

Website: www.wimborne-orienteers.org

WAFFLE July 2007

Chairman's Column

After the flurry of major events in April and May, the summer months are very much quieter in our region. Our own club fixtures run to the fortnightly Wednesday evening street sprint series plus the annual Furrow Hoppers relay at Somerley at the end of July to which we can add the very successful Dorset Schools Score championships held in May and the equally successful inaugural MTBO event in mid June.

This was the club's first mountain bike orienteering event and attracted an enthusiastic gathering of about 80 cyclists, at least half of whom were not mainstream orienteers. Trevor Bridle's courses were greatly enjoyed and we have promised to organise further MTBO events later in the year.

Meanwhile, preparations and planning continue for our Galoppen in September and the British Schools Championships in November, both of which will be held on Bovington, though in very contrasting areas with the Galoppen on the complex but mainly open northern heathland and the schools event in the often equally complex but more sheltered woodland to the south west.

Our new SI equipment, obtained with the aid of a Lottery grant to supplement our older SI kit, is being regularly used to bring the experience of orienteering to Dorset's schools and to aid the coaching which goes on using the permanent course at Moors Valley.

The holiday season is rapidly approaching. For most of us, orienteering holidays have usually meant visits to multi day events in Scotland, Wales or the Lake District with a few brave souls venturing further afield.

Recently though, with the growth of cheap air travel, many of us have got more adventurous. This summer many of the clubs more active members are sampling the delights of our sport in other countries, with members planning to orienteer not only in Scotland but also in Finland, Sweden, France, Hungary and Italy over the next few weeks.

Wherever you compete this summer, may you run in sunlit forests.

Club League											
Place	Name	Class	A	В	С	D	Ε	F	Score	Events	Total
1	S. Horsler	M40	75	91	88	76	84	78	492	6	492
2	S. Hands	W55	85	79	78	73	100	70	485	6	485
3	R. Brightman	M65	84	79	77	78	85	79	482	6	482
4	K. Staunton	W50	69	80	73	86	94	75	477	6	477
5	C. Branford	M60	79	83	66	84	89	0	401	6	401
6	K. Henderson	M65	95	100		87	100		382	4	382
7	R. Hills	M70	84	76	73	67	77		377	5	377
8	K. Pickering	M50		69	86	78	68	70	371	5	371
9	T. Horsler	W40	65	84	79	68		74	370	5	370
10	J. Warren	M70	57	80	48	48	80	51	364	6	364
11	L. Branford	W55	66		80	65	77	54	342	5	342
12	V. Crawford	W65	62	100		81	96		339	4	339
12	H. Pickering	W50		95	52	70	63	59	339	5	339
14	T. Furlong	M18		93		47	96	86	322	4	322
15	D. Bland	M65	71	61	0	60	69	60	321	6	321
16	J. Shucksmith	M55	81	68		71	87		307	4	307
17	J. Stanley	W60		80		76	91	55	302	4	302
18	M. Bentley	M40	62	72	80	80			294	4	294
19	C. Christopher	W55	76	87		59	70		292	4	292
20	M. Kite	M60		51	59	58	58	65	291	5	291
21	M. Christopher	M50		61		65	71	68	265	4	265
22	A. Bentley	M12	92	51	79	39			261	4	261
23	M. Furlong	M50		62		65	52	79	258	4	258
24	T. Britton	M21	69	94		0	93		256	4	256
25	J. Bland	W65	31	66		55	63	35	250	5	250
26	J. Pickering	W20			48	59	80	60	247	4	247
27	C. Morris	W50	94	45			30	43	212	4	212
28	R. Moore	M50		37		56	49	59	201	4	201
29	B. Warren	W70	35			47	76	37	195	4	195
29	P. Fale	M70		76		52		67	195	3	195
31	E. Staunton	M50	63		62	68			193	3	193
32	C. McMurtry	M65	58		46	39	40		183	4	183

33	S. Branford	M21	56	54		62			172	3	172
33	M. Heath	M70	43	60		-	44	25	172	4	172
35	J. Walmsley	M50		48		64	59		171	3	171
36	R. Keighley	M60	26		80	26		38	170	4	170
37	B. Hodge	M45	58			54		54	166	3	166
38	J. Ranson	M21		79		84			163	2	163
39	C. Hodge	W14	44			50		47	141	3	141
40	B. Penny	M65		56	46			36	138	3	138
41	A. Mitchell	M35	49		46			42	137	3	137
42	K. Hodge	W12	51			39		46	136	3	136
43	J. Tilsley	M60				62		69	131	2	131
44	J. Smith	W40	63	59					122	2	122
45	A. Bolton	W18	68			53			121	2	121
46	P. Harwood	W80	26	70				24	120	3	120
47	S. Lawrence	W70		80				37	117	2	117
48	T. Bridle	M60	38			62			100	2	100
48	A. Brain	M10	100						100	1	100
48	M. Haldin	M21				100			100	1	100
48	H. Bridle	W21				100			100	1	100
52	J. Crompton	W65	41			58			99	2	99
53	M. Hawker	W40					88		88	1	88
54	C. Penny	M40		0	46			40	86	3	86
55	H. Bolton	W40	52			33			85	2	85
56	P. Pickering	M21		84					84	1	84
57	K. Crawford	W35		81					81	1	81
58	K. French	W40	80						80	1	80
59	J. Richardson	W40		37			38		75	2	75
60	A. McMurtry	W60				0	73		73	2	73
61	S. Hawker	M40					69		69	1	69
62	L. Bridle	W21				68			68	1	68
63	S. Smith	W10		67					67	1	67
64	C. Turner	M40			65				65	1	65
65	T. Staunton	M21		64		0			64	2	64
66	D. Tonge	M70		63					63	1	63

67	W. Isaacson	M10		59			59	1	59
			- 7						
68	E. Brett	M50	57				57	1	57
68	N. Smith	M18		57			57	1	57
70	H. Hodge	W45			55		55	1	55
71	D. Warne	M45		49			49	1	49
71	S. Spillar	W55				49	49	1	49
73	C. Warne	W40		46			46	1	46
74	N. Isaacson	M10		44			44	1	44
75	K. Turner	W40	41				41	1	41
75	P. Staunton	M18			41		41	1	41
77	R. Holehouse	M55				40	40	1	40
78	H. Morris	M50	38				38	1	38
79	L. Brain	W10	37				37	1	37
80	J. Bolton	M16	28				28	1	28
81	C. Tween	W65				25	25	1	25
82	K. Furlong	W50				21	21	1	21

Events:

- A. 7th January SOC: Anderwood (42) B. 18th February WIM: Ibsley (47)

- C. 4th March SOC: Denny Lodge (23)
 D. 18th March BADO: Harewood (CSC) (50)
- E. 25th March SARUM: Grovely (33)
- F. 1st April WSX: Rushmore (37)

Club League

Thanks to Simon Branford for compiling the club league of events from January to the beginning of April. Simon currently has a very heavy work load and is travelling abroad regularly. He will update the league and put it on the website as soon as possible.

Coast Path Relay 2007

Tim and Noel have been in touch with everyone who took part in the Dorset Coast Path Relay last year and unfortunately they have discovered that several of our regulars aren't available this year. The date is Saturday July 7th. The estimated winning time is 8hrs.35mins and this year there is no minibus to give unexpected headaches. Tim's article about the event, which was printed in the May Waffle, is still on the club website and tells you about the event, usually a very enjoyable and sociable day.

O tops

The long saga of the club O tops continues. Many of the tops in the first order were larger than expected, so there was a lot of swapping at the JK when the parcel arrived. Tim can't order replacements until he has a minimum order of 10 so if you didn't get what you wanted, please make sure that Tim knows what you need. 07788 608478.

Best wishes

We send our very best wishes to Mike Heath who has remained a keen orienteer despite several hip operations. He has now had a pacemaker fitted and we hope to see him competing in events in the autumn.

Dorset Schools Orienteering League 2006 – 07

Congratulations to Burgate School on their victory in the league. S.Wilts Grammar School are again second with the small but consistent team from Colfox, Bridport coming third and pushing last year's champions Blandford School into fourth place. Jane Smith planned the courses and a team of club members were on hand to give the newest and youngest runners a great deal of confidence before they set off. The success of the event can be judged by the many happy smiling faces and the fact that they all got back on time! In the Schools Score Championships the first six runners scored maximum points with Tom Butt being the fastest overall. In the team competition, where we take the best four performances in a school team, Hale were the winners, with Swanage Middle School second. In the Secondary schools competition Burgate and S. Wilts were level on points.

Dick Keighley





Dorset Schools Champions in Moors Valley

Get Lost!

'You should never be lost' - This was one of the first things that I was told when I first started to Orienteer. Having recovered from fits of hysterical laughter, as a beginner this can rapidly change to tears of frustration as when Barbara found a very lost M12 on a vague path junction at a recent event. In Orienteering once you start the course your only aid to avoiding this fate is to be able to read the map. Last week I was at a schools event where 11 to 13 year olds were racing round a school playing field and it was incredible how success, speed and confidence depended on the ability to use this piece of paper with 'wiggly lines and coloured blobs' called a map. Some youngsters ran in like 'headless chickens' in all directions with the map either tucked in their pocket or trailing behind them. Others periodically peered at the map but it clearly meant little to them being anything except the right way up to be of any use. Those who could use the map didn't necessarily run very fast but they moved confidently round the school grounds and all completed the course quickly and easily.

At about the same time I read an article in the SOC newsletter where the writer suggested that the 'Golden Rule in Orienteering is 'Only to go as fast as you can read the map' and thought how relevant it is to all of us whether a beginner or a so called expert.

The map is your only aid in unknown terrain, when you look at it it must immediately give you relevant information ie it must always match the view. Folding and refolding a map and keeping your thumb in the relevant position is something that you can't practice too often. School grounds are just as demanding as a dense forest to a beginner and the ability to create a mental picture of what you are seeing or about to see is crucial in any competition. As your experience grows most people find that they can create their own mental map of sections of the terrain that they are about to run across and also keep a picture of where they have just come from in case it is necessary to have to go back if things go wrong! The youngsters at the schools event may have only done a little orienteering but they were acting exactly like true Orienteers. If they ran faster than they could read the map then disaster struck, if they only went as fast as they could read the map they completed the course successfully and were delighted with their results. Is there a lesson here???? (H'mm - having now told you what to do can anyone tell me how to move my legs faster so that I can put this brilliant technique into effect!!)

John Warren

Summer midweek series

The summer evening series got off to a somewhat wet start in Moors Valley and then began its tour of Dorset. All subsequent events have been on Wednesday evenings and have enjoyed marvellous weather.

On May 23rd Dick planned the event at Sturminster Newton, a lovely mixture of town and country sites and was followed by a relaxed and sociable barbecue in the Tween's garden at Fiddleford.

Wednesday June 6th was a Street event in St.Ives and St. Leonards planned by the Warrens which was followed by a meal at the Old Barn Farm Inn at Ashley Heath. Wednesday June 20th was the turn of the Branfords and they produced two interesting courses covering the centre of Blandford and the adjacent water meadows. Twenty hungry orienteers then descended on the Crown Hotel for an excellent meal in very relaxed surroundings.(Is this turning into a midweek food series?).

The next Wednesday evening event will be on July 4th at Godshill planned by Kirtsy Staunton. No doubt 'The Fighting Cocks' will be swamped by Orienteers! On July 18th John Shucksmith will be planning an event in Wimborne based on the Allendale Car Park. I wonder which pub will host the 'apres O' eating? There will be further events in this series which will end with the Final and Annual Club Barbecue at Canford School on Saturday September 1st. This may be our last run in and around Canford as Trevor is retiring from the school in the Autumn, so don't miss it.

MTBO at Moors Valley

WIM broke new ground on Saturday June 23rd, when as part of National Bike week the club put on a Mountain Bike Score event. Trevor Bridle masterminded the event supported by sponsorship from East Dorset District Council, the Forestry Commission and Travelwise. Two courses were planned. The first for families was entirely in Moors Valley whilst the second for more adventurous adults visited the further reaches of Ringwood Forest North. A time limit of two hours was allowed and despite rather rainy conditions some 80 people had a great day and are enthusiastically asking when the next event will be.

Trevor and Peter Fale had worked long and hard to create the event, put out controls, patrolled the competition area and collect equipment afterwards. A big thank you to them both and to the club members who helped on the day.

Several people who came to event expressed interest in finding out about 'Foot' Orienteering and with staff members of both Moors Valley Country Park and the Forestry Commission taking part we feel that we have made a good start with a new branch of Orienteering.







'A good day was had by all at Moors Valley- even the computer team look happy!'

Did you ever go across the sea to Ireland?

I could attempt to sing this first line of the song to you and finish by asking if you had ever ended up at Galway Bay. Fear not your sensitive ears can remain unmolested. Read on and hopefully I can convey in prose the pleasure to be obtained by joining the select few who know the best kept secret of Irish orienteering: the Shamrock O Ringen. Generally the event takes place on alternate years but Irish orienteers are, as in all things, generous to a fault and provide an alternatively named Irish 3 Day event in the intervening summer: next year.

The journey for us this year was a pleasure. Kate and I travel by camper-van to Pembroke in SW Wales. A comfortable five hour afternoon crossing to Rosslare in county Wexford is followed by an overnight stay on a site by the sea near Dungarven. Breakfast is light and leisurely. One of the joys of camper-vanning and self catering is that you don't feel obliged to do justice to the breakfast provided by the 'lady' at the B & B! Half an hour after leaving the campsite and before Cork we are delighted to see that an ancient hostelry is open. Much enjoyed on previous visits but derelict last time we were here it has been restored and renovated and happily not spoilt. The new landlord still pulls a perfect Guinness and enjoys a blarney in front of a peat fire under his thatched roof. Next door, as it were, is one of the famine cemeteries, made all the more poignant by its lack of headstones. As we eat our unblighted potato crisps we are thankful that we live in such prosperous times. Indeed Ireland quietly oozes prosperity now. The roads are much improved from forty years ago, when I first visited the island, but unless you are Sue Hands don't expect to average more that 35 miles an hour. Sue and Nikki flew to Dublin and drove non-stop for five hours to sneak in as late starters on the first day (Saturday).

Sheep's Head, Kilcrohane, venue for the first two days, lies on one of the five peninsulas extending into the Atlantic from the SW corner of the Emerald Isle. It's the rain that ensures this colour and indeed we were treated to a drenching the first day. Described as *classic West Cork open mountainside with complex contours and fast running,* the areas were superb but in the misty, wet conditions it was bleak and unforgiving with little or nothing to assist re-location. Where possible I adopted the technique of compass bearing and pacing and where again possible or necessary divided each leg into sections of rarely more than a hundred metres. It worked well in the conditions although it was not so easy on the long leg of a kilometre. Desperately hoping that my selected *confirmation features* would turn up in the mist, I pressed on and hopefully gave the correct information when asked on three occasions, *where we were.* (Not a situation to be churlish and refuse).

Day 2 was the *classic distance* and in my case 4.3 km with apparently only 60 m of climb. W60 and would you believe W65 were on the same course. We were on the same but extended area of Derrycluvane and Rosskerrig used the previous day. Similar terrain did prevail but fortunately not the weather. Not warm, but at least it was dry. Word has got around to some of our European colleagues and so the competition although small in numbers was especially tough with Norwegian, Swiss, Austrian, French and Finnish visitors. Cork Orienteers encouraged a very sociable gathering with talks and entertainment at the event centre in the village hall later in the day. Organisation is low key and this is part of the charm of the event.

Our favourite camp site at Eagle Point is right at the water's edge on Bantry Bay. It was idyllic as indeed I am advised was Charlotte Duncan's bedroom. Ricky confirms that the views down the bay were magnificent. Nikki and Sue shared B&B accommodation with the Grenfells from Bristol and David Saunders of LOK.

Colin Dixon (well known to the Wednesday army event activists) was in his element winning all three days. Other South West participants were David and Rachel Holmes and Alan

8. Simpson. As they often do, Arthur and Sue Boyt tandem biked their way to the events thereby saving warm-up time.

For the last day we turned north from the camp-site and travelled a mere seven kilometres to the similar moor land terrain of Cobduff. This for the chasing starts. As long as you are not too far behind this adds an element of excitement. Finally in M65 Arthur and I formed the meat in a tasty sandwich between two pairs of Scandinavians. At least we split them and were not too disappointed to be just behind the World Vets M60 winner of 2002 himself an elite world champ in the 60's. Although after their journey they understandably had a bad time on the first day Sue and Nikki did well on day 2 and I am sure will allow themselves longer to linger next year.

So what of next year? It is arranged and will be on the island of Inishbofin off the west coast. Somewhat further north than this year, it is ten miles off the coast of Connemara in Galway and there are no cars. There is much to enjoy if you like your entertainment natural. On the other side of the bay is the Burren an area of limestone with unique flora. All excuses for a visit full of interesting activities and of course you are assured of a thousand welcomes from Ireland's people. Event information can be obtained from me, Keith Henderson or http://westerneaglesgalwayorienteers.blogspirit.com

Keith Henderson



Sheep's Head Peninsular is on south side of Bantry Bay

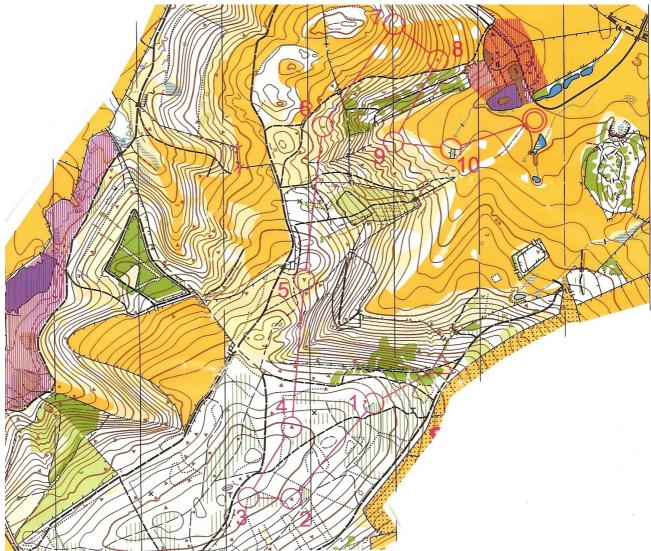
Springtime in Shropshire!

Over the late May Bank Holiday a group of WIMs went for what should have been a beautiful weekend of Orienteering in the glorious countryside round Ludlow. The Shropshire scenery was as lovely as ever, the three events were in spectacularly contrasting scenery, but the weather was awful!

Cold winds were the problem on Day 1 on the top of Titterstone Clee Hill one of the highest and bleakest parts of the district. Little rain, but tussocks and old mining workings challenged navigation across the high moors.

Torrential rain and a strong icy cold wind made Day 2 seem like mid January! Parking was a challenge and the download tent narrowly avoided being flattened by a wayward car. The planner extolled the beauty of the area when he had been surveying courses, but for most the woods were dark, drippy and it even got foggy on the highest areas. I sometimes wonder why we go Orienteering!

Day 3, the elegant parkland of Brampton Bryan, it was dry and bright! It was just cold. A spectacular hilly setting with woods and open ridges sweeping down to a formal park where at last there was a chance to socialise! We hear that many campers were on the verge of abandoning the camp site in Ludlow but were saved by a Ceildh held in a warm hall Over 1200 people took part and WIM made a good showing with Keith Henderson 1st M65L, Sue Hands 1st W55L, Kevin Pickering 2nd M50S, Hilary Pickering 2nd W50S, Nikki Crawford 3rd W65L and Jo Pickering 5th in JW5s (2nd on Day 2). Barbara and Sophie each won one day in W70S.



Day 3 Brampton Bryan – Car park and assembly at same level as finish – The day's first achievement was to climb 125m to the start!

BOC 2007 - Blaenavon - S. Wales













Relay Silver Medal for WIM Ladies!

WIM really hit the big time at the British Relays which formed the 2nd day of the British Champs weekend held in fine weather amongst the old mine workings at Blaenavon. Our premier ladies team of Tamsin Horsler, Jo. Pickering and Michelle Spillar took on some of the best in the country in the Womens Short race winning the Silver medal just 6 secs behind the winners, Interlopers.

On a dry, but windy morning there was real excitement as Tamsin set off in the mass start for the first lap. Everyone knew that the terrain was demanding in both physical and technical terms so it was great to see Tamsin complete her course in just under 36mins for 3.8k with 95m of climb putting the team into 13th postion. Jo. then took off on a course of similar length and climb and really flew! She not only achieved a time of just over 35mins, but brought the team up to 5th place. It was now over to Michelle, whose run was truly amazing. The course was 3.9k with 95m climb and on at least 8 controls Michelle was the fastest runner, progressively gaining places until she arrived neck and neck with Lorna Eades at the final control. To wild cheers of encouragement they raced downhill into the finish area which took the form of a tight left hand bend in front of the spectators. Lorna managed to get the inside line on the turn got across the finish line 6 seconds ahead of Michelle, whose time of 33-26sec was the fastest on that course. Jubilation in the WIM camp and loud cheers as the team were presented with their Silver medals by Jenny Johnson. Relays are always about excitement and this was one of the best WIM results for years. Congratulations to the team!

CompassSport Trophy Final – Sunday October 14th

Don't forget to put in your diary of Autumn events the CompassSport Trophy Final. After a fantastic performance in the first round we now have to go head to head with the best in the UK at Blidworth near Mansfield. Trevor will again act as Team Captain and the club will pay the entry fees. Many people have already booked overnight accommodation but there are still some very good value deals about.



'Now, which way should I have gone!'

Forthcoming Events (unless otherwise stated all events use electronic punching)

July

- Sat. 7th Dorset Coast Path Relay see website or contact Noel Smith 01202-821053
- Sun. 15th WSX Hardy Relays Culpeppers Dish Bere Regis GR: SY815925 Pre-entry preferred . Contact: Ian Sayer 01202 484523
- Wed. 18th WIM Summer Street Sprint series Wimborne Parking in Allendale Car Park. Starts approx 6 to 7.30pm. Contact John Shucksmith 01202- 605018
- Sun. 22nd DEVON Relays & Limited Colour Coded Whitchurch Common Tavistock GR:SX524729. Contact: Nigel Bateman 01822 617291,also Devon website.
- Sun. 29th WIM Furrow Hoppers Relays Somerley Park –Ringwood GR: SU 122086 Pre-entry by 23/07. See flier on WIM website. Contact: John Warren 01425-474861

August

- Wed. 1st WIM Summer Street Sprint series Verwood –Parking at eastern end of Morrisons Car Park Contact: Noel Smith 01202 821053.
- Sun 5th to Sat 11th Scottish 6 Days event Speyside (See scottish6days.com)
- Thurs. 9th SOC Evening Informal event Redshoot Ringwood GR: SU184093 Starts: 5.30 – 7pm. Contact: Philip Eeles 01425 – 652843
- Wed 15th WIM Summer Street Sprint series Sturminster Newton 'revisited' Car park Station road as before Contact: Dick Keighley 01258 860935
- Sat 25th to Mon. 27th White Rose weekend Pickering Forest. N. Yorks

September

- Sat. 1st WIM Summer Street Sprint series Grand Final Canford/Merley Followed by Barbecue in grounds of Canford School. Contact: Trevor Bridle 01258 454811
- Sun 2nd SARUM Informal Fritham Plain GRSU 246136 45min score plus Limited colour coded courses. Contact: Martin Goddard 01722 330323
- Sun. 16th SOC Dstrict Colour Coded event Queen Elizabeth Country Park Petersfield GR:SU718186 (See SOC website for details)
 QO Gallopen District Colour Coded Dukes Plantation Bridgwater GR:ST174399 Contact: Richard Sansbury 01823 288405
- Sat & Sun. 22-23rd Caddihoe Chase Cookworthy Forest Okehampton GR:SS416015 Day I Regional Badge, Day 2 Chasing Start. See website and fliers.
- Sun 30th WIM Gallopen District Colour Coded event Bovington Ranges Bere Regis Watch for details Organiser Mike Kite 01308 422455