



Website: www.wimborne-orienteers.org.uk

WAFFLE

March 2010

Congratulations

CompassSport Trophy Round 1 – January 24th – New Forest

'We came – we saw – we conquered' – JUST!

WIM has quite a reputation of qualifying for the CompassSport Trophy final, we've done it for the past 3 years, so there was a lot of honour at stake when we learned that the 2010 qualifier was actually a local event at Godshill. Our team Captain, Trevor Bridle swung into action and succeeded in getting probably the biggest turnout ever by members with 55 people taking part on the day. Trevor then departed on holiday to New Zealand and Kirsty Staunton took on his mantle in the run up to the day of the event. You need a big team to support your top runners because in addition to the points scorers any competitor can gain points and help to push down people of similar ability from rival clubs, and that is exactly what happened.

It was a rare and gloriously calm and sunny winter's day as people assembled in Sandy Balls Holiday Centre before setting off on the 1k walk up to Godshill Cricket ground. The start and finish location was superb, commanding far reaching views of the Purbecks and the open forest, which meant that if it had been cold, wet and windy it would have been awful! It wasn't - and throughout the morning a steady stream of WIMs set off across largely open terrain returning with tales of long legs, fast conditions under foot and for the time of year not much water. Returning to Sandy Balls the early finishers began to realise that WIM were doing pretty well and as the day progressed things became more and more exciting with the leading positions constantly changing until at about 2.30pm we realised that we had won by the smallest of margins, beating SARUM by 1 point (eventually corrected to 2)! After several recounts and checks of rules and guidelines our position was confirmed as qualifying for the final in the Peak District of Derbyshire in October.

2.

The 'Roll of Honour' of our scorers is:

Paul Pickering	5/48 on Brown course	100points
Chris Banford	5/77 on Green men	100points
Michelle Spillar	7/41 on Blue women	98 points
Mel. Hawker	4/48 on Green women	98 points
Keith Henderson	6/77 on Green men	98 points
Mark Bentley	14/48 on Brown	97 points
Kirsty Staunton	5/48 on Green women	96 points
Fraser Smith	15/30 on Orange	96 points
Tamsin Horsler	12/41 on Blue women	94 points
Chris Turner	24/104 on Blue men	94 points
Noel Smith	28/104 on Blue men	92 points

This brilliant result is a great achievement for WIM and everyone can be justly proud of the ability of a small club to achieve great things on the national stage.

We now have to turn our attention to the final which is scheduled to take place on Sunday October 17th at Burbage Moor in the Peak District about 10 miles west of Sheffield. It's an area of high open moorland with gritstone crags overlooking the Derwent Valley and is a great place for an autumn weekend away. Kirsty is doing some research into finding a suitable place for group accommodation, but it is a holiday area anyway with plenty of potential for B & B etc.

Sunday January 24th was not without incident and one of our newest recruits, Steve Mallison from Blandford broke his leg whilst out on the remoter parts of the Brown course. Fortunately, SOC and SARUM, who were covering rescue and first aid, were quickly alerted and Steve was transported to Salisbury Hospital. The latest news is that he is making good progress having just returned to work albeit with a certain amount of metal attached and has declared that his target is to run for WIM in the Final in October! We all wish him a speedy recovery.

John Warren

CompassSport Trophy Accommodation

Having explored the Youth Hostels close to the CST final event area the only one that could accommodate us is Eyam YH.

This has 4 x 2 bedded rooms and 6 x 4 bedded rooms.

The prices quoted are for the room, the 2 bedded - £53.95 for 2 adults, the 4 bedded – £95.95 for 4 adults, but £70.95 for 2 adults and 2 children (under 18)

Breakfast is £4.95/person and they offer an evening meal for £9.25/person

There is a supplement for non YHA members of £3.00/adult, £1.50/child but if we made a group booking it would probably be cheaper to take a Group Membership through the club - £25.50 for a year.

I have looked at the Travel lodge and Holiday inns also and they are a comparable price, in fact the Holiday Inn offers a 5 person room for £70.

The advantages of the youth hostel are that we would be right in the Peak district and fairly close to the event. We would be together as a club, which would be jolly. The down side is that non of the rooms have 'en-suite' and we could be sleeping in bunk beds.

The advantages of the motel/hotel option are that they do all have en-suite facilities and they could be cheaper. Downside – they are mostly placed on ring roads around Sheffield or Rotherham!

Could you have a think about the above and let me know whether you are still interested in the Youth Hostel option.

Thanks

Kirsty

Wimborne Club League 2010

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

- a) SWOA Level 2 (Regional) or Level 1 (National) events
- b) All SWOA Galoppens, whether registered as Level 2 or 3
- c) SOC New Forest events with full colour range including Blue and Brown
- d) 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 course winner's time divided by the competitor's time multiplied by 100.

This year, the Club League scoring system has been changed. The colours laid down by British Orienteering for use in Level 2 events are being adopted as the basis for calculation. This replaces the previous correlation with Compass Sport Cup colours.

British Orienteering Level 2 colours are:

Black	M21
Brown	M35, M40
Short Brown	M20, M18, M45, M50, W21
Blue	M16, M55, M60, W35, W40
Short Blue	M65, W20, W18, W45, W50
Green	M70, W16, W55, W60
Short Green	M75+, W65+
Light Green	M14, W14
Orange	M12, W12
Yellow	M10, W10

Where a colour is not offered, a competitor may run the next available colour down without penalty. For example, a W45 finding no Short Blue can run Green for full points.

Otherwise, competitors running down one course will score 90% of calculated points, 80% if running down two courses.

This system makes no difference to Seniors running their standard long courses, though the percentage reductions will affect Seniors opting for short courses. Juniors should note that Club League event colours are normally one above Dorset Schools League colours. This won't cause conflict except when a 'DSL' event is incorporated in a Galoppen. Juniors then have to choose between the harder colour if they're chasing Club League points, or the easier colour if after 'DSL' points.

Good luck everyone!

Mike Kite

Spring Cleaning – Mike and Cris Tween have a large quantity of orienteering literature which they would like to go to a good home. There are Waffles, CompassSports etc going back for many years. If you are interested in the genealogy of Orienteering get in touch. 01258 – 861804.

4.

Event Structure

You can't fail to have noticed that over the last year the titles of Orienteering events have changed and this has caused a great deal of discussion and some confusion.

The following letter and article will give you some ideas as to what is going on!

'Hi Barbara,

At the 2010 BOF AGM, to be held at the JK in Devon in April, a proposal is to be considered to create a 4 tier event structure, in place of the current 3 tier structure, which as caused quite a number of problems.

Details of the Proposal together with some background information, are set out in the attached article which we are circulating to all club newsletter editors, for them to consider including in the next issue of their newsletter. We do hope you will be able to find space for it in Waffle.

Many thanks

Dick Towler

Why British Orienteering Needs a 4 Level Event Structure

At the 2010 British Orienteering AGM, to be held on Saturday 3rd April 2010 at the JK, we are tabling the following Proposal:

That the current BOF Event Structure be amended, with effect from 1st January 2011, from a 3 tier structure to a 4 tier structure, the Levels to become:

- **Level 1 Events - British Orienteering's major events, including the British Championships (Sprint, Middle, Long, Relays) and the JK.**
- **Level 2 Events - comprising a limited number of high quality events, including the best of the traditional age-class based cross country events, high profile city races and the Harvester Relays.**
- **Level 3 Events - comprising a wide range of typical Sunday morning events for competitors largely from within their Region, including colour-coded cross country events (former District events), urban races, etc.**
- **Level 4 Events - small scale events aimed at providing local competition (e.g. within a club) and increasing participation. e.g. introductory events, club summer evening events.**

This Proposal, if carried, will have the effect of creating a 4 tier Event Structure, by the insertion of an additional Level to enable a clear distinction between those events aimed at attracting competitors primarily from within the Region, and those aimed at a wider audience.

Following the introduction of the new Event Structure, clubs are now being encouraged to register their former District Events in the new Level 2, as Regional Events, instead of in the New Level 3, as Local Events, as was initially intended. Merging the former Regional and District Events into a single tier of Events of widely differing qualities, has created a number of problems, all of which may effect the quality or cost of our orienteering, including:

- **Identification of Quality Events:** How is a competitor to decide which of these Events are worth travelling to if they are all now described as Regional Events?
- **Entry Fees:** If Clubs choose to register their former District Events as Regional Events, they may well be tempted to increase their entry fees for these Events.
- **Embargoes:** The requirement for a 12 month embargo on areas to be used for Regional Events has been dropped, to permit former District Events to be registered as Regional Events.
- **Controllers.** Level 2 Regional Events should be being controlled by Grade 2 controllers, but there aren't enough of them for all the former District Events, so now experienced Grade 3 Controllers are being allowed to control Level 2 Events. Newly qualified Grade 3 Controllers can only control Level 3 Local Events, many of which don't need a controller at all.

The creation of a separate Level for the best of the old Regional Events, along with other events aimed at a national audience, will enable all of these, and other, problems, which didn't exist under the old Event Structure, to be easily resolved.

To get our Resolution adopted at the AGM, we need your support, either to attend and vote at the AGM, or to use your Proxy Vote, details of which will be sent out to you by British Orienteering. Few members of British Orienteering have yet had an opportunity to express their opinions on the current Event Structure. Use your chance to do so now.

Mike Atherton	01539 531838	mike@atherton.go-plus.net
Sue Birkinshaw	0161 980 5068	SueB@mdoc.org.uk
Roger Smith	015395 68671	roger.smith100@btinternet.com
Dick Towler	07771 998554	dick@acorn.plus.com



Look out for a new catering venture. Beth and John Cameron of WIM have embarked on new career in event catering. Their logo is 'Fuel for athletes by athletes'. Their food was great at Inside Park, look out for them at local events and JK2010.

6.



Photos by Chris Branford and Dick Keighley of the WIM event at Inside Park. THREE events in one day – Very muddy MTBO in the morning, a Schools League in the afternoon and a select night O as soon as it got dark. Thanks to all the officials and helpers for making the event so enjoyable. (We hope that all the bikes and riders are clean by now)





Inside Park – February 27th A great early spring day for families, snowdrops and mud!!



8.

Be a winner in 2010!

How often have you walked to the start saying to yourself, 'Today I'm going to do really well!', but once out on the course things don't go right and you come back fed up with yourself. It's the same feeling whether you are elite or running an Orange or Light Green course because part of the attraction of Orienteering is to challenge yourself. The better you do the more you enjoy yourself and this is where the WIM Coaches can come in. Over the last year the club has offered coaching to beginners and improvers with the help of grants from British Orienteering. The regular monthly taster sessions on the second Saturday in each month continue at Moors Valley with usually about 15 to 20 people taking part, but for the past 6 months a monthly 'Beginner to competent orienteer' course has been running with the final session taking place on Saturday March 13th in Hurn Forest. The course introduced people to Orienteering, taught them basic skills up to 'Orange Course' standard and the 16 regular participants will hopefully test their skills at the Bovington event on March 14th.

We are hoping to repeat the course, but this time over 6 weeks, starting in the Easter holidays and we'd be delighted to welcome any club members to join in, just let me know that you are coming so that I can print sufficient maps and prizes! These courses are funded by British Orienteering as part of their 'Increasing Participation' drive and we are hoping to attract some new members from the courses. If you know of anyone who has expressed an interest in 'having a go' tell them about the course. Places can be reserved through the Visitor Centre at Moors Valley.

Most club members feel that they are beyond the beginner stage but have the nagging feeling 'if only I could be better'. Well here is your chance to join a course designed to improve your performance. I was really pleased that in response to my Email 20 people have signed up for an 'Improving Performance' session at Longmoor on Saturday 20th March. Regrettably this first course is now fully subscribed, but I do have a reserve list in case anyone drops out. This should be a very interesting day because most orienteers spend their time 'doing their own thing' and to be part of a group should be really interesting. I hope that everyone's competitive skills will improve and that there won't be room on the podium at the JK for all the WIM members!

Four WIM coaches were involved in the New Forest Schools Sports Partnership Leadership Academy during the Spring half term. This was held at Brockenhurst College and we organised a morning of activities to prepare 16 students for their Young Leader Award in Orienteering. The students aged between 15 and 17 came from a range of New Forest Schools and learned basic skills in working with groups of younger children. They seemed full of enthusiasm and hopefully we'll see some of them helping at local events in the next few months.

The WIM coaches try to put on training activities at most local events. So far we have had 'speed punching', map symbol sorting games, matching photos to the map and map setting courses. All the activities are free, quick and fun to do and they really will improve your orienteering skills. Come and find us before or after your run to have a chat!

Kirsty Staunton
01425 653629

One last word from an MTBO rider

'The only way I could get the bike to go forward was to push it backwards!'

JK2010 Trail-O

As you will know, WIM have been asked to take on organising the Trail-O competition at this year's JK, as we did at the JK in Forest of Dean a few years ago. There are Trail-O courses on the first three days of the JK, but not on the Relay day. As you will see below, we have recently met with some unexpected problems and this has delayed finalising some details.

Day 1 Friday 2nd April Bicton College

The main event on the Friday is the Sprint race. The Trail-O equivalent is called Tempo which is a competition based on the timed control element of Trail-O and consists only of timed controls. The area for this competition is adjacent to the main Parking/Assembly area, next to the String Course, and will run concurrently with the Sprint event, between 12.00-15.00. We are going to use SI punching for this event.

Day 2 Saturday 3rd April Cookworthy Forest

The Trail-O event on Saturday cannot start until 14.00 and will run through until 17.00. There are two reasons for this. One is that there are a number of Trail-O competitors who wish to compete in the Foot-O as well, which they must do first. Secondly, the access road to the Trail-O area, which is about 1.5k from the main arena, is being used for one of the Foot-O starts and so we cannot allow cars on the road until the last Foot-O competitor has started.

Day 3 Sunday 4th April Braunton Burrows

We recently discovered that there were 300 head of cattle, mostly in calf, grazing on the area which had been selected for the Trail-O & and String courses. This was unexpected news, but the grazier promised that they would all be off the land by Easter:..... onto the dunes of Braunton Burrows! So to salvage the main JK, the cattle will remain where they are until after Easter and the Trail-O has had to relocate to the Southern tip of the Burrows at Crow Point, some 3k away from the main area. Therefore we will not be starting the Trail-O until 12.00 and will be finishing at 16.30 ish, in order to accommodate those people who are running the Foot-O first.

On all three days, it should be possible for WIM members to run their usual Foot-O course as well as helping. I have had many offers of help from members, for which I am very thankful, but I am not yet in a position to be able to specify when I need individuals to help. I will contact you all by e-mail or phone in due course letting you know when and on which day I would like you to help.

Dick Keighley

10.

The JK – Then and now

JK 2010 is almost here and we will be back in Devon where we were (or some of us were) 31 years ago.

In 1979 the JK had an Individual day at Fernworthy on Dartmoor, Relays at Bramble Brook near Exeter racecourse and a 'Relaxation' event in the Quantocks. About 2300 people enjoyed the weekend which was based at Exeter University (At Longleat in 1989 it was 4200 whilst at Penhale in 1997 entry was 4,400).

Looking at the 1979 results the age groups are quite different from today's. Age classes were interesting – prefix D for women and H for men (Germanic influence) with women 'peaking' at 19 with Elite,A and B classes up to 35, beyond 35 men and women were 'Veterans' with age groups of 43, 50 and 56 with no courses provided for anyone older! The overwhelming Male entry was M 21 with 25% of the total entry in Elite,A,B and C classes.

What else has changed?

The maps: The mapper had to start almost from scratch. No PG plot,few air photos,definitely no GPS or Sat Nav. assistance. All cartography was done using pen and ink with each colour traced separately and matched accurately with 'register buttons' before being printed. Don't let the printer trim the maps or else you won't be able to overprint courses accurately! OCAD computer map drawing programmes were a dream for the future.

The entry system: The Entries Secretary had to meet deadlines, but being human, entries peaked in the 2 to 3 days after the closing date. You can't do this with the cut off dates in Fabian 4 or Sport Ident. With a,hopefully, accurate entry form there should be 2 s.a.e's one for the programme and one for results. All too often it was a case of incomplete data and envelopes that were the wrong size, illegible,unstamped and in some cases 2nd or third hand. Many WIM members will remember Cris Tween staggering off to bed night after night leaving boxes of envelopes all over the floor and start lists literally up the dining room wall.

Allocating Start times,Seeding and special requests all had to be resolved before the programme could be printed and despatched including the start list and cardboard control cards. The personalised control card was an oblong card printed with rows of numbered boxes which each competitor carried with them on the course. At each control you used a unique patterned pin punch to record your visit and this evidence was checked by the finish team to prove that you had visited all the controls on a course. If it rained this spelled trouble for the finish team so most people came armed with 'Transpaseal' and scissors to protect their cards.

The Planner: Rules and guidelines were of limited help. Field work, tracing paper, string and a good rubber were tools of the trade. Again the computer planning aids of CONDES and OCAD were for the remote future so lots of hand copying was necessary before the Controller could be convinced of the quality of courses.

Once approved the Planner had the pleasure of overprinting the maps using a hand over printer which looked almost medieval relying on small rubber circles,lines and numbers attached to a self adhesive board. Printed maps were rarely accurately trimmed so printed circles frequently 'drifted' off centre which didn't help the ever present back ache. The Controller had to check every single printed map for accuracy after which you could get a team organised to put the maps into polybags and heat seal them which on at least one occasion involved one of the team standing on the kitchen table. Oh for Digital printing where things are either totally right or totally wrong, nothing in between!

In the run up to the event the Planner had to allocate and sort large numbers of pin

punches and create the Control site. Carbon fibre or aluminium posts were unknown with the perceived wisdom then being that you built at large wooden trestle at each site driving two sizeable timber posts into the ground and making a bridge with a shaped crosspiece. Onto this structure the punches were screwed, with the control flag hung from a centre hook. Just think of the time and backbreaking weight not to mention carpentry skills!

The Start: As a competitor you would notice that everyone was dressed in drab colours because it was believed that Brown, Dark Green or Dark Blue would make people less easy to see in the forest. At call up you would be asked to hand in a stub detached from your Control Card which acted as an early safety check.

Timing was interesting. Hopefully the organising team had two battery driven clocks that would remain synchronised throughout the competition, one at the Start and one at the Finish, and many people carried wrist stop watches as this was the only way to get split times. The start at your pre-determined time was a blast on a whistle by the starter. There was no relaxed punching start in those days.

The Finish: As you approached the finish, tapes would force runners into single file. As you crossed the finish line a marshal shouted 'Now!' And a scribe would write the time against a sequentially numbered list. 'Keep in Finish Order' was the next instruction before you were handed a numbered 'cloak room' ticket which you carried to the next stage where officials removed your control card and stapled the number ticket onto it. Your card could now be processed which meant matching up the stub with the card (safety check), writing your finish time onto the card, checking the card for correct pin punches and then calculating your elapsed time. If you are still following then you've done well or if this is nostalgia see what you are missing with SI or EMIT. The size of finish teams could be enormous with several shifts needed and in JK 97 a whole marquee of helpers spent hours checking and calculating results for 4,400 runners. It's a tribute to their skills and thoroughness that results were progressively displayed during the event with final results available by mid evening for prize giving.

One last job for the Controller. When all the results team had held disputed control cards up to the light to try to read whether or not the competitor had really visited every control or punched several times in the same box, the Controller had the last word to disqualify or re-instate, a difficult and often contentious decision.

Of course everything had to be checked and then the results typed out and copies printed as a booklet to be sent to all competitors. Another job for the entries secretary!

All this has now been completely revolutionised by computers and electronics and we expect to have an instant printout of times and split times with overall results on line within hours of the event.

What has been the effect of these changes? Without doubt it has saved a vast amount of manpower and physical effort, producing fast and accurate results. It should have allowed planners to concentrate on the quality of courses without being overburdened with physical work. It has however put extra demands on a few club members such as the computer team where special knowledge is needed. Also because fewer helpers are needed there is less opportunity for club members to work together in teams. People of all ages felt valued to be part of the Finish or Start team and got to know members of other SWOA clubs having shared demanding tasks.

Compiled by Cris and Mike Tween, Barbara and John Warren and the memories of other WIM members.

12.

Forthcoming Events

Full details of all events can be accessed via club websites and fliers at events

March

- Sunday 14th WIM Regional Badge event – Cranes Moor – Bovington – Wareham
SY820890 . Pre-entry via Fabian. Limited EOD
Contact: John & Di Tilsley 01305 889495
- Saturday 20th SARUM Informal and Schools League - Vernditch Chase SU040210
- Sunday 21st BADO Colour Coded event – Harewood Forest – Andover SU379418
- Sunday 28th WSX Galoppen – Colour Coded event – Rushmore
near Sixpenny Handley ST 969193

April

JK 2010

- Friday 2nd Bicton Gardens – Sprint race
- Saturday 3rd Individual day 1 – Cookworthy Forest
- Sunday 4th Individual day 2 – Braunton Burrows
- Monday 5th JK Relays - Braunton Burrows
- Saturday 17th SOC Limited Colour Coded event – Stoke Park Woods – Eastleigh
SU 479194
- Sunday 18th SARUM Galoppen – Colour Coded event – Hamptworth Estate near
Nomansland on the north-east edges of the New Forest.
- Sunday 25th BOK Trot – Regional Badge event – Wavering Down -Nr. Cheddar
ST410560 Pre entry via Fabian. Limited EOD

May

BOC 2010

West Midlands

- Saturday 1st Individual event – Cannock Chase
- Sunday 2nd BOC Relays - Cannock Chase
- Monday 3rd BOAC Stafford Sprint Race
- Sat/Sun 8/9th Harvester Trophy – SE region
- Saturday 15th WIM Informal – Kingston Maurward – Dorchester
- Sunday 16th BKO – Colour Coded Event – Hawley and Hornley – Camberley
- Sunday 23rd NGOC Galoppen – Colour Coded – Cleeve Hill – Cheltenham
Also SO Regional Badge event – Angmering Park – Arundel
- Sat. to Mon. 29 - 31st Kerno Tamar Triple – Penhale Sands – Perranporth

