

Waffle



May 2015





Orienteering in DORSET

May – July 2015

Looking for a local club?

Wimborne Orienteers covers most of the Dorset area outside Poole & Bournemouth.

www.wimborne-orienteurs.org.uk

Wessex Orienteering Club covers the Poole, Bournemouth & Christchurch area

www.wessex-oc.org

Sarum Orienteering Club covers the South Wiltshire (Salisbury) area and North West Hampshire (Fordingbridge/Romsey) area. <http://www.sarumo.org.uk/>

LOCAL ORIENTEERING EVENTS OPEN TO ALL – May – July 2015

WSX organise a weekly training session at Bournemouth University on Tuesdays – meet at the University Sports Centre at 5.45pm ready to run at 6pm. Changing rooms and showers available.

Forthcoming events

May

Saturday 16th May: South West Sprint Championships at Wimborne. Morning/lunchtime event. All welcome. See www.wimborne-orienteurs.org.uk for details. Pre-entry for this event but will be some limited entry on the day. Also Summer League event

June

Monday 1st June: Wimborne and Wessex Monthly Club Evening at Badbury Rings, Wimborne. This is both a Mountain Bike and Foot-O event. 6.00pm start. All welcome. See www.wimborne-orienteurs.org.uk for details. Summer League event.

Saturday 6th June: Wessex Orienteering Club Urban event at Baiter Park, Poole. This is also a UK Urban and South of England League event. All welcome. See www.wessex-oc.org for details. Pre-entry for this event but there will be some limited entry on the day. Also Summer League event.

Sunday 7th June: Wimborne Orienteers Urban event at Sherborne, Dorset. This is also a South of England Urban League event. All welcome. See www.wimborne-orienteurs.org.uk for details. Pre-entry for this event but there will be some limited entry on the day. Also Summer League event

Saturday 13th June: Mountain Bike Orienteering event at Moors Valley Country Park. All welcome. See <http://www.moors-valley.co.uk/events/months/june/?location=moors-valley> for details.

Sunday 14th June: North Wiltshire Orienteers Relay Series event at Swindon. See <http://www.northwilts.org.uk/> for details. Entries via team captains.

Sunday 21st June: SARUM Relay Series event – venue to be notified. See <http://sarumo.org.uk/> for details. Entries via team captain.

Sunday 28th June: Harvester Relays (overnight) and Post Harvester Event at Rushmore Estate, Tollard Royal, Dorset.. Team entry via club captain for Night event but all welcome to enter Post Harvester event. See www.wimborne-orienteurs.org.uk for details.

Sunday 28th June: Bristol Orienteering Klub Relay Series – Stock Hill near Wells. See <http://www.bristolorienteeing.org.uk/> Entries via team captains

July

Sunday 5th July: Wimborne Orienteers Relay Series event at Canford School, Wimborne. All welcome. See www.wimborne-orienteurs.org.uk for details. Entries via team captains

Monday 6th July: Wimborne and Wessex Monthly Club Evening at Queens Park, Bournemouth. 6.30pm start. All welcome. See www.wessex-oc.org for details. Also Summer League event.

Sunday 12th July: Wessex Orienteering Club Relay Series event at Littledown, Bournemouth. All welcome. See www.wessex-oc.org for details. Entries via team captains.

Sunday 19th July: Devon Orienteering Club Relay Series event at Knighthayes, Devon. See <http://www.devonorienteeing.co.uk/> for details. Entries via team captains.

In addition Southampton Orienteering Club organise a number of Saturday morning events every two weeks during the summer period. See <http://www.southampton-orienteurs.org.uk/> for details.

For those with young children Kingston Lacy NT estate are running two evening events (walk or cycle round a short map reading course using an orienteering map) on the early evening of Tuesday 21st July and Tuesday 18th August. Details should appear on their website nearer the date.

<http://www.nationaltrust.org.uk/kingston-lacy/>

Stonebarrow Hill

Dorset Schools and Informal event, Saturday 28 March 2015

On Saturday we had a fantastic event at Stonebarrow near Charmouth. A brand new map drawn by Mike Kite who was also the Organiser and Controller and excellent planning by Tamsin Horsler making good use of the area. Thanks to both of them for all their hard work and to all the other WIM members who helped out during the day.

The weather was interesting at times but did not affect the many adults and juniors who turned up to enjoy themselves. We must also thank the National Trust and Ranger - Sarah Kennedy - for all the help that we were given in putting on this event.

Mike Kite now has future plans to combine the Stonebarrow and Golden Cap maps to make a much larger area - so you never know - it could be a future Galoppen event.

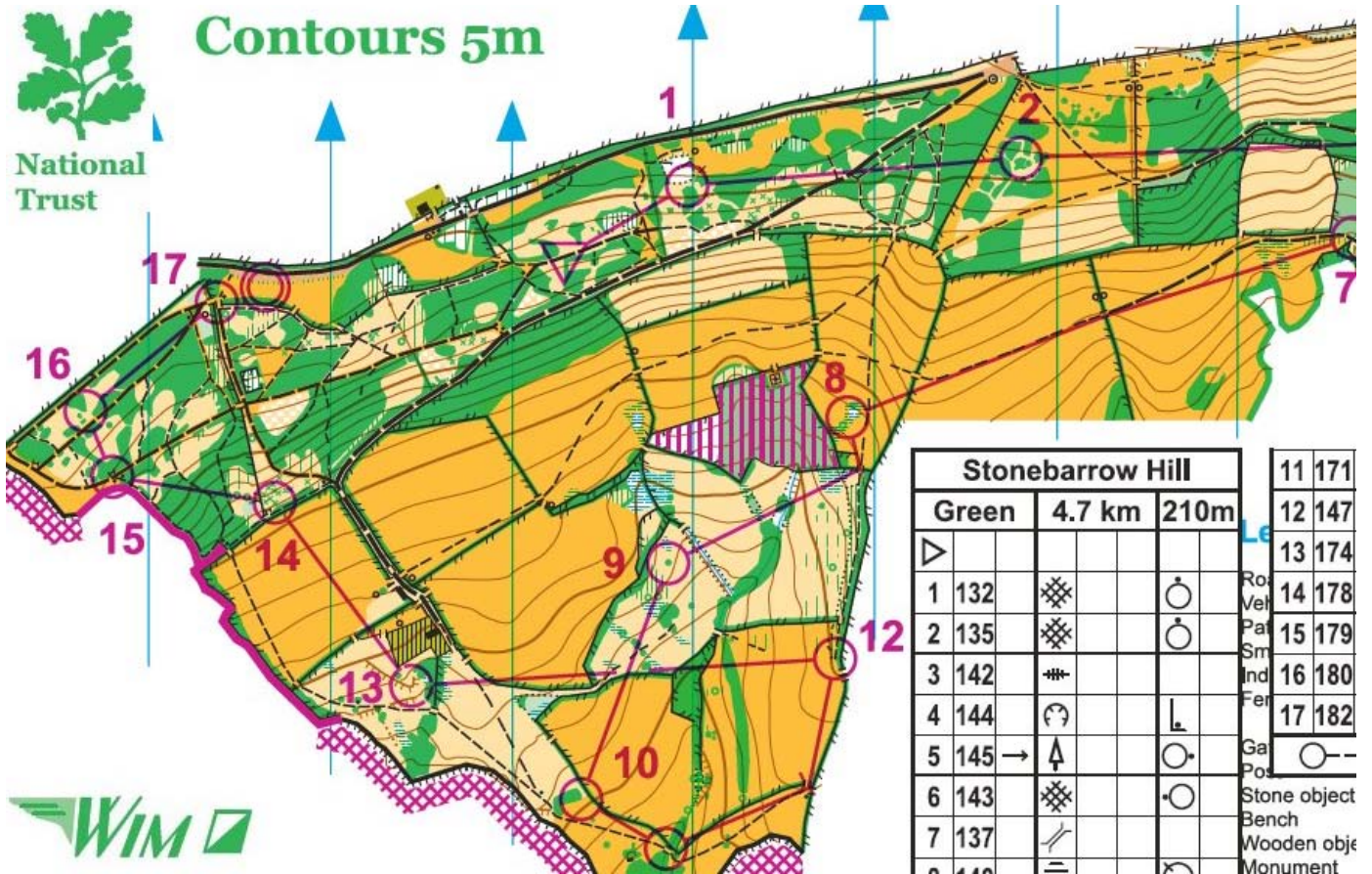
Chris Branford

Many thanks to everyone for helping make this event so successful despite the weather. As Chris remarked, 'The clag made it even better and meant that you had to navigate.' Tamsin's courses were much appreciated: it was nice to see some newcomers enjoying getting soaked on White & Yellow, and there was universal applause for Green, slightly muted by the ascent from the coast path! A pleasure, as always, to work with the crack WIM team.

About a dozen people asked me when I was going to join up the two maps. I seem to have replied with groundless enthusiasm....

Mike Kite

Part of the Green course



Stonebarrow Hill			
Green	4.7 km	210m	
1	132	⊗	○
2	135	⊗	○
3	142	#	
4	144	☺	L
5	145	→ ↑	○
6	143	⊗	○
7	137	⊗	○
11	171		
12	147		
13	174		
14	178		
15	179		
16	180		
17	182		

Mapping data licenced from the Ordnance Survey with the permission of the Controller of HMSO. Crown Copyright 2009. All rights reserved. Licence Number 100015287.

A Tale of Two Maps - or maybe Three

Golden Cap was the first and Stonebarrow the second major map I've drawn. West Dorset has an awful lot of contours and both areas were difficult though in different ways. Learning the hard way on Golden Cap, making hundreds of mistakes, was valuable training for my next venture.

Both areas were mapped using Ocad 8. I've experimented with the free OpenOrienteering Mapper (OOM) program, but settled on 'standard' software for compatibility with mappers & planners I might consult about critical details. I had also discovered Lidar while mapping Golden Cap and saw it as essential for Stonebarrow. Proper Lidar integration requires Ocad 11 but I could make jpeg contour images from Lidar data using QGIS, a free GIS program, so Ocad 8 would do the job OK.

When I began to survey and map Golden Cap in 2013, I chose Ordnance Survey 1:25k Pathfinder as the initial basemap. There were two reasons: it shows contours at 5m intervals, and I have the digital 'Memory Map' version on my PC.

Although OS Pathfinder is ideal for map reading at 1:25,000, I soon found it lacks enough precision at

large scales. I was surveying at 1:2,500 for a map designed to be read at 1:7,500. Oversimplified contours and fuzzy images just weren't up to the job. I therefore incorporated OS MasterMap (their flagship vector product) as a second basemap and, later on, tailor-made Lidar contour jpegs. They became core templates.

Learning from this, on Stonebarrow I started off with OS MasterMap and integrated it with a 5m Lidar contour image before surveying & mapping began. Positioning both basemaps so they fitted exactly was fiddly and time consuming but once it was done I had two first class templates. I was able to survey and map accurately at large scales without continually making adjustments to try and match generalised 1:25k raster data. It was much faster and more accurate than Golden Cap.

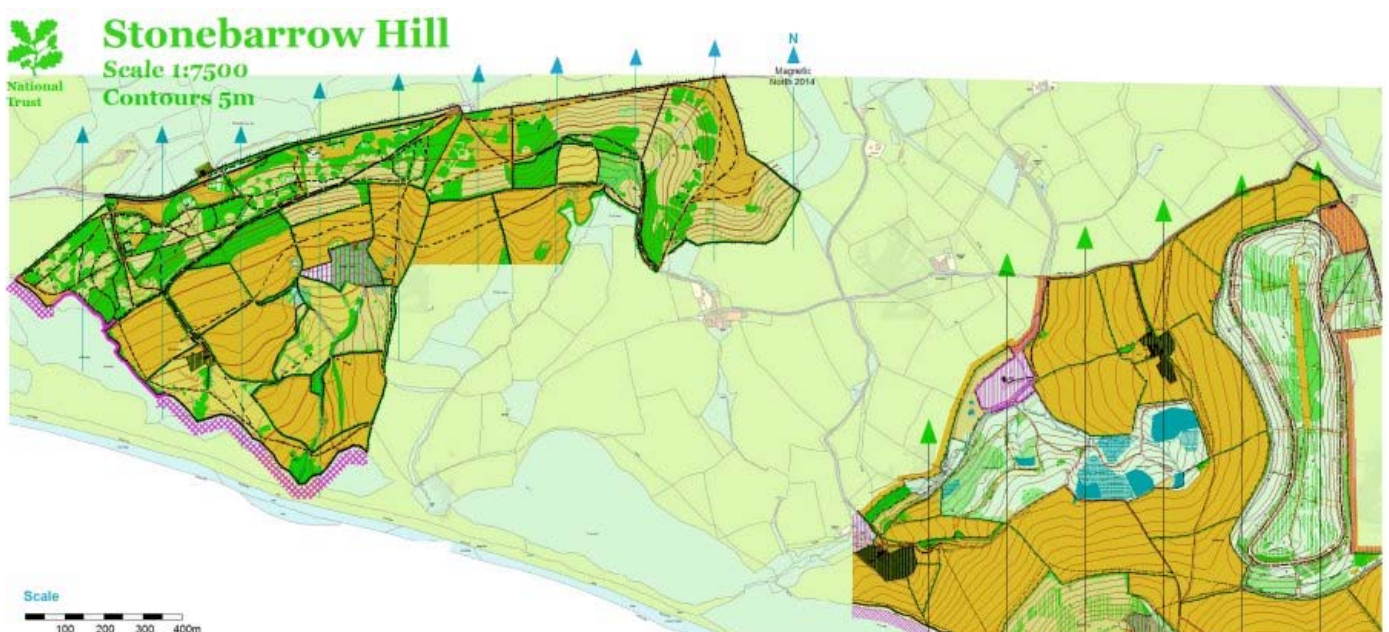
Google maps & Bing aerial photos were also used, especially when drawing vegetation features. They had been helpful in mapping open areas on Golden Cap; on Stonebarrow they were invaluable for getting the hugely complicated gorse & bramble patches exactly right. Usually I made a template by taking screenshots and stitching them together, then experimenting with trial-and-improvement dpi (dots per inch) imports until I had a perfect fit.

So on to the next task - combining the two maps! They're 600m apart at their closest point but the straight line distance along the SW Coast Path is 1.2km so there's a lot in between. Symbols & sizes were also individually customised and will need harmonising. Just to start things off nicely, I discovered that the colour palette index for Golden Cap had for some unknown reason mutated on 29 January. It took several hours to figure out why I couldn't merge maps (the new version defaulted to the original index) and then how to build a usable colour index manually. In new territory again.

At last though, it's underway! Looks like a busy time ahead....

Mike Kite

Relative locations of the Stonebarrow and Golden Cap maps





Chris Branford writes:

First off we must thank Hilary Pickering for making an excellent job of organising all our teams for the Relay Day at Graythwaite.

We had six teams in the Relays on the last day with mixed results. Our best team result was the the Womens Short, Sally Calland, Annie Crookshank and Jo Pickering, who came 11th and the best individual times were Annie Crookshank (7th), Paul Pickering (8th), Kirsty Staunton (12th) and Jo Pickering (14th) . Also it was a fantastic sunny day which made for an excellent club get-together which everyone enjoyed.

On the Sprint Day at Lancaster top 20 results were Sue Hands (6th) Kirsty Staunton (12th) Karen French (17th) John Warren (10th) Martin Cross (19th) Simon Branford (17th) and Chris Branford (11th=)

For the Days 2/3 combined top 20 results were Simon Branford (5th) Noel Smith (13th) Fraser Smith (3rd) Keith Henderson (17th) John Warren (13th) Jo Pickering (12th) and Gillian Cross (20th). And the most important result - Hilary Pickering - winner of Days 2/3 at the JK. Well done Hilary!







JK 2015 – A Lakeland idyll - with a difference!

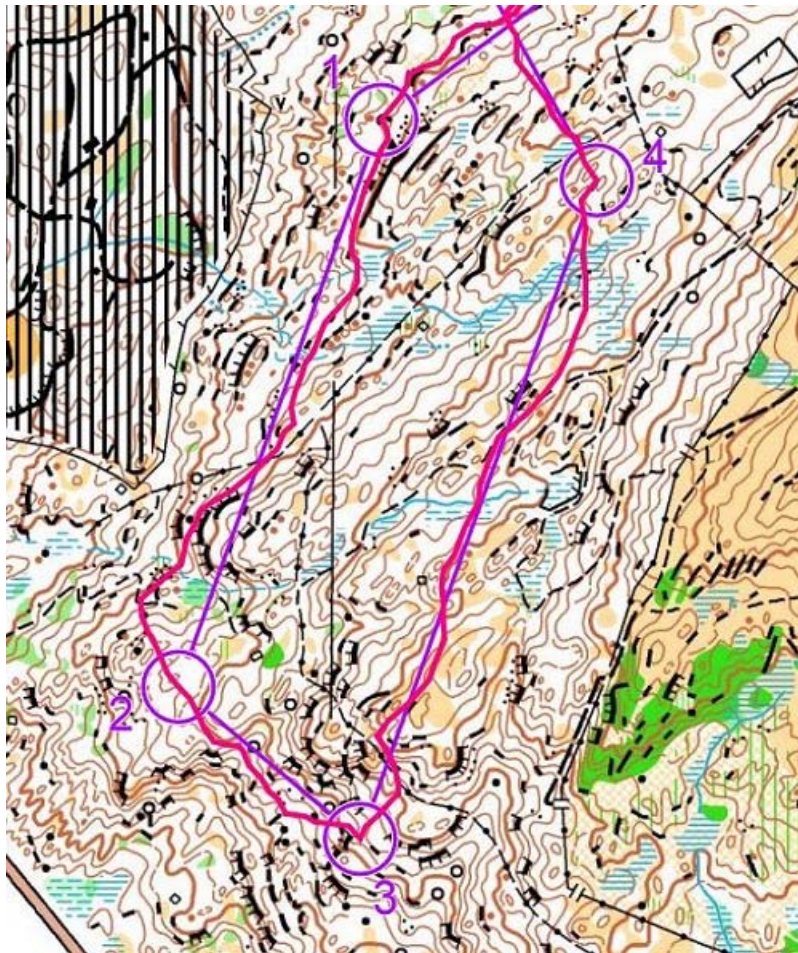
Orienteers should know what a visit to the Lake District means! Yes, there are 'a host of golden daffodils', magic sunsets over glittering lakes, but there are also steep craggy mountains that test your skills and morale to the limit. So it was with JK2015 – a glorious Easter weekend with mostly dry weather, but with the exception of the Sprint Race at Lancaster University on Good Friday, an awful lot of crags, boulders and tightly packed contours !

For many, Good Friday wasn't very good to start with because of traffic jams on the M6, but arriving at Lancaster University you were greeted with a colourful animated cosmopolitan scene with competitors from many nations meeting friends, shopping and socialising round the assembly area prior to the short sharp shock of sprint urban orienteering. Lose your concentration for a few seconds and you lose many places so it is a fine balance between speed and brain power to get a good result. A great spectator finish on the campus set the scene for a weekend of top quality venues and events in the southern part of the Lake District.

Day 2 in the Duddon Valley was approached by a gloriously sunny scenic drive across rolling farmland with distant views of Morecambe Bay. Parking for most was the prelude to a 2k walk to assembly which was in a sheltered flat meadow with deciduous wooded hills rising all round. Above the tree line was open mountain and moorland and that's where most people were headed. The climb to most starts was long and hard (400') and this ensured that you arrived thoroughly warmed up and/or totally exhausted!

It was a bit different from the New Forest and Dorset. Firstly, forget paths, tracks, thickets, veg. boundaries.. You'd be lucky to find a ruined wall here! Contours and crags were at times so packed together that it was difficult to make controlled progress up, down or sideways. The scenery was magnificent, but if you took your eye off the map you ran the risk of a costly error and major problems of re-location. The few marshes were familiar enough and shoes could be lost with ease!. Progress depends of age and fitness. Many top Juniors and fit young people seemed to 'float' over the ground at frightening speed, fearlessly leaping down precipitous slopes like mountain goats. For the more mature competitors there was a more realistic technique -stagger!

Day 3 at Bigland was probably one of the most technical areas in the country and the map extract shows the most challenging part of my course. You might like to look at the map extract of course 21 and try to work out your proposed route particularly for the first 4 controls. I have put my actual route on Route Gadget for entertainment purposes! Is it proof of the technical and physical challenge that on my course there were 16 people who finished on both days and 15 retirals? There must be a message in this!!



Day 3 Bigland Course 21 controls 1 to 4 with John Warren's route

Easter Monday saw the whole event re-locate to Graythwaite which borders the west side of Windermere and the contrasts could not have been greater. The sun shone (after 12.30pm), parking was only 5mins walk away and the assembly area was in a sheltered field with glorious view up into open deciduous woodland. This time the terrain was really attractive. Hilly, with a good scatter of crags, open deciduous woodland and above all runnable. Just what was needed for a relay. Fast and furious competition at all levels provided impressive entertainment including a developing morass in the run in! This was the sociable day with club tents and banners the focus for competitors discussing tactics, terrain and generally comparing notes.

You will have seen either from Chris Branford's summary or from the JK website that the WIMs who took part had a wide range of experiences but the outstanding results of the weekend must be Hilary Pickering winning the W60S and Fraser Smith being placed 3rd in M18L.

Many people made a holiday out of their visit and combined the O challenge with all sorts of activities for which the Lake District is famous. Our abiding memory was of eating fish and chips by the pier at Ambleside with the sun setting in a crystal clear sky behind the mountains of Langdale with a mirror calm Windermere in the foreground. A really world class view after a world class JK. Our thanks and congratulations go to the whole team who put on such a memorable event. It's Yorkshire next year!

John Warren



British Orienteering Championships 2015

staged by Bristol Orienteering Klub in the glorious Royal Forest of Dean



This last weekend was the British Championships in the Forest of Dean.

Saturday was the Long Distance Race and the outstanding performance of the day was Barbara Warren who won her course to become W80 British Champion - congratulations to her. Michelle Spillar was our other outstanding result coming third in the W35L race.

Other top 10 performances were Sue Hands 6th, Sally Calland 8th and Richard Brightman 10th. Well done to them and to all those who competed.

Sunday was the British Relays and here we had 3 teams

In Women's 60+ Sue Hands/Lynn Branford/Nikki Crawford were 4th

In Women's Short Sally Calland/Kirsty Staunton/Michelle Spillar were 5th

In Men's Short Chris Branford/Keith Henderson/Eamon Staunton were 20th

Well done to those teams.

Chris Branford

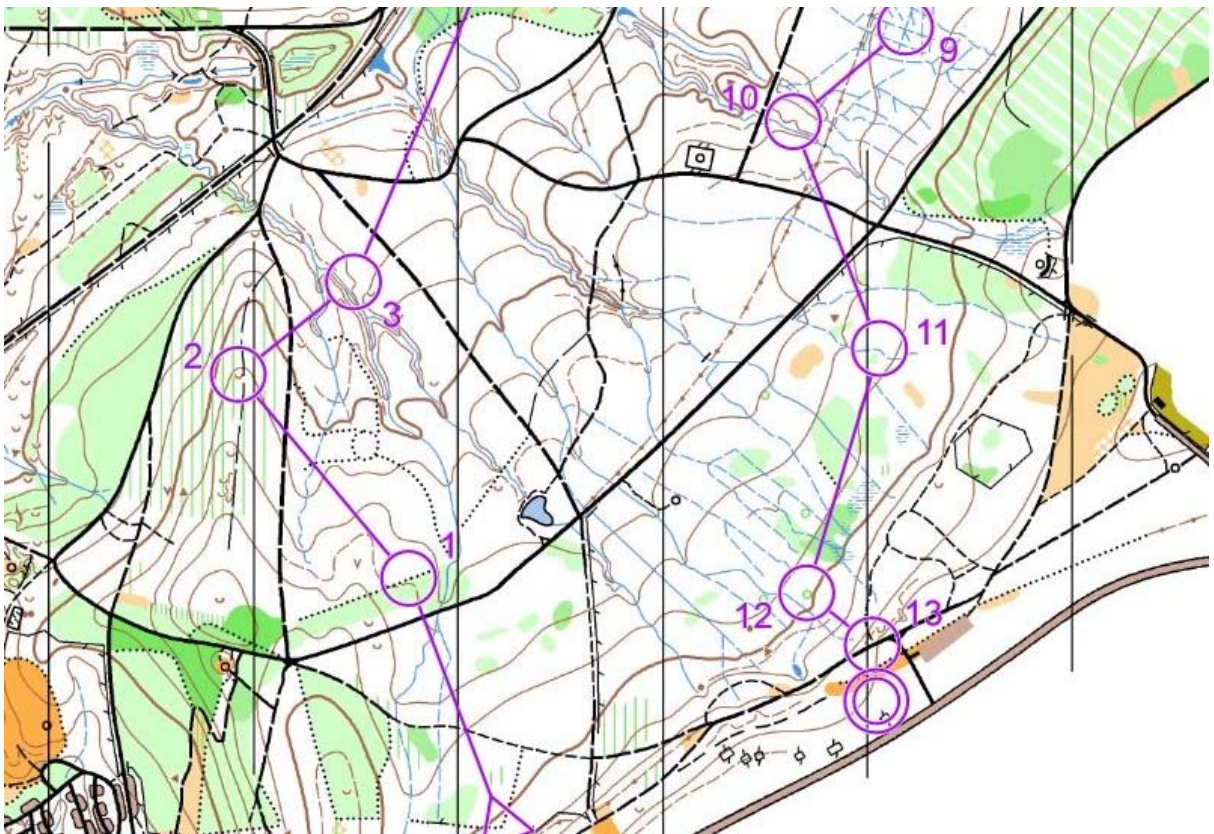
BOC 2015 – Individual – Forest of Dean April 18th 2015

A personal view

What a day! Brilliant spring sunshine, impeccable organisation by BOK and an easily accessed venue, BOC 2015 fulfilled the expectations of the hundreds of competitors who travelled the length and breadth of Britain to compete for the premier titles of the year.

Impressions of events are always coloured by individual experiences whether it be parking, loo queues, start procedure, terrain, commentary etc etc, however the day began positively, with well marshalled parking facilities that put everyone close to all event facilities as well as being only 3 to 4 minutes from the main Start and Finish area. A pleasant contrast to the hikes at the JK. The organisation of all these facilities seemed to be exemplary, -you could find your race bib, the loo queues were short, race information was readily available and the team of marshalls were everywhere and had been well briefed.

What about the orienteering? Being a Championship courses were rightly long and technical which for some in the higher age ranges proved to be a challenge. The terrain, apart from brashings from recent forest work, was mostly runnable and positively glittered in the strong spring sunlight.. From a 'silent start' you picked up your map from a table, Scandinavian style, and you were off into mostly runnable forest with moderate contours and some deep gullies. Fallen timber was at times a hindrance to running on a bearing and for most courses path or track options were not obvious optimum routes. There were some very challenging intricate ditched areas where controls were by no means easy to find unless you were precisely on line. Everyone experienced significant climb on their courses with a long drag uphill towards the finish and steep final slope to the last control being a sting in the tail!



Part of Course 20

The Finish, Commentary, Results display, map collection (and reclaim) were well handled in the 'Arena' area which also had a good spectator view of incoming runners climbing the final slopes and racing up the finish lane in an effort to gain the last few vital seconds over rivals.

'Apres O' in a sunny but breezy field was all that an Orienteer could wish for. Results display, a variety of refreshment facilities, Information, O shops, loos all to hand and at 3.45 the prize giving for the 2015 British Champions.

Thank you BOK for a memorable event. As usual in Orienteering it proves that volunteers can be true professionals!

John Warren

Mixed emotions at BOC 2015

Leaving home at 6.30am we enjoyed an almost traffic free drive from Ringwood to BOC 2015 in the Forest of Dean on a glorious spring morning. By luck the parking marshals placed us close to the road crossing between assembly and the 'arena', an interesting situation with people coming and going all day.

After the rocks and crags of the Lake District JK it was encouraging to wait at the start looking into a much softer woodland landscape. My course (23) was well planned to avoid the worst brashings and very steep slopes, but it was by no means flat! Apart from moving too slowly, and trying to overcome the balance problems of Parkinsons Disease I made some idiotic route choices and had several minor falls. Worst of all, a 250m leg from control 7 to 8 took an incredible amount of time trying to find a very well concealed ditch bend, staggering in more and more erratic circles in the company of other wandering competitors.

The final indignity was to fall over quite painfully just below the final hillside up to the finish. I was overwhelmed by the kindness and concern of everyone who stopped to help and I was supported all the way up the slope where the finish team provided a chair, some water and a lot of sympathy. What thoughtful people orienteers are! Most of the competitors in my class were missing on the day, and I found myself on the podium as W80 British Champion, a rather embarrassing situation after such a poor run.

I would like to record my sincere thanks to my friends in WIM and further afield for giving me such generous help and encouragement. I am truly grateful.

After about 40 years of orienteering I'll be sad when I have to give it up. In the meantime I'll enjoy looking at a lovely silver salver and a British Championship medal.

Barbara Warren





We are grateful to Wendy Carlyle and Claro Orienteer for permission to use these photographs

OMM Lite 2015 – Peak District

The OMM Lite is a fairly new event and takes its name from its bigger brother “the” OMM (Original Mountain Marathon). OMM Lite is for runners and is twinned with OMM Bike for the mountain bikers on the same weekend. We thought it might be a huge event on the scale of the traditional OMM, but were pleasantly surprised to find that it was small and friendly in nature, just 31 running teams (11 in OMM Lite Long plus 20 in OMM Lite Short), and 44 mountain bike teams (24 in OMM Bike Long and 18 teams in OMM Bike Short).

The “Lite” concept extends to the kit list and the weight of the rucksacks fortunately. Waterproofs and first aid are still mandatory, but tents and sleeping bags are left behind on the recreation ground in Bamford which acted as race HQ and campsite for the whole weekend. On the Short Score competition Keith and I had 5 hours on day 1 and 4 hours on day 2 to collect as many controls as possible, sticking strictly to footpaths, bridleways, and minor roads. When entering we decided that we would not take it too seriously for all the usual reasons (inadequate training, injuries, getting older etc. etc.), but would just enjoy the magnificent scenery of the Peak District as we jogged around the landscape. At least, that was the plan until we hit the inevitable dilemma point on day 1 where we had to decide if we could risk one more control that would take us further away from camp. When making these decisions, Keith is always the optimist and I take the role of realist (some would say pessimist). On this occasion Keith prevailed and we duly punched for an extra 30 points, only to realise a quarter of an hour later that it was going to be tight to finish within the allotted 5 hours. Soon the need to minimise time penalties had become the most important thing in the whole wide world, and a desperate chase was on. It is so hard to suppress the competitive urge! Eyeballs out we eventually charged into the finish almost 3 minutes late, resulting in 3 penalty points being deducted from our total of 350. Any disappointment arising therefrom was quickly dismissed when the results showed that we were lying 4th out of 20 overnight, and only 33 points behind the young and fit leaders. Not bad for a couple of old crocks, hey!

Day 2 was almost a repeat of the day one experience, although with two added attractions. Firstly we had unbroken sunshine, and secondly it was Keith’s 73rd birthday which the organisers marked with a round of “Happy Birthday to You” at the start! Out on the terrain we were again seduced by an extra control, a juicy 50 pointer just west of Eyam (the “Plague Village” – well worth a visit). On the ascent out of Eyam up to the lofty heights of Sir William Hill the effort was really beginning to tell. As we crossed back from the White Peak (limestone country) to the Dark Peak (gritstone terrain) I thought we would start to accelerate. But unaccountably Keith seemed to be having trouble running downhill, even though this is something that he is normally much better at than me. Fortunately the competitive spirit kicked in again and, being the warrior he is, he just blanked out the pain. The last 2 km were on a riverside path, and looked a doddle on the map, just the route to claw back some time. However it had all sorts of little inclines, up and down the whole time, as though it were playing a practical joke on us. Had we been fresh we would hardly have noticed, but at the end of a hard weekend it was a real struggle for us both. Focussing on the watch seemed to help, the threat of penalties motivating us to push harder. Coming

into the recreation ground the world around us became a blur, and we finished with a surprisingly comfortable 37 seconds to spare and another 280 points in the bag.

It turned out that we had slipped to 5th overall, but with 627 points to the winners 705 we had easily justified our existence, especially as we seemed to be the oldest team by quite some margin. Although there were prizes for the first 3, plus first female, first mixed, and first family team, unfortunately there was no veteran's classification at all. However this was a very minor issue in what was otherwise a very well planned, organised, and enjoyable event by the OMM team.

There are short videos of some of the action at <https://www.theomm.com/events/> then click on OMM Lite Spring (running) and OMM Lite Bike respectively. The next OMM Lite and Bike is 19th/20th September 2015 and will be based at Richmond, North Yorkshire, another beautiful area. If it's half as good as the Peak District edition it will be well worth the long journey north.



Figure 1 - Keith on his 73rd birthday chasing down that oh-so-tempting 50 pointer

Dorset Schools Championships

at Moors Valley Country Park on 8 May 2015



On Friday we had the Dorset Schools Score Championships at Moors Valley and we have to thank Dick Keighley for again organising this event.

Individual Wim winners were Robert Munday, Darren Whittingham, Becky Whittingham, Grace French, Monty Bratcher-Howard and Harry Bratcher Howard. Well done to all of them!

Chris Branford

Just on 100 local school children took part today. Congratulations to all the age class medallists and to Clayesmore School and St Michaels Middle, Colehill who won the team classes.

Many thanks to the WIM and WSX members who helped today.

Dick Keighley



Wessex Night League 2014-2015 – Final Results

Congratulations to the winners:

Charlotte Thornton of Sarum, **Chris Branford** of WIM and **Dale Paget** of WSX.

Its been another exciting night season. Charlotte has won for the second time in three years, just shows that the cream will rise to the top. Same for the men with Chris winning in the handicap and Dale the non-handicap, both for the second year running. Last year I wrote “...we introduced the ‘non-handicap’ league to give the M21’s something to aim for. The winner this year being M50 Dale Paget! Tim Morgan would probably have won if he had attended enough events”. So no change there then

Participation is up again with a 15% increase in the number of competitors listed on the results. I haven’t analysed it, but I get the impression more people turned up for more events this year as well. The 16 race format with about half Urban and half Forest seems to work well. The 2105/16 league is taking shape as I write this.

Gavin Clegg

Female:

1st Charlotte Thornton	SARUM
2nd Carolyn Dent	SARUM
3rd Kirsty Staunton	WIM

Male:

1st Chris Branford	WIM
2nd Dale Paget	WSX
3rd Ian Sayer	WSX

Non Handicap:

1st Dale Paget	WSX
2nd Andy Snell	Sarum
3rd Jason Falconer	WSX

Crossed Wires

On 15 April Mary & I organised orienteering activities for primary & secondary groups at Sir John Colfox School, Bridport. Unfortunately, some messages had got lost in the system...

We placed the control boxes first thing in the morning. It was then reported to the site managers that two suspicious people carrying a mysterious blue box were placing explosive devices in the school grounds.

"They were definitely bombs - they were red and had wires coming out of them!"
(I suppose wires and cable ties do look vaguely similar?).

The site managers went into overdrive but happily thought to check with the admin office before calling police.

So I'm not being held for any terrorist offences!

Mike Kite



Seen one? Dial 999.

P.S. The kids had a wonderful time. The primary school pupils did a 17-control score in pairs. I was genuinely surprised by their concentration on keeping their maps orientated properly & not running off aimlessly in all directions! The Y9/10s ran individual loop courses. They were also a pleasure - bright, good listeners, and highly competitive! A good day.