



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

# WAFFLE

September 2005  
Chairman's Notes

I hope you will all join me in congratulating Lord Coe and the London 2012 team in securing the Olympics for this country. In the run up to the decision it was depressing to hear or read the comments of the nay sayers who either naively or intentional did much to undermine the hard work of the bid team - but in the end they were proven wrong, and the IOC saw London as offering the best all round option.

So why am I so pleased that London has got the Games? After all Orienteering won't feature in the programme. But then again is that true? Well it is true that Orienteering is unlikely to feature as an Olympic sport in the short-term, after all the IOC has put a cap of 28 sports, 301 events and 10,500 competitors on all future Games. But the IOC has also undertaken to review the composition of sports after each Games to ensure that they are relevant and meeting changing expectations - so maybe? Perhaps one day? Who knows?

What ever happens it is essential that everyone in Orienteering sees the Olympic Games as an opportunity to increase active participation in our sport. There's no doubt that BOF should take the lead in this, but Regions, Clubs and the individual membership will all have a role to play. In the build up to the Games we can expect society at large to take a greater interest in participating in competitive sport in general, and Olympic disciplines in particular (unfortunately the nay sayers in the tabloid press will be looking to find fault, but hopefully we will be able to ignore them!). If you don't believe me just look how the interest in tennis increases during Wimbledon Fortnight only to settle back to near where it was before once the TV coverage has finished. The trick for Orienteering will be to be there when those who've looked for a sport find that the Olympic disciplines are not for them but still want to do something active - and they will be out there! Seven years may seem a long way away, but it will soon creep up on us if we let it. Perhaps this will be the main challenge for the new BOF Chief Executive when he or she is appointed?

Peter Brett

## **Highland X 50 Miles across Scotland - Success!!**

I did it and it took me 5 hours, 2 minutes and 11 seconds to run, then cycle across Scotland, all 50 miles!! I was placed 185 out of 660 - not bad for a first attempt.

We dropped our bikes off on the Friday evening on arrival at Inverness, together with a bag of gear for the changeover. This was where the runners coming from the west coast running east eventually met the road, or to put it another way, this was where the road runs out coming from the east side of Scotland in the middle of nowhere! Friday evening meant final carbohydrate loading with the obligatory Italian pasta meal and the gathering of friends and colleagues recounting horror stories of previous years Highland X events as well as other recent events. For me it also meant trying to pick up final tips on what to expect and where the pitfalls were from seasoned participants. This would be my brother's 8th year in succession doing the Highland X!

Saturday 18<sup>th</sup> June eventually arrived with the weather looking warm (20 degs.C) and humid even up in Inverness. All the competitors got into buses at 9am in Inverness and we were transported from the east to the west coast of Scotland along a particularly scenic route. An hour and a half later we arrived at the start close to the sea loch of Loch Duich. Last minute preparations, including safety bands around our wrists, saw us start at 11 am.

The first 4 miles was flat along a rough vehicle track up a flat valley heading in amongst the mountains. At the end of the valley, we climbed 1,000 feet up a steep side valley on sheep tracks to take us up to the next valley floor now with 3,000' mountains all around. During the climb, the run had slowed to a quick walk, but out on top the running began again as the sheep track continued east. We had now run 5.5 miles. The sheep tracks continued till mile 10 where we passed the Glen Affric youth hostel. The only way into the hostel is to walk in, there are no roads this far into the highlands. Very rough vehicle tracks took us on to mile 14, by which time running up hills had become more than a slight challenge! I realised then that the last 5 miles on forestry commission tracks was far more hilly than I expected, so ended up walking the remaining up hill sections, but kept running the flat and downhill sections.

I eventually reached the changeover, 19 miles and 3 hours 25 minutes later - it was a very, very welcome sight! I changed completely from sweat soaked running gear into dry cycling gear. A hot cup of tea and cake, and some 10 minutes later I was on the move again on my bike. The changeover set up and facilities were so good, you could have stayed there quite some time!

The first 10 miles were flat or downhill (descending the 1'000' that we had climbed earlier). I ended up chasing another cyclist down the hills, taking care not to come off on the sharp hair pin bends or cattle grids. Cramp started to bite at the bottom of the hill and I was lucky to be able to cycle through it. The next 10 miles were 'head down' as I reeled in other bikes. I realised that I was using different leg muscles that still appeared to have some energy, but goodness knows how! After 20 miles cycling with only 10 miles to go, I didn't know how much further I could keep going having never raced my bike over 20 miles. I decided to just keep the speed the same and see how long it would last before the wheels fall off!! With a mile to go, I felt the cramps coming back, but still managed to continue to overtake other bikes ( and a couple of cars!!) all the way to the finish as the event was taking its toll on everyone by now.

I crossed the line at in Beaully Square in 5 hours and 2 minutes with a couple of officials thankfully grabbing me to stop me falling off the bike when I stopped!! It was now just after 4pm. What about the others? My brother completed the event in 4 hours 29 minutes, slicing 30 seconds off his PB from last year ( which had itself been a PB the year

before by 30 seconds!). He took 25 minutes off me on the run - so even though he is 8 years my junior, that's where I need to improve next year! Martin, my other team mate completed the run 10 minutes quicker than me, but I caught and overtook him on cycling section, beating him to the finish by a couple of minutes.

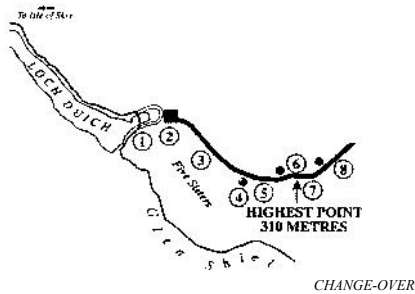
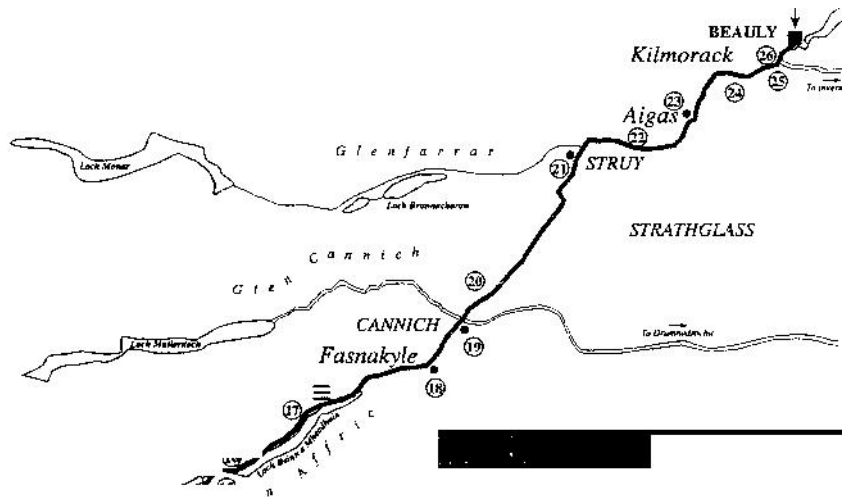
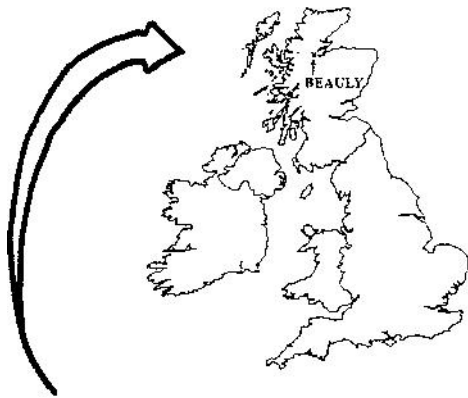
The organisation of the event of 660 invited sponsored participants was faultless. Teams of three have to raise at least £350 per team that is split between three Highland charities each year. All the organisation, and there were perhaps double the number of people involved with safety, marshalling, drink stations, start/finish, baggage, changeovers, bike change overs etc, etc, etc., is provided of charge.

Would I do it again - yes as long as I am as fit as this year. I had run up to 20 miles in training following a marathon training programme from the 'Runners World' website.

If you want to see more about the event, look at their website.

[www.highlandcross.co.uk/frame.htm](http://www.highlandcross.co.uk/frame.htm) The website includes some stunning video footage taken of the race in the '90's - it hasn't changed a bit since then though!

Noel Smith



FLUID  
DRINK! DRINK! DRINK!

## World Trail Orienteering Championships 2005 Japan

The second World Trail Orienteering Championships amidst the foothills of the Southern Japanese Alps, North-East of Nagoya in the Aichi prefecture and impeccably organised alongside WOC2005 by the Japanese officials, provided some challenging courses. The conditions of both high temperatures (34°C+) and high humidity taxed able-bodied & paralympic competitors alike to the limit. Although the cost of travelling to the first world championships ever held in Asia had deterred some European federations from sending teams, more countries and competitors than ever were represented, with South Korea the latest addition to the Trail-O fraternity.

The open class at WTOC is open to both able-bodied and paralympic competitors, with a separate class and a team event for the paralympians. Unlike some countries, such as Sweden, who sent entirely able-bodied teams, Great Britain has a policy of sending only eligible paralympic team members to the world Championships. Of last year's winning team, Sue Boyt was unavailable and Dave Gittus was officiating as this year's IOF event advisor. Into their shoes (and making their World Championship debuts) stepped grizzled veteran orienteers John Crosby (NATO) and Dick Keighley (WIM) sporting three knee replacements between them, John having recently recovered from his second knee operation, to join wheel-chair user Karen Paul, the only survivor of the 2004 team. After the event was over, the incredible Karen set off for a cycling trip in Ladakh, India on her hand cranked bike.

Two days of model competitions allowed the team some time to acclimatise and showed them some idea of what was to come. The second model event used the same terrain as the Sprint-O finals and Heather Munro's Bronze medal was a fillip to team morale and gave us something to aim for. In the first day's competition, John Crosby produced an inspired performance which gained him 3<sup>rd</sup> place and GB's first ever World Trail-O individual medal as he took Bronze behind the Lithuanian Evaldas Butrimas and David Irving of the USA. Karen and Dick also scored solidly whilst Alan Gartside (LVO), Ireland's only international representative in Japan, lay just outside the medals in the open class.

Day 2, held alongside the WOC2005 Long race, was the second leg of the Open competition and was also the Team competition (best 2 performances from 3 to count) for the paralympic class. This time the solutions to some of the controls were more problematical and there was a greater variation in scoring amongst even the most experienced competitors. Your scribe endured his poorest day of international competition for five years but others excelled. Alan Gartside had another solid day to finish just out of the medals. The Open winner was the Norwegian Per Midthaugen, followed by Stig Gerdman of Sweden and Japan's Mitsumasa Sugimoto who gained the host country its first medal in any orienteering discipline.

In the Paralympic Team competition, superb performances by John Crosby and Karen Paul brought Team GB home first, well clear of Lithuania with Japan 3<sup>rd</sup>, to retain the World Team trophy we won in Sweden last year.

These are superb results for the British Trail-O squad who continue to produce world class results despite few home events and little funding. This year there have been only two events of elite standard in the UK: the Scandinavians have perhaps ten times as many.

Following the closing ceremony the British squad all attended the IOF Trail-O clinic, led by Brian Parker (DEVON), the IOF senior Trail-O advisor.

Dick Keighley

## World Championships 2005

WIM had the rare distinction of having two club members taking part in the World Championships in Japan.

Helen Bridle once again was a member of the GB team and braved high temperatures and humidity to run in both the Sprint and Long competitions. We look forward to seeing Helen when she is back in this country and hope to hear more about competing in the Elite competition.

Dick Keighley was a member of the winning British Trail 0 team and you can read of his adventures below



Left to right: Dick Keighley, John Crosby, Karen Paul, team trophy winners at the World Trail 0 Championships. Congratulations to them on a splendid achievement.

## A tourist in Japan

Elsewhere in Waffle, I've written about the World Trail-O championships, but your editor has also asked me to set down some thoughts about life in Japan. Its certainly very different from the West. I hadn't realised how mountainous Japan is. On the main island, Honshu, 80% of the population occupy only 20% of the land – the rest is sparsely populated hills and mountains, often densely wooded. Any flat land not built on seems to be given over to rice fields or vegetable patches. Few golf courses, lots of golf driving ranges and baseball pitches around the towns. We saw very few animals in the fields: apparently livestock farming is largely confined to Hokkaido, the northern island.

It was hot; very hot and very humid. Temperatures never fell below 24°C at night and rose to 34°C in the shade during the day, much hotter in the sun. Heaven only knows how the foot orienteers coped in the heat on courses with 300 plus metres of climbing, but they did. We drank buckets – the GB team were pouring buckets of cold water over their colleagues as they finished. Thank heavens for air conditioning.

Reading my guidebook before setting off (the excellent Rough Guide) I gleaned some important facts. For example, it is considered the height of bad manners to blow your nose in public. Its true – one of my travelling companions, Don Braggins, blew his nose loudly on a bus: all conversation stopped and everyone glared at him. On the other hand, outside of big cities, its considered quite OK for men to urinate in the street: we didn't test this, but did see it happening. That you shouldn't put soy sauce on rice – it reminds the older people of the privations of WW2 when there was little else to eat. And about bento – the Japanese

packed lunch, which we sampled during the World Champs.

Japanese food is...different. Different but amazing. Mainly vegetable and fish based, a bit of chicken and pork. All cut up small. Lots of soup (to finish the meal with), noodles and of course, rice. Raw fish (Sushi or sushi). Some very odd vegetables indeed. Seaweed. Eggs. Conger eels (thought to be good for resisting the heat). And lots of seafood. Raw, or dipped in batter and fried. Ditto those odd vegetables (tempura). Its delicious. It is said of the neighbouring Koreans that they will eat anything with four legs except the kitchen table. The Japanese seem to eat virtually anything from the sea which isn't poisonous – except the puffer fish, which is, if you don't cook it properly. We didn't knowingly try it. All eaten noisily with chopsticks, or occasionally, a spoon. There were good basic Japanese restaurants everywhere we went, often with plastic models of the set menus displayed in the windows – if the waitress had no English, we simply went outside and pointed. A good meal cost about the same as a pub meal in the UK. Bed & breakfast in very comfortable Japanese business hotels cost about £25 a night.

In many traditional Japanese buildings with rice straw matting on the floor (restaurants, traditional Japanese hotels, temples and shrines) you are expected to take off your shoes and wear the slippers provided, often too small for western feet. If you then go to the loo, you then swap these slippers for the special toilet slippers. And then you have to face the traditional eastern loo. Modern Japanese hotels, as opposed to the traditional ryoken variety, have smart if bijou bathrooms containing the wonderful new Japanese electronic toilets which also wash your rear regions and also double as bidets! Some also produce the recorded sound of running water to muffle any embarrassing noises. Push the wrong button and.....

Long distance travel by car is expensive – many of the roads are toll roads, so despite the presence of so many car manufacturers, the railway service is highly developed and well used. You can set your watch by the trains, whether it's the humble local stopping train or the famous Shinkansen – the Bullet Train. These are very fast express trains linking the main cities of Japan.

We travelled using a Japan Railway travel pass, available only to tourists and then only if bought abroad before travelling. These entitled us to use any train except the very fastest variety of Shinkansen. And also to free seat reservations on any other express train. And they all stop at exactly the right place. If your booking is in Car 6, you stand by the sign for it. The train stops with the door next to the sign. Every time. Amazing. It was a very civilised way to travel and a bargain. Travelling within the cities we played sardines on different types of underground, bus and tram. All very efficient, but often very crowded.

During the week of the World Championships we visited the Expo 2005, the World Fair, which was in a special park near Toyota City and Nagoya. Very impressive in many ways, but because it was peak holiday time, so hugely crowded that it was difficult to get into many of the exhibits or national pavilions: the UK pavilion was fairly underwhelming. We were at Expo not just as tourists but to go to the opening ceremony of the World Champs. My dislike of opening ceremonies is well known, but this was one of the better ones. The music was good. Most of us could sit down, the speeches were short (if unintelligible) and better still, it went straight in to the Sprint-O medal ceremony and Heather Munro had won a medal, which gave us all something to cheer about.

After the event was over some of us stayed on for a week to do the tourist sights. A night in a traditional Japanese ryoken hotel arranged by our friend Taro Koyama, the Japanese controller for the Trail-O. The wonderful old temples and shrines of Kyoto and Nara. The amazing new Kyoto railway station. The backstreet markets of Nagoya. The famous temple gate in the sea off the island of Miyajima (you've seen it in James Bond), Formal gardens in Okoyama. Castles in Nagoya and Himeji. And chillingly, the A-bomb Dome and Peace Museum in Hiroshima. Then back through the valleys of the Japanese Alps on the Chouo line, in a Chouo train to Tokyo (vast suburbs which seem to go on for ever). All unforgettable stuff.

And then the long flight home in steerage at the back of the jumbo jet. Taking almost four hours just to fly over Siberia brought home the immensity of Russia. Charles de Gaulle airport in Paris is a tip. The M25 is hell.

Dick Keighley

## Summer 2005

It has been an exceptionally quiet season for local orienteering but WIM had two events which were greatly enjoyed. Firstly, thanks go to Kirsty Staunton and family for an excellent evening at Godshill. This year the weather was kind and there was a really good turnout to run courses planned by Kirsty and Tim Britton. The second event was another good evening at Canford prior to the Barbecue. Trevor Bridle had created yet more interesting courses in the school grounds to enable people to work up an appetite.

The Furrow Hoppers relay event in Ringwood Forest North was another event to enjoy hot sunny weather, a bit too hot for some. Tim Britton and Peter Brett produced courses that attracted a good field, the winners being a team from Happy Herts! The route challenge sometimes involved going under rather than over the rampant bracken!

## WIM AGM

This year the Annual General Meeting will be held on Friday October 7<sup>th</sup> at 7.45pm at Canford School. Those of you who came last year will know that it was a memorable event in very comfortable surroundings. This year we are lucky to have a post AGM illustrated presentation by the Pickering family on their travels in Peru during the summer of 2005. As in past years we hope to get the business of the meeting completed in about 45mins thus allowing time for refreshments and the presentation, so do come along, make your views on the club known and then enjoy the rest of the evening with other club members.

## Junior Training 2005

Time to brush off the mud from your running shoes and search for the compass as a new season is about to start. I have some dates for your calendars, the Junior Training sessions will be held on Saturday **October 29<sup>th</sup>** and **November 26<sup>th</sup>**

The venues and times of the training sessions will be posted on the web site or you can contact me on 01425 653629, e-mail - [thestauntons@aol.com](mailto:thestauntons@aol.com) The dates for the training sessions in 2006 will be printed in the next Waffle.

A reminder as well about forthcoming events;

**Sept 11<sup>th</sup>** we need as many juniors as possible to take part in the Wessex Galloper at Rempstone.

This is a qualifying round for the Yvette Baker trophy and your club needs **you!** This is also the first event in the Dorset schools league.

The dates and venues of the other Dorset schools league events are on the web site, together with lots of pictures and information about the junior events, so why not visit this site and add the dates to your calendar.

Looking forward to seeing you all soon.

Kirsty Staunton

## **Etape 2005**

In 1903 the inaugural Tour De France made a clockwise circuit of the French countryside, the first three finishers were all French and a sporting tradition began. This year will be the 92<sup>nd</sup> Tour and the riders will cover more than 3,300kms through 3 mountain ranges at an average speed of over 40KPH. Yes, I'll just say that again - 25miles per hour on a bicycle, up and down, rough roads and smooth, whatever the weather - for 3 weeks. These are phenomenal endurance athletes.

As well as having a huge heart and super efficient muscles a top rider needs to be astute( tactically aware of other teams): empathetic(knowing when rivals are suffering): ruthless(making them suffer more) and have an unnerving ability to tolerate the pain of exhaustion for very long periods. This describes Lance Armstrong, without doubt the most remarkable racing cyclist of the last 20 years.

But even Lance has to rest sometime and the Tour gives the riders 2 days, one after the first week racing and the second a week or so later. The French cycle magazine Velo' sponsors the 'Etape Du Jour during one of these rest days. It allows 8000 cycling amateurs the chance to tackle one of the Tour stages over the same roads and climbs as the Tour pros. Since 1993 ordinary cyclists have been able to get some insight into what it takes to ride a mountain stage of the Tour de France and this year I was one of them!

Morenx is a small, rather non-descript town south west of Pau and 50k north of the French Pyrenees. It was the start for this years Etape and at 7:00am it echoed to the extraordinary sound of 7800 cyclists 'cleating in' as we all clipped into our pedals and moved *off* together. It takes 25% less effort to ride in someone else's slipstream, so riders stick close together in groups (Peletons), with the stronger riders at the front taking turns leading. The effect is hugely exciting and great fun but requires concentration and good bike handling skills.

There is nowhere in the south of England that can prepare you for a Pyrenean climb on a bike. The road gradient varies between 8% and 13% (think of Zig-Zag hill at Shaftesbury) but it carries on and on and on..... The longest section was 17km long from the bottom to the top, without a single piece of flat road for respite. Hard,hot and brutal. The descents are exhilarating and nerve wracking in equal measure. Anyone with an active imagination should not ponder on how tiny is the surface area of tyre rubber holding you onto the road as you easily reach 60KPH. After 180k and 4 serious climbs, we finished in Pau, and yes the final few hundred metres were a short sharp hill - very cruel!

The French are passionate about the Tour de France, they love cycling and they have taken to the Etape Du Jour. The crowd support was noisy, enthusiastic, jovial and always encouraging. Organisation was excellent, with no route finding problems, no cars allowed on the route and helpful marshalling.

My admiration and respect of the men who ride the Tour has increased enormously. They clearly have natural physiological talents and are paid to make the most of their gifts through intensive training. But the top riders have something else, a tenacity, a willingness to push themselves to the absolute edge of their physical ability - and then **race** for the line!!

Eamon Staunton



## WSX Quiz Night

The Wessex Club have invited members of WIM to their quiz night which they hold immediately after their AGM. This will be held at the Blue Boar in Market Close, Poole at 8.15pm on Friday 23<sup>rd</sup> September. There is no charge for the quiz, but if you would like to have the finger buffet please send a cheque for £5 per head payable to Wessex Orienteering Club by Friday September 16<sup>th</sup>, to Ian Sayer, 68, Kings Avenue, Christchurch, BH23 1 NB

## Royal Deeside 2005

Queen Victoria discovered it, Royalty holiday there, so why not 3000 orienteers joining them in the glorious scenery of Royal Deeside for a week combining keen competition and a relaxed holiday atmosphere.

Foreign travel and family illness meant unavoidable absence for some WIMs so it was a rather smaller group than usual who made the long journey by plane or car to experience superb terrain matched by perfect sunny weather. It doesn't always rain in Scotland!! To be successful you needed all the skills that are talked about but are rarely essential in the south -rigorous compass work precise map reading and accurate distance judgement. (See the map sample to make your brain ache!) It was also useful if you could run, but with much of the woodland floored with moss covered boulders it wasn't always easy and some people had 'value for money' runs! Fraser Smith at the age of 7 successfully completed all days of M10B and got a sound result, whilst Michelle Spillar running for her other club SWERVE had outstanding success in W21 E being placed 9<sup>th</sup> overall. As a holiday destination Deeside has a lot going for it and as usual on the 'rest' day hoards of orienteers could be found visiting castles, gardens or climbing the nearest mountain before rushing off to compete in a 'Park O' competition in Aberdeen.

Multi-day holiday events have an atmosphere all of their own and if you haven't been to one then just listen to the enthusiastic chatter of those who have! Next summer there is a multi-day event in the Lake District and in 2007 the next Scottish 6 days is in Speyside and people are busy booking accommodation already!!

## Forthcoming Events

**Electronic punching = S/I, *EMIT***

### September

- |        |                  |  |
|--------|------------------|--|
| Sunday | 4u'              | SOC District Colour Coded event - Queen Elizabeth Country Park<br>Petersfield. GR:718186. Contact: Peter Halson 02380 495552 <i>EMIT</i> |
| Sunday | 11 <sup>11</sup> | WSX District Colour Coded event/Galoppen (Yvette Baker qualifier)  |

		Rempstone - Corfe Castle. GR:992835. Contact: Kay Sayer 01202 484523	S/I
Sat/Sun	17/18 <sup>1</sup>	Caddihoe Chase weekend. Day 1 Devon Regional Badge event Day 2 Chasing start event. Wheal Franco - Yelverton GR 507685 Pre entry to Cris Tween but limited EOD 01258 861804	S/I
Sunday	25 <sup>1</sup>	BKO District Colour coded event - Lower Star Posts - Camberley GR: 876622 Contact: Peter Entwistle 01628 635278	EMIT

## October

Saturday	1 <sup>st</sup>	WIM Dorset Schools League/Informal event - Clayesmore School Iwerne Minster GR:865146 : Dick Keighley 01258 860935 S/I	
Sunday	2 <sup>nd</sup>	Devon Dartmoor Long O-Princetown - GR 590734 Courses: 25k, 17k,6k. Pre entry by 20/09 Contact: Roger Green 01392 278512	
Sunday	9 <sup>th</sup>	Quantock Long O- Blackdown Hills - Buckland St Mary See QO website for details. Contact; Andy Rimes 01823 451924 Also Welsh Championships Regional Badge event - Tredegar - S.Wales GR: 110151. Pre-entry by 30/09 to Safestart 01291 690702 S/I	
Saturday	15 <sup>th</sup>	WSX Introductory event - Hethfelton- Wareham GR858875  Contact: Roger Crickmore 01929 550680	
Sat/Sunday	22/23 <sup>ro</sup>	BAOC/WIM/WSX Night and Day events on Bovington Ranges Sat. evening WSX Night event (Cross country & Score courses) Sunday WIM District Colour coded Gallopen Brown-White/String GR: for both events 843906. Assembly area.  Organiser: Terry Crosby BAOB 01904 490690	EMIT
Sunday	30 <sup>th</sup>	SARUM District Colour coded Gallopen - Longleat, Warminster GR: 842440 Contact: Jan Belza 01980 652249	EMIT

## November

Sunday	6 <sup>th</sup>	SOC November Classic, Regional Badge event, The Reptile Centre, Lyndhurst GR: 211031. Buses to start. Pre entry <b>only</b> by 20/10 Contact: Diana Smith 02380 845787	EMIT
Saturday	12 <sup>th</sup>	WIM Night Owl local night score event. Moors Valley Country Park Watch for details of times and car parking <b>S/I</b>	
Sunday	13 <sup>th</sup>	WIM Dorset Schools league/informal event - Moors Valley Country Park -Ringwood. Watch for details	S/I
	Also	SN Regional Badge event - Ash Ranges - Aldershot GR:917557 Contact: Paul Keeble 01483 489868	S/I
Sunday	20 <sup>th</sup>	BADO District colour Coded event - Snelsmore Common - Newbury GR: 463708 Contact: Mike Broderick 01256 351624	EMIT