



Website: www.wimborne-orienteers.org

WAFFLE

November 2007

Chairman's Column

Goodness how time flies! Since my last column, which I wrote in early September, much has happened in the world of Wimborne Orienteers. For a start, we've had our AGM and I find myself still in the hot seat as Chairman.

Later on in October, many members made the long trip to Mansfield for the dubious pleasure of running in bramble infested woods at the final of the CompassSport Trophy. Despite being shorn of a number of our stars by injury or international calls we did really well in a tough competition. We remain a 'small club' so next year we can look forward to seeing if we can improve on our position (7th) this time.

The club staged its round of the SW Galoppen competition in late September. Although the event was a success in orienteering terms, with a greater attendance at Bovington than when we last held a Galoppen there two years ago, disturbingly the event ran at a small loss. This was entirely down to the fact that the organisation which the army uses for all its land access permissions raised its charges after we had set our budget and published the entry fees. The same problems will affect the British Schools Championships at Cranes Moor.

We are not the only club in the SW which uses army land for its events and suffers from the same problems. Our problems are compounded by the fact that although access charges for Forestry Commission and National Trust land is governed by national agreements with British Orienteering, permission is generally only granted for major events if parking arrangements don't inconvenience other users of the land. This means that they generally disapprove of linear parking on forest roads, particularly in New Forest areas. As our major events tend to happen in the winter months when parking in fields is out of the question, this means parking on hard standing and bussing competitors into the events. These days most of us like to use waterproof maps as well. And all this means extra expense.

The only answer to the problem is if we pass on this increase to our customers, the Great British Orienteering Public. So please don't be surprised if the cost of your club's events rises in the very near future.

Dick Keighley

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AGM News

WIM's 39th AGM was held at Canford on Friday October 5th. 21 members were present. The chairman and treasurer presented their reports detailing the highlights of the club year. Dick Keighley had indicated a year ago that he would act as Chairman for one year, but had enjoyed the experience and agreed to continue in the post, an offer gratefully accepted by the meeting.

John Warren and Trevor Bridle were re-elected as secretary and treasurer and the committee will be Tamsin Horsler, Lynn Branford, Jo Pickering, John Shucksmith, Kirsty Staunton and Noel Smith.

A minor change was made to the constitution so that annual fees can be determined earlier and sent to British Orienteering by September 14th. Fees for 2008 will not change but will increase by £1 for seniors and families in 2009.

After a break for refreshments Dick presented an illustrated talk of his recent visit to the Ukraine, with stories of several world champs in Trail O and excellent slides of Kiev.

Wimborne Orienteers Chairman's Report 2006-7

It doesn't seem a year since I had my arm twisted to succeed Peter Brett as WIM Chair (man) . At the time I made it fairly clear (I thought) that I had done the job for three years in the mid '90s was willing to do the job for for only one year this time. The fact that I'm willing to carry on indicates either the onset of senility, or the fact that the excellent members of your committee have made my job relatively pain free: I hope its the latter.

As a result of our implementation of the new BOF membership structure for 2007. a number of former members, now inactive ,moved to being merely 'Waffle subscribers'. The club membership, although healthy, thus fell below the 100 members threshold so that for the first time we became a 'small club' for the purposes of the CompassSport competition instead of being a small 'big club'. So instead of being thrashed by the likes of BOK and SOC in the Cup competition, we found ourselves qualifying from the regional round Harewood in March for the final of the CompassSport Trophy, which will be held next weekend . We hope that as many members as possible will be able to make the journey to Mansfield.

One of my first functions as Chairman last year was to introduce Helen Bridle to an appreciative audience of local orienteers here at Canford when she gave a presentation on her life as an international orienteer.

The CsSport event at Harewood marked one of the few appearances of Helen in the UK this year: this time she brought her boyfriend with her, Mats Haldin, a member of the Finnish team, who has also joined WIM as his British club. Mats and Helen duly won their classes , as they did a couple of months later at the York sprint race. Neither of them, sadly, is available for the CsSport finals next week.

Helen has been a fixture in the GB team for a number of years now and she and Mats both ran for their countries in the World Championships in Kiev, Ukraine, as did your chairman, who came 7th in the Paralympic class at the World Trail-O Champs. Helen failed to reach the podium this year, but Mats did, finishing 4th in the Long distance race and getting a Bronze in the men's relay. I wonder how many other GB clubs had as many members competing in Kiev?

Domestically, many members have had success from time to time, some more than others. I should perhaps mention here Sue Hands and in particular Keith Henderson, currently top of the ranking list in M65, together with the team of Tamsin Horsler, Jo Pickering & Michelle Spillar who came 2nd in the Women's Short class at the British relays at Blaenavon in May. Sue broke her ankle 10 days ago at an Army event - we wish her a speedy recovery.

Sue Hands was the inaugural winner of the Founders' Trophy, named in memory of Ron Wilton, one of our founding members who died last year. In March this year we lost another stalwart, Ian Keith, the club's first chairman, who died after short illness. Although in recent years knee trouble prevented Ian running, Ian was always happy to help at events and he remained a formidable cyclist - he would have enjoyed the Mountain Bike events we have held this year.

During last winter, driven on by Lynn Branford, the club grasped the nettle of qualifying for the Sport England Club Mark award, 'a cross-sport quality accreditation for clubs with junior sections' essential if we are to be able to coach juniors successfully and involve ourselves with the sport at schools level. That necessitated many changes, from the writing of club policies on all sorts of topics, to qualifying more coaches and gaining more certified First Aiders (which means that we are now in a position to staff our own First Aid at events instead of having to rely on outside bodies like St John Ambulance). members were sent on various courses (at one of the ones I attended, the Child Protection course held at Bournemouth University, I found myself older by 40 years than all the other course members, who were all university students). We also had to modernise our constitution, largely unchanged since the club's inception, and for that we had to hold an EGM, which we did in the club tent at the CompassSport Trophy event at Harewood. The attendance was excellent - indeed I suspect that it was rather larger than at tonight's AGM. Finally, we qualified for Club Mark (only the 13th orienteering club to do so) and were presented with the award at the JK prizegiving.

Also during the year, we have modernised the club's image with the adoption of a new style O-top. Tim Britton took on this job. It took some time from the order going in to their arrival and Tim's task wasn't made any easier when our supplier, Ultrasport, returned the first batch of tops to the manufacturer, Craft of Sweden, because of shoddy workmanship. The new tops, which are very smart and comfortable, finally arrived for distribution at the JK.

Also during this year, masterminded by John & Di Tilsley, the club applied for and got Lottery funding to purchase some new SI kit for use in schools coaching. The £5 000 from the lottery, together with just over £1 000 of the club's money, has enabled us to buy three new kits for use in developing orienteering at schools in Dorset. There are three sets, one lodged with John & Di for use in S & W Dorset, one held by Kirsty Staunton for use in E Dorset schools and in coaching at Moors Valley, and one lodged with The Branford family & me for use in N Dorset. This new kit is primarily intended for schools use but it will also be used for schools league events and for major club events in conjunction with our existing SI & computer kit which continues to be held and maintained by Cris & Mike Tween. The kit can be booked by members for use in schools & youth groups and there will be a section on the Message Board of the website where you can see what the bookings are.

The Message Board is a new feature of the website this year and after a slow start, is being increasingly used. It has enabled members to post details of events, activities and photographs of events.

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Gaining Clubmark and doing coaching in schools doesn't mean that we automatically gain more junior members and as a club we are increasingly short of active juniors and this is a problem which we as a club, will have to address this year. We've also gained an award of up to £400 for junior development , which includes not just a grant towards mapping small areas suitable schools use (we have an area in SW Dorset in mind) but will also allow us to award free junior membership of British Orienteering to children competing in our schools league who show promise in the sport.

Over the past year the club has put on 21 events of various types, 1 Regional event, 1 SW Galoppen (last weekend,which I missed....), 1 relay, 2 night events, a number of smaller scale local Sunday events, 1 Dorset Schools championships, 8 mid-week events which formed the summer mid-week league,and for the first time ever, 2 MTBO events held very successfully at Moors Valley at Trevor Bridle's instigation. We also planned, organised & staffed two days of Trail-O at this year's JK in the Forest of Dean.

There is currently great pressure on our sport to change and modernise our structure. Much of this is driven by the fact that much of our funding comes from Sport England. They are changing their structure. As a results, unless orienteering adapts accordingly, we may lose much of the funding which pays for our central administration and supports our athletes in international competition. Orienteering is not an Olympic sport, and with pressure on finances in sport leading up to 2012, any non-Olympic sport not conforming with the current fashions is likely to lose its funding. There are far reaching changes proposed in both the structure of British Orienteering, which is becoming a limited company but also the event structure of the sport is under review and will shortly be discussed at a BOF conference attended by our hard -working secretary.

As we all know, participation has fallen since the height of popularity of the sport in the 1980's. Our current structure of events is still based on that model, which is now becoming unsustainable and we must be prepared to adapt to some far-reaching changes if the sport we know is to survive. British Orienteering is instigating a wide-spread review of all our orienteering activities as it develops a Whole Sport Plan for 2009-13 and the first task of the new committee will be to go through the paperwork this has generated.

Next month on Sunday November 18th, the club, together with Sarum and with assistance from WSX, is staging the British Schools Championships at Cranes Moor, Bovington with events on the Saturday at Gore Heath and Coldharbour. It will be all hands on deck for the next few weeks as we prepare for this.

I hope that I haven't missed out anything else of great importance - If so I apologise.

No event can take place without a lot of work by volunteer officials and on your behalf I would at this time like to thank publicly all those of you who have mapped, planned, organised, computed or helped in any way at our events over this last year We are lucky that we have so many members who help willingly when approached, and also a hard core of hard-working,youthful, allegedly 'retired' members who seem to be almost full time orienteering administrators. Without these folk, the club would not be able to function in the way it does and I thank you all for your involvement.

Dick Keighley

Editors note: Sorry that there are no photos in this Waffle. I hope that you will have been out with your cameras in time for the January issue!

CompassSport Trophy Final October 14th 2007

It was a weekend of sporting euphoria in which it could be said that the highlight was England winning in Paris. Somewhat nearer home or at least in a corner of Robin Hood's domain Wimborne Orienteers battled it out with the top ten clubs from all over the British Isles in the final of the CompassSport Trophy. The presence of the top ten large clubs at the same event meant that we were definitely in the presence of the great and good at Blidworth and Sansom Woods. Not the sort of forest you would wish to take Maid Marion to. Brambles abounded and the trick was to stay on the paths, count path junctions and crossings accurately and enter the forest only if and where the undergrowth was less obvious. We were sadly missing some stars including Trevor who had organised and guided us through the preliminary round of the Trophy at Harewood back in March and done all the administrative work for the final here north of Nottingham. Helen, his daughter and Matts Haldin would have found this a trip too far and Sue Hand's recent ankle injury comes as a severe blow not least for her.

It is a tribute to the bond in the club that 29 of our members travelled to the event and the reward apart from a good week-end away was a very creditable 7th place.

The competition is based on a range of colour coded courses. Eight in all from brown to orange. Points are obtained from 100 for a win with a club maximum of 1300 from the best 13 scores. Tribute should be paid to the Hodge family because Clair and Katherine were our only junior representatives and were up against very stiff opposition. I have difficulty in placing Patrick Staunton as a junior but he gained 78 points for us in the Light Green Junior class. Nikki Crawford gained a 3rd place and 96 points in Short Green Vets and Barbara was 12th with 78 points. We had 5 representatives in Green Men with Keith and Richard contributing to the scores. Richard claims that his compass was taking time to re-adjust to the change back from the southern hemisphere! Kirsty had a storming run gaining 94 points and was only seconds behind Jackie Hallet of BOK, who was in fact competing in the CompassSport Cup event. Despite not being happy with her run and suffering from blisters, Jo Pickering gained 82 points and 10th place in her class. Eamon was seen exercising his smile muscles on the run-in and gained 74 points on very long course, whilst Michelle having made the long journey from Devon on the day promptly gained 92 points on the Blue. I think of Tamsin Horsler as a 'young mum', but as a W40 she confessed to feeling daunted competing in the women's elite. Nonetheless 9th place and 82 points will do very nicely. All of our 'Brown' men scored. Tim Britton gained 98 points, Steve Horsler 83 and Simon Branford 71. A great run Tim! A final result saw WIM placed above Essex Stragglers, Roxburgh Reivers and Wrekin and only 12 points behind South Wales. The Trophy winners were the Scottish club Forth Valley. Congratulations to them and to our neighbours, Sarum who were second.

Keith Henderson

Editor's note: Keith has modestly omitted to say that he was 2nd on the Green course, gaining 98 points for us. That was a really great run!

And now---- CompassSport Trophy 2008!

Yes, details of next year's competition came down the line almost before this year's results were confirmed. WIM is classified as a small club so we don't have to compete with the likes of BOK, but it's still going to be a tough fight to get to the final.

The first round is on Sunday January 13th and we hope to compete in the group match at Yateley, which is just off the M4 close to the Fleet 'Service Area' less than an hour for most people to travel. Put this date in your diary. We need everyone who can get there to take part and give solid support to our star runners.

equipment which demands a rolling programme of servicing and renewal. It would not be unreasonable to allocate £100 to each of these items which makes the deficit on the event significant with serious long term implications. WIM usually looks for a modest surplus in our annual Colour Coded event, Regional event and Boxing Day Canter. We have been fortunate in recent years in gaining grants for specific projects from the National Lottery but that is for capital equipment. Club membership fees only cover administrative expenses and production of 'Waffle'.

So where do we go from here? A simple answer would be to increase entry fees, but this is hardly going to help achieve one of our major aims which is to attract and retain more members. Sponsorship is something that is talked about but because of the nature of Orienteering there is little to attract the publicity seeking businessman.

With our forthcoming Regional event likely to have major expenditure on bussing and car parking this is a topic that will be considered by the committee in the immediate future, but if you have any ideas don't hesitate to contact anyone on the committee.

John Warren

A well turned Ankle

Ankle injuries occur frequently amongst Orienteers. They vary from the relatively minor turned ankle through the severe ligament tear to bone breaks in the foot or lower leg. We are much more at risk of such injury than the road, track or cross-country runner.

Sue's recent injury prompts me to air my own experiences which amount to half a dozen severe torn ligaments and not confined to one side. The first was from playing rugby as a teenager, the rest from orienteering. On two occasions plaster of Paris has been needed with weeks of debilitation and often severe pain due to the swelling.

Only recently have I found what proves to be the best protection for me.

The first and obvious attempt at prevention is to tape up the ankle using sticky cloth tape. A stirrup piece is then overlapped with a figure of eight binding around the ankle. Experts will tell you that this only serves to encourage proprioception and actually does not make the ankle joint any stronger. Be that as it may it certainly helps in giving confidence but it is uncomfortable and reduces the flexibility of the joint. Furthermore for some of us the sticky brings on an allergic reaction.

There is available a corset like boot or sock with a lace which one can tie up. But again this is not very comfortable and in my view not very effective. An elasticated band marketed by elastoplast in this country is for me the most effective of these binding techniques.

For a few years I have worn the boot version of orienteering shoes. They are fairly satisfactory but again restrict forward and back movement. Last summer whilst on the Swiss Tour I was shown a form of ankle protection called the Active Ankle Brace. On the penultimate day of the competition a Swedish lady advised me that she had been wearing these to good effect for some years and that she had obtained them from the USA. Having put this information into the memory bank for the future, on the last day I did it again: a very severe sprain requiring the purchase of crutches and the good offices of both Kate and Richard Brightman to get me back home via train, baggage trolley and plane.

Ever since in competition I have been wearing these Active Ankle supports which are most comfortable and allow unrestricted flexibility fore and aft and give me great sideways support.

They are like a stirrup which goes under the instep with a flexible linkage to the side supports which bind with Velcro to the leg. They come in two sizes and with rather thin ankles and a size seven shoe I find the small version perfect. You can have black or white. Looking up Active Ankle on the internet I found they were supplied by 'Supports USA' and with shipping costs included in July 06 they were £43 the pair. I will be very happy to discuss and demonstrate these to anyone who wishes.

Keith Henderson.

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Forthcoming Events

All events use electronic punching S/I or EMIT

November

- Saturday 10th SARUM Night Regional and Southern Night Champs. – Sidbury Hill
Tidworth GR: SU 230502 Starts: 17.30 to 1930. Limited EOD
Entries contact: Stephen Robinson 01264 – 396655 EMIT
- Sunday 11th NWO Regional Badge event & Southern Champs. 2007 West Woods,
Marlborough GR: SU162652 Pre –entry and Limited EOD
Entries contact: Louise Phelps 01792 – 430010 EMIT
- Saturday 17th/Sunday 18th British Schools Championship events Wareham and Bovington
- Sunday 25th SLOW Regional Badge event – Devils Punchbowl – Hindhead
GR: SU 878370 Pre-entry via web. Limited EOD
Contact: Ian Christie 02085 – 407701 S/I

December

- Sunday 2nd SOC District Colour Coded event – Burley North – New Forest
GR: SU 240092 Contact: Tim Holt 02380 – 814003 EMIT
- Saturday 8th SARUM Day/Night -Wsx Night League – Bulford Ridge -Tidworth
SU 208447 Starts:1400-1900 Contact: R.Thornton 01722 320872
- Sunday 23rd BAOC ‘ Around Aldershot’ MTBO, Long ‘O’ and limited Colour coded
Longmoor, Woolmer and Borden. GR: SU 797312
Entries: Jerry Newcombe 01256 – 780990 EMIT
- Wednesday 26th WIM ‘Boxing Day Canter’ I hour Mass Start Score event. Ringwood
Forest – South. Access from B3081 at GR: Su123064
Mass start at 11am please arrive early.
Contact: John Warren 01425 – 474861 S/I
- Sunday 30th SN Regional Badge event – Ash Ranges – Aldershot GR: SU 896527
Pre –entry on line Limited EOD. Contact: Paul Wallace- Stock
01252 – 519355 S/I

January 2008

- Tuesday 1st SARUM New Years Day Score event – Collingbourne – Ludgershall
SU271528. Mass Start 1300. Contact: S. Robinson 01264 396655
- Sunday 6th MV Regional Badge event – Effingham – Dorking GR: TQ 088517
- Sunday 13th Compass Sport Trophy – Round 1 – Yateley – Camberley
GR: SU 823583 (*Venue to be confirmed but put this in your diary*)

And finally:

Trevor and Madeleine Bridle have left Blandford to spend three months travelling in Australia. While they are away, WIM's finances will be in the care of Hilary Pickering, and the SWOA finances will be looked after by John Shucksmith.

Kirsty Staunton and Keith Henderson each won their classes at the Midland Champs in Northamptonshire in late October. Congratulations to them both!

The date of the next club Dinner will be Friday February 22nd 2008 in John O'Gaunts Hall at Canford School. Details and menus in the next Waffle.

