

Wessex Extra

JANUARY 2013



HAPPY NEW YEAR!!

Photo of the fireworks at the New Year celebrations in Tignes ,

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HERE'S TO A GREAT 2013!

I hope that your Christmas festivities were good and we at Wessex wish you all good orienteering in 2013.

There are some good articles in the Wessex Extra so please take the time to read them.

If you have anything interesting that you would like to share with us, please send it to me by email:

k.sayer@ntlworld.com

CHAIRMAN'S PONDERINGS

Great! A new year of orienteering ahead of us! And it started off in glorious fashion on New Year's Day at the SARUM score event at Redlynch in the New Forest. Blue skies and sunshine and a lovely mix of urban and woodland. As usual, I didn't do too well - I always make bad route decisions on Score events – although I did manage to get the bonus points from the Elf and Father Christmas!

Events such as these have increased markedly over recent years – something that soon became apparent to me when I returned from my self-imposed “exile” to Italy in June 2011. The range and number of events that are now available, without having to travel too far, is fantastic – whether it be standard O-courses, score events, urban, night, night-urban or relay. There really is NO excuse for not doing some form of orienteering at least twice a month! And for those of you that do, there's an opportunity to enter our **2013 Club League**. For details on this, and for the **2012 Club League Winners**,

please see the articles later on in this Newsletter.

For me, the year ahead SHOULD offer an opportunity to improve my results as I have just become a W60 (where have all the years gone?) so I will be competing against some who are nearing 65. We'll see. But I'm really looking forward to a great year of local, and not-so-local events – including the **JK** (Henley), the **British Championships** (Guildford) and the **Scottish 6-Days** (Moray), not forgetting our own events, such as the **Compass Sport Cup** at Agglestone and the **Poole Town Race**.

Finally, don't forget that we are holding our re-scheduled **Club Championships** at the SOC event on **March 17th**, at Kings Garn Gutter (the original venue). So put the date in your diary now!

Wishing you all a very happy, healthy and event-full 2013!

Julie Astin

2012 CLUB LEAGUE

Over recent years, the Club League for both Juniors and Seniors has been based on the level of improvement made over the preceding 12 months. This has involved a great deal of time and mathematical computation by Ian Middlebrook. In 2012 this proved difficult due to time constraints, as well as an increasingly complex mix of events (score, night, urban etc.) which made it almost impossible to calculate what constituted "improvement". As a result, the Committee decided to 'semi-objectively' nominate 2012's Club League winners and to re-format the League for 2013.

The results are:

Junior Club League Winner: Yvette Paget

Yvette has been performing well throughout the year, capped by winning the W10 South West Junior Championship.

Senior Club League Winner: Joff Henley

Joff has only been a member for a relatively short time but has eagerly attempted a wide variety of events with great enthusiasm. He has also recently volunteered to oversee the scoring for the SWOA Galoppen, for which we are all very grateful.

WELL DONE TO BOTH OF YOU!

The trophies will be presented at the **WESSEX/WIMBORNE Club
Dinner**
on
February 22nd.

WESSEX NIGHT LEAGUE 2012/13

The Wessex Night League runs during the autumn and winter season, and consists of 14 events. These events are shared between Wimborne, Sarum and ourselves and are based mainly in urban areas. The course is a Score course, so you can chose the controls you wish to visit within the 60 minute time allowance. There is also a 30 minute score for those who don't want to tackle the longer course. Head torches are available to borrow on the night.

LADIES RESULTS SO FAR

All positions are 'overall'

Julie Astin – 5th
Frida Forshallen – 15th
Liz Lockton – 39th
Kay Sayer – 21st
Nicola Brooke – 44th
Tracy Crickmore – 46th
Laura Wilcox 52nd
Helen Dyke – 57th
Sarah Houlder – 64th

MENS' RESULTS SO FAR

Tim Houlder – 8th
Ian Sayer – 11th
Roger Crickmore – 13th
Jason Falconer 17th
Rob Hick – 23rd
James Crickmore – 29th
Dale Paget – 33rd
Jon Brooke – 35th
Eric Whapples – 42nd
Arthur Brooke – 59th

With 8 races gone so far out of 14, nobody has yet completed 6 races (best 6 scores to count out of the total number of races completed). So there is still all to play for.

The next Night League event is on Monday 4th February, on Brownsea Island. If you have not yet registered for this, you need to do so a.s.a.p.

Contact Eric Whapples for further details.

Email: whapples@fsmail.net

WIMBORNE GALOPPEN – 11th November 2012

Getting Back to Fitness

Having broken a bone in my right foot last December I have been getting back to running slowly since July. I decided to run blue courses for the rest of the year just to get back into things. Having got to the Wimborne Galoppen early to register on the blue course and get changed, I made my way to the start, talking to fellow Wessex members on the way.

Having run here before I decided to stick to paths if possible. Once in starting pen, I dibbed in the Start and I was off, picked up map and off to my number 1 control which was north and at a stream junction, which I had no problem with, so off to number 2. A clearing northwest in the forest no probs here either.

No.3 no problems, no. 4 found o.k. but lost contact with the map on the way out and was heading back to No3. Bumped into Wendy Hooper and asked where I was and she showed me where we were on the map, so a quick thank you was said and off I went.

No.5, was able to run on paths and walk over the rough open. No.6 ok, slipped just before 7 and nos. 8, 9 & 10 all ok.

Off to 11, jogging & walking to no12 found the control but exit from it was a disaster - just like no. 4 but relocated and I went to 13 which was an earth bank behind a bit of forest. Took the path then off to no14. By now my legs were starting to feel the effects of all the ups & downs, plus the boggy parts on the course. No. 15 ok so off to16. Took a wrong route to 16, but found an easy way back and saved over1 minute to 17.

Dibbed 17, jog\walked to 18, jumping over stream and onto the knoll control just to my right. Back to track running to no 19, found it with no problem, knew where I was as it is close to my number 4 so dibbed and off to no 20 - track running most of the way - until the last 180 metres which was over narrow rides and streams to a distinct tree. Dibbed and off to the last control over the rides and out into rough open to distinct tree. Dibbed and 125 metres to the finish.

Had a good run, despite the errors I made, but I was taking it one run at a time until the New Year, when I plan to be running brown courses again.

Graham Whiffen

NEW YEAR IN TIGNES

Ian and I usually ski every year with a group of friends but this year we decided to go with our daughter in law, Lucy, and grandson, Eddie. Eddie has been desperate to come skiing with us for many years and the only time which fitted well with us all was over New Year. We had skied in Tignes twice before so we knew the resort, and felt that this would be the best resort for both Eddie and Lucy.

Sunday was the first day of skiing, but we had to spend most of the morning queuing for our skis and Eddie and Lucy's boots and skis. Once this was over, we had a couple of runs down the nursery slope to get our ski legs back. Ed then had a 2.45 hour private lesson, which was excellent, although he was rather tired!!

We were very lucky with the weather; two half days of cloud but the rest was wall to wall sunshine. We skied most of the slopes in Tignes le Lac, which was the middle village of the three skiing villages, and also went over to Val D'isere on the last day (Friday). There is good skiing there and also a lift nicknamed the "scare chair" as it goes steeply up and over a mountain and steeply down the other side! I am not good at

heights, so I held my breath and looked ahead until we were off the chair!

New Year's Eve, after dinner, we went onto the balcony to see the fireworks, but did not have a very good view. So Lucy, Ed and I went out of the front of the hotel where we could see the fireworks properly. They lasted for over 20 minutes and were spectacular.

The rest of the week was superb; we couldn't believe the weather and there were metres of snow on the slopes – the best early snow for many years. Now it's back to normality, but we have lovely memories and great photos of the holiday.

Kay Sayer



From left: Eddie, Kay and Lucy on the ski slopes

Mytchett Military challenge **22 December 2012.**

Military events and the Army Wednesday leagues have become a permanent feature of the Orienteering season in our area, training soldiers to navigate is as important to the Forces as ever and the competitive element of racing adds to an enjoyable challenge for many soldiers.

Civilians can also take part in the BOF sanctioned schedule and this December event was one of several I have competed in. Terrain is similar between military areas in Southern England, small blocks of map with several short steep sections frequently used by tanks, happily not when you're running though. Filthy weather on this day meant a reduced attendance and a raft of DNS (did not start) in results but, Military events are never cancelled - you're in the army now.

My result here was 7/ 71 on the Blue course which was pleasing and a result of the following tactical reasons you may like to hear. Firstly a pair of good spiked or clawed fell shoes will serve you well in these steep conditions; my course had 355 metres total. You're map is characterised by many tracks carved by army vehicles with short legs of Orienteering. Key skills

needed here are strict concentration on your direction, as legs cross many linear features over short distances between controls. When the brain is working in the present moment, runners can focus on heading confidently between courses. Coffee or meditation ability both help.

My descriptions of this day show 20/22 controls placed in earth features meaning virtually the whole event working on identifying exact contours and then closing in on the location of each. Great fun, on this type of map you will always be happy to use a marked linear track for some of the navigation - simply to rest the grey matter between controls, another valid technique. It was wet, it was steep and the sense of satisfaction in completing these events is superb.

Jason Falconer **Wessex Lead Coach**



Brighton City Race 4 – Saturday 15th December 2012

The wind blew, the drizzle ... well, drizzled ... but everyone's faces at the gathering for the 2012 Brighton City race (<http://www.brightoncityrace.org.uk/>) were happy and excited. It was a cheerfully crowded and noisy assembly in the Middle Street School with only the nervous queuing for the loos. Had everyone just finished the last of their Christmas shopping? Had some succeeded in booking a table at their favourite restaurant in the Lanes? Or more likely it was just the adrenaline and especially the upbeat atmosphere which prevailed again at the gathering. Robert Lines and his team had once again organised a run to remember!

The 2012 race took place on a Saturday evening for the first time, though the crowds on the streets were not as challenging as last year – though there was plenty of good-natured and/or inebriated “support” for the 120-odd runners, but from **under** the awnings this time. And such wonderful cooking smells which distracted the runners from the

serious task ahead

This year saw the competitors – clutching their still (mostly) rolled-up maps - jogging down a little way to the promenade. After just a couple of minutes the 18:30 start was called and the happy mob set off to the first of the controls, jostling sociably down along the neon lights of the seafront. Soon we had the joys of a butterfly route, where we were dizzily routed around a course designed to ensure we were not able blindly to follow the runner in front. Thereafter the Christmas lights, the Lanes, Royal Pavilion gardens, the promenade, even the beach itself ... what could we NOT enjoy on this entertaining evening? Other than the challenges of “just where is the tunnel under the Kings Road??” the course was fairly straightforward, with pace counting (aka count the streets) more in demand than compass work. Of course a decent head-torch was helpful, but the bright lights of this charming town were actually sufficient in themselves to navigate us around the course.

For me personally this represented the (almost) anniversary of my introduction to orienteering, which I first tried at the Wessex Urban Event on 3 December 2011. Is my running improving? Probably not, as my increasing age battles with my increasing fitness. But – as with many older folk – I firmly believe my cunning and craftiness will overcome all. Unfortunately this is rarely the case as the results (below) bore witness! But I was happy to declare that I finished the Brighton race alive despite having done an earlier one (Mytchett) that same day. So how did we do? On the podium were Christopher Branford (WIM) winning the Men's Ultravet (Richard Keighley(WIM) at 10th); Gavin Clegg with a 2nd in his Supervet (with Ian Sayer at 4th and Joff Henley at 10th); Lynn Branford (WIM) achieving 2nd in her Supervet (and Julie Astin at 3rd), and

Kay Sayer with 2nd in her Ultravet. A pretty happy result overall, with a good depth of team being fielded at this event.

This year's (2013) race will take place on 14th December 2013. Do come and enjoy this fun event – and don't forget your dayglo tops!

Joff Henley



MEET YOUR WESSEX CLUB MATES

Frida Forshällen, W20

Home Town(s) Sollentuna in Sweden (just north of Stockholm)

Occupation(s) Student at Anglo European College of Chiropractic in Boscombe.

When and why did you start

Orienteering? Think I was about 11 years old, I played football but didn't like getting slowed down by the ball, so my mum suggested that I should try orienteering. So I did and dragged the whole family with me after a while.



What Clubs have you been a member of? Turebergs IF, Attunda OK and Wessex

What are your orienteering achievements, best results, and most memorable event? 14th place in this years Swedish Championships in Night orienteering. Ranked as number 7 in night orienteering in Sweden in W20. Most memorable event is Vasaloppet, which is a 90km skiing race from Sälen to Mora. Took me 7.50h to finish it.

If you could improve one aspect of your orienteering, what would it be? Read the map faster in detailed terrain.

What training do you do? Mostly Running, orienteering and MTB, but also some strength training and in the winter in Sweden I do lots of cross-country skiing

How many countries have you orienteered in? Sweden, Finland, England, Wales, Italy, France, Spain and Austria, so 8 countries!

What is your favourite orienteering area? Les Bouzigasses in France, really cool terrain and good map. But don't jump down the steeps if you wanna keep your ACLs ;-)



What has been the biggest turning point in your orienteering life? When I started at Farsta Orienterings gymnasium, which is like an orienteering high school. So for 3 years I had orienteering on my timetable in school and got grades in it.

Thumb compass or base plate? Thumb and sometimes on sprint events wrist compass

How would you raise the profile of orienteering to increase participation? More fun/unserious events for juniors, like costume competition in the orienteering competition or mess up the map in different ways. Think it's important to try to keep the juniors in the sport.

Who is the most inspiring member of your Club? Kay and Ian Sayer, for helping me get to the trainings and events. And also for always being so nice and happy all the time.

What have you always wanted to do but have not done it yet? Run orienteering on Greenland, go downhill cycling in the Alps, watch Tour de France live in action and see a wild lynx.

What do you do when you are not orienteering? Studying a lot, do some other training or just hang out with my awesome housemates.

(Frida is in England for 5 years while she trains as a Chiropractor)

FORTHCOMING ORIENTEERING EVENTS

Details of all future events can be found on the British Orienteering website: www.britishorienteering.org.uk

FOR UP TO DATE DETAILS OF THE WEDNESDAY ARMY EVENTS, GO TO THEIR NEW WEBSITE: www.baoc.info/

NEW! Highlighted in red are the events at which our Coaches will be in Attendance for coaching. See page 17 for more details.

JANUARY 2013

- Sat 19 **WIM Dorset Schools, MTBO & Night event, Avon Heath**
Sun 20 **SOUTHAMPTON** Level C event, Busketts Lawn, New Forest.
Wed 23 **BAOC** event, Bordon Heath. No further details.
Sun 27 **BERKSHIRE** Concorde Chase, (Level B) Barossa
Wed 30 **BAOC**, Kings Garn Gutter, New Forest. No further details.

FEBRUARY 2013

- Sun 3 **WIM** Winter Warmer, Ibsley (to be confirmed)
Mon 4 **WSX Club Night, Brownsea Island. See poster on page 16**
Wed 6 **BAOC** event, Pyestock. www.baoc.info/
Sat 9 **SARUM DORSET SCHOOLS & NIGHT LEAGUE**, Collingbourne.
Sun 10 **THAMES VALLEY**, Chiltern Challenge, High Wycombe.
Sun 17 **WSX** Compass Sport Cup, Agglestone, Studland.
Wed 20 **BAOC** event, no further details.
Fri 22 **WESSEX/WIMBORNE CLUB DINNER**, Poole Yacht Club. More details to follow.
Sun 24 **KERNO (Cornwall)** Galoppen, Cookworthy, Devon.
Also: **BRISTOL O.C.** District Event, Tyntesfield, Bristol.
Also: **HAPPY HERTS** Level B, Burnham Beeches.
Wed 27 **BAOC** event, Moors Valley.

MARCH 2013

- Sun 3 **WIM Dorset Schools League and Informal Event, Bryan stone. See Wimborne's website for further details.**
Tues 5 **WIM/WSX Club Night, Shaftesbury (to be confirmed)**
Sat 9 **WSX Informal & Wessex Night League, Broadstone Rec. (C)**
Sun 10 **SARUM Saunter, Fonthill. See Sarum website for full details.**
Sun 17 **SOUTHAMPTON LEVEL C EVENT, Kings Garn Gutter. This event will be used for our Club Championship, which was postponed last year due to cancellation of the event.**

- Sun 24 **GUILDFORD Orienteers**, Level B, Midhurst
Fri 29-31 **J.K. EASTER WEEKEND**, Based in the Chilterns, Nr. Henley. See BOF website for further details.
Mon 1 **J.K. RELAYS**. (Join the Wessex Relay Team - details to be confirmed.)

APRIL 2013

- Sun 7 **QUANTOCKS Galoppen**, Bridgwater, Somerset.
Also: **SE Middle Distance Champs**, Frith Hill
Mon 8 WSX Club Night, Upton Country Park.
Sat 13, Sun 14 **CORNWALL (KERNO) SOUTHERN CHAMPIONSHIPS** Week end, Cornwall.
Sat/Sun 20/21 **BRITISH SPRINT** Loughborough University See LEI website & **MIDDLE DISTANCE CHAMPIONSHIPS**, Stanton Moor, Nr. Matlock. See DVO web site. Or British Orienteering Website.
Sat 27 **LNDON O.K., HAMPSTEAD SPRINT**, Hampstead Heath.
Sun 28 **BRISTOL O.K., MIKE NELSON BOK TROT**, Frome.

PLEASE NOTE

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

****Coaching will be available at all our events, including informals, for all abilities. SEE PAGE 17 FOR FURTHER DETAILS.**

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.

MATLEY HEATH, Nr. LYNDHURST - 8TH DECEMBER 2012

The Club had a good turnout for this event. Dale Paget, Jason Falconer, Roger Crickmore, Tim Houlder, Ian Sayer, Rob Hick, Laura Wilcox, Julie Astin, Joff Henley, Bill Brown, Mike Dawson, Tina Stratford, Tracy Crickmore, Alan Hooper, Kath Dean, Chris Brown, Sarah Houlder, Yvette Paget, Arthur Brooke and myself (Kay Sayer). I don't think that we have had such a good turnout for an event for quite a while!!

The Forest is always a nice place in which to orienteer, despite the wet. And it was quite wet! My course was Green, 5km and 15 controls. The area is very open, with 80m of climb on my course, so good open running. However, the map does not take account of the heavy rain we had before the event, and some of the marshes were difficult to cross without getting too wet! Control 1 & 2 were straightforward, 3 – 4 should have been no more than

5 minutes, but with the additional bogs and deep wet ditches, I took 7.27, and Julie Astin passed me on the way to 5. She is a stronger runner than me on this type of terrain; I blame it on my age!! The rest of the course was fine, but I hesitated between 10 and 11, taking 4.20 over a leg which should only have been 2 – 3 minutes maximum. From then on it was a straight run from 12 to the finish, and I took 54.53 minutes, coming in first of the (4) W65s on my course.

Everyone I spoke to said how lovely the courses were, and I agree with them. The sunny weather was also a bonus and a great way to spend a sunny Saturday afternoon.

Now we all have to get fit for the Club Championship event, which will be Sunday 17th March at Kings Garn Gutter, in the New Forest. See you there!!

Kay Sayer

BOXING DAY CANTER, 2012

For those of you who remember the freezing conditions of a couple of years ago December's Boxing Day Canter provided a totally different experience, mild to the extreme. And extremely wet underfoot. I even managed to find a path on the top of a hill where I was up to my knees in water.

Anyway off we all set and, as usual, I didn't really bother to look too closely at points values for each control, deciding instead to try and get as many controls as possible. Headed in a clockwise direction south east from the Start taking in the controls in the bottom corner of the map. Having re-crossed the old railway line I had a quick look at the points value of 145 before deciding that it was worth the long run out and back. Luckily on the way I managed to come across Santa near 147 so that gave me an extra 50 points.

And on the way from 125 to 148 I spied a veritable Feast of Fairies (I think that is the collective name for several fairies) so another 50 in the bag. At this stage I realised that I only had around 15 minutes left so time to be heading for home picking up as many points as I could.

Leaving 136 realised that 137 was close and, guess what, there was the Xmas Tree so another 50 bonus points. Jst about time to visit 134

and then run into the finish with just over 3 minutes to spare, not enough for me to collect any more.

Final total 490 once the missing 140 had been reinstated and a finish position of 14th out of 222. Just shows how important it is to spot the bonuses.

Ian Sayer.



Jo Pickering, the Christmas fairy, with her fairy helpers.



WESSEX NIGHT LEAGUE and Club Social

A chance for a magical out of season visit to

BROWNSEA ISLAND

Monday evening 4th February 2013

60 minute score course

Please note that all competitors must reserve a place on the boat to the Island and a map. There is NO entry on the day.

The Brownsea Island boat will collect competitors at 17.15 and 18.00hrs from the jetty by the Sandbanks chain ferry. This is the only boat so don't be late!

Cost of this special event including your ferry trip is £10.

It would help greatly if those competitors who are retired could use the earlier boat as the later one is likely to be full. When reserving your place could all competitors indicate which boat they will be arriving on.

Registration and Assembly are in the NT reception only a few meters from the Brownsea Island jetty. So warm and dry. Return boats will leave the Island at 20.20hrs and 21.10.

Map partially updated Winter 2012/13.

To reserve a map and a place on the ferry, please e-mail Eric Whapples at whapples@fsmail.net or phone 07789 816343

Please check on the website for the final details www.wessex-oc.org



COACHING AT EVENTS

We have 6 qualified Coaches in the Club who are allocating time to be available at most of the local events to help you to improve your orienteering. These Coaches are:

Jason Falconer (Lead Coach)
Ian Sayer
Kay Sayer
Julie Astin
Jon Brooke
Nicola Brooke

On the Future Events page on pages 12 & 13 we have noted **in red** those events where there will be coaches available.

Please do ask the Coach if you would like some extra help; this is what we are here for!!

LAST NEWSLETTER PHOTO QUIZ:

Well done to Richard Arman who was correct! It was the J.K. Relays in 2003 at Hambledon Woods near Henley on Thames, (where this year's J.K. is also being held). He was also able to give the Relay Teams and their positions. If you want to know more, contact Richard.

Kay



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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 or contact a Committee member.

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 and follow the link to Events. Alternatively, if you do not have access to the internet, please contact one of the committee who will be pleased to help.

