish was always in the same field – this meant that all five maps put together made a nice puzzle at the end... It also meant that we visited small parts of the area, especially those close to the assembly area/finish, more than once. Surprisingly enough, when you're actually competing you might well recognise some bits as rather familiar but this won't necessarily mean you'll know the area and hence find the controls more quickly (or at least that's what I think). Perhaps apart from the last control, which was the same one on all but the first day.



Steep, rocky valleys, and often going round wasn't an option!

Although the first competition day was no longer the temperature-record-breaking day, it still remained hot enough for me to really appreciate that my D21A courses weren't quite as long as those that I have been running for W21L in Britain during the early months of the year (my courses varied between 4.5 and 5.5km, with the short

third day sprint race being shorter). From previous experience, running 18 and 20A classes, I found that the courses tended to be longer on average in the Czech Republic, but that wasn't what I found this year. Admittedly the climb more than made up for the shorter distance; apparently the M21A course climb just kept rising and rising.... So I think we hardly noticed the fact that the showers in the assembly area were cold!



Blanka on the run-in

In terms of my orienteering, I felt that as I don't have that many opportunities I'm still not really used to the Northern Bohemian type of rocky terrain, which means that I often make small silly mistakes that probably should be avoided. Nevertheless, compared to the first time I did the Czech 5, my times and my keeping up with the navigation seem to have improved quite a bit! I was actually quite pleased with the race on the third day – the shorter sprint race – where I managed to get most controls spot-on.

At Czech orienteering multi-day events, it is quite common that the last day of the event should be a chasing start based on the times from the previous days, which makes the racing on the last day especially exciting. At this event to be in the chasing start you have to finish with a total time of less than one hour beyond that of the winner of your class – I think it'll have to be one of my long-term orienteering goals to get to within this hour at one of the future events!

In all, it was a very enjoyable week once again, and I would certainly recommend the experience of the Czech 5 to anyone...

Blanka Sengerová (WAOC)

Junior Points East

As usual, East Anglia's juniors have been travelling far and wide over the summer. At the highest level of all, Helen Gardner (WAOC) competed at the Junior World Championships in Estonia, finishing 77th in the Classic and 9th in the Short B Final. Further down the scale, our first report comes from Jamie Taylor, who was the region's representative on the U15 tour to Lagganlia:

“After moving from Bedford to Exmouth in Devon only 24 hours earlier, I was driven to stay near Bristol with a few people from the South West Junior O' squad who were going on the Glenmore tour. At 5 next morning we were woken up and taken to Bristol airport where we met up with more people going on the tours and flew to Glasgow. This was then followed by a long train journey to Aviemore where we were taken to Lagganlia by minibus. It was a complicated route to represent East Anglian M14s in Scotland and it wasn't until 3 weeks later did I finally move to Devon properly.

It took a day or so to get to know everyone at Lagganlia, but after that it seemed better than home in some ways; we had cake 2 or 3 times a day, having all been asked to take some. There were 2 2-hour training sessions each day, (one in the morning and one in the afternoon) and also an activity every evening; something like planning courses, or going over route choices. The terrain we were training on was

very technical and a lot hillier than anywhere in East Anglia. Over the week I improved a lot on taking bearings and my map reading skills. I believe that it helped me with the Scottish 6 Days in which I came 10th overall, with two days in 7th place. I ran a lot better after a hard weeks training and I didn't get lost as much as I would have done, I'm sure. I was running against others who lived near the events and that must have really helped them. Going to the British Champs previously with the East Anglia Juniors had also helped on the sand dunes events in Scotland. So a big thanks to all who helped me in East Anglia.

A few weeks later I got a letter to say I hadn't made the top 6 to go into the British squad for next year which I sort of expected, but there will be other big events when I can hopefully move up a few places. The letter praised all our efforts and enthusiasm and encouraged us to keep working at the skills we worked on at Lagganlia.

So we have now been to a local event near Sidmouth in Devon and the Caddihoe Chase last weekend on Dartmoor. It is more like Scotland than East Anglia with lots of steep hills and more technical. I came 4th on Day 1 but was the South West M14 Champion. On Day 2 (chasing start) I caught the leader Dan Hartman, who was also at Lagganlia, after only 2 controls, but he shadowed me for the rest of the course and his dibber went in at the other finish punch just 1 second ahead of me.”

Jamie Taylor (WAOC & Devon)

Ed Kelleher went to Sweden, and gives this report of what he learnt on the tour:

“Living in close proximity with *ten other lads* for two weeks in the middle of a Swedish forest could be your idea of fun, or not. But this year's 18s Tour was an unforgettable experience. It was shared with a number of very experienced coaches who kept the daily programme going at an incredible pace. The coaches were not unkind but their job involved keeping the whole group up to the mark in a series of competitive exercises and races culminating in the Tour Championship – which I won. Every day we had to leave our log cabin and its beautiful lakeside setting for the equally attractive forest. We trained on terrain that offered great runnability together with unrelenting technical challenges.

We were monitored at almost every control and our personal coach gave a debrief at the end of every day on our performance. There was pressure and we learned a lot about ourselves, but it was also a hugely enjoyable experience. We learned about living and getting along together. It was a lot of fun much of the time. We had to be self-reliant and resourceful, we had to learn about coping in difficult circumstances and we were also able to learn from each other as well as from the coaches. We returned home with a better idea of our strengths and the things we can improve on – all written up neatly in the tour report.

I made some good friends and I know what I have to do to improve, now all I have to do is put it into practice.”

Ed Kelleher (NOR)

Congratulations on winning the Tour Championship, Ed! Jo West also went to Sweden, to compete in the O-Ringen:

“I had to get up nice and early (4.30 a.m.) on July 18th to go to Stansted to catch my 2 hour flight out to Gothenburg City airport along with many other British orienteers, including fellow Stragglers Hazel and Katie. Flying over Sweden is incredible and having never been to Scandinavia before I found it fascinating, the landscape is just so different to any I have ever seen. We took one bus to get to Gothenburg Central station and then another to get to Uddevalla, the town hosting the O-Ringen. We then discovered that it was still a long distance to the event centre, but after a long wait for a bus and a very long walk we reached the event centre. Obviously we were not too happy when we discovered it was still another half hour walk to our campsite, all in the baking sun.

The first day of competition was on the Sunday, we got a bus from the event centre to the assembly area. My first impression was, WOW! There was a line of flagpoles and they were flying the flags of all the countries represented in the event, there were two screened areas that were the showers and the run in was amazing. On one side of a

wooden bridge was the last control and on the other the run in was split into about eight different lanes each one corresponding to a particular start. So, I got ready as normal and made my way to the start. When I picked up my map I was amazed, it was like nothing I had ever seen. I took my course very slowly because the last thing I wanted was to get lost in terrain like that! Coming up the run in was a brilliant atmosphere with all the cheering.

After we had run we amused ourselves by swimming, playing football and talking to others on the campsite. We were camped next to a group of Texans who were all very friendly, several of whom I got to know quite well. After three days of competition there is a 'non-competition' day, and the night before the rest day we all stayed up late. Some people spent the rest day either in town or swimming in a lake; however, I spent it resting. Then there was another normal competition day and the final day was a chasing start. Start times are based on your overall time behind the leader for everyone within two hours of the leading time, everyone else is started at fifteen second intervals. I was extremely pleased to make this chasing start, as it was my only realistic aim for the week.

The highlights of this last day were the finishes of the Super Elite classes. The men's was very close, but the women's was especially good because of the British interest. Heather Monro was announced and shown on the big screen a few controls out from the end

with a three-minute lead, having started in third place. It soon became obvious she had made a mistake, then there was a nail biting wait while we awaited her return. Fortunately she still finished with a minute lead to be the first British winner for many years and only the second non-Scandie to win Super Elite.

Straight after the event I then returned to Gothenburg to fly home, landing at Stansted at 11 pm to leave for the Scottish 6 next morning! It was an absolutely brilliant experience and I now understand why people talk of Scandinavian terrain with such high respect. I am already planning to go again next year, when the event will be based in Gothenburg itself, with camping in the old dock area."

Jo West (SOS)

So with Jo's report we end our stories from the juniors, to be followed antithetically by news of her parents' trip to the World Masters...

WMOC 2003

The annual international festival of orienteering for oldies moved venue this year to Halden in Norway. After great experiences in New Zealand and Lithuania in recent years, this seemed too good an opportunity to miss to experience the famed Scandinavian terrain at the self-proclaimed best orienteering club (or Klubb) in the world!

Ryanair in to Gothenburg epitomises cheap air travel – the deserted Sava airport wakes up for the plane to arrive, welcomes the inbound passengers, bades farewell to the outbound, and settles down to another sleepy day at an otherwise private airstrip. Driving northwards, we discover that the UK has no monopoly on traffic jams as the flow grinds to a halt. There will be a new dual carriageway to link Sweden to Norway, courtesy of much EU money, but it is not there yet, so off we turned into the wide countryside to find a more interesting route.

The event itself was also supported by EU funds, as it had been linked to the O-Ringen in Sweden, and qualified as cross-border co-operation. This meant employment for Jamie Stevenson and Heather Monro as members of the organising team, which is good for British orienteering, and which was good for the standard of English translation of all event documentation.

The organisation of the event itself was excellent, although the supporting activities (campsite, social programme, final startlists) were not quite so good – although showering in a nuclear fall-out

shelter was a creepy experience to be remembered. But the terrain – oh for a fraction of it to be moved to our corner of East Anglia! We needed the model event to understand how the mapper was thinking, and how the ground was represented on the map. Craggs particularly took some fathoming, and knolls were definitely knolls, not EA grassy bumps.

Cautious orienteering in the first heat saw safe runs for Lyn and me. A little more confidence on Day 2 produced no disaster, and I squeeze into the C final (out of four, with a total of nearly 300 runners). The heats and final were on contiguous maps – a huge area of terrain, and consistent from day to day.

Despite the best efforts of Brits and the rest of the world, champions were almost exclusively Scandie, one notable exception being American, and a scattering of Lithuanians and Estonians – including the W90. Which confirms my thoughts that to succeed here, I shall have to outlive the competition, and not just outlast them in the forest!

Friendly folk, Norwegians. Lovely countryside, with fjords and lakes and hills and forests. Sparse on places to eat out, and fearfully expensive for alcohol. A wicked castle in Halden, with much history of Swedes and Norwegians beating up on each other. Great orienteering.

Next year – Assiago, in northern Italy. Maybe fewer fjords, but at least wine will come in below £20 a bottle!

Colin West (SOS)

Harvester 2003

In case you haven't come across it, the Harvester is an overnight relay race for teams of seven on the A (open) course, or five on the B (women and handicap) course, held this year on the mixed terrain of the Longshaw estate in Derbyshire. I was running the second (short night) leg for WAOC's men:

Running a relatively early leg meant no worries about still being asleep when my time came, and I was able to watch the midnight start before going back to finish getting ready, and get to the changeover tent as the leaders went through the spectator control. Being able to see the computer display of their times more than made up for the lack of commentary, and the second leg runners for the leading teams had a lively discussion about how uncomfortably long the last kilometre or so after the spectator control seemed to be taking. Just before 1am, the usual suspects (ShUOC and INT) emerged from the darkness, whilst I was clearly in for a longer wait...

It was possible to watch where the second leg runners were going for some time, and as I'd hoped this was to the same two controls that the first leg had started with, striking eastwards across a rather marshy-looking field. I soon had the reassurance that WAOC's men were through the first leg spectator control, albeit with a bit of catching up to do, and gradually the number of second leg runners waiting decreased. There was then the distraction of the start of the B race at 1.30am, and with-

in the next half hour the leading teams (INT, SYO and ShUOC) set off on their third legs, before our first leg runner eventually appeared on the run-in, uttering dire warnings about bingo controls.



The start of each leg was towards the trees on the horizon

My first control was the longer left gaffle, and I set off gently up the hill, hoping to find the right marsh but glad that there were such good catching features beyond. These were duly made use of, but without too much time lost – I'm never likely to complete a course at night without making any mistakes at all, the important thing is to always know roughly where you are and not get totally lost. A well-made track towards the second control provided a good opportunity to look at the rest of the course, and the first part at least seemed straightforward, though the steep last section would have to be done slowly and carefully. And as it turned out the northern loop was all pretty easy, with plenty of definite features to check off, and apart from being tripped up by brashings on the way out of 3, good ground underfoot.

Heading back across the marshy field near the start, the whole changeover and camping area was in view, the proliferation of lights being about the only reminder during the course that there were other people around. Elsewhere, I didn't see a single other competitor while I was running, other than a few slowly moving lights in the distance, which was a lonely but strangely



satisfying feeling – finding controls is a bit less of a challenge if there is a stream of other runners giving them away. There were a couple of minutes lost at the top of the field again, spent wading through an uncomfortably deep marsh when the control was actually a bit further up the hill on drier ground... A simple path run led to the spectator control, after which the tricky part of the course began.

Though I knew I had to be careful, initially I still tried to go straight, through what was mapped as a mixture of rough open with scattered trees, and runnable forest. A few minutes, and several thick patches of head-high bracken concealing waist-high brambles later, I changed tactics somewhat, heading for the nearest path! Overshooting slightly to fix position on a junction and coming back led me to the depression at 13 much more quickly than milling around in the undergrowth, and the next leg, whilst steeply downhill, was near enough paralleled by another path to make this an obvious route. 14 to 15 was simple contouring along a fairly gentle slope, before a physically demanding slog back up the hill, at least made simple by the path running in front of the control.

The last control before the finish field started back along the path, with the 'daytime' route diverging on an indistinct path gently uphill. This I never saw, but stuck to a slightly longer but safe route descending gradually on this path until hitting a fence, then heading straight up the hill, collecting 17 on the way to the final control at the entrance to the finish field at the top of the steep slope. By then, our team had already been mass-started, but I was reasonably happy with my time of not much over the hour [for 5.0km, 175m], and not making any huge mistakes - it was about half-way down the field for leg 2, and pulled us up a couple of places.

Mark Collis (WAOC)

*Results Round-Up***WAOC Ampthill Park 7/6/03**

White

1. Thomas Norris (WAOC/KCS)	M10	8:39
2. James Firth (WAOC/KCS)	M10	8:47
3. Jonathon Cronk (WAOC/KCS)	M12	9:27
4. Mihir Chandraker (WAOC)	W10	13:41

Yellow

1. Edward Bailey (WAOC)	M12	19:32
2. Julian Winn (WAOC)	M21	24:08
3. Peter Hergate (IND)	M40	38:07
4. Dianna Gething (IND)	W55	30:22

Orange

1. Great Horwood +1 (IND)	W10	33:46
2. Duncan Taylor (WAOC)	M10	34:09
3. Fredeline Yong +1 (IND)	W21	37:13

Light Green

1. Maurice Hemingway (WAOC)	M45	31:16
2. Rakesh Chandraker (WAOC)	M40	57:34
3. Pamela Hemingway (WAOC)	W40	61:33

Green

1. Dil Weatherill (SMOC)	M35	26:18
2. Rolf Crook (WAOC)	M21	28:27
3. Ali Robertson (WAOC)	M21	32:55

SOS Hatfield Forest 22/6/03

White

1. Alex Bibby (SUFFOC/Barn)	M12	8:42
2. James Firth (WAOC/KCS)	M10	9:00
3. Thomas Norris (WAOC/KCS)	M10	9:27
20. Emily Axford (SOS/Moulsham)	W10	13:49

Yellow

1. David Eustace (SUFFOC/Barn)	M12	18:32
2. Jitka Rybenská (IND)	W	18:49
3. Robin Carroll (KEGS)	M	19:58

Orange

1. James Lyne (SOS/KEGS)	M	21:47
2. Jo West (SOS/Ipswich)	W	22:57
3. Simon Gardner (WAOC)	M16	23:13

Red

1. Tim Rumble (IND)	M40	39:39
2. Janis Ryall (WAOC)	W50	41:13
3. Chris Harper (IND)		42:47

Light Green

1. Chris Sellens (SOS)	M20	21:22
2. Peter Gardner (WAOC/HillsRd)	M18	23:05
3. David West (SOS/Ipswich)	M18	25:32
4. Marika Edelsten (CHIG)	W21	41:53

Green

1. Clive Allen (QO)	M60	42:01
2. Robin Barris (HH)	M65	42:05
3. Nigel Quinton (HH)	M40	42:30
6. Katie Sellens (SOS)	W18	45:41

Blue

1. Andy Malley (SOS)	M40	47:46
2. Colin Webster (HH)	M50	49:18
3. Richard Bonnett (SOS)	M45	51:13
12. Katka Novotná (HH)	W21	59:32

Brown

1. Peter Lake (CHIG)	M35	53:10
2. Mark Ford (CHIG)	M21	54:19
3. Rolf Crook (WAOC)	M21	55:22

NOR Horsford 14/9/03

White

1. Jack Goldsworthy (NOR)	M10	12:45
2. Pauline/Jack (NOR)		18:10
3. A. Hampson/R. Stanger (Falcon)	W10	19:59

Yellow

1. Hannah Vogler (NOR)	W12	25:11
2. Maddy Vogler (NOR)	W10	25:17
3. Marie Pring (Thorpe Hse)	W10	29:26

Orange

1. Pam Jermy (NOR)	W45	37:44
2. Marion Fitt (NOR)	W50	43:58
3. Mike Baldwin (NOR)	M55	47:43

Red

1. Jules Stenson (SLOW)	M35	43:37
2. Michael Sylvester (IND)	M21	49:20
3. Paul Taylor (IND)	M35	51:49
4. Ruth Boetzel (IND)	W45	56:45

Light Green

1. Alex Sandwell (IND)	M21	45:59
2. S.J. Taylor (NOR)	M40	51:16
3. Anthony Bellinger (CoWA)	M18	55:26
4. Salka Hintikka (CoWA)	W21	56:45

Green

1. Graham Wardle (NOR)	M50	50:24
2. Jeremy Middleton (CoWA)	M21	65:59
3. Mark Chalkley (WyCol)	M16	68:01
4. R. Austin (NOR)	W21	74:22

Blue

1. Robert Frost (NOR)	M21	45:11
2. Rupert Finn (IND)	M21	53:45
3= Dan Goldsworthy (NOR)	M21	54:28
3= Glen Richardson (SN)	M21	54:28
9. Kim Eden (NOR)	W45	73:31

HAVOC Epping SouthWest 21/9/03

White

1. Robert Barker (SUFFOC/Barn)	M10	6:30
2. Gregoriou/Russell (Morp)	M?/M16	6:47
3. Harry Bravery (SUFFOC/Barn)	M10	7:49
4. Kath Nicholls (GO)	W10	7:55

Yellow

1. Howard Curtis (IND)	M14	11:12
2. Stephanie Miller (HAVOC/Lat)	W12	12:24
3. Christopher Buckingham (Barn)	M10	12:33

Orange

1. Dean Miller (HAVOC/Lat)	M12	30:54
2. Laura Parkes (HH)	W12	38:11
3. Jitka Sengerová (WAO)	W45	41:56

Red

1. Adrian Williams (IND)	M21	34:51
2. Jenny Nicholls (GO)	W45	38:32
3. Mark Jeffcock (SOS)	M45	63:45

Light Green

1. Neil Gostick (HH)	M40	47:19
2. John Gillespie (CHIG)	M55	47:54
3. Heather Andrews (CROC)	W45	51:25

Green

1. Don McKerrow (SLOW)	M50	44:50
2. Ian Andrews (CROC)	M45	45:40
3. Carol Pearce (CHIG)	W55	49:54

Blue

1. Rob Palmer (NOC)	M21	50:49
2. Tim Pribul (CHIG)	M50	53:52
3. John Pearce (CHIG)	M55	56:30
6. Sian Challacombe (HH)	W21	57:57

Brown

1. Ed Catmur (SLOW)	M21	56:30
2. Lorenzo Calabro (IND)	M21	56:31
3. Richard Lloyd (SLOW)	M35	62:23
16. Alison High (CROC)	W21	75:13

The Last Word

If you know me, you'll know that I like to have the last word...

Remember that your contributions to Points East are always welcome – news, articles, notices or photos – the next edition will be out shortly before Christmas. Since I've now moved away from Cambridge, please note the new submission addresses: by email to mark@drongo.org.uk, or by post to 46 The Crossways, Merstham, Surrey RH1 3NA.