



Website: www.wimborne-orienteers.org.uk

WAFFLE

May 2010

BOC 2010

After the large number of WIMs at the JK, it was surprising that only 12 were at the British Championships on Cannock Chase on the first weekend in May. The weather played ball and the individual event on Saturday and the Relays on Sunday were held on the same attractive wooded area with excellent assembly and parking facilities. The best WIM result was 5th in W60 for Sue Hands, but at the nearby Trail O Dick Keighley had a superb weekend, coming 3rd overall in the Open Class and 1st in the Paralympic Champs, a well deserved reward for all the time and thought he has given to BritishTrail O in recent years



Dick Keighley British Paralympic Champion 2010

2.

WIMBORNE CLUB LEAGUE
2010

- A Sarum Saunter - Grovely Woods - 7
March
- B WIM Winter Warmer - Cranes Moor, Bovington -
14 March
- C Wessex Galoppen - Rushmore - 28
March
- D JK Day 2 - Cookworthy - 3
April
- E JK Day 3 - Braunton Burrows - 4
April
- F Sarum Galoppen - Hamptworth -
18 April
- G BOK Trot - Wavering Down - 25
April

Place	Name	Class	A	B	C	D	E	F	G	Points (best 6)	
1S	Hands	W60			90	75	90	95	72	79	501
2K	Staunton	W50	74	96	68	88	82	60			468
3R	Brightman	M70	82	68	72	81	71	71	76		453
4N	Crawford	W65	74	72	75	82	77		65		445
5C	Branford	M60		78	73	69	65	81	78		444
6T	Horsler	W40	66		75	89	71	75	66		442
7M	Cross	M65	69	76	77	71	77	66			436
8K	Henderson	M65	80		66	85	94		83		408
9J	Whittingham	M40	59	64	66	73	70	66	67		406
10S	Horsler	M40	93		90	64	73	85			405
11G	Cross	W65	63	60	67	68	61	52			371
12J	Warren	M70	80		48	49	64	56	56		353
13M	Kite	M60		60	52	65	66	63	44		350
14K	Pickering	M55		87	70	78	84				319
15W	Bullen	W40	58	63	56	81		58			316
16C	Turner	M45	70	79	67			77			293
17M	Furlong	M50	75	80	72			65			292
18H	Pickering	W55		65	72	86	66				289
19D	Tilsley	W55		80	57	79	62				278
20J	Shucksmith	M60	72	61	69		70				272
21L	Branford	W60			70		60	71	58		259
22J	Walmsley	M55	63			55	62	68			248
23J	Stanley	W60	69		61	63	53				246
24J	Tilsley	M60		80	58	55	49				242
25D	Bland	M70		67	49			65	56		237
25J	Smith	W40			67	57	49	64			237
27R	Keighley	M65		36	48	80			44		208
28K	French	W40	64	66			77				207
29M	Christopher	M55	67	71	66						204
30K	Pike	W45	51	47	55			50			203
31E	Staunton	M50			76	56	64				196
32R	Moore	M55	57	73	65						195

									3.
33T	Bridle	M65		61	68		62		191
34D	Tonge	M70			40	49	52	44	185
35J	Richardson	W40	39			42	49	47	177
36A	McMurtry	W60		48		69	59		176
37B	Warren	W75				71		47	55
38S	Spillar	W55		60			51	44	155
39R	Hills	M75		67				85	152
40J	Pickering	W21				74	76		150
41B	Penny	M65	44		48			52	144
42C	McMurtry	M70		60		42	37		139
43C	Morris	W55	40	41	52				133
44A	French	M45		64			67		131
45C	Christopher	W55	66		60				126
46K	Crawford	W40				60	65		125
47R	Berry	M55			67			57	124
48B	Hodge	M45		60				59	119
49H	Hodge	W45			55			59	114
49P	Marshall	W45	30		46			38	114
51N	Smith	M45			63		47		110
52P	Fale	M75		50	49				99
53C	Penny	M40	35		57				92
54M	Rayner	W40	84						84
55W	White	W65			40			43	83
56K	Mitchell	M65			42			34	76
57P	Harwood	W80					44	30	74
58M	Hawker	W45		73					73
58M	Kite	W65				73			73
60S	Branford	M21					61		61
61B	Tonge	W60						45	45
62L	Puckett	W40		44					44
63M	King	M60	34						34
63W	Stella White	W65	34						34
1R	Whittingham	W12	67	100	87	58	52		364
2F	Smith	M12	80			63	22	100	265
3W	Thompson	M10				72	84		156
4K	Hodge	W16		44	38			47	129
5H	Puckett	W14		74					74
6E	Reynolds	W20		72					72
7G	Puckett	W14		68					68
8C	Hodge	W18		48					48
9D	Whittingham	M10						43	43

Many apologies to Nikki and Sue

In the last Waffle we listed the club members who counted for WIM in the CompassSport Trophy competition in January. Sue Hands and Nikki Crawford were placed 3rd and 7th in the Short Green Vets thus contributing a large number of points to help WIM to win the heat, but unfortunately we missed them off the 'Role of Honour' . Apologies to you both.

4.

JK 2010

From the bogs of Cookworthy to the intricate terrain of Braunton Burrows, JK 2010 was memorable as much for the weather as for the orienteering. While Trail O was time consuming for many of us, our sympathy and thanks are due to the Branfords who worked long shifts in very difficult conditions as car park marshalls, starting in the muddy parkland at Bicton and still smiling 3 days later at Braunton!

From the whole range of successes and disappointments of the weekend two names are worth a mention. Wilf Thompson came 4th in M10Band Helen Bridle who had a spectacular weekend gaining 2nd place in W21E and winning her leg in the Relay.



Fraser Smith -'Birthday Boy' and Junior Male League winner

One of the highlights of the weekend in Devon was an excellent meal enjoyed by most of the club at the Muddiford Inn near Barnstaple. There were more members at the meal than had attended the official club dinner in March, and the atmosphere was friendly and welcoming which many younger club members enjoyed greatly. Thanks to Trevor for his organisation and to Chris Branford for his research for missing club trophies. These were presented to Sue Hands (Founders Trophy), to Kirsty Staunton (glass vase as Senior Lady), to Steve Horsler (the shield as Senior Man), to Fraser Smith (the antler shield as Junior Man) and to Becky Whittingham (an Easter Egg, because the cup for Junior Lady was being engraved!). The Inn also provided a birthday cake for Fraser to mark his 12th birthday and for Steve Horsler who was a little older!

The Relays were enjoyed by all in beautiful weather without any spectacular successes, probably due to the plentiful food and drink of the previous evening. Thanks to the dynamic efficiency of 'Pickering and Staunton Construction Services' the club tent stood on a prime site commanding views over all the Relay action and was a base from which Hilary efficiently managed the club relay teams.

JK 2010 Trail-O 2nd-4th April

This year, as in 2007, the main JK job of WIM as a club was to organise & run the Trail-O competition, although we did also provide one of the relay planners in Michelle Spillar and several members of the car parking team.

Dick Keighley was the Trail-O event co-ordinator, in addition to acting as planner for the Day 1 TempO competition on the Friday at Bicton College, Day 2 planner at Cookworthy and also the controller for Day 3's event at Braunton Burrows. Brian Parker (Devon) controlled the first two days and acted as planner for Day 3 at Braunton, where he was also the main mapper.

Preliminaries for this year's Trail-O did not always run smoothly.

Bicton College was a fairly late substitute area for Day 1 when Exeter University, the original choice for the Sprint and TempO events became unavailable when the university changed the date of their end of term. Then at Cookworthy, the Day 2 Foot-o planners decided to place one of their starts on the track leading to the Trail-O area, which meant that the Trail-O event couldn't start until the Foot-o starts were concluded, which meant a long day for WIM helpers.

Finally, six weeks before the event, and with the Day 3 Trail-O mapping and planning almost completed, Peter Brett discovered that the estate had placed 300 head of horned cattle, mostly in calf, in the area of Braunton Burrows allotted to the Day 3 Trail-O and the String courses. The farmer's comment of "don't worry, they will all be on the dunes by Easter" was not considered to be helpful!

Eventually, it was agreed that the cattle would stay put, rather than tangling with 3000 orienteers on the dunes. We relocated the Trail-O to Crow Point, at the southern end of the Burrows. Brian Parker then had less than four weeks to re-map and re-plan his courses, mostly in the rain.

During the JK weekend itself, the Trail-O events passed off remarkably smoothly, despite the indifferent weather on the first two days. The TempO at Braunton intrigued many of the WIM helpers and I'm hoping to be able to put on a smaller scale TempO event for more people to try at one of the WIM informals later this year, probably the Clayesmore schools event in October.

The unavoidable distances between the Trail-O and Foot-O assembly areas meant for long days for the officials and kept the attendance down to the real enthusiasts, which was a pity. Several people who had entered for the Trail-O courses failed to show on the Saturday because they were simply too tired and muddy after running at Cookworthy in the morning!

Fortunately the weather was better for the rather exposed Day 3 event at Crow Point. Paradoxically, although much further from the main foot-o assembly area (3k+ instead of 150m) than the original area, Crow Point was even more interesting and technically demanding.

We had a strong international field of trail orienteers competing over the two days including several former World or European champions and the eventual winner, Anne Straube from Germany but currently an Assistant Professor at Warwick University, was the 2008 World Champion.

Trail-O demands many more officials to administer it than Foot-O, but the club responded willingly to requests for helpers so that we were able to staff all three events at the required level so that everyone who wished to was able to compete in the JK as well as help. My grateful thanks to all who assisted over the weekend.

Dick Keighley

6.

Dorset Schools Orienteering League Season 2009-10

The numbers competing regularly in the Schools League have dwindled a little over the last couple of years. As ever, some schools fall by the wayside and others appear to take their places. The League was again won this year by Swanage Middle School, retaining their title for the third year in succession.



However the Schools Championships, held annually at Moors Valley, attracted record numbers this year, with over 150 children competing on April 23rd, a rise of almost 50% from last year. This year's planner was Adrian Mitchell, the Swanage coach, who produced a course which gave some easy orienteering for the less confident, but which challenged the stronger runners. There were 25 controls in all and only the top four managed to visit all of them within the time limit.

The Burgate School again won the team prize for Secondary schools, but Chafyn Grove knocked Swanage off their perch to win the Middle/Primary schools shield.

Individually, the same three boys finished at the top as last year, with Tom Butt (BWS) gaining revenge over Jack Benham (Burgate), who beat him last year. Tom Stubbs (Burgate) again came third. With Lucy Butt injured, it was South Wilts GS's Sophie Davie's turn to be the leading girl to finish, just ahead of team-mate Katie Newsome.

There were also some outstanding performances by some of the younger WIM juniors. Fraser Smith (BGS) score of 520 points put him 9th overall, good going for someone only in Year 7, whilst Georgia Puckett's (Year 8 Parkstone GS) score of 460 was beaten by only four other girls, all much older than herself.

The older children are given an hour to run their course, but primary school aged children are restricted to 45 minutes. Rebecca Whittingham (Wm Barnes) finished first in this group, scoring 320 points, 50 points more than anyone else in this age group.

With the event starting at 14.00 and running through to 18.30, it was a long afternoon for the officials. Many thanks to all the WIM members who helped before, during and after the event.

Dick Keighley



Competitors in 'full cry' at the Dorset Schools Champs in Moors Valley

Cranes Moor – Regional Badge Event -Sunday March 14th

At first sight Cranes Moor looks to be an unpromising bit of heath and woodland adjacent to Bovington Army Camp, but almost all of the 235 competitors found it unexpectedly technically and physically challenging being full of praise for the thought and effort that Mike Furlong had put into planning courses.

WIM was also grateful to Mike for his contacts at Bovington which meant that competitors enjoyed a tarmac car park, and short walks to and from Start and Finish complemented by the immaculate organisation provided by John and Di Tilsley and their teams.

To be able to enjoy early spring in the sunshine with all facilities close by was a real bonus to which must be added the catering service proved by John and Beth Cameron with their 'Fuel' trailer.

It was good to see competitors from distant clubs travelling to Bovington which certainly maintains our reputation for good quality events.

8.

Longmoor Camp Coaching Day – March 2010



WIM at Longmoor

So that's what Colin Dickson looks like.....

I know the name of course, often seen at the top of the M50 leader board and the silhouette is very familiar. But it's the back view I recognise, usually a quite fleeting glimpse as it disappears rapidly into the woodland ahead of me. To meet him face to face was a pleasure, and he is not nearly as shy and retiring as he appears to be in the wild!

His partner, Dave Rollins has an equally impressive pedigree and the two of them were our coaching team for the day at Longmoor Camp Training area. They radiated energy and good humour throughout the day and even the relentlessly cold wet weather couldn't dampen their spirits. Apart from high level coaching skills and excellent organisation they had one other ingredient to make the day go smoothly, huge quantities of jaffa cakes and tea – I know it was much appreciated by the 20 WIMs attending the course.

How do you coach a mixed group of orienteers whose abilities range from international level to those in their first few seasons? And how do you turn the 'headless chickens' into focussed athletic exocets?

The answer according to Colin and Dave is to keep it simple.

Each of the exercises had a main learning objective.

They started with the compass and how to take sightings along a bearing. We all think we know how to use a compass, but it was revealing how much variation there was between us on what was supposed to be the same route. I suspect the large amount of military metalwork lying around the camp was confusing the compass needles.

Always be aware of the features on the map. The line course exercise made us concentrate on the ground we were travelling over, using a mental tick list to keep track of where we were.

At some stage we are all going to go 'off course'(OMG I'm lost) and will need to relocate. Firstly: stand still. Secondly: look for obvious features around you. Thirdly: then (and only then) look at the map.

Moths are simple insects that flock to the same light source. Orienteers can seem just as simple when attracted by a red and white flag. The 'Orienteering under pressure' exercise was about concentrating on your own route to the exclusion of all other brightly coloured creatures flying about.

Learn to love contours. Paths change, streams meander and the Forestry Commission does horrible things to vegetation boundaries, so the only true, dependable and trustworthy friend on the map is the brown contour line. The 'Brown only' exercise was a revelation but many people reverted to type in the final 'Free Run' and arrived back reporting varying degrees of frustration and success.



Where do we go from here?

Most of us learn orienteering by making mistakes and trying not to repeat them. Like most skill based activities it is easy to reach a 'plateau' in orienteering where you are competent and making fewer mistakes but no more progress is made. Being coached may be one way of improving. I thoroughly enjoyed the day at Longmoor and I would recommend it to anyone in the club. The two coaches are experienced enough for those competing at a high level and patient enough for the improvers amongst us. Perhaps this should be a regular event?

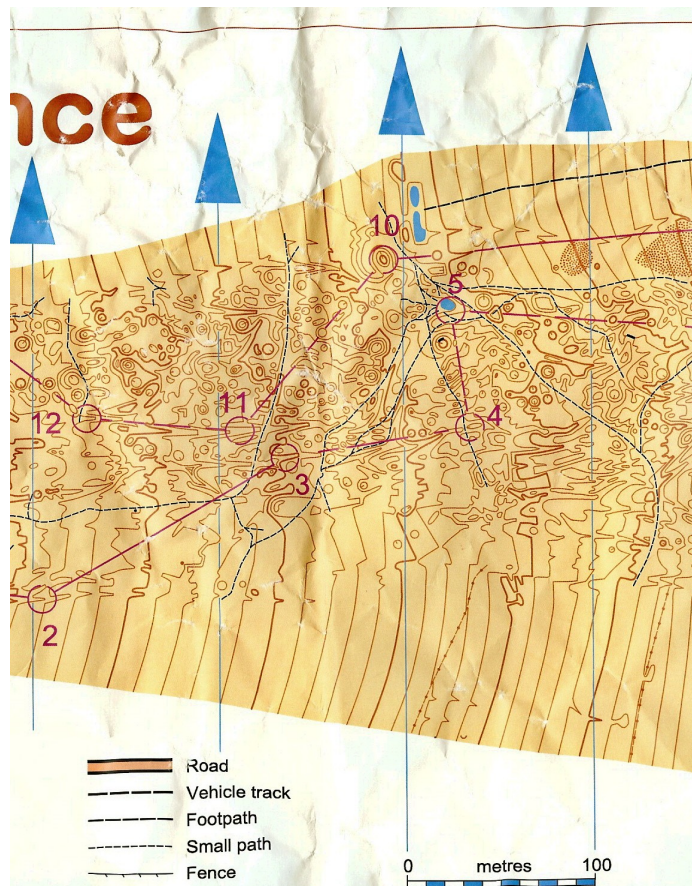
Eamon Staunton

If you would like to take part in the next course please get in contact with Kirsty. Ed

10.

Wheal Florence

For those of you who didn't hang around after the JK, you missed a great map at a local event put on by Devon on the south side of Dartmoor on the Wednesday following the main events.



As you can see from the map, it's a 1:2500 of an old tin working. There was no heather/bracken/bushes etc so you could see from one end of the map to the other- just lots of folk running around in every direction, in and out of the tinner's holes like rabbits in/out of burrows! The holes were between say 4 to 10 feet deep- some having 2 contours inside them!

The map shows part of Fraser's 'Easy' Orange course. Long and short technical courses covered the same area, but just went back and forth more often. The fastest time for the 5K long technical course was a staggering 25mins.

Look very carefully at the map and see how you think you would get round – what map features would you ignore? Jeff Butt remarked that because of the scale and the number of features, the only way to go fast was to choose large features and ignore everything else. Fortunately the weather was superb because the area is very exposed.

Noel Smith

Forthcoming Events

May

- Saturday 15th WIM Informal -Kingston Maurward College – Dorchester SY715910
See club website for details
- Sunday 16th BKO Colour Coded event – Hawley and Hawnley Commons -
Camberley – Surrey SU842588
- Wednesday 19th BAOC – Military League South – Hankley Common – Guildford
- Sunday 23rd NGOC Galloper Colour Coded – Cleeve Hill – SO 989276
Also SO Regional event – Angmering Park – Arundel – Sussex
- Saturday 29th Tamar Triple Day 1 – Penhale Sands – Perranporth – SW766586
Also WSX Informal – Poole Park
- Sunday 30th Tamar Triple Day 2 – As above SW785565
- Monday 31st Tamar Triple Day 3 – As above SW769548

June

- Saturday 5th SOC Informal – Itchen Valley Country Park SU455160
Also WSX Informal – Upton Country Park SY993930
- Sunday 6th SARUM MTBO - Bulford Ridge
- Saturday 12th BAOC Winchester Urban Race
Parking/assembly at Winchester Rugby Club
Pre entry by Fabian4 by June 5th
- Sunday 13th BAOC – British Age Class Sprint Champs – HMS Sultan – Gosport
Pre entry by Fabian4 by June 5
For details of both events see www.baoc.org.uk
- Saturday 19th WIM – MTBO – Ringwood Forest North
Also WSX Informal – Littledown Park – Bournemouth SZ 124939

July

- Saturday 3rd SOC Informal – Shawford Down
- Sunday 11th WIM Furrow Hopper Relays – Kingston Maurward College -Dorchester
- Saturday 17th SOC Informal – Royal Victoria Country Park – Southampton
- Sunday 18th SARUM Club Champs(open to all) Redlynch
- Sunday 25th WSX Hardy Relays – Upton Country Park SY993930

Full details of all events are available on club web sites accessed via British Orienteering

