



Website: www.wimborne-orienteers.org.uk

WAFFLE

May 2009

May In Moors Valley and beyond

The weekend of May 15/16th is when the new Permanent O course gets its first big workout.

On Friday May 15th WIM host the Dorset Schools Score Champs which unusually this year is a closed event **only open to schools** (club members and other Orienteers will have their chance the next day). Starts will be from 2pm and entries are being taken by Dick Keighley. There will be a prize-giving after the event with shiny medals. Details for schools will be on the WIM website soon.

Saturday May 16th is the big one!

The Re-launch of the revised Permanent Course at Moors Valley.

The permanent posts have all been renewed and in some cases re-positioned with a total of 50 scattered throughout the forest providing a variety of challenges and we are going to celebrate the re-launch with a day of orienteering activities using these posts.

Starting in the morning there is a mountain bike event, (MTBO), using the new bike paths. This will be a 1 hour score event with starts from 10am to 11am. The course is suitable for beginners as well as more experienced riders. You can also hire a bike at Moors Valley and have a go.

In the afternoon, from 1.30 to 3.00pm there will be colour coded courses from white through to light green. We will also be running introductory sessions with exercises in the 'overflow' car park throughout the day, and a free string course is available near the Visitor Centre.

Finally, because some posts have been moved we are re-issuing the 'Moors Valley Challenge' where you attempt to visit all 50 control sites and return to the Start/Finish in the shortest possible time. You choose the route, but the estimated distance is at least 15km so it really will challenge your fitness and route decision making! We have had to hire special S/I 'dibbers' to record all 50 controls so Dick would like to know if you want to take part before the event [mail'at'jrkeighley.co.uk](mailto:jrkeighley.co.uk) (replace 'at' with @)

From the String Course to the Moors Valley Challenge there should be something for everybody and we hope that with publicity there will be lots of newcomers coming to Moors Valley to have a go. I would be very grateful of offers of help on the day and will be calling you soon!

Looking further ahead, put Saturday May 30th in your diaries. It is the last Saturday of the May half term and we are going to run a club coaching event at Hurn Forest just off the A31 near St Leonards Hospital (turn into Boundary Lane to the forest entrance at GR: SU105023). I am planning something for all abilities, a star exercise, line course and a map memory – maybe! If the weather is nice we could even have a picnic. More details on

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the WIM website nearer to the day.

Another date for the diary is Wednesday 22nd July, when we hope to use parts of Moors Valley in the late afternoon/evening to put on another club training event with several short courses followed by a barbecue. This will be based on the main Moors Valley car park and will be suitable for everyone. This will be confirmed on the website nearer the date. Moors Valley also has a fantastic play trail, play park, mountain bike trail and tree-top walk – something for all the family.

Kirsty Staunton

Early Bird May Waffle

This Waffle should be reaching you much earlier than normal because the Editors are off on holiday to Norway in late April. We have tried to get the most up to date information for events and activities but it would be an idea to check websites before setting out to events.

WIMBORNE CLUB LEAGUE 2009

The Club League table is compiled from competitors' best 6 scores in:

- a) Compass Sport Trophy/Cup
- b) All SWOA Level 2 (Regional) or Level 1 (National) events
- c) All SWOA Level 3 Galoppens
- d) SOC Level 3 New Forest events with full 'traditional' colour range
- e) SOC and BADO Level 2 or 1 events

Other Level 3 (Local) events, Night events, Score events and Chasing Start events are not included.

Points scored are the course winner's time divided by the competitor's time multiplied by 100. Competitors 'running down' a course score 80% of their calculated points.

British Orienteering has introduced a new event structure which will become the norm next year. 2009 is seen as a year of transition, with some Level 2 Regional events retaining the old structure and some adopting the new extended colour coded structure. It's an interesting mixture! I'm reminded of the newspaper report – "Ghana is to change over to driving on the right. To avoid confusion, the change will be made gradually."

This year, the Club League scoring system will be as follows:

Level 3 and Level 1 events – no change

Level 2 events retaining old structure – no change to existing L/S and A/B scoring system

Level 2 events adopting new structure – adhere to the organising club's assignment of age classes to colours. However, with the extended range of colours, competitors running down one course will score 90% of calculated points (or 80% if running down two courses).

I'll do my best to handle anomalies (you can bet there'll be some!) in a sensible way. Good luck to everyone!

Mike Kite

WIMBORNE CLUB LEAGUE 2009

- A NWO Galoppen - West Woods, 18 January
 B WIM Regional - Gore Heath, 15 February
 C BOC Day 1 - Hampton Ridge, 28 February
 D Compass Sport Trophy - Bullers Hill, 15 March
 E SARUM Saunter - Fonthill, 22 March

Place	Name	Class	A	B	C	D	E	Points (best 6)	No of events
1	K Staunton	W50	72	100	97	89	72	430	5
2	T Horsler	W40	80	89	82	79	88	418	5
3	S Horsler	M40	80	73	74	82	90	399	5
4	R Brightman	M65	73	69	62	82	74	360	5
5	K Henderson	M65	76	95	83	99		353	4
6	MKite	M60	63	59	69	58	100	349	5
7	V Crawford	W65	68	100	94	79		341	4
8	C Branford	M60		80	76	97	77	330	4
9	J Whittingham	M35	58	69	80		100	307	4
10	J Warren	M70	50	74	54	50	63	291	5
10	S Hands	W60		100		91	100	291	3
12	J Bland	W70		100	64	42	74	280	4
13	R Moore	M50	56	47	59	44	64	270	5
14	D Bland	M70		76	68	53	72	269	4
15	J Stanley	W60		81	53	69	62	265	4
16	N Smith	M40		61	92		89	242	3
17	K Crawford	W40	68		72		80	220	3
18	T Bridle	M60			81	61	75	217	3
19	D Tilsley	W50			76	57	64	197	3
20	MFurlong	M50	69			43	79	191	3
21	S Spillar	W55		75	52	56		183	3
22	MSpillar	W21			82	100		182	2
23	C Christopher	W55	59	54		65		178	3
24	MChristopher	M50	64	59		51		174	3
25	B Warren	W75	36		68		65	169	3
26	H Pickering	W55		77	91			168	2
27	S Lawrence	W70		78	82			160	2
28	J Walmsley	M50	52		56	50		158	3
29	A McMurtry	W60		85	70			155	2
30	J Shucksmith	M55		80		59		139	2
1	R Whittingham	W12	37	100	75	100	69	381	5
2	F Smith	M12		100	52		100	252	3
3	E Reynolds	W18		65		59		124	2
4	R Kent	W10		100				100	1
5	K Reynolds	W14		89				89	1
6	S Horsler	W10				56		56	1
7	K Hodge	W14				53		53	1
8	C Hodge	W16				37		37	1
9	WThompson	M10	33					33	1

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Compass Sport Cup/Trophy Events 2009

The draw was made and the Compass Sport Cup/Trophy events were due to take place on Sunday 29th March in all Regions. WIM were placed in round 1 in the SWOA region and therefore were required to attend the Devon event. However due to access problems the date had to be brought forward by 2 weeks to 15th March and this saw us competing at Bullers Hill near Exeter. Bullers Hill was originally aptly called Bramble Brook when I last ran on the area in 1979 at the JK relays. It seemed to me that the area had not changed much it still has steep valleys and a profusion of brashings together with deep streams which made the whole event very physical.

On arrival at the venue we found the car parking a little spread but at least we were all on hard standing. The set up was along the lines of Moors Valley Country Park with a Go Ape section and numerous mountain bike trails. Unfortunately however it did not have the luxury of the Moors Valley barn and facilities. The Starts and Finish were in close proximity of the car parking and there was also a grassy area adjacent to the offices which provided an ideal spot for the Club tents. WIM soon had the tent up alongwith the banner and so we had a focal point and somewhere for everyone to base themselves.

A magnificent 40 plus club members made the long journey down to the event and so it was that the early runners were soon nervously making their way to the start. Starting at the top of the hill there was only one way to go and all courses started downhill. The difficulty on my course was evident straight away with numerous brashings to cross to get to the first control. After that steep climbs, deep streams, boggy areas, more brashings and large sections of fight before a very long steep climb back to the top of the hill and the finish. Most club members found the area very tough but suffice to say that our usual reliable performers had good runs and ensured that WIM qualified for the final on 18th October at Fineshade near Corby. Further details will follow at the end of the summer.

The final scores in the Trophy competition were WIM 1272, SWOC 1228, KERNO 1215 and QO 1044. Not wishing to pick out anyone in particular but it was good to see Michelle Spillar, Kirsty Staunton and Keith Henderson scoring a maximum of 100 points.

Wessex and Madeleine were of course taking part in the SCOA region Bado event on 29th March on a new area at Pamber and Silchester close to Tadley. I managed to secure a run and it was a memorable experience in a lovely runnable wood. Wessex and Bado tied in the Trophy event and so the result was then based on 14 to score rather 13 with Wessex then scoring 1350 against BADO 1346. Congratulations to Gavin Glegg, Dale Paget, Kay Sayer and James Crickmore who all scored 100 points.

I therefore just note one or two similarities and differences between the 2 events:-

Similarities: The weather at both events was glorious and sunny. In the Trophy competition there were 4 teams competing against each other at both events. After both events we enjoyed hospitality. At Michelle Spillar's house in Exeter with tea and cake after the Devon event and at the National Trust property The Vyne after the Bado event with a Cream Tea.

Differences: Bullers Hill was rough and tough whilst Pamber and Silchester was a lovely runnable flat beech and oak wood with very little undergrowth. Car Parking at Bullers Hill on hard standing and close to the start and finish. Car Parking at Pamber and Silchester

was in a small field for some approximately 300 metres from the start with others some distance away again in another uneven field. Bullers Hill had a grassy area for Club Tents giving a good club atmosphere whilst at Pamber and Silchester there were no Club tents and no atmosphere. Bullers Hill used SI. Pamber and Silchester used Emit.

However at the end of the day the facilities and map were the same for all competitors at each event and thus the winners were worthy on the day. Well done to both WIM and WSX who will meet in the final.

Trevor Bridle

Coast Path Relay – Saturday 11th July

Saturday July 11th is the day when we hope that a large number of WIM's will form a team to compete in the 2009 Dorset Coast Path Relay. It's about 100K from the Devon border at Lyme Regis along the coast to the finish at Sandbanks ferry and has been won most recently by WSX in a little over 7hrs 30mins. The event was pioneered by our own John Walmsley, and is a great social day out with vigorous exercise to suit all levels of fitness! It starts at 8am near Lyme Regis and finishes in the mid to late afternoon with a team of a minimum of three runners running from Studland Village along the sands to Studland Ferry to be greeted by the rest of the team. After this we usually all go for a meal at the Bankes Arms at Studland, and the weather has always been superb!

Once again Noel Smith is our chief planner so expect to be contacted and have your arm twisted by Noel! In planning how to deploy runners Noel will designate people either as members of a 'Sprint Team' or as 'Distance Runners'. The 'Sprint Teams' are usually allocated to steep hills close to access roads. With a large number of people spaced up a hill the relay baton can travel uphill very fast and then be passed to the 'Distance Runners'. 'Distance runners' are the fittest club members and need to know the route that they are running which is usually several miles and may involve more than one leg in the day. The 'Sprint Team' members may only be running 100m (uphill!!) and then have to rapidly move on to meet the incoming 'Distance runner' at the next hill. By now you'll realise that planning and logistics play an important part in the Coast Path Relay with a critical role played by the support team of car drivers to move runners from place to place. Teams can be very large, the biggest being KERNO who have fielded a team of 40 runners but there is a valuable part to be played by everyone whether a dedicated distance runner or a modest jogger and it's remarkable how many people you get to know by taking part. You may think that there is no navigation involved, after all it's only following the signed path! However be warned, over the years we have had team members getting lost with catastrophic effects on the race schedule not to mention those people searching for the missing runner. With this in mind, once Noel has done his planning and everyone knows where they are due to run you might like to spend a day on the coast checking out your route to make sure that you are totally confident on the day. There is a book that is the official guide to the SW Coast Path from Exmouth to Sandbanks which has useful maps and it's worth remembering that the Relay follows the 'Inland route' behind Weymouth. Looking forward to a great day on the Coast.

Why not get in touch with Noel now. Tel: 01202 – 821053

E Mail: noel@coachhouse8.plus.com

John Warren

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'The Tilsley's Report' on JK 2009

The Day before.....

Traditionally travel to the JK can be fraught with long traffic jams and wasted hours. We short-circuited potential problems by going part of the way on Wednesday evening, enabling us to travel on fairly empty roads and we arrived in Tyne & Wear by 2.00p.m Thursday afternoon. A most enjoyable couple of hours were spent at the Wetlands and Wildlife Trust at Washington. We then ventured into the centre of Newcastle to find food. Entering via the High-Level Bridge was easy, however, returning was a different matter... 3 times round a very complicated one-way system & we finally exited approximately in the right direction.....(hmm,sounds like our orienteering....!)

Day 1 Sprint-O: Newcastle City Centre

After our experiences the previous evening, our route choice to the start was to be via 'Park & Ride' and the Metro – definitely a first for getting to an event! Apart from a slight problem of no change for the Metro tickets and all shops closed because of the Bank holiday (solved by Di chatting up a taxi driver....) we zoomed along underground to within 200m of the assembly area! It was a compact but very sociable area beneath the arches of the Civic Centre & we were very fortunate that the predicted heavy rain didn't materialise. Starts were just 400m away and the finish came right into the assembly area. We even spotted the last control barely 150m from the finish!

The competition area was in 4 segments crated by a complex motorway system running North-South and East-West right through the middle of the area. There were just 5 crossing points and route choice in deciding where to cross was crucial on many courses! The areas included a park, ornamental gardens, school grounds, University campus and residential areas. Courses zigzagged and criss-crossed their way through all or some of these. As always, you had to keep your eye on the solid black lines on the map denoting an impassable route. Fortunately there was not the multi-level complexity of some of the other recent urban events, but you certainly had to make route choice decisions quickly and most of all, keep contact with the map. I suspect that re-location could have proved to be quite tricky with all flowerbeds, paths and buildings looking rather similar!

Both of us enjoyed it immensely. Whilst not being sprinters means we were never going to be 'up there', both of us had pretty clean runs with no major errors. I guess with the amount of work we have both done on school maps, this kind of micro-navigation perhaps come a little more easily to us?! Just got to improve our fitness and sprinting....

Best WIM result: Helen Bridle 2nd in W21 by just 2 seconds!



Kirsty sprinting in Newcastle (photo by Jo Pickering)

Day 2: Kyloe Hills ,near Bamburgh

Very convenient assembly area right next to the parking field, with the most glorious views, across to the coast and Holy Island. Wonderful weather with sunshine and light winds. WIM tent erected in a prime position alongside the run-in, ready to cheer at the appropriate times! All was set up for a great WIM day.....except that it didn't exactly go to plan.....

A very green map, with the few patches of white covered in green vertical screen indicating brushings!! There were some areas of lovely runnable woodland but rather few and far between. Lots of rock features from huge rock climbing crags to metre high boulders and some very intricate contour detail ready to catch out the unwary. So physically very tough if you ventured into anything other than the white and in many cases, orienteers emerged bloodied and very bedraggled having lost the battle with the vegetation! Route choice proved crucial and often a long detour round paths was definitely the quickest option, but you didn't realise that until you finished and compared splits...

I started 4 minutes ahead of Kirsty and feared that I might be overtaken before reaching the first control but held out until 3! Oh for the legs to have been able to stay with her, but she vanished rapidly after 5. Has a bit of a problem at 8 when I was looking for an indistinct path that turned out to be a series of short low crags (!!) but I wasted time looking before realising my mistake and then lost time relocating. After that I was slow but kept in contact with the map and picked off the next 6 controls reasonably well. However, my disaster was control 15 – a 130m leg which took me over 10 minutes. I's amazing how you can make the map fit the terrain when clearly , with hindsight, it didn't. How on earth could I not find the feature I was looking for? (oh and 3 guys were looking for it as well, so I wasn't the only dingbat!) Why didn't I try to relocate quicker rather than ambling round like a headless chicken for far too long?? (answers on a postcard please!)

John didn't have a happy experience... Having taken 35mins to find control 3 and spending a considerable amount of time fighting through green, after an hour and at the furthest point away from the finish, he decided to call it a day and walked back in on the paths. The courses had taken their toll of many other WIMs, with a sad array of mispunches, 2 punches which failed to register, retirements and costly mistakes. We certainly rue the fact that we just don't get the chance to experience such technically difficult terrain often enough in the SW. Overall the WIM report read: 'Could have done better....'

Best WIM result: Kirsty Staunton 2nd in W50L



Day 2 Kyloe A very 'Green' map

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Day 3: Greensheen and Cockenheugh

Awoke to a cloudless sky – cannot believe how lucky we have been, particularly compared to last year's snow! Yet another beautiful setting for the assembly area – views out over the sea and but more importantly, the panorama unfolded as you progressed round the courses, including the Cheviots and the Scottish hills from the top of Greensheen Hill. We got to the assembly area early and proved that it was just about possible, on a calm day, for two people to put up the club tent!! With two starts each 1.5km away in completely opposite directions and the assembly area in between, the logistics of this weren't easy but we felt that the effort was worthwhile to give a focus for WIM members. A quiet determined mood was present, with most clearly wanting to improve on yesterday...! (and some just keen to finish...)

Yet another 'green' map – windblown trees, forest walk and man eating heather dominated our impression of the map with only small patches of runnable woodland and open hillside. John was delighted to finish his course and find 20 people below him in the results! Again a very physical course and technically difficult with no track running. No major errors, but just no energy to go any faster....

I was pleased with my run, at last, having had many poor runs with major errors over the past couple of months. Not fast, but basically error free and pleased to finish 19th boosting my overall position up a bit to 26th out of 70! Overall some crucial route choices to avoid the worst of the green, easy attack points within the forest to leave little to chance in finding the controls and then very carefully counting crags as I passed them, on the open hillside containing over 50 crags, many of which had controls on them!

The 'seniors' at the other start, had another day of fighting in the green, much to their dismay and disappointment, with little time out in the open. There was certainly some discussion about mapping of vegetation.....

Some WIMs had a better day: Nikki 3rd, Sue 3rd, Hilary 4th (5th overall) Keith 4th (4th overall), but the comment of the day was definitely from Eamon. After a good look round the tent to check there were no young ears listening, he let out an angry 'b.....ks'!! He was also heard later to state that he was giving up orienteering and would stick to running – a perfect day and venue for a run was spoilt by looking for controls.....

Overall WIM report for today read: 'Did do better..!'

Over-riding memories of this JK? The fabulous Northumberland coast which really did look at its best in the gorgeous weather and the stunning views from the competition areas on days 2 and 3.

Di Tilsley



JK 2009 Lindisfarne Castle with Day 2 & 3 Kylee ridge behind

JK 2009 Relays

Easter Monday saw three WIM teams journeying to the JK Relays held this year near Hexham, west of Newcastle. The wonderful sunny weather of the previous 3 days continued but the arrangements for bussing competitors from car park to assembly proved a challenge to the organisers resulting in the starts being put back an hour.

The WIM teams competed to some effect with Sue, Nikki and Kirsty having a great run gaining 5 place in the W165+ class, whilst Kevin, Eamon and Keith had a sound run in M165+. However the outstanding result of the day was Hilary, Jo and Paul Pickering who, against some fierce competition in the Mixed Ad Hoc achieved 5th place out of 70 teams. Congratulations to them all. We hear that there were long queues for busses on the way back with people not leaving for home until after 4.30pm resulting in arrival back after midnight!



Eamonn punching at JK Relays (Photo by Jo Pickering)

Chairman's Footnote

Just a short note from me in this edition. I'm sorry I haven't much constructive to write about club affairs. I've been away in Hungary for the last 10 days, mainly on business to do with this summer's World Trail-O Championships, for which I'm the IOF Advisor, and only got back home the day before Waffle had to go to press.

After a worrying lull in progress, things on the WTOC front now seem more or less back on track, although we've had problems getting the mapping completed in time, partly because of a rather dilatory approach from the Hungarian Federation in appointing mappers, partly because two of the areas we are using were then under snow until last week, which prevented much work being done.

As I was still in Hungary over the Easter weekend, having worked on the World Championships the week before, I took the opportunity to compete in the Postas Kupa, which was held using more or less the same format as the JK weekend. As its World

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Championship year in Hungary, the Postas club, which is based in Budapest, had been asked to move their annual event to the Bukk hills near Miskolc, near where the the championships will be held in August, so that it could form part of a training camp for various international teams. Imagine WIM being asked to plan and organise a multi-day major event some 200 miles away from our home base. Hang on a minute... we did that at Penhale a few years ago!

Its interesting to see how other countries do things compared with the way we organise events in the UK. For Sprint events, the Hungarians expect all competitors to walk from the Assembly area to a quarantine area near the Start usually 20-30 minutes away, which everyone has to enter before the first start. If you arrive too late - they turn you away! This stops early finishers talking to late starters and means they don't have to collect maps at the finish to stop cheating.

At the Sprint event for the Postas Kupa, held in the historic city of Eger, although there was a huge entry of foreigners for the Elite courses, the numbers running in the older classes was quite low, because Good Friday is not a Hungarian bank holiday. So the M60 class was a group of four, two of whom failed to finish, leaving me in the odd position of finishing second: in a podium position in a Sprint race!

After that, the rest of the weekend had to be an anticlimax. I did the Trail-O on the Saturday and an enter on the day short course on the Sunday, before watching the relays as a spectator. Many world stars were in attendance, including the full Norwegian, Finnish and Swiss squads. The Bukk is a large area of forested hills, almost entirely beautiful (if sometimes very steep) runnable beech forest, carpeted with spring flowers in places and with very little undergrowth: the sort of forest you dream about.

I know I've so far failed to persuade any club members to venture to the Hungaria Kupa to be held alongside the World Champs this August, but there will be another chance in a couple of years when the World Masters is held near the lovely city of Pecs in southern Hungary in equally beautiful beech forests - a chance not to be missed.

Dick Keighley

Forthcoming Events S/I or EMIT denotes electronic punching

May

Saturday	2 nd	Triple O Severn Day 1 – NGOC Regional Event – Mallards Pike	
Sunday	3 rd	Day 2 – BOK Trot National – New Beechenhurst	
Monday	4 th	Day 3 – SWOC Relay – Cannop Ponds	
		Events centre/ Parking at Speech House GR: SO619121	
		Internet entries via Fabian on Line. General enquiries to:	
		Dave Urch (Weekend Co-ordinator) 01275 – 857330	S/I
Friday	15 th	Dorset Schools Score Champs. - Moors Valley Country Park	S/I
		(Please note that this is a closed event for schools only)	
Saturday	16 th	Moors Valley Permanent Course Launch Day -GR: SU 108047	S/I
		See article in this edition of Waffle for details.	

Saturday	23rd	Springtime in Shropshire Day 1 – Brown Clee Hill	S/I
Sunday	24th	Day 2 – Rorrington	S/I
Monday	25th	Day 3 – Corndon Hill	S/I
		Pre entry via Fabian on line	
Saturday	30 th	WIM Coaching Session – Hurn Forest (St. Leonards) See note in this Waffle	
June			
Saturday	6 th	WSX 'Hardy Relays' Culpeppers Dish – Bere Regis GR:SY 814925 For details see flier or WSX website.	S/I
Sunday	7 th	WIM – Gillingham 'City' race – Gillingham School – Starts 1 – 3pm See website for more details	
	Also	BADO District Colour Coded Event – Micheldever-GR:SU530370	
Sunday	14 th	SARUM Informal Local event – Hamptworth – GR:220180	EMIT
	Also	SOFA Local – West Walks North – Wickham -GR SU594134	EMIT
Saturday	20 th	SOC Local Informal – Royal Victoria Country Park – Hamble GR: SU 465075	EMIT
		WIM MTBO Score event – Moors Valley Country Park	
Sunday	28 th	SOFA -West Walks East – Wickham GR:SU596121	EMIT
July			
Saturday	4 th	WSX Informal – Hethfelton – Wool GR:SY858875	S/I
Saturday	11 th	Coast Path Relay – Contact Noel to join the team. See note elsewhere in Waffle	
Saturday	18 th	WIM Blandford 'City Race' Blandford School – Starts 1 – 3pm See website for more details	S/I
Sunday	19 th	WIM Kingston Maurward Park Race – Dorchester – a.m event See website for more details	S/I
Wednesday	22 nd	Military League Summer series event Moors Valley Country Park followed by evening Training event. More details will be posted as soon as possible	S/I
Sunday	26 th	WIM Furrow Hopper Relays – Bryanston School – Blandford Details available nearer to date	S/I