



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

# WAFFLE

March 2007

## Chairman's Column

I'm writing this in the middle of half-term, watching the rain fall outside. The forecast is for it to continue for the next three days: February fill-dyke even. But no matter, it will give me time to catch up with non-orienteeing activities. And I mustn't grumble, for I've just spent three days of very different orienteeing activities in excellent weather.

Firstly, there was the superb Regional event which the club put on at Ibsley Common. This was an event which was beset with problems from its inception. Access to the northern end of the Ibsley & Rockford Commons has always been problematical, largely because of an absence of any suitable parking nearby, which is why we hadn't used it for a long time, and the National Trust can only grant us access in the winter months when parking has ideally to be on hard-standing. In addition, our first planner withdrew which meant that at the end of October, whilst we had permission, we had no parking and no planner. John Warren, who was already heavily involved in updating the map, took on the planning job, and organiser Kirsty Staunton had the brilliant idea of approaching companies in the Headland Business Park to see if they would allow us to use their parking on the Sunday morning, and bus runners to the Start.

In the end, the event was a spectacular success: a substantial entry on a day when there was plenty of competition from other events and the owners of our 'event centre' parking at the Headlands raised over £200 for their chosen charity. Kirsty and John put a huge amount of work into making the event such a success and the club owes them an immense debt of gratitude.

Two days later, I was up in the majestic Forest of Dean with Keith Henderson, planning the Trail-O courses for the JK. It was frustrating to find, on our arrival, fencing contractors for the Forestry Commission erecting a huge new deer fence around an area we had planned to use for control sites, but by the end of the day we were happy that the modifications forced on us as a result have probably improved on the original course. We've lots more to do, but I think we should have some interesting courses and I hope that all WIM members who are coming to the JK will be able to help at the Trail-O events, whether as officials during the day, or even as 'pusher' assisting any wheelchair competitors around the steeper or bumpier bits of the courses.

2.

The following day was spent closer to home, at one of the Army's Wednesday events. This was notable for a number of things. Firstly, it was on one of our own WIM areas, at Turf Hill. Secondly, the organisation and planning was staffed by juniors from SARUM, giving up part of their half-term to provide a day of excellent sport for others.

Orienteering is a sport which depends almost entirely on volunteers for all its different elements. As a club, WIM is fortunate to have a membership who are prepared to assist in many different ways. Many of you have helped out at Ibsley and indeed, at the smaller events at Inside Park earlier in the month. As your Chairman, let me take this opportunity to thank you all.

Dick Keighley

## Hong Kong/ APOC Orienteering Champs

This was the Pickering's first venture with overseas orienteering so what happened.....

The competition consisted of the Hong Kong Championships which included a sprint, middle distance and night event. The Asia Pacific Orienteering Championships were the main event and included a model day, sprint, middle, long distance and a relay. A nine day event during Christmas time including a run on Christmas day – what a mad family you must be thinking! (So were we!!)

Because most of the events were away from the city we decided to travel to the events with the transport provided. Luckily, most of the 29 Brits had the same idea so we got to know people quickly. The Brits were made up of the Errington's two boys (7&9 from HH club) youngsters 17-30 and parents of varying ages! Everyone got on well and each day we joined together under the English flag at the event centre (apologies to Fiona who was Scottish) and enjoyed the company of other orienteers. We soon discovered that Chinese organisation was like a glimpse back 20 years with only the elite class (lucky Paul!) having control descriptions provided so it was back to hand written ones. Paul had elected to run for the first time in the elite class due to the short course lengths outlined in the pre-race information. That maybe should have triggered some thoughts about the course difficulty! Also there was no on site catering so Wilfs was missed by Jo and food was pot luck from the local supermarket, with tasty discoveries of great interest amongst other British competitors. The basic organisation was certainly made up for by the enthusiasm of the young volunteers organizing the event, the happy smiling faces of the Chinese competitors in their fluorescent green, white and orange O suits and a temperature of 25 degrees!



E-mit punching was used and British events could take note that at each control the stakes had two boxes in opposite directions so you didn't have to turn to position your card. This made a lot of difference and we feel much more positive towards E-mit now.

The first event on the 24<sup>th</sup> December 2006 was the Hong Kong Sprint at Tin Shui Wai Park. The event centre was a basketball court within a local park. The map was 1:2500 and the running was fast and furious mainly around paths. The classes were broad in the HK Championships, divided only into Junior, Senior, Veteran and Elite so expectations weren't high. Kevin's performance was the best from our family that day coming 9/44. An enjoyable day.

Little did it prepare us for the following day which turned out to be not only the toughest of all the days but of our entire orienteering experience! Paul's course was 4.8k and ours around 2k, with between 100-180m climb. Sounds fine even though the terrain was detailed as steep woodland slopes. Alarm bells should have rung when reading 'don't hold onto dead branches- only live ones'. As soon as you left the path with no alternative but to go across or down through the thickly wooded slopes you were clinging to saplings which bent as you slid. Then you got a foothold, released your grip and grabbed for a new branch. Rocky outcrops made underfoot hazardous. Many said they felt exhausted half way through only to find their course returning through the event centre (a beautiful woodland glade with a wooden pagoda as download) and out on a final loop (uphill of course!) A great temptation to retire but we persevered and staggered into the finish to be greeted by a cheerful Chinese official asking if we had enjoyed our run! Actually, once recovered there was a tremendous sense of elation at having completed such a difficult physical as well as technical course and we all agreed later that it was actually the best days orienteering. It was Paul's best run, 10<sup>th</sup> out of a class of 40, only 20secs off pace per control, from the leaders.



Kevin and Paul braved the night event (75 min. score) on Hong Kong Island. Having seen a map of the area they decided it would all be on paths as the vegetation was so dense, a completely dark green map! In reality they had to follow light animal tracks or drainage channels about 30cm wide bent double to avoid the thick bushes. A whistle was compulsory, a machete was essential!! Paul mistakenly thought it was 90 minutes so incurred a good number of penalty points so Kevin had the better score.

The evening ended with one British teenage competitor losing her map when her head torch snagged on a branch and ended up lost at the top of a very steep cliff. One and a half hours later, rescued by firemen who were useful again on the relay day, a very relieved mother and daughter were reunited. Every Brit we spoke to thought it was awful but were happy to have survived!

Next came the APOC championships. If the HK Champs had been a practice what would these be like?!!! For a number of reasons, for Kevin, Hilary and Jo they proved to be more straightforward. The vegetation again was thick but unlike the HK Champs the courses kept closer to the paths. Also Orienteering in Hong Kong is a young sport with their first international event held in 1980. It has also grown up from the schools so the first orienteers are now middle aged and their oldest class in local events is M/W 45. Older classes were therefore smaller and made up from the 22 visiting countries e.g. Hilary only had Japanese and English in her class.

The sprint was held at a holiday camp and the course consisted of paved areas, paths and man made forest. An interesting combination and enjoyed by most competitors. Jo had a great run and won her class by three minutes as did Kevin but unfortunately he shot past the penultimate control which was only 10 metres off the path (as did 2 other competitors) in his haste to finish.

Jo joined six other Brits who won their class that day to collect her medal at the official opening ceremony.



The long and middle events were held on Lantau Island and were similar in format to the Lakes 2006. A 2k walk from the beach up a steep hillside, runs on rough open scrubland with some marshes and rock features (also we were told to be aware of mosquitoes, bees and thorny branches!) and a 2k walk back down for a quick swim to cool off before the prize giving! Courses were fast and runnable and very enjoyable as Kevin, Jo and Hilary won their classes in both the long and the middle although Jo was disqualified on the middle course as she had mis-punched. However this wasn't the case for the elite. They were taken through all the roughest areas and the long event proved too tough for many. The course was 10k with 570metres climb with an estimated winning time of 90 minutes. The actual winning time was 108 minutes, 7 competitors took over 3 hours with the longest out for 283 minutes.

Thirteen retired as did Paul after he had fallen down a steep slope, gashed both shins and felt it was too dangerous to continue.

The relay day proved to be tough, enjoyable and exciting. It was held in a country park overlooking the skyscrapers of Hong Kong. The competition area was hilly with large ridges, deep valleys and many erosion gullies and we were told to 'be aware of deep pits covered by vegetation and danger broken ground...etc'! Kevin, Jo and Paul made up the Pickering team and to make it more interesting challenged the Forrest family from Bristol. Their team consisted of their two daughters, a little older than Jo and Paul and their father so it was felt that the teams would be fairly equal. Kevin and Jo had steady legs, Jo finding the steep erosion gullies very scary when descending. They each took an hour and the girls about 45 minutes so Paul had a lot to catch up. We waited to see who would come round the final bend first. It was Paul! He had stormed round in 35 minutes with Mike coming in only a few minutes later. Several competitors had come a cropper on the steep erosion gullies and pits and had to be rescued by firemen who then redirected the remaining competitors to a less steep area. An interesting version of how important good route choice is!

We have very happy memories of our time in Hong Kong, the beautiful Christmas decorations in the city, singing carols on the steps of the local church on Christmas Eve and fireworks over the bay at night. The orienteering gave us new challenges, helped us to visit places that tourists don't know exist, be in bed at 9pm on New Years Eve so that we could get up at 5.30 in the morning to catch the coach, and make new friends.

The week following our return it was a joy to run in beautiful Ashridge forest rather than in inhospitable forest and scrubland but the weather was not such a joy!! It seems however that the experience has only whetted our appetite and we plan to go to the Swedish O-Ringen in July. Anyone care to join us?  
(for maps and further details of the event see this months Compass Sport magazine).

The Pickerings

## Club O tops

In the January Waffle we said that the new O tops were expected in the very near future. Unfortunately, when they were delivered to UltraSport the quality and finish were not up to standard. UltraSport refused to accept them and the order is being re-made at the moment. We hope it won't take too long!

## Important Dates Did You?---

- 1,Remember to tell Trevor that you could run for WIM in the CompassSport Trophy at Harewood (Andover) on Sunday March 18<sup>th</sup>. Tel: 01258 454811
- 2.Tell Hilary Pickering if you would like to run in a Relay team at the JK on Easter Monday in the Forest of Dean.
- 3.Tell Hilary if you would like a Relay run at the British Champs in S. Wales on Sunday May 6<sup>th</sup>.  
Hilary can be contacted on 01425 – 657202

6.

## **Congratulations**

There were some outstanding successes by WIM's at the recent National event at White Downs near Dorking. Championship standards were achieved by 5 WIM's

Sue Hands W 55  
Nikki Crawford W 65  
Chris Branford M60  
Richard Brightman M65  
Keith Henderson M65

Congratulations to them all on great results!

## **Team Manager for South West Junior Squad**

The South West Junior Squad is looking for a volunteer Team Manager to work alongside existing coaches, athletes and parent helpers, as well as developing their own ideas. You will need to be able to organise training weekends, the SW team at the Junior Inter-Regional Championships, the Dorset Coast Path Relay, the Lakeside training weekend and the Christmas get-together. Also, in the event of the Lead Coach (Ben Chesters) requiring assistance, the selection of juniors for events such as Lagganlia training will also be included.

Candidates will need to have an Enhanced CRB Disclosure cleared before undertaking any role within the Junior Squad, but will not necessarily need to be a qualified orienteering coach.

There is an annual budget available from SWOA to cover all expenses.

Applications should be made in writing (e-mail is acceptable) to the SWOA Secretary (contact details on the back of SINS). Please give basic information about yourself, your orienteering experience, and any ideas you have for the development of the South West Junior Squad. If you are interested, please apply without delay.

If you would like further information, or an informal discussion about the role, please contact either Ben Chesters on 01404 813679 ([benchesters@btinternet.com](mailto:benchesters@btinternet.com)) or Nigel Benham on 01725 511304 ([nigel.a.benham@talk21.com](mailto:nigel.a.benham@talk21.com)), or speak to them at events.

## **Membership**

Enclosed is a club membership list for 2007. Please let John or Barbara know if any of your details are incorrect. 01425 – 474861.

## Winter Warmer 2007 Ibsley Common. February 18<sup>th</sup>

Congratulations to Kirsty for her meticulous organizing of the event. It is very hard to say 'No!' to Kirsty! She can be very persuasive and managed to get most club members to help on the day!

Here is her report.

### Organiser's report

Once again we were lucky with the weather; we had ideal running conditions with just enough cloud cover to stop you being distracted by the magnificent views to the SW! From my point of view (the organiser) the event went well and my thanks go to the wonderful team of volunteers who helped the event run smoothly.

After gaining permission from landowners to hold an event the next most important thing is to find a suitable place to park cars, Eamon took on the challenge of contacting every field owner between Moyles Court at the southern edge of the map and Ogdens at the northern end, he had some 'interesting' conversations with people but no one was willing or able to let us use their land so, in the end, the car park and assembly area were at the Headlands Business Park, found by the 'Wimborne car park scouts' Using the HBP as our base seemed to work well and although not ideal, it provided hard standing and a safe environment. My initial approach was to Bob Watts of Dorset Orthopaedics, he was very positive and with the help of his daughter, Alice, we managed to gain permission from most of the businesses to use their car parking bays on Sunday. Alice works for the Teenage Cancer Trust and hence the car parking fee was donated to the registered charity, whose aim is to help teenagers fight cancer. We raised £272.50, the majority of this came from the car parking fee, the remainder was raised from the sale of cakes – this proved so successful that all the cakes had gone by lunch time – apologies to later competitors!

The 'bussing' to and from the start appeared to run smoothly, after a small hiccup for the first competitors who arrived at the coach, ready to run to be told they had to remove their spikes! Thanks to Mike Furlong who, along with collecting the £1 had to warn competitors of the problem – most people were understanding but he did have a few unfriendly responses! Well done Jo for planning a very successful string course, which was set in a lovely sheltered valley close to the finish. It attracted many Juniors – young and older! Thanks to John Warren for planning the courses and to Robert Jackson and Philip Eeles(SOC) for acting as controllers and thanks again to everyone else who helped I hope you all enjoyed WIMS Winter Warmer and look forward to seeing you at future WIM events.

Kirsty Staunton



8.

**Forthcoming Events** *All events use electronic punching unless stated*

**March**

Sunday 11<sup>th</sup> SO Regional Badge event – Oldhouse Warren – Crawley  
GR:TQ297326 Late entry at surcharge.  
Contact: Jaquie Drake 01273 400603  
Also BOK District Colour Coded event – Warmley Forest Park – Bristol  
GR:ST 672735 Contact: John Lewis 01225 859776

Sunday 18<sup>th</sup> **BADO CompassSport - Cup round 1** Harewood Forest – Andover  
GR:SU 395435. **Your club needs you! Queries: Contact Trevor!**

Sunday 25<sup>th</sup> SARUM Saunter Badge event – Grovely Woods West – Wilton  
GR: SU007351. Pre –entry by 09/03. Contact: Brian Hart  
01794 390593

**April**

Sunday 1<sup>st</sup> WSX District Colour Coded event – Rushmore – Shaftesbury  
GR: ST 963198. Contact: Alan Hooper 01202 – 746374

Friday 6<sup>th</sup> to Monday 9<sup>th</sup> JK 2007 – Forest of Dean

Frid. 6<sup>th</sup> Sprint Race – Bristol  
Sat. 7<sup>th</sup> Individual Day 1 – Speech House – Cinderford  
Sun. 8<sup>th</sup> Individual Day 2 – Speech House – Cinderford  
Mon.9<sup>th</sup> Relays – Caerwent – Chepstow  
See website and fliers for further details

Sunday 15<sup>th</sup> KERNO District Colour Coded Galloper – Penhale Sands-  
Perranporth GR: SW769548 Contact: Jock Turnham 01872 – 225352  
Also EBOR/CLOK British Sprint Champs W/E Scarborough/Whitby  
See website and fliers

Sunday 22<sup>nd</sup> QO '2 Person Relay' event – Blackborough – Cullompton GR:ST101073  
Pre-entry preferred. Contact: Ted Heath 01823 – 251985

Sunday 29<sup>th</sup> BOK Trot – Regional Badge event – Gare Hill – Frome. GR:ST772385  
Pre-entry by 15/04. Limited EOD at surcharge.  
Contact: Peter Foster 01179 421572  
Also SO District Colour Coded event – Rewell Wood – Slindon – Arundel  
GR:SU973075. Contact: Jillian Devine 01243 – 432521

**May**

Sat/ Sun 5<sup>th</sup>-6<sup>th</sup> BOC 2007 – Pwll Du GR: SO 231103  
Day 1 – Individual  
Day 2 – Relays  
See flier. WIM Relay teams via Hilary Pickering 01425 – 657202

Friday 11<sup>th</sup> WIM Dorset Schools Score Champs – Moors Valley Country Park  
GR:SU106057 Contact: Dick Keighley 01258 860935

Sunday 13<sup>th</sup> NGOC Regional Badge event – Knockall Enclosure- Coleford  
GR: SO 561119 Contact: Roger Coe 01594 – 510444  
(There may be a Relay event in the same area on Sat.12<sup>th</sup>)