

# Waffle



July 2015





It has been a busy long weekend for many of the WIM members who went to the 'Springtime in Shropshire' event. There were 3 days of events and our best overall results were

Sue Hands 1st

Kevin Pickering 1st

Grace French 2nd

Richard Brightman 2nd

Jo Pickering 3rd

Keith Henderson 3rd

Wendy Bullen 4th

Debs Mays 5th

Well done to all of them and to all the other WIM members who took part.

**Chris Branford**

## *Day 1 - Brampton Bryan*



*The splendid Finish - photo by Wendy Bullen*

## Day 2 - Stapeley and Rorrington

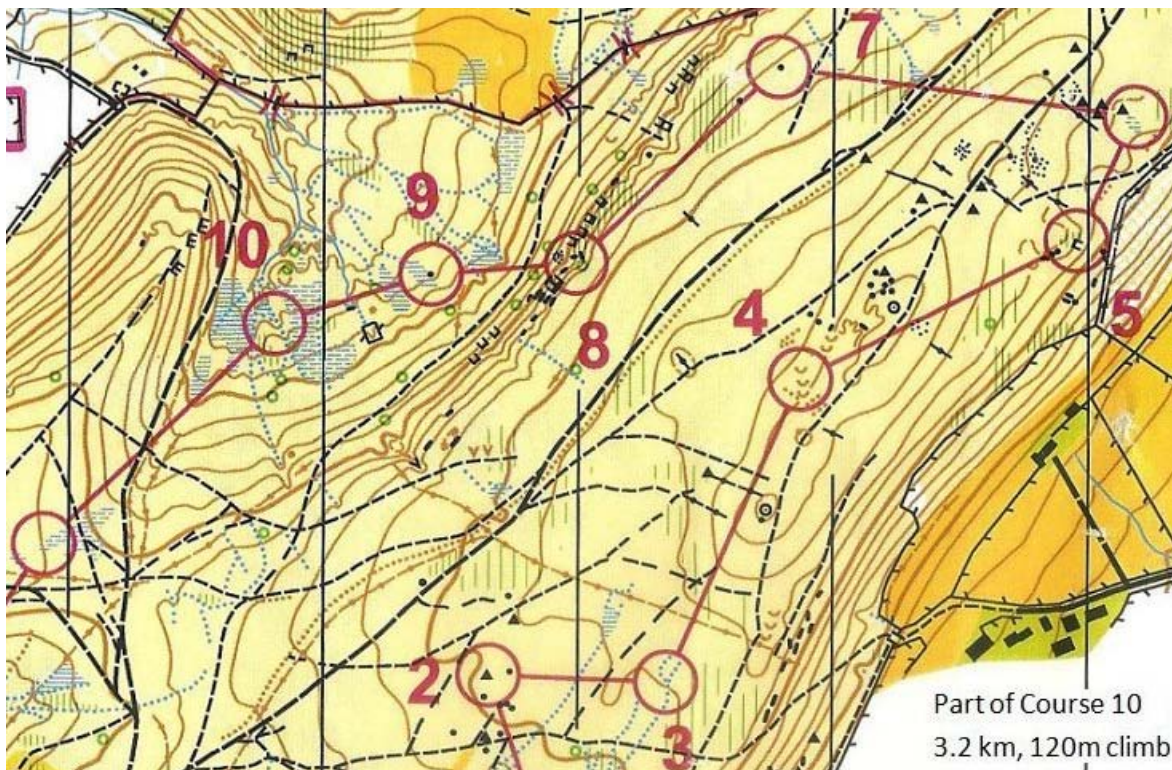
Intending to run all three days, I entered M65 Short (Course 10). A good decision as it happened, since Day 1 blisters begat Day 2 stumbles that declined to Day 3 staggers. Two pairs of socks might have saved the frustration of plodding painfully over beautifully runnable open.

Stapeley and Rorrington was my favourite venue, a physical and technical challenge which demanded the whole gamut of skills, not least making intelligent final approaches to controls rather than just aiming for them. I was very pleased to hit 1-4 accurately and curve south below the spur to sweep nicely into 5. A minor wobble on 6 (it seemed NW of its mapped position) and then it was back to compass bearings and collecting features, propelled onward by excellent brown & green mapping. Great stuff!

The only niggle was 8 to 9 which took us down a very steep descent for no obvious navigational reason, since the route to 9 was clear from some distance. A W75 from Norfolk OC fell into the deep re-entrant by 8 at the top of the slope but despite nasty cuts & bruises to her forehead she fortunately broke nothing, and ran the next day. It was an avoidable hazard for older competitors - there were better alternatives - though it seems harsh to criticise an otherwise superb test of orienteering skills.

I was 6th out of 12 in M65S and very happy with it too. I compete seriously with just one person - myself - and today was a good day. I slept well.

### Mike Kite





## *Day 3 - Corndon Hill*



This was the day I was least looking forward to - the longest of the three days, a rather large looking hill and rocks and crags. I have always struggled on rocky terrain finding it really hard to marry up the ground to the map, and my legs were rather achy after day 2's steep climbs. Looking at the start lists I could see that the current leader of my class was starting only 4 minutes behind me; I decided that if (when !) she caught me I would try and keep up - obviously while doing my own navigating of course !

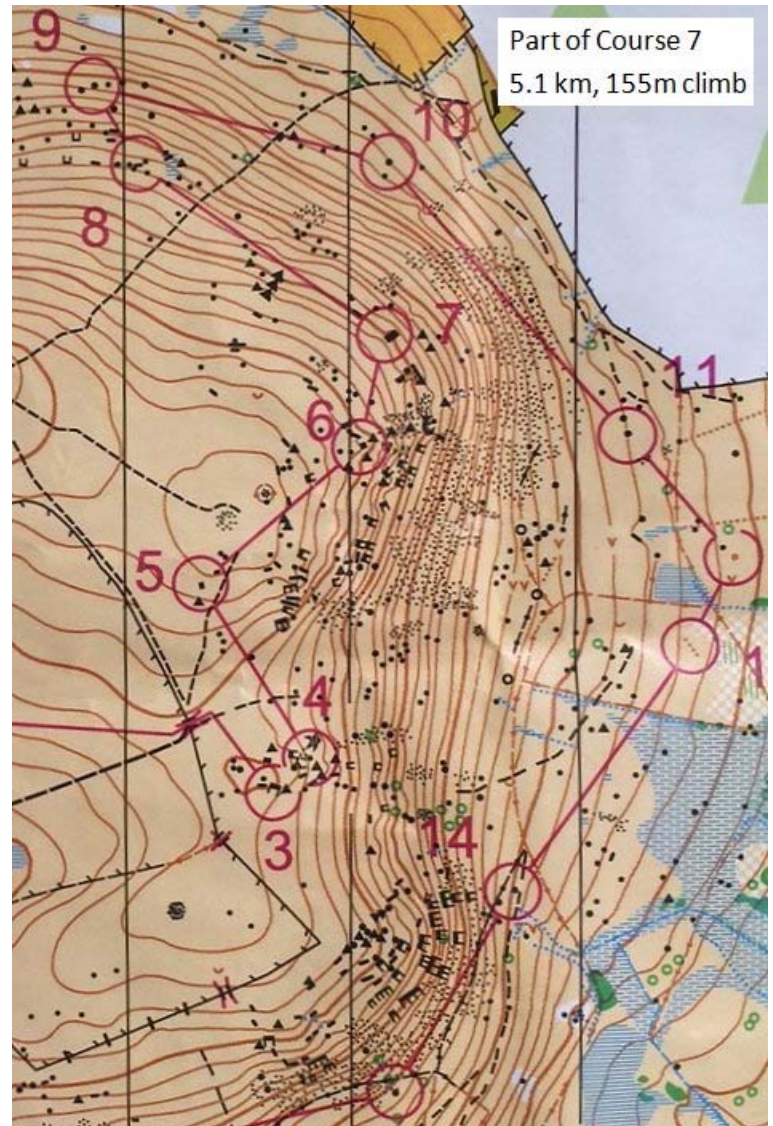
I got to the start way too early as usual so I was cold when it was finally time to go. A quick glance at the map showed me that at least I wasn't going to have to go over the top of the hill.

I took a bearing to the first control and ran (slowly) over the nice smooth grass. I arrived at the area of

depressions, looked in the first one I found and there was the control - amazing ! Ok, well let's hope the rest are this easy.

Straight up the hill to number 2 and again straight in. Still not going very fast (it was up hill) I ticked off the next few controls surprisingly easily. I was really concentrating on sticking to my bearings and it was working. Slightly longer leg to no. 8, but there was a path just before the control and a lone tree if I dropped too low. I lost a bit of height but still found the control without too much bother. 9 to 11 somehow worked as well, only a little bit wide on the approach to 11.

I had forgotten all about the leader catching me at this point as I was happily ticking off controls, and I had warmed up (a lot). I was aware of another lady running not far behind me, but tried to concentrate on getting in and out of the controls without giving their position away too much. No. 13 I overshot - so cross - and the lady behind came past, and also suddenly the leader I had been expecting. I dug deep to catch up, and somehow I overtook them both so was leading them through 15 to 17.



For 18 I had to slow down again to concentrate on the tricky quarry section. It didn't really match up with the map but the ground was so open the controls were quite visible - you just had to be sure you were running to the correct one. We were neck and neck into 19, despite taking different routes, then it was a sprint for the last control and the finish. The leader had beaten me as expected but it had been a good race. I downloaded in 3rd place and then had to wait for everyone else to finish - and stayed in 3rd place. Brilliant.

So the run I was least looking forward to turned into my best run. A great end to a fab weekend. (Just a 3 1/2 hour journey home to look forward to.....)

**Wendy Bullen**



*Photos by Charlie Leventon*



# Day 3 - Team WIM photos

by Andy French







# ***Nordic TrailO meeting – Sweden W Coast***

The GB TrailO squad was again invited as guests to the Nordic TrailO meeting, held this year on the western coast of Sweden in areas about 150k north of Gothenburg over the weekend of 15-17 May. This is the area where WOC/WTOC 2016 will be held next year, and had the same event planner as the World Champs, Bosse Sandstrom, the current Swedish TrailO team manager.

The Nordic event is usually just Sweden v Norway v Finland v Denmark. We've sometimes put in a guest team at the invitation of Denmark when the event has been there, but this year the guest list was widened to include Italy and a strong group of 2 Italians, 2 Slovaks and a Czech claiming to be the 'Austro-Hungarian Empire' team.

Historically the event is held of two days of PreO (new name for classic TrailO) with aggregated scores over the two days. As this was a dry run for the clubs and officials involved in organising WTOC 2016, and also for the results software developer, this year there was also a Tempo event on the Saturday and a relay event for teams of 3 on the Friday, where many people competed for club teams as well as others for their national teams.

Eight members of the GB squad travelled to Western Sweden to meet up with Nick & Sarah-Jane Barrable, long-time Swedish residents, to make up two full teams of five. In our case that meant four of us getting up at 4.00am to get to Stansted in time for a 06.30 Ryanair flight to Gothenburg, where we picked up our hire car and drove 100k northwards to Torod and the relay event.

The TrailO relay is a new concept and in 2016 will replace the Team competition at the World Champs. It involves teams of three, with all first leg competitors taking part in a mass start.

There were 24 controls and each competitor in turn had to visit 8 controls each, so that all 24 were attempted by the team within the course time limit (around 3 hours). This means the first and second legs get a choice of their controls with the 3rd leg runner getting what the other two have left for them. After hand over each competitor then does a number of Tempo style timed controls. At this event there were 4 tasks to be solved.

The results were calculated according to the new TrailO-Relay rules. Each wrong answer in the PreO part renders 60 sec penalty time and 30sec in the Tempo part. The end result is the total of PreO penalty time + Tempo penalty time + Tempo answering time. The first GB team of John Kewley, Ian Dichfield and Pete Huzan finished a highly credible 4th overall, behind the Norwegians, Finns and Austro-Hungaria, but ahead of all the Swedes, whilst the 2nd team, purporting to represent Wimborne Orienteers, were disqualified after 2 legs when none of the rest of the squads travelling over from the UK managed to arrive in time for the handover.

As usual with Scandinavia, it took some time to get used to the mapping, particularly deciding what is and isn't marked, with many large areas of bare rock and substantial boulders simply not making it onto the map, and after the event was over, many of us took the opportunity to venture back into the forest to do a bit of training and look at some of the controls which we had not visited earlier.

Then it was another 60k northwards to find a suitable eating house before we checked into our very posh (& expensive) accommodation at the Vann Spa Hotel at Brasted at the tip of a fjord after a long day.

Saturday was the first day of the Nordic competition, on the edge of the small town of Lysekil, with a PreO course of 25 controls in the morning, followed by a TempO competition in the afternoon. Parking/Assembly was at the local primary school, and from there a taped route led us up the hill through housing to the competition area. The terrain was largely open, with huge areas of bare rock, covered in parts by scrub and largely mapped as 'rough open' or as semi open if there was an occasional tree present. (See map) There were terrific views at first across the area to the jagged coastline beyond.

Our course, which may look on the map like a conventional one, was actually an out and back course along a track up to a large wind turbine near number 12. We were warned that compasses were affected near the turbines, and naturally enough, control 13, which needed careful compass work to solve it, was viewed standing next to the turbine, with the compass 90 degrees out due to the magnetic field of the turbine! We had just over two hours to complete the course, and within half an hour of my starting, the view seaward largely disappeared and the forecast rain arrived, gently at first, then steadily for the rest of the day.

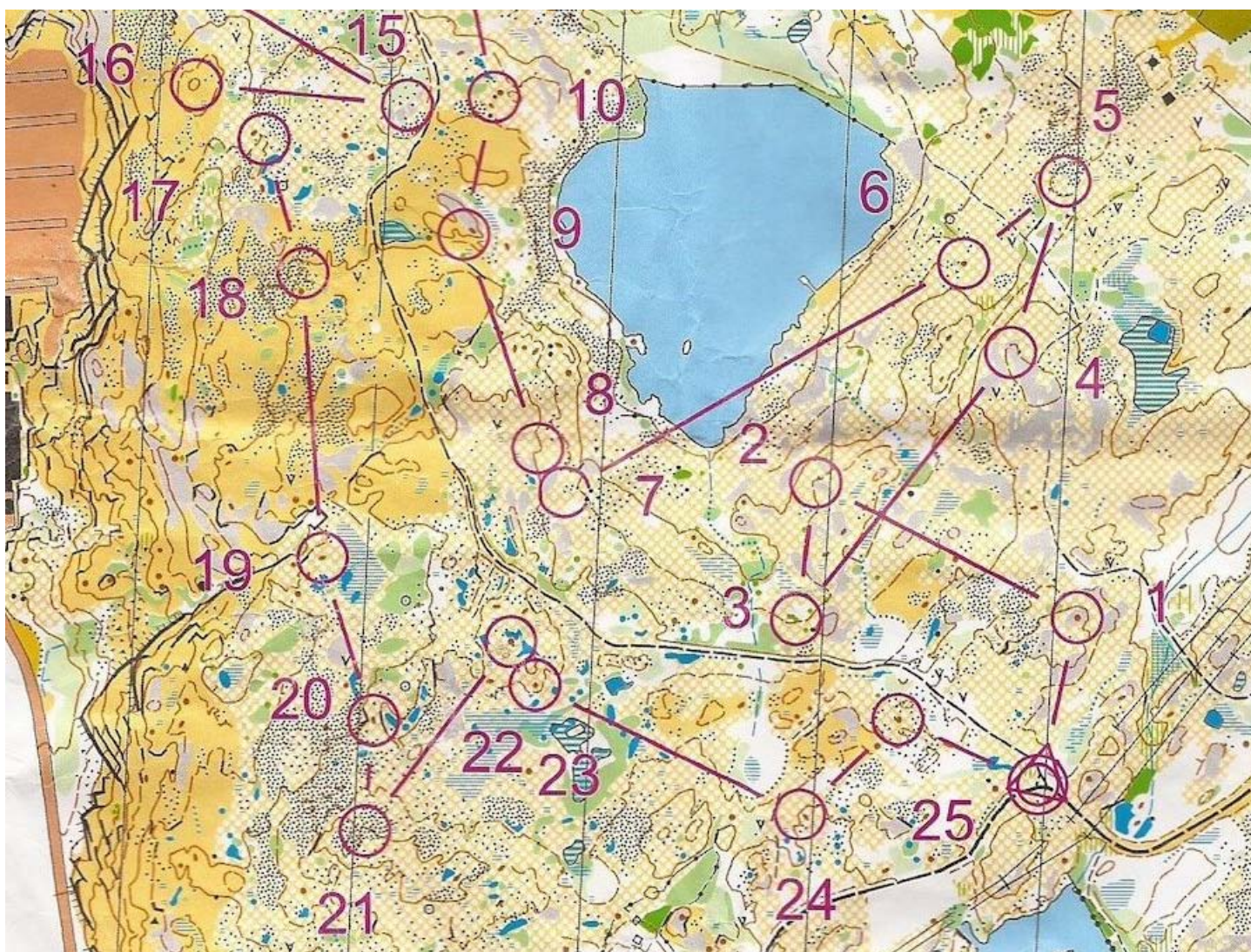
Many controls were single flag problems with a couple of stations where flags could be seen scattered over the terrain, sometimes as much as 300m away, (No.5). It was all very difficult, even for the massed ranks of Scandinavians and only two of the 100 or so competitors got it all right. Your correspondent, with 15 correct, finished somewhere towards the bottom of the field.

After finishing the PreO, there was time for a loo stop and to pick up a packed lunch at a stall near the Start/Finish, before moving on to the afternoon task, the timed controls for the PreO course, followed by the Tempo competition.

Here the organisation, which had not anticipated such a large entry, rather broke down, with a 45 minute queue for the Timed Controls followed by an even longer queue for the TempO. After doing the TC's we were given an unprotected paper FootO map of the area, with a marked route which we had to navigate between the various TempO stations, where areas were blanked out on the map, and sent to join the queue for the start. Almost two hours later (!) I got to start.

There then followed a 2.5k trek in the rain back to the school via 5 TempO stations, each with 5 problems, so 25 problems in all. Somewhat to my surprise, I did rather better and finished 64th in the TempO, ahead of half the GB squad.

I had started off from the school just after 10.30 and eventually returned about 17.15, having been out in the rain for nigh on six hours: it was a tough day.



*Nordic TrailO Day 1*

On Sunday, we drove further up the coast to Tanum for part two of the Nordic competition, just one PreO course today in more semi open terrain on top of a hill, on which was another wind farm. The weather was fine and sunny, although it was clear why this rather exposed area had been chosen for a wind-farm! Rumour has it that this area is one of the model event areas for next year's World Championships.

This time there were no organisational problems and the day went smoothly, complete with transport from parking to the start for those who requested it: I was very grateful to be spared walking the long climb uphill to the start.

The course had 27 controls, split into two legs, with the TC's in between. On each leg we walked along a track up to a summit complete with turbine, at which we handed in our maps and control cards to an official, before walking back down the hill to the Start/Finish. As we walked downhill, various junior members of the organising club passed us on mountain bikes, carrying a satchel of control cards back to Assembly so that the cards could be processed quickly.

As on Day 1, there were numerous single flag problems, with flags laid out across the complex open hillside. It was stunning terrain and just as difficult as on Day one. There were 27 controls, one of which was eventually voided as unfair. Only one competitor got them all right, and whilst I did better than the day before, it was only relative in that my final position was in the low 80's rather than the 90's.

The first GB team finished 12th. My team, GB 2, well at least we beat the Italians. Fortunately, when it comes to the World Champs, we compete against one team of 6 Swedes etc., rather than 6 teams of them.

After the event there was time for some of us to visit the famous historic site of Vitlycke, home to some of the earliest known rock carvings in the world, dating from the Bronze age of 3000BC. Then a two hour drive back to Gothenburg and the flight back to Stansted, where we joined the throng of weekenders arriving home via Ryanair and trying to get through immigration at midnight, followed by the journey to the car park. "Sit back and relax" said the bus driver over the intercom "and enjoy the wonderful scenery which is Stansted airport mid-stay car park at one o'clock in the morning!"

**Dick Keighley**



# Sarum Orienteering Club

## MOONRAKER RELAY

### 21 June 2015

**Chris Branford reports:** On Sunday we were at Bulford for the Moonraker Relays organised by SARUM. A good day was had by all and we have to thanks Charlotte Thornton and Liz Yeadon for the event.

WIM teams had a good day with the Junior Team of Harry and Monty Bratcher-Howard and Grace French performing brilliantly to come third.



In the senior teams WIM had 1st Keith Henderson, Kirsty Staunton, Chris Branford, 3rd Karen and Andy French, Lynn Branford, 7th Annabel Crookshank, Kevin and Paul Pickering, 8th Becca Ellis, Richard Brightman, Martin Cross.



# The Harvester Relays 2015

at Rushmore on 28 June



I have a lot of WIM and WSX members to thank for helping to make it such a success. Particular thanks must go to Ian Sayer for planning both the night relays and the day courses and John Whittingham for all his SI work in making the relay gaffle courses work.

Saturday was a busy day with many club members helping with setting up and helping the 39 teams to park and set up camp. Then at midnight the action started with the 7 leg relays to be followed by the 5 leg relays at 1.30am. Just before 8am we sent off the last 2 runners in a mini-mass start and then had prize-giving (while enjoying bacon butties from Tom and Julie).

Then it was a quick move everything round ready for the day event and by 1pm we were collecting in controls and packing up.

WIM had 2 teams competing in the B relays and our best result was 15th (Gavin Robinson/John Oakes/Darren Whittingham/Andy French/Chris Turner). The Ladies unfortunately missed a control on one of the legs but still had a respectable time very similar to the men (Kirsty Staunton/Karen French/Becky Whittingham/Wendy Bullen/Becca Ellis).

**Chris Branford**







## **Organiser's Report**

At rather short notice for an event of this nature WIM and WSX agreed to stage the Harvester Relay as a joint venture. We were lucky to have the support of the Rushmore Estate who were more than happy to accommodate us.

As Organiser I had an excellent team in Ian Sayer (Planner) John Whittingham (Computers) and Geoff Ellis (Controller) which enabled us to put everything together in such a short timescale.

Over the weekend we had tremendous support for many WIM and WSX club members helping to make the event such a success.

I must also thank my wife, Lynn and son, Simon who kept me in order and made sure I did things correctly and observed the rules.

Finally a big thank you to all of you (over 200) for supporting the event and leaving me with such a clean field that I did not manage to find a single piece of rubbish afterwards.

Long may the Harvester event continue!

Chris Branford WIM

## **Planner's Comments**

Wimborne and Wessex only agreed to a joint bid for organising the Harvester Relay in early November 2014 as it looked as though the event may not happen at all. So once permissions for use of the area were obtained the only time to visit potential control sites was during the winter and spring when the vegetation was relatively low. However even 3 weeks before the event when Chris Branford and I test ran two course at night the vegetation still did not cause us undue concern. It was only when putting out the controls that I realised the effect that the previous 3 weeks of sun and rain had on the vegetation, hence the comments on the Map Corrections. The same with the two moved towers, they were there 3 weeks previously.

However I hope that now the stinging has died down you will have pleasant memories of your runs in a very beautiful forest.

I must mention the invaluable help which both Chris and John Whittingham gave to the planning process, without their knowledge and computer experience I would not have coped.

Ian Sayer

Wessex Orienteering Club.

## **Controller Comments**

I was approached by Chris Branford at the Compass Sport Cup Final to see if I would mind Controlling the Harvester Relay. I was grateful for the opportunity to develop as a Controller and looked forward the challenge of the infamous night relay. Undertaking such an activity requires thorough planning; I am not referring to course setting, rather the recognition of how the courses are going to hang together fairly from a gaffling perspective. I was hearted to learn that Chris and Ian had this firmly in hand before even looking at the map and had specifically enlisted the assistance of John Whittingham who had the requisite experience. Ian produced some nice courses from the outset and I hope you appreciated them. My input was centred mostly around a few clarification questions which were quickly answered. I went into the event confident. As I started visiting control sites I got to enjoy an enduring tingling sensation from all the nettles that had sprung up in the last few weeks. This was also true for the increase in scratchy plants and I hope that this did not detract from your enjoyment. In addition to the increase in undergrowth we did suffer from a few map corrections being required. As Rushmore is a private estate some very recent forestry works have taken place as well as a novel concept in mobile towers! We have taken note of some of the map updates that need to be made.

I hope that you will all agree that these observations are really quite trivial and therefore testament to the efforts of Chris, Ian and John. They all made my task most straightforward and have given me the motivation to take on further Controlling challenges.

Geoff Ellis

# The Yvette Baker Trophy



Congratulations to the WIM Juniors - Darren, Monty, Harry, Lawrence, Charlie, Tom, Robert, Becky and Fraser - who travelled to Nottingham to represent our club. We are very proud of our keen young runners who did really well in the face of experienced competition. Everyone enjoyed the event and they achieved a creditable 14th place - bravo! The next target for them is to look towards entering the Peter Palmer Relays later this year and the YBT for 2016. Thanks also to John Whittingham and the parents for taking them to the event.





Thank you to John Whittingham for these photographs.

# ***Furrow Hoppers Relay 2015***

at Canford School on 5 July

Here are a few of Chris Branford's photographs from this event.



Sunday was the Furrow Hopper Relays ably organised by Trevor Bridle and beautifully planned by Kath Pike. Well done and thanks to both of them. Unfortunately we only had 7 teams and 3 individual entries which was a shame considering all the work that was put into organising and planning it. However the good bit of news is that WIM teams were 1st and 3rd (this winning relays seems to be getting a bit of a WIM habit - can we repeat it this Sunday at the WSX Relays?)

WIM Weasels who were 1st was Sue Hands/Wendy Bullen/Gillian Cross/Martin Cross/Andy French. WIM Whistlers who were 3rd was Lynn Branford/Keith Henderson/Becca Ellis/Kevin Pickering/Richard Brightman.

**Chris Branford**





# Wessex Hardy Relay

Littledown, Bournemouth, Sunday 12 July 2015



Another win today at the WSX relays!

Well done to Andy and Karen French, Robert Munday and Becca Ellis.



## **POCNAV. Permanent Orienteering Course Navigation.**

**What?** Running, short courses 2-3 Kilometres each, perfect for lunchtimes or whenever suits you.

**Where?** 7 local parks and 1 forest.

**When?** Between 01 June and 31 October with a break for August holidays. Fortnight focus each area.

**Why?** A unique set of mini-challenges. At your leisure, in your area, close to workplaces, self managed, shared results using social media for prizewinning. FREE.

1. Each Fortnight, there will a focus on one of the local permanent, Orienteering courses. (POC) These maps are available at <http://www.wessex-oc.org/> from the Permanent Courses tab.
2. The idea is that runners visit all controls in any order and record their time.
3. Runners must physically touch each post.
4. Runners need to complete the POCNAV in that 2 week period, record their times and ages and send it to Becca Ellis c/o Wimbourne Orienteers or Jason Falconer c/o Wessex Orienteers. You will be entered onto an age category Spreadsheet kept up to date by us.
5. Runners should start and finish at the 'start' and 'finish' point.
6. Runners may look at, print the map beforehand, and attempt to work out the optimum route choice (unlike in 'normal' Orienteering events)
7. We will be relying on honesty for runners to accurately record their time however the use of a GPS device ( Strava or Garmin) is encouraged, but we do not want to exclude runners who do not have ready access to a GPS.
8. Scores will be worked out as follows.500 Points for fastest time, 490 for second and so on.
9. The runners 6 best scores out of a possible 8 will count in a league table updated after each fortnight, take part in as many as you like.
10. There will be a prize for the fastest runner in the following categories: women, men, women 45+, men 45+, women, men who do not belong to an Orienteering club, girls 16 and under, boys 16 and under.



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### Date Schedule-

Fortnight Focus Map: - Start / Finish at:- Dates Inclusive:- more info-

<b>1. Kings Park</b>	Next to car parks at end of Clarence park rd.	01-14 June	Public Park
<b>2. Upton Country Park</b>	Edge of open space just north of service road to House	15-30 June	Public Park
<b>3. Slades Farm</b>	Triangle between Childrens play area and dog training area.	01-14 July	Public Park
<b>4. Poole Park</b>	In front of new café by small middle car park	15-31 July	Public Park
<b>5. Moors Valley Country Park</b>	Underneath Go Ape traverse	01-14 September	Forest challenge
<b>6. Broadstone Rec.</b>	Either 1 just off Blandford road, or 2 on Edge of Cricket green	15-30 September	Public Park
<b>7. Boscombe Chine</b>	tbc	01-14 October	Public Park
<b>8. Queens Park</b>	tbc	15-30 October	Public Park

Open Facebook groups are Wessex Orienteers at :-

<https://www.facebook.com/profile.php?id=100008050323781> Wimbourne Orienteering Club at:-  
<https://www.facebook.com/groups/268203113341146/?fref=ts>

## RIP The Dorset Schools Orienteering League

It is with regret that the WIM Committee have decided to discontinue the Dorset Schools Orienteering League with effect from the end of this school year.

The League began in the 1998-99 school year and has continued ever since until now, a span of some 17 years. However in recent years, as the pressure on teacher's hours has increased exponentially and paperwork, Risk Assessments, etc. have proliferated, and schools no longer attend events in minibuses, or outside school hours, and so most of our competitors in the last few years have in reality been junior members of WIM, WSX & SARUM, competing under their school name, rather than for a club. This year we have only had about 20 children competing regularly, although the informal events themselves have continued to be popular and well attended by adults and juniors alike.

So we've decided to discontinue the schools league as such, and replace it with a series of Saturday informal events during Autumn and Spring, starting around lunchtime and held in our smaller local areas, parks etc.

These events will be aimed at juniors' members, novices and families. School groups will also be very welcome if they wish to take part. Each session, which will combine a coaching element, followed by a short informal event with courses from White to Light Green, with a relatively short start window, say between 2.00 & 2.30 pm.

We hope that this will be more beneficial to our membership, offering the chance of proper coaching together with the opportunity to put new ideas into practice with a run immediately afterwards.

The current Club League competition will continue, and use mainly the bigger, Sunday events for its scores.

The Dorset Schools Score Championships, which has run annually at the beginning of May since John Tilsley and I held the first event at Hyde House in 1997, will continue to be held. This event has regularly attracted decent numbers, usually around 100 or so and we hope that it will continue to flourish in future years.

**Dick Keighley**