

# Wessex Extra



How an orienteer should look...not!

## highlights...

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- National Rankings List Pgs 6 to 9
- Coast Path Relay Pg 11
- Interland Pgs 13 to 16
- Compass Sport Trophy Pgs 19

And lots more besides ...



April 2011

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## Chairman's Meanderings

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It's been a busy time locally, or so it seems from my diary. 6 February saw the Wimborne Regional at Brownhill in the New forest. Then there was the wet and muddy Regional in Savernake Forest. Only the second time this area has been used for O. This was closely followed by the monthly club night, this time held in Blandford with a night street O for the brave and some indoor exercises for the sensible! Then the Wimborne day /night at Morteon Forest. This was on the same day as the sprint race at Sandy Balls and I know some people made both events.

For those of us looking for ranking points a long trip on the Sunday to Cromer for the Midland Championships; then the OO Trophy race near Dorking.

The following Thursday saw the first joint weekly training session at Parkstone Grammar and we are getting up to 30 people attending which is brilliant. That weekend you could take the ferry over to Brownsea whereas Dale and I were taking the ferry over to Calais for the International against Germany, France, Belgium and Holland. England won – see Dales report later in the mag. Then you were able to get three races in over a weekend, with the two JOK chasing sprints on the Saturday followed by the Southern Championships at Hambledon, a lovely area with the Red Kites flying closely overhead. Then if the fancy took you, you had the Mountain Bike Orienteering at Star posts near Camberley, a very technical area both for the navigation and the biking. Sunday we were then at Big Wood near Salisbury for their Regional race.

I think the next free weekend I have is sometime in August.

Hopefully you have managed to get to something during that time and there is plenty coming up for you to enjoy. Have a great time in the forest over the summer.

**Gavin Clegg**



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## Forthcoming Events

**\*\* Details of all future events can be found on the British Orienteering website: [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) \*\*** There are also links from this website to Club websites, where you can download fliers.

**FOR UP TO DATE DETAILS OF THE WEDNESDAY ARMY EVENTS, GO TO THEIR WEBSITE: [www.baoc.org.uk](http://www.baoc.org.uk)**

### APRIL 2011

- Also: **WIGHT-O** Colour Coded Event, Headon Warren, Nr. Yarmouth.
- 22,23,24<sup>th</sup> **JAN KJELLSTROM ORIENTEERING FESTIVAL**, Belfast, Northern Ireland.
- Mon 28<sup>th</sup> **COMMUNITY ORIENTEERING**, Parkstone Grammar School. 6.00 – 7.30.

### MAY 2011

- Sun 1<sup>st</sup> **NORTH GLOUCESTER** Galoppen, Danby Lodge Nr. Lydney.
- Mon 2<sup>nd</sup> **WSX/WIM CLUB NIGHT**, Bournemouth University. 6.30 – 8.00.
- Thurs 5<sup>th</sup> **COMMUNITY ORIENTEERING**, Parkstone Grammar School. 6.00 – 7.30.
- Sat 7<sup>th</sup> **WIMBORNE** come and try orienteering, Moors Valley Country Park.
- Sun 8<sup>th</sup> **BERKSHIRE ORIENTEERS** Regional Event, Rushall Woods Nr. Reading.
- Also: **WIGHT-O** Colour Coded Event, Mottistone Downs, Nr. Newport.
- Thurs 12<sup>th</sup> **COMMUNITY ORIENTEERING**, Parkstone Grammar School. 6.00 – 7.30.
- Sat 14<sup>th</sup> **BRITISH CHAMPIONSHIPS WEEKEND**, Nr. Sheffield. Relays on Sunday.
- Thurs 19<sup>th</sup> **COMMUNITY ORIENTEERING**, Parkstone Grammar School. 6.00 – 7.30.
- Sun 22<sup>nd</sup> **THAMES VALLEY Regional Event**, High Wycombe.
- Thurs 26<sup>th</sup> **COMMUNITY ORIENTEERING**, Parkstone Grammar School. 6.00 – 7.30.
- Sat/Sun 28/29<sup>th</sup> **SPRINGTIME IN SHROPSHIRE WEEKEND**. See HOC website.

## JUNE 2011

- Sat 4<sup>th</sup>. **WSX INFORMAL**, Buddens. See website for further details.
- Sun 5<sup>th</sup> **NOTTINGHAM City Race**, Nottingham City.
- Sun 19<sup>th</sup> **WIMBORNE Furrowhoppers Relay**. Blandford Camp (tbc)
- Sat 25<sup>th</sup> **WESSEX FIRST SUMMER SERIES**, Kings Park, Boscombe. See Wessex Website for full details.
- Sun 26<sup>th</sup> **NORTH WILTS Relay**, West Woods, Marlborough.  
[www.northwilts.org.uk](http://www.northwilts.org.uk)

**PLEASE NOTE** We run a local informal every month, on a Saturday. These are designed to help newer members and improvers to hone their orienteering skills.

**\*\*Coaching will be available at all our events, including informals, for all abilities. The coaching is also FREE. If you would like individual orienteering coaching, please contact Kay Sayer, [k.sayer@ntlworld.com](mailto:k.sayer@ntlworld.com)**

For further details of events, see your copy of **SINS** or log on to the **BRITISH ORIENTEERING** website or the relevant Club's website. **Please check before setting out, as some events have been known to change at short notice.** If you would like to share transport, contact a committee member who will put you in touch with someone who can help, or send a message through the Wessex Yahoo group.



## National Rankings as at 15 April 2011

The National Rankings are published every Thursday on the British Orienteering website. As you can see from the first figure in the brackets we have two orienteers in the top 100 and Dale being in the top 40 is very impressive. The - or + figure shown is the change from the previous week. Within their own Class Dale is lying 4th and Gavin and Richard both in 1st place.

Pos.	Name	Points
1 (39 -2)	Dale Paget	7693
2 (82 -6)	Gavin Clegg	7505
3 (238 -13)	Jon Brooke	7186
4 (666 -15)	Jason Falconer	6565
5 (706 -13)	Graham Whiffen	6525
6 (733 -13)	Ian Sayer	6502
7 (829 -17)	Robert Hick	6399
8 (864 -12)	Tim Houlder	6360
9 (1922 -30)	Bill Brown	5040
10 (1956 -26)	Nicola Brooke	4990
11 (2185 -24)	Gavin Avey-Hebditch	4585
12 (2282 -11)	Kay Sayer	4436
13 (2381 -20)	Richard Arman	4262
14 (2394 -17)	Celia Robertson	4235
15 (2455 +76)	Foxie Loxie	4089
16 (2482 -19)	Eric Whapples	4027
17 (2718 -27)	Alan Hartley	3518
18 (2875 -26)	John Cook	3219
19 (2881 +96)	Madeleine Bridle	3203
20 (2935 -26)	Roger Crickmore	3093
21 (2991 -24)	Bruno Smith	2971
22 (3097 -23)	Tina Stratford	2712

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Contributing scores

1339, 1290, 1260, 1268, 1270, 1266  
1264, 1239, 1253, 1254, 1245, 1250  
1210, 1175, 1198, 1219, 1197, 1187  
1084, 1159, 1074, 1143, 1018, 1087  
1074, 1068, 1103, 1130, 1079, 1071  
1086, 1084, 1105, 1077, 1086, 1064  
1040, 1054, 1044, 1092, 1057, 1112  
1080, 1027, 1053, 1101, 1048, 1051  
778, 895, 836, 882, 864, 785  
833, 803, 860, 819, 788, 887  
802, 847, 719, 783, 732, 702  
756, 725, 766, 747, 720, 722  
665, 786, 673, 710, 733, 695  
686, 538, 835, 695, 726, 755  
562, 767, 767, 596, 640, 757  
599, 645, 670, 818, 667, 628  
1156, 1208, 1154  
1127, 1041, 1051  
555, 486, 515, 558, 616, 473  
1057, 1036, 1000  
1008, 852, 1111  
573, 545, 378, 360, 856

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23 (3122 -23)	Alan Brown	2657
24 (3140 -22)	Laura Wilcox	2619
25 (3207 -20)	Richard Dunford	2465
26 (3381 -13)	Peter Keene	2130
27 (3414 -10)	Ian Middlebrook	2076
28 (3479 -7)	Chris Brown	1962
29 (3810 +2)	Alan Hooper	1356
30 (3816 +2)	Mark Scott	1342
31 (4499 -9)	Mike Dawson	740
32 (4577 -9)	James Crickmore	662
33 (4614 -9)	Roy Morgan	633
34 (4691 -10)	Gordon Raggett	555
35 (4762 -10)	Tracy Crickmore	454
36 (4768 -10)	Andrew Chisholm	443
37 (4771 -10)	Andrew Houlder	440
38 (4804 -8)	Ken Hutchings	374
39 (4831 -6)	Sian Rixon	311
40 (4842 -6)	Sarah Houlder	282
41 (4849 -6)	Andrew Beldowski	271
42 (4856 -5)	Carol Dutton	265
43 (4867 -5)	Pella Rye	202
44 (4901 -6)	Des Wyatt	43
45 (4904 -6)	Jill Brown	3



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746, 244, 806, 861

615, 679, 787, 538

683, 938, 844

488, 426, 289, 523, 404

1076, 1000

263, 293, 440, 362, 332, 272

508, 448, 400

818, 524

740

662

140, 149, 344

59, 225, 271

454

443

440

374

311

282

271

235, 30

202

43

3

## Adventures in Oldie Land

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There are some advantages to getting old. Not many, but having to run shorter courses is one of them. Although I have just moved up to M60 and will normally still be running Blue courses, my correct course for the Compass-Sport match was Green. So less than 5 kms. With this in mind I decided that I was going to go flat out for as long as I could.

Control 1 came up quickly and I set off slightly downhill to number 2 which was behind a thicket. I noticed several people looking behind a thicket but was convinced they hadn't gone far enough so I shot past them and sure enough there was the control behind the next one.

An uphill leg soon made me realise that my fitness needs improving but I gasped uphill, still overhauling some of the others on the course. However, they were probably several years older than me so it is only right that I should be faster.

I managed to read most of the gaps between rhododendrons correctly and found a couple of tricky paths which gave a good way through.

Nearing the end I was fortunate to see Bill Brown drop to my penultimate control so that led me in nicely.

The last control was easy so it was just the long slog across the field to the finish and boy did that seem a long way. But overall a fairly clean run and 100 points for the club, so very happy with that.

Perhaps I like being M60 after all.....

**Ian Sayer**

## Coastal Path Relay Saturday 3rd September

As most club members are aware each year we enter a team into the Dorset Coastal Path relay which is run along the coastal foot-path from the Dorset/Devon Border near Lyme Regis to the Studland Ferry. The total distance is 104 km with 3000 m of climb. This year the race will be held on **Saturday 3rd September** and we will be going for a fifth consecutive victory; a feat that has never been achieved before. So can you all please make a note of the date in your diary, as we need as many runners as possible to turn out and try and defend the trophy.

It may be presumptuous but I am assuming that I will once again be the team captain, however if anybody else fancies the role please let me know.

For those not familiar with the relay, people are either designated as part of a sprint team or a distance runner. The sprint teams are employed in places where there is close access by road and by having a number of runners on a short section we can move the baton on very quickly. They then hand over to a distance runner who covers the sections between places where access by road is possible. Each runner will cover a number of legs during the day. For the distance runners, who will generally be the fittest athletes in the club, the legs can be several miles long, while for those in the sprint teams they should only be a hundred metres or so (although often uphill!). The importance of the sprint teams should not be underestimated and a lack of them causes problems for the team captain so we really do want as many of them as possible. Thus even if you are not a good runner you can still make an important contribution to the race as a member of a sprint team. I will be asking for people to confirm their availability in the summer, as my planning for the event will probably commence in July.

**Roger Crickmore**

# SUMMER ORIENTEERING SERIES 2011

**Wessex Orienteering Club** invite you to our **FAMILY SUMMER SERIES** of **COME AND TRY ORIENTEERING**.

These will be held on **FOUR consecutive Saturday afternoons between 2.00 and 4.00 p.m., starting on Saturday 25<sup>th</sup> June 2011.**

No experience necessary, no special equipment, just a pair of trainers and enthusiasm!!

Great for families – Suitable for everyone, all ages and abilities. Qualified Coaches in attendance.

Register for the complete series (see contact information below) or turn up on the day. Adults £2 under 16 £1 per session.

Memento for those who come to every event.

<b>Saturday 25<sup>th</sup> June</b>	<b>Kings Park, Boscombe (next to athletics track)</b>
<b>Saturday 2<sup>nd</sup> July</b>	<b>Littledown Centre, Castle Lane</b>
<b>Saturday 9<sup>th</sup> July</b>	<b>Kings Park, Boscombe (Pokesdown Hill Entrance)</b>
<b>GRAND FINAL Saturday 16<sup>th</sup> July</b>	<b>Littledown Centre, Castle Lane</b>

For more information or to register for the series, contact Kay Sayer on 01202 484523 or email [k.sayer@ntlworld.com](mailto:k.sayer@ntlworld.com)

## Interland 2011

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Interland is a 6 way international competition, involving teams from England, France, Germany, Netherlands and two teams from Belgium (Flemish and Walloons).

I was selected back in December 2010 as first reserve for the M40 class. As I had heard nothing by January 2011 I assumed that everyone selected as part of the team was available and that I wouldn't be going. It was therefore somewhat of a surprise when, 9 days before departing, I received a phone call to ask if I was still available. One of the previously selected runners had picked up an injury and was no longer able to be part of the team.

There followed a frantic 24 hours while I found child care arrangements for Yvette, obtained time off work and sorted out the finances. So with just a week to go I was then confirmed as part of the team.

During that week before departure, there was great uncertainty as to how we were going to rendezvous with the coach. Parking at all RV venues was limited. I think we went from plan A to B, on to C then D and finally back to plan A over a period of 5 days.

Finally the day arrived. Gavin picked me up on the Friday at 09:30. We went on to Godshill to meet up with Kirsty Staunton (Wim) and then on to Woodfalls to pick up Lucy Butt (Sarum). Then it was off to Woking to RV with the coach.

With luggage and food safely stored on board, it was off to Dover to catch the ferry to Calais. The ferry provided a good opportunity to eat. Gavin's advanced planning meant we had already seen the menu before departure, so we arrived at the restaurant knowing what we wanted to order. This would have been fine – until I discovered that my chosen option was no longer available!

Arrival in Calais saw a smooth departure from the terminal and a trek across to Brugge. There we spent the night in a Youth Hostel. The biggest challenge wasn't finding the hostel – it was getting the

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coach into the grounds. We seemed to create something of a tail-back to local traffic as the coach made two tricky manoeuvres to reach the entrance and get through the very narrow gateway.

Once settled we walked into the town centre for a quick look at some of the sites (he means bars—ed), then back to the hostel to sleep before a reasonable early rise to continue the journey.

The Saturday saw us continue our trek across Europe. A brief stop was made in Arnhem – location of the bridge made famous during WWII. Then it was on to Germany, where we finally arrived at the training event at around 15:15. A quick change in the car park (while the coach went off to re-fuel) and then a potter around the area to see what the map and terrain was like. I found the terrain quite hilly (I never have liked hills much) and the map rather suspect in places. I was hoping for better in the race the following day!

After training, the coach returned and it was off to the next Youth Hostel, arriving around 17:30. The evening meal was at 18:30. Then a number of us decided to have a look around the village we were in (more bars! - ed), before going to bed.

Sunday morning saw us up at 06:00 (05:00 GMT), for breakfast and departure to the race. The event centre was a local school, with a sports hall, toilets and showers available for our use. I had the first start of the day – 09:00, so after a quick check of the facilities, it was time to change and head off to the start (about 1km away).

The people running the start seem to have got a little confused. Call-up time was about 8 minutes later than expected. At the last moment they realise that they had subtracted 4 minutes from real time, instead of adding. I got called up with about 45 seconds to go before my start. I just had time to clear, check and get to the start line. With 10 seconds to go I arrived at the start line and identified my map box. It was then pick up the map and go.

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As I headed off into the forest, I quickly realised that something wasn't right. I just had no energy. I was not able to reach my normal running speed and really struggled on the climbs. Two nights of limited sleep and a very early start had caught up with me and my body just didn't want to perform. I only made two navigational mistakes, between them accounting for no more than about 60 seconds. I just couldn't run! By control 16 I was exhausted and felt I couldn't go any further. I wanted to retire. Had the race been anything other than an International, I would have. I looked at the map and saw that there was only one more big climb, the rest were small, so decided that I would push on to finish. I did, but my time wasn't great. I thought I had taken around 71 minutes – 10 minutes quicker would have been a good time.

There was a little confusion over times – due to the problems at the start. I was eventually credited with 69 minutes. I ended up 8<sup>th</sup>, with Clive Hallett ending up 7<sup>th</sup> a couple of minutes in front of me. Clive hadn't felt good either – some small consolation!

Gavin ran well. He finished 3<sup>rd</sup> on his course (M50). In recognition of his achievement he was presented with a pendant and packet of sweets.

Overall, it was a successful trip for England. We had finishers in the top 3 on most courses and on a couple we had a clean sweep. As a team, we won the Junior trophy and the overall. Mission accomplished.

Following prize giving it was back on the coach for the long journey home. We left the event at around 13:15. With just two short stops, we arrived at Calais around 20:45. A slight delay getting on to the ferry as it had to re-berth because the loading gate it was originally assigned to failed when they tried to use it. We finally left France at around 22:20.

Once back in England it was back to Woking, a decant into cars

and the reverse drive to that on the way up. I eventually arrived home at 03:15 and was in bed by 03:30.

Unfortunately for me, I was up again at 07:00 to get my daughter off to school!

Overall, it is a hard weekend, with lots of travelling and very little rest. Not ideal for racing well. However, the team spirit is excellent, with everyone getting on well. A good opportunity to spend more time with those you normally only see briefly in an assembly area, or just as a name in the results. If you get the opportunity, it is well worth doing for the experience.

Thanks are due to Wessex and SWOA for their generous financial support to both myself and Gavin.

**Dale Paget**





## Forestry Commission Sell Off

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At the January committee meeting, I agreed to write an article on the committees 'official' view on the Government's consultation regarding the future of the Forestry Commission. As I am sure you are aware, events have overtaken this, but I thought it may be of interest to outline some of the issues.

Gavin Clegg, Ian Sayer and myself spent some time going through the consultation document and Gavin did actually submit a response on behalf of the club a couple of days before the consultation was abandoned. As you know, we also encouraged members to make their views as individuals known.

The essence of the Government's proposal was to sell, probably in the form of long term leases, areas of commercially profitable forest currently managed by the Forestry Commission. This was projected to raise £350 million in the short term. We were assured that the terms of the leases would provide environmental and public access protection. Areas of significant heritage value such as the New Forest and Forest of Dean would still be maintained by public subsidy. Possibly what caused most consternation was the fate of small scale and commercially marginal forest such as our Hethfelton, Rempstone and Wareham Forest areas. The Government was inviting interest from non-governmental organizations such as the Woodland Trust and RSPB or local interest groups.

There were a number of points that we noted in the discussion, which Gavin reflected in the Club's response.

Firstly, the track record of Governments of any hue in managing commercial activities is not impressive. As Milton Friedman, the prominent economist once noted: "If you put the federal government in charge of the Sahara Desert, in 5 years there'd be a shortage of sand". From this point of view, it could be more efficient to turn over large-scale commercial forestry to the private sector. Kielder was cited by many as an example of this kind of large-scale activity.

A big drawback that we could see would be the complications caused by the fragmentation of ownership. Although the renegotiation of the National Agreement between British Orienteering and the Forestry Commission was long and painful, the fact that we do have a national agreement with a predictable fee structure is a big benefit to individual clubs trying to organize events.

The other main area of concern was with NGOs and local interest groups trying to manage woodland areas. This could be a big commitment, as presumably there would be management and public safety standards that would have to be observed. It is the sort of arrangement that might well be started by a well-meaning and enthusiastic team, but run out of steam once the initial interest waned. We could see that under such circumstances, the lease might well revert to a commercial enterprise, and we have to recognise, without being too cynical, that with a highly fragmented system, individual exceptions to the lease conditions are likely to be easier to arrange for unscrupulous owners.

Hopefully, with the withdrawal of the proposals, we will see the status quo continue for the immediate future, though whilst a large-scale sell off has been averted, it appears the law still allows for 15% of forests to be sold within each 5 year election period, and the government has not withdrawn their plans to do so.

The issues are discussed further at [www.saveourforests.co.uk](http://www.saveourforests.co.uk)



**Mark Scott**

# How Can We Win The Compass Sport Trophy Next Time?

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Well, it's over now. We had a really nice, sociable time in our cosy tunnel tent out at Longleat on 15<sup>th</sup> January. Nearly 30 runners from the club turned out for a great team effort.

To come 4<sup>th</sup> out of 6 may not seem that great but we were only 1 point off third and only 9 points off 2<sup>nd</sup>. First place was simply way out of sight with Sarum winning 6 of the 10 courses outright.

But we had our moments...

Ian Sayer, new this year to M60, won the Men's Green course & scored 100 points (See how he did it below).

Dale Paget, running up from M45, showed most of the M21's the way home on Brown & scored 97.

Emma Crickmore, after years of faithful service through the junior ranks came good on Light Green and, for the first time, added 88 points to the club total (See her piece below).

So, how do we do even better next time?

Only the highest 13 individual points contribute to the team total. Points are scored not on run time but on finishing position in relation to the winner of each course.

A simple minded analysis of the results, shows that after the top 12 results were counted we were second by 1 point but the thirteenth result had Eric Whapples with 72 points against a lady from BADO with 82 and so they finished 9 points ahead of us.

The answer is clear, make Eric run faster! But he had already run out of his skin with a near faultless round.....so no joy there. Back to the drawing board.

We need at least one of the following radically new features in our team:

1. Any lady, of any age, who can just survive to finish the Women's Blue course before expiring, will do us (but not necessarily herself) a power of good. The last finisher on Women's Blue took more than two hours and still scored 84 points! That would have been enough to put us into second place.

2. Any young lady up to the age of 14 who can just survive to finish the Ladies Orange course, would be even better. The last finisher on Women's Orange scored 96 points! So plenty of opportunity here, created by the very small entry on this course.

3. A fit young M60 to run second string to Ian Sayer on Men's Green and to sweep up something like 92 points. Not a great ask is it? He doesn't even have to be handsomer than Ian, though it might help.

There will be a small reward for anyone delivering even one of the above packages to me. Here's to an outstandingly successful Compass Sport Trophy next year.

**Bill Brown**

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## Was It The Shoes?

As it was the first time that my result had counted for the team at the Compass Sport Cup, I was asked to write a short article on it.

Luckily for me I only had to run Light Green but this meant I also had to try not to make any silly mistakes so my brother, who was on the same course, could not beat me by too much. So I got to the start having firmly tied up my new, rather bright orienteering shoes.

I found the first and second controls easily, then scrambled down a rather steep reentrant hoping my new shoes had a decent grip. I took a bit of time trying to find number 5 then conveniently I saw someone in an England top to lead me into to control 6. It took me a bit of time to find number 7 as I did not realize that a green cross on this map was a root-stock not a distinctive tree.

Controls eight to ten were no problem, then my inability to make an accurate compass bearing let me down on the way to 11. I would have ended up walking around in a triangle for quite some time if my brother, who had caught up 17 minutes on me, showed me my mistake. So after finding the elusive knoll of control 11 it was a short run to control 12 then a sprint over the muddy field to the finish.

I do not know how , with so many mistakes, I managed to count for the team but I put it down to having my own O-shoes which were bought new for me and were not my brother's old second hand ones which had a habit of becoming sore after 30 minutes. Or it could be that the bright blue stripes on them dazzled anyone who saw them so they were momentarily blinded...

**Emma Crickmore**



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## **Blood Sweat And Body Hair, A Journey Into Extreme Cross Training**

When your Chiropractor says “I love it when you come in, you always have such interesting things wrong with you”, one has to evaluate the logic of running.

So what do you do when you have an injury? Answer: Cross Training. Now runners usually get the bike out, a bit of swimming or go to the gym. Hmm, bit boring I think, I didn't fancy any of that.

So a friend of mine suggested MMA classes. “Ok then what dat den?” I say. Mixed Martial Arts. “A mix of what martial arts exactly?” I say.

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What I had signed up for in fact was cage fighting lessons, I kid you not. Now for those of you who don't know what MMA is, it's the world's fastest growing spectator sport and is now as popular world wide as Boxing. If you have seen UFC, Cage Rage or Strikeforce you will know what it's about. MMA is a mix of Thai Boxing (Muay Thai), Jeet Kuan Do (Bruce Lee's martial art) and Brazilian Jiu Jitsu (a martial art based on ground fighting, chokes, locks and holds) and conventional boxing and any other kind of fighting you fancy thrown in.

The idea is to knock out your opponent, choke him or get him into a lock or hold so they submit or beat them on points. Now like most martial arts you can punch, kick, elbow and knee strike, the only thing that's barred are weapons and poking in the eye. Don't get me wrong it's not a free for all, but it's not as heavily regulated as Boxing nor as dangerous strangely, there is no constant pounding to the head like you get in the boxing ring, you will get cuts and bruises but not the brain damage (hopefully!).

In true Poole Runners style, I said "that sounds hard and mad, lets do it". I turn up for the first lesson, I'm greeted by some friends who go to Trojan Free Fighters in Poole and my instructor, himself a 3 Dan Karate Black Belt and we start with a bit of a warm-up. Now this warm-up lasts an hour. Yes an hour, none of your quick jog up and down, touch your toes and I'm ready, but 5 minutes of skipping boxer style or in my case 5 minutes of tripping over and feeling a pillock. Followed by 10 minutes running on the spot, Aha methinks, easy.

Wrong, running on the spot means running then sprinting with random exercises thrown in, sprint 5 seconds, down 5 press-ups, 5 sit-ups, sprint, 5 jumping squats, down plank, sprint, down 10 press-ups, sprint, 5 sit-ups and so on. Now as a runner you think you are fit, but blimey!

Then running up and down with a 35kg bag on your shoulders, flipping a truck tyre, sprinting, monkey running, sit-ups, sprawls,

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burpees, a murderous exercise called a bodybuilder (a burpee press up combined) and so on.

Then we partnered up, my partner holding up punch pads whilst I put on some big boxing gloves that make my skinny arms look like giant cotton buds. Ok punches begin, I'm thinking this is good, I can do this "how many?" I ask. "500", "eh?", "each arm". So 1,000 punches later my arms are falling off and I feel sick. Now anyone who has trained down the track with Alan Lewis will know what I mean. We then move to elbow strikes. Now I wasn't sure what this meant, but in a real Thai fight this means hitting your opponent in the face with the flat bit of your elbow, knocking them out in one go. I'm beginning to think I've signed up for the S.A.S. So we are hitting this giant squashy pad, step forward and strike aaah this is easy too, 200 each arm.

2 minutes later I'm sitting down trying not to dry heave and for the first time in years feel urge to start smoking. That's the first 30 minutes done. We then move onto some boxing combinations, right ok, how hard is this? It was easier on the body but difficult on the brain in its oxygen depleted state. We run through a series of Thai boxing moves that are totally alien to me and involve lots of knee strikes, elbows and some truly mad punching combinations that made me feel like Ricky Hatton but should imagine I looked more like Frank Spencer. I'm starting to feel a bit better and recover a lot quicker than some of my more muscle-bound compatriots, must have been all those years of long Sunday runs.

1 hour completed we take a 2 minute break to change my sweat drenched shirt and I wonder if I will ever be able to lift my arms again.

I look around at my fellow trainees, most are young, in their teens and twenties or like me 40 ish, most are muscular and fit looking, not many 10 stone skinny blokes, I mean I'm built for running away not standing and fighting. I suppose the way it

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should work is people with the average runners build in ancient times would have chased the Woolly Mammoth and the blokes built like the brick outhouses would have jumped on them with spears and clubs.

We are partnered up for the next section, so I'm put with Geordie, a bloke I've known for years and is covered in tattoos and thick body hair and a strange murderous look in his eye that I had never noticed before. Thankfully he's the same size and weight as me.

It's at this point I realise just how close a friend he's going to become in this hour. We are to learn some simple Jui Jitsu moves called arm bars and calf crunches. Basically it's wrestling on the ground with a big hairy sweaty man lying on top of you trying to break your arms. An hour later and I've been thrown around like a rag doll, shoulders pulled from their sockets, elbowed in the conkers (accidentally), sworn at, sweated on, had my head squashed (deliberately), my throat choked and my calves squeezed so tightly I thought my foot would pop off.

I'm so tired now I can't even stretch. I hobble back to the car and wonder why I agreed to do this.

Anyway, a month later I'm still going and the hard work is paying off. For the first time in my life I have some muscles that show, my shirt size has moved from small to medium and I can do 100 sit-ups in one go.

It is really tough hard workouts and dedication that make you good at any sport I suppose. I know I'm not going to be the next Bruce Lee or even the Karate Kid, but its kept me sane while waiting for Plantar Fasciitis to go away. For a full body workout I believe there is nothing better. I've got a new set of hairy tattooed friends and I'm almost able to punch my way out of a paper bag.

**Andy Palmer of Poole Runners.**



## Hethfelton - A First Time for Everything

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It all started in the Summer of 2010. An innocent (or so I thought) call from Mark Scott. Would I be prepared to organise an informal in March 2011? Not really having a well prepared rejection, I sort of said OK, and then put it to the back of my mind .

In December 2010 I saw a reminder “pop up” in my calendar, so I had a quick word with my neighbour, Bill Brown, who said that as I hadn’t heard anything, I’d probably got away with it. But he said he’d check in the minutes “just in case”.

Fairly soon afterwards, I found a “pack” of documentation sitting ominously on the doormat, basically saying that yes, I was organising an informal, that it wasn’t March, but February 5<sup>th</sup>, here’s what you have to do!

Fortunately Bill volunteered to mentor me through my first event, and we brainstormed everything I had to think about. What kit was required, and in which far flung part of Dorset it was currently stored (maybe I’m exaggerating... it was basically in Ian & Kay Sayers and Richard Arman’s garages). Plus who needed informing (still a bit of a mystery if I’m honest), what organisation would make sense.... and all this without even looking at a map.

Bill furnished me with maps from a couple of previous events. So armed with a map of the area, marked up with all the controls that I could identify from these previous events, I went over to Hethfelton for my first recce. Luckily it was over the Christmas holiday, so even though it was covered in snow, it was a pleasant interlude from turkey and relatives.

How this actually works is still a bit unclear to me, as I basically ran around the area, looking at the old control sites. I then decided if they were still distinct, and bore at least a passing resemblance to what was on the map. Some areas of the map had changed a bit (new fencing, fewer trees), which I duly noted, but I wish I could say there was some method to all this.

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Anyway, my strategy was to try and pick undisputable controls, unwilling to face the wrath of anyone complaining a control was 25mm the wrong side of a certain tussock (or similar distinctive feature).

So after a second and third visit to the area, I finalised my proposed 3 courses (White, Orange & Score) with Bill, having checked on the BO website to see what the criteria for these courses were. Hethfelton is dominated by significant tracks, so the White course was in some ways the hardest. I think one person ran it so I hope they appreciated my efforts!

Bill then updated the map and control sites and this information wended its way to the Forestry Commission for their OK. Four control sites came back needing changing, mainly because they meant crossing open ground, but one because it was on a lizard basking zone.

In parallel with this frantic mapping action, I was assembling my war chest of kit needed to run the event. I had the controls and stakes, the dibbers, the printer, the WSX flag thingy, the tent, the tables, the signs, the first aid kit, the police crime scene tape (I'm sure it has a proper name), the kites.... I was good to go. But what about the master map boards? "What are those?" I hear all you youngsters ask. Well (as I pull on my slippers and fill my pipe), these are what we used in the olden days before the controls were printed onto the maps. You take a blank map and a red pen and copy the courses from a "master map" before heading off into the wild woods. Anyway after a couple of enquiries the boards were located.

So the big day loomed. Bill and I headed off for Hethfelton, arriving around 8am. We trotted down the road to put out signs, no problem. Then I took the sacred Forestry Commission key and raised it reverentially to the lock. Disaster! The lock had been changed. I looked at Bill. Bill looked at me. Tears started welling up in my eyes, as I thought of all the blood, sweat and tears in-

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vested in what was going to turn out as a fruitless venture. However Bill is made of stronger stuff, and in seconds had a viable plan B. A few phone calls later and Mark Warn, the Forestry Commission warden, was thankfully on his way.

I headed off, stakes in hand, to set out some controls at the South end of the area, while Bill waited for the cavalry. Once the gate was open we then drove round the tracks at high speed, throwing the controls and stakes (with the kites acting as mini parachutes) out of the car window. Amazingly most of these landed in something like the approximate position, so we were back to the registration area to say 'hi' to the first visitors (and then co-opted them into assisting putting up the tent in the high wind).

Tent up (sort of), registration in back of the car, and we were off. Once the principle of "master maps" had been explained to the uninitiated, everyone cracked on, and headed off.

A quick cup of tea and runners were arriving back ready to download. Helpfully Tim Houlder had set up a laptop so splits were directly loaded onto the pc (so no transcribing from little bits of paper).

Before we knew it, it was all over. We had 17 runners, we'd raised £27 in donations (thanks to Ian Sayer and his timely reminder), and we'd got lots of positive feedback. The tent was down (it was never really up) in a jiffy, the car was packed and we were collecting controls. At this point Mark Scott provided some welcome help by collecting in the Northern-most ones.

So, as I sit with my feet up, mulling over my journey, and the many people who have helped me along the way, what are my conclusions? It was interesting, it was fun, and I think people enjoyed the event but? I couldn't have done it without help from Team Wessex

**Bruno Smith**



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## REGULAR CLUB EVENINGS/TRAINING

Training Evenings take place on a weekly basis. Every Tuesday at Bournemouth University, Talbot Campus, 5.45pm for 6.00pm start. There are changing and shower facilities plus a bar for refreshments. For those of you who cannot make the Tuesday runs or want two runs a week, there are also runs each Thursday evening from 68 Kings Avenue, Christchurch, starting at 6.15 pm Please telephone 01202 484523 if you intend to come.

Wimborne have a training day on the 2nd Saturday of every month at Moors Valley Country Park, from 1.30 to approximately 3.30 pm All members are welcome to attend.

If you are going on holiday/visiting friends/weekend away in another district and want to know what orienteering there is, log onto the website of British Orienteering, [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) and follow the link to Events. Alternatively, if you do not have access to the internet, please contact one of the committee

