



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

# WAFFLE

March 2009

## Chairman's Column

The compressed season of major events in the south has led to a busy few weeks for the committed orienteer. From mid-January onwards, only the heavy snow in early February disturbed the succession of Regional events, culminating with the British Championship weekend.

It was great to see the numbers of WIM members running over the weekend at the British, especially the huge numbers of relay teams we managed to field. I can't remember when we last put out three junior teams and the atmosphere around the club tent as we cheered each WIM finisher was fantastic. Hilary Pickering worked very hard to manage all the team entries and and I'm sure you will join me in thanking her for all her hard work.

A fortnight earlier we had held our annual regional event at Gore Heath and the WIM team ethic was again very obvious. Gore Heath is quite a small area, but has some very complex contours and the Branford family's decision to stage the event as a Middle Distance race, rather than a conventional event, was fully justified. Everyone except the youngest juniors were kept off the tracks and paths and found themselves having to navigate carefully for the entire length of their courses. Every person I spoke to afterwards was full of praise for the course planning of Chris Branford and John Shucksmith's organisation worked like clockwork. The facilities of Sandford Middle School were much appreciated. Our thanks too to the many WIM members who put in a shift helping at the event.

As is usual when we hold events in the western side of our patch, the attendance is down on an event in the New Forest. Perhaps with the British in the offing and the perceived course distances being apparently on the short side, some people gave themselves the day off. Those who did missed a treat.

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The next major event for the club is the regional round of the CompassSport Trophy, on an area near Exeter once used for the JK relays, which has been brought forward to mid March onto the date vacated when the British Relay Championships was brought forward by a fortnight. The club will again pay entry fees and we hope to see as many members as possible competing.

There has still been time for small scale local events though. There have been three Saturday events recently, which have been Dorset Schools League events and also informal events for adults. All have attracted attendances of around 100 and have been very enjoyable. Clearly there is a local market for such events. We are working hard with our neighbouring clubs to co-ordinate these events as part of a coherent local programme.

The WIM contribution to all this was the very successful (if very cold) Inside Park 3-in -1 event, masterminded by Trevor Bridle, with a schools event on the Saturday afternoon sandwiched between a MTBO event in the morning and the annual Night Owl night event. Some folk even did all three events.

We did have a nasty scare when we discovered the previous day that the shooting tenant was unaware of our presence at the weekend and had organised his last shoot of the season for the Saturday morning. A bit of lateral thinking and some last minute replanning meant that cyclists and shooters were able to avoid each other and both activities went ahead safely on the morning.

Finally, our congratulations must go to members Mike Kite and Mary Buckland, who got married in mid February, and to former member Tim Britton, now of BOK, who announced his engagement to fellow orienteer Laura Pearson on the weekend of of the Gore Heath event.

Dick Keighley

## **WIM/WSX Dinner - Awards**

The joint WIM/WSX dinner was held on Friday February 20<sup>th</sup> at the Riviera Hotel in Bournemouth. After the meal both clubs presented awards to their respective club champions.

Fraser Smith was presented with the shield for the leading junior man, as well as class winner in the SW Middle Distance Championships, whilst Keith Henderson was awarded the trophy for the leading senior man. Rebecca Whittingham had been presented with the award for the leading junior lady and the class winner of the Middle Distance Championships at the Gore Heath event.

Sue Hands was unable to attend, but WIM want to record the club's admiration for her remarkable recovery from a broken ankle in autumn 2007. With the help of an inspirational physiotherapist and a vast amount of determination Sue came back to win the Southern Championships in spring 2008 and we are sure that she will recover from the recent accident with equal vigour.

Thank you WSX for organising a very pleasant evening

### **Moors Valley Permanent Course – Ringing the changes**

The Permanent Course in Moors Valley has now been in use for almost 10 years, and as a result there have been many changes both in the vegetation and the path network, so WIM decided last year that it needed an update.

The map has been re-surveyed, redrawn and is about to be printed, supported by East Dorset District Council. The number of posts has been increased from 45 to 50 all of which have been painted and now have S/I clips attached. The Forestry Commission has supplied and installed all the new posts, and I would like to thank Justin Rylands and his team for all their hard work over the past weeks. The posts are 1.5m long and take a bit of lifting across rough ground. Because of changes in the vegetation several posts have been relocated so that the Permanent Course can serve both Orienteers on foot and Mountain Bike enthusiasts, so if you are a regular user of the Permanent course you'll need a new map.

Although the course will be up and running by Easter WIM are going to put on a 'Re-Launch Day' on Saturday May 16 when we hope to offer a wide variety of activities for both beginners and experienced orienteers. Details will be out soon so keep an eye out for them.

John Warren



**Keith Henderson, Nikki Crawford , Chris Branford  
Bronze medallists in BOC 2009 M/W 60 Relay**

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### **British Championships 2009**

This year the 'British' came to us, taking place on Hampton Ridge and at Beaulieu and enjoyed superb early spring weather, encouraging quite a few 'first time' club members to take part in the premier O event of the year.

Despite a long hike from the car park the beautifully sited and sheltered assembly area was buzzing with atmosphere with over 40 members joining some 1800 competitors from all over the country in the Individual event. Fast running across open heathland was the order of the day with Sophie Lawrence winning her class, Rebecca Whittingham coming a brilliant 2nd in W12B and Mark Bentley, Jo Pickering, Hilary Pickering and Nikki Crawford all coming 3<sup>rd</sup> in their class.

The Relays at Beaulieu were one of the great days out for WIM with no less than 15 teams taking part thanks to the masterly team management of Hilary Pickering. With the club tent in a prime position with a superb view of the run in our coaches did their stuff, encouraging and calming the juniors as they waited for their mass start. The forest and heath were good relay terrain glowing in the sunshine and excitement reached fever pitch as Rebecca Whittingham, our first leg runner in the Mini Relay powered her way up the finish lane to hand over to Fraser Smith. He in turn had a good run and handed over to Diggory Turner, a late recruit to the team who flew round the course picking up several places to bring the team home in 6<sup>th</sup> place out of 21 teams, a brilliant performance. In the Senior competition WIM achieved an outstanding 3<sup>rd</sup> place in the M/W 60 class with Keith Henderson, Nikki Crawford and Chris Branford holding off a further 43 teams. At the club tent an enthusiastic crowd roared support at incoming runners with WIM really coming to life as a club. It's always difficult to know who to pick out after the first three places but in the Womens Short, Kirsty Staunton, Jo Pickering and Michelle Spillar achieved an outstanding 5<sup>th</sup> place in the highly competitive class.



**Fraser at BOC Relays**



**Rebecca at Gore Heath**



## **British Relays 2009 – A view from the team organiser**

At a committee meeting one evening I heard someone say, "With the relays so close to home this year what a great opportunity to get as many people running for the club as possible" For a split second my heart sank at the thought of juggling a dozen or so teams instead of the usual four or five but I wholeheartedly agreed that it wasn't an opportunity to be missed! The juggling completed, fifteen teams were declared and we looked forward to meeting everyone in the club tent for an enjoyable day's running.

March 1 was a beautiful spring day, ideal for running and not too cold for waiting around in the start pen. The Juniors were off first, none of whom had run a relay before. The first ones coped well with the confusing gaffle system handing over to their team mates who continued the run with enthusiasm. Finding one team without a third runner Diggory Turner (aged 9) volunteered to run. He took off his jumper, waited calmly at the start and then he was off. Surprising everyone by reappearing very quickly he was cheered up the run in by WIM spectators. Not only had he completed the course, he had taken the team up four places as well! We look forward to watching all the juniors develop their orienteering skills and hope they will be back next year for more!

In the adult teams we had a further nine team members who had never run an orienteering relay before and some who, due to the way courses are set, had to run harder courses than they had ever run before. They coped admirably and really added to the club spirit during the day. Due to injury (we wish Sue Hands a speedy recovery) three teams had late changes, Anne McMurty stepping in and running a day after getting back from Scotland, with Jose Stanley and Nikki Crawford changing teams as well. Nikki was now running with Chris Branford and Keith Henderson and our congratulations go to them for securing the bronze medals. A great run!

Thank you to everyone who turned out and we look forward to the next turnout for the club, the Compass Sport Trophy.

Hilary Pickering

## **Improving your Orienteering**

On the 2<sup>nd</sup> Saturday in the month an Introductory Orienteering session – Try O – is run by members of WIM at Moors Valley Country Park. Alongside this, most months we run a Coaching Session for club members. If you are interested then let me know.

As well as the Permanent Course at Moors Valley there are several other Permanent Courses around the Bournemouth area: Littledown Centre, Upton Country Park, Poole Park and Kings Park.

You can download the maps free at [www.wessex-oc.org](http://www.wessex-oc.org)

How about planning a course for your brother or sister, mum or dad and they could plan one for you – don't make it too hard!

Something to try – when you have finished your course, got changed and had a bite to eat.

Have a look at your map

Try to remember where you went

The route you took between controls

What the control site looked like

How you could have improved your run

Talk to someone who did the same course as you

See if they did the same as you

It's always good to share ideas, and WIM coaches will always be happy to advise

Kirsty Staunton (British Orienteering Coach)

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### **WIM in the news**

If you are a subscriber to 'CompassSport' magazine you will have noticed that in the current (February) issue WIM has really got some publicity!

On the front cover is a full page colour photo of Sue Hands in action at Broadstone Warren, whilst on page 6 there is a report by Trevor on the 'Three in one' event at Inside Park in January.

Pages 21 to 23 contain an illustrated article on the Boxing Day Canter. This includes photos of the 2008 mass start, Jo Pickering as the 'Fairy' and 'Santa' with friends. Two maps are reproduced one showing Ringwood Forest North with the 2008 course and a second one showing the course on Canford Heath in December 1971. There is also a map showing the venues for the event over the past 37 years.

Nick Barrable, the editor of CompassSport invited us to write about the Canter and we thank John Shucksmith for his help with research. Helen Bridle wrote an account of her route choices in the 2008 event and claims to have been present and/or competed in every Canter since she was born!

For the eagle-eyed the mis-spelling of 'Wimborne' on the map (with a 'u') wasn't written by us!

If you don't subscribe to 'CompassSport' it is usually on sale at major events, or you can get information from [www.CompassSport.co.uk](http://www.CompassSport.co.uk)

John and Barbara Warren



**John and Di Tilsley receiving the award for Outstanding Services to Schools Orienteering 2008**

Congratulations to John and Di who were presented with the 2008 award for 'Outstanding Services to Schools Orienteering' at the British Championships 2009.

Their work in promoting schools O in Dorset is remarkable, originating almost 20 years ago when John joined the Dorset Outdoor Education Centre in Weymouth, in part to further his enthusiasm for sailing. Di joined him a little later and together they developed an inter-school orienteering league amongst the primary schools of Weymouth.

They are charismatic people who can motivate both children and adults which has led them not only to work with children but to train teachers in Orienteering skills and in John's case become one of the leading Assessors of teachers and aspiring Orienteering coaches in the south of England.

Several years ago Di embarked on a mammoth project to produce O maps of Dorset Schools. To date she has produced no less than 160 maps which is truly incredible! In so doing she has developed close links with schools allowing them both to extend the ideas that they pioneered in Weymouth to the rest of the county. The concept of a 'pyramid' of primary schools round a larger secondary school enabled children to learn the skills of Orienteering in their own school and then compete in a league with other schools in the group where to be successful you actually had to read a map!

A successful bid for a Lottery grant, led by John and Di allowed WIM to purchase several sets of electronic timing equipment, there now being 3 schools sets in Dorset.

Electronic timing is a great motivator for children and school 'Pyramids' are currently being established in Dorchester, Gillingham, Shaftesbury, Sturminster Newton, Wimborne & Ferndown, Christchurch, Bridport and Beaminster. The longest established and most successful to date is the Purbeck group where Adrian Mitchell regularly brings a minibus full of children to local events.

John and Di have always been keen to develop a route that will allow youngsters to progress from school into the full competitive world of Orienteering and as part of this WIM established the Dorset Schools League. This brings in our other major player in Schools O, Dick Keighley, himself a recipient of the award for Outstanding Services to Schools Orienteering in 2006. Dick was the prime mover in establishing the Schools League which now has three events per term plus the Score Championships in May at Moors Valley. As most of you know the Schools League events now combine coaching and an Informal event for adult orienteers so forming a bridge between 'enclosed' schools events and the wider world of club O events.

The award to Di and John happily coincided with the British Relays at Beaulieu at which WIM fielded 15 teams 3 of which were juniors. Not only did the juniors enjoy themselves in the exciting atmosphere of the premier relay of the year but they showed that they could compete with the best in the country! As a club we should be proud of our juniors and grateful to John, Di, Dick and all our coaches who have worked so hard to achieve this success. Long may it continue!

John Warren

## **Sue Hands**

We send our very best wishes to Sue Hands as she recovers from a nasty accident whilst competing in the JOC Sprint races at Watford. Unfortunately her leg got scalded by boiling water and because of the danger of infection she was forbidden from taking part in the British Championships which of course took place close to her home in Fordingbridge. It must have been a bitter disappointment for someone with such excellent prospects of winning her W60 class.

## **Forthcoming Events** ( All events use electronic punching S/I or EMIT)

### **March**

- Sunday 22<sup>nd</sup> SARUM Regional Badge Event - Fonthill - Hindon GR:ST909307  
Full range of Badge courses - Colour coded White to Light Green  
Pre -entry on line by 12/03.Limited EOD. Entries contact:  
Stephen Robinson 01264 - 396655  
SARUM website [www.sarumo.org.uk](http://www.sarumo.org.uk) EMIT
- Wednesday 25<sup>th</sup> MLS (Army League) Sidbury Hill – Tidworth (see BOAC website)

### **April**

- Wednesday 1<sup>st</sup> MLS(Army League) Relays – Bordon (see BAOC website) EMIT
- Sunday 5<sup>th</sup> WSX Galoppen - Colour Coded Event - Rempstone - Corfe Castle  
GR: SY992835. EOD only. Contact: Liz Lockton 07733 135688  
WSX website [www.wessex-oc.org/](http://www.wessex-oc.org/) S/I
- Friday 10<sup>th</sup> JK 2009 Sprint O - Newcastle University  
11<sup>th</sup> Individual - Day 1 - Kylee - Berwick upon Tweed  
12<sup>th</sup> Individual - Day 2 - Detchant - Berwick upon Tweed  
13<sup>th</sup> JK Relays - Hexham S/I  
Details see website [www.jk2009.org.uk](http://www.jk2009.org.uk)
- Sunday 19<sup>th</sup> DEVON Galoppen - Colour Coded Event - Smallhanger Waste,  
Plympton GR: SX562592. EOD only. Contact: Ella Bowles  
01803 - 732241  
Website: [www.devonorienteering.co.uk](http://www.devonorienteering.co.uk) S/I
- Also SO Regional Badge Event - Goodwood - Chichester GR:SU897113  
Pre-entry on line 04/04. Limited EOD with surcharge. Contact:  
Jaquie Drake 01273 - 400603 Southdowns website  
[www.southdowns-orienteers.org.uk](http://www.southdowns-orienteers.org.uk) S/I
- Wednesday 22<sup>nd</sup> MLS (Army League) 'Harris Relays' (Details not yet available)
- Sunday 26<sup>th</sup> SARUM Galoppen - Colour Coded Event - Collingbourne Woods  
Ludgershall GR: SU271528. EOD only.  
Contact: Pat Hart 01794 - 390593 . [www.sarumo.org.uk](http://www.sarumo.org.uk) EMIT

### **May**

- Saturday 2<sup>nd</sup> Triple O Severn day 1 - NGOC Regional Event - Mallards Pike  
Coleford - Forest of Dean GR: SO621121 S/I
- Sunday 3<sup>rd</sup> Triple O Severn day 2 - BOK National Event - New Beechenhurst  
Coleford GR: SO620121 S/I
- Monday 4<sup>th</sup> Triple O Severn day 3 - WJS Score Events - Cannop Ponds  
Coleford GR: SO620121 S/I  
Details/Entry see [www.fabian4.co.uk](http://www.fabian4.co.uk)
- Friday 15<sup>th</sup> Dorset Schools Score Champs - Moors Valley Country Park
- Saturday 16<sup>th</sup> WIM Moors Valley Permanent Course Re-Launch S/I
- Saturday 23<sup>rd</sup> Springtime in Shropshire day 1 - Rorrington GR:SJ302975 S/I
- Sunday 24<sup>th</sup> day 2 - Brown Clee GR:SO615814 S/I
- Monday 25<sup>th</sup> day 3 - Corndon Hill GR:SO309967S/I



