

Wessex Extra

July 2010



Tamar Triple terrain picture and yes that is a person.

highlights...

The Chairman Chatters for 3 pages

Your club Needs You Pg5

British Sprint Champs Pgs 6 to 9

Nine in Ten Pg14

Tamar Triple Pgs 16 to18

Summer Series Review Pgs 20 to 22

And lots more.....



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Chairman's Chatter

Meanderings

I popped into town the other day and left my mobile phone at home. I realised this when I was waiting in the queue for the lifting bridge to re-open. I fretted about this for a while before realising just what a security blanket this item of technology had become to me. It took a conscious effort to stop myself turning around to pick it up. I was only driving into town for goodness sake.

This got me thinking about the Mendip Mashup in which I had competed the previous weekend. The Mashup is a three hour race across the Mendips including Beacon Batch (sort of glorified score event). I had a camelback, some provisions and an extra layer, but I had seriously considered taking my mobile with me – why? In the quondam days of my youth I used to take myself off on my trusty yellow Halfords pushbike into the Quantocks from early morning to late in the evening. Mobile phones were only a reality in comic books, yet I don't remember feeling out of touch or worrying that people couldn't get hold of me. Sometimes its refreshing to be alone.

There was an interesting point made somewhat tongue in cheek by the Telegraph the other day, along the lines of that the new Ministers seemed remarkably relaxed in office. This apparently is due to Cameron & Clegg (no relation), for some inextricable reason, putting people in post who actually have some knowledge of their brief, remarkable. I would say that there does seem a certain 'common sense' to the Coalitions workings at the moment. Its early days, but long may this approach last. There are even rumours that they are looking to bring back competition into school sports. Whatever next? Asking people to take personal responsibility for themselves rather than relying on the Health & Safety Executive to do it for them. It will never catch on.

Lisa my Step Daughter and her offspring are staying with us at the moment. Its her husband Lee I feel sorry for. Lisa & Lee moved to Australia some years ago and took up residency there. The depth of Australian sexism is almost impossible to fathom; "put your coat on you've pulled" being one of their more sophisticated chat up lines. Yet here they are with Ms Gillard bestriding their world. Whether she will still be in post after an election is another matter. The election for SWOA Chairman is up for grabs this autumn; Roger Hargreaves

tells me he is having great difficulty finding a successor. I for one would be more than happy for his successor to be female, but then I'm not Australian.

Richard and I attended the Poole Sports Council annual awards the other week. Richard had been nominated by the Wessex Committee for the Boroughs highest sport award, the Freddie Rowe Sports Cup and only just got pipped by Tom Darlington for services to Hockey. Richard has, over the years put in an immense amount of work for the club. This work continues as he has been immersed in the mapping for the forthcoming Caddihoe Chase. Unbeknown to me (until I got the invitation to the evening) I had been nominated for a certificate and was awarded this for "outstanding individual success and dedication". This meant having to go up on stage and accept my award from the Mayor. Without sounding all gushy, I was delighted to accept this award. I am sure there are plenty of others more worthy, but we did get some good publicity out of it.

Last issue I touched on mapping standards. Competing in the British Sprint Championships the other week had me thinking about the nascent map symbols for sprint O. One symbol that needs looking at is that for an un-crossable fence, with its double hatch lines. These double hatch lines quite often obscure other detail, particularly on small fenced enclosures. For urban sprint maps why not just use the un-crossable wall symbol (a single thick black line) to designate an un-crossable feature, be it fence or wall. Any thoughts anyone?

The day before at the Winchester City Race there had been some animated discussion about control descriptions. Again as an Urban race we are coming across new issues. One description was middle most hedge. This was technically correct as within the circle there was a hedge that made the hedge where the control was, the 'middle' one'. However on the ground the hedge with the control was on the outside of some hedges with the hedge on the edge of the circle irrelevant in locating the control. This was exacerbated by

the control being easily visible from one direction of attack, but not from the other. Planners need to use a bit of licence here and not just go for the technically correct description, but the one that assists the competitor in locating the control.

At Winchester they were using proximity Emit (my preference over SI to be honest). However my 8th control was a small semicircle of hedge in the Bishops private gardens (a different hedge to the one above). I would imagine that this semicircle of hedge once housed a bench, so you get the idea of what sort of feature I was looking for. It was also well manicured. I circled around aforementioned hedge – no control!! I veered away but not too far as this was obviously the right place. I checked the descriptions for which side of the hedge, got to that side and there low down, tucked right into the hedge was the control, I had run right past it first time round (don't forget proximity Emit are two dimensional, not three.) Dale would easily find this one, but this positioning was definitely height discriminatory. So off I headed towards 9 having lost over 20 seconds. The readout on my Emit was saying I was going to 10 – confusion in what's left of the brain cells that the red wine hasn't destroyed. I ignored this bewilderment as it's my normal state and it wasn't until later that I realised what had happened: On my first circuit of the hedge, although not seeing the control I was close enough for it to register on my Emit, going away and coming back registered the control for a second time. So two times for the same control explains why the Emit card thought I was going to 10 rather than 9. Later on, my route passed very close to a control that wasn't mine, again it registered on my Emit so after that, although I was looking for control 20 my Emit was showing me looking for my 22nd control. Something to be aware of with Emit.

A final thought, particularly to you young fit things out there: Feeling well is something to be treasured. Make the most of it whilst you can.

Gavin Clegg

Caddihoe Chase Saturday/Sunday September 25th/26th

As most of you will know Wessex has taken on the challenge of staging this year's Caddihoe Chase. This is a large 2 day event where we play host to hundreds of Orienteers from the South West and further afield. The South West Champions are decided on the results of day one and the overall Caddihoe Chase winners from the combined results from both days.

This is a large undertaking for a small club like ours so we will need all club members to turn out and help over the weekend. Many hours have already been spent remapping the areas and negotiating access with local landowners.

We will be based at Birchwood Caravan and Camping site between Wareham and Bere Regis.

**Your
Club
Needs
You**



**Closing Date for next edition is 12th
September 2010**

British Sprint Championships 28-06-2010

Held this year at HMS Sultan. Ok how were we supposed to navigate rapidly around a navy ship (perhaps it was a speed boat?), pause for laughter, ok I can wait but my patience is limited.

HMS Sultan is a ground based navy training facility at Gosport. It has a fascinating history with two ancient Parmerstone Forts within its perimeter. All the regular protagonists present and in the over 55's probably four of the Worlds top six sprint orienteers, including James Crawford, World over 50 champion in 2008.

The Championship was split into a prologue in the morning with the finals in the afternoon. The two times being added together to find the winner. The final also being seeded with the fastest from the prologue starting last. The car park gave an excellent view of the prologue start and the possibilities to the first control. After watching quite a few start on my course I had established what I believed to be the fastest route. This turned out to be correct (for a change) and a good fast start, either way round a building to 2, and straight forward for 3. then over the pedestrian bridge that spanned the main road, leg muscles burning on the way up, and self preservation kicking in on the two at a time descent, oxygen debt to the brain starting to kick in but pretty sure I know where I am going, control should be just here in the alleyway – no control. Panic mode. This now is the “if only” bit: If only had turned clockwise I would have seen the control on the hedge (didn't check my descriptions!!!!). But I turned anticlockwise and did a circuit of the building before ending up at the same place and this time seeing the control. 50 seconds lost, oh dear me (at least I think that's what I said as I headed for the next with the adrenalin pumping). No real drama after that and fairly straightforward navigation. Surprised at the result, 2nd place only 37 seconds down on James and ahead of Colin Dixon and Axel Blomquist.

Ample liquid plus some protein and the wait for the Final. Plenty of banter at the start such as “Gold and Silver are there to be lost” – yeh thanks guys, and no real clue as to which way to go from the flag. Off next to last with just James behind me.

British Sprint Championships 28-06-2010



British Sprint Championships 28-06-2010

Tried not to think about the 38 seconds I needed to beat him by, just concentrate on my own race. MM to 1 clean, fastest split, 2 seconds up, No. 2 clean another second gained, three a 10 second wobble so 7 seconds in arrears, 4 and 5 fastest splits only 1 second down – but need to find 38 seconds! 6 clean, 7 ok, mind the helicopter, 8 good and could see Colin, my minute man about 30 seconds in front. 9 good, 10 good, 11 tried to be clever and use a long underground passageway in the old fort. This was a mistake, one that Colin made as well, as I caught him here. We both bailed out, but 20 seconds lost. Even so, by control 12 I was my required 38 seconds up on James. I pushed on very aware that Colin was breathing down my neck, no further mistakes, a couple of slowish sections but nothing more than two or three seconds, no dramas but very aware I was starting to tie-up. Happy enough with my time. Now the wait. James had to finish more than 97 seconds behind me. I wasn't too sure exactly when I had crossed the line, 60 seconds gone, 37 to go, James comes into view and is cheered to the line by his club mates. We go to download together. He took 9 seconds out of me over those last 7 controls. I beat him in the final by 29 seconds, so not good enough and overall second place, 8 seconds behind. Slightly better than the JK at Easter where James beat me by 14 seconds. Roll on Switzerland in August and a renewal of hostilities.

Meanwhile Dale was having his own battle in the over 45's. A very solid prologue left him spookily in exactly the same position 2nd and exactly the same time 37 seconds as Gavin. In first place was BAOC superstar Dave Rollins (currently ranked in the top 25 in the country). To achieve this Dale left both Roger Thetford and Clive Hallett in his wake. Again a strong start in the Final and at control 7 Dale was leading having gained 7 of the seconds he needed. However a 30 second error at control 11 blew away his chances of victory. Still another win over Clive Hallett and Dales first individual silverware from a British Championships. Plus on the back of that result a move up to 6th on the Vet 45 rankings list.

Wessexs' Jason on The Inaugural Great Tour

On 3rd July 2010 an intrepid band of cyclists drawn from the worlds of sport, celebrity, charity, politics, science and the arts will gather in Seaton, Devon, to embark on one the Britain's last great sporting challenges – to circumnavigate the coast by bicycle. Keeping the sea to their right for 64 days the riders will never lose the sight, smell or sound of the sea during their epic 6600km pedal for charity.

The ride will be hosted by well known athletes who will be joined by a wide variety of guests and charity riders to create a colourful and inspirational sporting celebration of the British coastline. This will be the inaugural Great Tour, which will become an annual charity bike ride.

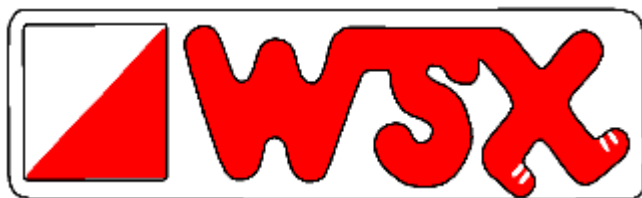
Our coach Jason will be taking part in The Epic of epics:- week 5:- Longest days riding in the tour, half way point day 32, highest point between Gairloch and Applecross.

Jason is no stranger to endurance events, first undertaking a week riding through the Israel Negev desert for B.H.F. in 1996. Since then he has made cycling and the outdoors his life, gaining a 1st degree in Aventure Recreation BA (hons) as a mature student.

I met the riders who will be doing the whole tour, on the second day stage between Swanage and Lymington, looking forward to seeing them at the North west tip of Scotland in a few weeks.

Watch this space for a full report, and dont worry Roger, I will still be on the Coast Path Relay.

Jason



New Style O-Tops...

Are finally here! These do not replace the existing red/black/white ones, rather they are an alternative style.

The specification of the material for the tops is as follows: Honeycomb, A very light material in smooth polyester fibre, developed to eliminate all types of skin irritation. Its water resistant nature means it will dry quickly once wet. Furthermore, sweat, in contact with turbulent air, will dry quickly instead of dampening the jersey, thus leaving the skin dry. The characteristics of the Honeycomb weave/braid lends the material a lighter density in respect to other comparable materials. Optimum breathability. Weight: 125 gr/sqm

The Tops as you may have noticed are sponsored by local photocopying company Canotec, this means we are able offer then to members at half price! This offer will be limited so probably best to get your order in quickly. The tops will also have a half zip rather than the V neck. First delivery of the new tops are due on 23 July.



Forthcoming Events

**** Details of 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 WEBSITE: www.baoc.org.uk

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

AUG 22 – 27 LAKELAND 5 DAYS, www.lakes5.org.uk

SEPT 25/26 CADDIHOE CHASE, Wareham Forest. All Club members will be asked to help at this event. Please put these dates in your diaries.

OCT 23 WESSEX URBAN RACE, Bournemouth University.

NOV 6 WESSEX INFORMAL & MTBO, Rempstone

Dec 4 WESSEX INFORMAL, Coldharbour.

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

Details of all our events are on the website:
www.wessex-oc.org

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Coastal Path Relay - Saturday 4 Sept
Runners wanted

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 the Dorset/Devon Border near Lyme Regis to the Studland Ferry. The total distance is 104 km with 3000 m of climb. This year the race will be held on Saturday 4th September and as we have won the event for the last three years we have our reputation to uphold so require as many members as possible to turn out and try and defend the trophy.

You do not need to be a great runner to take part as I choose the lengths of people's stages to match their ability. Last year we had 40% of the entire club out with runners whose ages ranged from 5 to over 60. Planning the running order and transport arrangements is quite a complicated procedure and so I would be grateful if you could let me know whether you can take part by early July. Please contact me either by e-mail (roger.tracy@virgin.net) or phone 01929 550680.

As usual I intend to hold a pre race team meeting, which will be on the evening of Tuesday 31st August after the club training run.

Roger Crickmore

SAUNDERS LAKE MOUNTAIN MARATHON

3rd & 4th July 2010

Having competed in this event in 2004 with Liz and 2006 with Sian, I have been keen to give it another go for the last year or two. In 2004 the event had the worst weather they had had in approximately 25 years, the result being we had to retire some four hours into the event, it then took another 4 hours to get back to the event centre. In 2006 we completed the 13.4k course in 7hrs 02mins on day 1 and day 2 10.8k in 4hrs 46mins. In good/hot weather.

So imagine my horror when a week before the event I discover that not only are we going up a course level to the Harter fell but that the distances are; Day 1 18.8k with 690m of climb and day 2 16.8k with 675m. Not to mention trying to keep up with Ian.

Liz, Jane, Trevor & Nick are also competing but in the Bida fell course, you will have to ask them for their distances.

Our start time is 08.23hrs having worked out how long we needed to get from the hotel to the event centre, we found ourselves running frantically to the start, but we just made it, to then hear it was a punching start! So off we set in my case somewhat puffed out already! Straight forward to number 1, 20 meters later as we are working our way through the long tussock grass Ian says “it’s a bit wet there” next thing I know I’m up to my thighs in a bog and I am well and truly stuck and feel a little like I’m sinking! So I call out to Ian, who thinks I have fallen over and that I am kneeling down. Realising that is not the case Ian pulls me out, I’m quite relieved to find my trainers have survived the suction and are still on my feet. So on we go to number two. The terrain was all but impossible to run on due to the ankle breaking tussocks, so a good old march ensued from there on. On our way to number 6 we were climbing steadily to approx 525m, from 5-6 the climb continued much to my joy to a height of 600meters, now this is where I decided that there is not one single fibre in my body that is designed for hill walking, then realising that another team were working their way up and seeing that the guy was carrying his and his female partners backpack and that she was still struggling I felt a little better. On we continued Ian taking us on the more direct flatter route to number 7 as we watched others disappearing off in another direction up a hill!

We were joined by two Southern Navigators, one of whom is a mere 73yrs young and more importantly behind us! On we continue, a quick food stop halfway to number 8 this is where the fatigue is starting to kick in and I'm looking forward to getting to the midway camp, bit of a hill to get round first! Ian contours us around to the left where as others are following the crowds up and around to the right, this definitely gained us places as by the time we where starting the descent to number 9 others who had been way ahead where now just behind us, the descent get seriously steep and a little scary, you know its dodgy when you are trying to grab the bracken and rocks to stop you sliding, Ian slipped here once but thankfully didn't travel more than a foot or so. We keep carefully picking our way down and are on the left hand side of a stone wall as are a couple of others a little way ahead of us, we eventually make it down still alive! And carefully climb over the wall, where a not too happy organiser is waiting, we have accidentally come down the wrong side of the wall and boy did we know about it, I thought we where going to get disqualified, anyway after our detention! We ran the last 50meters to the finished. Time 5hrs 33mins.

We set up camp making sure that we had a good pitch so that Liz & Jane, Trevor & Nick can pitch up next to us, the wind making life a little fun putting the tent up. Now not only was I surprised at how soon after us they had arrived in camp, I nearly fell over when on asking Lizzy how she had found her course she said "it was easy"!!.....continued on page 19.



TAMAR TRIPLE – End of May bank holiday weekend

Three days of complex dune orienteering? Some peoples nightmare. Penhale is definitely one of my top ten areas for orienteering, so the opportunity of three days good competition was too good to miss. The event was structured as a middle race on the Saturday then two normal races on the Sunday and the Monday.

I could see from the details that Kernow were going to try and split the use of the area, with the South section first then the middle then the North end, and so it proved. Saturday in Truro was chucking it down but the short drive to the North coast bought dry roads and scudding clouds. In the morning I had enjoyed a coffee with my eldest daughter Kelly-Marie who lives in the Truro and followed that with my usual number 4 go faster hair cut. I was aiming to stay relaxed and trying to convince myself that the three ranking races were not that important. This was difficult as the previous Thursday I had been elevated to no1 in the National Rankings (Over 55's) but knew that I needed to out perform Colin Dixon on at least one of the days to retain top spot. So – no pressure, and only 135 competitors on the Blue.

Our B&B at Homestead Farm near Penhallow is to be recommended. The full English had certainly set me up for the day, but perhaps I should have had some brain food I thought as I made my way to the start. 4.1km – sprint race territory but on Penhale anything can and normally does go wrong. Control one, although clean (and 2nd fastest split) had me in a bad mood as it was one of those first controls that could have been run faster if you didn't go to the start kite – planners nota bene, please don't do this! That's my excuse for mucking up one to two – 45 seconds dropped and down to 23rd place. Three to eight swift and clean with four fastest splits and back up to 3rd place. Nine, a little wobble as a vague area – 15 seconds dropped, Ten and I was looking on the wrong ridge – 45 seconds gone again and down to distant 4th, 60 seconds off the lead. Tried to simplify the last six controls but getting tired by now and although I managed to regain 3rd was still 52 seconds down at the end – 4.1km in just over 27 minutes, but 23 seconds down on Colin. Ok still two more days to go. Sallys restaurant in St Agnes for supper. Passable, but they did overcook the muscles (brain food).

That's the excuse for day two anyway. Full English again, served by Julie, just wonderful. So trotting down to the start for another attempt, this time 6.4k. Passed the finish on the way and spent a bit of time studying the area – as it turned out this was a complete waste of time! Was in the groove and could see from the warm up area the way people were going to the first control (I need all the help I can get), so confident of a good start. Did my attempt at blasting off and yes fastest split to 1. Ok-ish to 5 and still in 2nd overall just 10 seconds down. Didn't focus on 6 which was a very short turning leg, lost over a minute and dropped to 8th. 6 to 7 was sloping downhill across a fairly indeterminate short cropped area and to this day I have no idea of where I went, I just couldn't get anything to match up and eventually relocated from the finish flag, losing three minutes and down to 24th – for goodness sake concentrate! 8 ok and fastest split on 9 by over 20 seconds, so back in the groove and 8th place with plenty of time to improve further. 9 to 10 was either 250 meters of up and down detailed work or 300 meters of around and easy. Took the easy option which was going fine till suddenly nothing fitted. Went up to the top of a hill and spent the next 5 minutes trying to relate things – nothing matched. Eventually pulled myself together and found the control. By this time I am 7 minutes off the pace and really peeved (not quite what I was thinking but family magazine so you get the idea). Decide to pack in for the day and jogged home via the last 5 controls, three of those I didn't find easily – so a bad day at the office.

Norway Inn at Perranaworthal between Truro & Falmouth is certainly to be recommended for their muscles, beautifully cooked, succulent and just so tasty. Incidentally if you go for muscles in a restaurant always get the chef to cook them without the cream. Why restaurants insist on cooking muscles with cream I don't know – it just masks the real flavour. All they need is to be lightly cooked for four minutes in a little dry white wine or dry cider – delicious. No full English as an early start and a chance to redeem myself on day three. 6.3 k. Picked up the map and a long first leg – plenty of time to get lost. Took a safe-ish route but got caught up in some brambles for a few seconds – didn't help that the planner Phil Newell was looking down from an on high vantage point.



Editors Orienteering hot tip to all.....an obvious problem at this event was the dense woodland restricting visibility.



Editors further note to membership. Does anyone know of a good optometrist?



Pictures Courtesy of Devon & Kernow Orienteering Clubs.

Probably 20 seconds lost so was surprised that I was only 4 seconds off the lead, which I consequently took at control 2. Good planning and with me starting to really focus and concentrate led to steady progress, no fastest splits but nothing worse than 5th meant I was 40 odd seconds in the lead. 12 to 13 was a short-ish contour leg across the slope leading down to the beach. Plenty of opportunity to muck up, which I duly took. I knew I was too high, I knew I was too far, but..... anyway 2 minutes dropped and confidence a little shaken. Fastest split for 13 to 14 but another minutes dropped on 16 where I wasn't too sure where I was for the last 200 metres of the leg. Anyway got sunburnt and only beaten by a good 16 year old. Managed to get more points than Colin, however not enough to stop him overtaking me in the rankings list. Right when's the next ranking event?

Overall a fantastic long weekend, great terrain, great courses and nice relaxed organisation by one of my old clubs. When it comes around again in two years come and join the fun.

SAUNDERS LAKE MOUNTAIN MARATHON

Day 2,

Having realised that we were camped in the bottom of a valley and having had a good look at the surrounding hill sides I knew that whichever way we went from the start it was going to be up and extremely steep-how nice! 525m one side 627m the other.

The weather had taken a turn for the worst but the rain had stopped just prior to our starting, off we set up the valley steadily climbing and well aware that we would be climbing steeply shortly, Now when I go for a run I find the first 20mins hard work on the flat, I really did not enjoy this start and I was struggling with being too hot in my waterproofs and cursing the lactic acid in my calves anyhow I eventually joined Ian at the checkpoint, continuing up hill for a while longer and rather pleased to get to the top, the weather is deteriorating. On to number 3, 3-4 included another climb this time in the mist, heavy rain and the wind gusting with a passion! This is where being a 9st lightweight has its disadvantages when carrying a 10k backpack-the wind tends to win the battle! So my calves are killing me, the wind is trying to blow us off the mountain, the rain is beyond a joke, we then come in approximately 30meters above our checkpoint which is down in a gully, I'm the one with the dibber attached to me, so we clamber back down and I dib, at least in the gully the wind can't get the better of me, Ian suggests we contour around rather than take the route over the top that the other competitors are taking, (round not up sounds good to me!) but we then clamber out of my nice little wind protection gully and keep going up! Much to my horror, I was not a happy bunny at this point, If I could have had the option of getting into a car/helicopter and been taken directly to the end I would have taken it! On we go, terrain improving and we are gradually descending out of the mist, cloud & wind, things are looking up, no major hills now, we even managed to run-hoorah another good route choice from Ian see us going direct to number 7 and others going the long way round, oh joy another hill to number 9 an easy 300meter climb! We had caught our Southern Navigator friends. Its now flat to the finish and being the competitive little soul I now take the lead I was on a mission to make sure we beat them and we did by a long way. I am not being beaten by a 73yr old! Time 4hrs 47mins.

Now back at the event centre and with the weather still being thoroughly miserable, looking at all the trashed tents I'm rather pleased we weren't camping, into the marquee we go for our well earned post event meal and coffee/

SAUNDERS LAKE MOUNTAIN MARATHON

tea. You know its windy when the sides of the Marquee are missing in places, the large 2 meter wooden steaks are flying around in the wind, the marquee is looking very loose and lifting off around the two huge marquee poles in the middle. Time to get out of here! See Liz and Jane coming into the finish, they had retired-so much for it was easy! (sorry Lizzy) They got a little lost enroute to number 2 and missed the closing time for the checkpoint so on day 2 they did number 1 & 7 and the finish. But they where still smiling.

We hot footed it back to the hotel before Trevor & Nick arrived having successfully completed their course. Well done, lovely wasn't it!

A big thank you to Ian for organising everything, navigating perfectly, driving there and back and putting up with me.

Will I do it again - no probably not, but by 6.30pm Monday evening I found myself thinking of a hill training programme for next year - I immediately told myself off!!

Tina Stratford

Certificate of Appreciation

This certificate is awarded to

Wessex Orienteering Club

In recognition of valuable contributions to
Bournemouth 2010

Signature

Anne Feller

Date
April 2010



SUMMER SERIES, 2010

First of all, I want to thank **ALL** the members who came along to help at the events, we could not have managed without you!! We were using the schools electronic kit, sometimes on stakes and sometimes tied to permanent posts. We did not use kites as we felt that they would be too visible in such enclosed areas. We had lots of enthusiastic families attending and most of them completed more than one course. The goodie bags went down very well, in fact we ran out at the Upton event.

The results for each event went on the website within a couple of days, and I have lots of contact details which I am collating for future reference. We decided that to encourage these newcomers to try orienteering again, we would offer them a free run at the Caddihoe Chase so we have printed some simple fliers and vouchers to give away.

Kings Park on 15th May

The series started very well in Kings Park, we were based near the Athletics Stadium and there were a total of 21 runs, which included several families, most of which were new to us. This was a really good start to the series.

Poole Park on 29th May

Poole Park, on the other hand, was not so successful due to heavy rain in the morning and near gale force winds in the afternoon. However, we had 7 new people as well as the Crickmores, who braved the weather to run round a course.

Upton Country Park

The event at Upton was exceptionally well attended, with 25 people having a go. The weather was very good which I am sure helped! Upton Country Park is a very good venue for this type of event, and we need to utilise the area more in the future.

Littledown, 19th June

Unfortunately, this was the least well attended event, with just a handful of people which included some club members. This was the third event we have put on at Littledown and all of them have not been good in terms of numbers attending. I have no idea why this should be, the venue is good and lots of people go there on a regular basis.

SUMMER SERIES, 2010

Kings Park/Littledown, 3 July

We had a good turnout for this event, not necessarily in the quantity of participants, but the quality was very good. We had two young people, a girl of 10 and a boy of 12, who were exceptionally good and very enthusiastic. Two families from previous events also attended. Alan Hooper brought along the new laptops with the new SI programme, which worked very well.

Final Event, Moors Valley, 17 July

At going to press, this event has not taken place, but we are hopeful that many of those who have been to most of the events will come along for this the last in the series.

Conclusions

I think the series has been a great success and we should continue with these informal events in the local parks on a regular basis. Financially, so far we have covered our expenses with donations from participants. Any unused goodie bag items can always be used for string course prizes.

Upton Country Park and Kings Park were the two best areas for attendance and Upton has a classroom which we could use during the winter for indoor orienteering. Kings Park, however, does not have this facility but we might be able to use the athletic stadium – no harm is asking!

What Happens Next?

As most schools in our area have their grounds mapped, we should also continue to arrange small events for them during the school year; if wet, in the school hall would work as we had to do this with Kings Park school a year ago.

Somerford Junior school have an after school club for their children, and they have asked us if we would be able to provide orienteering on a regular basis. Ian and I are looking at this, maybe once a month during the school year. Again, we could provide indoor exercises if the weather is bad and outdoor if not. This format could work well in other schools which provide after school clubs.

SUMMER SERIES, 2010

All this sounds very good, but of course we will need help from you, the Club Members. There is a need for more qualified coaches, so that we can spread the load around a bit more. So, if you feel you would like to find out more about how you could become a Coach, please let me know. I am sure we could ask John Tilsley to organise a Coaching Course for us. Funding for courses is available through British Orienteering, so it would not cost you anything. Please think about this; unless we have young people coming into orienteering, the sport will not survive and our Club will not survive – we are not getting any younger!!

And finally.....

Again, a very big thank you to all the Coaches, Club members and friends for giving your time to help with the Summer Series. Onwards and upwards for Wessex Orienteering Club!!

Kay Sayer

A New Club Member.

We are pleased to announce that Sian and Allan Rixon now have a beautiful baby boy. Finn James Rixon was born on Tuesday 29th June 2010 weighing 6 lbs 13 ozs. After a few hopefully minor hiccups mum and baby went home a week later. We wish them well and I am sure we will see them at events in the near future.

ANNUAL GENERAL MEETING

The **AGM** will be on **Friday 17th September 2010** and will be held at Poole Yacht Club near the Ferry Port in Poole. More details and Agenda later but please put a note in your diary now. As usual the formal business of the evening will be followed by a Quiz and there will be a buffet option for those wanting food.

CLUB NIGHTS

To kick-start Club Nights for the new season we are going to try something different. Using the first Monday of the month we are combining with Wimborne to put on a coached session based on orienteering skills. Following this there will time to socialise and discuss the previous weekends competitions and just relax with fellow orienteers. Sessions will start at 6.30 and last for 60 to 90 minutes. If you don't fancy the energetic bit then why not join us later for the chinwag?

Monday 6th September WSX Upton Country Park (social in classroom after)

Monday 4th October WIM Canford School (social in Outdoor Theatre after - wrap up warm!)

Monday 1st November WSX Bournemouth Uni (social in student social area)

Monday 6th December WIM Milldown, Blandford (social ?? after)

Monday 3rd January WSX Parkstone Grammar School (social in school after)

Monday 7th February WIM Canford School (social in Outdoor Theatre after – wrap up very warm!!)

The majority would be suitable for juniors staying on afterwards for the social side which could be looking at recent events and possibly even having someone like Richard Barrett BOF coming to help out and give a talk. Helen Bridle might be available to talk to us on 3 January unless she has returned up North by then.

Nothing is set in stone yet as we have not looked at the nitty-gritty of access and use of a number of the venues – watch the website for updates. It would be good to get an idea of numbers so if you think you might like to come along then let me know –

gavin.clegg@parkstone.poole.sch.uk.



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REGULAR CLUB EVENINGS/TRAINING

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

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

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