



WAFFLE

May 2006

Website: www.wimborne-orienteers.org.uk

Chairman's Notes

Little did I realise that, as I was preparing my piece for March's edition of Waffle, that the Federation's new Chief Executive had just been appointed and, that he had little or no experience of orienteering. For the benefit of those WIM members who don't receive a copy of Orienteering Focus, Mike Hamilton comes to our sport with a background in hockey where he became Performance Director and then Chief Executive of World Class Hockey. You won't be surprised to hear that I believe that these seem to be excellent credentials. Hopefully Mike will use the experiences he gained in the world of Hockey to advance the status of our sport and thus better position it to get a reasonable slice of what is left in the Sport England pot after the target Olympic sports have taken their allocations. I hope you will all join me in welcoming Mike Hamilton to the sport of orienteering and wishing him the best of journeys through 'sunlit forests'.

Well, did you go to the first round of the Compass Sport Cup? And if not why not? Approximately half the club membership made the journey to Wisley where they found a flat fast woodland with many paths and tracks. Nearly everyone that I spoke to couldn't believe just how fast they ran their courses, and despite this we still had two of the club's M21s posting identical times, right down to the last second! I think that I can say without fear of contradiction that WIM's performed outstandingly well to achieve third place, especially given the extremely tough competition we faced. What was really nice was to see new faces in the club tent. Unfortunately I was unable to speak to most of them due to the distribution of start times and the need to get away before everyone had finished, and for that I do apologise. And finally! Can I take this opportunity to thank everyone who has enquired after Gill's well-being. It would appear that the operation was a great success (we're two weeks on from the operation), as she hurtles around the house on her crutches, sending me off to work so that she can regain her independence. Cooking is still my responsibility, I haven't managed to poison anyone yet, but I'm sure the day is not too far away when Gill will take back that duty as well!

Peter Brett

'If only' ----- or how to improve your Orienteering

'If only I'd stopped to read the map', 'If only I'd not made that stupid route choice error', 'If only I'd gone faster'....

Orienteering is an endless list of challenges as we all try to achieve that elusive 'perfect run', and it is probably the reason why we enjoy this unique sport.

Coaching can help to eliminate some of these 'ifs' and the club is now putting in some real effort to provide you with the chance of improving your Orienteering skills.

Regular Junior Coaching sessions have been established for several years led by Kirsty Staunton and Lynn Branford with encouraging results in the Dorset Schools League and the Sandy Balls Badge event. We are now co-ordinating junior coaching with both SARUM and SOC to give Juniors a regular and varied programme of activity. For the really keen junior this can be the route to the SW Junior Squad, which is the first step on the ladder to elite competition, whilst for a multi-sport young person the skills learned can add to enjoyment and personal confidence as well as being a good social scene.

For Seniors it may be a case of 'it's never too late' and you'll see that Keith Henderson is organising a programme of coaching this spring aimed at personal 'O' skill development. It's not only Keith who is active because John Tilsley is running a course for club members to qualify as coaches which means that by the summer we should have about 10 members who are fully qualified 'Level 2 BOF Coaches'.

The club hopes that many members will feel that a pleasant spring evening in the forest, improving 'O' skills in congenial company is a worthwhile and enjoyable thing to do. The coaches are there to help and motivate you so if you want to get after that person who always just beats you on a course now is your chance to give them a surprise by being first across the finish line!

John Warren

Spring and Summer Coaching

WIM is running a series of coaching sessions aimed at developing personal orienteering skills. These will be on Wednesday evenings during the early part of the summer. They will start at 6.30 pm., although we shall endeavour to accommodate late arrivals, and the first will be based at Moors Valley Country Park on 26th April. The aim is to develop the various techniques employed in navigation in practical situations. We shall move on to more challenging areas but these will all be within a few miles of Ringwood.

The dates are 26th April, 3rd and 17th and 24th May, 14th and 21st June.

Experienced orienteers may find the first two sessions a little too easy because we are hoping to involve members of running clubs and PE teachers and would wish to lead them up to more complex techniques later in the series. Youngsters with some experience, say to yellow standard, should also find this useful.

Join us if you will and let's make a social occasion by ending up at a neighbouring hostelry. For those over 18 that is.

WIM has a number of very able coaches and they will all be delighted to hone their skills.

Enquiries to me on 01425 476568 or e-mail keith-kate.alwayslate@virgin.net

Keith Henderson.

Score event and Skittles Evening Friday 19th May

Once again Trevor Bridle is masterminding a Skittles evening at Hamworthy Social Club preceded by an informal score event in the grounds of Canford School.

If you are Orienteering then the start times are from 5.30 to 7.15pm with changing rooms and showers available.

The Skittles evening is from 7.30pm and you can find the Hamworthy Club off the A341 Wimborne to Bear Cross road at Grid Ref: 037977.

A food order form was sent out with the last Waffle, but if you can't find it you can phone Trevor for details of what is available. He needs your order by May 12th and his telephone number is 01258 454811.

Money for food will be collected on the night and there is no charge for skittles.

Come along to either, or both events and enjoy a sociable evening in very pleasant surroundings.

Best wishes

We send our very best wishes to Gill Brett and Dick Keighley who are both recovering from hip replacement operations, and we hope they will be really mobile again soon.

Trek through the Sinai

I came across a leaflet inside "Trail" magazine promoting a sponsored trek through the Sinai Desert in Egypt later this year, to raise money for Christian Aid.

The idea of wilderness trekking, which I love, combined with making a contribution to people whose lives have been blighted by all manner of disasters, really appealed to me. So now I am committed to raising £2,000.00

I plan to pay the £900.00 costs of the trip myself, so all sponsorship money will go directly to Christian Aid, whose projects aim to help people find lasting solutions to their problems.

Most of my friends and family think I am mad, as most days of up to ten hours walking, will start at 5.30 a.m., apart from the 2.00 a.m. start needed to climb Mount Sinai in time for sunrise! Trekkers will share large Bedouin tents, or can choose to sleep out under the stars. However, fellow orienteers will no doubt recognise the attraction of such a venture, and as the trek begins the weekend after the KIMM/OMM, the prospect of warm days and cold nights will not seem like too much of a hardship!

Although the trek is not until November, I am expected to raise the funds by the end of August.

I (and Christian Aid) would be very grateful for your sponsorship. Ring me to add your name to my sponsor form, or cheques can be sent to the address below. (Cheques should be made out to Christian Aid and can be Gift Aided by the addition of a note to that effect, with your signature and address).

Anne McMurtry

Willowmead, Wootton Rd, Tiptoe, Lymington, Hants SO41 6FT

Tel: 01590 683261

British Trail O Champs

Midhurst was not only the venue for BOC 2006, but also for the British Trail O Champs with Dick Keighley acting as Controller. Dick has become a major figure in Trail O and has travelled to Hungary this year and is scheduled to go to Lithuania and Finland later in the summer. The Midhurst event posed major challenge with paths made almost impassable by heavy rain and the mud covered prizegiving site being completely inaccessible to wheel chairs. Despite this some 40 competitors braved these conditions in what was a very successful event. Congratulations Dick!

The British Championships 2006 Day 1

No rain, but mud, glorious mud! The British Championships were held in the beautiful surroundings of Cowdray Estate with Furnace Wood, Woolbeding and Great Commons providing a varied range of physical challenges. After heavy rain the night before, we decided it was not advisable to put up the club tent in the squelching mud of the assembly field but as it turned out to be a balmy April day we managed to squash onto the least muddy metre of field adjoining the prickly hedge! However, it actually turned out to be a good spectator control viewpoint. The club was well represented with 40 members turning out. It was a bit of a shock to realise that most courses had four times the amount of climb we are used to in local events in the Forest which made route choice all the more important. With the combination of fast open areas, the steeply wooded scarp slope and intricate ground detail, great concentration was needed throughout the runs but it was very satisfying finishing and being cheered in by fellow club members. As the day progressed it became apparent that WIM was having a successful day (hope we haven't peaked 2 weeks too soon!!) and there were some impressive results. In the top 3 of their classes were Barbara Warren (1), Jo Pickering (2), Ben Roberts (3) Tamsin Horsler (3) with 9 other members in the top 10 of their class and with a further 8 runners in the top 20. Having thankfully steered clear from injuries we were ready to tackle the Relays the following day but would we still have the clear head and stamina to repeat the performance?!!

Hilary Pickering

Relays

After drying out from the mud and my success the previous day before, I felt quite confident about running in the relays. With mum's hard and stressful work organising the relays, all I had to do was relax and look forward to my run. With the long 2.1km walk to the assembly area, I had already covered the distance of my course!! When I arrived at the assembly, after buying my chocolate cake from Wilf's for after my run, I realised I was running a bit late. I rushed to get ready and after giving my team mates an interesting "*lets win this*" prep talk, I made my way to the start. By this time I was getting quite nervous and just as I was psyching myself up, the marshall called that starts would be delayed by 45 minutes. This gave me time to have a good, old chin wag with my fellow club members. When it was my time to start, I made my way to the line. As I was looking around, I realised I was the oldest there and knew I had to push myself. Suddenly, the clock was ticking down and the race began! All I could see were young teenagers running both sides of me and the flash of cameras. I didn't even get time to fix my hair and give a smile! The course was pretty easy from my normal green standard however it was very fast. After 14 minutes of hard running and coming in 2nd place I handed over to my team mate, Terence Furlong and he made his way off on the long course.

Being one of the first out meant that I was back in time to cheer my team mates in. It was exciting but nerve racking waiting for them to appear along that 160metre finish straight. Terence had had a good run so now we waited for Patrick Staunton and hoped that we had done enough to be well placed. We watched as first, second and third place came in and then 55 seconds later, Patrick appeared. We were a bit disappointed that we missed getting medals but we all enjoyed our runs and had had a good time overall. People's opinions on the relay runs seemed to be more varied! The results however were still pleasing with 4 teams in the top 7 of their class. The friendly atmosphere in the club tent also added to a very enjoyable day.

Jo Pickering



Terence Furlong & Jo Pickering at the changeover – BOC Relays



BOC Relays - Richard Brightman leads the charge from the Mass Start

CompassSport Cup 1st round – Wisley April 9th

Having had a very positive response to my telephone calls I entered 57 club members for the Compass Sport Cup at Wisley and Ockham Commons and 53 club members actually ran on the day.

Wim had elected to run at Wisley whilst Wsx had entered at Black Park near Slough and so Madeleine headed off to Slough. Peter Fale and I were therefore collected by Helen Bolton at 8am in Blandford and we then drove to Cadnam where we changed cars with Joan Crompton then driving us to the event. It was a beautiful morning and as we passed junction 10 on the M25 we could see the tents and banners on the edge of the forest. Obviously the Pickering and Branford families had made even earlier starts to ensure that when all Wim members arrived the tent was ready to receive them. This proved an invaluable point of contact throughout the morning fostering a great club spirit as members changed, left their belongings, prepared for battle and after their runs spent time analysing where they had lost those valuable minutes and seconds.



Kevin Pickering picks up his map at the CompassSport Cup. Jo Pickering & Richard Brightman are already on their way.

Most members arrived well before their start times and fitness and tactics were discussed including viewing of the start and finish areas as these were both within 200 metres of assembly. In view of the distance to travel I had asked for the majority of Wim members to have middle/late starts although Nikki Crawford and Tamsin Horsler did start early by request. Whilst observing the finish we did see Nikki complete her course finishing strongly although she said she felt she had an average run as some paths were not always as marked on the map. However this obviously did not make too much difference as she finished a very creditable 3rd on her course scoring a maximum of 100 points.

The area was very runnable and fast being predominately flat with a good path network and the motorways and their footbridges provided good catching features. All Wim members acquitted themselves well and as a result we were 3rd out of the 8 teams competing which was a great credit to everyone. SO (77 runners) and SLOW (60 runners) are much bigger clubs than us and it is no disgrace to be beaten by them but we did very well indeed to finish ahead of SN and MV. Well done to everyone and in particular congratulations to Terence Furlong (3rd on LGJ 96 points and who left immediately after his run to attend cricket practice), Chris Branford (5th on GM 92 points), Keith Henderson (6th on GM 90 points), Melanie Hawker (9th on BW 84 points), Ben Roberts and Tim Britton (8th equal on Brown 94 points each – I am told they cannot bear to be beaten by each other and so they recorded the same time!!!!). Many thanks to you all for an excellent performance all round. The final scores were as follows:

SO	2363 points	SLOW	2309 points	WIM	2023 points	SN	1984 points
MV	1914 points	DFOK	1036 points	SAX	800 points	LOK	677 points

All scores and individual results can be found at www.southern navigators.com.

Trevor Bridle

Memberships 2006

A new membership list is enclosed with this Waffle.

We believe that we have included all amendments and alterations, but if any of your details are incorrect please let us know on 01425 – 474861.

Deadline

This Waffle is earlier than usual as we are going to Norway at the end of April. The next edition will be back on schedule in early July so if you have access to the Internet keep an eye out for late developments. Please let us have any articles or photos by June 25th, and don't forget that even handwritten contributions are most welcome. We are only too happy to type for you.

Barbara and John Warren , 26, Post Office Lane, St. Ives. Ringwood. BH24 2PG

E Mail: johnandbarbarawarren@yahoo.co.uk

The WIM web-site and the new Message Board

I try to keep the club website (www.wimborne-orienteers.org) as up to date as I can with things like results, notification of WIM events, useful links, the electronic version of Waffle etc, and it obviously gets used well because the hits counter continues to rise. We've average over 1,100 hits per month over the last year: the busiest time was just after the Godshill Regional event when we got 1000 visits over the next two days.

Often people send me items to put onto the website: Kirsty for instance is very good at sending me details of junior training. And recently Tim Britton, John Walmsley & Jane Richardson have produced a whole section on the Dorset Coast Path Relay, which is linked into the WIM website, although its actually hosted and edited by Jane.

I've also subscribed us to a php Bulletin Board, so that we can have our own message board on the website: a sort of Nopesport just for WIM. I first put this on last year, but no-one used it and the subscription lapsed. However I have recently revived it and people have started to post. It means that members can contact each other on virtually any orienteering topic: details of WIM events, action shots of club members at events, offers of lifts, the possibilities are endless. I'm sure that had it been up and running properly a few weeks ago, we could have used it to co-ordinate the CompassSport Cup team and made Trevor's job a lot easier.

In theory I get an automatic e-mail whenever someone posts, so that I can act as moderator, add to or amend the website, whatever. Its a very useful facility if properly developed -please register for it and use it.

Dick Keighley
WIM Webmaster

Waffle on the web

It has been suggested that some members would be happy to read Waffle on the club website (www.wimborne-orienteers.org.uk).

Other members are equally sure that the paper copy is more user-friendly to refer to unless your computer is always on standby.

The choice is yours!

Would anyone who does NOT want a printed copy of Waffle please let us know? Just record your decision by e mail to johnandbarbarawarren@yahoo.co.uk.

DORSET COAST PATH RELAY – NEW DATE – JULY 8th 2006

The Dorset Coast Path Relay is having a “make over” this year. Tim Britton is now the organiser; a separate page for the event is being developed via the WIM website; the event is being run earlier in the season (July not September); and we are opening up the event to other “O” clubs not previously invited and to some local running clubs to try and get up to 10 teams competing on the day. The race format remains unchanged and it still is an exclusive race – by invitation only.

Last but not least, there are TWO competitions this year – Fastest Team end to end and Fastest Handicapped team end to end well we had to find a way for WIM to win something !

I’ll be looking to the usual culprits, but in addition I’d like to get more WIM members involved who haven’t been involved in the past. Remember the runs can be anything from 0.5 mile to 8 miles depending on ability. It’s a great way to get to know other club members and a great day out – especially the refreshments at the end at a local pub at Sandbanks.

Please contact me if you’re interested.

Noel Smith

01202 821053



A future champion in the making? Sarah Horsler (W4) on the BOC String course

JK 2006

The traditional Easter 3 day festival of orienteering took place this year in North Yorkshire. Twenty eight WIM members travelled to the event, which took the format of a Training event on Good Friday, followed by two individual days and a relay day on Easter Monday. This JK was unusual in that events were a long way apart, so few of us were staying sufficiently close to get together for a sociable club evening. Our start times were also widely scattered so we were particularly grateful to the Pickerings, Blands and Horslers for making sure that the club tent was in a prime position on each day, giving us the chance to get together.

On Good Friday the training event at Temple Newsam near Leeds attracted several hundred people being enhanced to include a Sprint O and Day 1 of the JK Trail O champs.

Day 1 of the Individual event was on Ilkley Moor and we didn't see many people wearing hats! To get from the car park to assembly was a 1.5k uphill walk through the town centre of Ilkley, and once there there were spectacular views uphill onto the competition area. Tired and muddy runners ran or staggered down steep rough moorland slopes into the finish, whilst high above them outlined against the sky others progressed like stick figures in a Lowry painting. Were we going up that high? No - actually we were going up twice as high with a 2k walk uphill to a spectacular sunny start location with views out over Wharfedale. The courses were all on high open moorland with tussocks, bilberries, heather, moss and dead bracken. There were boulders, crags and confusing gullies, with steep sided valleys dropping into deep cut streams. To complete a course demanded both stamina and concentration particularly in highly technical areas where 'misaid' competitors seemed to be standing on every boulder or going round in ever decreasing circles! Back at a very colourful and cosmopolitan assembly area the commentary kept everyone up to date with the developing competition and standing outside the tent there was the constant 'entertainment' of watching competitors running from the last control, some falling foul of liquid mud in the 'run' in and arriving at the finish black from head to foot!



Day 2 was completely different and about 70 miles from Ilkley. Keldy Forest is on the North York Moors and is an area of mixed deciduous and coniferous woodland with clumps of rhododendrons and some semi open areas of birch wood. It is hilly with steep sided valleys along deep cut streams but for the most part it is runnable. Again we had long walks. From the car park to assembly was over 2km, followed by a further 2.8km to the long start and 1.2km with a steep climb to the short start. If you then had energy left the courses were well planned with tricky navigation round both vegetation and relief features. Best of all was the gloriously sunny weather which made socialising in the assembly area relaxed whilst watching incoming runners flog their way uphill to the final control.

Results for the combined two days were the usual mixture of satisfaction and regret, often with one good day cancelled out by a poorer second one. There were some very good WIM results with Hilary, Kevin and Jo Pickering all being in the top 10 in their class. Similar success was achieved by Judith Bland and Sophie Lawrence and by Tim Britton who came a brilliant 3rd in M21L on day 2.

Easter Monday got off to a showery start at Bramham Park, a private estate of parkland and woods near Wetherby. The most notable part of this event was the huge size of the changeover 'run in' which curved in a great arc across a sloping field from the clearly visible last control 360m away! For some this is a challenge to sprint and impress your friends whilst for others its' a case of walk up to the last control and then try to keep going up to the line! Hilary Pickering had done a great job balancing and adjusting the teams and this year WIM got very close to being in the 'big time' with Tim Britton, Michelle Spillar, and Ben Roberts coming 4th in the Mens' Short class. The remainder of the club had varying degrees of success and enjoyment running in rather muddy woodland, seeking small relief features and rhododendron thickets. Best of all, the car park was adjacent to the event and the weather cleared to be cool clear and sunny.

Finally, may I say a big thank you to all the WIMs who stayed so long for the prizegiving on day 2 when I received my gold medal for winning W70S. It was a rather embarrassing award! On the first day I had been badly 'misaid' in the boulders and it was only after a long slow trudge into the finish that I discovered that no one else had completed the course! Parkinsons Disease affects the balance, and I was in grave danger of making history by being the first person to survive climbing down a steep crag, wading over a rough stream bed, clambering out of a deep ditch, skidding in the mud, negotiating rocks and boulders, all without a scratch, only to fall headlong from the prize giving podium. It seemed awfully high up there!!

Barbara Warren

Stop Press

International News

Congratulations to two WIM members who have been selected to represent Great Britain this summer.

Helen Bridle has been selected for the GB team for the European Championships in Estonia and is hoping for selection for the GB team for the World Champs in Denmark later in the summer.

Dick Keighley is going with the GB Trail-O team to Lithuania for the European Trail-O Championships, (subject to fitness after his hip replacement). He hasn't made the team for the World Trail-O Championships in Finland this year, (but has been asked to wear his IOF advisor's hat and serve on the jury at the event).

Forthcoming Events

Electronic punching used unless otherwise stated

May

- Sunday 7th BADO Regional Badge Event – Perham Down – Tidworth
GR: SU246487. Pre-entry by 23/04 Limited EOD at surcharge
while map stocks last. Web site: www.bado.org.uk
Contact: Tony Ludford 01256 780444
- Friday 12th WIM Dorset Schools Score Champs and Evening Informal
Moors Valley Country Park – Ringwood. GR: SU105052
Evening event 5.45 -7pm . Trevor Bridle 01258 -454811
- Friday 19th WIM Skittles Evening – Canford . See flier and website
for details and timing. Contact: Trevor Bridle 01258 - 454811
- Saturday 20th WSX Informal Delph Woods – Poole GR: SZ016974
Contact: Richard Dunford 01202 – 535087
Also British Sprint O Champs – Milton Keynes GR:SP862395
See website: www.sprinto.3006.co.uk
- Sunday 21st SARUM Score Event – Longleat – Warminster GR:ST833431
Web site: sarumO.org.uk Contact: Jan Belza 01980 – 652249
- Saturday 27th Tamar Triple Day 1 – Regional Badge Event – Cookworthy Forest
Okehampton – Devon GR: SS415013
- Sunday 28th Tamar Triple Day 2 – Regional Badge Event. Venue as above.
- Monday 29th Tamar Triple Day 3 – Regional Badge Event. Venue as above
Pre –entry by 10/05. Limited late entry at surcharge.
Entries contact: Dick Smith 01579 – 345818

June

- Sunday 4th WSX Hardy Relays – Culpeppers Dish – Bere Regis GR: SY815925
Contact: Ian Sayer 01202 – 484523 Website: www.wessex-oc.org.uk
- Sat/Sun 10/11th Harvester Trophy Relays – Teviothead – Hawick GR: NT404053
For details see website: www.roxburghreivers.org.uk
- Sunday 11th BADO District Colour Coded Event – Blackwood – Basingstoke
GR:SU532433. Contact: Mike Broderick 01256 – 351624
- Sunday 18th SARUM Moonraker Relays – Shearwater – Longleat GR:ST854420
Entries contact: Pat Hart 01794 – 390593 Closing date:12/06
See website: www.sarumo.org.uk
- Sunday 25th BOK Adams Avery Relays (Watch BOK website for details)

July

- Wednesday 5th WIM Evening Informal Event – Godshill – Fordingbridge GR:SU176160
Starts from 5.30pm. Contact: Kirsty Staunton 01425 – 653629
- Saturday 8th Coast Path Relay (See note in Waffle and WIM Website)
- Friday 14th WIM Barbecue – Canford School – Wimborne. Pre Barbecue Informal
Street Score and Sprint O. See website
- Sunday 16th WIM Furrow Hopper Relays – Blandford Camp. Full details soon.