

W e s s e x
E x t r a



highlights...

C2C	Pg 3
A Long Visit to Australia pt 2	Pg 8
Croeso	Pg 13
Devon Relays	Pg 18

December

Chairman

Richard Arman
thearmans@googlemail.com

Treasurer

Ian Sayer
ian.sayer68@ntlworld.com

Secretary

Sian Rixon
sianrixon@live.co.uk

Committee Members

Gavin Clegg
gavin@ukmax.com

Rob Hick
rob.hick@tiscali.co.uk

Ian Middlebrook
themiddlebrooks@tiscali.co.uk

Dale Paget
dale.paget@poole.nhs.uk

Eric Whapples
whapples@fsmail.net

Tim Houlder
tim.houlder@ntlworld.com



Chairman's Chatter

A jolly happy orienteering Christmastide to you all.

Well we did have our first Saturday morning junior training sessions where our prospective coaches used the Bournemouth Sports Club, Littledown and Kings Park, and Avon Tyrell. I should name the coaches as:

Kay Sayer
Sian Rixon
Ian Sayer
Eric Whapples
Richard Arman

Who are all available on request to help any of our club members, or indeed possible members. This will also allow them to complete their qualification as Level 2 coaches. Some of us have been coaching in one way or the other for a very long time but have never been officially qualified.

It is sad that despite our trawl of schools through official sources and advertising it failed to bring out a single junior. Luckily we did have one young family of two junior boys, plus two other really junior boys, as well as an appearance of twins from a further family for just one session. All of these came through recommendation and not through our schools trawl. We are going to try again using a different method of approach and at perhaps a different time and a different venue.

We have been in touch with Bournemouth University, located actually in Poole, to see if we can establish a base there for training, perhaps also using the Bourne Valley area and Slades farm and around the Talbot Village area. Hopefully we could get some recruits from within the university and also eventually use the university campus and the adjacent housing estate for a street/sprint event.

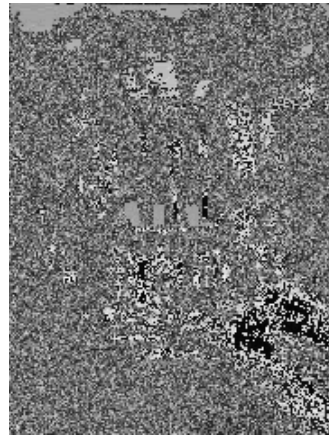
On Saturday 6th of December we had another day and night event using Dur Hill with the start and finish in Avon Tyrell. Attendance was very low and this disappointed me particularly as I was the organiser/planner for the event. We nearly had more helpers than runners! I must give a vote of thanks as usual to Bill who did all the map preparation and also helped put out the controls; to Tim and Eric who pulled the controls in in the dark and mud and finally to the Sayers, both present for the day event with coaching available.

Please note that we have four more informal events planned all suitable for any level of skills, not to mention our Gallopen event scheduled for 5th of April.

Finally, I must welcome our newest new member JASON FALCONER. He is an M35 and lives in Hamworthy and I see from the results was taking part at Sundays SOC event and doing well. Please do identify yourself to any of the rest of us Jason, who you may easily see in our rather bright red and white strip. Long may you run with us.

Richard Arman

A Long Trip to Australia - Chapter 3



As we alighted from the Indian Pacific Train in Adelaide we were made very welcome by some orienteering acquaintances George and Jo. During our 4 day stay in their home we caught up on some sleep, visited some orienteering areas, toured Adelaide and were taken around the Germanic founded wine growing region including Jacobs Creek, and yes there is a tiny creek! We were surprised to find the wineries in chateau style buildings!

Before setting off on our travels we scanned Australia on Google Earth. We

knew very little about the continent and it was a sobering exercise because so much is inaccessible but we were interested in the Flinders Ranges and Wilpena Pound north of Adelaide. We signed up for a tour before leaving home which would take us from Adelaide to Alice Springs in the heart of Australia via the Flinders Ranges, Coober Pedy and Uluru. It proved quite an experience!



The journey started from the Youth Hostel in Adelaide and we were joined on our Mitsubishi mini bus by a collection of 20-30 year old travellers from all over the globe. We spent an exhilarating, companionable and interesting 5 days together. All the food, sleeping gear and luggage were carried in a trailer. Some nights we slept in



swags under the stars.

The outback is very beautiful with huge, blue skies and gorgeous red earth. We walked in Wilpena Pound, slept underground at Coober Pedy where the opals are mined and temperatures reach 50°C in summer. We were driven thousands of kilometres by our wonderful guide Huss. We

watched sunset, sunrise and then walked around Uluru, walked among the rocks of Kata Tjuta and marvelled at the secluded lush water filled gorges within the red mountains of Kings Canyon. We were surprised the desert had so many beautiful flowers and trees. The slender oak trees in the forests around Uluru are elegant and unique

In Alice the 'Huss bus' companions had a farewell meal together and then Trevor and I stayed on for a few days.

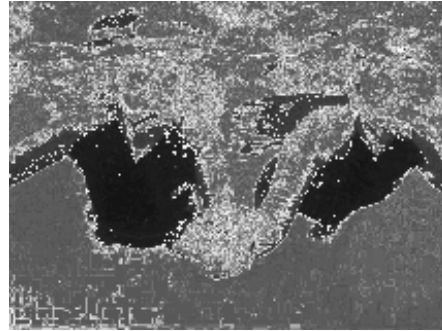
Our accommodation was the Youth Hostel in the converted Open Air Cinema, complete with swimming pool and palm trees!

Although Alice is thousands of miles from anywhere it is a lovely town with pedestrian shopping areas, supermarkets, and fashion and furniture stores. Aboriginals stroll around in family groups conversing very loudly and seem to have a different rhythm to their life from the white Australians. Art galleries full of Aboriginal dot paintings abound and many Aboriginal artists work and display their pictures in the street.



We flew from Alice Springs to Cairns.

The contrast was startling, from wide, bright empty blue skies of the outback to heavy rain filled clouds and sultry atmosphere of the tropical coast. The Youth Hostel was lovely with rooms opening onto balconies enclosing the palm fringed pool and Jacuzzi!



Of course, when in Cairns, one has to visit the Great Barrier Reef! We went in grand style on a magnificent catamaran called Passions of Paradise. As usual all the other people on the boat were 20-30 and before we had gone very far all the girls were wearing their bikinis! Trevor thought he had arrived in Heaven! Beautiful though the

girls were the underwater life we saw after donning our figure hugging stinger suites was truly unforgettable. Trevor is not a keen swimmer and usually keeps his head well out of the water but he was the last person back on the boat and all we could see was the tip of his snorkel as he photographed the underwater life.

Australia is a land of amazing contrasts and surprises. From Cairns we took a train trip up into the tropical rainforest and mountains to the arts and crafts town of Karunda and returned by the skyrail over the forest canopy. Another day we were in a Mitsubishi minibus to visit the Atherton Tablelands. This is an area of dairy farming, sugar cane production, countless waterfalls and boasts a romantic ruin of a country mansion called Paronella Park! An eccentric Spaniard built his mansion, lakes and gardens complete with hydro-electric power from his waterfall. The American soldiers used it for dances in the ballroom during the War. The mansion is now ruinous as a result of a fire and the erosion of the concrete construction caused by the heat and high humidity.



All our guides were so enthusiastic and welcoming and so proud of their country. Australians can be born in Germany, Korea or Greece but once down under they most definitely become Australian!

Madeleine Bridle

How We've Changed Orienteering (alternative view)

Having started orienteering in 1977, I've seen Wessex OC develop over too many years to contemplate.

Wessex OC offers me just as much now as it did 20 years ago. I enjoy the sport just as much now as I did when I started and for that I am very grateful.

I orienteer about the same as I ever did, entries are still relatively cheap compared to a lot of other sports and although travelling costs have gone up I try to share lifts wherever possible.

These are just my opinions being a competitive orienteer.

I love the new technology that has been introduced. I don't have to worry about pressing a button on my watch to get my split times and rather than seek out other competitors in the damp, blustery car park, who might not even want to compare times, I can sit at home in the evening and work out just where I lost my time and why that was, continually using the data to improve my performance. As for Route Gadget, what a fantastic tool, and a great visual example of what orienteering is about.

How much easier it is now to produce maps, we are fortunate we have people in the club with the expertise and time to utilise this technology, without having to use the club funds on professional (but not necessarily better) mappers. And what an improvement waterproof maps have made (even the crinkly ones!). Master maps are still in use at some of our informals but it does mean you have to provide red pens, boards to rest on and plastic bags for those that don't bring them.

I think we are so much better off now. There is still a lot for an organiser to do, the stresses have always been there, only now they are different. We have been fortunate to have accessed grant monies for a lot of our kit and I for one would far rather put on a one man event with our informal SI kit than without it.

Even with the new technology we are still only timing our races to the second, which is exactly as it used to be. Unless that is you are doing a control picking exercise in Kings Park where the technology will allow you to time to the tenth of a second. This is vital if you want to beat Dale! I am so glad we don't have to stay around at the end of our events in the cold and wet, trawling through hundreds of soggy control cards, making a decision on disqualifying someone when the technology is there to do that for us. Particularly when we could be packed up and supping down the pub!

I didn't go to the IOW event but I am sure I would have coped with the old ways of a six inch to the mile black and white photocopy and the wooden ink stamps. Or perhaps they had moved on to the new technology of 1:10,000 coloured maps and pin punches?

Participation at events has declined, which is the same in a lot of running and athletics clubs. However the committee are doing a huge amount to try and increase our participation, particularly with the younger generation bought up with technology virtually implanted in their ear! Video clips on You Tube and software like Route Gadget are fantastic (have you looked at Route Gadget by the way, what a great learning tool). To actually see which route others took and graphically see where they (or you) went wrong is something we ought to look at for a club evening. This does not preclude putting on an event with the old equipment and I am sure the club would be delighted for someone to step forward to offer this.

Gavin Clegg



Update for Members

The Committee is as busy as ever on your behalf with new initiatives to try and encourage more members as well as providing better facilities for you.

We have recently had a meeting with Bournemouth University to discuss the following.

1. Sprint Race using University Campus and surrounding area (possibly October 31st 2009). Uni in favour and could offer good race facilities, room for registration, changing etc.

Use of Bournemouth University as base for Club (as an alternative to Bournemouth Sports Club). It is apparent that the takeup at BSC has not been as good as we hoped for a number of reasons and it was felt that a more central location may prove more attractive. Again the Sports Centre at the Uni were very keen to have us there and encourage us to help form a Bournemouth University Orienteering Club. Could use as a base for Tuesday evening runs as well as regular club nights. Changing facilities, meeting room, bar, café etc all on site.

Bournemouth Council Meeting:

Met with Gary Pullman who heads their Extended Services Department. He was keen to have us on board to link in with their programme of activities which they provide in the summer (Summer Sizzlers Programme). These were throughout the Borough and we could easily provide a simple orienteering session based at Portchester School extending to use the permanent courses at Littledown and Kings Park.

David English Sports Centre.:

Discussion centred around how we could work with them to engage young people (school age) in Orienteering. They publicise clubs which want to form links with schools and offered to add us to their publicity. Also they will provide us with the names of the School Sports Co-ordinators for their areas. Having mentioned our possible move to the Uni they mentioned that they have Slades Farm area which they would be keen to have used (this is the other side of the main Wallisdown Road from the Uni). Vicki will obtain a base map from the Council for us to look at and Ian and Richard have since walked the area (as well as the Bourne Valley area behind the Uni). They also suggested that their guided walks (for older people) could also include one tailored around an orienteering area.

Minutes Don't Matter



Whilst for some people every second counts, for me (at least sometimes) minutes don't matter. Why?

I've never really been a night orienteer. I tried it many years ago and never really got to grips with it. It just didn't suit my orienteering style of

run hard, relocate near the control then attack. I haven't done any night 'O' for about 20 years - until just recently.

For some reason I fancied having a go at the Southern Night Champs. This meant I had to get some practice in beforehand. A quick look at the calendar showed two events on the two weekends preceding the 'big' event.

The first was at Longleat. Out came the Petzl (about 25 years old). The first job was a new bulb and battery. I fitted a halogen bulb (essential if you want to see anything further than 10 feet away!) and then tried to get a battery. It appears only 'O' kit providers stock the right type these days!

The format of the event was a one hour score. I set off with the aim of just doing what I could. It wasn't a brilliant start, missed a track junction on the way to the 2nd control, then ran a big loop around the 3rd control (I don't think I was ever more than about 10 meters away from the control!). However, I soon settled down and started to navigate a bit better. About half way round I managed to lose about 8 ½ minutes on one control - but I wasn't worried. Eventually my hour was nearly up, so I took one last control and finished. Not a spectacular performance, but I was pleased with what I had done and more importantly had thoroughly enjoyed the experience. This despite spending most of the hour holding my head torch in place with one hand as the straps were old and worn!

In preparation for the next event I decided to modify the straps to prevent the 'falling off' problem experienced at Longleat. I tested the modification in the bedroom - it seemed a great improvement.

The 2nd event was at Blandford. Having improved my head torch, I thought I'd try to race a little harder. The controls came quickly. It felt good finding them out in the dark - particularly as I was one of the first starters. By half way I began to think it was possible to get

FORTHCOMING EVENTS

WEDNESDAY ARMY ORIENTEERING EVENTS. BAOC organise orienteering events most Wednesdays for the Army and civilians are welcome to attend as well. To find out more about these events, go to their website: www.baoc.org.uk

DECEMBER

Fri 19th **WIMBORNE OC** Local Night Street Event, Blandford. Grid Ref. ST887059. email chris@brandford.eclipse.co.uk www.wimborne-orienteers.org.uk

Sat 20th **BOK** Local Night Score Event & Western Night League, Headless Hill, Monmouth. Grid Ref. SO531131. £4/£1. www.westernnightleague.org.uk

Sat 20th. **BAOC Military Challenge MTBO & Long O**, around Aldershot incorporating Longmoor & Woolmer. Closing date 10.12.08. £10/£4. Limited EOD. Online entries at www.ntrees.co.uk www.baoc.org.uk

Sun 21st. **THAMES VALLEY OC** District & SCOA League Event, Wendover Woods, Wendover Grid Ref. SP889090. www.tvoc.org.uk

Fri 26th **WIMBORNE OC** Boxing Day Canter, Ringwood Forest North, Ringwood. Grid Ref. SU122088. Mass start 11.00 a.m. £7/£2 (less £2 for senior BOF members). 1 hour score event. www.wimborne-orienteers.org.uk

Sun 28th. **SOUTHERN NAVIGATORS** Regional Event & SN Trophy, Long Valley North, Aldershot. Grid Ref. ST852519. www.southern navigators.com

JANUARY 2009

Thurs 1st **SARUM** New Years Day Score Event, Heaven's Gate, Longleat, Warminster. Grid Ref ST828422. £4/£2 Registration 11.30 - 12.30. Mass Start 13.00. No toilets. www.sarumo.org.uk

Sat 3rd **WSX Day/Night Event**, including Wessex Night League. Poole Park. Org. Gavin Clegg. See website for further details.

Sun 4th. **DEVON** District Event, Virtuous Lady, Yelverton, Grid Ref SX497694. £5/£1. www.devonorienteering.co.uk

Sat 10th **DORSET SCHOOLS LEAGUE**, Inside Park, Blandford Forum, followed by Wessex Night League Event. www.wimborne-orienteers.org.uk

Sun 11th **NORTH GLOUCESTER OC** District Event & SWOA Galoppen, Cranham, Gloucester. Grid Ref SO882130. £8/£3. www.ngoc.org.uk

Fri 16th **WIMBORNE** Night Street Event, Sturminster Newton. Grid Ref. ST787150. See Wimborne Website for further details. www.wimborne-orienteers.org.uk

Sun 18th. **NORTH WILTSHIRE** Orienteers District & SWOA Galoppen, West Woods, Marlborough. Grid Ref SU166667. www.northwilts.org.uk

Sat 24th **BRITISH NIGHT CHAMPIONSHIPS**. Mytchett & Congo Stream, Aldershot. Grid Ref. SU924563. Closing Date 11.01.09. £9/£4.50 www.southern navigators.com/bnoc2009

Sun 25th **BKO CONCORDE CHASE**, Regional Event. Yateley/Minley, Nr. Camberley, Surrey. Grid Ref. SU829578. £11/£3 (less £2 adult for BOF members) entries before 10.1.09. Closing date 17.1.09. Graduated fees after this. Online entries to: www.fabian4.co.uk www.bko.org.uk

Sun 25th **QUANTOCKS ORIENTEERS** Forest League 4, Lydeard Hill, Taunton. Grid Ref ST183335. Starts 1100 - 1300. email richard.sansbury@btinternet.com 01823 288405.

Wed 28th **WEDNESDAY ARMY EVENT**, Bordon. www.baoc.org.uk

Sat 31st **NORTH GLOUCESTER O.C.** Local Event & Mini League, Sallowvallets, Coleford, Glos.
Grid Ref SO607116. £4/£1. www.ngoc.org.uk

Sat 31st **BRISTOL** Orienteering Klub Western Night League, Silk Wood, Westonbirt, Tetbury.
Grid Ref ST855894. £4/£1. Starts 1 hour after nightfall. www.westernnightleague.org.uk

FEBRUARY

Sun 1st **BOK** District Event, Silk Wood, Westonbirt. Grid Ref ST855894. email
Stephanie@milne.com £7/£3.

Sun 1st **GUILDFORD ORIENTEERS** Regional Event & OO TROPHY 2009. Heyshott & Ambersham
Commons, Midhurst, Kent. No further details. www.guildfordorienteers.co.uk

Wed 4th **WEDNESDAY ARMY EVENT.** www.baoc.org.uk

Sat 7th **WESSEX O.C.** Day/Night Event. Parsons Pleasure., Wareham. www.wessex-oc.org

Sat 7th **DEVON** District Event & Devon Galoppen, Holne Moor, Ashburton. Grid Ref SX694703.
£7/£1. www.devonorienteering.co.uk

Sun 8th **KERNO** District Event & Galoppen, Craddock Moor. [www.btinternet.com/
-kerno.orienteeing/](http://www.btinternet.com/~kerno.orienteeing/)

Sun 8th **THAMES VALLEY O.C.CHILTERN CHALLENGE** Regional Event, High Wycombe, Bucks.
No further details. www.tvoc.org.uk

Wed 11th **WEDNESDAY ARMY EVENT**, Bovington. www.baoc.org.uk

Sat 14th **NORTH WILTSHIRE** Orienteers Night Score Event, Western Night League. Lydiard
Park, Swindon. Grid Ref. SU102841. www.northwilts.org.uk

Sun 15th **WIMBORNE** Orienteers Winter Warmer Regional Event, Gore Heath, Wareham.
Further details to be advised. www.wimborne-orienteers.org.uk

Fri 20th **WESSEX/WIM ANNUAL DINNER, provisional date. Venue tba.**

Sat 21st **SARUM Dorset Schools League & Night Event**, Wessex Night League. Stonedown
Woods, Sixpenny Handley. www.sarumo.org.uk

Sat 21st **NORTH WILTSHIRE** Score + Yellow & Green. Copse Wood, Marlborough, Grid Ref
SU272618. www.northwilts.org.uk

Sun 22nd **HAPPY HERTS NATIONAL EVENT & Southern Championships & Interland & FCC.**
Burnham Beeches, Near Beaconsfield, Herts. Grid Ref SU95289. Closing date 15.2.09. £15/
£7.50. www.happyherts.org.uk

Wed 25th **WEDNESDAY ARMY EVENT**, Yately & Minley. www.baoc.org.uk

Sat 28th - Sun 1st Mar. **BRITISH ORIENTEERING CHAMPIONSHIPS.** 28th: Hampton Ridge, New
Forest, Grid Ref SU200140. 1st Mar: Relays, Beaulieu & Dibden, New Forest, Grid Ref
SU390040. No further details. www.boc2009.org.uk **To reserve your place in the relays,
email John Hartley (see below).**

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. **THESE EVENTS WILL
BE FREE.** Coaching will be available at all our Informal events for all abilities. The coaching
is also **FREE.**

Please check before setting out, as some events have been known to change at short notice.

RELAY CO-ORDINATOR: John Hartley, c/o 28 Tollerford Road, Canford Heath, Poole BH17
9AE Tel: 07930 440813. email: john121@btopenworld.com

all the controls within the hour - despite wasting time on several. A few more circular hunts later I had finished. All the controls had been found and I was inside the hour. I had thoroughly enjoyed the experience and rather than be annoyed at the time I had wasted, was just happy that I had completed the challenge.

So on to the 3rd event, the Southern Championships. I had seen the start list a few days prior to the race and decided that the field, whilst small, was of a high standard. I would do well to finish 4th. I made one small adjustment to the head torch - which made it fit just right. The night was cold, so put on a couple of layers and gloves. I was off into the night. Gavin and I started at the same time and had the same 1st control. Needless to say, Gavin got there first - but not by much. That was good, one in the bag and I hadn't just followed either. As I went round the course, some controls appeared in front of me, others needed a little more searching for (not because they were hidden, but because I wasn't in the right place!). On some legs I opted for a longer, safer route, rather than the shorter, riskier route. These generally paid off. It didn't seem to be too long before I was on my way to the penultimate control. But where was it? I thought I had navigated to roughly the right gorse thicket. I started the inevitable circular motion trying to track the control down. As time passed more and more people joined in the search. Eventually there were at least 12 of us looking for the control! Finally someone stumbled over it - most definitely in the wrong place. It was then a group run to the finish. That was a bit of a shame, the run up until that point had been really enjoyable. I knew I hadn't done brilliantly, but I had enjoyed myself.

So why have I subjected you to my ramblings over some night orienteering? To show you that you don't have to be a top runner or performing at your best to enjoy it. I just went out to try something a bit different and had a thoroughly good time. The results didn't matter - what counted was that I had enjoyed what I was doing.

Why don't you give it a go? There are quite a few more local events scheduled over the next few months. I'm sure you will enjoy yourself.

Dale Paget

CAR SHARING TO EVENTS

As the price of fuel is rising by the day, it makes sense for all of us to share transport to events whenever possible. So if you are planning to go to any of the forthcoming events, please let others know via the yahoo group (if you are on it). If you are NOT on the Yahoo group, get in touch with Ian Middlebrook at themiddlebrooks@tiscali.co.uk, Once you are registered, you just need to email the Yahoo group and everyone on

More members please!

You may or may not be aware that Wessex OC are busy working in the background to recruit more people into the club. A successful grant has meant we have been able to provide training for several people to attend coaching courses. This will enable the club to gain a very important accolade as a 'Club Mark' status organisation.

Increasing Wessex membership will take time to build and there are lots of great ideas in the pipeline, which you will be hearing about. However, the best form of marketing is 'word of mouth', and this is where you come in. One member has had a fantastic idea of 'incentivising' all current members and to get your friends, family and colleagues involved in orienteering with us. All you need to do is introduce one person to the club.

The club currently has around ninety members on its books with half of those actively taking part in events. With the 2012 Olympic Games imminent the Government is very keen to get more people actively involved with sport - and why shouldn't that sport be orienteering?

One of our members said, "I personally have had the pleasure of introducing three people into Wessex OC. I have nurtured various other members back into the sport by keeping in touch with them, contacting them regularly and phoning them when an event is coming up near to them."

Here is the challenge: Each and every one of you is to try and introduce at least one person to Wessex Orienteering in 2009. If they join Wessex and they mention your name on their membership form, it will be logged. A league table will be run and the person introducing the most people who have joined Wessex OC and been a member for at least two months will receive a (good) bottle of wine sponsored by Gavin Clegg. The winner will be announced at the next AGM and this competition will continue year on year.

Tips:

- We are offering all new members one years free membership to British Orienteering - they only need to pay the local fee which is £8.
- Orienteering is more than just running around a forest with a map; it's about getting fresh air, keeping fit, using your mind, and meeting new people.
- For the fitter and faster individuals you can now take part in Sprint Orienteering - involving urban locations.

This is a serious challenge; your club needs you!

Safe Weight Loss Strategies For Masters Athletes ...



By Peter Reaburn PhD*

Since hitting 35 years of age, I've had a never-ending 'battle with the bulge'. I seem to have a problem losing that weight, particularly round the tummy. My wife, a masters swimmer and former world short-course world record holder in 800m freestyle, tells me it's the "bum and thighs" for the ladies.

For masters athletes, a low body fat is important for a number of reasons:

- health benefits;
- improved speed through not having to carry as much weight;
- achieving a weight category (rowing, judo); and,

aesthetics (looks and ego!)

What are the recommended safe weight loss strategies?

The following list is a summary of the guidelines recommended by the clinicians:

1. Lose weight in the off-season
2. Use a dietician, ideally a sports dietician
3. Reduce energy intake by 500 Calories (2100 kJ) per day (i.e. 0.5-1.0kg/week)
4. Lower the fat content of your food intake

Eat more fruit and vegetables

Do weight loss supplements work?

Some supplements are marketed suggesting they "burn fat". Research suggests that NO magic pill or powder can accelerate body fat loss. Many supplement companies falsely push products as "fat burners" and get away with it because the products are not drugs

and are therefore free from legislation and no standards are in place to control them.

What are some of the dangers of rapid weight loss?

Some athletes might try and lose weight by sauna's or diuretic tablets. Both these methods lead to dramatic weight losses but its all fluids lost through sweating or urinating. Some of the problems for masters athletes using these methods include:

- decreased training performance
- higher heart rates
- muscle cramping
- fatigue
- decreased ability to lose heat

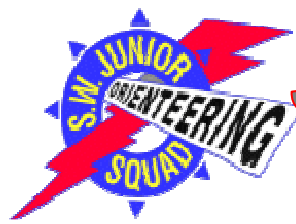
kidney problems

Some athletes may also drastically reduce carbohydrate intake to lose weight. However, this type of diet increases urine output and causes dehydration and electrolyte losses. These diets are also low in key nutrients for energy production and thus training performance. A carbohydrate-restricted diet can also lead to irritability, difficulty concentrating or low blood sugar because of lack of carbohydrate in the diet. This is particularly true around 3-4pm when many athletes want to train but have not eaten since lunch or not eaten at all.

Conclusion

Losing 0.5-1.0 kg of fat weight per week is suggested in masters athletes. This weight loss should be through lowering the intake of fatty and calorie dense foods and replacing them with the low calorie but filling fruits and vegetables. While not always available to many masters athletes, if you can get to a sports dietician for a consultation, their professional input may help you lose the "battle of the bulge". It worked for me!

* Peter Reaburn PhD, Associate Professor, Department of Health and Human Performance, Central Queensland University



Junior News

No.6 November 2008

News

It's been great to see so much commitment from everyone—25 athletes at the last training, several BOK SWJS members involving themselves in Junior Leader activities for orienteering and plenty of cake suppliers at training!

It's your Squad, so make sure you each a) tell us what you need and want; b) make sure you are doing something for SWJS yourself.

SWJS Training 1. Ramscombe. 25 October

25 SWJS athletes turned up for a chilly day on the tough slopes of Ramscombe including members of the revitalised UBOC club. This time we had the luxury of SI available, so there was plenty of data to analyse. Our aim is to build up a profile for each squad member of their orienteering strengths and weaknesses, fitness level and training needs.

Grateful Cake thanks this time go to Ella and Jessie Milne, and Matt Ryder. I suspect Matt's brick-sized pieces of bread pudding may be about to become a SWJS legend. How about a sprint event based at the bakery Matt?

SWJS Training 2. Christmas Weekend. 14/15 December

Get this one on your calendar! The SWJS Christmas weekend will be in the New Forest, just down the road from the November Classic. Based at Bransgore Scout Hut, the plan is something like this:

Upcoming Events

* indicates selection race for Interland

+ indicates selection race for tours

23 Nov BOK Galoppen. F of Dean

11 Jan NGOC Galoppen. Cranham

18 Jan NWO Galoppen. West Wood

7 Feb* Devon Galoppen. Holne Moor

8 Feb* Kernow Galoppen. Craddock Moor

* 2 moorland galoppens in one weekend!

21/22 Feb +National Event/Interland & Future Champions. Slough (Burnham Beeches).

29 Feb + British Champs. Jeff's back garden again! **NOTE DATE CHANGE!**

10-13 Apr *JK. Newcastle area

19 Apr *National Event/Future Champions. Lake Dist.

Saturday morning - Session led by athletics coach Phil Morris

Saturday afternoon—Technical training on Turf Hill, useful for 2009 British

Champs. Followed by a swim in Ringwood for those that want and dinner,

games and a mini night event in the grounds of Bransgore Scout Hut.

Sunday morning—Wiltshire Cross-country champs for some and a 'hash' by Ben Chesters for the rest of us. Depart at lunch time

Now I know it's a whole weekend away, but its only a few days from the end of term And dinner, floor and breakfast is provided And SWJS is getting very good at having a laugh And you know the training is good for you ... And Santa might even come a visiting

Cost will be £20-£25 for everything and all you need to bring is a sleeping bag and mat, plus lunch for two days.

British Schools Champs 2008

Very hot off the press! Some excellent SWJS performances today at BSOC. Congratulations everyone but especially to winners Jack B and Lucy B, 3rd place Isla S, Tom B and Sam G, 4th place Duncan T, 5th place Harry B and 6th place David M.

With some good results the previous day in the Selection race, we look forward to several athletes making the British Schools Team for Madrid next April.

Top Tips

These are all tips that will be obvious to some but were all things that we spotted people doing, or not doing, at SWJS training. Why not make a note of one or two and practice them at your next race?

1. Don't stand at the control after you've punched

You're making it easy for rivals behind you to find the control and catch you.

SWJS Training 2008-2009

All dates & locations provisional

29/30 Nov Lakeside Weekend for M/W16s. Lake District

13/14 Dec Christmas Party weekend. New Forest

Jan 2009 Indoor athletics session

28 Feb New Forest area

9/10 May Sprint & Middle Distance Champs weekend

July 2009 Cornwall weekend for JIRCs training

12/13 Sept JIRCs Magellan Strand. Northern Ireland

Editor: Pete & Ben Maliphant

pmaliphant@aol.com

Squad Manager: Jeff Butt

Jnbutt@aol.com

Practice checking which direction to leave the control as you approach it, then move smoothly away from the control as soon as you've punched.

2. Finding platforms

Platforms are always much easier to see from above—they stick out whereas from below the slope hides the flag. Plan your route to bring you down to a platform, not up, wherever you can.

3. Coming in by the exit

It's not uncommon for the best attack point to a control to be an approach from the side or even beyond the control. This is especially true of the final controls at events, such as the last but one control on many courses at the CompassSport cup final this year. Approaching this way can be fast because its safe - by deliberately aiming off, exiting runners may show you the way in and for last controls your route in may even be taped!

4. When it all goes wrong in a featureless area

If you 'lose it' in an area lacking obvious features to relocate on, don't just run around in hope of finding something. The nearest place that you did know is behind you! Do relocate quickly to a major feature like a track and backwards is often best.

Know your SWJS Athlete no.4

Name and class	Lucy Butt W14
When did you start orienteering?	Taken along from age 0! About 4 when I did my first string course
What do you like best about 'O'?	It's competitive. I like the social side and the challenge
What's your favourite area or terrain?	Nice runnable forest preferably down-hill
What training do you do?	Tues & Thurs at various sports club. Cross-country with Dad on Weds. 'O' at the weekend

What has been your best run or result so far?	Interland 2008 in Holland and winning W14
What do you enjoy most outside 'O'?	Socialising with friends and being around people
Do you prefer EMIT or SI?	SI
What O shoes do you wear?	Adidas Swoops
What's your most played music at the moment?	Coldplay - Viva la Vida
What's your worst orienteering error / best orienteering excuse?!	"Day 1 I picked up the wrong map. Day 2 I got lost at every control. Day 3 I mis-punched...but Day 4 way good!"
What's your favourite 'O top?	The SWJS one

JK 2010

As well our commitment to providing the car parking squad, we've been asked for any ideas at all for a logo for the event. Something simple, two-colour, that conveys a west country orienteering message is needed. If you have any ideas at all, even just half an idea, please pass them on to arthur.vince@btinternet.com.

November Classic. 2 November, Burley

One of the big events of the autumn took place at Burley, a selection race with lots of SWJS athletes running up a class as well. Tom Butt came 4th on JM5L and would have won but for a 4 minute error at no.10. Sam Giles, Lucy, Harry, Isla and Jack all finished in the top 5 and Ben M won JM5S.

Ben followed this up with an attempt at "Excuse of the Year" at Sallowvallets the following weekend when he suffered CMF (Catastrophic Map Failure) at no.9 in torrential rain.

This made navigating the rest of the course a bit harder than normal. "It just came apart in my hands" Ben said.





Comms House, Collingwood Road, West Moors, Wimborne BH21 6QW
Tel 01202 894222 Fax 01202 892262 www.comms.uk.com

- FOR NEW/REFURBISHED BUSINESS TELEPHONE SYSTEMS
- FOR CHEAPER BT LINE RENTALS AND CALLS FOR BUSINESS
- A LOCAL SUPPLIER WITH HUNDREDS OF HAPPY LOCAL CUSTOMERS

Tailor Made Solutions For All Your Copier Needs



Because buying a copier is no longer just "black and white" speak to the experts . . .

Multifunction Colour Copier/Printer/Scanner
Networked or Stand Alone Photocopiers
Superb Quality Output - 4 Hour Call Out
Lease or Outright Purchase
Full Backup & Customer Support
Authorized Colour Solutions Centre

COLLATE

01425 484700

www.collate.co.uk Email : sales@collate.co.uk

Collate Business Systems Ltd, Unit 1, Bay Business Park, Ringwood, BH24 5AS

REGULAR CLUB EVENINGS/TRAINING

Training Evenings take place on a weekly basis. Every Tuesday at Bournemouth Sports Club at 6.30pm, 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 p.m. 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 p.m. 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 and follow the link to Events. Alternatively, if you do not have access to the internet, please contact one of the committee