

# Wessex Extra

January 2012

A BIG THANK YOU TO GAVIN  
AVEY-HEBDITCH, OUR  
PREVIOUS EDITOR FOR ALL  
HIS HARD WORK IN  
COMPILING WESSEX EXTRA!!

AND A VERY HAPPY AND  
SUCCESSFUL 2012 TO YOU  
ALL!!

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And much more.....

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## **Chairman's Ponderings**

Christmas and New Year seem but a distant memory. Did you make a resolution and is it still intact? I've made a few in my time, some serious some less so. I do however try and set some goals for the year. I find it particularly important to set targets for my racing. I can then plan my training accordingly. Attempting to peak for the major championships is not easy, but any athlete will tell you it's impossible to maintain a peak for the whole year, really the clues in the name - a peaks a peak!

Christmas is of course a time for families and friends. A time to relax and enjoy their company. But when does a friend become a friend? Strange question I know but a couple of incidences have got me thinking about this recently. Helen Dyke a newish member who some of you will know, is a serious athlete, competing in international triathlons and quadrathons. She and I were chatting on the drive back from an event and the conversation turned to our respective backgrounds and where we had been brought up. Turns out Dartmouth is Helen's home town. It is also one of my bolt holes and I know it well.

Dartmouth regatta over the August bank holiday weekend is great fun and a wonderful spectacle. Part of the weekend is a rather hilly road race. I've competed in this race a few times and have a couple of lovely engraved glasses from winning my category. Turns out so has Helen. Checking back in the results shows that in 1998 we raced at the same time. Did we see each other, did we exchange friendly runners banter? Who knows.

Then there was the TVOC event at Wendover Woods. Alun Jones from TVOC was instrumental in the organisation and was also competing. Alun is a highly competitive M55 who I first really became friendly with at the VHI over on the Gower in 2010. As you would expect from the name Alun was running for Wales. But back to Wendover, which is a lovely bit of forest on the Chilterns. I have run there a few times and after I returned home looked back in my files and 1985 when I was based in Aylesbury and was running for TVOC. A race in Wendover Woods. In the results that day on the M21 course, me and Alun. So we have been running against each other for over 36 years. Another retrospective friend.

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I am not sure what this proves if anything, just an observation that your friends are all around you and probably there are more out there that you just don't know about yet.

I hope you and all your friends have a wonderful 2012 and I look forward to seeing you in sunlit forests.

**Gavin Clegg**

*Welcome to two new members:*

*Karen Gamble and Joff Henley. I am sure we will all look forward to meeting you, so please make yourselves known when you get to competitions.*

*Gavin.*



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## **Wessex Have Two Masters Winners**

In 2011 British Orienteering initiated a new competition for more “mature” competitors. Known as the UK Masters Cup and sponsored by CompassPoint kit suppliers the overall results were based on the best 8 of 19 specified Level A and B events. The events covered a variety of formats from night, long-, middle distance, sprint and urban. By basing the results on the best 8 it was felt that most competitors should be able to attend at least this number of events without excessive travelling. At the end of the first year it is gratifying to see that Wessex OC has **TWO** Champions. Richard Arman won the M80 Class and Gavin Clegg the M55 Class. Indeed we were one of only 3 clubs nationwide to have 2 winners. Is it a coincidence that the two winners are the current Club President and Chairman? Could this be your way to greatness by volunteering to take on the position of Chairman next year?

So a hearty well done to Richard and Gavin for their success in this inaugural year for the UK Masters Cup. This year they have selected 18 events and again it is your best 8 results to count. So if you are over 35 look at the latest copy of Focus magazine on page 20 for the list of venues. Let's hope to see more Wessex winners.

**IAN SAYER**

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## **SILVA AWARDS**

In 1983 SILVA (Sweden) AB decided to mark the fiftieth anniversary of the first Silva compass by establishing an annual award within each IOF member Federation. The awards were to enable Federations to honour those who have contributed in a special way to the development of orienteering. With the assistance of SILVA (UK) Ltd this was interpreted, within the UK, as being a person or persons who have made a very significant contribution to orienteering over a period of years, with an emphasis on 'field' activities rather than committee work. Indeed, nominees may not be active or retiring members of the British Orienteering Board, nor part or full-time employees of the Federation.

All members can nominate someone they believe has made a significant contribution to orienteering through 'field' activities.

**\*\***Anyone wishing to nominate someone for this award, please contact Club Secretary for an application form.

No members of the Board can be approached to support applications thus avoiding possible conflicts of interest.

**SIAN RIXON**

## **BRIGHTON CITY RACE – DECEMBER 20TH 2011**



Having been out of orienteering for a few years, due to my teaching sojourn in Italy, the concept of Urban Orienteering is relatively new to me. Having participated in the London City Race in September, and having enjoyed it so much, I was eager to have a go at the one in Brighton. The extra twist was that it was also a night event! And so it was that four of us from Wessex (Gavin Clegg, Dale Paget, Ian Sayer and me) travelled across to Brighton to take part in this event. I was entered in the Women's Super Vets, Gavin and Ian in the Men's Super Vets and Dale in the Men's Vets.

The “Assembly Area” was in the multi-storey car park beneath a shopping centre – a curious, but practical choice as the competitors simply had to walk through a gate onto the street to the Start.

Our area of the car park soon became full of strangely attired people wearing varying forms of hi-viz clothing and head-torches. “Normal” car-park users must have wondered what on earth was going on! We met up with another of our members, Joff Henley, to give him a club head-torch and discussed the best angle to have the light for map-reading. I was particularly keen to use my new, super-duper head-torch as I had failed so dismally at the Southern Night Championships using a more basic, weaker one (nothing to do with poor navigation, of course!)

So, all kitted up and raring to go, 220-plus competitors gathered in the street waiting for the claxon to signal the mass-start. When it was sounded, people flew off in all directions and it took me a while

to decide a) where I was and b) which was the best way to my first control (the usual scenario, in other words) But once I had solved those two problems, I happily set off on my little adventure (for that was how I viewed it). At my first control there was quite a gathering of other competitors eager to dib the control, although the organisers had sensibly put two control boxes there, making it less of a scramble.



Soon after the first control, I found myself running along the main shopping streets of Brighton, brightly lit with Christmas decorations and full of shoppers and evening revellers. I soon got used to the odd looks and mutterings as I ran amongst the people, smiling and waving a cheery 'hello' as if it was the most normal thing in the world to be doing on a December evening just before Christmas! I ignored the cries of "He went that way!" as I ran past a group outside a pub in The Lanes, confident in my own route choice and in the knowledge that "he" probably wasn't on my course anyway.

Maps for urban orienteering events take some getting used to, and features aren't always obvious until you come right upon them. I was jogging along to one control, for example, which appeared to be on a path through a park near a large building of some sort, when I looked up to see the floodlit facade of the Brighton Pavilion to the right of me! I took a few moments to take in the splendid grandeur of the building, and then got my head back down to concentrate on the next control. (Ian, by the way, had the same control as I did, but was totally

oblivious to the Pavilion!)

Although I'd taken my compass with me (I always feel more secure when I'm wearing it) it was rarely used as the skill in urban orienteering is all about orienting the map at every turn and counting the roads/lanes off as you run along. Quick decisions are essential –

do I take the 2<sup>nd</sup> or 3<sup>rd</sup> lane? Can I get through that alleyway? Is there a solid black line across that route – which means I can't go through? Which side of the wall is the control?

So, after 35mins 24secs, I arrived at the Finish with a big smile on my face as it had been SUCH a fun event. I soon saw Gavin and Dale who had both had great runs – Gavin winning his Class, and Dale so nearly winning his (just 22 seconds behind the winner). It was only later, as we were standing around discussing our courses, that Gavin told me that I'd come 2<sup>nd</sup> in my Class! I was truly amazed, and, of course, delighted. And I was even more delighted when I received the lovely medal with an engraving of Rudolf the Red-Nosed Reindeer on the front – complete with a red “gem” for his nose!!

Ian came 10<sup>th</sup> and Joff 20<sup>th</sup>, out of 29, in the Men's Super Vets. We all had a great time and I am certainly intending to do it again next year.

**JULIE ASTIN**





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## **'CHANGING DIRECTION!'**

Having been a golfer for 35 years, where distance is measured by yardage, nine months ago found me looking at the Wessex Orienteering website to perhaps try another leisure activity. As luck would have it a course was being set up for beginners, so along I went with friend Pam Gibson. What a lovely club, you were all so welcoming, and we started a course of six lessons with Jason Falconer. Instead of hitting a ball from tee to green I had to judge the distance between each control point in metres! What is a metre? I know - from needlework days that was 3 feet make a yard plus you add about 3 ¼ inches (which one would show by stretching a distance between thumb and index finger), and hey presto one metre – a woman's logic!



Fortunately lessons continued after the initial six and our first venture out was to Sandy Balls Caravan and Holiday Park, where we met up with Kay Sayer, who bravely coached us along some of the way. I would never have believed orienteering could stimulate the brain so much, mine buzzed for two days following that outing, or was I realising that golf was a very sedate leisure activity in comparison? Well I have to say I have ventured

out quite a number of times with Pam, plus I have encouraged others to come with me to try the easy courses, and I am your number one fan.

During the early part of this year we shall have another couple of coaching lessons with Kay because judging distances between each control, and thumbing the map, still lack confidence, but I am sure we will get there in the end. I have even purchased a head light, not to do craft model work, but to venture out under cover of darkness – so watch this space! It is great fun and I have met so many interesting people; I still have a lot to learn but if I can help on a desk please ask me.

**SYLVIA LANG**

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## **BOXING DAY CANTER**

Yet again a splendid event staged by Wimborne OC to help us run off the excesses of the previous day. And what a contrast to last year's event. 2010 Boxing Day at Moors Valley was minus 12 degrees, 2011 was plus 13 degrees. So with a 25 degree increase in temperature could I do better with my orienteering?

It didn't get off to a good start when I realised that I hadn't brought my compass, dibber or orienteering glasses (still in the bag from the Brighton City Race before Xmas). However after hastily hiring a dibber and borrowing a compass from Rob I set off wearing my normal driving glasses. It is always a mad dash from the start and I decided to use a different track from the masses thinking it would be quicker....wrong. By the time I got to the first control most people had already come and gone. Not to worry, head down and plod along to the area previously known as Jack's Garden (to the south of the old railway line). As normal there was a group of us who obviously had the same idea about what order to take the first controls in so I stuck with the pack for the first 3 or 4 controls.

I then spotted that there was a 50 pointer not far away which I felt was worth going for so headed off past the mountain bike park to descend to the control, seeing several faster competitors already leaving it. Then a quick look at the map and my watch (not my orienteering watch of course, I had left this behind as well) and I could see the likely shape of the area I could visit in the remaining time.

Luckily on the way to a control I passed 3 lovely young ladies dressed as fairies who kindly allowed me to dib and so collect 50 points. Unluckily I was so intent on my route to the next control that I completely missed the fact that I had run past the Xmas Tree so missed out on another 50 bonus points. I headed back in the general direction of the start/finish as there was less than 15 minutes left and, after collecting a 20 pointer knew there was time to collect the nearest 10 pointer. Luckily that was where Father Christmas was standing so another 50 bonus points. It is always a matter of luck as to whether or not you see the bonuses but they are generally in the area which will be visited by families and youngsters so not too far way from the start/finish.

Back with a couple of minutes to spare and 390 points in the bag. What a difference it makes getting the bonuses though. Gavin Clegg (who normally leaves me standing) covered most of the map, visited lots of controls but only got 50 more points than I did as he failed to find any of the bonuses. Moral of the story, spend at least part of your time at this event around the closer area. If you want to see the difference in the

area covered go to Wimborne's web-site, look for Boxing Day Canter results then go onto Routegadget and see both mine and Gavin's route there. (Try this link <http://www.wim.routegadget.co.uk/wim/reitti.cgi?act=map&id=24&kieli=>). If you have never used Routegadget I strongly urge you to have a look. It is an excellent tool and you can compare your route with other runners on your course (assuming that they have put their route up). This may well help you to see where you lost time or made mistakes in route choice.

So thanks again to members of Wimborne OC who give up their Boxing Day to stage such an enjoyable event. This year they had 227 finishing groups so a good turnout.

## IAN SAYER



Nicola Brooke sprinting into the finish at the Boxing Day Canter.

The three fairies control at the Boxing Day Canter.



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## FORHCOMING 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)**

### **JANUARY 2012**

Sun 22      **North Wilts** Ranking Event & SWOA Galoppen  
League, West Woods, Marlborough.  
Wed 25      Wednesday Army Event, Bordon.

### **FEBRUARY 2012**

Wed 1      **Wednesday Army Event, Hawley.**  
Sat 4      **SARUM** Dorset Schools/Wessex Night League,  
Stonedown Nr SixpennyHandley.  
Sun 5      **Wimborne** Regional Event, Wool Heath, Bere Regis.  
Mon 6      **WSX/WIM** Club Night, Brownsea Island.  
Wed 8      Wednesday Army Event, Long Valley North.  
Sat 11      **North Wilts** Western Night League, Copse Wood,  
Marlborough.  
Sun 12      **WESSEX Dorset Delight**, Bisterne Close.  
Wed 15      Wednesday Army Event, 4 Div Championships. Tbc.  
Sat 25      **SOUTHAMPTON** Sprint Event Ocknell, New forest  
Also      SARUM British Night Championships, Hamptworth.  
Sun 26      **SARUM Saunter**, Hamptworth.  
Wed 29      Wednesday Army Event, Godshill.

### **MARCH 2012**

Sat 3      **WESSEX INFORMAL**, Holmsley  
Mon 5      **WSX/WIM** Club Night, Verwood.  
Wed 7      Wednesday Army Event, tbc.

- Sat 10      **Basingstoke** Orienteers, Snelsmore (in conjunction with BKO).
- Also:      **North Wilts** Colour Coded, Yellow – Blue, Savernake Forest. Flier on their website.
- Wed 15      Wednesday Army Event, tbc.
- Sat 17      **Wimborne** Dorset Schools & Local Informal, Moreton Forest. Tbc.
- Wed 21      Wednesday Army Event, tbc.
- Wed 28      Wednesday Army Event, tbc.

## **APRIL 2012**

Fri 6—Mon 9 **JK FESTIVAL OF ORIENTEERING**, Scotland. See BOF website for full details.

Sun 22      **SARUM** Galoppen – Groveley East (to be confirmed)

### **PLEASE NOTE**

**\*\*We run a local informal event every month, on a Saturday. These events are an ideal way for newcomers to try orienteering in a safe environment.**

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

The forthcoming events list is compiled from British Orienteering and other clubs' websites. 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.

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## **EDITOR'S PAGE**

Welcome to the new edition of Wessex Extra. For my sins, I have taken over producing our Newsletter, so I hope you will approve of the content.

Gavin Avey-Hebditch was our previous Editor and he took on the task temporarily until someone else "volunteered". I don't think that Gavin realised how long he would have to wait until someone came forward; but he did a stalwart job and I hope I can continue his good work.

### **Wessex Extra Content**

This newsletter is **OUR** newsletter, so I hope you will all keep sending me titbits of information, photos, articles for publication, anything that you feel our readers would enjoy. If you send an article, it would be good to have a photo to go with it if possible.

### **Membership News**

A reminder that you all need to renew your membership, if you have not already done so. If you have any queries please contact Ian Sayer ([ian.sayer68@ntlworld.com](mailto:ian.sayer68@ntlworld.com)), or telephone 01202 484523, and he will be happy to help.

Please also keep us informed of any changes to your details, so that we can keep our records up to date.

### **Upcoming Events**

Just a quick reminder that our Dorset Delight event takes place on **Sunday 12<sup>th</sup> February at Bisterne Close in the New Forest**. Julie Astin is the organiser for this event. Julie has appointed Team Leaders and your Team Leader will contact you to ask you to help on the day. You will be able to have a run on the day if you wish. The flier for the event is on the website.

The **Compass Sport Trophy** is on **Sunday 19<sup>th</sup> February, at Hay Tor in Devon**. Bill Brown is organising this event again this year, and he will be contacting you with details of courses etc. As the event is in Devon, it would be sensible to share transport. For those of you who have not taken part in this event before, it is a Club event and Club Members compete on their designated course

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for their age group. Every competitor is awarded points depending on their position in their course. Even if you don't feel you can be competitive, you can still gain points for our team. Every point makes a difference!

### **WIMBORNE/WESSEX DINNER 2012**

The dinner for 2012 will be held on **Friday 2 March** at 7.30 pm for 8.00 pm and will take place in the stylish surroundings of Sevens Boatshed Restaurant in Poole Park. This is the main Restaurant in Poole Park and is on the shore of the Boating Lake with a large car park alongside. We have exclusive use of the first floor from where there are some splendid views over the harbour. If you would like to come then please indicate your choice of starter, main course and dessert on the 'Return Slip' and forward to Jose Stanley, 52 West Borough, Wimborne, Dorset BH21 1NQ or by email to [jostanley2@googlemail.com](mailto:jostanley2@googlemail.com) by Wednesday 22 February. The room holds a maximum of 50 people and we regret that we cannot accept more bookings once this number is reached. The cost of the evening will be £21.50 per head which includes the 3-course meal, coffee and mints. There is a bar on the first floor where drinks can be purchased. The meal will be followed by both Clubs' annual awards and a short presentation by Andy French on their visit to the Jukola Relays in 2011. The Jukola Relays is an annual event that takes place in Norway and is the largest orienteering event in the world attracting in excess of 15,000 competitors. In 2011 there were in excess of 1500 mens teams with 7 in a team and in excess of 1100 womens teams with 4 in a team taking part. Could WIM/WSX raise a team for 2012?

**\*\*See insert with this Newsletter to book your place. \*\***

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## **ORIENTEERING ON DARTMOOR**

Before I even knew what Orienteering was, my most favourite activity in the outdoors was navigating around on an O.S map in wild places, spotting distant features and running fast between them over rough ground - heaven! This is the first of a varied series of coaching articles for the year, as we head towards the Compass Sport Cup this time I'll concentrate on Orienteering on Dartmoor and exposed places. Getting out into areas with large areas of open country is the foundation of all hillcraft, and a superb way of increasing your Orienteering skills.

Without the obscuration of forestry it is possible to work on those elements of map and compass work that serve us well on all similar areas where high levels of contour interpretation are needed, for example long O races, Scottish events, International events and even locally open areas like the New Forest. Often course legs at these type races will comprise several kilometres at once, and this is why we need to adapt from using linear features with frequent changes to much broader map feature interpretation.

A recurring situation is picking a line of travel across a couple of large features (valley, spur, saddle) but how do we do this accurately? Look at the contours on this map of Haytor, where our upcoming competition is. First we need to be able to tell which way the land is sloping – up, down or relatively flat. To test your skills, decide where are the two highest points on this map? Which is the highest point? Find the most efficient running line which joins those two points; we are aiming to do this without ascending or descending too much which adds precious time onto your result.

For real accuracy calculate the exact difference in metres between these two points, with the contour interval at 5



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metres you should be able to tell this. (prize to member who tells me the exact difference in metres)

It will often make sense to head slightly higher than the point you are aiming for, we can see more, interpret more, and it makes sense to not have to continuously climb up to controls. Often course planners will include the classic 'over or round' route choice, meaning that you have to decide whether to contour (travel on same contour line) around a spur or similar feature, or take a direct line over the top of it. The direct line will often look more tempting but almost certainly involve several metres of energy zapping climbing/descent that could be avoided with more astute planning. Spend some time looking at this map and see if you can tell which way the slopes are running, try and visualize moving between points that relate to contours rather than point features. In this way we can get a feel for the whole area at once.

When orienteering in such places we still need to use our basic skills such as picking attack points and collecting features as we go. However, simplification of the map is paramount. Techniques involve relating large features to where we are going/where our controls are and backing up with checks of the compass and rough bearing work. The type of view we might take is broader- 'across the flat top of that hill, drop into stream valley and climb out to half way up slope to earthbank' - that sort of leg. Of course in clear visibility we can be running whilst interpreting the country coming up ahead, seeing whole legs at once and perhaps even spotting distant controls if they aren't hidden, all that remains then is to remember how far we've travelled, and not to overshoot with the sheer exhilaration of hill running. Lets all hope for a fast run at Haytor, I look forward to running with you.

**JASON FALCONER**

**#See next page for map.#**



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## **MAPPING GOINGS ON**

**JOB 1** I was to prepare a map for a permanent course of the Studland Dunes for the National Trust (NT) which anyone can use. It will be administered by the NT and it has three permanent courses ranging from 0.9Km to 2.4Km, virtually all along the paths of course. Whether we shall ever be able to do a 'proper' orienteering course on the map remains to be seen as the NT, in view of the areas nature sensitivity, may not wish this to happen.

The area used extends from the major NT car park up North to the beginning of the nudist beach area with the beach to the East and the Inland Sea to the West. Posts for the markers will be produced by the NT and positioned as agreed, and we will fix the markers on them. Costs for equipment are all provided by the NT.

On the back of the map there is a fulsome list of instructions for those that need them. Bill and I (I refuse to use the now correct 'me'!) have combined to do the survey of the area and Bill has of course handled the OCAD work with his usual attention to detail. We may be able to publish a reduced copy of it in this WSX Extra.

**JOB 2**, is more or less a 'quid pro quo' as we have been given permission to map, for Wessex, not for the NT, the whole of the Agglestone Rock area. This is a big area stretching from West of the road from the ferry by the Knoll House Hotel all the way West to join on with our Rempstone map and to the golf course and below to the West of it.

As I have said, it is a big area and nearly all of it is open heathland. There are plenty of contours and natural land features but not too many 'point' features. There are also a number of big marshy re-entrants to be dealt with and the area is approximately two and a half square kilometers in size. On the Ordnance Survey map it is called Godlington Heath and also clearly labeled 'Studland Heath National Nature Reserve'.

It seems that we can use all of it except for one tiny patch where 'something' grows and of course keep off the golf course. Bill and I have made a first surveying visit during a tiresome hurricane which curtailed activities, but we will press on with it when we can. We are lucky to get the use of this area so we really must make the best use of it.

p.s. These are not the only mapping 'goings on', other Members are involved with various other projects.

**RICHARD ARMAN**

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## **ORIENTEERING AT BROADSTONE MIDDLE SCHOOL** **IN PARTNERSHIP WITH** **WESSEX ORIENTEERING CLUB** **AUTUMN 2011**

During the Autumn term Broadstone Middle School has worked with Wessex Orienteering club to introduce Year 5 & 6 children to learn how to orienteer. Children participated in a range of new experiences, learning the skills about how to navigate, and participating in a number of challenges in familiar and unfamiliar environments, onsite at school and nearby venues including Dunyeats Hill, Broadstone Recreation Ground and Upton Country Park.

For the final challenge they had a score event at Upton Country Park: where children were challenged individually testing out all the different skills that they had learnt .

A special mention should go to Daniel Glaser who completed the score event in 21.02 seven minutes ahead of the rest of the field and achieved the maximum number of points. (250). A talent to watch for the future.

Another block of orienteering will take place in the Summer term with Helen Dyke, Kay and Ian Sayer on Wednesdays. A big thank you should go to the Wessex Coaching team for helping bring Orienteering alive for the children at Broadstone Middle School. The children really enjoyed the experiences and I know they will be keen for more in the summer.

**Helen Dyke (PE teacher/Coach)**

## Broadstone Middle School Final at Upton Country Park .



Eric Whapples keeping an eye on competitors.



Tempo (micro-O)



Running into the finish.





## **NEW PERMANENT COURSE**

The National Trust has asked us to develop a permanent course on Studland Dunes. The area has been surveyed by Richard Arman and Bill Brown (Bill producing the map using Ocad) and you will see part of the finished map on the next page.

The Trust will sell maps to the general public for their use. The courses explore the many tracks across the dunes. As a club we will not be able to make specific use of the area because they don't want to encourage off-path usage but we might be able to wangle something for the inaugural event, so watch this space. However, the good news is that the National Trust will allow us to use the large heath which stretches from the Ferry road westwards to join up with Rempstone Forest. It's formally called Godlinston Heath but most people call it 'the heath with the Agglestone on it'!

Bill & Richard have just started to survey it and plans are for the first event in the Spring of 2013.

This is very exciting for us, as historically we have struggled to get permission for orienteering on National Trust land.

Our thanks go to Bill and Richard for all their hard work on surveying and preparing the map.

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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.

Joint Club Evenings with Wimborne Orienteers are on the first Monday of every month. The venues for these evenings change each month. See the website for more details.

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.

