

Wessex Extra

January 2009



Successful informal at Poole Park



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Chairman's Chatter

So, what's been happening ?

Well our 'favourite five' potential level two coaches are nearly up to speed for their final assessment having all done four or more coaching sessions with both adults and children, as requires. All this should eventually tick a few boxes on our way to Clubmark qualification.

Our move from the Bournemouth Sports Club to the Bournemouth University as our club 'base' is done. We now go there for training and Committee meetings and everything else follows.

On the third of January Gavin Clegg organised our most recent event in Poole Park. This was another day followed by night event. Due to much publicity we had an interesting selection of newcomers to the sport making the morning a busy event with lots of coaching going on to the very varied 'first timers'. The night event went well in spite of one of our stakes being vandalised. How someone managed to break one of those orange farmers electric wire fence stakes is unbelievable; they are very strong.

Our next event is on the 7th of February and Tim Houlder is organising this on Parsons Pleasure. It is again a day and night event and also a schools league event. On the 7th of March Bill Brown will organise the event on Buddens, the newly mapped scout's area near the Wareham Forest.

I do hope that as many as possible are entered for the British Championships, particularly as it is in our home territory of the New Forest. Be not afraid, 'tis only like any other Regional event, but with rather more people attending. You need to get your entries in p.d.q.

I fear our Publicity Officer, Vicky Lee has had to resign for various reasons and I thought I must say thank you to her for her enthusiasm and the work done in her shortish period with us. It came I suppose as an interesting and innovative happening and we have all benefited from her approach to the clubs participation problems.

Look forward to the 5th of April and our Galoppen event. Liz will soon be calling up team leaders and all to help. We are at Rempstone for the event this time, not having been there for a pretty long time. Bill and I have resurveyed the area and the planning is now down to me, and it is not an easy place to plan in!

The orienteering season is upon us, so let's go for it and try to do more events.

Richard Arman

Saturday 7th February

Dorset Schools League and Wessex Night League

Venue: Parsons Pleasure Near Wareham At GR SY905895 (50.70435 N -2.13602W), Coldharbour between Bere Regis and Wareham.

Parking: On forest tracks and hard standing at GR SY905895

Terrain: Varied area of coniferous woods with areas of open heath and some contour detail.

Support: Help and instruction available. Novices welcome.

Map: 1:10,000 with 5m contours, overprinted. Map bags available.

Timing: S.I. Electronic punching

Courses: White, Yellow, Orange, Light Green, Green and Blue. Night Event is a Wessex Night League, 1 hour score

Times: Registration: 12:30 onward
Starts: 13:00 to 15:00
Course closes: 15:30
Night League: Starts from 17:45 or dark (if earlier)
Course Closes: 20:00

Fees: Juniors £2 Seniors £4

Entries: E. O. D. (Entries on the Day) only

Facilities: Squash and Toilet (toilet day time only)

Dogs: Dogs on leads around registration please. This is a popular dog walking area.

Officials: Planner: Tim Houlder
Controller: Kay Sayer
Organiser: Tim Houlder Tim.houlder@ntlworld.com)

Boxing Day Canter

What is it about the Boxing Day Canter which makes it one of my favourite events of the year? Is it the fact that I am in desperate need of some exercise after a day of over indulging? Is it that it is not too far to drive? Is it the great atmosphere which prevails as everyone is still in Xmas spirits? I really don't know but whatever the reason I always look forward to an hours thrash about in a local forest and this year was no exception.

The weather was very cold but bright so there was a good turnout of keen athletes desperate to collect all controls right down to families who were happy to stroll around and enjoy themselves and whose highlight was certainly meeting the Christmas Fairy or Father Christmas.



And they're off...

For my part I always try to have a reasonably competitive run so blasted off from the start to the first control, but still had to more or less fight to get at the control box to insert my dibber. Then back onto the main track only to see a fellow club member some way ahead of me. One I usually beat on running so how could he have got ahead of me so soon? (I later learned that he had not bothered with the first control as so many people were heading towards it).

My route choice seemed to be the same as Rob Hicks and we kept heading into or out of the same controls for a while until I headed off further south and deliberately missed a couple of controls in the middle of the area. As the clock ticked inexorably (what a lovely word) towards the hour I kept re-planning my strategy to get as many controls

as possible, but still no sight of the Fairy or Father Xmas.

But with less than 10 minutes to go I was heading back towards the finish and was lucky enough to see Father Xmas to gain 50 bonus points (I declined the sweet and/or Xmas kiss). So back in time to learn that some fit youngsters had got all controls although not the bonuses. Didn't quite make the top 50 but in a field of nearly 250 I was pleased enough with my result.



Extra points for finding the fairy AKA Jo Pickering (WIM)

I think I have just realised what it is I enjoy so much. It is the fact that usually after this event we have some friends back to our house to help us finish off the cold meats, pickles, jacket spuds etc and perhaps a game or two of Trivial Pursuit. So here's to next Boxing Day, or is that looking forward too much? Ian Sayer

New competition structure - affect on Club League

As most of you will be aware, the structure of orienteering events is changing (yet again) so that there will no longer be age-group courses at Regional/Badge events. All level 2 events will be based on an extended set of colour-coded courses, although not all colours will be available at all events.

This could potentially make the Club League difficult to administer, in terms of what constitutes a Long or Short course for each age-group at each event, so I intend to keep it as simple as possible. The table below shows the shortest course that will now be considered as 'Long' for each age group for handicap purposes. These are based on being the next course up from the equivalent 'short' course as shown in the new BOF guidelines.

Brown	M21	Short Blue	W20, W35, W40, M55, M60
Short Brown	M20, M35, M40	Green	W18, W45, W50, W55, W60, M16, M65, M70
Blue	W21, M18, M45, M50	Short Green	W65, W70, W75, W80, M75, M80, all other juniors

Note - I will not generally use a Local Event (Level 3) for the League if it does not offer at least a Blue course, unless it is part of the Dorset Schools League.

Ian Middlebrook

Club Championships

Wow doesn't time fly. I promised to write a few words about the Club Championships held at the November Classic - a dozen or so events ago now.

There were five contenders for the Women's trophy. Tina was riding high in the club league and hoped to perform well, but with youth on her side her handicap was small. Emma had even more youth on her side, but with the shortest course any error would be severely punished. Liz, Celia and Kay were all in with a chance. A slow start for Tina and an error on control 11 put paid to her chances. A slow middle section and then after putting in a fast time for control 9, a mistake at control 10 the penultimate control, did for Emma. Liz had a fine run navigationally but was just not fast enough over the ground. Celia had a wobble at control 4 losing three minutes but her downfall was control 7 where she lost six minutes. This left the pressure on Kay, a 3½ minute wobble on control 6 did nothing to calm the nerves but with this single error Kay's consistency led to the trophy.

The Men's trophy was equally well fought, with the pre race betting on Dale or Gavin with past winners Richard and Ian as the dark horses. Ian lost a total of 4½ minutes with the bulk of that coming on control 12. Richard had a very consistent run losing 4 minutes overall and like Ian a 3 minutes mistake at his control 11. Without these two small errors Richard, with his good handicap, would have been challenging for the trophy. Between Dale and Gavin it, as always, came down to seconds. Dale lost around a minute and a half, most at control 7, but even without these errors he couldn't catch Gavin who ended with a final computed speed close to 5m/k. This was due not just to running speed (although that obviously helps) but a very consistent run with the worst navigational error being around 15 seconds!

All in all two worthy winners. Question is are you up to beating the two of them next year?

Gavin Clegg

Coastal Path Relay Saturday 11th July



As most club members are aware each year we enter a team into the Dorset Coastal Path relay which is run along the coastal footpath from Dorset/Devon Border near Lyme Regis to the Studland Ferry. The total distance is 102 km with 3000 m of climb. The event this year will take place on Saturday July 11th. Please make a note of this in your diaries because we need as many runners as possible to turn out and try and defend the trophy that we have won for the last two years.

This year though we will also need something else, namely a new team captain as unfortunately I am going to be away on holiday on that date. Besides, having had the fun of organising the team over the last three years I thought it was about time I let somebody else enjoy the experience. Thus we need a volunteer to step forward to this role as quite simply; no team captain = no team. I will of course offer help to whoever takes on the job and explain all the 'tricks' that I have learnt over the last three years. So if anybody is interested in the task please let me know and I will explain in more detail what is involved

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 deployed 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 severe 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. And of course, drivers are always appreciated.

No doubt the team captain (whoever he or she may be) will be asking who is actually available nearer the date, but just please try to keep July 11th free.

Roger Crickmore



It was time to move south. Trevor's sister had mentioned that all the camp sites in Australia are in premier positions beside the sea because the early settlers in Australia could only go camping for holidays. Hotels then were definitely only for the men and it is in very recent years that 'sheilas' have been allowed in bars! We

decided to try a campervan, so rang Apollo and collected a bijou campervan the next morning for the fortnight trip to Brisbane.

Queensland is a state with extremes of weather, we were warned about main roads that could be washed away if it rained, advised never to get low on fuel, always carry water etc!

We loved Queensland, it is always warm! The traditional houses are very pretty, built of white painted wood set on stilts, because in The Wet it often floods. We drove thousands of kilometres along The Princes Highway (which encircles Australia) with the Great Dividing Range on our right and the Pacific Ocean to our left. Through mango orchards, banana plantations and sugar cane fields criss-crossed by narrow gauge railways that had just finished bringing in the sugar harvest before The Wet.

As we travelled south we perused the Rough Guide and stopped as the fancy took us. We stopped at Brampton Beach on a whim and discovered a little tropical paradise behind the Alice Mountains and river. We had a mackerel burger for lunch at the local café which was also the local store, petrol station (one pump) and bike hire!

This set the pattern for the next fortnight. We stopped at Cardwell. Here there was a row of beautiful houses and a motel with campsite separated from the sea by a lawn and row of trees. The shop, café and post office were just a little way inland beside the Princes Highway. It was Sunday, so all the locals and some Swedish visitors were there for the usual Sunday evening BBQ served on the front lawn overlooking Hinchinbrook Island. It was a very sociable evening.

We moved on. Lucinda was a very quiet port with a 5 kilometre long jetty to take the sugar to the ships.

Innisfail, a modest town, had been destroyed by a storm in the 1930's and completely rebuilt in the fashionable Art Deco style.



Innisfail

Townsville is almost a city, a transit port for the mines in central Australia. This too had been ravaged by a cyclone but the seafront has been completely redeveloped. There is a lagoon for swimming, children's play areas, stainless steel BBQ's, stinger nets in the sea and a tree shaded promenade. The Australians are encouraged to take their 10,000 steps every day so the Botanic gardens and promenade are very busy in the evenings. The paces are marked on the pavements! In Townsville we found a modern, indoor, air- conditioned shopping mall so we enjoyed a hairdo and pedicure.

Horseshoe Bay has a remote campsite in the bush with walks on to the cliffs, but still managed to have a swimming pool, café and shop.

Bowen is a fascinating little town with enormous boulevards rather than streets but with over 20 murals painted on the sides of the shop walls depicting the history of the town.

The Whitsunday Islands are where the Great Dividing Range dips its feet in the most fabulously amazing turquoise sea. As we drove down the hill to Airlie Beach the colour took our breath away. The Whitsunday's are famous for their sailing trips but we opted for a day kayaking to one of the islands. The sea was so warm and clear we could see the fish and coral beneath us. After a picnic and a spell snorkelling in our stinger suits it was time to return, but the thunder and lightening which had been rumbling inland spread across



the water. As the rain swept nearer we pulled our kayaks well up the beach and ran for cover. The rain drops felt like stones being thrown at us. Our kayak was driven off the beach into the sea! It contained our wallets and cameras!

Of course the storm was transient and the kayak was easily rescued and despite being wet we were warm! As we stepped ashore with our wet clothes clinging I did briefly wish for a more svelte figure!

The Swedish people from Cardwell had invited us for an evening at the home they had built at Midge Point. We drove the 60k there and discovered they had fabulous Queensland mansion! We were made very welcome, enjoyed a lovely meal and relaxed in the gentle warm night air overlooking the illuminated garden from their first floor balcony. Then we drove 60k back to our camp site! The camp site is set in tropical gardens!

Cape Hillsborough is a national park beside the sea with a camp site. The owners care for orphaned kangaroos and we helped at feeding time on the beach and were able to stroke the kangaroos! The mangrove swamp behind the camp has a huge midden of seashells where the Aboriginal people met for festivals.



Mon Repos near Bundaberg is where the turtles come ashore to lay their eggs. At night the wardens patrol the beach while the visitors wait at the research centre. When a turtle arrives the wardens wait until she is settled and laying eggs and then a group is taken along the sea shore. We had to wait until 11pm but were well rewarded. It is much more interesting watching a turtle on an Australian beach than on the TV! The turtle we saw had been tagged in 1998 and recorded visiting 4 years previously.

Hervey Bay is where we were introduced to the RSL club. These clubs exist all over Australia. They have huge family dining rooms, bars and unfortunately, gambling machines or pokies as they are known down under. They also have minibuses to collect you and return you home! We had a good evening meal for very little money. Hervey Bay not only has a smart promenade with its 10,000 steps but exercise equipment at intervals!

The Queensland coast is burgeoning as more people migrate to enjoy the warmth and sunshine, but it can be a harsh land as I will tell next time when we visit Fraser Island.

Madeleine Bridle

Rough and Tumble

Some of you may know that a few mad club members do not restrict themselves to orienteering alone. They take part in other activities such as mountain biking, cross country running, road running, triathlons etc. Well occasionally I take part in road or off-road races and when Rob Hick told me about the Rough and Tumble race which takes place near him at Pewsey in January it seemed an ideal race to fill an otherwise empty weekend.



Four club members took part, myself, Rob, Tina Stratford and Graham Whiffen. It was a cold day when we gathered outside the village hall in Milton Lilbourn near Pewsey but over 500 like minded idiots had also decided that this was the race for them. It has built up a cult following as it is mostly off road and contains some hefty climbs. After a brief chat from the organiser and a raffle for two pairs of off-road shoes we were off, but at a shuffle to start with as the road was narrow and there were a lot of competitors. It wasn't long before the first hill came up and the only way for me to get up it was hands on knees and walk up as fast as possible. Even walking I was overtaking people running so it seemed to work.

Up onto the main ridge and into the teeth of a biting wind, running along farm tracks mainly keeping to the edges to avoid the frozen-over puddles in the middle. Soon a brief road section followed and then onto a narrow single file path between banked up hedges, overtaking virtually impossible here. At the end of this section it widened out along a field edge and there ahead of me was Rob. I managed to edge past him and had a quick chat on the way (it must be mentioned that he had completed 3 events in one day the day before so was understandably tired, otherwise I doubt if I would have passed him).

Then another longer but more gentle uphill and a long downhill on a slippery farm track. The runner in front of me slipped over (he wasn't the only one by a long way) and got covered in chalky mud. At the end of this section was a rough uphill scramble, followed closely by a steep descent, followed by an even steeper climb (many people used hands and knees on this part), along a narrow track and then a very tricky descent over rough ground at the edge of a field. I took my time over

this as I didn't want to risk a turned ankle or worse.

We had completed nearly 7 miles out of the ten and I still wasn't feeling too bad so kept plodding along just waiting for the sting in the tail (this type of race always seem to like a final steep climb towards the end). As it happens the sting was a long gradual climb rather than a short steep one. This was a classic case of the hare and the tortoise. I am afraid I always attack hills so I passed a couple of runners who were plodding up only to have to walk for a while, watching them run past, only for me to run and pass them again, walk again while they passed me etc. In the end I just beat them to the top where we were confronted with the same narrow path we had run down some 7 miles earlier. I managed to push on a bit down here although still no overtaking but at the bottom we turned left instead of right and then had a half mile section over fields with stiles to contend with.

In the end I managed a time of just over 1 hour 36 minutes which I was well pleased with. My GPS watch told me we had climbed nearly 600 metres in the 10 mile race. I was filthy but warm enough while running even in only shorts and a short sleeved thermal top. However I soon cooled down afterwards so retrieved my kit bag and made my way back to the car without sampling the famous tea and cakes.

I can thoroughly recommend this type of race if you fancy something a bit different and the continuous running helps to improve your fitness for orienteering events.

Ian Sayer



SECONDS COUNT

Minutes may not matter (see last edition of Wessex Extra), but seconds do count!

I first became aware of this way back around 1971 when competing in a badge event (as they were called in those days) on Exmoor run by Quantock Orienteers. After a gruelling course which had me out for about 75 minutes I discovered I had won by 1 second. In the intervening 38 years there have been a number of races I have won by that solitary second. Right up to Novembers Southern Night Championships that Dale wrote about in the last edition. I cannot remember any races I have lost by a single second but then they do say memory is very selective!

Even if its not winning, just beating someone by that single second can be very satisfying (ask Ian Sayer about the 2008 November Classic for instance). So how can you ensure you squeeze the most out of your run - here are a few tips:

- a) Make sure you have everything packed and ready to go the night before. Produce a written checklist for yourself and make sure you tick it off every time. If you forget something you won't be in the right frame of mind for your run.
- b) Aim to arrive at the event car park at least an hour before your intended start time, again to allow you time to get ready to run without panicking.
- c) On whichever hand you hold your map, draw an arrow on your thumb nail. Then when you are using your thumb to keep track of where you are on the map you are being far more specific and the eye gets there quicker.
- d) Get to the start at least 10 minutes before your run making sure you have warmed up sufficiently. **A warm up should be at least 15 minutes.** You are then starting off with the body in the right mode to run hard from the outset.
- e) During your 10 minutes at the start, identify two or three people running your course and, if possible, see which way they run off towards the first control. This allows you the luxury when you start off, of just glancing at your map then putting your head down and running. Not having to stand around looking at the map

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FORTHCOMING EVENTS

WEDNESDAY ARMY ORIENTEERING EVENTS. BAOC organise orienteering events most Wednesdays for the Army and civilians are welcome to attend as well. www.baoc.org.uk

CAR SHARING TO EVENTS. *If you are planning to go to any forthcoming events, please let others know by sending an email to the yahoo group. If you are NOT on the Yahoo group, get in touch with Ian Middlebrook at themiddlebrooks@tiscali.co.uk who will give you details of how to join.*

FEBRUARY 2009

- Sun 1st **GUILDFORD ORIENTEERS** Regional Event & OO TROPHY 2009. Heyshott & Ambersham Commonds, Midhurst, Kent. No further details. www.guildfordorienteers.co.uk
- Wed 4th **WEDNESDAY ARMY EVENT.** Puttenham (tbc) www.baoc.org.uk
- Sat 7th **WESSEX O.C. Informal & Dorset Schools League & Wessex Night League,** Coldharbour., Wareham. See the website for full details. www.wessex-oc.org
- Sat 7th **DEVON** District Event & Devon Galoppen, Holne Moor, Ashburton. Grid Ref SX694703. £8/£1. www.devonorienteering.co.uk
- Sun 8th **KERNO** District Event & Galoppen, Craddock Moor. www.btinternet.com/~kerno.orienteering/
- Sun 8th **THAMES VALLEY O.C. CHILTERN CHALLENGE** Regional Event, High Wycombe, Bucks. No further details. See the website: 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
- Sat 14th **WIMBORNE training event,** Moors Valley. www.wimborne-orienteers.org.uk
- Sun 15th **WIMBORNE** Orienteers Winter Warmer Regional Event & SWOA Middle Distance Champs, Gore Heath, Wareham. See Wimborne's website for further details. www.wimborne-orienteers.org.uk
- Wed 18th **WEDNESDAY ARMY EVENT,** Turf Hill (Sarum). www.baoc.org.uk
- Fri 20th **WESSEX/WIM ANNUAL DINNER,** Riviera Hotel, Burnaby Road, Alum Chine. **If you have not already booked your place for this, you need to do it BEFORE 4TH FEBRUARY!!!**
- 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
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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

MARCH

Wed 4th **WEDNESDAY ARMY EVENT**. No further details. See the website: www.baoc.org.uk

Sat 7th **WESSEX Informal**, Buddens, Wareham. Further details on our website. www.wessex-oc.org

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

Sat 14th. **WIMBORNE Training**, Moors Valley. www.wimborne-orienteers.org.uk

Sun 15th **QUANTOCKS Local Event**, Crowcombe Heathfield, Williton, ST127343

Sun 22nd **SARUM Regional Event**, Sarum Saunter, Fonthill Wood, Hindon ST909307. www.sarumo.org.uk

Wed 25th **WEDNESDAY ARMY EVENT**, Sidbury (tbc). www.baoc.org.uk

Sun 29th **DEVON CompassSport Cup & Trophy, 1st Round**, Bullers Hill, Exeter. SX884847. You will be contacted Shortly with further details.

APRIL

Sun 5th **WESSEX Galoppen and Local Event**, Rempstone, Corfe Castle. SY992835. See our website for further details. www.wessex-oc.org

10,11,12,13th JAN KELLSTROM ORIENTEERING FESTIVAL, see BOF website for more details.

MAY

Sat 2nd - Mon 4th **0007 WEEKEND Including Mike Nelson BOK TROT National Event**. For further details, see BOK website.

Sat 9th **WESSEX Informal**, Upton House, Poole. See our website for more details. www.wessex-oc.org

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 events for all abilities. The coaching is also FREE. If you would like some orienteering coaching, please contact Kay Sayer, k.sayer@ntlworld.com ****

For further details of events, see the relevant Club's website (links through BO). 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.

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in the 'panic zone' where everyone can see you.

- f) Look at all of your control descriptions **before** you start to ensure you know what each one means. This particularly goes for the positioning of the kite. Where possible, memorise as many as you can, pay particularly attention to memorising the first three, **including the codes**.
- g) In the start lane look at the blank map and work out where you are. You should now know where you are, which way your fellow competitors went and the description of the first control. From all this information you can make a very good stab at where the first control is, (prepare to be flexible on this - you could be wrong!).
- h) The first control must be a balance. Don't set off too fast, but with the confidence from g) you should be able to set a good time. I expect to have one of the fastest splits to the first control.
- i) Always be planning ahead. Make sure you know which way you need to leave the control and try to be in a position to flow through the control rather than going in and out - and its certainly not a stopping point! Not only will this waste those seconds but it will also help your competitors to see the control.
- j) 'Go with the flow' Try and run **with** the forest rather than **against** it. Ok it may be taking you off line, but you can compensate for that later.
- k) Finally how do you run between the last control and the finish? Usually there is no navigation involved, so put the map away, put your head down and run like crazy. One way to make this more interesting is to find someone of about your own standard and have a private competition at each race to see who has the fastest split from last control to the finish. As with h) I expect to have one of the fastest splits for the run-in.

So with each and every one of these seconds coming off your times I expect to see you all doing better in 2009.

Gavin Clegg

N.B. On Sun 18th Jan at West Woods, Gavin lost 9th place by 1 sec!

Inside Park Triple O

(Rob) As soon as I saw the flier for Wimborne's event at Inside Park and the chance to have a go at 3 different orienteering disciplines in one day I just had to have a go, along with Tim Holder who was also up for the challenge.

With rock hard ground and plenty of ice still around it was going to be an interesting day.

(Tim) It wasn't really my idea to go and do all three events but I know that individually they're all fun just as the flier seemed to suggest. So rather than choose between them I waited for circumstances to dictate. So when Rob asked if I was going to do all 3, - "well of course" I heard myself say.

For once I arrived in good time, only to find that the bike course was shortened, unless we'd like to wait until midday, owing to the landowner double booking the South woods with a pheasant shoot. A shorter course was probably no bad thing really, with another 2 events to come, especially if we got going early with the mud all frozen solid. So, after registering (thanks to Dick Keighley for his generous 3 courses for £10 offer), pumping up tyres, destroying an inner tube in the process - I eventually cranked into gear and got started. (A good job we got there early).



MTBO (Tim)

I went first, hoping that the knowledge that Rob was setting off close behind would keep me motivated. Actually, I've never found that this ever helps with orienteering. It works fine for a race but not when you need to concentrate. MTBO is no exception, which resulted in a wrong track, an extra 15m of climb and 150m distance to the 1st control. Lucky not to have been passed I thought. Sure enough, after a poor bit of reading and a hasty assumption, a dismount and a relocation, Rob had caught me up with a couple of juniors in tow. I dismounted and found the control first. (and made sure I was going to be 1st back on the bike before alerting the others). I almost felt guilty - but I'd just lost 4 minutes. It's a good job I'm not a competitive soul, otherwise I wouldn't have told them at all.

So on for 1.4km around a field boundary, dodging a walking party; had to really focus and keep it straight all the way when in a bit of a u-shaped wheel track alongside a barbed wire fence. There never seemed to be enough chances to read the map, or even unfold it when moving. This was becoming an exercise in map-memory - something it seems I'm not too good at. (I must get one of those map boards). I probably only lost a minute this time but still no-one on my tail. The next bit of single-track was good fun. Not navigationally challenging but a bit tricky. Back on the road, I sensed someone closing in as we turned off to single-track again. I'm none too sure of the etiquette of MTBO, but I reckon orienteers are fairly competitive souls and I wouldn't expect another competitor to take time out to let me pass. There'd be chances further on up the way. Surprisingly it was only when I stopped at the next junction to check my map that I was passed. (I really must get one of those map boards). I was only just thinking "isn't that an international medallist who just went past me? I wonder if I should watch and learn?" when I nearly ran into the back of Emily as she came to grief due to a combination of holly bush and a deep rut. Although clearly in some pain, Emily told me to go on through, so feeling a proper Dick Dastardly, I moved the bike out of the way and carried on. I really didn't need to worry, because Emily soon came past me and kindly pointed out my mistake as I stopped a bit early and dibbed the wrong control (I really do need to get one of those fancy map boards). After a sprint to finish in 47:00 dead, I found that I'd just made 3rd place (from 4th and 5th) by 1 and 2 seconds. So Tim 1 - Rob 0 (not that we're counting of course) and yes seconds really do count!

Reality check - 1st place (Emily Benham including fall) was about 10 minutes quicker. 2nd place (man on foot 2:15 quicker) .

Foot-O (Rob)



After a short break it was back out on foot this time to run a Blue course. Tim set off a few minutes ahead of me and by now we knew Alan Hartley and his friend Mark were also having a go at all 3. So determined to focus I ran to my first control, just about to dib - wrong! turned round and luckily saw the right one some 50 meters away. After a slight deviation to the right of No 2 I was

pleased with a clean run up to No 9. Its good to check control numbers before you punch as I nearly did the same again at No 10 as I had at No 1!! Warmed up again at last I enjoyed the run round the southern wooded area before heading back north to the finish in what I thought was a reasonable time. Again as on the bikes Tim and I were fairly close swapping fastest times between controls. Alan and Mark however where going somewhat quicker.

Having adjourned to the warmth of a cafe in Blandford it was Jacket Potato`s all round for some well needed Carb`s.

So out came the head torches for a final run round in the form of a one hour score in the dark.



Night-O (Rob and Tim)

(Rob) From a previous event like this I had learned from Gavin Clegg that its worth spending a little time planning so as to have a more systematic approach and hopefully more points ! Having cleaned up nearly all the controls in North wood a single control worth 50 points (had to be got!!) meant a couple of very long legs around all the OOB fields to reach the Southern half again with more high scoring controls - well done planner - just as my legs where starting to tell me enough! One more effort to the far eastern end of the map and then all out to the finish. I was 23 seconds over the hour and not capable of going any further !!

Thanks to Wimborne for a great event and to Tim, Alan and Mark for the fun of friendly competition.

(Tim) So 1-1 and all to play for (not that we're counting)- and given the night form my money's on Rob.

What can I say? The dark was just a shade too dark. My light wasn't quite bright enough. The compass pointed the wrong way? The map wasn't clear enough?

No, sad to say:

It was my brain that just wasn't bright enough. My plan wasn't clear enough. (Plan, what plan?) So the better man won.

Tim Houlder and Rob Hick

Two Years On

Two years on, I am still orienteering and enjoying it! In my article in the August 07 Wessex Extra where I recounted the experiences of my first six months in orienteering, I mentioned that I had entered the Scottish Six Days. Was this a rash decision? Well, I survived the week and not only that, I completed the course each day, didn't get disqualified and was never last! However it was challenging not just because of the terrain and the courses but because of the weather. It rained every day except the rest day, which was bright and sunny. Because I had entered quite late, I was unable to get accommodation and had to camp. It was just as well that I am used to camping in difficult conditions as my tent blew down twice breaking several of the fibreglass poles and tearing the flysheet. Thanks to Duck Tape I was able to effect repairs and keep the tent relatively dry but had to use the steel poles from the porch to brace the inside of the tent against the strong winds. The weather was such that I was unable to dry wet clothes and I had to make frequent trips into Aviemore to buy new clothes.



Eric smiling as he passes Richard at the finish

However I enjoyed the week experiencing some very technical terrain and only getting lost once and that was on Day 5. At the start I set off

boldly for the first control just beneath a crag. A few minutes later it was just in front of me but the number was the wrong one! Try as I might I couldn't find any other controls on the map just beneath a crag - I was lost good and proper. I decided to try and get back to the start and relocate. On my way down the mountain I came across a fence and followed it until I found a stream. Thinking that I now knew where I was, I set a bearing for the control. After some steep climb I found the control but it was control number 3!! From here I made my way to control 2 and eventually to control 1 - at last. It had only taken 45 minutes to find it - not an auspicious start. Undeterred I carried on back to control 2, then 3 and on to complete the course. I was feeling very tired as much of the course was steep climbs and I had several falls, but I finished and was not disqualified. It was my worst day but I was very heartened to find that I was 59th out of 63 and thus not the last to finish.

Although I was camping by myself, I was in a muddy field with probably some two hundred other campers. There was much camaraderie as there was a large marquee with a bar and nightly entertainment.

The other club members taking part all congregated each day in the assembly area and erected the club tent and the club banner. This added to the sociable atmosphere and provided a focus point for members. Some club members rented a house and one evening they invited me dinner and to use their washing machine - sheer heaven. Another evening, all fourteen club members taking part met in a restaurant in Aviemore and we had a great time. All in all I enjoyed the week and felt I had gained some valuable experience and I am looking forward to this years Scottish Six Days.

I now consider myself a fully fledged orienteer and club member. I have helped at many events and taken part in club relay teams as well as being sprint runner in the club's defence of its title in the Dorset Coast Path Relay 2008. This was a fantastic event and I was pleased to be able to support the club in retaining its crown although I am not a fast runner. For over forty years, yacht racing has been my main sport but now when anyone asks me what is my main sport is, I enthusiastically say that it is orienteering!

Eric Whapples

WSX Club League 2008 Results

Another year is over, so it is time to recap on our Club Handicap League which, you may remember, aims to reward our most improved orienteers. Congratulations must go to our two winners for 2008 - **Tina Stratford** and **James Crickmore**. The final League Tables are shown here, with the full results for each event being available on the Club League section of the WSX website.

Tina has won the senior league by quite a large margin, having been ahead for most of the year, and I hope you would all agree that it's a fair reflection on the great strides she has made as an orienteer over the last 12 months. The battle for second place was much closer, but eventually taken by Roger Crickmore - benefitting from running shorter courses after moving up to M45.

The junior league was a very close affair, despite the low number of active juniors within the club. Our new champion, James, was pushed right to the wire by club newcomer Nick Hillman, who will surely be a serious challenger for the title in 2009 if he continues his development.

Just for fun, I have also produced a few tables of facts and figures from my database - I hope you find something of interest. For example, it was pleasing to confirm that Tina and James have both reduced their handicap by the greatest margins over the year, and impressive to see that Tina scored over 160 points on four separate occasions. Equally impressive to see that our illustrious chairman, now in his 80th year, is still the most active competitor of all of us!

Final League Table 2008 - Juniors

Position	Name	Age Class	Average Score	Events	Current Handicap
1	James Crickmore	M16	134.0	11	18.3
2	Nick Hillman	M16	132.8	5	27.9
3	Emma Crickmore	W14	125.0	7	26.9
	Andrew Houlder	M16	145.7	3	13.4
	Danny Scott	M16	85.8	2	62.7
	Rebecca Houlder	W14	115.7	1	39.8
	Yvette Paget	W6	115.0	1	72.1

Final League Table 2008 - Seniors

Position	Name	Age Class	Average Score	Events	Current Handicap
1	Tina Stratford	W35	130.5	16	22.0
2	Roger Crickmore	M45	115.7	5	9.8
3	Kay Sayer	W60	115.1	11	15.9
4	Allan Rixon	M21	112.4	12	19.1
5	Eric Whapples	M60	111.2	18	24.5
6	Peter Robertson	M65	108.3	11	34.0
7	Tim Houlder	M50	108.0	10	10.1
8	Anne Morgan	W70	106.7	8	71.7
8	Hilary Dunford	W50	106.7	8	37.2
10	Liz Lockton	W45	105.4	9	15.4
11	Ian Sayer	M55	105.3	13	9.9
12	Alan Hooper	M65	104.8	12	21.0
12	Celia Robertson	W55	104.8	13	14.2
14	Chris Brown	W65	103.6	13	31.4
15	Dale Paget	M40	103.4	17	7.1
16	Graham Whiffen	M35	103.2	12	8.9
17	Rob Hick	M45	103.1	29	10.0
18	Richard Arman	M75	102.1	33	17.2
18	John Hartley	M21	102.1	23	7.6
20	Alan Brown	M50	101.3	6	13.3
21	Madeleine Bridle	W55	100.7	14	25.9
21	Sian Rixon	W21	100.7	10	19.8
23	Bill Brown	M70	100.5	21	15.1
23	Gavin Clegg	M50	100.5	8	7.7
25	Richard Dunford	M50	99.0	10	19.8
26	Roy Morgan	M70	98.5	11	18.7
26	Gavin Avey-Hebditch	M45	98.5	16	15.2
28	Jonathan Brooke	M40	97.5	5	8.0
29	Gordon Raggett	M70	95.8	18	26.6
30	Pella Rye	W80	91.2	5	30.1
31	Tracy Crickmore	W40	91.0	6	21.2
32	Des Wyatt	M80	88.0	6	32.7

Full table available on the website.

Best handicap improvement over the year (all ages)

	Name	Start Handicap	End Handicap	% Improvement
1	Tina Stratford	34.1	22.0	35.5
2	James Crickmore	27.1	18.3	32.3
3	Emma Crickmore	31.7	26.9	15.1
4	Kay Sayer	18.6	15.9	14.3
5	Allan Rixon	22.2	19.1	14.1
6	Nick Hillman	32.0	27.9	12.7
7	Andrew Houlder	15.3	13.4	12.7
8	Eric Whapples	27.6	24.5	11.2
9	Roger Crickmore	10.7	9.8	9.0
10	Tim Houlder	11.0	10.1	8.8

Best individual performances against handicap

	Name	Event	Course	Event Score
1	Tina Stratford	WIM - Sep 14	Green	189.5
2	Tina Stratford	SOC - Nov 2	Long	180.1
3	Emma Crickmore	SOC - Nov 2	JW4	170.6
4	Eric Whapples	SOC - Nov 2	Long	169.8
5	Tina Stratford	BAOC - Oct 15	Light Green	165.7
6	Nick Hillman	SARUM - Nov 8	Light Green	162.8
7	Richard Dunford	BAOC - Oct 15	Blue	162.1
8	Tina Stratford	SOC - Sep 7	Light Green	161.9
9	Eric Whapples	WIM - Feb 17	Short	160.7
10	Nick Hillman	SARUM - Sep 21	Light Green	160.3

Fastest individual runs (male)

	Name	Event	Course	MPK
1	John Hartley	SBOC - Mar 2	Long	5.6
2	Dale Paget	SOC - Sep 7	Brown	5.7
3	Dale Paget	SOC - Nov 2	Long	5.9
4	Dale Paget	SARUM - Mar 9	Long	6.2
5	John Hartley	BKO - Jan 27	Long	6.2

Fastest individual runs (female - long courses only)

	Name	Event	Course	MPK
1	Celia Robertson	WSX - Oct 12	Long	11.3
2	Celia Robertson	WIM - Feb 17	Long	11.7
3	Kay Sayer	SOC - Dec 7	Green	11.8
4	Celia Robertson	SARUM - Feb 2	Green	12.1
5	Liz Lockton	SOC - Nov 2	Long	12.2

Fastest individual runs (female - any course)

	Name	Event	Course	MPK
1	Fern Horsey	WIM - Feb 17	Short	9.2
2	Fern Horsey	SARUM - Mar 9	Short	10.4
3	Tina Stratford	BAOC - Oct 15	Light Green	10.5
4	Emma Crickmore	WIM - Sep 14	Orange	10.6
5	Tina Stratford	WIM - Feb 17	Orange	10.6

Lowest handicaps (male)

Lowest handicaps (female)

	Name	Handicap (MPK)			Name	Handicap (MPK)
1	Dale Paget	7.1		1	Fern Horsey	13.7
2	John Hartley	7.6		2	Celia Robertson	14.2
3	Gavin Clegg	7.7		3	Liz Lockton	15.4
4	Jonathan Brooke	8.0		4	Kay Sayer	15.9
5	Ian Middlebrook	8.2		5	Sian Rixon	19.8

Most events

	Name	Events
1	Richard Arman	33
2	Rob Hick	29
3	John Hartley	23
4	Bill Brown	21
5	Eric Whapples	18
5	Gordon Raggett	18

Ian middlebrook



Junior News

No.7 January 2009

News

After a great weekend away just before Christmas, SWJS followed this up with a long day in the Forest of Dean in January. Once again over 30 athletes and coaches turned up and we enjoyed some superbly runnable, technical forest in Moseley Green. The Christmas party weekend included swimming, great food, a night event, camp fire and tons of marshmallows, Sam's pet brick, Ben's Hash on Sunday, a secret Santa and some coaching on mental and physical preparation.

We're pleased to welcome Abi Kerr as the 50th junior athlete to add their name to the SWJS list.

With the British Champs just over a month away, the big events are nearly upon us. All the key dates are listed here and many of them are important for several reasons, with championships, selection for the summer tours and selection for the SWJS team for the Junior Inter-Regionals all at stake.

SWJS is registered with the SW Regional Talent Centre at Bath, which co-ordinates talent development across the South West for all sports. The focus is on the factors shared across sports, such as nutrition, sports psychology and lifestyle

Upcoming Events

+ indicates selection race for tours

7 Feb* Devon Galloping. Holne Moor

8 Feb* Kernow Galloping. 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!

10-13 Apr + JK. Newcastle area

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

3 May + National Event/Future Champions. Forest of Dean.

9/10 May Sprint & Middle Distance Champs weekend

12/13 Sept JIRCs Magellan

Strand. Northern Ireland

JIRCs Selection

The team for September's Inter-Regionals will be selected and announced in May, as we have to book flights to N. Ireland early to get the cheapest seats. Selection will be based on your best performances at the National Events this spring—Burnham Beeches, British, JK, Lake District, Scotland and Forest of Dean—plus attendance at SWJS training sessions.

Cost will be about £60 per person, with SWJS funding the rest. This includes flights, transport in Ireland, food and accommodation.

Top Tips

Reading the latest CompassSport, I came across 'Reverse Attack Points' an idea which I'd not seen in 30 years of orienteering, so here are some tips on leaving the control:

1. Reverse attack points - look for an obvious feature just after the control to use as a check that you have left in the right direction.
 2. Glance at your compass as you leave the control
- Legs always go better if you start off in the right direction!

JK 2010

I know it's a long way off but All the SWOA clubs will be helping at JK 2010. As you know, we've been asked to provide the car parking squad. This will need lots of adult helpers and plenty of people to make sure we are not all too tired to compete effectively in what are for many of you important selection races.

So, do make sure that your Mum and Dad don't volunteer for other duties for your club! We will need all athletes and parents for car parking.

SWJS Training 2009

All dates & locations provisional

14/15 Mar SWJS Training—
Dartmoor NB This clashes
with the SWOA Compass-
Sport Cup qualifier near
Exeter

27/28 June SWJS training—
Penhale

Ideal for the JIRCs and
bring your surfboard!

11 July Dorset Coast Path
relay

28/29 Nov Lakeside week-
end - M/W16s

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Next Edition: March





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REGULAR CLUB EVENINGS/TRAINING—Change of Venue

Training Evenings take place on a weekly basis. A change of venue for every Tuesday evening – now Bournemouth University, 5.45pm for 6.00pm. Structured training sessions (not just a run) for all abilities, changing and showers. Bar afterwards. For further information contact Gavin Clegg.

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