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WAFFLE

May 2011

Chairman's Column

After the busy start to the year for the club when we held lots of WIM events during January through to March, for the last couple of months it has been the turn of our neighbouring clubs and there were as many as 50 WIM members competing in some of the more local events in March.

April saw the beginning of the season of major events and after BOKTrot weekend there was a fair WIM presence at Sussex University for the British Sprint Championships and the following day for the Middle Distance Championships at Worth Forest.

There were podium places for Chris Branford, Sue Hands and Vikki Crawford over the weekend and a British title for Kirsty Staunton at the Middle race, whilst the previous week Richard Brightman took the M70 South West Middle title at Stock Hill to win his first ever trophy: a reward for persistence!

With the JK being in Northern Ireland for the first time this year, WIM attendance was a little lower than in the last couple of years. Those who made the long trip over were rewarded with good weather and a superbly staged JK. An excellent sprint race round parts of Queens University, Belfast was followed by tough technical orienteering on sand dunes at Tyrella and then the fast open mountain terrain of Slieve Croob. The relays were held back at Tyrella military training area, after which some club members stayed on in Ireland to take in the Irish Championships over the May Bank Holiday weekend.

The Championship season continues with the British Championships in Yorkshire in mid-May.

We have just had one WIM event recently, the Dorset Schools Championships, held as usual at Moors Valley on Friday May 6th, planned by John Whittingham and organised by yours truly. Despite the problems caused by the late Easter followed by the double bank holidays of the following weekend, most of our regular schools managed to organise teams and we had 130 children competing. My thanks to the WIM members who were able to help on the afternoon of the event, which enabled it to run like clockwork.

In the last few months, jointly with WSX, we have held monthly club evenings which have offered an interesting mixture of activities, from night orienteering through sprint orienteering practice, TrailO, and even mapping practice.

These evenings have been very well supported by members and have now been supplemented by regular weekly Thursday evening club training sessions based at Parkstone Grammar School in Poole. The programme for these has also been varied and interesting and well worth while attending: I commend them to you.

Dick Keighley

2.

Dorset Schools Orienteering League

The schools league, which has been running since 1998, has had fewer competitors these last two seasons. There are a number of reasons for this, although the main ones are the probably the retirement or promotion of a number of teachers who used to bring school teams and the progression through the ranks of a number of families who's children began as very small M/W10's and who have now passed through the system and moved on to university.

This year, Swanage Middle School retained their league trophy again, with Parkstone Grammar providing the most regular opposition. Individually, Parkstone's Georgia Puckett was the only runner this year to finish with the maximum 500 points. In a statistical oddity, Beccy and Darren Whittingham both scored an identical number of points (458).

The Dorset Schools Championships, held as usual at Moors Valley on Friday May 6th, was very well attended. Clayesmore School, who have been unable to come to many league events this year, won the Senior schools Class, whilst Swanage Middle School took the Middle & Primary schools title. Two runners, Jack Benham & Harry Butt (both Burgate) managed to visit all the controls inside the time limit.

Harry Butt has been selected for the British Schools team to run in the World Schools Championships, an honour gained previously by the rest of his brothers and sisters and by a number of our schools runners before them, beginning with Alexis Green, once of Clayesmore, and now to be seen presenting the weather on BBC South Today.

This year the winner's medals and trophies were presented by Lucy Butt (SWilts GS and Sarum) who has just been selected to run for Great Britain in the Junior World Championships in Poland this summer(as a W20 although she is a first year W18). We wish her and Harry the best of luck.

Dick Keighley

At the prize-giving, a warm vote of thanks was given to Dick for all his work with the Dorset Schools League by James Crickmore of WSX M18 running for Poole Grammar School.

Ed.





Action at the Dorset Schools Score Championships . Photos by Chris Branford

4.

WIMBORNE CLUB LEAGUE

2011

- A 9 Jan - SOC Regional, Lucas Castle & QO Galoppen, Triscombe
- B 6 Feb - WIM Winter Warmer, Brownhills
- C 13 Feb - NWO Galoppen, Savernake
- D 20 March - Sarum Saunter, Great Ridge
- E 27 March - Wessex Galoppen, Wareham Forest
- F 3 April - BOK Trot, Stourhead
- G 17 April - Sarum Galoppen, Fonthill
- H 1 May - NGOC Galoppen, Danby Lodge

Place	Name	Class	A	B	C	D	E	F	G	H	Points	No of (best 6) evnts
1S	Horsler	M45	87	96	85	92	72	100	93		5537	
2M	Christopher	M55	61	72	78	62	84	90	81		4677	
3C	Branford	M65	80	80	63		80	83	75		4616	
4R	Brightman	M70	56		70	58	74	91	86	67	4467	
5M	Cross	M65		70	58	77	70	72	87		4346	
6A	McNally	M35	84	80	74	93			81		4125	
7R	Hills	M75		83		87	58	84	67		3795	
8J	Shucksmith	M60	80	80		80		62	58		3605	
9M	Kite	M60	58	50	54	43	50	62	65		3397	
10J	Whittingham	M40		59	79	57	61		64		3205	
11D	Bland	M70	43	44	56	51		63	60		3176	
12J	Warren	M70	38		45	43	47	80	56		3096	
13R	Moore	M55	46	63		76	61		52		2985	
14J	Tilsley	M65		69		78	69	72			2884	
15S	Mallison	M21		70		72	74	57			2734	
16K	Pickering	M55	61	80		68		61			2704	
17M	Bentley	M40	87				78		92		2573	
18J	Walmsley	M55	69		65	61			61		2564	
19B	Hodge	M50	44	61			56		51		2124	
20C	Turner	M45		78			67	57			2023	
21R	Keighley	M65	32			46	45	22	54		1995	
22M	Furlong	M50	74	66			52				1923	
23K	Henderson	M65				78		73			1512	
24E	Staunton	M55	32				55	61			1483	
25A	French	M45	74	68							1422	
26N	Smith	M45				64	61				1252	
27K	Mitchell	M65	33	40			41				1143	
28B	Penny	M65		55			46				1012	
29B	Roberts	M21	100								1001	
30P	Fale	M75	46	47							932	
31T	Bridle	M65			87						871	

32C	Penny	M40		46			39			852	
33D	Tonge	M70	36	38						742	
34P	Harvey	M35	68							681	
34M	King	M60				31	37			682	
36S	Hawker	M40					64			641	
37C	Evans	M55		62						621	
1S	Hands	W60	62	68	74	60	69	96	76	4457	
2T	Horsler	W40	75	70	68	67	59	74	73	4277	
3M	Rayner	W40		81	76	79	78		77	3915	
4H	Bolton	W45	44	64	77	65		52	82	48	3887
5C	Christopher	W60	52	56	57	45	64	79	78	3867	
6N	Crawford	W70	44		83	81		76		63	3475
7G	Cross	W65		50	75	74		64	73	3365	
8D	Tilsley	W55		70		63	72	98		3034	
9K	Staunton	W55	67	83			65	87		3024	
10W	Bullen	W40	55	60		60	57		64	2965	
11K	Pike	W45	39	53		66	58		66	2825	
12H	Pickering	W55	50	79		51			77	2574	
13B	Warren	W75	43		66	59		66		2344	
14H	Hodge	W45	37	62			60		52	2114	
15J	Bland	W70	38	48	56	62				2044	
15L	Branford	W60	52					77	75	2043	
17J	Pickering	W21		60		60			70	1903	
18J	Stanley	W60		45		47	58			1503	
19M	Kite	W65		63		77				1402	
20S	Lawrence	W75	31	50		57				1383	
21R	Ellis	W21	50	40		46				1363	
22D	Mays	W50		38		33			43	1143	
23J	Smith	W40		45			57			1022	
24M	Hawker	W45					71			711	
25E	Evans	W55		46						461	
26C	Morris	W55	40							401	
26B	Tonge	W65	40							401	
28K	French	W40	37							371	
29S	Spillar	W60	36							361	
29W	Stella White	W65	36							361	
1F	Smith	M14	60	100		97	100		100	4575	
1R	Whittingham	W14		64	93	66	67		83	3735	
2S	Horsler	W10	63		45	62	54	54	55	3336	
3E	Horsler	W10	63	78	45	44				2304	
4K	Hodge	W16		60			50			1102	
5G	Puckett	W14					86			861	
6H	Puckett	W14					77			771	
7K	Reynolds	W14					49			491	

6.

Tio Mila 2011

Tio Mila is the biggest Swedish relay with over 350 teams in both the womens and mens classes plus a youth class. The womens relay has 5 legs and is run on the Saturday afternoon whereas the men started this year at 21.30 just as it got dark and the winning team finished at 8.20 the next morning after 10 legs of orienteering.

My Swedish club, GMOK, had 4 womens teams and 4 mens teams and we had a successful year. This race is a really important goal for the club and a lot of the winter training is focussed on being ready for this competition. There are a lot of good runners all hoping to get selected for the first team and there have been a lot of training camps throughout the winter and also the club has been working with a sports psychologist. I realised I had missed out on some fun team building when I saw the multi-coloured zebra mascot that had been made in one of these sessions!

I ran 4th leg in the first team; Mimmi brought us back in 30th place about 2.48 down on the leaders, Louise then pulled us up to 25th despite possibly breaking her toe on a rock halfway round and then Jennie had a fantastic run on the ungaffled 3rd leg to send me out in 17th just behind a big group of runners and with a lot of excellent teams not far behind. I was pretty nervous as I headed out, along the 800m run out, and into the forest on my own. It was a good start for me though as I could concentrate on my own orienteering and I used the edge of an out of bounds area towards the end of leg and then turned up the re-entrant, passed a crag and into my boulder. I then set off across the lovely open rock terrain and realised that a lot of the runners before me must have had problems finding their gaffle as I had caught a few of them. Into the 3rd control Signe Soes, who started just behind me, had caught us and I was fooled into following her to her control though I was aware I was probably on the wrong hill so I could quickly correct into my gaffle. After that I ran a while on my own through some very vague terrain that was slightly bushy with a lot of small hills and marshes, then back through some very rocky terrain, more open rock and then some rougher forest back to the arena to send Lina out in 13th place. She had a fantastic run bringing us up into 9th place, enough for us to be on the podium. There was possibly the most bizarre prize giving ever as we were called up onto the stage after seeing a drag burlesque show!

Our mens team also got a best ever result with 5th after an exciting sprint finish. I watched the first couple of legs of the mens race before going to sleep in the club tent – it was lucky I had bought myself a new down jacket in the sale at the big Intersport tent that they had put up on the disused airstrip that was the assembly area as it was freezing! I then got up to watch the GPS tracks on the big screen as Thierry held his lead to bring Kalevan Rasti in for the win and for Halden to overtake SNO for 2nd and 3rd. SNO has several of our British runners and Scott ran the 8th leg for them and Graham the 9th. They also had a female team in the mens race where Jo Stevenson ran the famous leg 4th – known as the long night as it is about 18k!

Tio Mila is an excellent competition and I can thoroughly recommend a visit sometime for the good atmosphere, excellent Swedish terrain, outdoor showers and sauna for after the race, cheap Intersport shopping and being part of such a massive event. Jukola, the Finnish equivalent, is also fantastic and even bigger – this year they are hoping for 16,000 orienteering and 40,000 people in total! Hopefully, we can manage to repeat our good results there in June!

Helen Bridle



Start of the second individual day of the Northern Irish JK Mourne Mountains showing the crag and rock detail to come.

Helen finishing her run at the JK. Many final controls were clearly visible on the hillside above the finish.



8.

Performance Coaching weekends - Long Valley June 4/5th & July 23/24th

Last year a group of WIMs enjoyed a day of coaching at Longmoor' and if you look at the article in the March 2010 Waffle by Eamon Staunton you'll see how much it was enjoyed.

Now there is a further chance to benefit from the coaching of Colin Dickson and Dave Rollins on a one or two day course to be held this summer at Long Valley near Aldershot. You can go to either a one or two day session but **do remember that our own Furrow Hopper Relays are being held at Blandford Camp on Sunday July 24th!**

Details have been sent to most members by E mail and if you are interested in a one or two day session get in touch with Kirsty Staunton as soon as possible because places are filling up rapidly. She can be contacted on 01425 - 653629

The only qualification needed to benefit from the course is that you enjoy orienteering!

Sandy Balls 'Sprint' event Sunday May 22nd

Over recent years Orienteering has evolved to include events that aren't just confined to woods, mountains and heathland. The rapid growth of urban events called 'Sprint' events has allowed competitions to take place in towns and cities throughout the country where the underfoot conditions aren't a problem but the speed of decision making is!

Here is a local chance to sample one of these races in an area which doesn't take you onto public urban streets and so is suitable for all the family.

The map of Sandy Balls is 1:4000 so there is a lot of detail and the area includes the holiday park with chalets and caravans interspersed with hedges and fences. There is also a wooded hillside with paths leading down towards the river Avon.

The format of the event, which is entry on the day, is that the morning races are 'Qualifiers' for the afternoon event where those with the slowest time in the morning start first. Course are quite short (Long 3.2k, Medium 2.4k, short 1.9k) Two runs with a break in between should make the event very sociable and the facilities at Sandy Balls are excellent with loos, changing area, cafe and site shops.

Our own Coaches are planning and organising the event so if you have any queries contact either Kirsty Staunton or Hilary Pickering (01425-653629, 01425-657202)



Congratulations to Karen and Andy French on the birth of Alice, a sister for Grace. Alice arrived the day after Karen had been helping at the MTBO event in Moors Valley

Interland 2011

It seems like a long time ago now but on Friday 4th March I joined the coach for the start of our journey to Germany for the 2011 Interland competition. This year there were 6 teams taking part, England, Germany, Netherlands, 2 teams from Belgium – one from the French-speaking part and one for the Flemish part, and France.

The team travelled by coach and ferry to Brugges on the Friday evening. Lübecke is the furthest England have ever travelled to Interland so on Saturday morning it was a pleasure to break the journey at Arnhem, albeit briefly, parking by the 'John Frostbrug' bridge 'not too far' away, we managed a few photos and a short coffee break in a cafe that smelt distinctly of 'herbal cigarettes' Back onto the coach and on to the training event at Karl Wart-Ost (just south of Lübecke) that afternoon.

We drove for a day and a half and passed through France, Belgium, Holland and finally Germany, the only indication that we had crossed a border was a beep from my mobile phone welcoming me to the country and telling me of yet another new network provider! The race itself was based in Börninghausen, on the new "Nonnenstein-Ost" map. The match terrain was open with mainly good visibility and therefore fast underfoot. The forest track network was typical of a working forest but the planning minimised the use of tracks. Legs offering a contouring option on a steepish slope cut by re-entrants; some deep, some shallow; were a particular feature. As ever the challenge was to balance speed across the ground with accuracy near the controls, especially depressions and those dependent on local vegetation mapping.

England won the Interland Cup in 2011.

Position	Team	Points
1.	ENG	252
2.	VVO (Bel)	212
3.	FRSO (Bel)	146
4.	WTB (Ger)	124
5.	LNPCCO (Fr)	99
6.	NOLB (Neth)	41

The competition is a team effort spanning age groups from W and M14 to W and M65: 42 team members in all. After an England team photo and a generous prize giving (lots of chocolate and beer), complete with the Interland Cup and many team members sporting hard won medals, the team returned to England via the Calais-Dover ferry.

One of the benefits of Interland is that each course is run by both a junior class and a senior class so on the coach on the way back there was a lively and beneficial interaction between, for example the D17s/H60s and the D50s/H14s swapping strategies and tactics. The difference in route choice between a fit youngster and a contour-watching mature lady was highlighted on one particular leg on my course. The H14s went straight down 6 contours and back up another 9 contours to the control, whereas I took a path route around the top of the valley. Our split time was not too different but I know if I had taken the straight line route I would have needed oxygen and 3 days to recover!!

I really enjoyed my week end, the best part was being in the company of 42 other enthusiastic orienteers, we could talk maps, kit, route choices, thumb v base plate compasses, fitness training, nutrition, O shoes, in fact everything orienteering and no one raised an eyebrow or looked at you as if you were ever so slightly odd.....

Kirsty Staunton

Finance and Funding

This is a matter of concern to BOF in particular at the present time as you will be aware if you have read the 2010 Annual Report. There is increasing uncertainty surrounding the availability of grant funding from government and the Lottery. UK Sport has also already notified BOF that its funding towards the International Programme will not be available beyond 31 March 2013. As you will be aware BOF has carried out a staff restructure to save costs and we will continue to see future increases in membership fees and levies.

SWOA is also concerned over funding since its total income is made up of membership fees and levies. SWOA of course funds SINS but we have seen some reduction here of late as some clubs and members take SINS in electronic format which obviously reduces printing costs. We continue to see great success for the SWOA juniors with several now being regularly chosen to represent their country in international competitions and SWOA does assist with grants of up to 50% of their costs. SWOA also contributes to their regular training activities. Courses which have traditionally been funded in part by BOF are now seeing this assistance reduced and again SWOA who has also made contributions to individuals when attending courses has recently revised the grants that will in future be available. Other expenses covered by SWOA included an annual contribution of £500 to the English Orienteering Council and Gallopen expenses. SWOA may well also have to look at increasing fees or levies to at least keep pace with inflation.

Finally of course we as a Club need to ensure that we also maintain our finances efficiently and here we rely on membership fees and event income to cover most of our costs. Membership fees have always been expected to cover the cost of 'Waffle' and postage for 'SINS' and again we would expect to see nominal increases again to keep pace with inflation. Each year we tend to put on around 15 events and we look to these to raise £2000. We are extremely lucky as a Club to have a wealth of members who are prepared to give up large amounts of time to help put on events, arrange coaching and carry out surveying and mapping and this does normally ensure that all our events are profitable. We have now set up an SI fund and on our larger events we do now set money aside to cover the ongoing costs of maintaining our SI equipment and computers. Looking at expenditure we have always endeavoured to foster a good club spirit by paying for all WIM relay and Compass Sport entry fees and this is now running at around £1000 per annum. Apart from Equipment we have to pay £500 per annum for insurance and £120 per annum for shed rental at the Cemetery where we store our equipment. The club will also assist with courses that any of our members need to attend.

Despite the uncertainty for the future I am sure you will all agree that 'Orienteering' as a sport is not expensive although to now travel large distances each week to events is no longer an easy option and which is why BOF are now encouraging more and more local events.

Trevor Bridle

'A romantic return'

Fifty years ago John and I met each other in a youth hostel on the west coast of Eire. We hadn't ever been back there, so the announcement that the JK was to be held in Northern Ireland tempted us to revisit some of the places we remembered, calling in at the JK on the way.

A romantic return? Not really.....

We flew to Dublin on Good Friday, taking two cases, one of normal holiday clothing and a smaller one containing all our O gear. A short flight was followed by an endless wait at the increasingly empty carousel for the smaller case, which failed to turn up. After making enquiries ('We hope to have your case returned within a day or two'), we set off gloomily for Lisburn in a hire car fearing that we would only be able to spectate at the JK.

We had just crossed the all but invisible border into Northern Ireland when the phone rang. Dublin had found our case which had fallen off the luggage trailer on the transfer between the plane and the terminal building.(They hadn't blown it up as a potential terrorist bomb!). Better still a courier was being despatched to drive the 200mile round trip to deliver our case to the hotel that evening. Problem solved!

Next morning, the sun shone and we set off for the dunes of Tyrella for the first individual event. Carefree, NO, a warning light came on in the car (trouble with the Catalytic Converter). Well, the car seemed to be still going so we pressed on to the event arriving in the car park to join a social group of familiar faces from WIM and other local clubs.

The event took place on an area of intricate fixed sand dunes, similar to Penhale or Braunton Burrows, but much rougher with deep tussocks. I was pleased to find 12 of my 13 controls accurately, every one in under 6 minutes. Such a pity that the inconsistent one took 19mins! I was astonished to finish in 3rd place.

John had a bad fall and hurt his ribs so on our way back via Strangford Lough a second fault symbol appearing on the car instrument panel wasn't good news. A phone call to Avis in Dublin produced the offer of another car but we would have to go and get it 35miles away at Belfast International Airport. If the car would go that far then it could go to Day 3 first which was held in the Mourne Mountains on treeless open fells.

Unfortunately, WIMs had start times a long way apart so without a tent the social side of the event was a bit lacking but the setting and the weather were superb. I wasn't feeling too well so decided to abandon my course half way round and enjoy the scenic downhill trek to assembly. Of the eight competitors in my class, one mispunched on the first day, one didn't start on the second day, one didn't start on either day, and one retired on both days. Two competitors did well on both days and the only other survivor came in third more than two hours behind the winner!

We didn't go to the Relays on Easter Monday but exchanged cars at Belfast airport, making very certain that the many bumps and scratches on the 'new' car were carefully recorded before we drove off.

Three glorious days of almost unbroken sunshine allowed us to enjoy the wild coast and mountain scenery of County Mayo finding some of the places that we had visited so long ago. The B & B was outstanding and apart from John's aching ribs and me losing the filling from a back tooth life had returned to normal.

After a final night in Dublin we looked forward to a smooth end to the trip. Well, the flight was ahead of time, we only hit turbulence as we approached Southampton but the final sting in the tail was the rejection of our pre-paid parking ticket at the Long Stay exit claiming that we owed £64! Some rather rapid consultation with a disembodied voice produced an apology and the barrier being raised.

A memorable JK? You bet it was.

Barbara Warren

12.

Forthcoming Events

(See individual club websites for full details of events)

May

- Wednesday 11th Military League South- Long Valley – Aldershot
- Sat/Sunday 14/15th British Champs Weekend – Sheffield
- Wednesday 18th Military League South – Hankley Common – Guildford
- Saturday 21st SOC Informal – Shawford Down SU 470249 (See SOC website)
- Sunday 22nd WIM Sprint event – Sandy Balls -Fordingbridge SU169146
- Sat/Mon 28/30th Spingtime in Shropshire 3 day event

June

- Saturday 4th SOC Informal – Victoria Country Park – Southampton SU465075
- Sunday 5th SARUM – Moonraker Relay – Collingbourne – Ludgershall SU271527
- Tuesday 7th WIM/WSX Club Evening – Ringwood School – Please note date!
- Saturday 25th WSX Informal – Kings Park – Bournemouth SZ 115927
- Sunday 26 North Wilts O – Relays – West Woods – Marlborough

July

- Saturday 2nd WSX Informal – Littledown Park -Bournemouth SZ115927
- Saturday 9th WIM Canford/Merley Urban event and Barbecue – Canford School
SZ035989
- Sunday 10th WSX – Relays – Upton Country Park SY993930
- Sunday 17th DEVON – Relays – Tavistock SX531751
- Sunday 24th WIM Furrow Hoppers Relay – Blandford Camp
- Sunday/Saturday 31st – August 6th Scottish 6 Days event – Oban area.

The WIM/WSX activity evenings continue every Thursday at Parkstone Grammar School, Sopers Lane, Poole. Everyone welcome.