



Website: www.wimborne-orienteers.org.uk

WAFFLE

September 2008

Chairman's Column

Well, here we go again. After a relatively quiet spell during the summer, the season resumes with a vengeance, with lots going on locally in the next few weeks., which gives you no excuses about not being fit in time for the CompassSport trophy final next month!

Also coming up shortly is the club's AGM and I hope that as many as possible will make the time to come and support the club and its committee on what is really the only formal time during the year when we meet together to discuss the club's activities.

With the cost of fuel rising rapidly over the summer, I know that many members are increasingly reluctant to travel to more distant events. With that in mind, we have tried to liaise with our neighbouring clubs so that we can coordinate our local events, particularly low key Saturday events used for coaching, training and school league fixtures.

There have been times in the recent past when our informal events clashed with those of other local clubs which was a waste of resources. This year we hope that we have managed to avoid this as much as possible. At the same time it means that there will be some orienteering activities locally most weekends during the winter months. My thanks to Chris Branford for his efforts in this direction.

Our Galoppen fixture seems to come earlier and earlier every year: this time is the earliest I can remember it being held. But with environmental pressures forcing a virtual close-down in orienteering in many areas of the south of the country during the spring and summer, everything becomes telescoped into a shorter period. As an illustration of that, next year's British Champs, to be held in the New Forest for the first time in many years, are at the end of February. Meanwhile, there are lots of events coming up so enjoy the new season whilst it lasts.

Dick Keighley

2.

Dorset Coast Path Relay – 2008

Seven Orienteering teams pitted their “best” highly tuned runners against each other on Saturday 12th July for this years Dorset Coastal Path Relay. By the end of the race of 65 miles of majestic scenery, WSX came out on top this year with a quick time of 7 hrs 36 mins 4 secs, with new comers BKO bringing up the rear with a time of 9 hrs 49 mins 10 secs. Despite the apparent gap between the first and last teams, there was a sprint to the finish across the beach at Poole between second and third placed teams of BOK and KERNO with only 19 seconds between them; BOK taking second place!

The event started as always at 8am on the Dorset / Devon border just outside Lyme Regis. A fast descent into, then a long ascent out of Lyme Regis just about managed to blow most of the early morning cobwebs away. From an early stage four teams broke away – WSX, BOK, KERNO & the SW Juniors. WIM, SOC & BKO enjoyed their own tussle for almost all of the 65 miles. WIM, SOC & BKO were neck and neck along the coast – over the Golden Cap, through Seatown, West Bay and onto Burton beach. But a clear gap had arisen from the front four teams by the time the event turned in land to avoid Weymouth at West Bexington.

WIM just held onto 5th place as Hardy’s monument faded into the distance, the BKO runner only yards behind. We managed to hold onto this position until we got back to the sea again at Osmington. Unfortunately by the time we got to Lulworth Cove, SOC had managed to not only pass BKO but also us, however WIM still remained ahead of BKO.

One of our guest runners quite literally got “blooded” on the Lulworth to Tyneham leg ending up with a number of cuts and bruises as the descents proved trickier than the ascents, handing over a bloody baton to a surprised John Walmsley! We passed by the now relocated Clavell Tower at Kimmeridge Bay as the baton continued its relentless journey along the coast.

Eventually we came out on Studland beach for the final leg. The tide was now in, but there was still enough hard sand to run on. Five runners took on the last leg and 3 miles later touched the railings at the Chain Link Ferry to finish. By the way girls, you missed a sight or two on this beach, but that’s another story!

All in all the event as ever was good humoured and a fun day out for club members not used to taking part in “team” events; a good day out was had by all. As ever it was rounded off by a pub supper at the Banks Arms in Studland. Those new club members or guest runners for the day remarked how much they had enjoyed the experience, so much so that some guests have already signed up for next year whilst other guests are becoming almost as permanent a feature as the event itself!

I think we got the balance of running about right, no complaints of sore legs on the day, even a few surprises with some with far too much energy left at the end of the day! The logistics worked most of the time until we lost Steve, but he sensibly got into another teams car and we un-sensibly spent ages looking for him - note for next year, if you miss your lift, get in someone else’s car!!!

Thanks go to John and Barbara who helped out with the logistics and Trevor for manning the finish, but most of all to this year’s team, who were:

Jo Pickering, Chris Tucker, Mark Bentley, Steve West, Kevin Pickering, Chris Branford, Karen French, Terence Furlong, Fraser Smith, Richard Brightman, Sue Hands, Mike Furlong, David Hands, John Walmsley, Sue Spillar, Chris Turner, Dennis Paynter, Gary Franklin, John Shucksmith, Adam Bentley, Bruce Campbell and the Smith, Bentley and Turner families.

The 2008 results were:

<u>Main results</u>			<u>Handicap results</u>		<u>Handicap</u>
		<u>Time</u>		<u>Time added</u>	<u>Time</u>
1	WSX	07:36:04	BOK	116	10:06:09
2	BOK	08:10:09	SWJS	106	10:29:00
3	KERNO	08:10:35	WSX	188	10:44:04
4	SWJS	08:43:00	BKO	87	11:16:10
5	SOC	09:30:08	SOC	123	11:33:08
			KERN		
6	WIM	09:37:06	O	210	11:40:35
7	BKO	09:49:10	WIM	174	12:31:06

King of the Mountain winner – Tim Britton, BOK (11:25)

King of the Coast winner – Mark Brown, BOK (37:19)

For all of you who are wondering what you have missed out on, make sure you put this in your diaries for 2009!

Noel Smith

Equestrian Orienteering

Anne selected for European Cross Country competition

Anne Bolton has been selected to represent Great Britain at the European Young Rider 'Trec' Championships, a competition for riders aged 16 to 21, which takes place in France in mid September. 'Trec' is a comparatively new equestrian sport introduced to the UK in 1998 by the BHS and has its origins in France. It is designed to test horse and rider on their ability to hack through the countryside without getting lost and how to deal with hazards and obstacles that they may encounter whilst out riding. In Orienteering terms it is a 'Line event' of up to 40km in length in which you have to map read accurately cross country, maintain a strict speed schedule and be prepared to be observed for accurate navigation at secret control sites. Anne was recently placed second in this year's Welsh Championships held in the Brecon Beacons where she was the youngest competitor in the event achieving the highest level 3 score in the Orienteering elements.

Anne, who has been a Junior member of WIM for many years, rides a 16hh Appaloosa, EBA Amarula (Archie for short) He stands out from the crowd because he is very white and has no spots. This month Anne, who hopes to become a Vet., and Archie compete in the British Championships in Buxton.

Based on a report in Blackmore Vale Magazine

Our best wishes to Anne for success in her next big event and also congratulations to Terence Furlong on gaining a place at Royal Holloway College to read French and International Relations. After splitting her time between academic study and world class orienteering Helen Bridle has now gained her PhD and after a marathon cycle ride down the length of Norway has now taken up residence in Edinburgh.

4.

A wet,wet week in Wales

When you come home from a holiday and tell your non-orienteering friends that you spent several days in very wet clothes,even wetter shoes, buffeted by strong winds, unable to see where you were going, and scrambling round a maze of unstable slag heaps, their poor impression of your sanity is confirmed. When you tell them that it was a wonderful week, it's obvious that they can't believe you.

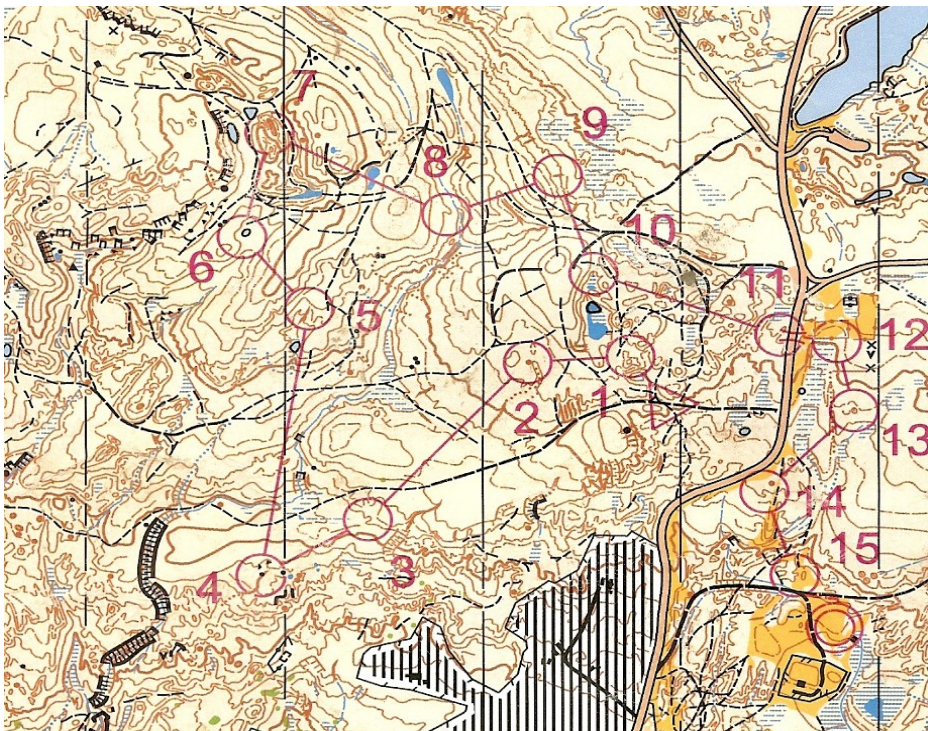
'Croeso 2008', a six day festival of orienteering, was held in the eastern Brecon Beacons early in August. Twelve WIM members took part. I asked them all for a few comments for Waffle and everyone agreed that 'Despite the weather, it was great. Wonderful terrain on the whole and very well organised.'

Days 1,3,5,and 6 were on open moorland where accurate compass work was needed, plus the ability to read contours. Day 2, 'The Blorenge' was unfortunately heavy going through deep heather,boulders and tussocks and day 4 was a more familiar forest on the west side of the Forest of Dean. Chris Branford was particularly impressed with day 5,sweeping grass moorland with pits, depressions and rock features all in glorious sunshine just for a change!. He ran at under 7 mins. per km. and felt that the planner had made excellent use of a fantastic map and area. Due to the technical complexity of the terrain, Dick's light green courses were of technical difficulty 5, a standard we can't find in our own area,which made a welcome challenge.

Sue Hands said her vivid memory will be 'Contouring precariously round slag heaps' She was grateful too for the generous provision of loos – no queues-.

Penny Harwood was impressed with the efforts of the small Welsh clubs, especially with the flexibility and helpfulness of the start officials on the last day when people were changing start times to run early in torrential rain to leave for home as soon as possible before the car park became too challenging! Penny's pet hate of the week was trying to peel off dripping clothes in a confined car space!

At each event there was a tent with masseurs available. Keith used them twice and found them well worth the fee. In fact he is convinced that he wouldn't have survived the last day if they hadn't worked on him before his run.



John loved the high open areas and the glorious scenery when the sun broke through. He especially enjoyed the challenge of intricate navigation which occasionally allows 'tortoises to beat hares'!

Karen was appreciative of the 'brilliant maps' and Nikki was delighted that on each day the event programme gave directions to nearby gardens open to the public.

Kirsty and Lynn were both fans of day 6 when the weather was particularly grim. Having to nurse an injury, Lynn was doubtful about attempting her course, but had an excellent run by sensibly aiming for big features, while those of us with glasses trying to read fine detail on a sodden map were having problems. Kirsty, was also an enthusiast for 'Best Welsh' burgers, produced locally and 'A good reward after a demanding run'

Finally, (almost), Caroline Morris, new to multi-day events, was delighted to get to know other WIM's. She was full of admiration for everyone on the campsite. In such difficult conditions, even the youngest children seemed happy, and orienteers were very disciplined in their use of limited washing facilities. She loved the beauty of the Brecon Beacons, thought the open gardens was a lovely idea, and found her courses difficult but interesting. I think we have a keen convert!

To give you an idea of the terrain, the map extract shows my course on day 3 at Pwll Du, used for the British Championships in 2007, oh and by the way it was blowing a gale, misty and pouring with rain as well!

For me the week was physically hard-going, mentally interesting, and the best satisfaction was finding a control in a complex area just where you expected it to be.

Barbara Warren

p.s. Next year's 6 day event is based at Perth in Scotland.....

'Routed 'to the spot

How often have you completed an O course and wondered how on earth other people either went faster on that 'leg' or better still slower! Did they know something that you didn't or was it their 'fiendish' route choice that gained them such brilliant times! Well, help is at hand if you have been to some of the larger events run by clubs that use 'Route Gadget' ,a computer programme linked to event maps that allows each person to mark their actual route on the map and then compare their progress against other people on the same course. To access the programme you need to 'click' onto the link which will be given in the particular clubs' events results list and then follow the instructions. The programme links the split times with the straight line route of the course on the map and by using the correct 'tools' you can easily draw your actual route on to the map. If sufficient people do this then you can re-run the race from a 'mass start' with each person shown by a small coloured square moving across the map. This can be both instructive and incredibly entertaining as the little squares progress across the map some in a purposeful manner and some like the proverbial 'headless chicken'. The success of 'Route Gadget' depends on sufficient people being prepared to put their routes into the programme. It may sound potentially embarrassing to reveal how you actually ran the course, but it is genuinely interesting and instructive to be able to compare your experiences and routes with those of other people. You can even have a run against your class leader, if they have put their course on Route Gadget ,but of course you still won't win until the next time!

John Warren

6.

CompassSport Trophy Final – Sunday October 19th

As you all know WIM are in the final and by now you should have heard from Trevor to see whether you are able to run for the club at Sutton Coldfield in October and to date there is a great response with over 40 members keen to represent the club. Sutton Park is a very large 2km x 3km enclosed area of heath and woodland to the NE of Birmingham. The terrain has mainly gentle slopes and as this is not a working forest the woodlands are not full of brashings and are surrounded by considerable areas of open and rough open. The competition this year will be pretty tough with 16 teams from all over the country qualifying for the final of the small clubs competition so we need as many people as possible to score within each class.

As part of our build up to October 19th we are proposing to run a training session at Godshill on the afternoon of Saturday October 4th when Kirsty Staunton will put on a series of exercises aimed at 'fine tuning' your skills!! This should be a chance to get together and build up our 'Team WIM' spirit before facing the opposition. If we can field a full team right across the age classes then we have a good chance of doing well, so don't be shy and come along to see what Kirsty has to offer. If you plan to come please let Kirsty know in advance by phoning 01425 – 653629.

Junior Section

Hi Juniors,

For those of you who don't know me very well I am Joanne Pickering your Junior Rep for Wimborne Orienteering Club (I'm normally the one with the big camera, always taking pictures!) Here I am, running the sprint at the JK 2008 event.



In Wimborne Club, we believe that juniors are just as important as anyone else. As the club tops are quite costly and we all know how quickly you grow up, we wanted you to feel part of the club. I have therefore produced new club t-shirts for all you juniors out there.

All you have to do is attend 3 Orienteering events, try your best, have fun and you will receive your FREE Wimborne Junior t-shirt, designed by myself!

The competition will start on 14th September at the Gallopen and Yvette Baker Trophy event at Turf Hill. Come and find me on the string course registration to receive your stamp card, with your download as proof that you have run a course and hopefully enjoyed it (I expect to see a lot of smiling!!) Each event you attend, I will stamp your card and after 3 stamps you will receive your well earned t-shirt.

I look forward to seeing you all soon,

Jo Pickering - Junior Rep

Wessex Quiz night

Once again WIM members are invited to the Wessex Club 'Quiz Night' which follows their AGM at about 8pm on Thursday September 25th. This year the venue is the Hamworthy Sport and Social Club at Canford (where we had our Skittles evening). Watch out for more details..

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

Sunday 14th WIM Colour Coded Galoppen – Turf Hill & Godshill – New Forest
 GR: SU 213177 Access from B3078 Downton to Cadnam Road
 Full range of Colour Courses. Contact: Keith Henderson 01425 – 476568

Saturday & Sunday 20/21st SARUM Caddihoe Chase – Hamptworth Estate on east side of New Forest. Day 1 Regional Badge Event. Day 2 Chasing start event.
 Also Range of Colour Coded courses with Entry on the day.
 Pre- entry for Badge courses see flier or website for details by 06/09/08
 Entries contact: Stephen Robinson 01264 – 396655

Saturday & Sunday 27th & 28th WIGHTO weekend – Colour Coded courses at the Needles and Ventnor Downs using master maps and pin punches!
 See Wighto Website for details and limits to entries.

Also QO Galloper Colour Coded event – Ramscombe – Bridgwater
 GR: St 165378. Contact: Roger Craddock 01823 - 323850

October

Saturday 4th Devon Long O – Okehampton Camp See website for details and pre-entry
 Contact: Roger Green 01392 – 278512

Also WIM Training – Godshill (Contact Kirsty Staunton 01425 – 653629 if you want to come)

Sunday 5th SLOW Regional event – Glovers Wood – Gatwick GR TQ220406. Pre-entry by 25/09. EOD Colour Coded courses. Contact: Mike Garvin 02077 -386570

Also BKO Colour Coded Event – Burghfield Common – Mortimer GR:SU632643
 Contact: Liz Yeadon 01672 – 563840

Also QO Long O – Wootton Courtney – Minehead GR: SS 936434 Pre -entry by 21/09 Contact: Martin Longhurst 01179 – 516145

Friday 10th WIM – AGM – Canford School – 7.30pm

Saturday 11th SLOW City of London Race GR: TQ 330817 See SLOW website for details.
 Closing date 30/09. Not suitable for under 14's

Sunday 12th WSX Regional Badge Event – Holmsley & Durr Hill – Burley New Forest
 GR: SU 199000. Pre entry by 05/10 Contact: Kay Sayer 01202 – 484523

Sunday 19th CompassSport Trophy Final – Sutton Coldfield – W. Midlands. See note elsewhere in Waffle.

Also BADO District Colour Coded Event – Chawton Park – Alton GR:SU670373
 Contact: Mike Broderick 01256 - 351624

Sunday 26th BOK Bristol Long O – Ashton Court GR: ST557718. See website/flier.
 Contact: Katy Dyer 01179 – 684173

8.

November

Sunday 2nd SOC November Classic Regional Badge Event – Burley West – New Forest
GR: SU219042. Parking fee £2 . **Pre entry only on all courses. No EOD**
Closing date: 05/10. Contact: Terry Smith 02380 – 845787

This event will be the annual WIM club championships. To qualifying you must run the proper course for your age group. If in doubt phone John Shucksmith 01202 - 605108

Saturday 8th SARUM Dorset Schools League and Wessex Night League – Cannimore Woods – Warminster GR: ST842438 Schools starts from 13.00. Night League start when dark. Contact: Charlotte Thornton 01722 – 320872

Sunday 16th BKO British Schools Champs – Hawley and Hornley – Camberley
GR: SU 819587 Contact: Liz Yeadon 01672 – 563840

Saturday 22nd BADO – South Night Champs – Greenham Common -Newbury
GR: SU500645 Pre -entry by 08/11 No EOD. Contact: Andy McGregor
01189 - 812598

Sunday 23rd BOK Gallophen Colour Coded Event – Highmeadow Wood – Forest of Dean
GR: SO 546136. Contact: Katy Dyer 01179 – 684173

Also BADO District Colour Coded Event – Greenham Common – Newbury
GR: SU 500645 Contact: Andy McGregor 01189 – 812598

WIM AGM

Enclosed with this Waffle are the minutes of last year's AGM.

This year's AGM will be on **Friday October 10th at Canford School 7.30 for 7.45pm.**

Agenda

- Apologies for absence
- Minutes of last meeting
- Chairman's Report
- Treasurer's Report
- Election of Chairman
- Election of other Officers
- Election of Committee
- Club Fees for 2009/2010
- A.O.B.

Following the business meeting there will be refreshments and a presentation by John and Di.Tilsley ,who in addition to being dedicated Orienteers and sailors are also award winning photographers. Their subject will be 'Adventures in New Zealand'.