



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

# WAFFLE

## November 2010

### Main points from WIM AGM

The club's 42<sup>nd</sup> AGM took place at Canford School on Friday October 8<sup>th</sup>. 22 members were present.

John Shucksmith gave his report as the retiring chairman, reviewing the notable events of the past year and the achievements of several WIM members.

Trevor Bridle handed out copies of the balance sheet and gave his report as Treasurer. Balance at the end of the year was £5535-70. Club fees for a further year(2011-2012) would remain unchanged at £8 Senior and Family and £1 Junior.

John Shucksmith stood down as Chairman after his agreed 1 year tenure and as there were no current proposals for Chairman, Dick Keighley had agreed to fill the gap for 1 year.

John Warren was re-elected as Secretary and Trevor Bridle as Treasurer, with Karen French as his assistant. Tamsin Horsler wished to stand down due to work and home pressure and Martin Cross was prepared to stand for election. The new committee was unanimously approved as follows:

Dick Keighley	Chris Branford
Trevor Bridle	Mike Kite
John Warren	John Shucksmith
Hilary Pickering	Karen French
Martin Cross	

John Whittingham asked to attend meetings as an observer. This was agreed.

A.O.B.

Various matters were raised. The most disturbing being news of a large increase in land access charges set by the Forestry Commission. British Orienteering is still negotiating.

This year's Boxing Day Canter will be the 40<sup>th</sup> anniversary of the event.

'Route Gadget' is now available for club events.

Arrangements for the CompassSport Trophy final in Yorkshire are in hand.

The meeting closed at 8.36pm and was followed by Canford's excellent refreshments.

Finally Hilary Pickering, assisted by Kevin, presented a fascinating illustrated account of their visit to the Asia Pacific Orienteering Champs. in Japan giving an insight into country life in Japan away from the High-tech cities. Hilary and Kevin answered many questions, and were thanked by the outgoing Chairman and a very appreciative audience.

2.

## **From the Chairman**

Well.. here we are again. Never miss an AGM said someone – they'll only elect you to the committee when your back is turned. I had to miss this year's AGM – and discovered I had become Chairman again!

What's more, I missed this year's visit to the CompassSport Trophy final, and I shall miss this year's WIM Galoppen. An absentee Chairman, perhaps. Well I hope not, but I wasn't expecting to be WIM Chairman again, having just been appointed Chair of the BOF Trail-O Committee, and it is wearing my Trail-O hat that I have to be in Scotland when everyone else in WIM will be in Ringwood North.

My thanks to all the WIM members who made the long trip north to Sheffield for this year's Compass Sport Trophy final. There have been mixed comments about this event, with many of the courses being longer and much rougher than might reasonably have been expected. In the end, WIM were 7<sup>th</sup> on the Trophy competition.

One event I have managed to get to was the SW round of the 'BOF Roadshow' held in Taunton, when the three club officers were part of the audience for presentations from our impressive Chief Executive, Mike Hamilton and various members of British Orienteering's full time staff.

For those club members who had heard Richard Barrett speak at the October club evening at Canford and who had read the latest copy of Focus, there was little that we hadn't heard already on the topics of Development and Increasing Participation.

What was news to most people at the roadshow, and which elicited whistles of disbelief from the audience, was the massive increase in access fees which we are about to have to start paying the Forestry Commission for access to their forests under the terms of the new scale of charges.

The previous agreement between British Orienteering and the Forestry Commission expired in 2008. Since then we have been able to negotiate with local forest managers and have largely paid the same access fee as under the previous agreement. However, the FC has now lost much of its government support and has been tasked with raising more money itself.

Mike Hamilton told us that negotiation with the FC had been more or less an impossible task. They were absolutely unyielding. Their attitude had largely been "These are our new charges – take it or leave it."

Under the proposed new agreement, whilst small training sessions will be charged at £25 for 20 people or fewer, **the FC charges for most events will be £75 for the first 50 competitors and then £3 per head for each subsequent runner, either senior or junior.**

To put this in perspective, for last year's Boxing Day Canter, WIM paid the FC £87 for the 250 + runners. Under the new scheme, **the same attendance would result in us paying the FC £675!**

The new agreement was supposed to come into force in April this year, with the charges applied from September. So far, BOF have not signed the agreement, and clubs have been able to negotiate local rates with our local forest offices. However, the agreement has

now been circulated by the FC to local forest managers, some of whom are now seeking to impose the new charges.

Given the government's comprehensive spending review this October, and the cuts to its spending thereafter, any further prevarication could lead to a further increase in charges, so the likelihood is that by the time you read this, the agreement will have been signed and that entry fees for all events from the new year onwards will have to be increased to reflect the new charges.

Clearly this is unwelcome news, and the Committee have not yet had time to digest its implications for our current program of events. We will keep you posted.

Dick Keighley

### **Early Autumn events**

Clayesmore Schools and Iwerne Minster village were the venue for a memorable afternoon of orienteering in warm autumn sunshine with courses planned by Dick Keighley that in addition to the usual schools courses run in the extensive school grounds, included 'Urban O' with a course taking competitors through attractive village streets and pathways. It was a bit different from the urban hustle of the London City race but none the less made you think about route choice and took you on a scenic tour of very attractive sunlit Dorset scenery.

The WIM Galoppen on October 24<sup>th</sup> again enjoyed superb weather with courses planned by Karen French in Ringwood Forest North. It was rough going in the furrows and tussocks but Karen purposely had tried to answer the oft voiced criticism that courses in this forest were mainly 'path runs'. The event combined the usual Colour Coded competition with the Yvette Baker Trophy junior heats together with the Dorset Schools League so competitors came from far and wide, creating some queues at registration, but despite the tough going all returned safely by course closing time, many then enjoying replenishing their energy by visiting John and Beths 'Fuel' catering van.

### **Club League**

The current club league is on the WIM website updated by Mike Kite to include Day 1 of the Caddihoe Chase. In the next Waffle we'll be printing the full league which will include the results from both the WIM Galoppen in Ringwood Forest North and the SOC November Classic which includes our own club championships.

Once again thanks to Mike Kite for his continued work in keeping the Club League up to date.

4.

### **The Hudson Highlander # 15 – October 3<sup>rd</sup> 2010**

Some of my earliest memories as an orienteer were following the progress of the GB team at the World Orienteering Championships in New York State, USA in 1993. The men's team won a heroic silver medal and Stan Hale finished 4<sup>th</sup> in the middle distance. On top of this, when the courses were printed in CompassSport, I was in awe of the technical terrain and the athletes accounts of the intricate open woodlands.

At the tail end of this summer, I found myself out in the States to photograph two weddings- the first in the mountains of Vermont and the second in Atlanta, Georgia. The weddings were two weeks apart, and when I found out that there was a race on the areas on the middle weekend (Sunday October 3<sup>rd</sup>) I thought that I should probably give it a go. The only problem was, the race was the infamous 'Hudson Highlander' – a 26.2km Long-O that is a regular fixture on the US orienteering calendar. I've only been back training since May, after taking a 4 year break from Orienteering and running in general, so this was a big challenge.

Through the orienteering community on Attackpoint.org (an on line training diary application for orienteers, created by an American orienteer called Kenny Walker Jr.) I was able to arrange accommodation and rides to and from the event. After that it was just a case of trying to cram training in the 8 weeks leading up to what was likely to be 4 hours in the forest. My aim was to be up to running 3.5hrs two weeks before the race, but a combination of illness, a cycling accident and a heavy workload meant that I was only able to get up to 2 hours 10mins on my longest run. Nevertheless, I felt fit and mentally prepared to be exercising for a long period of time, thanks in part to a number of long cycling rides of 4 – 5 hours that I had done instead of running.

So two days before the Highlander I arrived in New Haven (home of Yale University) and was met at the train station by my host Boris Granovskiy. I knew Boris from the international camping grounds at a number of Swedish O-Ringen events that I had attended between 1996 and 2002, so it was great to see a familiar face. However, I was dismayed to discover that Boris had earlier that day suffered a muscle spasm in the lower back that was to eventually rule him out of competing 2 days later.

There was a warm up event on the Saturday in a state park just outside New Haven. I chose a 6km course. It was my first technical orienteering for around 4 years, and if I'm going to be honest my confidence took a bit of a knock – although the map wasn't the best, I made a number of mistakes including one of 8 minutes. Although I knew that I was going to be a bit rusty in my techniques, I couldn't remember making a navigation error that big for a long time.... just had to hope that I had got the errors out of my system! On the morning of the race we got up early and drove an hour to Harriman State park, arriving just after 8am for a 9 am start. It was a cold morning, but bright and clear – perfect running weather although I kept my jumper on until right before the start. My race plan was to trust my own pace – I knew that I was going to be running into unexplored territory, so I made a conscious decision to avoid racing with any of the top guys at the start and just run my own race.

Right from the off, I could sense that my map reading techniques and flow in the terrain was still a long way off – I was having to really concentrate to maintain map contact – but I stuck to a slow pace and navigated the long and fairly technical first leg, and was pleased to 'spike' the control, leg 2 offered some respite, with easy navigation along a ridge, picking off features on the way. At this point I found myself running alongside US team runners Alison Crocker and Samantha Saeger, who were running along at a really nice pace with 2 – 3 others. I felt pretty comfortable running in this group, so it was unfortunate that I made my one big error on the long leg from 3 – 4. I was still unfamiliar with the terrain, and took what turned out to be a really naïve route choice – instead of sticking with

the pack and running straight through a green/marshy area. I cut out to the right to run round some small trails, and got really stuck in some horrible green, rocky areas, although didn't get lost. I dropped 5 minutes, and the momentum of being in a group had gone. For the next couple of controls I was pretty much running through a stream of slower moving orienteers – however the navigation and the feel for orienteering was coming together a bit more, I saw Becky Carlyle ( a British orienteer currently based in New Haven) on the way to #7. We had a quick chat and then I found myself running alongside an Italian orienteer called Giovanni – we were running at a really similar pace, so from #8 onwards I stuck with him. The Highlander is split into 4 sections – three Orienteering sections of around 6 – 7 km each, and a trail run of a similar length. In between each section, there was a changeover with food (bananas and cookies) and plenty of liquid. I had half a banana and a cookie at the first changeover(control#11) and then ran the whole trail run to control #12 with Giovanni. We switched leads midway, so I led over the big hill and into #12 for more food and drink.

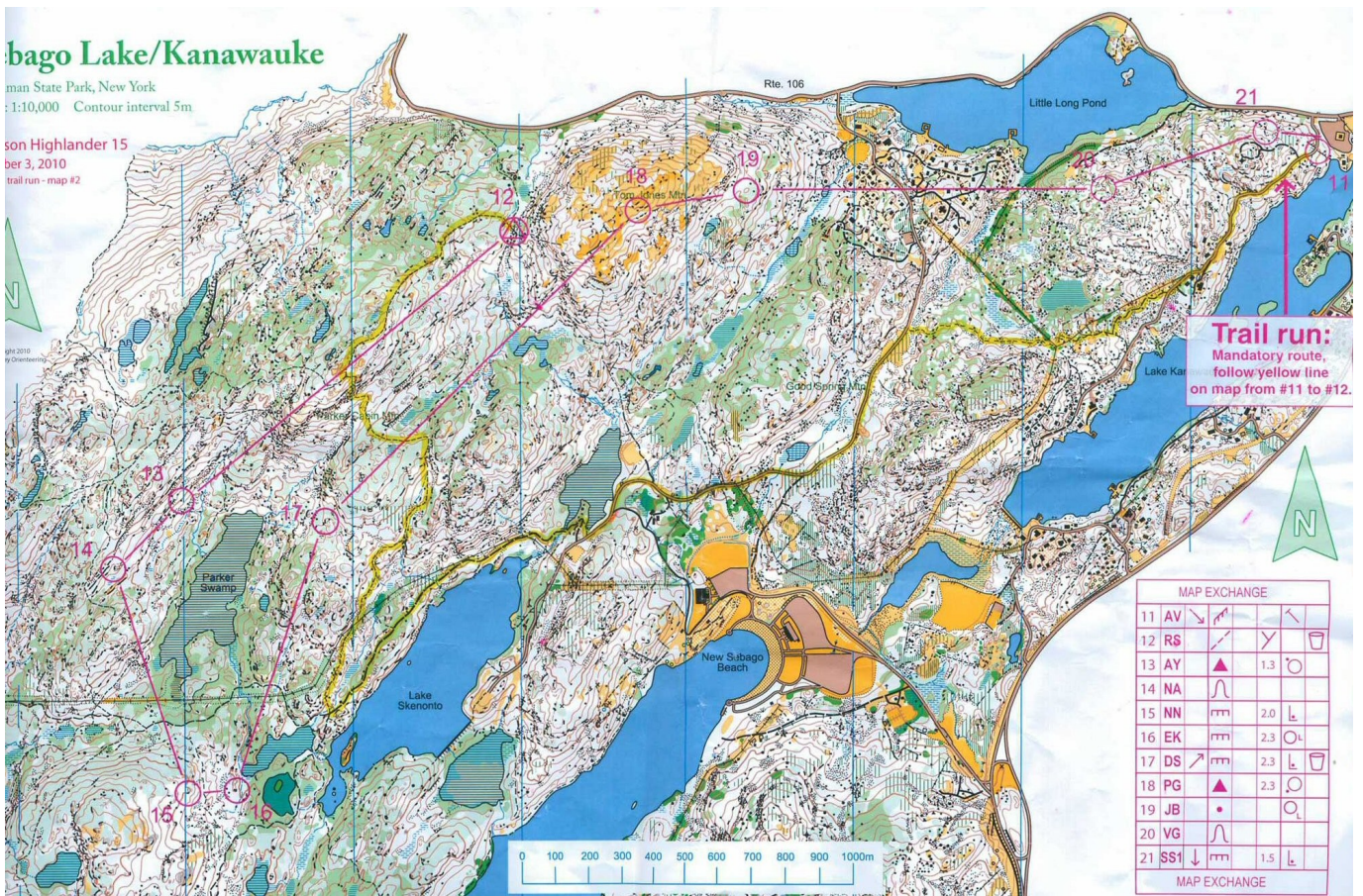
The orienteering got more technical after the trail run, and involved making our way through rougher terrain. I played things safe, and took plenty of path routes, including running back along part of the Trail run section on the 'King of the Mountains' leg(the leg with the most ascent in the race, for which a spot prize was awarded for the fastest split....I didn't win it!). Just after the 'King of the Mountains, I sensed that Giovanni was flagging a bit on the way to #19. I saw him for the last time as we ran through a group of log cottages on the edge of a lake. I passed another runner at this point, the only other competitor I had seen apart from Giovanni in the preceding hour! I forced down an energy gel on the road to #21, then cruised into the final changeover with 6km to go.

By this stage I was in a kind of autopilot – not going particularly fast, but definitely not completely flagging. I was walking up the steep hills, but running on the flat and even some of the more gentle inclines. I passed a few more people on the final loop – maybe 3 to 5, I,m not sure of the numbers – what was strange (and different to any event I've done before) was that when I passed people there was just no 'fight' – I would just move straight on by. Although I was shattered, each time I passed someone it gave me a welcome burst of adrenaline and energy. I took another energy gel at control #25 (the far point of the final loop) and the return to the finish was fairly routine, with one tricky control thrown in at #29, which I contrived to make a meal of in spite of my slow pace. The finish was a relief but I was too exhausted to really feel any emotion; satisfaction crept in later that afternoon once I had time to relax and replenish at the fabulous barbecue put on by the organisers. I finished in 10<sup>th</sup> place – 4hrs and 9 mins. Out on my feet, behind the winner Will Hawkins in 3hrs 13mins.. The first lady was Alison Crocker, 11mins ahead of me in 3hrs. 58mins. It was a really memorable way to return to fairly competitive orienteering after a long break from the sport – I've come away from the race with a new level of psychological toughness that I didn't have before – a knowledge that I'll be able to cope with longer distances and that I have the willpower to keep on moving even when I'm feeling tired. There is still some way to go with my navigation though!

The organisers handled a logistically challenging event with aplomb – it was interesting to note some of the differences with a British event – for instance at the prize-giving every competitor who had completed the event was invited up to receive their memento, not just the top 3! Okay, so there were only around 80 runners but it was a nice touch. I'd highly recommend this event to anyone who likes a real challenge – there are very few events that compare in world orienteering – perhaps only Norway's 'Blodslitet' The US orienteers were really welcoming and I wouldn't hesitate in running the Highlander again if I was given the chance. It was inspiring to see a number of veteran orienteers completing their 15<sup>th</sup> consecutive 'Highlander'!

Ben Roberts





8,

## A Moors Valley Adventure

33 Years 5 & 6 pupils from Loders and Thorner's primary schools travelled to Moors Valley on 7 October for a day of orienteering led by Wimborne coaches Di Tilsley, John Warren and Chris & Lynn Branford. It was a brilliantly successful event – the teaching was well-planned and the organisation was meticulous. Perfect weather helped a bit, too!

The children were divided into two groups – novices and those with a little experience. In the morning session, the novices did basic navigation exercises in one area while the more experienced children tasted 'loop' courses in the coach park. After a break for lunch, the novices set off on a White standard course along the forest paths while the experienced group had the challenge of a Yellow course. Although this group were already familiar with orienteering in school grounds, the route decisions needed on Yellow proved quite a challenge for them!

We'd arrived at 11:00 am and left by 3:00 pm but it had been an action-packed visit, full of enjoyment and excitement, with a lot of learning achieved in a short time. It was a great adventure and I highly recommend it to others!

Mike Kite







Here are some of the children's own descriptions of their day:

'When we got there we split into two groups A and B and then went to the toilet. Then we got back from the toilets and we had a snack, then we went into our groups. Group A did practise orienteering in the car park and it was really fun. Then we had lunch, that was nice. After lunch we did real orienteering.'

'Once we got there Mr Kite introduced the Instructors for the day. Their names were Lynn, Di, Chris and John. Halla and me didn't know much on orienteering. It was fun and hard at the same time. We really enjoyed the trip.'

'Well at first we got in the big Barrys bus with the 5s and 6s, both schools were now in and we finally set off. To entertain ourselves we chatted to our friends and somehow it made the time go much quicker. After about an hour and a half we were there and there was a cheer and first we saw a lot of trees, then a big, big carpark. Then we parked and then saw a restaurant and went round to the back garden and then after a while Mr Kite realised we were in a private garden and felt kind of daffed!'

10.

'You have to stick the dibber in the dibber box'

'When we got there we were joined by 4 Wimbledon orienteering instructors. After lunch we got given a map of the hole orienteering course. It was quite hard but in the end we all got there, we came second 14 minutes and 14 seconds'

'And that was the best day ever and we thank Mr Kite and the Wimborn orienteers Di, Lynn and Chris. And last but not least John. We thank them so much for the best day ever'.



## CompassSport Trophy Final Burbage - 17th October 2010

Until January this year, Martin and I were members of OD, which competes in the CompassSport Cup, so this was our first experience of a CompassSport Trophy Final. We were very impressed by the number of WIM members who took part. Thirty six people, from nineteen different age classes made the trek to Yorkshire to support the club and there was a strong sense of being part of a team..

Like most people, we travelled up on the Saturday. We hadn't managed to book anywhere very close, so we stayed half an hour's drive away, in a delightful B & B which advertised "bouncy organic mattresses and eco-friendly beds". On the Saturday evening, we drove into Hathersage for a WIM meal organised by Trevor before he and Madeleine went off to Spain.

It was an eventful meal. John Whittingham arrived with the most recent start list, which showed that many of our times had changed drastically. He and Becky did a magnificent job checking all our entries and Kirsty, as Acting Captain, tried to make sure everyone knew when to turn up the next day.

It wasn't a good beginning, but everything improved on Sunday morning. It was a clear, sunny day, without too much wind – exactly the right kind of day for an event on an open moorland area.

Physically, the courses were very taxing, with a lot of deep heather and tussocky marshes. A small patch of woodland proved unexpectedly tricky and there were some intricate rocky areas on the Brown course. Everyone's least favourite part seemed to be the long, long slog through the heather to the final controls. The WIM tent was pitched beside the finish and it was very good to hear encouraging shouts from fellow club members as I staggered the last few metres.

Congratulations to everyone who finished, especially Chris and Lyn Branford and Sue Hands, who all made it into the top twenty on their courses, and Ben Roberts, who was our second top scorer with ninety two points. The CompassSport competition is designed to encourage a wide range of membership, so it was good to see our juniors scoring, Becky Whittingham and Wilf Thompson on the Orange course and Claire and Katherine Hodge on the Light Green.

There were ten clubs competing in the Trophy Final. The winners were FVO (captained by our son Jon!) with 1238 points and WIM came a creditable seventh, with 1053 points. General opinion seems to be that some of the courses were rather long for such a physically tough area, but we enjoyed the weekend as a whole and we're delighted to be in such a friendly club with so many keen members.

Gillian Cross

12.

## **Forthcoming Events**

### **November**

- Saturday 13<sup>th</sup> SARUM – Dorset Schools League and limited Colour Coded event – Bulford – Amesbury.(See website)
- Sunday 14<sup>th</sup> Devon – Gallopen(Colour Coded event) Virtuous Lady Tavistock GR: SX479708
- Sunday 21<sup>st</sup> BOK Gallopen(Colour Coded event) Mosley Green Forest of Dean GR:SO63087 (See website)
- Wednesday 24<sup>th</sup> BAOC Midweek League – Bordon Heath
- Saturday 27<sup>th</sup> WIM – Southern Night Champs – Washers Pit - Ashmore GR ST914178 Pre entry see website
- Sunday 28<sup>th</sup> WIM Dorset Schools and Limited Colour Coded event Washers Pit- Ashmore GR: ST914178

### **December**

- Wednesday 1<sup>st</sup> BAOC Midweek League – Long Valley – Aldershot
- Saturday 4<sup>th</sup> WSX Training event – Kings Park Bournemouth (See website)
- Sunday 5<sup>th</sup> SOC Colour Coded event – Bentley and Fritham inclosures New Forest GR: SU246135)
- Monday 6<sup>th</sup> WIM/WSX evening = Bryanston School – 6.30pm
- Wednesday 8<sup>th</sup> BAOC Midweek League – Shrivenham – Wilts
- Wednesday 15<sup>th</sup> BAOC Midweek League – Hawley and Hornley – Camberley
- Sunday 19<sup>th</sup> TVOC – Colour Coded event – Wendover Woods
- Sunday 26<sup>th</sup> WIM 40<sup>th</sup> Anniversary Boxing Day Canter – Ringwood Forest South. See website and flier. Access from B3081 Ringwood to Verwood Road 11 am Mass start. 1 hour score event.
- Wednesday 29<sup>th</sup> BOAC Military Challenge – Longmoor See website

### **January**

- Saturday 1<sup>st</sup> SARUM New Years Day event tbc
- Sunday 2<sup>nd</sup> WSX Day and Night event – Poole Park
- Monday 3<sup>rd</sup> WIM/WSX evening – Parkestone Girls School – 6.30
- Sunday 9<sup>th</sup> SOC Colour Coded event tbc
- Wednesday 12<sup>th</sup> BAOC Midweek League – Longmoor – Camberley
- Sunday 16<sup>th</sup> SARUM CompassSport Cup round 1 – Longleat
- Saturday 22<sup>nd</sup> WIM Dorset Schools/Informal – Hurn Forest – St Leonards.