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WAFFLE

September 2010

CompassSport Trophy Final

On October 17th the CompassSport Cup and Trophy finals will take place on Burbage Moor, near Hathersage in the Peak District of Derbyshire.

Trevor has been making great efforts to ensure that we have as many runners as possible in our team. If there is anyone else who could take part, please let Trevor know as soon as possible on 01258-454811.

As we have several new members we may have to run in the large club competition next year. It would be satisfying to put in a good performance in what may be our last year in the small club category.

WIM/WSX Club Activity Evenings

With the new season about to start how about sharpening your O skills as well as enjoying a sociable evening with friends.

WIM and WSX have arranged a series of monthly club evenings this autumn and winter at which a whole range of O topics will be covered. Some will be practical and others will more conversational. The timings are 6.30 – 7.30pm activities followed by a social 'Get Together'.

Dates for your diary are;

| | |
|---------------------------------|------------------------|
| Monday 4 th October | Canford School |
| Monday 1 st November | Bournemouth University |
| Monday 6 th December | Bryanston School |
| Monday 3 rd January | Parkstone Girls School |
| Monday 7 th February | Blandford School |

If you want to know more about what is planned ring Chris Branford. 01258 - 453716

2.

European Trail-O Championships, Bollnas, Sweden

After being the IOF adviser at last year's World Trail-O Championships in Hungary which had been very stressful, as had preparations for this year's JK Trail-O, I had intended to take a year off from any international competition in 2010.

However, having performed unexpectedly well at both the Irish and British Trail-O championships, I was not really in a position to turn down the offer of a place in the Great Britain team for the European and World Championships.

This year the international Trail-O season was compressed into a two week period in early August, with the European Trail-O Championships being held near Bollnas, Sweden in the week before the World Championships in Trondheim, Norway.

Although the GB Paralympic team of Peter Roberts(EBOR), John Crosby (NATO) and myself, now have wide international experience, the GB selectors took the opportunity to offer a chance of international competition to some new faces in the Open Class , with Dennis Mews (HOC) and former BOF chair Clive Allen competing in Sweden, and (as neither of these were available for the following week) Ian Ditchfield (MV) joining Dave Gittus (WRE), a late substitute for the unavailable Karen Darke. in Norway. The team were again managed by Anne and Don Braggins.

The team arrived in the ETOC competition centre at Alfta, near Bollnas to find the largest and strongest field of competitors ever assembled for a European Championships. With the event also being used for the Nordic Trail-O Cup, in addition to the usual panoply of teams from all over Europe, the Nordic nations had brought two or even three teams, and the USA and Japan teams were competing as guests.

Added to this mix was complex Swedish terrain and as the course planner, last year's Paralympic World Champion, the talented and devious Lennart Wahlgren.

The terrain for the whole of the model event and the two competition days was large open areas which had been clear felled, within a vast forest, with timber extraction roads which gave excellent surfaces for wheelchair users in the paralympic class; typically Swedish, with masses of rock detail as well as some quite complex contours. The model event gave the chance to get used to the minimum size of mapped boulders and the general style of the mapping and planning. As the area was littered with huge boulders, only those 1.5m high or larger had been mapped: in general terms, these mapped boulders would be the size of a large shed or perhaps a white van!

Not only had the planner set very difficult courses, but his timed controls were much harder than is usually the case.

Timed controls, which are used as tie-breakers in the event of competitors having the same score, and where you have only a minute to choose the correct answer, are usually considerably easier than ordinary controls. Here, however, even the very top competitors were taking 40-50 seconds over their decisions, instead of the usual 7-12 seconds.

Competition was fierce, with some unexpected outcomes. The Japanese Open squad had three perfect scores on Day two to head the team competition, without, as guests, being

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able to win medals. Sweden Two, headed by 18 year old Marit Wiksell, winner of this year's O-Ringen Trail-O but controversially not selected for their World Championship team, beat Sweden One. Great Britain (John Kewley, Clive Allen & Dennis Mews) were 4th overall but ahead of all other European competition bar Sweden. The individual winner was Finland's Hannu Niemi, the only person with perfect scores on both days, with Marit Wiksell 2nd and Clive Allen 3rd. John Kewley finished 11th.

For Great Britain, Clive Allen's individual Bronze was complemented by a team Silver in the Open class, our best result since the Paralympic team won the team competition in Japan at WTOC 2005. The GB Paralympic team finished 8th. I had one good score and one mediocre one, which was frustrating. Gone are the days when you could get away with this at international level, where the standard has risen to remarkable levels over the last few years.

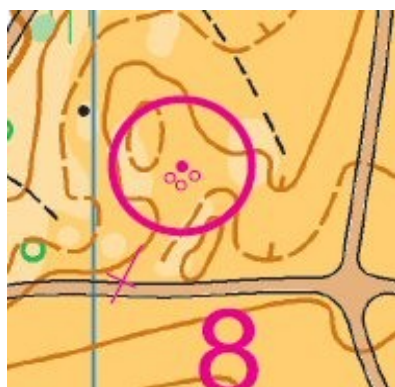
I think it was the most difficult set of courses I have ever encountered. They were very fair courses: it was possible to solve all the problems without resorting to guesswork. It just took a lot of time to do so. As I finished Day 2, the planner passed me on his bicycle. "That was fiendish, Lennart", I said. He smiled. "Thank you" he said.

World Championships, Trondheim, Norway

We now moved across the Norwegian border to sunny Trondheim, basking in an unexpected heatwave which lasted the whole week. Some of the Trail-O team were saving money by using the cheaper accommodation offer of sleeping on the floor of a local school. The rest of us (hang the expense!) were in the same hotel as the teams for the World Championships, including the British squad. We had a day off before our event started, so were able to go into Trondheim to support Helen Bridle and the the GB team in the Sprint race, before representing our country at the opening ceremony, which was held straight afterwards.

This was, sadly, a model of its kind, with nowhere for the Trail-O athletes to sit as the show ground on and on. There was even an official song (you may remember that Norway famously were the first nation to score 'null points' at a European Song competition) as well as a cutesy mascot. We left early, to get back to the hotel in time for dinner.

The Trail-O events took place within the city boundaries, the Day 1 model using the area around the Kristiansten Fort, used the previous day as part of the Sprint finals, with Day 1 itself using the area of the Sverresborg Folk Museum, which had been used for the Sprint qualifying rounds. The pictures show Control 8 (the saddle) from the Day 1 map.



4.

British performance was mixed. Ian Ditchfield made a pleasing start to his international career, with a score of 20 controls correct from the 22, leaving him in a creditable 20th place. John Kewley, to his immense frustration scored 21/22, only to be docked 2 penalty points for finishing late, taking a few minutes longer than the 118 minutes allowed for his course, which dropped him from a potential 13th to 36th position. In the Paralympic class, Peter Roberts was the best placed Brit in 16th place. I was down in 34th position.

Day 2 took place in the immense forest around the Granasen ski-jump arena which was also the scene of all three Foot-O finals. The course was long & physically demanding, particularly for the paralympic competitors, with a course time allowance of almost three hours, the longest course your correspondent can remember in 11 years of international events. I needed almost every minute of that time too, finishing with only five minutes left of my allowed time, as I came down through the finish lane into the arena, which was filling up with spectators for the foot-o long final.

The course was also extremely technically demanding, perhaps too much so from the reactions of some of the experienced international competitors I spoke to after the finish. The IOF Advisor, Brian Parker (Devon), in charge of his 3rd World Championships, however felt that the courses over the two days, whilst tough, were inherently fair and was very pleased with the scoring.

The difficulty of the course did serve to separate the field, which had been very closely grouped after Day 1. On Day 2 only three competitors achieved a perfect score of 22/22, Stig Gerdman of Sweden, who over the two days combined was the only person with a perfect score of 44 points, won the Gold in the Open class, closely followed by Lauri Kontkanen (FIN) with 43 who took silver for the second successive year. Ola Jansson (SWE) followed his Paralympic gold at ETOC2010 with a score of 43/44 in Trondheim to take Gold again. Not surprisingly, Sweden took the team competition.

Great Britain were 9th in the team competition, one place lower than last year in Hungary. Peter Roberts was the best place Brit, 17th in the Paralympic class, with John Kewley, 26th finishing best in the Open. I had a much better day on Day 2 (or to be more accurate, a lot of competitors had worse days than me), ten places up on the day before.

Finally, on the Friday we returned to the Kristiansen Fort park for the first ever World Cup in TempO, a Trail-O competition made up entirely of 20 timed controls. The time allowance per control was 45 seconds, which was also the time penalty for an incorrect answer. Scoring is by adding up a competitors time taken to answer all the controls plus any penalty points. As this was the first international TempO competition, unusually there were no zero controls.

The winner, in a scarcely credible 95 seconds and no penalties, (less than 5 seconds per control) was the young Finn, Lauri Kontkanen, closely followed by local boy Lars Jacob Waaler of Norway with 103 seconds. John Kewley was 9th with 195 seconds, one mistake and 45 seconds penalty away from 3rd place. In the Paralympic class, Ola Jansson (who else?) again won to record a clean sweep in this year's international competitions.

Dick Keighley

WIM AGM Friday October 8th at Canford School 7.30 for 7.45

The agenda for this year and the minutes of last year's AGM are enclosed with this Waffle. John Shucksmith has 'held the fort' as Chairman for 12 months, and the post is now vacant. Nominations for Chairman may be made to the secretary or given on the evening provided that the nominee has agreed to stand.

Wimborne Orienteers Founders Trophy

Ron Wilton founded Wimborne Orienteers in 1969, and the Founders Trophy is awarded annually in his memory. The Trophy is awarded to the fastest (age adjusted) performance at the November Classic, using the BOF speed ratios shown below for the age adjustments. The competition is open to all club members junior or senior, but competitors must run on their eligible course. Short courses are not eligible.

The 2010 competition will be held with the November Classic on 07 November 2010. Eligible course details are shown below. The speed of each competitor will be adjusted according to their age using the speed ratios. Competitors are entitled to 'run up' but not to 'run down'. For example M45 can run the M40 course and retain a speed ratio of 0.84, but M40 cannot run M45.

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|------|------|-------------|------|------|------------------|
| M10 | 0.74 | Yellow | W10 | 0.73 | Yellow |
| M12 | 0.70 | JM3 | W12 | 0.62 | Orange |
| M14 | 0.80 | JM4 | W14 | 0.65 | Light Green |
| M16 | 0.84 | Blue | W16 | 0.67 | Green |
| M18 | 0.88 | Short Brown | W18 | 0.70 | Short Blue |
| M20 | 0.93 | Short Brown | W20 | 0.71 | Short Blue |
| M21 | 1.00 | Black | W21 | 0.80 | Short Brown |
| M35 | 0.93 | Brown | W35 | 0.71 | Blue |
| M40 | 0.89 | Brown | W40 | 0.67 | Blue |
| M45 | 0.84 | Short Brown | W45 | 0.62 | Short Blue |
| M50 | 0.79 | Short Brown | W50 | 0.57 | Short Blue |
| M55 | 0.74 | Blue | W55 | 0.53 | Green |
| M60 | 0.65 | Blue | W60 | 0.48 | Green |
| M65 | 0.60 | Short Blue | W65 | 0.44 | Short Green |
| M70 | 0.53 | Green | W70 | 0.39 | Short Green |
| M75+ | 0.46 | Short Green | W75+ | 0.35 | Very Short Green |

If you have any queries about this contact John Shucksmith 01202 - 605108

Club O tops

The saga of various delays and disappointments over the scheme to order O tops individually has prompted the committee to decide to invest in a small stock of WIM tops in various popular sizes so that you can try before you buy. Barbara and John will bring them to local events, but a reminder the previous evening on 01425-474861 would be helpful!

6.

World Masters Orienteering Event 2010

Eamon and I took part in this event for the first time this year and had a wonderful time. This is not an event that you have to qualify for or be selected for – anyone can enter (so long as you are over 35!) when reflecting on what we had enjoyed we were both impressed that we were competing with the best orienteers in the world.

Over 4500 people took part and 43 countries were represented, Switzerland, Sweden and Finland had the most people but this followed closely by Russia, which we found intriguing. There were also people from Japan, Brazil, USA, Nepal and Australia, it truly was a World Masters.

The format of the event was different to other multiday events in that we had qualifying events followed by a final. Everyone took part in the qualifying events and then according to your position in the results you were put into an A, B or C final. This meant you could still be competitive within your final group.

The event area was in the Jura mountains in Switzerland, the underlying rock is limestone so the areas we had to navigate through were quite complex and very challenging, in some places the map appeared like a maze of black and brown lines reducing top orienteers to a lot of head scratching and running around in circles!

Mostly the weather was fine for orienteering, we had 2 wet days which coincided with our rest days.... on one of the rest days a few of us WIM members decided to do a forest walk to view a very impressive limestone cirque, we started in a fine drizzle with an optimistic view that the weather would improve however it didn't and we spent a wet day wandering through a wet forest to view a limestone cliff shrouded in mist, ah well the company and picnic was nice.

Orienteering in Switzerland is a generally pleasant experience. The profile of orienteering is greater in Switzerland, it is a popular sport and local newspapers gave the event excellent coverage, this was reflected in the sprint events. The qualifier was held in Chaux de fonds and the final in Neuchatel, both are large towns and yet streets were closed and traffic redirected for both events. The Mayor and local dignitaries attended the prize giving and we were all made to feel very welcome.

Our next venture into orienteering abroad may have to be the O-Ringen, this is held in Sweden and is 10 times bigger!!

Kirsty Staunton

Lakes 5 Day

If you go to the Lake District expect hills! This was certainly what 18 WIMs found when they joined about 1500 other orienteers for a wonderful late August week of competition in and around the central Lakes.

Parking for an event of this size isn't easy in the Lake District so it was a case of long hikes to the start from car parks that varied from Coniston School Playing fields to spectacular hill top fields overlooking Morecambe Bay. Average walks to and from Start and Finish were in the region of 2.5k each way, in some cases much more and coupled to this were 200m plus climbs. Fortunately we all had grouped start times so the walks were made more pleasant with the chance to chat.

The bonus for all this extra mileage was that we reached some wonderful high spots in beautiful surroundings commanding spectacular distant views of sunlit hills and vivid green valleys. Terrain included high, open, runnable moorland and fell. Some areas of marsh, bracken and rock, many steep slopes, crags and boulders and complex contour detail, in all a complete contrast to our southern woods and heaths. The only forested day near Coniston was also the only wet day and the WIM group had late starts getting totally soaked in what should have been pleasant deciduous woods near the beauty spot of Tarn Hows.

Day 3 which promised even more climb had to be cancelled as the car park was waterlogged following the day 2 rain. (Environmental damage information is on the Lakes 5 Day website).

The traditional mid week rest day became two days with many orienteers' ideas of rest being to climb one of the local peaks of which there was a wide choice and then complete the day by running in an 'urban sprint' race round the village of Coniston!

The last day on sunny limestone ridges above Kendal was completed with the prizegiving with Kirsty Staunton and Hilary Pickering both winning their classes, a second place for Nikki Crawford and 3rd position for Sue Hands. Congratulations to Penny Harwood who tackled all these distances and tricky navigational problems as an intrepid W80.

When we told people that we were going to the Lake District for our holiday they all said 'Oh you'll get wet!' Well this time apart from one day we had glorious clear sun whilst all of those who stayed down south got soaked!!

Barbara Warren

OUR ALTERNATIVE TRIP TO THE LAKES

Friday night – packed and ready for the Lakes 5 days. A bit of a rush as we'd celebrated my grandson's 2nd birthday yesterday, enjoying a picnic lunch at Beer, but now we were up for it!

I had a pork pie at the picnic; Mary didn't. Maybe that's where things went wrong. I was feeling a bit queasy when I went to bed but everything would be OK. At 3.00 am I shot out of bed and spent the next six hours in the loo (a good job we have two). As my son unsympathetically put it, I was talking to God down the big white telephone.

No chance of travelling up on the Saturday. On Sunday, when you were enjoying a beautiful run at Swindale, we finally set off. Mary drove the whole way. I was unsafe to get behind the wheel: death was imminent.

Day 2. We didn't make Tarn Hows. My inability to climb the stairs in our lovely holiday cottage without turning to jelly was decisive. We'd just have to catch up with the news on the lakes website. Fortunately, our cottage had wi-fi access. Yes? I smiled through gritted teeth as the lady remarked it was odd, because previous guests hadn't been able to get online either.

So, Day 3. Still shaky, but I was determined to try Harrop Tarn and we drove off optimistically. Not many orienteering cars on the road and few signs of activity as we approached Thirlmere, but obviously there was a simple explanation. Yes, there was!

(Day 3 had been cancelled.ed)

We hadn't entered Day 4 because we didn't want to overdo the orienteering.

At this point, we opted for a walking holiday instead. We enjoyed a splendid circuit from Yewdale to Little Langdale, and the next day we climbed up over Lingmoor Fell and walked back down the Langdale valley to Chapel Stile – absolutely glorious!

So, a happy ending, despite failing to achieve every single thing we planned to do. And we've learned a valuable lesson. On Alex's 6th birthday, when we're off to the lakes again, we won't be eating any pork pies.

Mike Kite

8.

Forthcoming Events September

| | | |
|---------------------------------|---|------|
| Sunday 12th | SOC Colour Coded event –Acres Down – Lyndhurst SU275098 EOD. Contact; Graham Harrison 02380 846986 | EMIT |
| Also | DEVON SW Sprint Champs. Exeter University SX 919944 See Devon website for details | S/I |
| Saturday 18th | SARUM MTBO and Try O event – Bulford Ridge – Amesbury SU207446 Contact: Liz Yeadon 07990 – 734576 | EMIT |
| Also | SLOW City of London Race | S/I |
| Saturday 25th | WSX Caddihoe Chase Day 1 – Wareham Forest GR 895910 Pre-entry/Limited EOD | S/I |
| Sunday 26th | WSX Caddihoe Chase Day 2 – Wareham Forest Chasing Start. Limited EOD Colour Coded courses See Wessex website for details. Contact: Ian Sayer 01202-484523 | S/I |

October

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|---------------------------------|--|------|
| Saturday 2nd | WIM Dorset Schools/Informal event – Clayesmore School - Iwerne Minster ST 865146 1pm to 3.30pm Contact: Dick Keighley 01258-860935 | S/I |
| Sunday 3rd | SO Regional Badge event – Eartham Wood – Chichester SU959009 Pre-entry by 25/09 Contact: Jan Ireland 07866 965928 | S/I |
| Friday 8th | WIM AGM – Canford School (See note elsewhere in this Waffle) | |
| Saturday 9th | SARUM – Try O and Score event – Vernditch Chase – Salisbury SU044216 Contact: Charlotte Thornton 01722-320872 | EMIT |
| Sunday 10th | NGOC Regional Badge event – Knockalls Enclosure – Forest of Dean SO537124 Pre-entry Fabian4 by 03/10/2010 | S/I |
| Also | BKO Colour Coded event – Swinley – Bracknell SU901678 Contact: Ken Ricketts 01189 787168 | EMIT |
| Sunday 17th | CompassSport Final – Burbage Moor – Hathersage- Derbyshire See notes elsewhere in Waffle | S/I |
| Sunday 24th | WIM Gallophen -Colour Coded event – Ringwood Forest North SU098108 Contact: Andrew French 01202 – 814958 | S/I |
| Saturday 30th | Wessex Sprint Champs – Bournemouth University – SZ074937 Contact: Tim Houlder 01202 – 380628 | S/I |
| Sunday 31st | BADO Colour Coded event – Perham Down – Tidworth See BADO website for details | |

November

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|---------------------------------|---|------|
| Sunday 7th | SOC November Classic -Regional Badge event also WIM Club Champs – StoneyCross - New Forest see website/flier for details. | EMIT |
| Saturday 13th | SARUM Dorset School/ Informal event – Bulford Ridge See club website for details . Contact: Liz Yeadon 07990-734576 | EMIT |