



Website: www.wimborne-orienteers.org.uk

WAFFLE

July 2005

Chairman's Notes

In the May edition of *Waffle* I raised concerns about the possible impact that changes to the Common Agricultural Policy might have on many countryside sports, including *orienteering*, and I expressed concerns about the way that the organisers of the BOC at Penhale had seen fit to distribute same club runners across the breadth of start times, thus denying clubs the opportunity to strengthen the sense of *esprit de corps*. Well dear readers I can provide an update!

Following lobbying from sports much larger than ours the Rural Payments Agency has taken a more responsible view and agreed that, providing landowners don't contravene Planning laws, allowing their land to be used for events would not compromise the landowners' ability to access the new subsidies. In essence this means that a landowner can allow their land to be used for up to 28 event days per year, assuming the event is 'quiet in nature', or 14 event days per year where the event intrudes on the wider environment. This means that the threat to the sport of *orienteering* has been lifted. Thank goodness for common sense!

On the question of start times at the BOC for club members, Cris Tween tells me that the rules for the BOC require that runners are randomly distributed through the start list, thus removing the risk of some clubs putting pressure on the organiser to group their club members towards the late end of the start list where some advantage may be gained. While I fully understand the thinking behind this situation I will continue to question it. After all rules are usually written to reflect the demands and risks of the time; *orienteering* is a sport which is really struggling to hold its membership, particularly at the younger end of the age range, and the young thrive on the social interaction with their contemporaries. Placing similar aged runners several hours apart in the start list denies them the easy opportunity to interact with those people they have most in common with. So, that which is written by 'Rules Committee' can be re-written to reflect the needs of the day. Surely its not beyond the wit of man to put in place a mechanism which denies clubs the opportunity of manipulating a competitive advantage. Clubs could be allocated blocks of time randomly, perhaps using a simple lottery system, with the whole procedure being overseen by the Controller for the event.

How many times while queuing at Registration have you heard someone (often the same person) complaining about the length of the queue and the inadequacies of the organisation? If we're honest how many times is it us who is doing the complaining? Well here is a salutary tale for you which, hopefully, will make you feel a little more consolatory towards the event organisation next time. In the middle of May I entered my first canoe race in over 30 years. Not wishing to pay the late entry premium, I duly sent my entry off in plenty of time in the full expectation of turning up at the event and being given my race number. Oh how wrong could I be! On arrival the first challenge was to find where the registration desk was; there I was given a card with most of my race details (but no number) and told to stand in a line which was already out of the door. At the head of the queue was someone entering the details into a laptop computer from the cards which seemed to be given to the computer operator by the people in the queue. It took me nearly 30 minutes to reach the head of the queue, only to be told that I should have given my card in at another desk where they would check my BCU membership details (despite the fact that I'd actually sent a photocopy of the membership card in with my entry as required on the entry form). Needless to say I was not best pleased as the queue behind me was longer than when I first joined it, and you won't be surprised to hear that I made people aware of my displeasure! As a result of this shambles starts had to be put back by an hour. The excuse given was that they had been totally overwhelmed by an entry of 250, which was twice their normal entry. I could only reflect how well organisers of *orienteering* events cope with on-the-day entries much larger than the 250 at this event and how well the *BOF* database works in tracking members.

Two weeks later I went to another canoeing event where everything was paper based and registration took no more than 30 seconds!

Peter Brett

Furrow Hoppers Relays

It's a rather quiet season for local events, so if you are feeling deprived why not come to the Furrow Hoppers Relay event in Ringwood Forest North on Sunday July 17th. Although many people pre-enter, Ad Hoc teams can be made up on the day and you are more than welcome to come and run individual courses and join in the social atmosphere. This is the event to come to if you have always wondered what 'Relays' are like but didn't feel confident enough to put your name forward as a team member.

Helen Bridle

After what Helen rated as reasonable performances in the World Cup events in Surrey we are delighted to hear that she has been selected to run for Great Britain in the World Orienteering Championships in Japan in Mid August. Helen did well in the qualifying trials and will be running in both the Sprint and Middle distance events. We wish her every success on the World stage!

Our best wishes also go to Dick Keighley who is also travelling to Japan as a member of the GB team in the World trail O event.

Help....!!!

Help, I need somebody (well actually several bodies); help, not just anybody; help, you know I need someone; HELP...!!! (Anyone recognise the lyrics?)

Well, in case you haven't guessed by now, I am looking for help with a very important project, but first the background. I have previously reported in Waffle about members' involvement in an informal local schools league in the Weymouth area. Well, it has just completed its 15th year with children from 10 schools taking part in 5 events. Club members may also have heard about my new job! Through Lottery funding and the Dorset Outdoor Education Service I am employed to introduce Orienteering into the curriculum of about 120 schools across Dorset. I am mapping the school grounds, planning courses and exercises, training the teachers and have written a resource pack of lesson plans and a scheme of work to teach 'O' skills to school children from 5 years old upwards. The 120 schools will be mapped by (gulp...!) October 2006 (nearly 50 done already!).

So, what's the connection?

Well, with these lessons gradually being established in the school and the skill levels improving, I would be keen to see several local schools leagues set up (like the Weymouth one). I am hoping that club members might be interested in assisting with this aim...!

It is important to stress that I am not asking for club members to teach the children – the teachers will do that! I am hoping for volunteers with an orienteering background to organise a series of 5 or 6 low-key, local after school events on different school sites, in the form of an informal league. Each event will take about 3 hours of your time to run. I hope that the volunteer could also act as a friendly contact to inform the schools of any local O events. The well-trying format and framework for organising the leagues already exists (in Weymouth) and I'm more than happy to share this with anyone who cares to volunteer!

The schools across Dorset are grouped together, geographically, in 'Pyramids' and already do activities together. It is within these groups that I would hope the local leagues would operate. They are in the following areas: Beaminster, Blandford, Bridport, Christchurch, Dorchester, Corfe Hills/Lytchett, Gillingham, Ferndown, Lyme Regis, Purbeck, Shaftesbury, Sherborne, Sturminster Newton, Weymouth & Portland, Wimborne. Why not volunteer to 'Adopt a Pyramid'...?

The club is aiming to apply for the 'Sport England' 'Clubmark' award, which means that it can get involved more easily with local organisations and schools. As a result of this and hopefully getting these leagues running, it may result in WIM getting some new members!

The highlight of this sort of volunteering for me is giving the youngsters the opportunity to enjoy themselves orienteering and for them to become enthusiastic about the challenges of maps, navigation, route choices and orienteering generally. It's why we Orienteer – please help by passing on your enthusiasm and love of the sport to children in Dorset!

If you might be interested in volunteering to get involved in this, please contact Di or John Tilsley, either to say 'yes' or to ask lots of questions about what would be involved!

Tel: 01305 889495 E mail: dijohn.tilsley@tesco.net

Di Tilsley

Wimborne Orienteers Club League

Place	Name	Class	A	B	C	D	E	F	Score	Events	Total
1	R. Brightman	M65	82	100	74	90	97	66	509	6	509
2	T. Horsler	W35	72	100	71	100	100	60	503	6	503
3	K. Staunton	W45	80	80	81	75	89	80	485	6	485
4	S. Horsler	M35	74	89	68	79	86	70	466	6	466
5	T. Britton	M21	69	80	71	70	81	75	446	6	446
6	C. Branford	M55	92	96	69	82	89	0	428	6	428
7	T. Furlong	M16	76		95	88	90	75	424	5	424
8	J. Shucksmith	M55	95	93	68	80	80		416	5	416
9	S. Hands	W55	71	83	76		100	75	405	5	405
10	D. Bland	M65		93	61	81	75	68	378	5	378
11	B. Roberts	M21			85	91	99	88	363	4	363
12	M. Kite	M55	63	80	47	53	63	49	355	6	355
13	J. Warren	M65	55	68	46	58	60	57	344	6	344
14	V. Crawford	W60	83	100			94	64	341	4	341
15	L. Branford	W55	59		59	77	79	62	336	5	336
16	P. Fale	M65	56	69	39	72	75		311	5	311
17	J. Crompton	W65	51	72	82	100			305	4	305
17	J. Walmsley	M50	80	72	62	91			305	4	305
19	K. French	W35	72	96			75	59	302	4	302
20	A. Bolton	W16		100	72	81		47	300	4	300
21	M. Furlong	M45	81		44	55	50	64	294	5	294
22	R. Hills	M70	69		69	62	83		283	4	283
23	S. Lawrence	W70	64	64	46	100			274	4	274
24	J. Smith	W35	54	91			76	51	272	4	272
25	M. Spillar	W21	71	100		98			269	3	269
26	J. Pickering	W18	70		79	54	62		265	4	265
27	K. Pickering	M50		64	65		66	67	262	4	262
28	E. Staunton	M45	84		75	57		45	261	4	261
28	J. Warne	M16			65	100	96		261	3	261
30	H. Pickering	W50	70	46		51	91		258	4	258
31	J. Bland	W65		66		78	62	44	250	4	250
32	H. Bolton	W40	58		43	83		64	248	4	248
33	J. Bolton	M14	68	66		77		28	239	4	239
34	J. Stanley	W55	55	95			88		238	3	238
35	S. Warne	M16		53	53	81	50		237	4	237
36	C. Warne	W40		59	44	57	69		229	4	229
37	P. Brett	M55	76				80	68	224	3	224
38	M. Christopher	M50	83	72	52				207	3	207
39	M. Hawker	W40		84	76			41	201	3	201
40	C. Christopher	W50	66	67	66				199	3	199
41	P. Staunton	M16	86				100	0	186	3	186
42	S. Branford	M21		64	45	0	69		178	4	178

43	D. Warne	M40		59	65	51		175	3	175	
44	S. Hawker	M40		64	55		53	172	3	172	
45	D. Tonge	M65	49	60		61		170	3	170	
46	K. Henderson	M60		83	83			166	2	166	
47	R. Keighley	M60	37			44	44	40	165	4	165
48	B. Warren	W70	52			76		34	162	3	162
49	C. Tween	W65				82	60		142	2	142
50	N. Smith	M40		72			67		139	2	139
51	J. Tilsley	M55		74				59	133	2	133
52	D. Tilsley	W50		72				57	129	2	129
53	J. Richardson	W35	60			63			123	2	123
54	C. Morris	W50	83					35	118	2	118
55	P. Harwood	W75		0		100			100	2	100
55	T. Staunton	M20					100		100	1	100
57	H. Miller	W16				44		49	93	2	93
58	R. Moore	M45	53					39	92	2	92
59	A. Heath	M35	88						88	1	88
60	A. Brain	M10	50					33	83	2	83
61	W. White	W60	82						82	1	82
62	P. Smith	M40	79						79	1	79
63	E. Brett	M50	77						77	1	77
64	M. Buckland	W60					75		75	1	75
65	B. Burlton	M14			69				69	1	69
66	R. Holehouse	M55		67		0			67	2	67
67	H. Norris	M45	55						55	1	55
68	C. Hodge	W12	54						54	1	54
69	N. Brain	M40						45	45	1	45
70	B. Penny	M60	39						39	1	39
71	N. Smith	M16	26						26	1	26
71	R. Staunton	W45						26	26	1	26

Events:

- A. 6th February - SOC: Redshoot (47)
- B. 13th February - WIM - Bovington (40)
- C. 27th February - QO: Ramscombe (35)
- D. 20th March - SARUM: Big Wood (40)
- E. 3rd April - WSX - Shillingstone (38)
- F. 22nd May - SARUM: Hamptworth (36)

Average WIM attendance: 39

Club League

The latest club league shows a change at the top with Richard Brightman narrowly overtaking Tamsin Horsler. Only 100 points separate the first 10 and it is good to see that we have 4 under 40's in this group. Orienteering, like many sports, is suffering from a reduced number of younger participants so let's hope that through the work being done by WIM members that we can contribute to reverse this trend.

What's in a name

Long, short, middle, classic, park, sprint – all these have prefixed the word Orienteering, but perhaps the two extremes – long and sprint – are the most likely to deter all but the very keen, especially, I suggest, the latter.

I must confess that until earlier this year I was of the 'I don't do sprint' camp. That all changed when Simon encouraged me to enter the British Sprint Champs at Sandhurst.

I read the article by Sarah Rollins, in Compass Sport, where she emphasises the need for '*map reading at speed, complete concentration, thinking ahead and re-orientating the map*' – all skills used in the forest, but compressed into a shorter race. A key word seems to be '*visualisation*' – fitting map to ground and ground to map. As the distance is shorter anything less than perfect will see you descend quickly down the results.

And to the results. When they are published only compare '*like for like*' i.e. if you are W60 (unless a super fit human being) only compare your results with other W60's - not M21's (if you have beaten any of them it's a bonus).

The advantage of this type of Orienteering is that relatively small areas – schools, Parks and so on – can be used. The more intricate the building network the better. It also makes a good training discipline – reading control descriptions is important, otherwise you can end up on the wrong side of a wall wondering where the control is! At this time of year when man-eating bracken, thigh catching brambles and waist high nettles are prevalent in the forest you can return home relatively unscathed.

I am not suggesting for one minute that we all change to this type of orienteering, but I think it is definitely worth a try.

So I suggest that you put away your o-shoes, dust off your trainers and for those brave enough find a pair of shorts. Go out and try a Sprint -O!

Just ignore the name and '*sprint*' at your own speed!

Lynn Branford

Sprint O , the World Cup and the builders

This is the map used in the World Cup Sprint O qualifying race held on the campus of Guildford University this spring. The speed with which top runners make their route choice decisions is as impressive as their running speed and of course we have our own Helen Bridle as one of the British Team for this event.

On a much smaller scale – but equally enjoyable- was our own sprint O event put on by Chris Branford at Lytchett Minster school, using one of Di.Tilsley's school maps, on the evening of Friday June 24th.

The evening enjoyed by about 20 orienteers started with a planner's nightmare for Chris. Lytchett Minster school is having major building work and the builders saw fit to place a fence around the whole of the old bike shed and lawn area ,whilst Chris was putting out controls even managing to completely fence in two controls,which had to be rescued. This didn't give time to make any map corrections!! Fortunately most runners coped well but the problem did confuse some juniors. This was not quite the same as the fence that appeared at about the same time in the staff car park. It enclosed several staff cars and things were not ' happy'.

This story is a reflection of the World Cup Sprint O planner's problems at Guildford where again ongoing building work caused there to be hand drawn modifications to 'out of bounds' areas made to competitors' maps at the last minute.

UNIVERSITY OF SURREY

SCALE 1:4,000 CONTOUR INTERVAL 2. 2005 World Cup Round 1
0 metres 250 Men Sprint Q2

2005 World Cup Round 1
Sprint Q2

Men 2.9 km 70 m

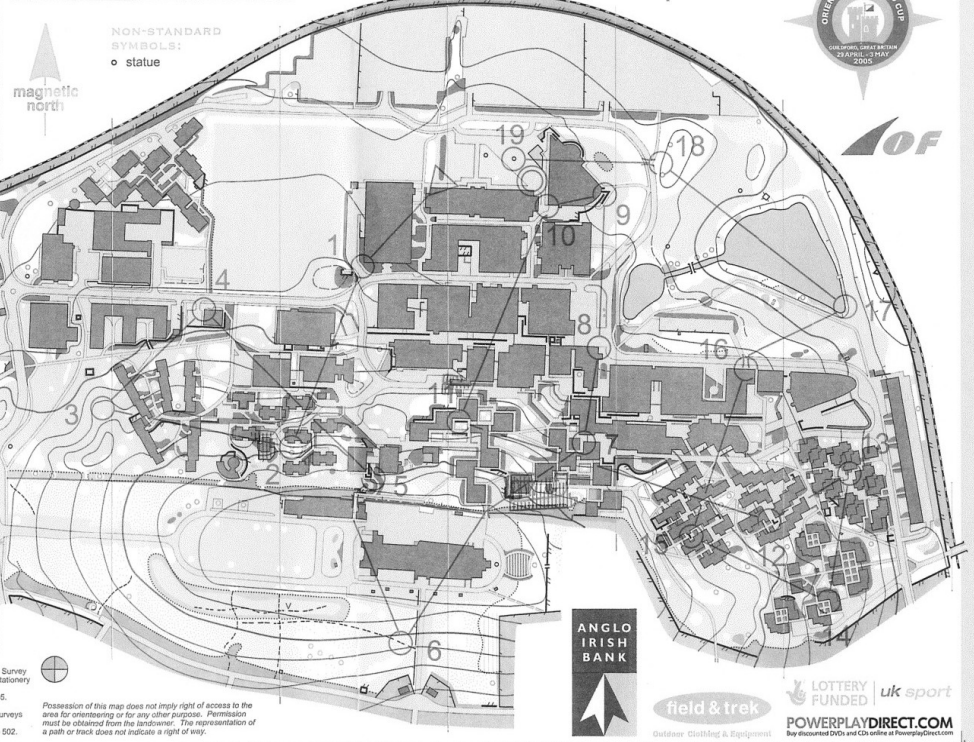
Men	2.9 km	70 m
1 149	☼	⚡
2 129	←	○
3 128	↖	⚡
4 117	■	⚡
5 107	↘	⚡
6 141	↘	⚡
7 132	↓	⚡
8 106	■	⚡
9 152	↖	⚡
10 109	→	⚡
11 136	↖	○
12 146	↗	○
13 123	↘	○
14 153	↖	⚡
15 134	↖	○
16 108	■	○
17 126	○	○
18 133	○	○
19 180	△	○

○ — 30 m — ○

A B C



NON-STANDARD SYMBOLS:
○ statue



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Travel & Trek – Small Group Global Adventure Trekking

Many WIM members will remember Terry and Trudy Crosby who orienteer with BAOC and have been club members of WIM for many years.

Terry will soon be leaving the Army and is setting up a business in the world of Small Scale Adventure Trekking. He writes:

'Ever fancied some Adventure Trekking abroad? Now may be your chance. After several years of development, I will shortly be leaving the Army to set up in the world of Small Group Global Adventure Trekking. Perhaps its time to put those maps away and let someone else take the strain in Nepal(Annapurna and Everest regions, Morocco (High Atlas), Greece(Mt Olympus) and possibly India and the USA (both late 2006).

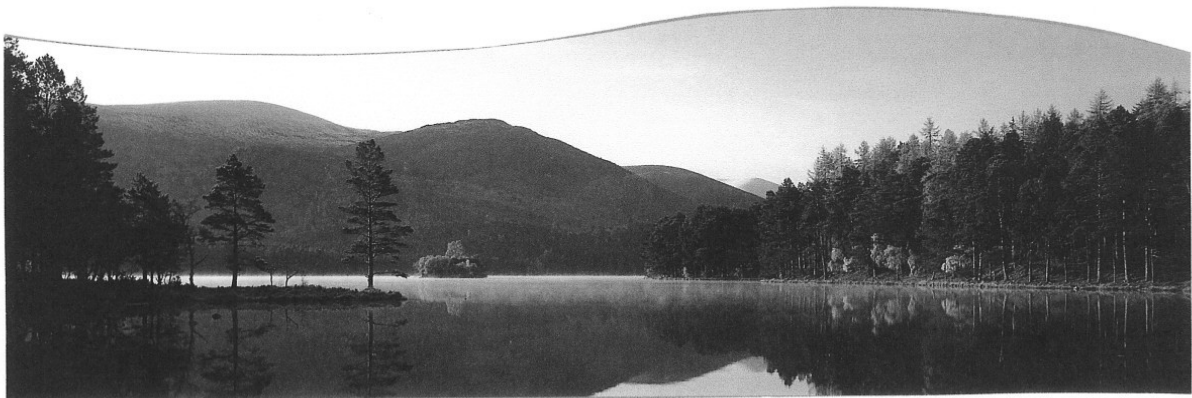
Morocco and Greece are short 1 week treks with Nepal extending to 17 or 18 days.

With the exception of Morocco, all treks use mountain lodges for accommodation so it is a fairly comfortable trekking style.

The 2006 programme has now been published and can be found on my website www.travelandtrek.com, which has full details of dates and prices, which are very competitive'

Terry Crosby

Nikki Crawford and Sue Hands have already joined Terry on a Trek to the High Atlas in Morocco which they thoroughly enjoyed and would be happy to recommend.



Dorset Schools Orienteering League 2004- 05 season

The last league event of this season was the Sarum event at Longleaf on May 8th which was closely followed by the Score Championships at Moors Valley on Friday May 13th planned by Tamsin Horsler and organised by her parents, David and Judith Bland.

The league winners this year were St Leonards Middle School Blandford, regular competitors for a few years now, but recording their first win in their final year before going out of existence this summer as North Dorset phases out its middle schools. Most of the children will be transferring to the The Blandford School and parents have promised to keep the group running next year, whilst teacher Adrian Mitchell moves to Swanage and has promised to revive their school group, which lapsed after another teacher moved schools a couple of years ago. Hopefully this may see a revival in the overall number of children competing which fell this year for various reasons.

The score championships schools classes were won by the massed ranks of Sarum juniors competing for Burgate School and Hale Primary School, both near Fordingbridge. In the Primary and Middle class, Hale beat this year's league champions, St Leonard's, whilst in the Senior schools competition, Burgate just beat Clayesmore, the current British Schools small schools champions.

There was an interesting competition within the competition with the older runners vying with each other to see who could visit all the controls in the best time. This contest was won by Stef Blomquist who got them all in 48 minutes, followed by Alice Butt & Terence Furlong in 49. Performance of the day came from Hale's Tristan Knapp who got 25 out of the 26 controls and opted to return in time rather than pick up a close final one and being out of time: just over 8k in 59mins, scarcely credible for an 11 year old! At the prizegiving which followed, the medals were presented by Stefanie Blomquist (Clayesmore), Emily Benham(Burgate), and Alice Butt(S.Wilts GS), all Sarum juniors and competitors in the schools league since its inception in '98 and now all members of the GB Start squad.

Dick Keighley

Dorset Coast Path Relay

If it's summer then it must be the Dorset Coast Path Relay! Saturday September 3rd is the date for the annual inter-club competition to run from Lyme Regis to Sandbanks Ferry following the Dorset Coast Path. The run was initiated by John Walmsley, one of our members and is used by the SouthWest Junior squad as a fun way of raising funds. In recent years WIM have joined KERNO, BOK, DEVON and WSX as well as a team from the Junior squad on what has been a memorable day both in terms of 'club spirit' and weather.

It is a great day out and gives everyone a chance to contribute to the team's performance. Serious runners can have a great workout, whilst less bionic souls can be part of the hill sprint teams which 'relay' up some of the steepest hills. This means lots of people doing very short stretches with a club like Kerno bringing a team of about 40 members! There is also the need for a well organised support party to move team members from place to place as the day progresses.

If you would like to be part of the WIM Coast Path Team 2005 then contact Noel Smith 01202 – 821053.

Forthcoming Events*S/I, EMIT indicate electronic punching***July**

- Sunday 17th WIM Furrow Hoppers Relay – Ringwood Forest North. *S/I*
G/R: SU108078. Contact: Tim Britton 01425 – 638808
- Sunday 24th WSX Hardy Relays – Culpepper's Dish – Bere Regis *S/I*
Pre-entry by July 9th. Contact: Ian Sayer 01202 – 484523
- Sunday 31st to Saturday August 6th – Scottish 6 days event – Deeside . *S/I*

August

- Thursday 11th SOC Evening Informal – Denny Lodge – Lyndhurst
(No more details but check SOC website)
- Saturday 27th to Monday 29th – White Rose weekend – Helmsley – N. Yorks. *S/I*

September

- Saturday 3rd Dorset Coast Path Relay. See note in Waffle.
- Sunday 4th SOC District Colour Coded Event – Queen Elizabeth
Country Park – Petersfield. GR: SU 718186
Contact: Peter Halson 02380 – 495552 *EMIT*
- Sunday 11th WSX Galloper/District Colour Coded Event *S/I*
Venue: Rempstone – Corfe Castle watch for details
Contact: Kay Sayer 01202 - 484523
- Also Dales Trophy weekend Sat/Sun Sept 10/11th, Skipton
National and Regional Badge event.
- Sat/Sun 17/18th DEVON Caddihoe Chase weekend – Wheal Franco and
Virtuous Lady, Yelverton GR: SX 507685. Pre entry by *S/I*
01/09 using special form. Entries contact: Cris Tween
01258 – 861804.
- Sunday 25th BKO District Colour Coded Event – Lower Star Posts
Camberley. GR: SU876622 *EMIT*
Contact: Peter Entwistle 01628 – 635278.

October

- Sunday 2nd DEVON Dartmoor Long O – Princetown GR: SX590734
Courses: 24k, 17k & 6k. Pre-entry by 20/09. Contact:
Roger Green 01392 - 278512