



WAFFLE

September 2006

Website: www.wimborne-orienteers.org.uk

Chairman's Notes

As many of you will probably realise I'm writing this my final Chairman's Notes whilst recuperating at home following a road traffic accident in which I sustained a compound fracture of the lower leg. The incident itself seemed all very surreal at the time, for there I was riding my motorbike home from the office, when I became aware of the sound of crunching metal and breaking glass, and out of the corner of my eye I could see the bonnet of a car caressing my leg. In the millisecond before I blacked out I can remember thinking '!!! Where did that come from' rather than anything more profound or deep and meaningful! It was only the following day that I started to think about all the hours that I'd spent training for my sport and how I was looking forward to a competitive season of Orienteering this winter, and it would all have been wasted through the pending months of inaction. So it's back to the drawing board for me as I prepare a plan to get back to sustainable running ASAP.

If nothing else the accident demonstrated the importance of wearing the correct gear, an issue equally important in Orienteering. For other than the damage to my left leg, the rest of my body came away from the incident virtually unscathed. To my fellow Orienteers I would say ensure that you buy the correct equipment for the sport. That pair of running shoes that are on offer in the local shop may seem a good deal, but are they going to offer you the protection you need when running over demanding terrain? Far better to spend a few pounds more, than to end up with a damaged ankle or worse.

Before closing on the subject of the accident, can I take this opportunity to thank everyone who has 'phoned or sent messages wishing a speedy recovery. It has been overwhelming to receive such a demonstration of interest.

As indicated in my opening sentence this is my last Chairman's Notes for Waffle as my term of office will end at the next Annual General Meeting. Not only will I be standing down as Chairman, but I will not be seeking re-election to the committee. If any of you would be interested in either being Chairman or sitting on the Committee then please let John Warren or myself know and we can then advise you on what is required. Neither position is particularly onerous requiring, as they do, attendance at approximately 9 committee meetings per year.

Peter Brett

Helen Bridle

**Fastest Brit. In World Champs Sprint with podium place!
Gold Medal in World University Champs Relays!
Silver medal in WUOC Long Race!**



Here is Helen's story of the summer in her own words

A Successful Summer 2006

Swiss 6 Day

I started the summer with a trip to the Swiss 6 Day. It wasn't a very successful week results wise as I was generally taking it easy, relaxing and enjoying myself in preparation for WOC and World Students. However it was clearly great preparation and there was brilliant sunshine all week, fantastic terrain, great competitions and amazing views. I can definitely recommend a visit to Zermatt.

World Champs

What can I say? I maybe didn't achieve my goals of having 5 good runs but getting the 6th place and onto the podium in the sprint race more than made up for that. It was a really really good feeling. My previous best ever international result was a 17th place in the sprint at WOC2003 so it's a big improvement. I'm really pleased not just because it's a great result but because I ran the absolute best races that I was capable of when it really counted.

Both courses were really good at getting the most out of the area and were challenging in the mix of short legs and long route choices. Going into the fairground in the qualification was brilliant as it offered the sort of technical fun sprint that is my favourite. I was a bit worried the afternoon wouldn't be as good but I was pleasantly surprised. Short legs with

lots of changes of direction in areas with a lot of trees and bushes required full concentration at the start and finish of the final and the long leg in the middle was a challenge to spot the best route between the uncrossable fences around the race track. Thanks to the all the GB supporters for their cheering and especially to the Branfords. It was really nice to be cheered on by some familiar faces.

Generally for GB it was a successful week. We had a fantastic bronze medal from Jamie, top 10s for me and GG in the sprint and numerous people in the top 20s. We would also have had all our runners to the final if it hadn't been for the Sport Ident brick that failed to register Oli's punch in the long distance qualification. Hopefully the rules will be changed in the future to stop such unfair disqualifications. However it was still GB's most successful WOC ever and most certainly mine – I still haven't stopped smiling!

World Students

I've just got back after a long and tiring homeward journey from Slovakia with two medals in my rucksack, my flowers which have just about survived, and lots of great memories. The karst terrain in eastern Slovakia is lovely – although rocky in some places it is generally very runnable but with the challenge of navigating between the numerous huge depressions. I had a brilliant run on the long race, with only a couple of small hesitations, which gave me a silver medal behind Dana Brozchova of the Czech Republic. The sprint was held in the old town centre of Kosice which was very beautiful. In the sprint I was still feeling a bit tired from the long (and as I'm getting old these days, missing the usual physio treatment and massage) but had another clean run which I was happy with as I was with the result of 8th place though it only was 0.9 seconds off the podium.

For the relay, however, I was feeling good again though when the gap to Switzerland increased to 7 mins and to the second placed Norwegians grew to 4 mins I thought it would be a fight between me and Maria Rantala of Finland for the bronze. Instead I hardly saw Maria but had instead by the spectator control caught up the Norwegian girl and heard from Jon that I was 1.5 mins from the silver but with only 1.6 k to go it seemed like it would probably finish with the bronze for us. However heading into control 10, I saw the Swiss runner heading in the other direction and as I ran down the hill to the tricky 11th control I saw Maria heading back up the hill towards it. At first I felt really excited as I realised I was leading then really scared as there were 2 controls to go and the gap was only 8 seconds to the chasing teams. Luckily I managed to stay ahead of them and this time we got the gold medal. Thanks and congrats to my team mates Mhrairi, Helen P and Rachael for a good first three legs. Other good British results were the 10th place for Rachael and 9th for Matt in the middle distance and a brilliant 4th from Murray in the sprint. We had a fantastic week and thanks very much to David, Miriam and Jon for the organisation and especially to SWOA and WIM for their financial contributions.

At all internationals the British team always awards a run of the day for the best performance. Choosing my performance of the summer out of the series of really fantastic runs that I've had over the last couple of weeks would be really hard and in fact I think my award for the best performance I've been involved in over the last couple of weeks would be to all the British girls for our rendition of Wannabe at the World Students banquet! We really were as good as the Spice Girls. And the boys also drove the crowd wild with their YMCA performance.

Am now looking forward to finishing the season by running some relays for my club in Sweden and to going to the World Cup Finals in France in October where hopefully I'll have some more really great runs. Have a great autumn,

Love Helen

WOC TOUR 2006 – DENMARK

Having enjoyed ourselves absorbing the atmosphere and having a go in spectator races at the World Cup 2005 in Surrey, we decided to spread our wings and travel to Denmark to support the British Team at the World Championships and to take part in the Tour races. To make life easy for ourselves we choose to camp at the official camp site and make use of the bus service, guaranteed to transport us between all the venues – both World Championships and Tour.

And so at approximately 10am on Friday 28th July, with camping gear, 'O' kit, and anything else useful that we could fit in, Chris, Simon and I left Blandford en route for Harwich to catch the overnight ferry to Esbjerg.

After a superb buffet meal, a restful night's sleep and a buffet breakfast, we soon caught sight of Esbjerg. We drove on to Aarhus and the official camp site at a local school. The organisers had prepared camping areas (roughly) for each nation – so we met up with fellow Brits, and also the BAOC contingent who were sleeping on a classroom floor.

Day One

The day of the Long Distance qualification and our first race – the qualification in the morning and ours afterwards. It was very hot but we arrived at the event arena in time to cheer all the Brits in - with all but one qualifying.

Then it was our turn. The organisers had approximately one hour to change all the controls from SI for the World Championships to Emit for the Tour and also to persuade a group to move from under a nice shady tree, as it was the final control.

I took it very steady on my first two legs to get used to the map and the terrain and then had a reasonable run before making a 10 minute error close to the end. I was glad to finish.

Simon had the best result of the three. Chris said 'no comment' on his run!!

We had a huge storm at about 2am but fortunately everyone on the camp site seemed to have kept dry.

Day Two

This was a rest day for the World Championships – so it was just the Tour in the forest. We all had early starts and were on the 7.40am bus to the start. All three of us had better runs today – the forest was more like a SE forest with New Forest bog.

Chris, in particular, was pleased with his run though there were people out there running very fast.

Day Three

Sprint Finals – podium position for Helen

Today was the same forest again but running on the southern half. The World Championships were having their sprint qualification nearby in Mindeparken at the same time – so we could not see them in action. However the message did quickly reach us that Helen was 2nd in her heat.

After our runs we had time to shower and change and then move on to the Mindeparken to watch the sprint final. Just before everything started we had two huge storms but fortunately the sun came out for the first runners

All the Brits performed well – the highlight of the evening was Helen's 6th place – with her prize presented by Crown Prince Frederik. (All the spectators were going crazy – willing the athletes to squeeze that extra ounce of energy – right to the line)

Day Four

Long Distance Final

This was the Tour rest day but most travelled to the Long Distance Final to support the British athletes, and to see if we could pick up any tips for our run the following day. The races proved to be physically tough – the weather was warm – and the men running 17km

and the women 11km. There were two TV controls in the forest and one spectator control in the arena.

The races were won by the narrowest of margins with the commentary excellently keeping everyone informed as to the positions of the competitors at various points on the course.

Day Five

Our turn in Llondl. This is a privately owned forest and very different from the previous forests – there was more contour detail and route choice was important. Also it had rained heavily overnight, and started again during the morning, so in places it was very slippery. We enjoyed today – for me it was my best result so far.

Later in the day we were invited to socialize with the British Team – our chance to meet face to face and their chance to say thank you for the support.

Day Six

Middle Distance Finals – Bronze for Jamie

This again was a day when the World Championships ran first and we followed. Again the results were very close. Jamie posted a bronze medal time and then we, and him, had to spend a very nervous 10 minutes waiting for Thierry Gueorgiou of France. Jamie had just done enough. There were the medal ceremonies and then our turn. We were not quite so successful although I enjoyed my run.

We had to wait until later that evening to discover our start times for Saturday which was to be a reverse chasing start (slowest first) with 35% in A and the rest in B. Finals to decide the Tour Champions.

Day Seven

Relays

Our times were between 9.30 and 10am. As there was a 1500m walk to the start and a 40km bus ride, Simon and I were on the 6.45am bus and Chris followed on slightly later. None of us enjoyed our courses. The planner seemed to have avoided putting the controls in the runnable areas, instead sending us into varying shades of green!!

The Tour competitors certainly had the better weather as by 11.30am when the women's relays started it was nearer 30° C in the arena. The men started at 2pm.

The Trac Trac Tracking system and TV controls showed many of the leading competitors making mistakes – with some of the leading women particularly being seen heading in the wrong directions. Others were tripping over in the bracken and heather – it really was tough out there.

Both the men's and women's GB teams had good first legs – keeping them in contention - but it was not to be a repeat of earlier successes.

The men's relay was won by Russia, with their final leg runner seen on TV celebrating at the penultimate control. He could hear the commentary and knew he could not be caught.

General Thoughts

We really enjoyed the whole experience, both orienteering abroad and being part of orienteering's answer to crickets 'barmy army'. It has been suggested that on future tours there is an official GB t-shirt so we can rival the Swiss (all in red with a white cross) or the Swedes (all in bright yellow). The ideas not to be adopted are the HUGE cowbell or the young Swedish girls waving yellow and blue pompoms who marched into the arena chanting something we took to mean 'come on you Swedes!'

Lynn Branford

Godshill July 5th

This year Kirsty Staunton, Tim Britton and Co. were blessed with a super sunny evening that brought a goodly crowd of people to Godshill to enjoy a variety of O activities both on the open heath and in within the enclosure. It was good to see both youngsters and adults enjoying an evening in such beautiful surroundings and WIM is very grateful for all the work put in by the organising team.

Furrow Hoppers Blandford Camp July 16th

Wow wasn't it hot! A memorable event both for the blistering temperatures and the security checks on the gate! As teams arrived they first looked for any shade if they hadn't brought their own gazebo! Trevor Bridle and Andy Dobson had set up the event which provided an unusual challenge being partly in woodland and partly round the building in the camp. Speed and concentration were difficult in the heat but some fast times were achieved with the event being won by a BAOC team.

Peter Robertson of WSX had the misfortune to fall badly and was taken to hospital, but it is good to be able to report that he is now fully recovered.
As ever the computer team – Cris Tween and Dick Keighley provided excellent service.

Juniors

Now is the time to get into the forest and perfect your orienteering skills –both for the coming season and looking further ahead to November 2007 when the British Schools' Championships will be held in this area. This really will be a great opportunity right on our doorstep.

Dates for your diaries;

10 th September	SOC event Redshoot -Schools League 1
SAT 7 th October	WIM event Blandford Camp – Schools League 2
8 th October	SARUM event Collingbourne
29 th October	WIM Somerley – Schools League 3
12 th November	WIM Ringwood North – Schools League 4
26 th November	BOK Yvette Baker qualifier
3 rd December	SARUM Tidworth – Schools League 5

In addition there will be several club days when we will have a chance to get together for informal events with coaching available.

For those not familiar with Yvette Baker Competition-This is THE CLUB Junior competition. All WIM juniors of Yellow standard and above can take part. Scores for each competitor are added to give a team score with a possibility of progressing to the final on December 10th.

Lynn

New membership structure - This affects YOU!

You will have read in the last 'Waffle' that the British Orienteering Federation is introducing a new membership scheme for all affiliated clubs from January 2007. BOF will issue membership cards to be shown at all events to gain a £2 entry discount.

There are two possible levels of membership, 'National BOF Member' and 'Local BOF Member'. 'National BOF Members' may take part in any event in the UK.

The proposed 'National' fees for 2007 will be:

	WIM	BOF	SWOA	Total
National Senior	£5	£15	£4	£24
National Family	£5	£20	£6	£31
National Junior	£1	£3-50	£2	£6-50

The second level, 'Local BOF Member', would pay a smaller annual fee, but would only be eligible to take part in events within our region (the South West). Outside the region, these members would be charged an extra £2 per run. Due to our geographical position, this would mean that New Forest events put on by Southampton OC (in the South Central region) would cost more for local than for national members. In fact, local BOF members paying the extra £2 at just 5 SOC or other South Central region events would have paid the equivalent of the annual 'National Member'.

As a result the committee are strongly of the opinion that 'Local BOF Membership' is not a sensible option.

Having looked at the annual membership charges for other clubs and sports, **the WIM committee are proposing to the AGM that as from January 2007 all WIM members become 'National BOF Members'.**

For the very small number of people who do not wish to take out 'National' Membership, but who wish to keep in touch with WIM activities we will offer a 'Newsletter subscription' at the cost of the current 'Club' fee of £5. 'Newsletter' subscribers who do not have a BOF membership card will have to pay the extra £2 at any event they attend.

The club is currently seeking clarification from BOF on the status of our valued Army family members at Blandford Camp who will be paying their BOF fees via BAOC, but who we hope can continue to be able to run for WIM as their second club.

John Warren
On behalf of the Wimborne Committee

WIM AGM - Friday October 13th 7.30 for 7.45pm

Once again we are holding our AGM at Canford School by kind permission of the Headmaster and more particularly Trevor! Peter Brett, our current Chairman, will be standing down after 3 years and the new BOF membership structure will be up for discussion.

Hopefully, the business of the meeting will be soon completed and after a short break Rowan Brockhurst, one of our long standing members and President of the Ringwood & Fordingbridge Footpath Society, will give an illustrated account about the changing nature of National Parks in Britain. Rowan is a keen walker and has travelled widely both in the UK and abroad and has considerable experience in land access and environmental issues.

Coast Path Relay **Organiser's Race Report 2006**

What a great day that was! After the previous weekend's heat wave I was anticipating a number of heatstroke cases or even teams pulling out because of the heat. We were spared the tropical climate and a respectable field of 6 teams (sadly the Army had to make a last-minute retreat) convened at the Devon-Dorset border at 0745 on a bright and fresh morning.

The start was as frantic as ever with Kerno taking an immediate lead disappearing down the hill towards The Cobb like a bullet. Bristol and Southampton took off at a bit more of a leisurely pace since their first-leg runners were heading some 8 miles or so to the other side of Golden Cap.

The SW Junior Squad took the lead out of Lyme Regis and into Charmouth, while on the same leg Bristol cruised past Wimborne pushing them into 5th place. It didn't take long for the field to split into two however. The four larger teams soon broke away as their full-team 'ladders' up the steep hills gave them an advantage that Bristol and Southampton couldn't compete with. Kerno maintained their usual strength and soon lead the field with faultless logistics and strong running. The change of date meant that Wessex were unable to form as large a team as in recent years, which brought them back to the middle of the field. This year the real battle was held between Wimborne, the Junior Squad, and Wessex. At Golden Cap these three teams were separated by only 10 minutes.

Wimborne were apparently not satisfied with being in 4th place so they resorted to dirty tactics by blocking the Junior Squad in the car park at Seatown with their oversized minibus. Wimborne were still 4th at West Bexington.



John Shucksmith neck and neck with Rob Hick (WSX) at Bincombe, with Kirsty Staunton ready to run the next leg.

At Hardy's Monument Kerno were about 30 minutes up on Wessex who were now in 2nd place. Less than three minutes later came the Junior Squad laddering up the hill through the woods, hotly chased by Wimborne. Two thirds of the way up the hill, the Junior Squad was overtaken by two of Wimborne's own juniors and the race got serious. Wimborne gained another place on the Bronkham Hill stretch closing the gap between them and Kerno.

Wessex and Wimborne squabbled over 2nd and 3rd place for a while and by Greenhill Barton there were only a couple of minutes between them and the Junior Squad. At Lulworth Kerno were about 20 minutes in the lead, Wessex were still 2nd, Wimborne were 5 minutes later, and the Junior Squad another 5 minutes behind that. By Tyneham Wimborne had just about overtaken Wessex, who soon put Wimborne back in their place. The Junior Squad were still about 5 minutes down. No one had seen or heard anything of Bristol or Southampton for some time.

Wimborne were made to pay for their earlier dirty tactics back at Seatown when their minibus' clutch finally gave up in the middle of Corfe Castle village. The bus was abandoned and their race continued thanks to several club support cars fortunately being nearby.

The Junior Squad presented a blindingly fast run towards Chapman's Pool, overtaking Wimborne and catching up with Wessex. The leading four teams battled it out around the Isle of Purbeck. Wessex lost some ground and conceded a place to Wimborne en route to Durlleston Head. By Swanage, the Junior Squad were in second place, Wimborne were 1 minute behind, while Wessex were 5 minutes back and in hot pursuit. The Junior Squad pulled away as they rounded Old Harry, and Wessex regained some ground.

I stationed myself at the Finish at 3pm just in case Kerno were going to shatter their current record. The 8-hour mark came, and as it did, three black and yellow figures were spotted rounding the corner of the beach in the distance. An impressive sprint finish saw the first runner to the railings. After 8 hours and 5 minutes, Kerno's third runner hit the railings, recording this year's winning time.

I was shortly joined at the Finish by numerous representatives and supporters from Wessex, Wimborne and the Junior Squad, suggesting it was going to be close-run competition for the next 3 places. Who was going to be next round that corner? Amid a seemingly constant stream of Kerno runners completing the final leg, the Junior Squad, having pulled themselves up from 4th place, were next on the scene recording a very respectable 8 hours and 31 minutes. Wimborne had just about managed to maintain their lead on Wessex to come in 3rd with their best ever time of 8 hours 36. Before Wimborne's third finisher had got his breath back, Wessex stormed in triplicate through the gathering crowd to finish in 8 hours and 38 minutes.

Without any recent news of Southampton's or Bristol's progress, the brand new Dorset Coast Path Relay Champions Trophy was presented to Ian Hargreaves, Kerno's Team Captain, being applauded by the Junior Squad, Wimborne, Wessex and numerous curious on-lookers.

Both Bristol and Southampton showed incredible stamina fielding teams of 7 and 8 respectively, especially as one of Southampton's team members failed to make the rendezvous point!

Bristol, having won the event several years ago with a similar sized team, were the next to storm across the sand recording a time of 9 hours 27 minutes. With a hurriedly implemented contingency plan following their missing runner, Southampton were welcomed at the railings by a large part of Wimborne's team as they finished strongly in 10 hours and 54 minutes.

This year time isn't everything. It's all very well winning the race with nearly 40 runners, but what about those smaller teams whose members ran in excess of 10 miles each? The handicap competition will reward them justly. The time-honoured Sand Shoe Trophy will be presented to the winners.

I now have all the team declarations. The Handicap Competition results are below. Congratulations to both Bristol and the Junior Squad who amazingly finished with identical handicap times! Since there is only one Sand Shoe we have a dilemma. The Handicap Competition aims to benefit smaller teams and those with older / younger runners. Bristol had the smallest team; the Junior Squad had the most junior runners (obviously!). Unwilling to favour either team, the inaugural Handicap Competition shall be declared a dead heat. Well done both teams.

Tim Britton.

2006 Results

KERNO	8:05
JUNIOR SQUAD	8:31
WIMBORNE	8:36
WESSEX	8:38
BRISTOL	9:27
SOUTHAMPTON	10:54

2006 Handicap Competition Results

<u>Team</u>	<u>Finishing time</u>	<u>Handicap addition</u>	<u>Handicap Time</u>
BRISTOL	9:27	57 mins	10:24
JUNIOR SQUAD	8:31	113 mins	10:24
WESSEX	8:38	147 mins	11:05
WIMBORNE	8:36	188 mins	11:44
SOUTHAMPTON	10:54	71 mins	12:05
KERNO	8:05	248 mins	12:13



Steve Horsler and logistics supremo, Noel Smith awaiting runners above West Bexington. Also the infamous Mini-bus!

The Dorset Coast Path Relay –View From A Bus

To those who, like myself, have never before run the Dorset Coast Path Relay it is barely possible to describe the event without experiencing it. I shall try, but to those who are seasoned feel free to nod sagely and smile inwardly.

The event was explained to me as a point to point race, each team able to enter as many runners as they wish. In reality the bigger the squad and the more cunning the tactics, then the better the chance of winning.

Enter Noel Smith, and his spreadsheet, accompanied by Trevor Bridle and the big green funbus, more of which later. Noel had put together a plan of action that would put the Apollo 11 launch to shame. I admit now that I didn't understand it, relying on the details of the short legs that I would have to run only – where I would start, where I would finish, who I would hand over to. It was a good job the rest of the team were concentrating.

The plan was sound, the admin was good, the funbus made it to the coast, just. The first hill relay was a little way out of Lyme Regis, teams staggered every few yards. Initially I smiled at all the younger runners evenly measured along the route, what hope did they have over such a distance? Lack of understanding of team tactics slowly dawned as the South West Juniors came speeding past up the hill, running about 10 metres each! Was every school in the team? Were they staggered like this across the whole South Coast? Noel's spreadsheet came into its own, each leg meticulously managed, with drop off and pick up transport arranged. It was easy to tell where each leg was due to finish, the big green funbus was visible like a beacon across the hills, parked at each hand-over point. Additionally the smell of the clutch assisted those with sweat in their eyes in finding the baton exchange, was this another tactic?

My first leg did not go to plan, I was only expecting a short hill relay, however as I was first out the bus making my way towards the top of the hill the West Bay runner arrived. Finding no-one in front of me I was handed the baton - all I could do was run. How far? who to? Suddenly sitting at the back of the bus seemed like a good tactic too! I have never been so happy to see the WIM colours and handed over to a bewildered Jo Pickering who was supposed to hand over to me at the end of her leg at West Bexington. We both hoped there would be a hastily arranged plan B and that it would fall into place soon.

It did, thanks again to Noel's fast thinking. As the day progressed I was on and off the bus and in and out of cars a few more times. Every one else seemed to have studied the spreadsheet, I just ran when told to. The smell of the clutch slowly became more overwhelming than the heat. I'm sure the car park attendants would not have allowed us entry, if we had stopped for them. Trevor's best tactic came at Seatown when he blocked the entrance to the car park preventing the Junior Squad's bus from getting out, lets blame the bus again!

Durlston Head came, as did a tired but fast Tim Britton with the baton, but the bus didn't. It had finally given up and was left to limp home on the A31 holding up caravans. The teams came through and we were doing well, next stop Swanage.

I've never completed a race before where I never saw either the start or the finish. I almost felt guilty sitting in the beer garden at Studland whilst the other teams came running by.

The event was more than just a race, it was a chance for the club to get together and have a good, sociable and fun time. It was also an opportunity to meet other members, review tactics and swap stories of derring-do. Next year, I think I'll have a closer look at the spreadsheet, and maybe suggest a different bus.

Mark Bentley

Lakes 5 Days report

Day 1

Who would have thought that there were more lost orienteers than sheep on an open fell in The Lake District?! On Sunday 6th August we were met by 1900 other orienteers at Swindale South East for our first day. After setting up the club tent in windy conditions and walking the 2.2km uphill to the start, we felt like we had done our run and were ready for Wilf's! Unfortunately we had a long way to go until I could get my chocolate cake! The description of Swindale was open moorland with rock and contour features, but seeing the map in the start box, the majority of it was coloured blue! Although a large proportion of the map was marsh, due to recent dry weather in the Lakes, the marshes were crossable without too many detours.

After making a mistake on number 1, I soon realised that open fell was not my thing! I knew the week was going to be tough as there were 3 more days of similar terrain. Although it was a runners course, with some fast times recorded, I found it hard to keep the pace as there were many more hills than I was used to in the New Forest. However, the results were surprising as I was 10 seconds behind the leader so I looked forward to a tight competition the next day! At the end of the day, Paul seemed to be the only one who had enough energy and after his 10.1km course he could still complete a line of cartwheels! This was going to be a long week.

Jo

Day 2

Day 2 was to bring even further surprises! Grizedale Forest was described as detailed, technical forest and it certainly lived up to its name! Not only this but Grizedale courses entailed a lot of height climb with few alternative route choices except up and over the hills!

Everyone came to the finish disappointed with their runs but were soon surprised when they realised that everyone's times were similar. After having a bad run, I was surprised to hear that I was the only Pickering that had been successful (meaning they retired or mispunched!) After Grizedale Forest, I was actually looking forward to open fell again!

Jo

Day 3

Having slightly more energy after resting the day before I was ready for Angle Tarn Pikes.

(Patterdale, Ullswater, Striding Edge and Helvellyn in brilliant sunshine more than compensated for the 250m climb to the start. Not a tree to be seen. Really a mini- Mountain Marathon whatever the length of your course!)

Although I made 1 really bad mistake I thought Angle Tarn was beautiful, runnable fell however other Pickerings thought otherwise! Dad thought it was one hard slog and did not enjoy it at all, most probably because he got lost!

Jo

Day 4

100 metres climb to the start which you could see from the car park was where you watched the runners disappear over the top of the hill. I picked up my map on an early start and found that there were some colours missing – no white, no shade of any green, where were the trees? Not a single one on the map, only shades of brown with many contours, blue marshes and a few black squiggles. Still let's make the most of it – it's the same for everyone!

The trouble with open fell is some controls can be seen from a long way off and located by the number of people going to them like bees to a honey pot, usually in a slow line up the hills. It was a help today that I recognised some W45's on the same course as

me and they led me into some of the controls. Today I was able to stay focussed unlike other days with large hill climbs where I tend to switch off and just keep climbing the hills without thinking. Then finally when I re-awake panic as I am not sure where I am, why do I do that? (Suggestions gratefully received!) Most legs were a straight line route as the ground was the same everywhere and I did have a reasonable run today although the legs complained after three long days with every step uphill. I think the sheep can keep this area! The other good news was that the organisers had increased the number of loos from 8 to 10 reducing the waiting time from 30 to 20 minutes!

Kevin



Day 4 assembly with Shap Fells

Day 5

Earlier runs had consisted of open fell or forest but for our final course at Hampsfell the planners had incorporated both. Our runs started in a technical forest area leading onto fast runnable fell with areas of limestone pavement, covered with deep fissures, to add to the difficulty. Once we had completed the course we were even more thankful that the weather was fine as it would have been a mad nightmare if wet.

The forest was situated on a steep slope often with slippery shale underfoot. Map features were mainly contours, cliffs and re-entrants so close contact with the map was essential. At the third control there were 2 routes marked to avoid an impossible cliff. I chose to gain height first and then contour to a smaller cliff. I came a little high and as the flag was at the base of the cliff and the slope very steep it was difficult to see so on reflection the alternative route coming up under the flag may have been better.

Coming out into the open was refreshing but more uphill awaited! I took a longer pathed route to number 6 but the shorter bracken/ limestone way appears from result to have taken longer (the eventual winner came unstuck here) so I was pleased with my route choice. The rest of the course was steady although I know I lost time over the faster terrain not being a runner and there were some tricky limestone pavements. Again at the penultimate control, I didn't look closely enough at my way to the finish and dropped too low. I was pleased to have completed a challenging course and thrilled when I discovered I was 4th that day finishing 6th overall in my class of 26.

Hilary

Thankfully the weather was ideal all week being dry and cool. The organisation was good however 8 loos for 1900 people were certainly not enough!

Despite the ups and downs, we all thoroughly enjoyed the week and have taken away many valuable lessons for the future:

'I must go slightly slower uphill to keep my brain power' (Kevin)

'I must keep in touch with my map at all times and not drift to looking at views!' (Jo)

'I must look at the map carefully at the penultimate control and not get distracted by others' (Hilary)

'I must have a decent breakfast before I run so I don't run out of energy!' (Paul)

The Pickerings

Some results from the Lakes 5 Days:

M21L Paul Pickering	- best result Day 3	11/40
M50S Kevin Pickering	- best result Day 5	9/55
W18S Jo Pickering	- best result Day 4	1/5
W50S Hilary Pickering	- best result Days 3 & 4	4/25
W55L Sue Hands	- best result Day 3	2/50
W65L Nikki Crawford	- best result Day 2	1/29 and 2 nd overall in 5 days.
M65L Richard Brightman	- best result Day 3	11/60
W60S Mary Buckland	- best result Day 1	1/20
M55S Mike Kite	- best result Day 3	18/45

World Trail Orienteering Championships, 2006 Joensuu, Finland July 10-13

Following Karen Paul's decision to pull out of the Great Britain squad, I found myself back in the team on the strength of my performance in Lithuania. So here I was, standing in the corridor of the sleeper from Helsinki to Joensuu, in bright sunshine at 11.00 pm, in a temperature of 32°C, wondering how on earth I was going to haul my new hip up to the top bunk of the cramped cabin and why the compartment didn't have air-conditioning. At least when the train started, we would have some sort of forced draught through the windows, but it was going to be noisy. Somewhere down the corridor, a baby was bawling its' head off. I clutched my plastic cup of tepid gin & tonic, anaesthetic thoughtfully provided by the team management. Ah, the joys of international travel.

At seven the next morning, the train rolled into Joensuu with all but one of our party still asleep, which caused five minutes of frantic action before the party decamped to the platform in various stages of comedic (un)dress, and the train departed again. From then on, things improved as we were met by a minibus which took us 20 minutes away to our excellent accommodation beautifully set amongst the lakes and pines of Northern Karelia, the Finnish 'Lake District'. In the afternoon, the model event revealed that we were in for a difficult and testing competition. In the evening we withstood yet another opening ceremony in the central square of the town, this time combined with prize-giving ceremonies for the first day of the World Mountain Bike Championships and also the Finnish 5-day event, during which we sloped off for an ice-cream. It was still very hot.

And then on to the World Championships proper. With 4000 competitors running in a stage of Finn5, the Day 1 forest was a very busy place, and whilst a parking official's back was turned, illegal parking by members of the large Russian contingent meant that one of our Trail-O controls was obscured by parked cars and so voided. However, that proved to be the only problem, other than those set by the excellent course planning of a 20 year old member of the Finnish Junior squad.

This year's WTOC was the best and most competitive so far (WTOC didn't start until 2004), with more nations competing, with full teams from more countries, including most of the Nordic countries, excellent maps and very difficult courses. Beating the Nordic countries on home ground was going to be near impossible. The Finns, Swedes and Norwegians had all entered 6 athletes, with teams of three in each of the Open and Paralympic classes. The GB team was doubling up by competing in both classes (each being over the same course). Day 1 was the individual Paralympic class, with Day 2 the team event. The Open class was decided by cumulative results over the two days.

We all found life very difficult in complicated terrain, rich in iron deposits, which meant that the compass sometimes played tricks on you. The GBR team nevertheless had a better day than they feared before the results were published. Dave Gittus won the Paralympic class, John Crosby was 8th & I was 9th, behind the Swedes but ahead of the Norwegians and most of the Finns.

Dave Gittus' Gold in the Paralympic class is a very significant performance, which shows that in Trail-O, as with the other orienteering disciplines, Great Britain can compete with the Nordic countries on their home ground. The name Dave Gittus may not mean much to many of today's younger orienteers, but in the early days of the sport in the UK, he was an Elite foot-o competitor and later an outstanding mapper and also a Grade 1 controller. He worked as a surveyor for the Ordnance Survey and all this experience means that he is a formidable Trail-Orienteer. Dave is also a senior IOF advisor for Trail-O. Indeed he was the event advisor at last year's WTOC in Japan, and I know that many IOF officials are delighted that one of their number has shown that they still have what it takes to become a World Champion.

Day 2 was even more testing, not to say potentially dangerous. Although it was a rest day for Finn5, it was also the finals of the long MTBO event. There were some areas where we were using the same forest roads. We had been warned about this – they hadn't, and at least one member of the GB MTBO team was nearly taken out by one of his Trail-O counterparts walking back across the road, the better to view the flags at a control. I was also stopped by a rider from the German women's team and asked to show her where she was on her map!

Again the forest was superb, the course difficult and the Nordic athletes back to form. The GB team failed to hang on to the paralympic team title, which we had won in Sweden and retained in Japan, coming 5th behind Sweden, Norway, Finland & Russia. But here the competition was altogether far stronger than in previous events and the results were close. I finished as the 2nd Brit, just ahead of John Crosby, in 23rd place overall in the Open, one place higher than last year.

And then it was back to Joensuu for the closing ceremony followed by the banquet ("you want more Wodka"? enquired one of the Russian team, producing a fourth bottle from under the table. Fearing I would end up there myself, I declined).

The following morning, we were back in the Day 1 forest for the practical part of the IOF Trail-O clinic. Some of the party were looking somewhat jaded. "You have overhang?" asked one of the Japanese team of one of the Russians. He nodded carefully. And, after a day of meetings, back to the sleeper, where we watched the Croatians playing sardines, trying to fit three people, one wheelchair and two mountain bikes into one compartment. As I said, the joys of international travel.

Dick Keighley

Forthcoming Events

All events use electronic punching unless stated

September

(See Club and BOF websites for more details of events)

- Sunday 10th SOC District Colour Coded event – Linwood – Ringwood
GR: SU184092 . Turn off A338 A338 at Ellingham and go
via Moyles Court. Contact: Petra Hajkova 07956 488261
- Saturday 16th Caddhoe Chase Day 1 – Regional Badge Event – Bovington
Ranges – Bere Regis GR SY 833909. Pre -entry closed.
Entry queries to Cris Tween 01258 – 861804
- Sunday 17th Caddihoe Chase Day 2 – Chasing Start event – Bovington
Ranges -Location as above. No dogs permitted on either day.
Limited Colour Coded course available on both days.
- Sunday 24th Quantock Galloper District Colour Coded event – Triscombe
Stone – Taunton GR: ST163359 *(Using Joe Lee electronic
punching)* Contact: Roger Craddock 01823 323850
- Also
SCOA Junior squad Score event – Longmoor Camp
GR: SU 812315 M/W 14- 45min score, Seniors 60 min score
Contact: Dave Rogers 01344 628623
- ### October
- Sunday 1st DEVON Dartmoor Long O – Burrator – Yelverton GR: SX550677
Contact: Roger Green 01392 278512
- Saturday 7th WIM Dorset Schools League/Informal – Blandford Camp
GR: ST913076 Starts will be in the afternoon.
(There will be a security check on the gate)
Contact: Trevor Bridle 01258 454811
- Sunday 8th SO Regional Badge Event – Rewell Wood – Arundel
GR: SU981097 Pre -entry by 23/09 Contact: Jackie Drake
01273 400603.
- Also
QO Long O – Croydon Hill – Minehead GR: ST007426
(Using Joe Lee system) Pre-entry only: Entries contact:
Andy Rimes 01823 451942
- Also
SARUM District Colour Coded event – Collingbourne -
Ludgershall GR: SU275527 Contact: Charlotte Duncan 01722 320872
- Saturday 14th WSX Informal event – Bisterne Close – Burley GR: SU225045
Contact: Rob Hick 01380 723314
- Sunday 21st SN Regional Badge event – Long Valley – Aldershot GR: ST852519
Contact: Paul Wallace Stock 01483 720903
- Sunday 29th WIM Dorset Schools League/Informal event – Somerley Park -
Ringwood. Further details will be on WIM website
- ### November
- Sunday 5th SOC November Classic Regional Badge Event – WoodCrates-
New Forest GR: SU271095 Pre -entry by 15.10
Entries contact: Di Smith 02380 845787
- Saturday 11th WSX Informal – Sugar Hill - Wareham GR: SY880926
Contact: Richard Arman 01202 695937
- Sunday 12th WIM Galloper District Colour Coded event – Ringwood Forest N
GR: SU122088. Contact: Hilary Pickering 01425 657202