



Website: www.wimborne-orienteers.org.uk

WAFFLE

January 2010

Chairman's Column

I hope you all had a good Christmas. It was pleasing to see so many of you at the annual Boxing Day Canter working off the turkey and pudding. This really is a fun event, even though I failed to find the fairy and the tree yet again. The Canter has now been held every year since 1971 (see Feb09 CompassSport). There are lots of events in the 2010 calendar to look forward to, and in particular the Compass Sport Cup first round on 24 January. This is close by with the event centre at Sandy Balls, Fordingbridge, so now is the time to put in a bit more training and see if we can make it to the final yet again.

JK2010 is hosted by the South West and WIM members will be competing in and helping at the events. You will find information on the website www.jk2010.co.uk. How many of you remember JK79 and the relays on Bramble Brook? Braunton Burrows is a bit of a contrast and should provide some really technically challenging courses.

If you have not yet completed the BOF competitions survey I would urge you to give your views. You can access it through the BOF website. As there has been a lot of controversy over the recent changes to the events structure it is important that BOF know what our opinions are (see also pages 24 and 25 in the Winter Focus).

I wish you all a Happy New Year.

John Shucksmith

WIM Club Dinner – Friday March 5th

Enclosed with this Waffle is a flier/booking form for the WIM/WSX club dinner which this year is to be held in the 'Orangery' at Merley. This is the event where we present the club awards and thank everyone who has helped the club during the past year. The 'Orangery' has an absolute limit of 50 people so it's a case of first come first served.

(For the members who only get Waffle on line, the menu and travel details will be put on the WIM website)

2.

Fixtures, Events and things.....

A 'Dulux' range of Colour Coded Courses and unhappiness at the alterations to the Age based competitions in Badge events, were both the subject of recent letters to the editors of Focus and CompassSport. Are you happy with the latest development in orienteering and do they matter? John Shucksmith has referred to the consultation questionnaire that is currently on the National website and it's a good opportunity for everyone to say what they think.

The changes to the event structure mean that we now have cross country 'Local', 'Regional' and 'National' events, but do you know what this means and does it help you plan when and where you want to orienteer?

A 'Local' event can cover anything from a Saturday morning local Informal Schools event up to a full blown Sunday Colour Coded event with 7 courses. This is quite a range with the Informal having more emphasis on individual training needs whilst the Colour Coded event has much more emphasis on competition with people travelling a distance to take part.

When you come to the 'Regional' level, competition becomes even more important and if you look at the current fixture list you will see that some Southwest clubs are terming their Galoppen events as 'Regional' with the usual range of 7 entry on the day courses, whilst others are using the term 'Regional' to refer to events which closely resemble what used to be termed 'Badge Events' offering up to 13 age based competitive courses, asking for pre-entry to be made.

Fortunately the highest level 'National' or level 1 events have a simple age based set of courses which can be readily understood and always requires pre-entry!

The chart on the opposite page shows the conversion between Colour Coded and Age related competition and if you haven't seen one before let me explain.

Orienteers come in all ages, shapes, sizes and abilities and in order to give them an enjoyable day out the planner has to try to set the right number of courses for the right type of people. You can see the age groups in the 4 right hand columns with seniors being offered Long or Short courses, whilst juniors have both a 'normal' course and in some cases a 'B' course for the less experienced. Now, what have each class let themselves in for? The M21 are to run a course of between 10.0k and 14.0k according to the steepness and runnability of the terrain, whilst the W55 group will be expecting a course of between 3.5k and 5.0k, and the Orange course between 2.5k and 3.5k. If you are a bionic, elite M21 then you tend to fly over all obstacles and should win in 67mins and the length of the course that you run is used as a basis for calculating the length of everyone else's courses using the Course length ratio in column 2. Now that we've got the course lengths what about how difficult they are to be? The column termed 'Technical Difficulty' has a range of figure from 1 to 5, meaning the higher the figure the more difficult the course. As a beginner you tend to follow paths, ditches, earthbanks etc which is termed T/D 1. The more confident you get the more you can cut across through the terrain and navigate to features off the paths but if disaster strikes and you miss your feature then there is a big path of ditch not far away to 'catch' you. This is T/D 3 ie an Orange Course. Beyond this things can get really challenging through to the most difficult at TD5 when the only difference between the M21L and any other experienced orienteer is the length of the course. Finally, and this is where we came in, the crossover link between Age Classes and the Colour Coded course. The first column shows the colour coded courses listed against the age classes.

In Regional events you won't always see all the colours listed and in a big event there may be a few more such as 'Short Brown 2', or 'Short Blue 2', whilst in a small one you are back to the more usual 7 as in our recent Washers Pit Gallopen.

Using this table should help in planning which events to go to and I hope encourage those of you who are gradually developing your skills either through courses or by personal training to venture further to test your skills in new and challenging terrain. How about JK 2010, or the Tamar Triple on the sand-dunes of the west country or the Lakeland 5 days on the Cumbrian Fells. See you there!

John Warren

Suggested courses for a medium-sized Long Distance Cross Country Event

Colour	Course length ratio M21L=1.00	Min-max length (km)	Technical Difficulty	Men Classes	Women Classes	Men Short and B Classes	Women Short and B Classes
Black	1.00	10.0 14.0	5	M21			
Brown	0.85	8.0 12.0	5	M35 M40			
Short Brown	0.69	7.0 10.0	5	M18 M20 M45 M50	W21	M21S	
Blue	0.56	5.5 7.5	5	M16 M55 M60	W18 W20 W35 W40	M35S M40S	
Short Blue	0.45	4.5 6.5	5	M65	W45 W50	M45S M50S M18S M20S	W21S
Green	0.39	3.5 5.0	5	M70	W16 W55 W60	M55S	W35S W40S
Short Green	0.33	3.0 4.0	5	M75 M80 M85	W65 W70	M60S M65S	W45S W18S W20S
Very Short Green	0.28	2.5 3.5	5		W75 W80 W85	M70S M75S	W50S W55S W60S W65S W70S
Light Green	0.30	3.0 4.0	4	M14	W14	M16B	W16B
Long Orange	0.50	5.0 7.0	3			M21N	
Orange	0.25	2.5 3.5	3	M12	W12	M14B	W14B W21N
Yellow	0.22	2.0 2.9	2	M10	W10	M12B	W12B
White	0.14	1.0 1.9	1			M10B	W10B

4.

Great work at Recent WIM events

The November Galoppen made a welcome return to the chalk woodlands of Washers Pit thanks to much pre-event negotiation by Trevor and Dick as well as map updates by Chris Branford. The event marked the debut of Chris Turner as planner and together with his 'mentor', Trevor, Chris produced courses that not only satisfied the Controller, Mike Crockett, but most importantly were greatly enjoyed by competitors. After weeks of 'monsoonal' weather, a window of glorious autumn sun greatly enhanced the day. The Race Day Organisers, Gillian and Martin Cross, our welcome new recruits from OD, deployed an efficient team of helpers, despite difficult parking conditions, to ensure that all ran on schedule. It's a tribute to all concerned that by 2pm not only had all the competitors returned, but also all controls and equipment had been collected with a satisfied if muddy team heading either home or to a car wash. As usual the hard working computer team produced results that were on the web by late afternoon. Thanks to everyone who contributed to a memorable day, and the land owner has said that he would welcome us back!

For the second successive year the Boxing Day Canter took place in Ringwood Forest North and as usual about 240 people came from far and wide to run off the previous days excesses! The Hodge family were a new planning team, 'mentored' by Keith Henderson, producing a new and challenging score event, where route choice and the ever present time pressure had to be finely balanced. You no doubt noticed that the maps were issued in a sealed form so that there wasn't the opportunity of 'sneaky' pre-planning by those who got into the start box early! The extensive support team was ably led by Karen French, assisted by Andy and Grace, and despite finding sheets of ice on many forest roads all went off well, with 'Father Christmas' and the 'Fairy' having a goodly number of clients. The idea behind the Canter is a short Orienteering session in the morning with everyone home for lunch, and this applied to the organising and planning teams. This year the gate was locked by about 1.30pm with the results on the web by mid afternoon. Well done everyone!

CompassSport Trophy – Sunday January 24th

This year the competition has come to us, being located in the New Forest at Godshill, and thanks to great efforts by Trevor, our team captain, a record 50 plus WIMs are taking part. This is an even bigger achievement because on the day of the event Trevor and Madeleine will be in the South Pacific on the way to New Zealand!

You should by now have received details of your start times and full event details are available on the SOC website. Kirsty Staunton has agreed to act as on the day trouble shooter so any last minute changes should go to her.

Parking and assembly are at Sandy Balls Holiday Centre, which is clearly signed from Fordingbridge on the B 3078 Cadnam road. It is about a 1km walk to the start/finish area. WIM have been successful in the last 2 years in reaching the final of the Trophy competition so now that we are on home ground there is every chance of doing very well, but remember everyone can count even if you don't think of yourself as a bionic competitor!

Keeping in touch

As most of you know Trevor, as Club Captain, has been very busy organising people to run in the CompassSport Trophy qualifying match later this month and has used the Internet to get in touch. One problem is that many people have changed their E mail addresses so we can't contact you. This is important not only to our internet members but also for those who are not on the web. If we can have an accurate, up to date list of members' E mail addresses then it reduces the number of letters that we have to send to ensure that we have contacted everyone in WIM. We of course do not publish these lists on the web but if you have recently changed your E mail address or suspect that we haven't been able to contact you please let me have your up to date E mail address.

John Warren



Father Christmas and the 'Fairy' on a sunny Boxing Day in Ringwood North

6.

Club League 2009 – The Final results

Here are the final Wimborne Club League placings, which were decided at Washer's Pit. There was only one Wimborne runner at the Devon and BOK Galoppens and neither score affected the league table. Kirsty Staunton is the Senior champion, beating Sue Hands by all of 9 points. Fraser Smith is the Junior winner, overtaking long-time leader Rebecca Whittingham at the Wimborne Galoppen. Congratulations to this illustrious four and everyone else who took part. You may also notice the fascinating result of a keen family competition – Mr & Mrs Horsler tied for 4th place in the Seniors!

As a reminder, the Club League table is compiled from competitors' best 6 scores in:

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

Other Local events, Night events, Score events and Chasing Start events are not included.

This year, British Orienteering introduced a new event structure which affected Level 2 Regional events. Some clubs retained the old system and some adopted the new extended colour coded structure. Some tried to do both! This created a galaxy of interesting issues which kept me happily amused for hours. I'll keep taking the tablets.

One effect of the new Level 2 colours was to depress overall scores slightly. Previously, with maybe 68 age classes (34 A/L and 34 B/S) it was relatively easy for a good club runner to gain a very high score. With 12 or 13 colours, a few quick runners on the same course but in different age classes makes a big difference. However, it's probably a fairer system overall as it's not so easy to gain maximum points when there are very few people in a class. Like it or not, the new structure does produce more balanced League scores. BO are expected to standardise on it in 2010 – clear direction is definitely needed!

SWOA's decision to include Short Green at Galoppens was welcome. It removed the anomaly of Green runners who opted to 'run down' having a technically easier course, and that also helped towards fairer scoring. For all its idiosyncracies, the 2009 table paints a pretty good picture of the relative talents of our club runners, irrespective of age or gender.

So, let the 2010 Club League season begin! The Level 3 events are looking good! The Level 1 events are looking good! The Level 2 events are looking... er, where's that Cabernet...?

Mike Kite

8.

JK 2010 and events further afield

Hopefully you will all have received a letter from Dick Keighley about JK 2010.

After 31 years, the JK is back in the Southwest, and some more mature members will remember helping to run the JK Relays at Bramble Brook, near Exeter.

If you have never been to a multi-day event, here's the chance to have an Easter break in a great holiday area not too far from home and find out what all the hype is about!

On Good Friday 2nd April there is a 'Sprint' O event in and around Bicton College near Exmouth. There is no need to worry about the word 'Sprint', you go at whatever speed you want to and can enjoy the parkland and gardens as a scenic tour or you can enjoy running fast through terrain that is paths, tracks and mown grass rather than the usual rough, tough country that we usually compete in.

Saturday 3rd sees the first of the 'Normal' orienteering days located at Cookworthy Forest some 12 miles NW of Okehampton

Sunday April 4th is another 'Normal' event located this time on Braunton Burrows on the north Devon coast near Barnstaple.

Both events on Saturday and Sunday require pre-entry and are courses based on age groups. They can be entered separately or as a package. A link to JK2010 will get you all the details.

Easter Monday April 5th is the day of the JK Relays. This is the one to go to if you enjoy excitement and atmosphere. It's a great social day with club teams from all over the country and abroad competing in classes of different ages and ability. You don't have to be bionic to enjoy the relays. WIM will be pre-entering teams and if you think you'd like to take part talk to Kirsty, Hilary or any of the club coaches.

Now when you look at the fees you may have a shock, BUT, this doesn't need to be a problem because as you know Dick Keighley is leading a team of WIMs who are taking responsibility for running the Trail O competition over the weekend. If you volunteer to be a helper you will be able to claim a 25% discount on entry fees for days 1, 2 and 3. Previous experience is not required and all of the Trail O events take place close to the locations for days 1 to 3.

Overall the weekend should be a great opportunity to meet, work and compete with people in the club so contact Dick (01258-860935) and find out more about what is involved, then get your entry in!

Later in the year there are several other multi-day events that are being held in holiday areas. Firstly, over the Bank Holiday weekend from May 29th to 31st KERNO are putting on three days of competition on Penhale Sands, Perranporth. If you don't know the area it is a spectacular area of sand dunes overlooking one of the most famous surfing beaches in the world with huge views out to sea. There is all sorts of holiday accommodation available so this is another great chance to combine Orienteering with other holiday activities.

The Lake District Fells are the venue for the 2010 Lakeland 5 from August 22nd to 27th with plenty of opportunity to get to know both Cumbria and its woods and mountains and if you are totally hooked on this sort of competition you could then finish the summer by taking part in the White Rose weekend on the western part of the North York Moors near Pickering. The North York Moors and their villages have a unique attraction and this is another opportunity of Orienteering which is the chance to visit some really fabulous parts of the British Isles.



Keith Henderson featured on the front cover of CompassSport on his way to achieving a bronze medal in the Sprint O event at the World Veteran Championships in Sydney, Australia. The Hendersons and Branfords were WIM representatives at the World Vets. with several WSX members also making the journey 'Down-under'. If you've talked to the travellers and looked at their maps you'll have an idea of the cross country terrain which was to say the least 'challenging' accompanied by unseasonably cold weather. Not content with Australia, the Branfords headed to New Zealand where they mixed tourism with orienteering in the North Island.

10.

'O'Tops

The committee has decided that it is not sensible for the club to tie up a huge amount of money in stocking a wide range of 'O' tops to suit everyone. The proposal therefore is that O tops will be made to individual requirements. We have a new supplier who is prepared to accept frequent small orders.

The tops are made in the club colours of maroon and gold. They have 'WIMBORNE' printed as a vertical word down the centre of the back, with the WIM logo on the front. The fabric is called 'Spitech light', which was the most popular choice when members were shown some samples during the autumn.

There is a choice of long or short sleeves, a 'v' or short zippered neck, a straight or shaped cut, and an optional small zippered pocket (suitable for keys etc) at the centre of the lower back for £1 extra.

Sizes are: 28-30" chest for 6-7 year olds
 30-31.5" 8-9 year olds
 31.5-33" 10-11year olds
 33-34.5" 12-13year olds or very small adult.
 Then every 1-1.5" up to chest 51.5"

Prices are: £38 for adult tops or £30 for juniors Plus £1 if you require a pocket.

Name:(Block capitals):.....
Phone number:.....
E Mail address:.....

Please tick one item from each pair of options:

Long Sleeves.....
Short Sleeves.....

V neck.....
Short zip neck.....

Unisex shape, straight cut.....
Female shape, shaped cut.....

Small back pocket required?.....

State actual chest size required, making your own extra allowance for breathing and for an inner layer..... inches

Send this completed form or a photocopy together with a cheque payable to 'Wimborne Orienteers' to :

John Warren
Secretary Wimborne Orienteers
26, Post Office Lane
St. Ives
Ringwood
Hants
BH24 2PG

Forthcoming Events (See club websites for full details)**January 2010**

- Sunday 10th DEVON Local Colour Coded Event – Haytor – Bovey Tracey SX748762
- Wednesday 13th BOAC (MLS) Frith Hill Nr. Camberley SU906580
- Sunday 17th QO Regional & Colour Coded Event Croydon Hill – Minehead SS971401. Pre-entry via Fabian
Also Mole Valley Regional & Colour Coded Event – Leatherhead Parking at Leisure Centre TQ162562 then bussing to forest. Pre-entry via Fabian
- Wednesday 20th BOAC (MLS) Burghfield Common
- Saturday 23rd SARUM Beginners Limited Colour Coded Event – Cannimore Longleat – Warminster ST841440 Starts: 11.30 – 1.30pm
- Sunday 24th SOC CompassSport Cup Round 1 – Hampton Ridge - New Forest . Parking at Sandy Balls signed from B3078 2km east of Fordingbridge. (See note elsewhere in Waffle)
- Wednesday 27th BAOC (MLS) Longmoor
- Sunday 31st BKO – Concorde Chase Regional & Colour Coded Event - Star Posts (Bracknell) Signed from N bound A322 SU885566 Pre -entry via Fabian

February

- Wednesday 3rd BOAC(MLS) Hankley Common
- Sunday 7th GO Regional & Colour Coded Event – Fernhurst -Nr Midhurst Parking at SU895267 off A 286 (Same as for BOC 2006) Pre-entry via Fabian
- Sunday 14th TVOC Chiltern Challenge – Regional & Colour Coded Event Nettlebed SU702865 NW of Henley on Thames Pre-entry via Fabian
- Wednesday 17th BOAC(MLS) Bulford Ridge Nr. Amesbury
- Saturday & Sunday 20th & 21st – Southern Championships weekend – Forest of Dean
Saturday – Middle Distance Event -Mallards Pike
Also a 1 hours Score Night event at New Beechenhurst
Sunday - National Level 1 Event – Lydney Park Estate SO607048 Pre -entry via Fabian
- Saturday 27th WIM Local,Schools,MTBO and Night League Event – Inside Park Blandford ST864052 MTBO in morning, Foot O from 1.30pm and Night Event from 6.30pm See flier for details.

12.

March

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|-----------|------------------|---|
| Sunday | 7 th | SARUM Regional & Colour Coded Event – Grovely East -
Wilton Parking on hard standing at SU883316
Pre-entry via Fabian |
| Wednesday | 10 th | BOAC(MLS) Gore Heath |
| Sunday | 14 th | WIM Regional & Colour Coded Event – Crane's Moor – Bovington
Parking at Bovington Camp SY826895
Pre-entry via Fabian |
| Wednesday | 17 th | BAOC(MLS) Barossa – Camberley |
| Saturday | 20 th | SARUM School League/Informal – Vernditch |
| Sunday | 21 st | BADO Local & Colour Coded Event - Harewood |