

Points East



No. 166 – Spring 2005



Quarterly Journal of the East Anglian Orienteering Association

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Front Cover: Action from the World Cup relay at Old Windmill Hill.

Editorial

The intervening period since the last Points East has been full of big events – not just the JK and British, but the added extra, and certainly my highlight, of having the opportunity to watch the world's best orienteers in action at the World Cup races in Surrey before running at a rather more sedate pace through the same areas.

The cover picture shows the exciting sprint finish for second place in the relay – chosen because I thought it was quite a nice picture rather than for any East Anglian connections... Actually, while looking through my photos I realised that I'd been to very few East Anglian events in the last few months and have lost touch a bit, so I'm going to be more dependent on your contributions, including photos as well as articles, to help Points East to keep its regional identity.



The Chairman's Chat over the page is the last to come from Lyn, who stepped down at the AGM. I'd like to congratulate her for all of her effort during her successful tenure, and wish her good luck in her new job as a BOF Councillor. Next in our hot seat is your new Chairman, Paul Lowe of SUFFOC, who will introduce himself to you next time.

With summer now here and the peak season over, I hope you all enjoy whichever holiday events you are going to travel to during the summer, and I'm sure I will see many of you in Scotland in August.

Finally, here's one of the many interesting points raised on the Nopesport forums for you to think about: should courses be voided much more often? I'm sure you've all been to events where a control is in the wrong place, or something similar – would you rather see some results even with an element of luck, or should an unfair competition be no competition at all?

Mark Collis (DRONGO)

Your comments, articles, reports and pictures are always welcome – please email or post them to me at:

mark@drongo.org.uk

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Farnham, Surrey GU9 7JL.*

The submission deadline for the Summer 2005 edition is the end of August.

Chairman's Chat

First of all a big thank you to all those who supported me in my bid to become a BOF Councillor. I was surprised by the number of messages of encouragement that I received. I was duly elected at the AGM at the JK on Easter Sunday. Since then I have been immersed in BOF business, to the extent that I have needed to remember that there is an outside world! I have been amazed at how difficult it is to get information on some things. Poor communication between different elements of our organisation is, I suspect, the root cause of the current dissatisfaction and mistrust in sections of the membership. I and my fellow councillors are committed to ensuring open and efficient management of our sport.



The membership debate continues and at risk of boring you, I will give a quick update on where we are at. In a nutshell, the aim is to get all regular orienteers to become BOF members and to scrap the club-only option. The current BOF proposal (which can be viewed at <http://www.britishorienteering.org.uk/Documents/MembershipProposalApril05.pdf>) reduces the membership fee in an attempt to persuade these club-only members to join BOF but increases the levy. There are a number of the more central clubs who favour a high

membership, low levy alternative. Many people, particularly in EAOA are concerned that even with a reduced BOF membership fee, we will lose many of our club-only members. Dick Towler has proposed an alternative that EAOA broadly supports [which is printed following this piece]. It maintains a two tier system but as the working group on membership is strongly opposed to this, widespread discussion outside EAOA is not taking place. Council in May decided to postpone any changes to the membership structure until 2006 AGM.

Instead there will be a club delegate conference to discuss membership and a number of other topics. This will take place in Birmingham on Saturday September 24th. This will be an opportunity to make your views known. I hope we will get a good turnout from EAOA. There will also be an EGM to consider a revised proposal on membership fees for 2006 and to consider a proposal to revise BOF's Articles of Association. Currently, any item other than routine business is deemed to be a Special Resolution and so requires 75% majority. This is why the increase in membership fees proposed at this year's AGM failed. The proposal is to change all business apart from amendments to the constitution to Ordinary resolutions requiring a straight majority. This is in line with normal practice.

As many of you realize, this is my last Chairman' s Chat. I am standing down after 3 years as Chairman at the AGM at the end of the month. I have thoroughly enjoyed my stint and would like to thank all the committee for their support during my tenure. I couldn' t have done it without you!

Finally, congratulations to Helen Gardner of her selection for JWOC team and to Ed Louth for selection for the Start programme and under 16 tour to Glenmore.

Lyn West (SOS)

An Alternative BOF Membership Proposal: The Status Quo Option

The purpose of all three BOF membership proposals, put forward by the Membership Working Party, of which I was temporarily a member, has been to increase BOF revenue from membership, by tapping into those orienteers who aren' t currently BOF members. The BOF Development Plan proposes that all orienteers should be members of BOF and all the BOF proposals have incorporated this laudable objective.

The gist of this alternative, more pragmatic, proposal is as follows:

- Clubs are allowed to keep their local members.
- BOF produces a design for a Club Membership Card, distinct from

the normal BOF Membership Card.

- Clubs agree to buy from BOF Club Membership Cards for all their local adult members, for an agreed annual fee of around £5 per card.
- Local adult club members use their Club Membership Cards to get the same discounts as BOF members off entry fees at District Events.
- Only BOF members are entitled to the BOF member discounts off entry fees at Regional and National Events.
- Clubs pay for the Club Membership Cards by increasing entry fees to their events and/or by raising their membership fees for senior and family local members.
- Clubs keep 50% of the entry fee discounts foregone by non-members at District Events and non-BOF members at Regional Events, the balance going to BOF.

This proposal has a number of advantages over the current BOF Membership Proposal, including:

- It is very simple, both to understand and administer.
- Local members are not faced with an ultimatum to either join BOF or pay higher entry fees for District events.
- Clubs do not have to hand over to BOF the addresses of their local members, though BOF will need

their names if Club Membership Cards are completed at BOF office.

- Local club members effectively make an extra contribution to the running of BOF, over and above what they already contribute through the BOF levy, without becoming members of BOF.
- Local club members do not, therefore, need to be sent BOF mailings, including the Fixtures List and Focus, which they probably do not want, thereby saving BOF money.
- Introductory/training events can continue to benefit from the current levy waiver.
- For BOF members, the status quo remains unchanged.

I have made no attempt to cost this proposal. Obviously, existing BOF income from membership fees and event levies will continue unchanged. There will be additional income from local members and from entry fee discounts foregone. A proposal to increase the current BOF membership fees, at least by the rate of inflation over the last 3 years, should be taken to the forthcoming EGM. Council can increase the BOF levy, either by inflation or by a larger amount, at any time. If a Development Levy is required, a separate proposal can be taken to the EGM.

Dick Towler (NOR)

Former Councillor, 2000-2005



Bill Stevens Trophy

The Bill Stevens Trophy is awarded each year for services to the region, recognising the unsung heroes who work in the background to ensure the smooth running of our sport. This year's winner is Alan Bedder (pictured receiving the award) who has made a huge contribution to both NOR and major events in the region over many years, most recently in organising last year's British Schools Championships (see the Chairman's report in the AGM Minutes).

EAST ANGLIAN ORIENTEERING ASSOCIATION

Minutes of the Annual General Meeting held 26th June 2005 at Brogborough Picnic Site

Present: Lyn West (Chairman/SOS), Paul Lowe (Vice Chairman/ SUFFOC), Keith Downing (Secretary/SMOC), John T. Ward (Treasurer/ NOR), Bruce Marshall (Equipment/WAOC), Pat & Alan Bedder (NOR), Sally Ward (NOR), Maria Marshall (WAOC), Pam & Maurice Hemingway (WAOC). Lindsey Freeman (WAOC), Hally Hardie (WAOC), Clive Coles (SUFFOC), Robert Dove (SMOC), Stan Holroyd (SMOC), Val Russell (SMOC), Neil Carter (SMOC), Robert Price (SMOC), Wendy Kent (SMOC), Alec Maldar (SMOC)

Lyn West took the chair and thanked Keith for the enjoyable score event which had preceded the AGM.

1. **Apologies for Absence:** Mark Collis (Points East/DRONGO/WAOC), Ursula Oxburgh (Coaching/WAOC), Roger Stenson (Fixtures/NOR), Colin West (SOS), Blanka Sengerová (CUOC/WAOC).

2. **Minutes of the last AGM (27nd June 04)**

Accepted as a correct record.

3. **Matters Arising**

There were no matters arising.

4. **Chairman's Report**

So another year has slipped by and I find myself reviewing the happenings of the past 12 months.

The biggest plus has been the continued development of coaches in the Region. Congratulations to Richard Barker on qualifying as Level 3 coach, and to Stephen Cartwright at Level 2. We have at least one more Level 3 in the pipeline and several Level 2. This really is good news and thanks are due to Ursula Oxburgh for facilitating this change in circumstances. Currently coaching is focused on Juniors but I would like to see some coaching available to the more senior orienteers.

Richard has taken over the coaching side of the Junior Squad and with Graham Louth as co-ordinator and Richard Chalkley as treasurer we have a good team in place. A new innovation this year, initiated by Ursula, has been the introduction of the Development Squad for younger members to bring them up to the standard required to join the main squad. The squad are at the Junior Inter-regionals this weekend and a number of the Development

Squad have been included. This has allowed us to run some of our younger squaddies up a class so we have full cover across the classes. But we desperately need clubs to bring Juniors on to feed into the Development squad.

Jez Middleton was appointed Regional Development Officer. He has been slow to get things moving and he has not been helped by lack of volunteer time in clubs. There is money waiting to be spent. He has the equivalent of 6 x 8 hour days unused since December 2004. There is also Sport England PESSCL money available to spend (£2,000 per region and maybe a little more) on any club projects which could be considered related to school/club links. These could include help towards mapping, training officials, coaches, etc. In addition BOF have a Development Fund that clubs can bid for to use towards any developmental project. We really should try to get some projects off the ground. I have a few ideas but currently I lack thinking space to crystallise them.

The Region has held two extremely successful high profile events. The Junior European Cup was staged in October with the help of CHIG. Helen Gardner, Suzy Robertson and Chris Sellens were selected for the British team with Chris being part of the Gold medal winning Men's Relay Team. The British Schools Orienteering Championships was held in November at Sandringham. Both involved a huge amount of volunteer time and I am indebted to all who gave so generously. I am not going to thank a long list of people - I would forget someone! But there is one person who has to be singled out. Not only did Alan Bedder organise BSOC last year but also ten years ago. He may not have appreciated how much the event had grown in the interim when he agreed to organise it for a second time, but he rose to the occasion. In the intervening years Alan has organised innumerable events for the region and for his club, as well as holding committee posts in his club. When John Ward and I came to consider the recipient for the Bill Stevens Trophy, there was no competition. The award this year goes to Alan Bedder.

As many of you know Bill's widow died earlier this year. Pauline was a well known and well loved lady within the region. In recent years she has been less active within orienteering but I always enjoyed my annual phone call to discuss the Bill Stevens Trophy. I missed that chat this year. Essex Stragglers are collecting donations in memory of Pauline to add to an area of planting sponsored by Stragglers in the Woodland Trust forest on the Fordham Estate near Colchester.

For some the year has been dominated by the subject of Membership and related funding issues. There is an article in the latest edition of CompassSport/Focus and I advise reading this. Please support the Club Conference to be held on September 24th in Birmingham. A chance to have your say on this and other issues.

WAOC staged a very successful round of the Yvette Baker Trophy and also managed to win though to the Final, performing with credit in the Final. SOS finished 3rd in the CompassSport Trophy Final and have once again qualified for this year' s final. SOS took a small group of Juniors to the YOF held in Battersea Park alongside the World Cup Sprint Final. They had a fantastic time and thoroughly appreciated the occasion. We had no British Champions this year but Thomas Louth (M12), Helen Gardner (W20) and Barbara George (W70) all managed to be runners up. Ed Louth was M16 Midland Champion.

Congratulations to Helen Gardner on selection for JWOC and to Ed Louth for selection to World Class Start Programme and for the under 16 tour to Glenmore.

I hope I haven' t left anyone' s notable achievements out. If so I apologise. There is much work being done in clubs but we all have homes to go to. So I will confine myself to thanking all the hard working club committees, mappers, organisers, planners and controllers plus the volunteers who make events happen, who put on courses, who work with schools and other groups, without whom orienteering would not exist in East Anglia.

Finally, this is the end of my 3 year stint as Chairman. I would like to thank you all for your support, particularly the EAOA committee. As you know, I am not going away but will continue to serve as a BOF Councillor.

5. Treasurer's Report for the Year ending 31 December 2004

[to be read in conjunction with the 2004 Accounts which follow]

The Income & Expenditure Account shows a deficit for the year of £71.04 compared with a surplus of £1762.43 in 2003. This has resulted from both reduced income and increased expenditure. At last year's AGM it was agreed there was no need for the Region to continue to increase its reserves, and with no large expenditure expected, a slight fall would be acceptable. Consequently, the capitation charge was not increased, despite reduced membership, and the hire charge to clubs of the Region's SI equipment was reduced. The combined effect of these measures was a reduction in income of £1031.30. Event levy income fell slightly, and SI card sales reduced as ownership increased. Expenditure increased considerably in most areas, particularly on the Junior Squad and Junior

Tour Grants which showed a combined increase of £1033.77, but insurance costs, committee room hire and officials' expenses, and the Region's subscription to the English Orienteering Club also rose. It is worth noting that few of the Region's officials claim expenses.

The Balance Sheet shows only a slight reduction in the net worth of the Region compared with 2003. SI equipment purchases were low, but it must be appreciated that the present equipment is ageing, and that we may have to increase the replacement rate before long. Only time will show how long it will last, but despite improvements in the equipment now on offer, the committee has decided not to write off the old while it is still working satisfactorily.

The committee has agreed the proposal now put to this AGM that there is no need to alter fees and hire charges for the next financial year, but that the wording of the EAOA Constitution regarding capitation should be changed as it is presently unclear.

At present, section 4(f) of the Constitution states:

The capitation fee payable by a club in the current calendar year shall be calculated by multiplying the total number of that club's family and senior membership units at the end of the preceding year by the Association individual membership fee set at the AGM in the preceding year, using the formula: Club Capitation fee = $A \times B / C$, where A is the total sum decided by a General Meeting to be raised during the following year from clubs affiliated to the Association, B is the total number of that club's family and senior membership units at April 30th prior to the AGM, and C is the sum of the total number of family and senior membership units in all of the clubs affiliated to the Association at the end of the previous calendar year.

It is proposed to change this to:

Prior to the AGM the Treasurer will recommend to the EAOA committee any changes to levies and fees, and to the capitation charge made to all clubs affiliated to the Association. Changes must be approved subsequently by a majority vote at the AGM. Capitation, payable on 1st January each year, will be charged on the number of each club's senior and family membership units on the preceding day, 31st December.

The proposal was agreed unanimously.

6. Election of Officers

Lyn thanked John for his report and pointed out that the accounts had again audited by Geoff Knott as had been the case for very many years. Geoff had indicated that he was finally retiring from this role. The meeting thanked him for his services. Nancy Powell Davies (SOS) had indicated her willingness to take on the role. This was unanimously approved by all present.

Lyn was also retiring from her position as EAOA Chairman. Paul Lowe was then proposed as Chairman by John Ward, seconded by Lindsey Freeman – Agreed

Paul Lowe took the chair and thanked Lyn West for her work as Chairman.

No nominations were forthcoming for Vice Chairman – the post remained vacant

Keith Downing proposed as Secretary
– Prop. Lyn West, Sec. John Ward – Agreed

John Ward proposed as Treasurer
– Prop. Sally Ward, Sec. Alan Bedder – Agreed

Other regional officials and BOF committee members/delegates are by appointment

- Coaching – Ursula Oxburgh
- Equipment – Bruce Marshall
- Fixtures – Roger Stenson had indicated he was not available for re-appointment. The meeting thanked Roger for his service. Clive Coles was willing to take over the role.
- Rules Group – Andrew Cordle
- Map Group – John T. Ward
- Junior Competitions – Blanka Sengerová
- International & Elite Competitions – Lyn West
- Points East – Mark Collis
- Junior Squad Co-ordinator – Graham Louth
- Junior Squad Coach – Richard Barker

East Anglian Orienteering Association**Income & Expenditure Account for the year ended 31st December 2004**

2003			2004	
Income	Expenditure		Income	Expenditure
		EAOA Subs		
1352.40		(capitation)	1152.30	
703.00		Event levies	611.70	
1224.75	536.84	SI eq (non-cap)	766.00	367.01
459.00		SI card sales	207.00	
873.20	216.01	SI card hire	500.75	
		BOF levy paid and		
965.50	965.5	returned		
		Other direct BOF		
121.50		payments		
	275.38	Insurance		325.77
	105.75	EAOA courses		542.79
		Committee room hire &		
	137.76	officials exp		363.62
	221.50	English OC subs		289.50
	40.00	Junior tour grants		775.00
	556.62	Junior squad		855.39
1827.50	1267.92	Events CS	1698.25	1147.30
	13.50	Events BS	5090.51	4918.12
		Events JEC	12567.20	12057.12
	299.02	Trophies		197.19
	0	Map sales	14.00	
	0	Bank interest	5.48	
	0	Misc	210.00	6.72
	1128.62	Deprciation		1048.70
	1762.43	Surplus		-71.04
7526.85	7526.85		22823.19	22823.19

I have examined the above Income & Expenditure Account for the year ended 31st December 2004 and the balance sheet at that date. In my opinion, the Accounts give a true and fair view of the Association's affairs for the year ended 31st December 2004.

Signed
Geoff Knott
Honorary Auditor

Date 15th May 2005

**East Anglian Orienteering Association
Balance Sheet as at 31st December 2004**

2003			2004	
£	£		£	£
		Net worth		
10111.79		Balance at start of year as of balance sheet	11874.22	
1762.43	11874.22	EAOA surplus for year	(71.04)	11803.18
		Allocated as		
	11874.22	General purpose fund		11803.18
		Monies owed to EAOA		
Nil		Outstanding debts	Nil	
		Represented by		
7679.42	7679.42	Current account	8540.28	8540.28
Capital equipment				
4514.49		Value at start	4194.80	
(1128.62)		Depreciation	(1048.70)	
1530.80		Purchase of SI equipment	190.00	
		Less amount recovered from insurance or clubs for lost equipment	(73.20)	
(721.87)		Value at end	3262.90	3262.90
4194.80	4194.80			
	11874.22			11803.18

Results Round-Up**SUFFOC Daisy' s Wood 6/3/05**

White

1. Jack Bentley (Ind)	M14	16:54
2. Moses Bentley (Ind)	M10	31:20
3. Jack Goldsworthy (NOR)	M10	32:20

Yellow

1. Will Hooton (SUFFOC)	M12	15:00
2. Bryn Wilkinson (SUFFOC)	M10	17:10
3. Laura Goldsworthy (NOR)	W12	19:18

Orange

1. Arabella Gilby (Ind)	W14	31:55
2. Lily Gilby (Ind)	W12	34:20
3. Michael Park (SOS)	M12	38:41

Red

1. Janna Brom (NOR)	W18	46:24
2. Robinette B-Team (Ind)	M45	71:33
3. Robinette A-Team (Ind)	W45	75:48

Light Green

1. Louise Walker (SUFFOC)	W40	42:10
2. Oliver Calver (Ind)		46:38
3. Simon Chandler (SUFFOC)	M40	50:14

Green

1. Perry Mole (SUFFOC)	M40	44:56
2. Alena Tomeckova (Ind)	W21	47:11
3. Jon Houseago (SUFFOC)	M45	49:28
4= Paul Lowe (SUFFOC)	M45	50:32
4= Barry Pilgrim (NOR)	M60	50:32

Blue

1. Colin Godfrey (Ind)	M40	50:06
2. Mike Bickle (WAOC)	M55	52:25
3. Alex Copley (CUOC)	M21	52:34
4. Cameron (BAOC)	M45	54:46
5. Peter Warland (SUFFOC)	M40	57:44

Brown

1. Rolf Crook (WAOC)	M21	59:31
2. Daniel Goldsworthy (NOR)	M35	67:53
3. Rob Weed (SUFFOC)	M35	69:28
4. Bert Park (SOS)	M40	72:28
5. Paul Beckett (HAVOC)	M40	73:22

NOR Hockham 13/3/05

White

1. Mihir Chandraker (WAOC)	M10	15:17
2. Anita Chandraker (WAOC)	W40	17:35
3. Catherine Hemingway (WAOC)	W10	18:10

Yellow

1. Thomas Hemingway (WAOC)	M10	15:49
2. Laura Goldsworthy+3 (Falcon)	W12	21:56
3. Lloyd Gilby (Ind)	M10	22:36

Orange

1. Rowen Elliott (SUFFOC)	M12	43:52
2. Conor Weed (SUFFOC)	M14	46:05
3. Lily Gilby (Ind)	W12	46:07

Red

1. Emily Fitt (NOR)	W21	38:34
2. Rod Sibson (NOR)	M50	38:59
3. Simon Riley		48:14

Light Green

1. Ian Shephard (NOR)	M55	37:58
2. Simon Peck (SUFFOC)	M45	42:34
3. Janna Brom (NOR)	W18	51:31

Green

1. Graham Wardle (NOR)	M55	42:30
2. Steve Nobbs (NOR)	M45	49:25
3. Mark Nicholls (NOR)	M40	52:06
4. Barry Pilgrim (NOR)	M60	52:21
5. Richard Barker (SOS)	M50	53:29

Blue

1. Richard Bonnett (SOS)	M50	66:59
2. Alan Meekings (BAOC)	M55	67:18
3. Derry Kelleher (NOR)	M55	70:53
4. John Ward (NOR)	M60	72:26
5. Kevin Smith (NOR)	M50	72:45

Brown

1. Laurence Ball (UWOC)	M20	60:37
2. Robert Frost (NOR)	M35	63:15
3. Rolf Crook (WAOC)	M21	64:48
4. Ian Renfrew (NOR)	M35	68:15
5. Glen Richardson (NOR)	M21	70:37

WAOC High Ash 20/3/05

White

1. Jonathan Heybrock (WAOC)	M10	12:24
2= Louise Scott (KCS)	W10	13:52
2= Felix Barker (KCS)	M10	13:52

Yellow

1. Joshua Hope (KCS)	M10	17:53
2. Thomas Hemingway (WAOC)	M10	18:05
3. William Louth (WAOC)	M10	20:26

Orange

1. Robert Sansom (KCS)	M45	23:07
2. Thomas Norris (WAOC)	M12	26:54
3. Rowen Elliott (SUFFOC)	M12	31:14

Light Green

1. Simon Peck (SUFFOC)	M45	35:15
2. James Norris (WAOC)	M40	37:17
3. James Park (SOS)	M14	38:07

Green

1. Mark Chalkley (NOR)	M18	32:50
2. Graham Wardle (NOR)	M55	34:47
3. Ian Shephard (NOR)	M50	38:17
4. Kim Eden (NOR)	W45	38:38
5. Colin Curtis (WAOC)	M70	41:58

Blue

1. Richard Bonnett (SOS)	M50	49:54
2. Neil Humphries (WAOC)	M45	50:48
3. Kevin Smith (NOR)	M50	52:30
4. Graham Louth (WAOC)	M40	52:43
5. Martin Hore (SUFFOC)	M55	59:57

Brown

1. Chris Sellens (SOS)	M21	56:06
2. Laurence Ball (NOR)	M20	58:34
3. Robert Frost (NOR)	M35	58:48
4. Glen Richardson (NOR)	M21	60:34
5. Dil Wetherill (WAOC)	M40	63:13

SOS The Broaks 3/4/05

White

1. Edward Benfold (Ind)		17:36
2. Duncan Cooper (WAOC)	M10	19:27
3. James Benfold (Ind)		22:41

Yellow

1. William Benfold (Ind)		13:43
2. Robert Barker (Barn)	M12	20:57
3. Todd Cooper (WAOC)	M10	21:36

Orange

1. Neville Young (HH)	M45	41:23
2= Michael Park (SOS)	M12	44:01
2= Mark Benford (Ind)	M40	44:01

Light Green

1. Simon Peck (SUFFOC)	M45	39:57
2. Rae Lomas (MDOC)	W60	39:59
3. Alan Alford (SOS)	M50	40:48

Green

1. Richard Barker (SOS)	M50	50:56
2. Bats Pugh (SOS)		52:43
3. John Russell (SOS)	M60	53:12
4. John Starkey (SOS)	M60	56:14
5. John Collyer (SOS)	M60	56:49

Blue

1. Alasdair Bruce (Ind)	M21	45:25
2. Bert Park (SOS)	M40	48:34
3. Rob Weed (SUFFOC)	M35	49:28
4. James Lyne (SOS)	M18	51:26
5. Martin Sellens (SOS)	M50	52:55

NOR Ken Hill 17/4/05

White

1. N.Gristwood/O.Hindle (Ind)	M12	8:54
2. Arran/Andrea Weed (SUFF)	M10/W35	15:26
3. Gillean Brook (NOR)	M10	22:54

Yellow

1. Hannah Vogler (NOR)	W14	13:11
2. Maddy Vogler (NOR)	W12	14:46
3. N.Gristwood/O.Hindle (Ind)	M12	17:45

Orange

1. James Mayley (LOG)	M14	21:12
2. Conor Weed (SUFFOC)	M14	29:57
3. Laura Goldsworthy (Falcon)	W12	37:38

Red

1. Pauline Smith (NOR)	W45	45:15
2. Alison Rothery (Ind)	W21	45:39
3. Chris Lambert (NOR)	M60	58:59

Light Green

1. Steve Cowley (NOR)	M45	46:49
2. Norman Howarth (NOR)	M75	49:00
3. Robinson/Chapman (Ind)	M45/W50	50:06

Green

1. Ben Cowley (NOR)	M21	43:39
2. Peter Warland (SUFFOC)	M40	44:38
3. Ian Shephard (NOR)	M50	46:22
4. Graham Wardle (NOR)	M55	47:41
5. Glyn Mayley (LOG)	M45	48:47

Blue

1. Alan Meekings (BAOC)	M55	57:23
2. John Ward (NOR)	M60	67:20
3. David Ball (NOR)	M60	70:29
4. A. Poole (CROC)	W40	71:49
5. Barry Parker (NOR)	M55	71:57

Brown

1. Tim Lenton (NOR)	M21	54:45
2. Robert Frost (NOR)	M35	55:45
3. Danny Goldsworthy (NOR)	M35	66:21
4. Mike Capper (WAOC)	M50	67:31
5. Kevin Smith (NOR)	M50	72:29

SOS The Naze 9/5/05

White

1. India Hayes (Barn)		5:34
2. Ivo Hayes (Barn)		5:37
3. Sarah Bibby (Barn)		5:58

Yellow

1. James Park (SOS)	M14	9:12
2. Robert Barker (SOS)		9:32
3. Conor Weed (SUFFOC)	M14	10:05

Orange

1. Garton/Berry (SUFFOC)	M12	26:26
2. Christine Callender (SOS)	W60	29:23
3. Bob Cathmoir (SOS)	M60	31:53

Light Green

1. Neil Carter (SUFFOC)	M21	30:20
2. Sally Wilkinson (SUFFOC)	W40	33:45
3. Sarah Park (SOS)		37:08

Green

1. Chris Davis (BAOC)	M21	22:12
2. Clive Wilkinson (SUFFOC)	M21	27:51
3. Damien Smith (Ind)	M21	29:25
4. Alan Alford (SOS)	M50	33:21
5. Richard Barker (SOS)	M50	36:29

Blue

1. Rolf Crook (WAOC)	M21	34:30
2. Phil Stuart (SOS)	M45	34:46
3. Alex Machin (SOS)	M18	36:27
4. Clive Tant (SOS)	M50	37:13
5. Rob Weed (SUFFOC)	M35	37:47

NOR Shouldham 15/5/05

White

1. Zoe & Amy Fulcher (NOR)	W10	12:28
2. Morven/Eilidh Renfrew+1 (NOR)	W10	30:39

Yellow

1. Bryn Wilkinson (SUFFOC)	M10	28:33
2. D.Farmer/W.Gladwin (WyCol)	M12	31:17
3. R.Giddings/S.Wills (WyCol)	W12	33:36

Orange

1. Maurice Capper (WAOC)	M75	56:37
2. Hannah Vogler (NOR)	W14	63:06
3. Sam Dix (NOR)	M12	63:38

Red

1. I. Burrell (NOR)	M40	52:37
2. Georgia Salantis (Ind)	W21	60:14
3. A. Munro (SUFFOC)	M75	64:45

Light Green

1. Steve Cowley (NOR)	M45	46:46
2. James Taylor (NOR)	M14	49:07
3. Sally Wilkinson (SUFFOC)	W40	51:24

Green

1. Graham Wardle (SOS)	M55	44:37
2. James Park (SOS)	M14	50:33
3. Damien Smith (Ind)	M21	53:30
4. John Collyer (SOS)	M60	56:11
5. Ian Shephard (NOR)	M50	56:30

Blue

1. Derry Kelleher (NOR)	M55	62:28
2. Tony Bishop (WAOC)	M60	63:41
3. Mike Bickle (WAOC)	M55	67:12
4. Dick Towler (NOR)	M55	67:44
5. Peter Beale (WAOC)	M40	67:53

Brown

1. Robert Frost (NOR)	M35	60:01
2. Ian Renfrew (NOR)	M35	61:36
3. Mike Capper (WAOC)	M50	69:56
4. Rolf Crook (WAOC)	M21	71:41
5. Stephen Searle (NOR)	M50	76:29

SMOC Brogborough 22/5/05

White

1. Elizabeth Barker (KCS)	9:24
2. William Louth (KCS)	9:29
3. Joshua Hope (KCS)	9:49

Yellow

1. Jonathon Cronk (KCS)	13:36
2. Carolyn Warrener (Ind)	69:42

Orange

1. Ellen Sanderson (StMarys Colch)	28:24
2. Katrin Sengerová (WAOC)	31:47
3. Hilary Newmarch (Ind)	34:35

Red

1. Alison Stephen (Ind)	61:32
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Light Green

1. James Lyne (KEdVI Chelms)	20:14
2. Thomas Norris (WAOC)	29:25
3. Dryden Williams (MagColl Brack)	33:37

Green

1. Jason Falconer (SMOC)	40:24
2. Richard Barker (SOS)	44:47
3. Harry Goldingay (HH)	45:22
4. Ian Smith (WAOC)	48:14
5. David Tidmarsh (Ind)	49:08

Blue

1. Mike Bickle (WAOC)	51:32
2. Henry Morgan (POTOC)	52:55
3. Tom Edelsten (CHIG)	54:38
4. Peter Beale (WAOC)	56:47
5. Tony Bishop (WAOC)	59:36

Brown

1. Luke McNeill (Ind)	49:55
2. Rolf Crook (WAOC)	52:31
3. Richard Pownall (SMOC)	56:53
4. Neville Baker (TVOC)	61:11
5. John Worth (TVOC)	62:06

Snow, saunas and lots of Swedish: the 2005 Varsity Match

Sweden, the place to go for orienteering... So here we were, three years since the last Swedish Varsity Match, looking forward to the weekend at the end of term, which we were going to be spending in the Järfälla area – Järfälla OK being the home club of Ann and Eric Roller, DrongO's Varsity Match organisers for this year. With notes and P.S.s like "What is white, and all over the VM forest right now?" and "Still lots of snow – anyone for cross-country skiing?", it looked like it might be pretty cold!

We had an impressive view of snowy fields on landing in Västerås, one of Stockholm's "in the middle of the field" airports. A bus journey, a train journey, and another bus journey later, we were in Berghem, heading to the local club's training hut where we would be staying for the next few days. Oxford, having arrived the day before, were ready with snowballs to start an attack as we were weakened by carrying lots of heavy luggage. (but apparently they didn't quite finish the realisation of the "12 snowmen, with 12 OUOCers hiding behind and attacking" plan! – there was just one lonely snowman in front of the hut...)

And here it was confirmed that Sweden is, of course, the place to be for orienteering! With a training area right outside the hut, some of

us took the opportunity to go round the controls that had been put out for training – in some places it was rather bizarre because OUOC had been training in the area, and with 20-30 cm snow on the ground, they left tracks in quite a few places. But it was a good way of getting used to the terrain, and finding out what it would be like to run in snow. A few CUOCers then also joined the Järfälla OK training run in the evening. And of course I shouldn't go without mentioning the joys of wandering through snow in your pyjamas to get to the loos!



On Friday, we took the opportunity of having a whole day's worth of training to go to an area about 15 minutes away from the club hut by bus, largely because of the terrain's relevance to the coming race, and because of "an unmissable view" over a frozen Lake Mälaren (it

definitely was worth it!). The impression we got was that it would be hard work running in the snow tomorrow, with navigation being especially important, because any hiccups would be penalised by having to wade through all that snow in search of the control, draining oneself of energy. After an individual control picking exercise, some of us followed with a relocation exercise (noting that marshes were quite difficult to see, i.e. they were somewhat non-existent!). After returning from the training session, we made use of the sauna in the hut's changing rooms to defrost – what a great idea to have put it there!

Saturday was, of course, the big day. We got mini-bussed by Ann and Eric's club-mates to Ängsjö, an area about 15 minutes to the north of Berghem. With a few hours (or so it seemed) to go before the race, we spent some time wandering up to the start to make sure we knew where it was, and generally getting a bit nervous. Although there had been test-runners running the courses before everyone else, these had been told not to follow the most direct and obvious routes between controls, so the first VM runners had the hardest time, because of a lack of tracks which appeared over the course of the competition. Running through the snow was certainly hard work, and it meant that even a little mistake was quite costly, because ploughing back to the right place

meant losing lots of energy. Taking that into account, using path routes where possible was a very sensible option – the only problem being with the lack of such convenient paths! (On the few that were there, it was not surprising to see the odd cross-country skier, probably wondering about our mental well-being!)

With Oxford being pre-race favourites, it was really no surprise that they took the 1st and 2nd place in both men's and women's races, as well as the team trophies, but there were some good individual performances from the Cambridge team – special mention should probably go to Anya who came 3rd on the women's course, about 12 minutes clear of 4th-placed Nicola. I'm sure CUOC will rise to greater heights again soon and start beating Oxford again!

Sunday saw the fun relays happening, with the start and handover area just outside the club hut. The teams had been made up in view of the previous day's results, with the intention of having the teams fairly similarly matched. It worked in some cases and not quite as well in others. With a spectator control in the middle of a field full of snow and a 500 metre-ish run in full view of the spectators, it must have been quite hard work for the first lot of runners.



In the evening, we wandered over to Berghem school, where Ann and Eric, with the help of the other DrongOs, had laid on a great buffet dinner for us, with presentations

and speeches all following. With a couple of days spare before going back home to Cambridge, we used the time for some sightseeing in Stockholm. (As a postscript, all the snow was pretty much gone by the end of the week!)

Well done to everyone who competed (including a couple of DrongO's from East Anglia!) and many thanks to Ann and Eric Roller for a great weekend!

Blanka Sengerová (CUOC/WAOC)

And for the record, the full results:

Men' s A – 9.5km, 22 controls

1.	Ed Catmur (Oxford)	80:06
2.	Chris Davidson (Oxford)	100:34
3.	Alan Elder (Emmanuel, Cambridge)	103:33
4.	Chris Millard (Oxford)	112:45
5.	Ian Webb (Oxford)	125:12
6.	Niall Inverarity (Queens', Cambridge)	127:19
7.	Tim Bagguley (Magdalene, Cambridge)	131:58
8.	Alex Copley (Queens', Cambridge)	137:15
9.	Ian Elder (Downing, Cambridge)	142:43
10.	Benjamin Grandey (Oxford)	151:25
11.	Edmund Ward (Fitzwilliam, Cambridge)	160:40
12.	Luke Woodward (Oxford)	172:48

Women' s A – 7.3km, 18 controls

1.	Cerys Manning (Oxford)	80:21
2.	Becky Carlyle (Oxford)	84:10
3.	Anya Crocker (Jesus, Cambridge)	103:16
4.	Nicola Robertson (Downing, Cambridge)	116:03
5.	Rosemary Dyer (Girton, Cambridge)	116:28
6.	Anne Osborne (Oxford)	118:18
7.	Blanka Sengerová (Pembroke, Cambridge)	123:54
8.	Ali Ingleby (St Catharine's, Cambridge)	139:45
9.	Katherine Asker (Oxford)	146:26
10.	Christine Jones (Oxford)	174:17