



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

# WAFFLE

January 2009



**A Happy New Year to all our members**

2.

## **Chairman's Column**

First of all, if I haven't already seen you, may I wish you all a Happy New Year.

At the beginning of what promises to be a significant year of change in British orienteering its worth looking at how the sport may be developing in the next year or so.

Firstly, climate change and environmental pressures together indicate that major orienteering events in the South will increasingly be confined to the winter months. The New Forest has always been a no go area for us during the ground-nesting birds' breeding season, This used to run from late March or early April through to mid-August. Now the birds are breeding ever earlier and this year the ban commences from March onwards. Given that it takes until November for the bracken to die back and that some areas are used for shooting until the end of January, it is no surprise that February is now a busy month in the orienteering calendar, culminating in the British Championships in the New Forest at the end of the month. This event has already been brought back two weeks earlier than first scheduled because of environmental pressures, and it seems very likely that this may be the last time a major orienteering championship will be allowed to take place in our newest National Park. Don't miss it.

Secondly, the variety of events on offer to orienteers is evolving. Next month, instead of a conventional regional event, we are holding the inaugural South West Middle Distance Orienteering Championships at Gore Heath. Middle Distance races have formed an important part of the international and world championship programme for a few years now but have yet to find great acceptance in the UK. Perhaps the average orienteer feels that the shorter courses equate to poor value for money. But it does mean that careful use of small but technical areas like Gore Heath can be used to give a competitor a continuous orienteering challenge, rather than a course of greater length, but with much more path running and fewer technical demands. When we used Gore Heath for the ISSF selection race at the British School Champs last season, with courses of similar length to those on offer next month, it certainly sorted out those juniors with a secure technique from the rest. The runners finishing in the top three or four were those who have gained medals on the international stage during 2008. I'm awaiting our event with great interest.

Thirdly, urban and sprint orienteering events have developed over the last year or two and have now become an accepted part of the orienteering scene. In 2008 the three events I enjoyed most during the year were the JK Sprint event at Guildford University and the urban events in the City of London and, best of all, the Skipton race. Although I can't run any more and can no longer muster much more than a brisk walk, the demands of high speed navigation around the streets, school campuses, alleyways, ginnels and canal tow-paths of Skipton was probably the best orienteering challenge I've faced in a long time. There are others in the club who also enjoy this branch of the sport. Interestingly, at the time of writing, the new Ryanair service between Bournemouth and Edinburgh has meant that currently there are more WIM members entered for the Burns weekend events in Edinburgh than any other club!

We are looking at suitable areas a little nearer home with a view to running our own urban events - the Poundbury development in Dorchester comes to mind. Other suitable areas might include the older part of Shaftesbury. We already have maps of Sturminster Newton and an extended Blandford map which have been used for informal and night events.

Finally, we have added an MTBO course to the Inside Park event and are looking to hold more such events later in the season.

So a varied programme awaits us this year – good luck to you all this coming season.

Dick Keighley

### **The 'Mid-week 'League (MLS)**

If you can't get enough Orienteering at the weekend, you are of a 'certain' age or you can manage your affairs so as to be able to escape from the office for a half day on Wednesdays, then the 'Midweek League' is for you! In the Army Orienteering is regarded as 'military training' so the British Army Orienteering Club (BAOC) organise a regular series of midweek events throughout the year which are open to civilians. As training activities, Army Orienteering events are subsidised so entry fees are usually £2 with an extra £1 if you need to hire an EMIT card.

The Midweek League (South),MLS for short, has grown over time to be a major weekly activity with entry numbers usually around 300 with not only service units competing but also large numbers of civilians, up to 10 WIM's regularly attend and you'll see familiar faces from most clubs in central southern England. The area within which events take place extends from Aldershot and Guildford in the east through Hampshire and Wiltshire into Dorset with occasional forays beyond this area. It usually means about an hour's drive each way mostly with shared cars.

The event format is

Course A	about 8km	Brown
Course B	about 6km	Blue
Course C	about 4.5km	Green/Light Green
Course D	about 4km	Orange

Facilities at events are :

- Loos (They sometimes arrive late!)
- Burger van
- Ultrasport about twice a month

The technical standard of events has improved remarkably and now meets the British Orienteering Colour Coded guidelines, usually being planned and organised by different military units, but on occasion by members of local clubs who run regularly with the League. WIM put on an MLS event in Moors Valley in October 2008 attended by over 300 competitors.

The social scene at events is very good with many club members sharing cars and plenty of 'apres O' discussion and banter. It's also amazingly good for your ego to find that navigational skills can pay off when you find yourself beating very fit young men and women round a course!

MLS events are listed in 'Forthcoming Events' BUT you need to check the BAOC website for event fliers and last minute changes. Oh yes, there is the occasional security check to enter a military establishment so you need to have ID with you, but don't be put off, the Services are a really friendly lot and make you feel very welcome.

See you on Wednesday!

John Warren

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## Family Planning – Boxing Day Canter 2008

Wait, don't panic  
It's not that bad  
Giving planning a go  
Is not too hard.

I've been asked to write a ditty  
And try and make it somewhat witty  
All about having a go  
Of planning an event with baby in tow.

Planning an event starts at home  
From the comfort of your living room  
Pouring over maps for hours  
Then off to the forest amongst the trees and flowers!

Walking up and down the paths  
Checking suitability of sites  
With babe asleep, snuggled in her pram  
I scurried up and slithered down.

Once all the sites had been decided  
Time had come to get excited  
Plotting points onto the map  
Was not as daunting as all that.

Condes 8, now that was great  
A complete map it did make.  
Helpers, equipment and entries on track  
Time to enjoy Christmas and Santa's sack!

The big day dawned; I was out with the light  
Tent up, controls out and everything just right.  
Hundreds of entries all out for some fun  
A good day was had by everyone.

With lots of club members all pitching in  
My heartfelt thanks go out to all of them.  
Come on all and have a go  
It can even be done with baby in tow.

Karen French (plus Grace)  
Happy New Year to everyone





### **Boxing Day Canter – Mass Start – Ringwood North**

Thanks to Chris Branford for this and the photo of Santa on the cover

### **Major events this year**

You'll all have heard about the British Orienteering Championships that this year are taking place close by in the New Forest on February 28<sup>th</sup> and March 1<sup>st</sup>, but this isn't the only major event to think about entering this year. WIM will be entering the 2009 CompassSport Trophy competition hoping to improve on our great performance in 2008. Trevor will be circulating everyone in the near future with details. Following this the Easter Weekend would not be the same without the JK. It's a bit far away this year with events in Newcastle, and Northumberland, but it's a great way to spend the Easter weekend and explore some of the most beautiful parts of the country. Into May and the early Spring Bank Holiday marks the 'Triple O Severn', 3 days of orienteering in the Forest of Dean one of which is a National event. The late May Whitsun Bank Holiday is the date of 'Spring – time in Shropshire' a weekend of events in the stunning scenery of the borderlands of the West Midlands and Wales. If mountain Orienteering is your scene, then head for the Lake District on May 30<sup>th</sup> and 31<sup>st</sup> for the 'Twin Peak' event on the Cumbrian Fells close to Ullswater. Finally, there is the the Scottish 6 days, which this year is centred on Perth with events in both the highlands and the coastal dunes. It's going to to be a great year for Orienteering and if you haven't thought of combining competition with a holiday, give it a try, but be warned it can get very addictive!

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## CompassSport Trophy 2009

Would you believe it but the qualifying rounds for the CompassSport Cup and Trophy are being held in March! The two rounds local to us are those put on by DEVON at Bullers Hill near Exeter on Sunday March 15<sup>th</sup> and by BADO at Tadley near Reading on Sunday March 29<sup>th</sup>. After our excellent performance at Sutton Park in 2008 I would very much hope that we can again qualify for the final. It has been suggested that we play our match in DEVON because the match at Reading is likely to be very busy indeed with most small clubs round London taking part. I have also had confirmed to me that SARUM are now a large club and will therefore be entering the CompassSport Cup competition this year. This will improve our chances in the CompassSport Trophy. Last year we came third in the final so can we therefore go one better this year and get to the final and finish second? Of course we can! Please make a note in your diaries for Sunday March 15<sup>th</sup> and further information will follow in due course

Trevor Bridle

## 'Speedy Sightseeing'

I am writing this report to highlight a very exciting event – The London City Race – which took place on October 17<sup>th</sup> 2008.

The London event is one of several city races around the country: Oxford, Leeds, Stockport, Warwick, York and Edinburgh to name but a few, all have held or are soon to host city races. These urban races have fewer courses than a normal event, they are shorter, winning times for my course were about 36mins, with lots of controls which can be very close together. Instead of running through woods and across moorland the city races take you through streets, up and down steps, across parks, around the boating lake, across bridges and in the case of the London event through Moorgate tube station and down the escalator!

The start for the London City race was an amphitheatre called Broadgate Circus, near Liverpool Street station. My course visited Finsbury Circus, passed the Stock Exchange, Royal Mint, and Guildhall then twisted around the Barbican before heading back to the finish. If you have ever visited the Barbican then you will know that it is a maze – on two levels – and very challenging to navigate around! The longer courses went round the Gherkin building and got close to the Tower of London and St Paul's Cathedral.

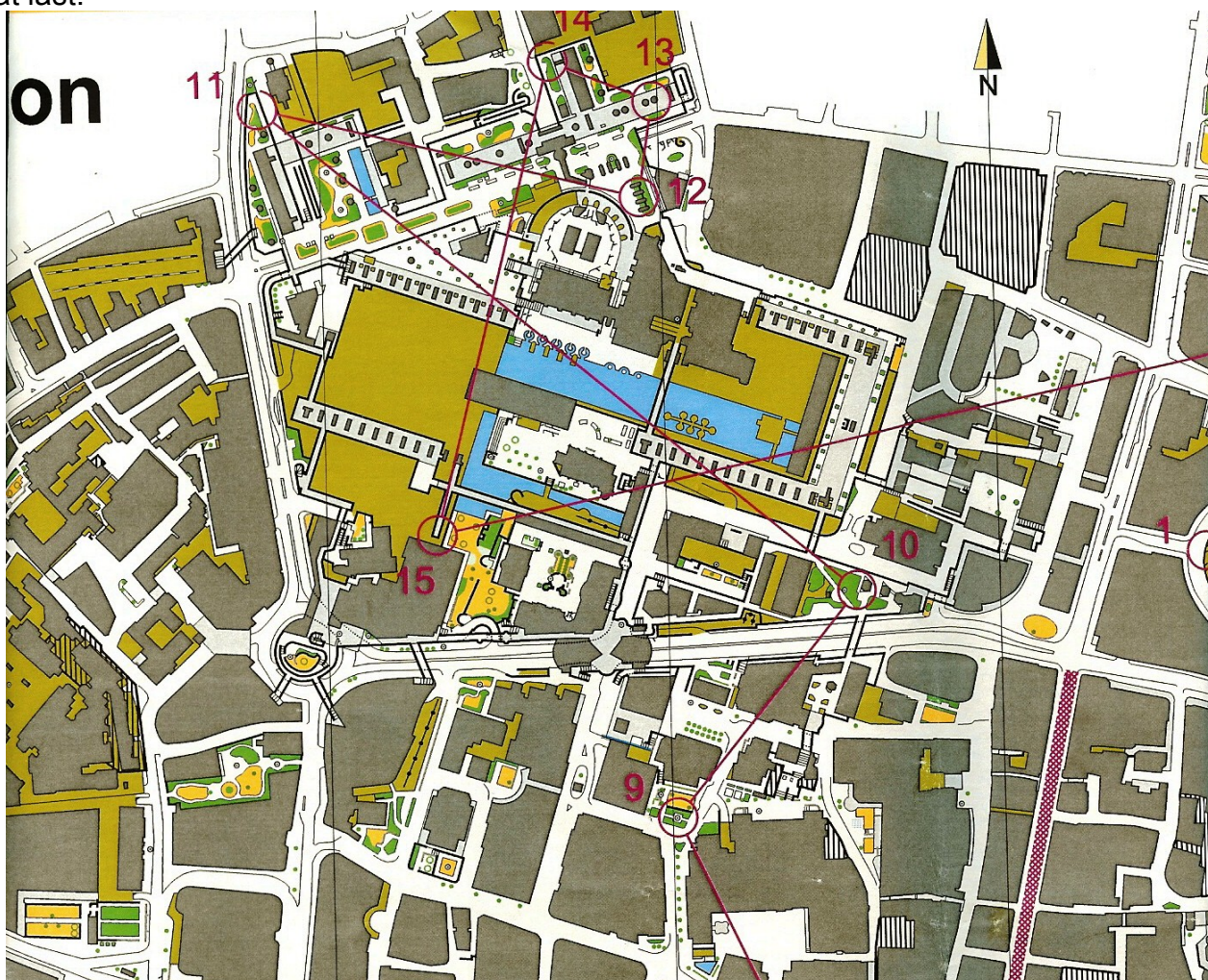
The whole event was huge fun and really quite testing, the emphasis is on map reading and interpretation at high speed and because you do not need to keep checking your feet for tree stumps or hidden ditches you can run faster **but** then you risk overshooting the junctions on the 1:5000 scale map. The courses should also test your ability to choose the best route between control sites **but** if you run too fast it become difficult to make the quick decisions needed on route choice and interpreting the detail on the map is tough when the sweat is dripping off your nose!

I was pleased with most of my run (*Kirsty was only beaten into second place by a few seconds Ed*), and had just started to think 'this isn't too hard' when .....you guessed it .....big error in the Barbican centre approaching control 11. From control 10 I decided to head northish over a small bridge and under the canopy marked as pale grey on the map, down some steps, past control 12, westish past raised flower beds then north into control 11 – good plan which worked really well until I got distracted by the pretty ponds and decided a short cut was possible – mistake number 1!

I ended up at an uncrossable brick wall which is marked on the map as a solid black line and on the ground was about 4 feet high with a 20 foot drop on the other side – 'blast' I said to myself.... I doubled back, then made mistake number 2 by heading down a ramp which I thought would take me directly to control 11 – but no, when I reached the point



where I was certain the control flag would be there was nothing. I looked left – nothing, looked right, still nothing, then I looked up and there it was on the level above 'Double blast' I said to myself and retraced my steps up the ramp and round to control 11. Success at last!



I would definitely recommend everyone has a go at a sprint event, don't be put off by the name 'sprint' these events are not just about speed but are an excellent test of your map reading, decision making and route choice skills, so take the plunge and enjoy a bit of 'speed sightseeing'!!

Kirsty Staunton

### 'UK Adventure Sports'

As many of you know, I'm launching a new magazine 'UK Adventure Sports' in March 2009. The publication will provide coverage of some of the most exciting adventure sports in the country, including 'Adventure Racing', 'Mountain Marathons', Mountain Bike and 'Trail Races'.

The continued growth of adventure sports and the enthusiasm of the people who like to race in the great outdoors, has made this magazine possible.

If you would like to know more you can log onto my website at:

[www.adventuresportsmagazine.co.uk](http://www.adventuresportsmagazine.co.uk)

I look forward to 2009, and thank everyone involved for their continued support.

Paul Pickering

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## Keeping in touch

Following the note in the last Waffle about members choosing to receive the newsletter 'On line' we hear that SWOA has been discussing the same issue regarding the distribution of SINS. Evidently they came to the same conclusion as us that many people like to receive the newsletter in a printed form whilst others are happy with 'On line' distribution.

However, there are times when the club needs to contact members urgently for such things as the CompassSport Trophy, British and JK Relay teams, Club Dinner, Skittles etc and we hope to build up as complete a list as possible of up to date E mail addresses so that it is easy to contact everyone.

Trevor Bridle, who did a great job in masterminding the teams for the 2008 CompassSport Trophy final, is keen to get everyone's details so could you please E mail Trevor with your up to date E mail address at:

[trevor.bridle@btinternet.com](mailto:trevor.bridle@btinternet.com)

Trevor aims to create a club group address list which will allow information to be sent out quickly. The Email addresses will not be published elsewhere.

If you don't have access to the Internet, don't worry because we are more than happy to use the phone or mail, in fact with the group E mail out of the way we'll probably get to you more quickly than before!

## Team Relays *WIM needs you!*

Thank you to those who have said that they would like to run in the British Relays on 1<sup>st</sup> March. I'm sure that it will be a very exciting day and great to have so many club members taking part in our local area. If you haven't yet taken the plunge and said yes there is still time – orienteers of all standards are needed so don't be put off by it being 'British Championships! (e-mail Hilary as soon as possible at:

[hilarypickering@hotmail.com](mailto:hilarypickering@hotmail.com)

If you want a great weekend of orienteering think also about entering the JK in Northumberland ( see BOF website for details, direct flights from Southampton to Newcastle!) and run in the Relays there on 13<sup>th</sup> April. Please let Hilary know if you would like to run by **24<sup>th</sup> January**, with details of age class, BOF and Si number and any team preference.

Hilary Pickering

## Your help is needed!

Our annual Regional Badge event takes place at Gore Heath on Sunday February 15<sup>th</sup>. It will be a 'Middle Distance' event and the inaugural SWOA Middle Distance Championships. Parking is at Sandford School with competitors walking across to the start and finish in the forest. John Shucksmith is Organiser and will be appointing team leaders who will then be contacting WIM members to ask for their help on the day. Please come and help if you can. You should also be able to have a run, so enter and pay as usual. You will get a partial refund from Trevor if you are a helper.

John Shucksmith



The Planner of the Middle Distance Event, Chris Branford, describes 'Middle Distance Courses' as follows:

'Middle Distance Orienteering requires fast, accurate navigation for a moderately long period of time. Even small mistakes will be decisive. T/D4/5 courses will be planned to be as consistently technically difficult as possible. Long legs will be avoided, but small and medium scale route choice encouraged. The emphasis will be on high speed running where competitors need to adjust their speed to the complexity of the terrain. There will be a higher density of controls than for the equivalent long distance race.'

*The National Championships for Sprint and Middle Distance are to be held over the weekend of May 9th/10th in the Nottingham and Loughborough areas. Ed.*

## **WIM/WSX Annual Dinner**

For many years WIM and WSX have held annual dinners on alternate years inviting members of both clubs to attend. Last year the WIM dinner was at Canford School and this year Wessex are holding their Dinner event in Bournemouth at the Riviera Hotel. Not only are these events a social occasion but they are the venue for the presentation of the annual awards to the outstanding members of each club.

Some of you will have received details of the Wessex Dinner via E mail but here is a summary of the details:

### **Wessex/Wimborne Dinner Dance**

**Friday 20<sup>th</sup> February 2009**

**Venue:** Riviera Hotel, Burnaby Road, Alum Chine Bournemouth  
Hotel website: [www.rivierabournemouth.co.uk](http://www.rivierabournemouth.co.uk)

A three course meal including music with a duo cost £19.95  
Choices may be made from the menu on the night with a vegetarian option.

**Timing:** Arrival for pre-dinner drinks from 7pm . Meal at 8pm  
After dinner presentation of trophies followed by dancing with duo.

If you would like to reserve a place at the Dinner then please send a cheque for £19-95 per person payable to Wessex O.C. To Kay Sayer

68, Kings Avenue  
Christchurch  
BH23 1NB  
01202 – 484523

Please include your address, telephone number and E mail if appropriate.

**Closing date for reservations is 4<sup>th</sup> February 2009**

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## **Registration – No problem!**

Event organisers tend to phone up and say 'Would you like a job on Sunday which will keep you undercover when it rains?' 'Of course' you reply, mentally miming the 'Mamma Mia' version of 'Here we go again'.

If you time it well, a merry band of club members will be banging in the last tent pegs as you arrive, if not, that will be the first job of the day. This is quickly followed by the arrival of a few keen competitors who always appear an hour before the advertised registration opening time. They stand half in and half out of the tent like homeless refugees, looking hopeful, as you try to sort everything in to a sensible order on a table that often seems to be a foot shorter than needed. Invariably, they don't have entry forms because they have beaten the parking marshals too.

Reading entry forms is next on the agenda. How is it that the most sensible, well organised and intelligent people find it difficult to fill in every line? It may not matter if you don't write your club name, your age or your car registration, but we do need to know which course you want to run.

At the peak time, just before the queue begins to look daunting, a group arrives. They have travelled miles in the same car, walked side by side to the tent, queued shoulder to shoulder for several minutes and then reached the table where they find they have no idea who will run together. If they decide that A will run with B, and will share a map and dibber they may pay less than C who wants to run with D – although if D and E went together they would pay even less because D and E are both juniors. B is a full BOF member and therefore pays less than A, who is not. C has his own dibber but has left it in the car and can't remember the number. Got all that? Smile welcomingly (if possible) and embark on the next stage. 'Which course do you want to run? B thinks 'Blue' has too much climb, but 'Green' isn't long enough, 'Light Green' may be too easy, do we know whether the controls are very hidden? Murmurs from the queue lead us to give encouraging advice and pass on to the next in line. Teacher X is well organised, bringing a list of 14 names and ages with spaces for dibber numbers. Teacher Y just brings 14 children..... Over their shoulders appear a couple of young men who haven't orienteered before, but are certain that it's a good idea to start on a 'Brown' course because they are runners. Try to explain that you need to understand the map as well as run, but if they insist, all you can do is send them off quickly in the hope that they may return before nightfall.

At about this point you discover that your hands are too cold to pick up coins without dropping them. The last five competitors have each given you a £10 note, and your tired, cold brain refuses to work out the change for a BOF member, a non BOF member and 3 juniors waving a £20 note. What a relief that Orienteers are honest and helpful.

Just as a small extra, there may be debts to settle on a pre-entry list, pre-allocated dibbers to save separately from the available stock. And then a hurried message arrives from the planner. 'Here's a list of the number of maps printed for each course. Can you keep a tally of how many you are selling? Yes, of course we can – probably-

At the Boxing Day Canter, registration is under more pressure to enter everyone in time for the mass start at 11am. It goes without saying that at 10.58, just as we reach for the coffee, an eager group appears saying 'We've never done this before. Can you help us?' Yes, of course we can – 2 minutes to explain the circles on the map, the timing, the dibbers, the control descriptions, the start triangle, the penalties for late return, no problem!

WIM is very lucky in having so many volunteers, and I can honestly say that although the registration team changes from time to time it has always been manned by hardworking, resourceful and cheerful people who have been a pleasure to work with

Dedicated to the regulars Jo, Hilary, Kirsty, and Di without whom nothing would happen and thanks to the many others who have helped from time to time. We have never yet lynched a competitor but you never know?

Barbara Warren

**Forthcoming Events**All events use Electronic punching *S/I or EMIT***January**

- Saturday 10<sup>th</sup> WIM 'Three in One' day (MTBO morning, Dorset Schools League PM, Night event early evening – All at Inside Park – Blandford  
GR: ST 864046 signed form Blandford by pass  
Contact: Dick Keighley 01258 860935
- Sunday 11<sup>th</sup> NGOC Gallophen Colour Coded event – Cranham Woods near Gloucester GR: SO 914122 . Contact: Roger Coe 01594-510444
- Wednesday 14<sup>th</sup> BAOC Military League South(MLS) event – Broadstone Warren East Grinstead (See BAOC website for details of League events)
- Friday 16<sup>th</sup> WIM Night league event – Sturminster Newton GR: ST787150  
Contact: Dick Keighley 01258 860935
- Sunday 18<sup>th</sup> North Wilts Gallophen – Colour Coded event – West Woods – Nr. Marlborough GR:SU166667 Contact: Nick Jackson 01672 516304
- Wednesday 21<sup>st</sup> BAOC (MLS) event – Sidbury Hill – Tidworth
- Saturday 24<sup>th</sup> British Night Champs. - Mytchett & Congo Stream Nr. Camberley  
See details on website. Pre-entry by 11/01 Contact: Steve McKinley 01483 – 476914
- Sunday 25<sup>th</sup> BKO – 'Concorde Chase' Regional Badge event – Yateley and Minley Nr. Camberley. Pre-entry(On Line preferred) by 10/01. Contact: Eric Harper 01189 – 482934
- Wednesday 28<sup>th</sup> BAOC(MLS) event -Bordon Heath

**February**

- Sunday 1<sup>st</sup> GO -Regional Badge event – Heyshott – Nr Midhurst GR: SU908188  
Pre-entry by 24/01 See Guildford Orienteers website for details
- Wednesday 4<sup>th</sup> BAOC(MLS) event – Puttenham Common – Guildford
- Saturday 7<sup>th</sup> WSX – Dorset Schools League/Informal and Night League event  
Parsons Pleasure – Wareham GR: SY905894
- Sunday 8<sup>th</sup> TVOC – Chiltern Challenge – Regional Badge event – Christmas Common – Watlington GR:SU720910 Entries Contact: Stephen Stone 01494 – 440087 On Line Pre -entry by 25/01
- Wednesday 11<sup>th</sup> BAOC (MLS) Bovington North
- Sunday 15<sup>th</sup> WIM 'WinterWarmer' Regional Badge event – Gore Heath – Wareham GR: SY933901 This is a Middle Distance Race,see article elsewhere in Waffle. Pre-entry on line by 02/02  
Organiser: John Shucksmith 01202 – 605108
- Wednesday 18<sup>th</sup> BAOC(MLS) event Millersford and Turfhill
- Saturday 21<sup>st</sup> SARUM Dorset Schools League/Informal and Night League event  
Stonedown Wood – Sixpenny Handley GR:ST990196
- Sunday 22<sup>nd</sup> HH – National Event – Burnham Beeches – Beaconsfield GR: SU952893. Pre-entry on line by 15/02 Entries Contact: Susan Marsden 01923 – 225197
- Wednesday 25<sup>th</sup> BAOC(MLS) event – Yateley and Minley
- Saturday 28<sup>th</sup> British Orienteering Championships – Hampton Ridge – Fordingbridge GR: SU200140 Pre-entry only by 07/02 NO EOD (See website)



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## **March**

Sunday	1 <sup>st</sup>	British Relay Champs – Beaulieu Estate – New Forest GR:SU390040 Entry by Club only see article in Waffle
Wednesday	11 <sup>th</sup>	BAOC (MLS) Lower Star Posts – Camberley
Sunday	15 <sup>th</sup>	Devon CompassSport Cup/Trophy Round 1 -Bullers Hill -Exeter To be confirmed.
Sunday	22 <sup>nd</sup>	SARUM Regional Badge event – Fonthill Woods – Hindon GR: 913307 On Line entries by 15/03 Entries contact: S. Robinson 01264 – 396655