



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

# WAFFLE

March 2008



**CONGRATULATIONS!**  
Chosen to run for England at Interland 2008

**Keith Henderson, Michelle Spillar, Kirsty Staunton**

2.

## Chairman's Column

A lot has happened since I penned my last column, not the least being the fact that British Orienteering sorted out the event insurance problem between me writing my last column and it appearing in print, so that things largely remain unchanged. Now there are rumblings about a proposed change in the levy structure which could cause problems. I shall refrain from commenting on this until things have become clearer.

As ever, it's been a busy time for WIM and its hard working officers. In January we managed to qualify for the finals of the CompassSport Trophy again, despite the unavoidable absence of several of the club's stars. Noel Smith did a grand job in sorting out the entries and encouraging people to run and fortunately the weather on the day was fine, if cold.

Last month saw a very successful return to Avon Water for the WIM Winter Warmer Regional event, capably organised by Keith Henderson and Richard Brightman, which attracted over 400 competitors who all seemed to enjoy John Shucksmith's courses. This was the first time that we had used the Fabian4 system for on line entries. Interestingly, of the 320 pre-entries, only 20 or so were postal and as Entries Secretary, I had considerably less work to do than when I last did the job two years ago. It looks as if an on line entries system will soon be part of the British Orienteering website and it could well be that this will become the preferred method of entry for most events, large and small, in the coming year or two.

Three WIM members, Michelle Spillar, Kirsty Staunton and Keith Henderson, gained selection for the England team for this year's Interland competition, run this year in Holland at the beginning of March. This was Kirsty's first appearance in an England team and she finished a very creditable 2<sup>nd</sup> in the W50 race, whilst Keith, (who finished last year at the top of the M65 Ranking list) ran in the M60 class, coming 4<sup>th</sup>. Congratulations to them all.

Just recently, we held two small events at Godshill, an informal and schools event on the Sunday, preceded by the Night Owl night event the evening before. This latter event was the culmination of this season's Wessex Area Night League, masterminded by Chris Branford, which has run through the winter from late October. Attendances have been small but the events have all been varied and enjoyable.

A substantial number of WIM members compete regularly in the Army Mid-Week League events on Wednesdays, which always attract a considerable number of civilians and have become very sociable occasions. WIM have been asked if we could organise an event in this series. Finding a venue in the week after Easter has been tricky but the event will go ahead on the Blandford Camp training area, masterminded by Chris Branford. Any offers of help will be gratefully accepted. And if you fancy a run, please come along and join in the fun.

Dick Keighley

## CompassSport Trophy 2008

A big thank you to everyone who entered the CompassSport trophy. 40 members took part and we ended up in 2<sup>nd</sup> place which means that we are through to the final which takes place on Sunday October 19<sup>th</sup> in Sutton Park, which is in Sutton Coldfield just to the north of Birmingham. Put the date in your diary now and look out for cheap offers at Travel Lodges, Travel Inns etc.

For those of you who are unfamiliar with the scoring mechanism Noel Smith, our ever enthusiastic team Captain, has the data and will be only too pleased to let you have the results together with an explanation as to how they are calculated. The results show that the fairer sex out performed the boys, scoring 846 points as opposed to the men's 359 and that every wife except one scored more points than their husbands on the day, where husbands and wives were both competing.

Noel's final comment is that he knows the ladies that we need in the team, but what about the men?!!!

Noel's E mail is [noel@noelsmith.wanadoo.co.uk](mailto:noel@noelsmith.wanadoo.co.uk)

## Health, Safety and Regulations

In late November I was surveying in Wilverley Inclosure when I came across two forest workers complete with pick-up truck, rakes and a leaf-blower clearing leaves from a path in the forest as the golden autumn leaves drifted down in the clear sunlight. I enquired as to whether they were happy in their work and will leave you to to guess their reply! More recently I read of a club on Merseyside who encountered problems with 'risk assessment' in preparing for a schools event in a local park. They could not satisfy the local authority as to 'What to do if it rained' . 'Putting on a cagoule and getting wet' wasn't acceptable. They also had to address 'trip and slip' hazards (possibly sweep and roll all the paths!). At our recent Badge event at Brockenhurst Keith Henderson, as Organiser, had to submit a risk assessment for the String Course. I had attempted to do this a week previously pointing out that the course was planned by a qualified coach, that it specifically avoided any risk of children getting near motor vehicles, and we had cut a channel through the woodland to make sure that it was easy for small people! My attempt at risk assessment was rejected on the basis that it was on the wrong form!

I am most concerned that the 'Risk Assessment' form can actually make for more hazards at an event because an event official can complete this form in a cursory manner and not give due thought to the real issues that apply to their specific event. When accepting the position of event Planner, Organiser or Controller you accept that you take responsibility for ensuring that all aspects of the event are conducted in a safe and realistic manner, meeting the particular conditions relating to the event. Adequate support is available from British Orienteering in the form of Rules and Guidelines together with training opportunities for would be officials, which should produce event safety of a much higher standard than that suggested by faceless bureaucrats using 'a one size fits all' form.

I am unsure how much the 'Risk Assessment' form helped in the horrendous weather at the British Schools at Bovington, which was a masterpiece of crisis management. I believe that the club dealt well with the two events where Avon Water flooded and ropes were used at the crossing points, and for those with long memories the incredible blizzard conditions at Avon Water during the Southern Champs of 1982.

Orienteers are proud to be part of an amateur sport that conducts itself in a professional manner!

John Warren

4.

### **WIM Club League – under new management**

Simon Branford has done a sterling job managing the Wimborne Club League for many years. Having explored the dark functions of his spreadsheet (and learned a great deal about Excel in the process!) I have now grasped the baton. God help us all.

The Club League table is compiled from competitors' best 6 scores at C4 & above events in Dorset and neighbouring areas. The following will count towards the 2008 league...

13 January	Compass Sport Cup – Yateley
17 February	WIM Winter Warmer Regional – Avon Water
9 March	SARUM National – Great Ridge
16 March	QO Galoppen – Blackborough
16 March	SOC District – Millyford Bridge
30 March	WSX Galoppen – Parsons Pleasure
13 April	SARUM Galoppen – Grovely Wood
11 May	BOK Trot Regional – Brierley
14 September	WIM Galoppen
2 November	SOC November Classic Regional
	WSX Dorset Delight Regional

...and other events that meet the criteria and are popular with WIM members may be added during the year.

At C4 fixtures (Galoppens & other District events) the score is calculated thus:

Course winner's time divided by competitor's time multiplied by 100.

Course and age groupings are

Brown	M20, M21, M35, M40
Blue	M18, M45, M50, M55, W20, W21, W35
Green	M60+, W40+
Light Green	M16, W18, W16
Orange	M14, W14
Yellow	M12-, W12-

Competitors 'running down' a course score 80% of their calculated points.

At C2&3 (National and Regional) events the calculation is the same but it's based on age classes. In Long and A classes the winner is, er... the winner. In Short and B classes the winner's time is deemed to be the faster of the S/B winner and equivalent L/A winner. This may offset some anomalies caused by quick S/B times.

Planners, organisers and controllers of qualifying events score 80 points – possibly a strong incentive to take on such responsibilities!

Here's looking forward to enthusiastic competition and hotly contested positions!

Mike Kite

### Early positions in the club league

<b>Seniors</b>	Name	Class	CompassSport	Trophy	Wilverley Regional	Total
1.	Vikki Crawford	W65	100		100	200
2.	Sue Hands	W60	98		97	195
3.	Tamsin Horsler	W40	71		98	169
4.	Steve Horsler	M40	72		94	166
5.	Sophie Lawrence	W70	61		100	161
6.	Richard Brightman	M65	70		80	150
7.	Chris. Branford	M60	81		68	149
8.	Lynn Branford	W55	47		100	147
9.	J. Shucksmith	M55	63		80	143
10.	Chris. Turner	M45	62		74	136
11.	Eamonn Staunton	M50	69		61	130
12.	Noel Smith	M40	55		72	127
13.	John Walmsley	M50	64		61	125
14.	David Bland	M65	64		55	109
15.	R. Hills	M70			100	10
<b>Juniors</b>						
1.	Fraser Smith	M10	100		100	200
2.	William Isaacson	M10			96	96
3.	Nicholas Isaacson	M10			92	92
4.	Terence Furlong	M18	77			77
5.	Katherine Hodge	W14	53			53
6.	Katie Reynolds	W16	53			53
7.	Martha Tavinor	W14	50			50
8.	George Butler	M14	49			49
9.	Elizabeth Reynolds	W18	47			47
10.	Natalie Blowes	W14	39			39

### Moors Valley 2008

The Permanent Course is being re-vamped and thanks to help from East Dorset District Council and the National Lottery we will soon be able to offer sessions that use S/I electronics to give that extra edge to your performance. There are 46 posts scattered throughout the forest and they can be used for all levels of training. For beginners and school groups the easier white and yellow courses now have laminated maps so that they can be easily used in a couple of hours. We intend to arrange more advanced training sessions with more complex courses set up using the more technical controls that give tactical route choice training and all of this easily accessible from the main car park with loos and a cafe plus playgrounds for children. Clearly the electronics can't be available all the time but we'll programme regular sessions that should appeal to everyone. The beginners Introductory sessions continue to run on the 2<sup>nd</sup> Saturday afternoon of each month and in conjunction with the Park Rangers WIM will be running a series of training events on Mondays during the Easter holidays. If you want any more information just ring either Keith Henderson, Kirsty Staunton, Lynn Branford or John Warren.

6.

## How to improve your orienteering ..... Break a leg!

Step 1: Make sure when you trip and break your leg you fall into a badger hole to protect you from the elements. You are also there to prevent others from falling on top of you so remember to call out a warning . Choose a good navigator passing by to send for help as they will be able to pinpoint where you are.

Step 2: Ensure that you have bulky army personnel who are capable of giving you a fireman's lift out of the rough terrain and a friendly face who will then help to give you a chair lift (infinitely more comfortable) as the vegetation thins out back to the car park.

Step 3: Don't say to your fellow orienteer who is giving you a lift back home 'I'll be OK with my leg up' Make sure they take you to hospital straight away to have it checked out. If you think you are fine just remember their husband is a GP who will come round later to check on you and suggest you have an X ray!

Step 4: As husband will be abroad with rugby at the time (Are they ever around when you really need them!) you will need a lift from a patient friend prepared to sit for hours and hours with you in Casualty.

Step 5: Once displaced fracture is confirmed choose a surgeon who is younger than 45..... his eyesight will be better than an older one..... he will do a neat job of plating and pinning the bits of bone together.

Step 6: As you will now be in plaster and unable to weight bear, practice hopping on crutches. A thermos is essential because you cannot carry a cup of tea. The end of a crutch is a useful tool for rolling the thermos along the floor to where you want to sit down. The handles are great for carrying bags with your bits and pieces!

Step 7: Keep wriggling your toes as much as possible.

Step 8: When plaster comes off be prepared to work really hard at unstitching every tendon. The sooner the better and it hurts! You will get sharp random needle-like stabs of pain at any time of day and night. The leg likes to make its presence felt. Your surgeon will remind you that whilst the break heals within a few months, the soft tissue damage done in the fall can take up to fourteen months to repair itself.

Step 9: Tell a friend who lives in the village you will walk round to their house on your own forgetting about the busy road you will have to cross. Thankfully as you approach it you see their son who was sent to escort you. They knew you like to be too independent for your own good!

Step 10: Get a good physio....preferably a sports specialist...who understands you and knows that age is irrelevant to getting back fit quickly .....determination counts far more.

Step 11: Create an orienteering course in your house going up and down stairs increasing the number of times daily.

Step 12: Go swimming as much as possible and follow your physio's exercises several times a day. Working with a ferro-band(stuff made out of balloon-like material) helps enormously in the early stages.

Step 13: Set goals. Book your trip to Portugal before you break your leg . It gives you an incentive. Talk to people who have done the same thing. They will tell you it will be many months before you will be able to orienteer again....listen but trust your instincts....they probably don't want to be beaten by you!

Step 14: Go to Boxing Day Canter with your husband who will make sure you are wearing Wellingtons and warm clothes and will only let you walk on flat paths under his supervision.

Step 15: Whilst there insist to Organiser of CompassSport Trophy that in three weeks time you will go along as back stop for your club despite misgivings of your husband. You know that your club will need every able body if they want to qualify for the final.

Step 16: At CompassSport Trophy match make sure that your ankle is giving you sufficient grief that you only run where you know you can safely put your feet. Do not attempt any steep descents. Complaining ankle will ensure you find a way round. It concentrates the mind on the terrain and you have to make sure you know exactly where you are on the map at all times. Who cares if someone belts past you because they will probably make a mistake and you will inevitably see them further round the course?

Step 17: Enter Southern Championships. Be careful towards the end when you are getting tired not to mistake control 1 for control 11 because your map is folded. It will cost you 2 minutes. Nevertheless it is less than four months since your operation ....that perfect run still eludes you!

Sue Hands

*Ed: Sue broke her ankle at an Army League event on September 26<sup>th</sup> and became the W60 2008 Southern Champion on February 3<sup>rd</sup>. We are delighted to congratulate Sue on this achievement and we are all full of admiration for her determination!*



8.



### **Buses and runners at Wilverley Regional Badge Event Feb 17<sup>th</sup>**

For the second year running our regional badge event used buses to transport competitors to and from the competition area at Wilverley and the adjacent inclosures in the New Forest. Once again WIM received compliments on a good event. John Shucksmith as planner and Keith Henderson and Richard Brightman as organisers were rewarded by a lovely bright day and a good turn-out. The facilities of the Brockehurst College sports hall were a welcome bonus, especially the welcoming hot showers and even the lady running the snack bar in the hall was delighted, saying what pleasant, polite and thoughtful people orienteers are!

Two more WIM events, the Night Owl and the Dorset Schools League event on March 1<sup>st</sup> & 2<sup>nd</sup>, both at Godshill, a joint effort by the Pickerings and Stauntons, were enjoyed by well over 100 runners, many of them successfully completing their first white and yellow competitive courses.

### **O tops – at last!**

After months of frustration, the second delivery of club O tops has arrived. BUT there is a snag! The sizes of the new ones differ from the first batch. In theory, we have what you ordered, but they may not fit. Also, we think several people may have kept a top they would like to swap for a different size. Would anyone wanting a new top or a change of top please let us know and we will try to solve any problems. Ian, of UltraSport, has been embarrassed and annoyed by the poor attitude of his foreign suppliers, and he thinks that he has found a much more reliable source in this country.

Barbara and John 01425 - 474861



## WIM Annual Dinner

Thanks to Trevor's continuing links with Canford, the club dinner was a pleasant evening shared with friends from WSX joining us for good food, good conversation and the presentation of awards to winners in both clubs.

Kieth Henderson has had an outstanding year and Dick Keighley presented him with both the Founders Trophy and the award for winning the club league in 2007. Jo Pickering was the leading Junior Lady and Terence Furlong the leading Junior Man.

Chris Branford's excellent photos of the evening are on the website (see the Message Board), including pictures of the uninvited guest, a frog, rescued from the hall by Steve Horsler!



**WIM Club Dinner - Keith Henderson winner of the League and Founders Trophy**

**Jo Pickering receiving the Junior Ladies Trophy**

**A convivial time was had by all!**

10.

## **Interland 2008 – a great experience.**

Four weeks ago I received my England Selection letter, I was speechless (and that takes some doing!) very excited and then seriously worried – aahhh..... I thought “4 weeks – right, I’d better start some serious fitness training, where are my trainers?”

So I did a long run on Mondays, cycled Tuesday, did the long course at the army events on Wednesday, then swam in the evening, rested Thursday, ran interval sessions on Friday plus swim in evening, bike Saturday and orienteered Sunday..... I managed this for 2 weeks, my fitness improved but orienteering went steadily downhill – I wonder why!! Anyway, after spending a huge amount of time, running in every decreasing circles, searching for a control I had a serious talk to myself, re assessed my training and decided a new type of training was needed – wine, preferable red - and lots of, was the answer – now, remind me, what was the question!

The week end trip to Holland, host nation of this years Interland competition, was enormous fun, there were 42 competitors from all over England, although a good proportion came from the SW region. We traveled by coach and stayed at a youth hostel in Brugges on Friday night and at a Dutch army base on Saturday night. All of these arrangements were made by the team manager John Rye, our very efficient and encouraging manager. On Saturday we had the chance for a training run on an area close to the main competition area, it was a good opportunity to look at the terrain, see how the area was mapped, the runnability of the woods, what a track on the map looked like on the ground and to stretch our legs after many hours in the coach.

On Sunday we were all up early for a small breakfast – it’s amazing what nerves can do to your appetite! We had been allocated start times between 9.30 and 10.30am, the juniors went off first, the seniors later, and people headed off to the start which was a short walk from our accommodation. The competition area was wonderful, there were areas of complex contours, but nothing more than 4m high, the wood was marked as white on the map and was great to run through, there were very few brashings and in most cases the straight line route was the quickest. The intricate contouring caught out a lot of people and lead to some interesting split times.... it was important to stay in contact with the map as it was possible to drift off a compass bearing or overshoot a control sight.

Despite making a few errors I really enjoyed my run and was relieved to have completed my course.



The outcome was England won and in the W50 category we took first, second (me) and third – ha.

As I said earlier the trip was fun, the juniors seemed to have a great time at the back of the coach, in the hostel, in the dining room, on the football pitch, on their courses, in the assembly area – everywhere in fact! and I thoroughly enjoyed myself too, I have made some new friends, got to know some old friends better, tested my orienteering skills in some challenging terrain and represented my country at an international competition - I can recommend it. So if you are bobbing along in the middle of your age category at the moment (like I was only recently) and think you might like a goal – then aiming for a place on the Interland team is an achievable goal – go for it!

Kirsty Staunton

## **Forthcoming Events**

**All events use electronic timing S/I or EMIT**

### **March**

- |          |                  |  |                                     |
|----------|------------------|--|-------------------------------------|
| Sunday   | 9 <sup>th</sup>  | SARUM National Event – Great Ridge – Hindon – Salisbury<br>GR: ST930360 Pre -entry closed – Limited EOD and Colour Coded<br>Contact: Stephen Robinson 01264 – 396655 | EMIT                                |
| Sunday   | 16 <sup>th</sup> | SOC District Colour Coded Event – Millyford Bridge – Lyndhurst<br>New Forest GR:SU268078. Contact: Tim Angel 01590 – 623187  | EMIT                                |
| Also     |                  | QO Galoppen District Colour Coded Event – Blackbororugh – Joe Lee<br>Cullompton GR:ST100084. Contact: Richard Sansbury 01823 -288405                                 |                                     |
| Friday   | 21 <sup>st</sup> | JK2008 Day 1   | Sprint O – Guildford University S/I |
| Saturday | 22 <sup>nd</sup> | Day 2  | Individual – Leith Hill S/I         |
| Sunday   | 23 <sup>rd</sup> | Day 3  | Individual – Ashdown Forest S/I     |
| Monday   | 24 <sup>th</sup> | Day 4 Relays -   | Eridge Park S/I                     |
|          |                  | All pre-entries via Fabian4 on line for individuals and via club for relays.   |                                     |
| Sunday   | 30 <sup>th</sup> | WSX Galoppen District Colour Coded Event – Coldharbour -<br>Wareham GR:SY905894 Contact: Tim Houlder 01202 – 380628  | S/I                                 |

### **April**

- |          |                   |  |      |
|----------|-------------------|--|------|
| Sat/ Sun | 5/6 <sup>th</sup> | British Sprint Champs. Day 1 .Hopwas – Tamworth GR:SK167052<br>Day 2 Warwick University GR:300159                        | EMIT |
|          |                   | Pre - entry only by 30/03 using Fabian4 on line  |      |
| Sunday   | 6 <sup>th</sup>   | BADO Regional Badge Event – Butterwood – Hook GR:SU715524<br>Pre – entry by 22/03 Contact; Tony Ludford via BADO website | EMIT |
| Also     |                   | BOK District Colour Coded Event – Walcombe – Wells GR: ST564488<br>Contact: Helen Kelsey 01278 – 723246                  | S/I  |

12.

Sunday 13<sup>th</sup> SARUM Galoppen Colour Coded Event – Grovely Woods – Dinton  
GR: SU315344. Contact: Jan Belza 01980 – 652249 EMIT  
Also SO Regional Badge Event – Houghton Forest – Arundel GR:TQ001108  
Pre-entry by 30/03. Contact: Jaquie Drake 01273 – 400603 S/I

Sat/Sun 19/20<sup>th</sup> British Championships 2008 – Culbin – Forres- Scotland EMIT

Sunday 27<sup>th</sup> BKO – District Colour Coded Event – Swinley East – Bracknell  
GR: SU 904660 Contact: Liz Yeadon 01672 – 563840 EMIT  
Also KERNO Galoppen District Colour Coded Event – Penhale Sands S/I  
Newquay GR: SW789548 Contact: Elsie Hargreaves 01872 - 277320

## May

Sunday 4<sup>th</sup> North Wilts Galoppen -District Colour Coded Event – Minchinhampton  
Stroud GR:852035. Contact: Michael Reynolds 01672 – 513617 EMIT

Sunday 11<sup>th</sup> BOK Trot Regional Badge Event – Brierley – Forest of Dean  
GR:SO621151 Prte-entry by 27/04. Contact: Christophe Mutricy  
01179 – 593629  
S/I

Friday 16<sup>th</sup> WIM Dorset Schools Score Champs – Moors Valley Country Park  
Ringwood Contact: Dick Keighley 01258 – 860935 S/I

Saturday 17<sup>th</sup> Harvester Relays – Hambledon – Henley GR.SU765865  
Also JOK Chasing Sprint Races. See National website for details

Sunday 18<sup>th</sup> QO 2x2 Relay – Castle Neroche – Taunton GR:ST267158  
Contact: Rgoer Craddock 01823 – 323850 Joe Lee

Saturday 24<sup>th</sup> Tamar Triple Day 1 Middle Distance – Inny Foot – Cornwall  
Sunday 25<sup>th</sup> Day 2 Regional Badge – Plym Forest – Plymouth  
Monday 26<sup>th</sup> Day3 Regional Badge – Smallhanger Waste  
See website and flyer for details of entry

## June

Sunday 1<sup>st</sup> BADO District Colour Coded Event – Chawton Park – Alton  
GR:SU670373. Contact:Mike Broderick 01256 – 351624 EMIT

Photos in this Waffle were taken by Chris. Branford and Keith Henderson.