



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

# WAFFLE

March 2011



Emily Benham & the Clayesmore team at Hurn - January 22nd

2.

## **From the Chairman**

I don't make a habit of writing to my MP. But recently I did: not once but twice. Once to tell him how unhappy I was, as an orienteer, with the Government's proposal to sell off the Forestry Commission's estates and to urge him to vote against the proposal when it came before Parliament. And again after the vote, to ask him why he had voted for what was plainly a nationally unpopular idea which made no sense environmentally or economically.

Eventually, I got a reply: quite a long one, in fact. It didn't answer any of the points I made to him at all, but it did give me information about the consultation scheme and where the local meetings were to be held. I'm sure I wasn't the only member of WIM who wrote to their MP either. Hundreds of thousands of people in England did much the same. The day after I got his letter, the government dropped its initial proposals, at least for the time being. Democracy in action, perhaps. But we need to remember that they've not been entirely abandoned, and that the FC has still been told to sell off up to 15% of its forests so its entirely possible that some of our local areas may become privately owned which may or may not lead to them being lost to orienteering.

In fact, generally WIM have been lucky with using forests in private ownership. We have used a number of Non-FC areas over the years, and whilst Somerley may now have priced themselves out of our range, and back in 1998 the new owners of Hyde House put up the "Private-Keep Out" signs, other landowners have been much more amenable. Our recent Schools League and informal event on the Moreton estate was a case in point, where the landowner and his staff could not have been more helpful. A new area, small but varied and interesting and good facilities from the organiser's point of view. It could be a really good relay area and we hope to be back there fairly soon.

The Moreton event marked the end of a hectic few weeks for the club, with WIM events large and small at Hurn, Brownhill, Washers Pit within a six week period. The Brownhill Regional event attracted just over 300 competitors on a bitterly cold and windy day, whilst the three-in-one event at Hurn included an MTBO event in the morning which attracted the largest attendance at any MTBO event in the South of England. All of these events were successful. I must also note the heroic failure of the club to qualify for the final of the CompassSport Cup, our membership numbers recently having risen over the threshold so that we have become a 'large' club, competing against the likes of BOK & SOC after many years as a small club.

This increase in membership numbers whilst membership seems to be falling elsewhere in the country shows that we must be doing something right. The recent monthly club evenings, held jointly with WSX have also been increasingly popular and now, with financial support from British Orienteering, we are holding a series of weekly club evenings, based initially at Parkstone Grammar School. These evenings are aimed not only at attracting more people into the sport, but also at increasing the skills of our existing membership.

All of this involves great commitment from many people and as club chairman, I really appreciate the unstinting help we have had from so many members at all the recent events.

Dick Keighley

## Club Nights

The joint WIM/WSX club nights, usually held on the first Monday of the month have been going well and attracting a good crowd – 40 or so at Parkstone Grammar School on Jan 3<sup>rd</sup> and a similar number at Blandford on Feb.14<sup>th</sup>. We are going to have a break in March, as that is when we are starting the joint weekly Thursday training sessions. However we want to continue with these Monthly Club Nights as this moves the meeting around the area. The next monthly club night will be on Monday 4<sup>th</sup> April and WIM are organising ,probably at Clayesmore School, Iwerne Minster. Details will be circulated when the venue is confirmed.

Wessex are down to arrange Monday 2<sup>nd</sup> May and Monday 4<sup>th</sup> July with WIM organising Monday 6<sup>th</sup> June.

Then we will take a break for the summer holidays in August and restart in September. To cover costs in future we will be making a small charge of £2 seniors and £1 juniors. If you have any ideas for a venue or activity on those dates – please talk to either myself or Gavin Clegg (WSX).

The new weekly WIM/WSX club evenings began at Parkstone Grammar School, Sopers Lane, Poole, off the A349 Waterloo road.on Thursday 3<sup>rd</sup> March. These sessions are open to all club members from both clubs and we would encourage you to bring along friends and family as well a yourselves to join in.

A full programme of activities is on offer at each session starting at 6pm and ending at about 7.30pm. Changing rooms and toilets are available. In addition some weeks we will have visiting speakers on topics such as training programmes,acupuncture,basic first aid and nutrition.

Social time and refreshments will be an integral part of the evening.

For the first 6 weeks we will also be running an introductory course for newcomers of all ages to the sport led by our coaches.

To cover costs we will be making a charge of £2seniors and £1juniors

Chris Branford



**On your bike!**

4.

## Club Development

'Club development' is the new in word in orienteering at the moment so what does it mean and how is this affecting us (WIM) as a club?

When joining most sports clubs, whether it be rugby, football or athletics you would be given training exercises, fitness training and then you would compete. In orienteering you would be given a map, a few wise words and off you go!

From my own experience I spent a number of years wandering the forests learning through my mistakes, often frustrated and occasionally thrilled when things did go well. It was only when I attended a course at Longmoor, run by Colin Dickson and Dave Rollins, that things like attack points, flowing through controls, reading contours, pacing etc were explained simply and clearly and began to make sense and have a positive effect on my orienteering skills. Two days of training but it helped more than two years of self-instruction!!

BOF suggests that to increase participation and develop a club we need to provide a better pathway for beginners to take up the sport and increase the frequency of orienteering opportunities for them.

There are many signs that we, as a club, are being proactive in this area but as yet you may not of heard of some of the new initiatives to encourage new members to orienteering, help develop the o skills of existing members and foster club spirit.

For several years now, on the second Saturday of each month, WIM has led a 'Come and Try It' session at Moors Valley Country Park. Response was good but it didn't quite follow up with people attending events. With development of clubs being encouraged by BOF we secured funding to enable WIM coaches, led by Kirsty Staunton, to run several six week courses for beginners, adults and children, taking them from white to orange standard. Help and guidance was then given at events during and after the course. By the end of the six weeks we hoped that participants were hooked on orienteering -it seems the case for some!

The latest course during March has 22 children from Hale and Hyde schools enjoying fun orienteering activities on the school playground and in the local wood. They will then be encouraged to attend an event and the Dorset Schools Championships in May. Then in May another six week course will be held at Moors Valley so if you have any friends who might be interested do encourage them to sign up!

Through this avenue of courses we are now seeing some new members of all ages joining the club. They are not only enjoying their orienteering but they are also already giving up their time helping at events for the benefit of the club. So if you see new faces, do introduce yourself and help to make them feel welcome.

To provide regular contact, training and to further foster club spirit a monthly club night has been running for the last few months. Lyn and Chris Branford, jointly with WSX, have set up activities suitable for all ages and abilities. They have been fun and challenging and numbers have been growing. From this month club nights are going to be weekly, on a Thursday, at Parkstone Grammar School 6pm-7.30pm. We have secured funding to employ an orienteer, Jason Falconer (WSX) to run these sessions so do try and get along whether it is to enjoy a run, try some o exercises, or just enjoy a mug of hot chocolate and meet fellow club members. The monthly club night will also continue, the sessions moving around the district eg Blandford one month, Ringwood the next so that hopefully there will be one near to where you live.

Orienteering is a great sport. So let's use the good ideas for club development and diversity in the sport but keep the main success of orienteering as well - that the sport is run by orienteers for orienteers, the willingness of everyone to help each other and the enjoyment of being out in beautiful surroundings. By embracing all these different aspects of the sport our club can look forward to a healthy and successful future.

Hilary Pickering



**Building up fitness!**



**Night O at Parkstone**

6.

## Compass Sport Cup Qualifying round

Firstly can I say what a great response we had from all members with 50 entered to run for the Club at the qualifying round for the Compass Sport Cup 2011. As you all know this was our first year as a 'Large Club' and with one or two of our juniors not available we still did incredibly well to finish in 4<sup>th</sup> position but had we had a junior just to walk round the Light Green course we would have been 3<sup>rd</sup>. BOK won the day with 2404 points, SOC were second with 2220 points, Devon were third with 2083 points and we were fourth with 2066 points.

However Longleat turned out to be a great venue for the event and again it was great to see so many club members arriving early to help set up the tent and ensure a good club spirit throughout the day. Despite the car park being some distance from the assembly and start/finish area the bussing facility for drivers seemed to work well. However the wind was somewhat strong necessitating the club tents being put up in the wood and this did not encourage many spectators to venture out along the run in which was particularly difficult into the wind. However congratulations to Steve Horsler, Mel Rayner, Fraser Smith and Rebecca Whittingham who won prizes for being the fastest WIM's on the run in.

25 club members scored for the Club in the competition although it is good to have additional runners since each WIM runner inevitably pushes other Clubs runners down the list reducing their points score. Congratulations to all those members who did score and I note below our top 15 scorers. Congratulations to Sue Hands on winning her course and collecting 100 points and I find it very interesting that on the Brown and Blue Women's courses where we have traditionally felt we are not well represented that it is on those 2 courses that we find our next top 6 scorers.

1	Sue Hands	W60	41.32	Short Green	100
2	Mark Bentley	M40	63.46	Brown	97
3	Melanie Rayner	W40	54.48	Blue Women	96
4	Andrew McNally	M35	70.21	Brown	95
5	Michelle Spiller	W21	56.46	Blue Women	94
6	Joanne Pickering	W21	58.52	Blue Women	92
7	Stephen Mallison	M21	73.14	Brown	91
8	Lynn Branford	W60	53.35	Short Green	90
9	Steven Horsler	M45	54.14	Blue Men	89
10	Tamsin Horsler	W40	70.40	Blue Women	88
11	Rebecca Whittingham	W14	42.17	Orange Women	88
12	Chris Branford	M65	42.32	Green Men	86
13	Roger Hills	M75	54.13	Short Green	86
14	Di Tilsley	W55	47.52	Green Women	84
15	Fraser Smith	M12	25.55	Orange Men	84

Oh well no trip to the final for us this year and for 2012 will we still be a large club or will we have again dropped back into the small club category?. Watch this space and in any case we will certainly do better next year.

Trevor Bridle

## MOUNTAIN BIKE ORIENTEERING

It is now 4 ½ years since WIM put on our first MTBO event at Moors Valley Country Park on 23<sup>rd</sup> June 2007. Since then we have put on at least one or two MTBO events each year and for 2011 the First Southern Series for MTBO events has been established in and around Dorset, Hampshire and Wiltshire with 8 events already scheduled to take place.

As many of you will know Emily Benham has represented Great Britain in MTBO in several European and World Championships over the past few years and as she has now returned home for a period following the completion of her physiotherapy course at Sheffield University. Emily has been instrumental in getting the Southern Series of MTBO events up and running and Nigel Benham through BML Printers Ltd has given great support in providing publicity, banners, printing the maps and also setting up the new [mbosouth.co.uk](http://mbosouth.co.uk) web site which has created a great deal of interest.

All this was very well demonstrated at our first MTBO event of the series being the WIM event at Hurn Forest on Saturday 22<sup>nd</sup> January when we had a record entry of 74 for the two courses on offer. There is also a great benefit for the Club in being able to include 3 events on the one day being the MTBO event in the morning, the Dorset Schools League event in the afternoon and then the Wessex Night League event in the evening. The cost of toilets etc. can then be spread over the various events and makes it all very worthwhile. Several competitors even competing in all 3 events.

Returning to the MTBO event Hurn Forest lends itself as an ideal venue for beginners to the sport as it is perfectly suited to MTBO with its numerous paths and tracks and although a little small it is also as flat as a pancake. However the rain over previous weeks had left the ground a little soggy but then to mountain bikers muddy puddles are all part of the fun.

We were fortunate on the day to have two GB team members competing and Mark Stodgell who travelled down from the Midlands to take part stormed round to win the long course of 10.275K (straight line) in 38.29 with Ifor Powell from Bristol a close second in 39.04 and Jon Brooke of WSX third in 42.15. Emily herself had a great ride finishing in 4<sup>th</sup> place in 43.04.

On the short course of 5.35K (straight line) Tim Houlder of WSX won in 29.55 with Peter Fale's son Andy taking second place in 30.24. Our own Joanne Pickering was third in 31.23. Everyone seemed to have had a great day out in the forest and were certainly pleased after their rides to enjoy warming up with tea, coffee and burgers from our very own 'Fuel' catering wagon. It was very encouraging to see 14 WIM's taking part and any more of you that have a bicycle why not come along and have a go at the next event.

MBO South after the Hurn event indicates that at the rest of the series events they will have a larger stock of map boards for you to rent and purchase. At Hurn they were in large demand with not enough to go round. They will also be providing 'toggles' for you to attach your SI card to the bike, keeping it safe and preventing loss. In addition they will have a stock of inner tubes and gas canisters so you needn't worry if you end up with a puncture.

Of the remaining events this year WIM will be putting on the inaugural event on 26<sup>th</sup> March to launch the new Forestry Commission permanent MTBO course that has been set up in North Ringwood Forest with start, finish and registration all taking place at Moors Valley

8.

Country Park. The entry fee will only be £2 and there will be prizes for the winners of each category and a special family prize. **Anyone able to help on the day would be much appreciated.** WIM are also putting on a further event on Saturday 25<sup>th</sup> June which will be followed on the Sunday 26<sup>th</sup> June with an event at Longleat put on by Sarum.

MTBO is open to everyone, from complete beginners to the GB team, and from novice cyclists to those whose idea of fun is a day out riding their mountain bike through mud and puddles. Whatever your experience levels the Southern MBO series will cater for your needs ensuring you have a great day out whatever the weather. Further information is available on the web sites [mbosouth.co.uk](http://mbosouth.co.uk) and [bmbo.org.uk](http://bmbo.org.uk)

Other events scheduled this year are 19<sup>th</sup> March Swinley Forest/Star Posts (BKO) 9<sup>th</sup> April Wareham Forest (WSX) and looking further ahead September Greenham Common and December the Military Challenge. MBO South after the Swinley Forest/Star Posts event will be co-ordinating a training weekend initially heading out for a cool-down ride with some of the GB team members for some MTB skills. If you feel you need to brush up on your bike skills or want some advice on how to get up that climb that challenged you help will be available. In the evening there will be a meeting about MTBO for 2011 in the UK where you can find out about the national series and GB team selection for international races. Also on the following Sunday morning it is hoped to hold some short MTBO training with focus on distractions.

Trevor Bridle



**Family fun in the forest**





**Grace supervising decision making**



**A great day out for the family**

10.

## **Waffle**

Since the growth of the internet, websites, e-mails etc., club newsletters are no longer the prime source of event information but we feel that, even in a computer age, newsletters still have a place for everyone to share their experiences or voice their opinions, and we are most grateful to everyone who has contributed in any way. New contributors are most welcome! If you are happy to read Waffle on the web rather than have a printed copy, please let us know.

## **Membership list for 2011**

As membership fees are now paid direct to British Orienteering rather than to clubs, they send us information on renewals and new members on line. From these lists we have produced a membership list for use in 2011 and it includes E-mail addresses when they have been given. For security reasons, the list will not be put on the club website, but if you would like a copy please contact the Secretary 01425 – 474861.

## **A busy start to 2011**

Three events in two months meant that the club hit the ground running in 2011! Mid January saw one of the most successful local events for some time with a combined MTBO, Schools and Night event at Hurn. A large turn out in glorious weather meant the work done by Karen, Trevor and John Tilsley was much appreciated. We also enjoyed having Beth and John with their 'Fuel' van which helped 'apres O' socialising. Early February saw 'Avon Water' in the new guise as 'Brownhills Inclosure' for our Winter Warmer event. In old money it is a Badge event, but was now called level 'B'. The decision to ensure hard standing car parking meant a long walk to the start but despite strong winds it was dry and everyone enjoyed courses planned by Chris Branford with John Shucksmith deploying an effective team of members to deal with marshalling road crossings, car parking, registration and all the other bits of event organisation. WIM had a major role in the Royal Signals Champs held at Washers Pit. Almost 300 Army and civilian competitors enjoyed courses Planned by John Whittingham and Controlled by Martin Cross, with club members helping with all aspects of the event. If you can spare a Wednesday it is well worth going to MLS events! We seem to have had a very good link to the weather man, because our most recent event in mid February at Moreton narrowly enjoyed a quite superb day after a night of deluge! Moreton is a new area never previously mapped and we enjoyed a real welcome from the land owner who provided hard standing car parking, heated loos and indoor facilities for registration. David and Judith Bland had planned courses that allowed competitors to visit many parts of this remarkably varied small area. The monthly 'Club evenings' have been attracting a goodly number of people and the most recent, which was held in Blandford masterminded by Chris and Lynn, not only had a Night O course round the town but indoor and outdoor activities with some tricky navigational exercises enjoyed by all in the sports hall. If this intrigues you then why not come to the next one at Clayesmore. Details will be on the web.

## **2011 Club League**

After 3 events, SOC in the New Forest, our own Winter Warmer, and the event at Savernake the leading places are:

### **Men**

Steve Horsler  
Andy McNally  
Chris Branford

### **Women**

Tamsin Horsler  
Sue Hands  
Helen Bolton

### **Juniors**

Fraser Smith  
Elizabeth Horsler  
Rebecca Whittingham

With several local events in the near future will the positions change?

## 'Supporting Event Officials'

If you are an avid reader of 'Focus' you will have seen the article on P 22 of the winter edition under the above heading .in which proposals are made to regulate the way in which clubs run their events with the aim of 'improving the situation'.

So what needs 'improving'? Evidently, BO (which should be the British Orienteering Federation because that is what it is) says it wants to be able to 'communicate' with event officials, it is claimed that it is necessary to assure insurers that officials are 'competent', events have to be 'Safe' and BOF wants evidence of what event officials are doing and if they are keeping up to date

Wimborne is a club that welcomes newcomers and tries to give them every support in developing their knowledge, potential and enjoyment of the sport. We put on a programme of events to meet the wishes and needs of club members, try to encourage members to develop their potential and try to spread the word about Orienteering in the local community at both adult and school level. All members have different aspirations, from an enjoyable day out to serious competition. Above all the club aims to conduct itself in a friendly yet professional manner with all events meeting high quality standards. BOF was set up by clubs in the UK to provide central specialist services . It has achieved much in promoting good practice in Rules and Guidelines,has succeeded in obtaining funding from external bodies and has provided a valuable development route for elite competition. It exists to support the individual clubs and the sport as a whole but I feel it has become too prescriptive in its attitude. The proposals currently being implemented imply that Clubs are not capable of being professional and require central control. This view manifests itself in the justification behind the restructuring of event types which was claimed to be a response to 'confusion' amongst newcomers. The new structure of A -D still appears to confuse and certainly the inconvenience of imposed start times at the Winter Warmer was not welcomed by most competitors. Also our event was level 'B' category which requires that there are catering facilities. Fortunately we had Beth and John with the 'Fuel' van otherwise we would have been deemed illegal! Other rather impractical suggestions include the naming of event officials more than a year ahead of the event. How about telling an enthusiastic new member who would like to organise or plan an event 'Thanks,but you can't do this until 2013' It is proposed that Mappers be graded according to ability,Organisers be licensed and will have to undergo training, Planners will be required to prove their ability and Controllers attend regular courses. Why is this necessary? It is claimed that insurers have to be convinced that event officials are competent and that events are 'safe'. How many instances are there of the insurers having to pay out as a result of the actions of incompetent event officials? Will regulation achieve anything except alienate potential volunteers and consequently a decline in our opportunities to orienteer?

Of course from time to time things go wrong,but to achieve high event standards there has for long been a valid and effective structure based round the event 'Controller' who has the responsibility of ensuring that the event is conducted according to the rules and that appropriate arrangements are made by the Organiser to meet any eventuality relating to a particular event.. You don't become a Controller unless you are prepared to take on this role and you commit yourself to keeping up to date with all issues relating to events. Controllers are also club members who can work through their own clubs and within their region to spread good practice. Expand the role of the Club Controller as a club Instructor and you have a ready made solution to training at club level.

As a Controller I have worked with people who demonstrate the highest level of professionalism and enthusiasm. To lose these volunteers will be to lose Orienteering. Creativity,variety and responsibility are the lifeblood of the sport.

John Warren

12.

## **Forthcoming Events** (In all cases see organising club websites for details)

### **March**

Saturday	12 <sup>th</sup>	JOK Chasing Sprint – Shotover Country Park, Oxford GR:SP557045 Pre entry by 06/03
Sunday	13 <sup>th</sup>	TVOC Chiltern Challenge – National level A event - Hambleden – Henley GR:SU765865 Pre entry by 06/03
Sunday	20 <sup>th</sup>	SARUM Regional Badge event – Great Ridge – Nr Salisbury GR: ST930360 Pre-entry by 13/03 & Limited EOD
Wednesday	23 <sup>rd</sup>	BAOC - Military League South – Sidbury Hill – Tidworth EOD only
Saturday	26 <sup>th</sup>	WIM MTBO event – Moors Valley Country Park (See note in Waffle)
Sunday	27 <sup>th</sup>	WSX Galoppen Colour Coded event – Wareham Forest GR: SY 873933 EOD only

### **April**

Saturday	2 <sup>nd</sup>	BOK 007 Weekend – Day 1 SWOA Middle Distance Champs Stockhill – Wells GR:ST545523 Pre entry by 27/03
Sunday	3 <sup>rd</sup>	BOK Mike Nelson BOK Trot Regional Badge event – Stourhead- Mere GT: ST783341 Pre- entry by 27/03 Limited EOD
Monday	4 <sup>th</sup>	WIM/WSX Activities Evening – Clayesmore School
Saturday	9 <sup>th</sup>	British Sprint Champs – University of Sussex – Brighton GR:TQ 350090 Pre-entry
Sunday	10 <sup>th</sup>	British Middle Distance Champs – Worthlodge – Crawley GR: TQ 310350 Pre-entry
Sunday	17 <sup>th</sup>	SARUM Galoppen Colour Coded – Fonthill – Hindon -GR:ST910306 EOD only
Friday – Monday	April 22 <sup>nd</sup> to 25 <sup>th</sup>	JK weekend – Northern Ireland Day 1 Urban, Day 2 & 3 Long Distance , Day 4 Relays

### **May**

Sunday	1 <sup>st</sup>	NGOC Galoppen Colour Coded event – Danby Lodge, Lydney - Forest of Deam GR:SO667067 EOD
Monday	2 <sup>nd</sup>	WIM/WSX Activities evening -
Friday	6 <sup>th</sup>	WIM Dorset Schools Score Champs – Moors Valley Country Park Please note that this is a closed event only open to school groups.
Saturday	14 <sup>th</sup>	British Orienteering Championships – Wharnccliffe – Sheffield GR: SK323955 Pre -entry
Sunday	15 <sup>th</sup>	British Orienteering Relay Champs – Tankersley Wood – Sheffield GR: SK352375 Pre-entry through clubs.
Sunday	22 <sup>nd</sup>	WIM Sprint event – Sandy Balls Estate – Fordingbridge GR: SU169146 EOD
Saturday – Monday	May 28 <sup>th</sup> -30 <sup>th</sup>	Springtime In Shropshire weekend. 3 Regional and one urban event around Ludlow

