



Website: [www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

# WAFFLE

July 2008



**Congratulations to Sue Hands ( far left) on the Podium in Portugal  
after a brilliant run in the Sprint O at the 2008 World Vets**

(Photo by Ian Ditchfield MV)

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## **Chairman's Column**

There have been fewer summer events than usual in our area this year. There are a number of reasons for this, not least the fact that the the ban on orienteering events in the New Forest between April and August on environmental grounds (for the protection of ground nesting birds and the reptiles living on heathland during the breeding season) was this year extended by the Forestry Commission to apply to the Dorset Forest area. When we asked them for their reasoning, they later clarified their policy by telling us that the ban applied to the heathland areas of the Dorset Forest, not the forest itself, but this was not before they had declined to give us permission for our original choice of areas for the Furrow Hoppers relay.

We looked for alternative areas but failed to find one in time which meant that for the first time in a very long time, our annual relay has fallen by the wayside, which is a real pity.

However, we have been able to hold two very successful events. In mid-May, Moors Valley was the scene of the annual Dorset Schools Score Championships, with Chris Turner making his debut as a planner. With just over 100 competitors, numbers were up on the last couple of years, which reflected on the amount of coaching at grassroots and schools levels which has been taking place, of which more later.

A month later it was the turn of the cyclists as, masterminded by Trevor Bridle, we held another successful MTBO event in Moors Valley and Ringwood South, which attracted a few of the country's top cycling orienteers as well as the usual local enthusiasts.

We have also been able to organise a number of mid-week events throughout the summer on urban or parkland areas.

The WIM coaches have been very busy this term and last at schools level. Mini inter-school leagues or competitions have been organised in primary schools in Weymouth, in both primary and middle schools around Swanage , Wareham, Bovington & Bere Regis, and in the Verwood & Ferndown areas, and the club has also had a presence and organised small events at sports festivals in Dorchester and Christchurch.

Club members have also been busy on the international front. Helen Bridle ran for Great Britain in the European Championships in Ventspils in Latvia at the end of May, where I also took part in the European Trail-O Championships. Helen and I will both be at the World Champs in Olomouc in the Czech Republic, (although this time I'm only a travelling reserve)

As I was writing this column, several of our members were competing in the World Masters events in Portugal- indeed, Sue Hands won a Silver medal in the W60 Sprint race, a fantastic performance, whilst Keith Henderson won his heat in the qualification race. Congratulations to them both.

It looks like the season will restart in September with lots of activity locally. SOC and Sarum both have events planned in the New Forest either side of our Galoppen at Turf Hill and Millersford and it looks pretty busy thereafter. We have been working with our neighbouring clubs to co-ordinate local events and to avoid fixture clashes and it looks as if we will be able to offer a pretty full programme throughout the autumn and winter months for those who want to orienteer regularly without having to travel too far from home.

Meanwhile, we have the Dorset Coastal Path and the Welsh Croeso event, as well as some evening events to sustain us.

May you all run in sunlit forests.

Dick Keighley

## **Wessex New Permanent course**

If you feel like a run on the morning of Saturday August 16<sup>th</sup>, our neighbours, WSX are launching their new Permanent O course at Kings Park in Bournemouth. Between 10am and 1pm there is a chance to try the new course or if you want a longer run there is a 5k option linking 3 adjacent parks. The venue is the Athletics Stadium in Kings Park and the car park can be reached from the A35 travelling east from Boscombe to Pokesdown Station. Continue through the lights and take the first left (Clarence Park Road) Car Park at the end (SZ 123927) with a 200m walk to the Athletics Stadium.

## **2500 new Orienteers!**

A headline like this would certainly raise eyebrows if not bringing the entire Orienting heirarchy clamouring at WIM's door to see what was our magic formula! Yet this is not far off the number of newcomers who have been given a taste of Orienteering by members and coaches of WIM.

At the last committee meeting DiTilsley sent in a report on the work of WIM coaches in Dorset Schools during the past year and listed the number of children who actively participated in O activities which totalled some 2250 and it is a real tribute to Di and husband John that WIM has achieved so much in schools development. In case you had missed it Di has single handedly produced in excess of 100 school maps,planned and run training actviities in numerous schools, masterminded several 'Schools Sports Festivals' and generally been a remarkable example to teachers and coaches alike.

Through her ideas schools in Dorset have become grouped into informal 'Pyramids' with a cluster of Primary Schools grouping round a Senior school within which there have been inter school leagues. There are active Pyramids Bindon Abbey (Bovington), Christchurch and Ferndown with an outstanding example in the Purbecks where Adrian Mitchell, Chris and Lynn Branford have developed a league from which a group have taken a full part in the Dorset Schools League and won the Schools Score Champs Team Prize in Moors Valley in May.

(Continued overleaf)

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Photo by Chris Branford

The Dorset Schools League with three events per term is designed to be a challenging, but realistic transition for children from the school grounds event to the big wide world of Orienteering in real forests and about 100 children regularly come to these events. As a step further Lynn Branford and Kirsty Staunton have considerable involvement with the SW Junior Squad making a pathway for a junior to progress from school to access to top coaching and training in the sport.

The club hasn't ignored families who we have met at Schools Sports Festivals and most all at Moors Valley where the regular monthly Introductory activities attract a steady flow of newcomers, this being spectacularly illustrated by the success of the three days over the Easter holidays when coaches supported by club members were kept busy by a steady flow of newcomers finding out about Orienteering and taking part in training courses that made use of our new facility to use electronic punching on the Permanent Course. We have had well in excess of 150 people come to the Saturday sessions during the year some visiting Moors Valley on holiday so we are spreading the word about Orienteering quite widely! Keith Henderson, Kirsty Staunton I have been active in Moors Valley training and there is another session planned during the Summer Holidays on Wednesday August 13<sup>th</sup> from about mid day to about 4.30pm and going on as a club training event into the evening. Why not come along and have a run or learn a new technique?

In her report Di lists the coaches and club members who have played a major part in this school work this year Lynn and Chris Branford, Kirsty Staunton, Dick Keighley, Keith Henderson, Mike Kite, Tamsin Horsler, Lynsey Melhuish, Hilary and Jo Pickering, and Sue Spillar. The club owes them a great vote of thanks for all their work and enthusiasm and we hope to see a steady flow of keen, new members of WIM in the future.

John Warren

## Local O - Summer and Early Autumn 2008

If you are a 'local' orienteer who prefers not to travel long distances then you are probably feeling thoroughly deprived of events! WIM encountered a problem in April when the Forestry Commission informed us that for environmental reasons they would not permit Orienteering in Dorset Forests during the nesting season. As a result of our reply we are greatly relieved to be told that this is not the case, but it effectively put paid to the summer programme.

However if you look at 'Forthcoming Events' you'll see that there is a lot on within about 1 hours drive with packed programme in September. The summer Relay Events are designed to be fun, sociable and are always open to individual runners. If you are a group of friends or a family it's a great way to get team spirit going. The Wessex Relays at Hethfelton should be a good place to get some teams together at the start of the holiday season.

You'll see that for the enthusiasts there are multi-day events in Wales and North Yorks as well as abroad, but once September starts there are local events every weekend starting with the SOC event at Redshoot, nr Ringwood on Sept 6<sup>th</sup>. This should be a great way to start the season and is followed by our own Colour Coded event at Millersford. With courses for all and an accent on Juniors this will be a good event to practice your skills in preparation for the CompassSport Cup final in Mid October. The weekend of 20<sup>th</sup>/21<sup>st</sup> sees the Caddihoe Chase come to the New Forest (well to Hamptworth ,which is adjacent to Millersford) This is a Regional Badge event on the Saturday, and on the Sunday the event is a Chasing start based on how well you did on Saturday , but on both days there are Colour Coded courses for entry on the day. The last weekend in September sees the WIGHTO present two days of Colour Coded events on the Isle of Wight. Here's is a chance to orienteer overseas! It's quite easy to cross from Lymington to Yarmouth and with car sharing it could be fairly cheap.

October sees BKO put on a Colour Coded event at Mortimer which is not far from Basingstoke and on the 12<sup>th</sup> our neighbours WSX have their Regional Badge event near Burley. By this time you should be fit and have your skills finely honed so that a large WIM team can make a real impact at the CompassSport Cup final to be held on Sunday October 19<sup>th</sup> at Sutton Coldfield in Warwickshire.

## The Dorset Coast Path Relay

By the time you read this Waffle, the Coast Path Relay is almost certain to be over. It is unfortunate that this year's date, July 12<sup>th</sup>, has been a difficult day for many of our regular team members, and at one point it looked as though WIM would not have enough people available to take part. Thanks to the enthusiasm and hard work of Noel Smith enough arms have been twisted! Whatever the result, we must thank Noel for his hours of complicated logistics to make sure that everyone is in the right place at the right time.

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## **MTBO – Moors Valley & Ringwood N.**

On Saturday June 21<sup>st</sup> Trevor once again masterminded a very successful Mountain Bike Orienteering Event. It coincided with National Bike Week and with national publicity over 100 riders came considerable distances to test their skills in a Score event that ranged over both Moors Valley and Ringwood North Forests.

Many of the cyclists had never come across S/I dibbers before and used a variety of means to keep them safe, string, sellotape, safety pins, paper bags etc linked to shorts, shirts, watch straps, maps or handlebars. The split times printed at download were very much appreciated by the newcomers. Maybe traditional 'Foot O' competitors take this facility completely for granted nowadays?

Some very fast times were recorded, but for some reason there were an unusual number of punctures, which affected some of the leading contenders. However despite this and the rather damp weather everyone came back dirty but smiling. As in all events there is a great deal of preparation and work before and on the day with everyones thanks going to Trevor. Madeleine, Peter Fale and all the team who worked to make the day such a success.

## **Compass Sport Trophy Final - Sutton Coldfield - Sunday 19<sup>th</sup> October**

As you are all aware we have qualified for the final of the Compass Sport Trophy by virtue of finishing 2<sup>nd</sup> at Yateley in January. In round 1 we had a magnificent turnout with 40 members taking part and it was the ladies who did us proud scoring 846 points for us against the 359 scored by the men. In the final therefore we look for an improvement from our male members!!

The final takes place on Sunday 19<sup>th</sup> October at Sutton Park, Sutton Coldfield, which is just north of Birmingham. We are looking for an equally good turnout of members for the final and I would like to feel that we can improve on our 7<sup>th</sup> position in last year's final held at Blidworth near Nottingham. I know that several members have already booked accommodation at Travel Lodges. Premier Inns are holding 15 rooms for us at the Birmingham North Hotel (very close to the event) although the price is £51 for a double room, but this does not have to be paid until the beginning of October.

There is the possibility of the Club hiring a mini bus if sufficient members would be prepared to travel up together and this would entail leaving on Saturday afternoon and returning on Sunday afternoon. Having now costed this option it seems likely to be around £12 per head.

However the committee has agreed that the club will pay the event entry fees which are £8 senior and £3 junior up to a maximum sum for the whole of £500. This is likely to mean that something in the region of £5 per head would be available towards travelling costs for all who take part.

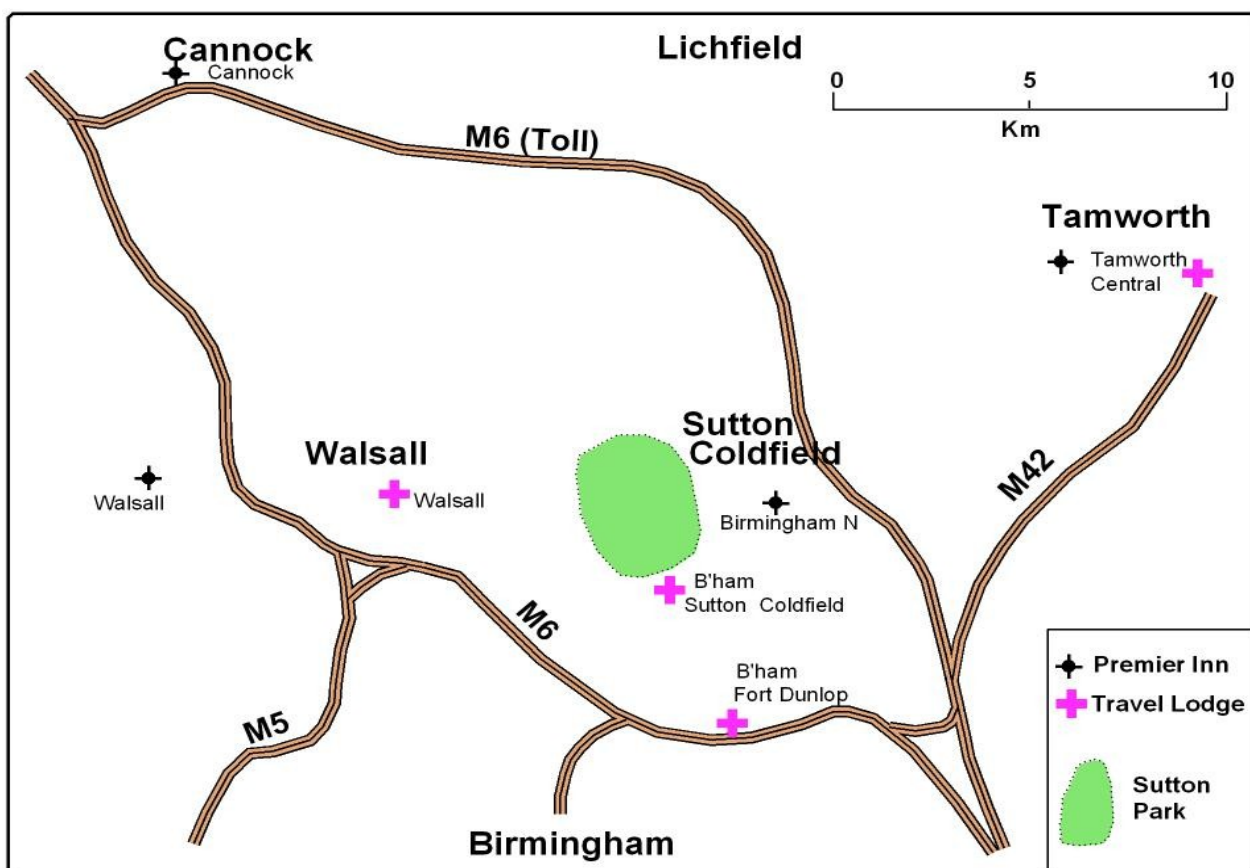
As you probably know we need 13 to count and this may be made up of up to 3 from courses 1 and 3 and up to 2 from the other 6 courses. The courses are:

1. Men Open
2. Women Open
3. Blue Men M45+,M20-
4. Green Women W45+, W20-
5. Green Men M60+
6. Short Green Veterans M75+, W60+
7. Light Green Juniors M/W 18-
8. Orange Juniors M/W 14-

I need to start collating entries as soon as possible so I need to hear from you.

Please let me know as soon as you can if you are able to run for the Club at this event and whether you would be interested in travelling up by mini bus. If anyone is driving up and has spare seats please also let me know so that I can plan how to make the weekend as cost effective as possible! I hope that we can enter a team of at least 30. Please don't be shy **WIM NEEDS YOU!**

Trevor Bridle  
[trevorbridle@btinternet.com](mailto:trevorbridle@btinternet.com)  
 01258 - 454811



### CompassSport Trophy Final - Location and accommodation

From the motorway 'attack points' you'll need your road atlas for 'fine navigation' to get to Sutton Coldfield and the event!!!

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## **Summer Barbecue**

Once again Trevor has arranged for the club barbecue to be held in the grounds of Canford School.

The date is Saturday 30<sup>th</sup> August.

There will be Orienteering courses of 5k and 2.5k with S/I punching from 5pm and changing rooms and showers will be available.

The barbecues will be ready for use from 7pm and there are tables and seating at the Open Air Theatre, Families and friends are welcome. (No Charge). Just bring your own food and drink.

## **European Trail-O Championships – Ventspils, Latvia**

This year the European Trail-O Champs was organised in conjunction with the European Foot-O Champs and held in Ventspils in Latvia in late May.

Latvia is the middle of the three small republics on the West coast of the Baltic sea, opposite Sweden, the other two being Lithuania and Estonia, formerly tiny parts of the old Soviet Union. We flew in to Riga, its capital, but had no time to explore the city because the efficient organisers had arranged transport directly from the airport to Ventspils, two hours drive away to the West on the shores of the Baltic Sea. We did meet Helen Bridle, who had flown in from Gothenberg, via Copenhagen to join up with the GB Foot-O team. Unfortunately, the bag containing her O-kit had failed to make the connection and was still languishing in Copenhagen.

Ventspils is a prosperous city, because it is the main port from which Russian oil is exported to the West. All the competitions in both disciplines were all held in the forested sand dunes on the coast around Ventspils. Think of Culbin but with areas of low marshy scrub to reduce visibility and sap the energy when you run. It was relentlessly technical orienteering and some very distinguished orienteers came to grief in it.

The Foot-O events was also a World Cup race as well as the European Champs and so competitors from the USA, Australia and Japan had joined the usual array of European nations, and as teams of six compete, twice the number allowed in the World Champs, the available hotels in Ventspils were full of pampered Elite runners. All the Trail-O competitors, as well as most of the Lithuanian officials, were accommodated in chalets in the grounds of the local up-market campsite, with all meals provided in their permanent tented restaurant. The chalets were simple but comfortable and the meals were basic but very acceptable, although it dawned on us fairly early on that we had been charged the same meal costs as those staying in the hotels which were about double the prices the restaurant was charging. This didn't go down too well with the GB team, who were self-financing the trip (BOF were only paying the event entry fees) but we managed to negotiate a rebate which covered the cost of the minibus between Ventspils and the airport.

The camp site was surrounded on three sides by forest or parkland and all the three trail-O events were held in this, with the model event starting and finishing 15 minutes walk away



and the two main competitions starting and finishing in the edge of the campsite which was part of the map.

The area we used for our model event, plus that used for Day 2 of our main competition formed part of the area used for the Foot-O relay area, whilst our Day 1 area was also the scene of the Foot-O Sprint finals, an interesting mixture of parkland, forest and open sand dunes.

The weather was wonderfully sunny for almost all the time we were there, but the prevailing chilly westerly wind, blowing off the Baltic, kept the temperature down to about 15C.

We got to meet up with the rest of the GB team on the Sunday, for the opening ceremony – a pretty standard East European affair, with kids in national costumes, the local pop group, folk singing/dancing and the inevitable speeches. Fortunately it was fairly slickly organised and didn't last too long. Helen was still without her GB kit, but her bag had arrived in Riga and was in transit to her hotel.

The following day, after we had done our model event in the morning, we made our way to the Sprint race to support the GB team - Helen ran past me in her GB kit on her first leg through an urban area as I walked to the finish arena. Her course then moved rapidly through forest, the local park, onto some technical orienteering in sand dunes before returning to the park for the finish. A really interesting mixed bag of terrain in a course which was won in just over 12 minutes. There didn't seem to be many local spectators – most support seemed to come from the national Trail-O teams and their officials and those runners waiting for the B-final to take place after the main event. The main British performance came from Scot Fraser, who held 2<sup>nd</sup> position from a very early start time until the very last few runners came through, when he was unlucky to be pushed down just out of the medals to 4<sup>th</sup> place, but ahead of some very distinguished company, including Mats Haldin, who was a WIM member last year.



Helen Bridle, Sarah Rollins and Rachel Elder comparing route choices at the Sprint Race

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After the Monday, the Foot-O races moved away to forests to the North of Ventspils and we didn't see them again.

With all the main Trail-O nations represented and with all the Scandinavian teams bringing full teams, the competition was much tougher than in many European events I have competed in. The terrain was often complex but excellently mapped and the courses challenging and with a distinctly Nordic 'Precision-O' style to them. Unsurprisingly the Scandinavians dominated the top placings, with the legendary Swede Stig Gerdman scoring maximum points on both days. On Day one I found myself down in 53<sup>rd</sup> position overall, quite my worst ever international performance, but ahead of Roberta Falda of Italy, who was last year's world paralympic world champion and who had just spent the previous week training for the event with the Swedish squad.

On Day 3 I was, if anything, even less successful, but others also found the going hard and I moved up to 40<sup>th</sup> place overall and 28<sup>th</sup> in the Paralympic class. Dave Gittus, was our best performer, being 12<sup>th</sup> overall and 6<sup>th</sup> in the paralympic class. The paralympic team finished in 4<sup>th</sup> position.

The Latvian organisation was excellent, with efficient organisation, speedy results, and an informative website. As I came in to the finish I was interviewed by a video crew and when I got home the following evening, the video was up on You Tube and on the website. (<http://youtube.com/watch?v=Agy5ILGF90I>) If I look slightly 'distract' its because I had been out in the forest for two and a half hours and I was absolutely desperate to get to the loo!

In the evening on the Wednesday we had an excellent banquet in the city and some of the teams celebrated well into the night – the Russians were just going to bed as we got up at 5.45 to catch our minibus back to Riga.

As a result of all this, I've lost my place in the GB team for this year's World Champs in the Czech Republic to Peter Roberts of EBOR, a former professional mapper, who finished ahead of me. But I am going to Olomouc as travelling reserve and Assistant Team Manager, which is just as well because I need to observe the event wearing my IOF Advisor's hat, as I've been appointed as the IOF Advisor for next year's World Trail-O Champs in Hungary.

Dick Keighley

**Forthcoming Events** All events use electronic punching unless stated otherwise.

## July

Saturday 12<sup>th</sup> Dorset Coast Path Relay - Lyme Regis to Sandbanks  
Contact: Noel Smith 01202 - 821053

Wednesday 16<sup>th</sup> BADO Evening 45 min Training Score - Itchen Wood - Micheldever  
GR:SU670373 Registration 6 pm. Starts 6.30 to 7pm  
Contact: Tony Ludford 01256 - 780444

- Saturday 19<sup>th</sup> DEVON Relays and Colour Coded event - Haytor - Dartmoor  
GR: SX762770 (See Devon website for details) Starts from 3pm  
Contact: Roger Green 01392 278512
- Sunday 20<sup>th</sup> SOFA Local - West Walks - Wickham GR: SU596121  
Contact: Caroline Ford 01329 - 832107
- Sunday 27<sup>th</sup> WSX Hardy Relays - Heatherton - Wareham GR:SY859875  
Junior and Senior course plus individual runs available.  
Contact: Rob Hick [Email:rob.hick@tiscali.co.uk](mailto:rob.hick@tiscali.co.uk)

## August

- Sat 2<sup>nd</sup> - Sat 9<sup>th</sup> Croeso 2008 - Welsh 6 day event - South Wales
- Wednesday 13<sup>th</sup> WIM Informal training - Moors Valley Country Park  
Instruction for beginners from 12.30. Evening runs from  
5.30 – 7.30pm using S/I and the Permanent Course.
- Saturday 16<sup>th</sup> WSX Launch of Kings Park Permanent Course 10am to 1pm  
Park O with courses up to 5km. See website or contact:  
Bill Brown 01202 - 388561
- Sat 23<sup>rd</sup> - Mon 25<sup>th</sup> White Rose Weekend - Scarborough area of N. York Moors
- Saturday 30<sup>th</sup> WIM Barbecue and Informal event - Canford School - Wimborne  
From 5pm . All members and friends welcome .Cooking from 7pm

## September

- Sunday 7<sup>th</sup> SOC District Colour Coded and Long O - Redshoot - Moyles Court  
Ringwood .New Forest GR: SU193093. See flier for details.  
Contact: Mary Nixon 01794 - 516298
- Sunday 14<sup>th</sup> WIM District Colour Coded Galoppen - Millersford and Godshill  
Signed from B3078 Downton to Cadnam road GR: SU213177  
Contact: John Warren 01425 0 474861
- Sat - Sun 20<sup>th</sup>/21<sup>st</sup> SARUM Caddhoe Chase -Regional and Chasing start  
Hamptworth Estate - Nomansland - New Forest  
Day 1 Regional, Day 2 Chasing Start. EOD on both days  
See flier for full details
- Sat -Sun 27/28<sup>th</sup> WIGHTO weekend - Colour Coded courses at The Needles  
and Ventnor Downs using master maps and pin punches!  
See website for details .and limits to entry.

12.

## **October**

- |        |                  |   |
|--------|------------------|---|
| Sunday | 5 <sup>th</sup>  | BKO District Colour Coded - Burghfield Common - Mortimer<br>GR: SU632643 Contact: Liz Yeadon 01672 - 563840     |
| Friday | 10 <sup>th</sup> | WIM AGM - Canford School (Details to follow)  |
| Sunday | 12 <sup>th</sup> | WSX Regional Badge - Holmlsey and Dur Hill - Burley<br>GR: SU 199000 ( See club website and fliers for details) |
| Sunday | 19 <sup>th</sup> | CompassSport Cup Final - Sutton Coldfield (Put the date in you diary)   |