

Wessex Extra



**YOUR STAR CLUB MEMBER THIS MONTH
IS.....see page 18**

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JC (marathon man)	Pgs 18 & 19
Relay Success	Pgs 22 & 23

And much more.....it's the Hols



July 2011

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The Chairman's Meanderings

As usual a lot has happened since the last issue of Wessex Extra yet the time has flown by and all the things I said to myself I would do and all the articles I was going to write have somehow not got done. But lots of things have got done and lots of competition has taken place so its not all bad.

My natural inclination has always been to embrace innovation and change, but I am wondering if some changes are just being taken on for the sake of it. I was over in Ireland for the fantastic and challenging JK over the Easter weekends. I love Ireland, both North & South and have been over the water many times. The people are always so friendly, the scenery stunning and everything just that bit more relaxed than back at home. We had arrived in Belfast a couple of days before the start of the JK and as I said have been over to the emerald isle quite a few times, but during those visits have never really looked around Belfast city itself. So being the organised type the first stop had to be the tourist office. I've visited many a tourist office in my time and already had the Belfast city map showing the location of the tourist office, which was situated near

liament building streets. From the road I couldn't I was looking was marked on suspicious of the wondered if the in with some All I could see



the magnificent Par- on one of the main opposite side of the see the tourist office. where I thought it the map but being accuracy of any map cross had been put Irish poetic licence. was a shop called

the "Welcome Centre". Now being of a certain age I assumed this to be something to do with a well know pharmaceutical company. Evenly the penny dropped and I realised this was a rebranding of the Tourist Office. Please why? I knew exactly where I was with "Tourist Office" and what I could expect, but Welcome Centre - did this mean I was going to be greeted at the door by some bonny lass in Irish garb and invited to partake of some black nectar (ok perhaps not too bad an idea) but really, the next thing will be everyone saying 'have a nice day'.

Now BO appears to be going through one of these change fazes, everything appears to be being reviewed, programmes for this, agendas for that. Focus, the BO magazine is very hard reading, yet there are little

The Chairman's Meanderings

gems in there sometimes, but an awful lot seem to be being shaken up and transformed. Will it be productive for the sport? The cynic in me has its doubts, but who knows?

One of the delights of the World Masters Orienteering Championships, which have become the focus of my annual holiday, is the comparatively stress free nature of the orienteering, even though you are racing against the best mature orienteer's in the World. So picture the scene: it's the day of the Sprint Final. I have managed to get into the A final. I have my timings all worked out. I must leave the assembly area at 11.30 to get to the far start on time. So I need to finish changing and start my preparations at 11.00. The sun is beating down and its well over 30 degrees, its 10.40 and I lie down in the shade for a 20 minute siesta - now don't pre-empt things, I didn't oversleep! At five to eleven I raise myself up onto my elbows and espy Valerie making her way towards me, but looking rather worried. The conversation starts with "you are going to kill me". So wide awake now, it transpires she has locked the hire car, which isn't a problem. But with the car keys still on the parcel shelf, which is a problem! Immediate thoughts of having to run the world sprint final in my sandals. At this point Valerie suggested she go and seek out a friendly policeman. I wasn't sure if this was to find ways to get into the car or for her own protection. Some deep breaths later I was standing by the locked car, which fortunately was a fairly basic model. By pressing hard against and down on the window, I managed to make a gap of about an inch, progress. Philip Eeles from SOC was parked nearby and a non English speaking French family parked next to us, both admiring my carjacking skills. The French family had found a little piece of wire, attaching this to the end of one of Philips extendable walking poles meant I was now able to gently push the pole through the gap, hook the keys with the attached wire and very gently and carefully extract them back through the small slit in the window, all within 5 minutes. Panic over and Valerie still alive! Valerie came back with the advice from the local police, which was to find a local taxi driver, he would be able to break into the car. Not quite sure what this says about Hungarian Policemen and Hungarian Taxi Drivers!

Gavin Clegg

SWOA Appointment

Bill Brown (winner of the 2010 Wessex Chairman's Trophy) has not been resting on his laurels. Bill has recently been appointed SWOA mapping representative. Bill says about the appointment: "A mapping rep is a 'correspondence' member of the BOF Map Group. I will not attend any meetings but will act as a sort of informed postman passing map group information to those SWOA members involved in mapping & representing any views they have back to the Map Group. However, I am told that Map Group have not formally defined the role & I suspect they won't do this until any impact on Map Group from the Governance Review is known. I will try to communicate with everyone who has any contact with mapping in each club, not just with the main 'experts' in each club.



THE WESSEX AGM WILL BE ON...

Friday 23rd 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 at £5 for those wanting food.

Galoppen Scoring Changes

Once again we have come to the end of another season. The final tables and prizewinners are to be found elsewhere in SINS.

Our scoring system for a few years now has been based on the winner's time in each class but it has been pointed out to us that this creates a particular anomaly. For instance Jack Speed, a GB senior squad runner, wants to do some speed training in preparation for a forthcoming sprint race and decides to run green instead of brown. Inevitably he wins by a large margin and affects the points of all other runners. Jack never runs green at a galoppen again that season. This has the effect that this particular race probably becomes a throwaway for many competitors on that course. Each year there are several scenarios like this on different courses where the winner, for whatever legitimate reason, wins by a big margin on what is possibly not their normal course.

There is a possible solution to this problem but it has its drawbacks. At the moment we operate on a system where no-one can win a prize unless they have completed 3 galoppens in that particular colour. If we extend this idea and say no-one can score any points unless they have completed 3 galoppens in a colour it would take Jack's time out of the scoring system. This would be done by removing the appropriate names from the list at the end of the season. If any of these names are event winners the points for that particular race would have to be recalculated. The drawback of this system is that although each event will still be scored in the usual way as we go along, the final rescoring might mean that some positions could change. The advantage is that Jack can still run the green - we do not want to stop anyone running whatever colour they wish - but the regulars on the course would still have a fair score. Your tactics for the final few events might need re-thinking!

We are rather against the suggestion that we ask everybody to register at the beginning of a season for their chosen course and if you are not registered you can't score. This seems somewhat bureaucratic and non-inclusive. We like the idea that everybody is scored from the word go and if people want to change courses they can do.

We have thought long and hard about various other solutions and are trying to balance out simplicity with fairness. We are very open to changing the system but would like as much feedback as possible before we do so. As we need to publish the rules for the forthcoming season in the next copy of SINS we would welcome any comments via e-mail please to drholmes@btinternet.com as soon as possible.

Jan and Dave Holmes

SWOA Galoppen
Awards and prizes for 2010-11 Season

Brown Winner/Top Man Clive Hallett BOK

Blue Winner/Top Man/Top Vet Gavin Clegg WSX

Top Woman Alison Simmons BOK

Top Junior Shona Simmons BOK

Green Winner/Top Man/Top Jun Michael Hallett BOK

Top Vet Man Tony Hext QO

Top Supervet Man Bill Vigar QO

Top Vet Woman Sue Hands WIM

Short Green Winner/Vet &Supervet Man Mike Crockett QO

Top Vet Woman Charlotte Thornton SARUM Top Supervet Woman Anne Donnell BOK

Light Green Winner/Top Vet Norman Harvey QO

Top Jun Ellie Stone DEVON

Orange Winner/Top Junior Chloe Potter BOK

Yellow Winner/Top Jun Man Zac Hudd BOK

Top Jun Woman Sarah Horsler WIM

In addition Ricky Thornton (SARUM) scored points at all nine galoppens this season, and will receive a small award in recognition of this achievement.

Hopefully presentations will be made at the Caddihoe Chase in September.

To qualify for a prize you must score points in at least 3 events.

STOP THE PRESS

Yet to be confirmed by SWOA fixtures but due to various objections from the New Forest it looks like our 9 October event will become our Galoppen for 2011/12 and held at Saccharin Mound (actually Sugar Hill, but we did discuss calling the area something else as it seems to have had a bad press in the past). The 2011 Dorset Delight at Bisterne Close will now be on 12 February 2012. This means we will have two Dorset Delights in 2012 as we will revert to 14 October 2012 at Shillingstone for the proper 2012 event. We have a planner for the October event but are looking for an organiser for both and a planner for the March event. Don't be shy, let a committee member know if you want to take on one of these roles.

New Member

Mike Fletcher running M60. Mike is a lecturer in mathematics and likes squash and skiing. He attended the last of the Summer Series that Kay and Ian work hard to put on, so it can be seen that the summer series reaps rewards with new members for the club.

Many thanks to Gavin Avey-Hebditch for previously taking on the roll of Treasurer. It was very good of him to temporarily fill the breach left when Ian Sayer decided to step down after many years in the post. However I am delighted to announce that Karen Morton has now taken over this roll. Karen has been attending the committee meetings. However Karen won't be able to attend the AGM as she will be on a cruise!

Gavin Clegg

JK RELAY REPRISE (or how not to run a relay)

We were into the sand dunes of Tyrella in Northern Ireland for the JK Relays and as only Gavin Clegg, Madeleine Bridle and me were present so we formed a team. This comprised three legs; a long, a medium and a short. Gavin was to do the long leg, Madeleine the medium and me the short.

We were all hunkered down trying to keep out of the wind and cold, along with the WIMites in full view of the handover pen, and Gavin set off first. At a suitable time Madeleine set off for the waiting area huddled in coat and hood. Gavin duly appeared in quick time to find no one waiting to take over – much calling and waving of the arms ensued. Trevor Bridle reacted quickly to skirt around the start area to shout loudly at Madeleine who was still in her coat some distance from the start line having not seen Gavin on the run in. There was no loudspeaker calling the numbers of the approaching runners. Quickly de-coated she took over from Gavin and I suppose we lost a couple of minutes there.

Having discussed with Madeleine her likely running time I deliberately allowed less time to be sure that I was waiting in good time to take over. On the way to collect my map I visited the toilet cabins nearby still with a coat on and compass and dibber in my pocket. Whilst in mid stream I heard Trevor loudly shouting my name, saying ‘she’s back, are you in there’?




It was then a fierce scramble to get out, go through what seemed like a desperately slow map pick up, put my equipment in the right place, shed my coat and arrive at the takeover line for Madeleine to say ‘it’s quite flat and very fast out there’. I suppose we lost three or four minutes at this exchange.

The long run to number one soon confirmed that my route was neither flat nor fast, all up and down amongst the sand dunes. I had difficulty at number three and overall completed a rather slow run. On return to base I discovered that Madeleine had run the short flat leg and I had done the medium length leg! Hence her early arrival to my consternation.

OK; we were not disqualified but having both first and second leg runners kept waiting at the handover line must be a first for the club! Those of

you who have finished a relay leg to find your next runner is not ready for you will understand the predicament and the level of angst involved.

Richard Arman



Would you like to try a FUN adventure sport for all the family?
Announcing the Wessex Summer Series 2011

Wessex Orienteering Club is putting on four Saturday afternoon events, 2.00 till 4.00 p.m., in the local area. You are welcome to attend as many or as few as you like. The first event is at Kings Park on 25th June.

[Click here for full details](#)

HARDY RELAYS
Sunday 10th July 2011
Upton Country Park, Poole, BH17 7BJ
Courses: Senior, Junior & Veterans Relays, Yellow & Light Green

[Final Details](#)
Informal Event Buddens Scout Campsite
Saturday 4th June 2011
COURSES: White, Yellow, Orange and Light Green plus a 60 minute score event.
[Results](#)



Summer Series event at Kings Park in 2010

Wessex Night League - Final Scores

Following the last race in the Wessex Night League on Brownsea Island (Sat 5 March) the final results table is now published (see night league tab on the left). Winner of the 2010/11 Trophy is Chris Branford of WIM, closely followed by Rob Hick, Gavin Clegg and Tim Houlder (last years champion). 60 people competed in the league this winter and well done to them all. Look out for details of next years races which usually start around October time.



Our very well maintained website should get a plug (says the Ed' off his own back) by far one of the most colourful out there in 'O' Land and full of information and lots of pics of our Chairman Gavin Clegg and others. None of me because the camera person has gone home by the time I finish.



Coastal Path Relay Saturday 3rd September.



Your Club Needs You



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. This year the race will be held on Saturday 3rd September and we will be going for a fifth consecutive victory; a feat that has never been achieved before. Therefore we need as many runners as possible to turn out and try and defend the trophy.

As the planning of the running order is quite a complicated affair **I would like to know who is able to take part as soon as possible and certainly by the middle of July.** If you can make it please let me know either in person, by phone (01929 550680) or e-mail (roger.tracy@virgin.net). It is easiest if you could also tell me if you cannot make it, as then I know not to chase you for a reply

For those not familiar with the relay, people are either designated as part of a sprint team or a distance runner. The sprint teams are employed in places where there is close access by road and by having a number of runners on a short section we can move the baton on very quickly. They then hand over to a distance runner who covers the sections between places where access by road is possible. Each runner will cover a number of legs during the day. For the distance runners, who will generally be the fittest athletes in the club, the legs can be several miles long, while for those in the sprint teams they should only be a hundred metres or so (although often uphill!). The importance of the sprint teams should not be underestimated and a lack of them causes problems so we really do want as many of them as possible. Thus even if you are not a good runner you can still make an important contribution to the race as a member of a sprint team. All ages are welcome as previous sprint team members have ranged from 5 to over 60.

Hope to hear from you soon.

Roger Crickmore

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**** Details of all future events can be found on the British Orienteering website: www.britishorienteering.org.uk ** There are also links from this website to Club websites, where you can download race fliers.**

JULY 2011

Wed 27 British Army Orienteering, Sandhurst. www.baoc.org.uk

AUGUST 2011

Wed 3 Congo Stream. (BAOC)
Sun 7 MBO Downton (MBO South)
Wed 10 Worthy Down. (BAOC)
Wed 17 Sparsholt. (BAOC)
Sat 20 Southampton OC Urban Event at Brockenhurst. See website.
Mon 22 Committee Meeting
Wed 24 Minley. (BAOC)
Sat 27 Guildford (GO) National Urban League
Wed 31 Long Valley North. (BAOC)

SEPT 2011

Sat 3 Coast Path Relay
Sat 3 Sarum Colour Coded & Try 'O', Nr. Warminster. See website
Mon 5 Club Night Hyde Common
Sat 10 Brownsea Island Informal
Sat 10 London City Race
Sun 11 Southampton Orienteers Regional Event, Slufers New Forest.
Sat 17 Caddihoe Chase Weekend. Burrator, Devon.
Sun 18 Caddihoe Chase Weekend. Burrator, Devon.
Wed 21 Frith Hill (BAOC)
Fri 23 Wessex AGM
Sat 24 Dorset Schools League, Avon Heath Country Park.
Sun 25 Bristol OK Long O. Details to be confirmed. See their website.
Wed 28 Woolmer. (BAOC)

OCT 2011

Sat 1	MBO Wilton (MBO South)
Sat 1	Quantocks Long O, Western Quantocks
Sun 2	Quantocks Long O, Malshead, Nr. Lymouth.
Sun 2	South West Sprint Championships, Poundbury & SWOA AGM
Mon 3	Club Night Upron House
Sun 9	Wessex Galoppen Sugar Hill
Mon 10	Committee Meeting
Sun 23	Wimborne Galoppen Godshill

NOV 2011

Sat 5	MBO New Forest
Sun 6	SOC November Classic, Busketts Lawn, Ashurst. This is our Club Champion event and only long courses will qualify for the trophies.
Mon 7	Club Night & Wessex Night League Shaftesbury
Sat 13	Devon Galoppen
Sun 20	Quantocks Orienteers, St. Audries, nr. Williton.
Mon 21	Committee Meeting
Sat 26	Dorset Schools League & Wessex Night League Sarum.

PLEASE NOTE There are local events at least once a month. These are designed to help newer members and improvers to hone their orienteering skills.

Coaching is available at all our events, for all abilities. The coaching is free. If you would like individual orienteering coaching, please contact Kay Sayer, k.sayer@ntlworld.com

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.**

Three Peaks Challenge



Some of you may have heard of the Three Peaks Challenge. In fact there are three challenges that I know of. One involves walking up Pen-Y-Ghent, Ingleborough and Wharfedale in Yorks in 24 hours, one involves walking up Snowdon, Scafell Pike and Ben Nevis and sailing in between but the one I have just attempted involves walking up Ben Nevis, Scafell Pike and Snowdon in 24 hours including travelling between them.

I was approached by Jill Brown's daughter Claire as she was arranging a challenge for a group of ladies and they were a bit nervous of the navigation up the mountains if the weather was bad and wondered if I would accompany them. Well, never one to turn down the opportunity of spending time with ladies I agreed and so on Thursday 12th May I found myself in a mini-bus at 04.00 travelling up to Ben Nevis. Three ladies had flown up to Glasgow to avoid the long journey and we duly met them at Hamilton Services at midday and continued to Glen Nevis. I had planned to stop at the Visitor Centre there to use the facilities, have some last minute grub and get our kit sorted. Imagine our surprise when we noticed at least two other groups doing the same thing.

Having refreshed ourselves we drove a mile up the Glen to park near the Youth Hostel and start our walk. Luckily we had a dedicated driver who wasn't going to walk but was in charge of the mini-bus and would use the walk time to refuel both the bus and himself.

So at 4.20 in the afternoon 10 of us (8 ladies, myself and my nephew who had joined us) set off up Great Britain's highest mountain. The weather down below wasn't too bad but by the time we reached the zigzags about half way up we were in the cloud and the wind was picking up. The temperature dropped sharply so waterproofs, hats and gloves went on. We passed several people on the way down and I asked them what the snow was like at the top. Luckily there was only one patch of about 30 metres which was not too bad. The ladies were surprised to be walking on snow in May but Ben Nevis has snow on it somewhere all year round.

By the time we reached the top the conditions were awful, really high winds and very cold (I estimate with wind chill around minus 10C) so we didn't hang around. I managed to get a couple of photos with frozen fingers and then we beat a hasty retreat off the mountain. We set a good pace and once clear of the cloud even managed a jog for a while. We got back

to the mini-bus around 9.30 so just over 5 hours, not bad. I had radioed ahead and our driver had two kettles boiling for hot drinks and Pot Noodles.

However we couldn't afford to waste time so it was back in the bus for the drive to the Lake District. We shared the driving a bit as nearly 5 hours driving through the night was too much for anyone. We had another short stop at Gretna Services as we would need to hit the ground running at Wasdale Head. As we arrived there around 3.30 in the morning and there were farms around we had to be very quiet leaving the bus and the road area. There were already several other vehicles parked up and we could see head torches coming down off Scafell Pike.

We duly set off with our own torches on and made steady progress up alongside Lingmell Gill. However I made a mistake and we failed to take the most direct route up so wasted some time before we rejoined the main path. True to form as we got higher the weather worsened with cloud, wind, hail etc. But we all got to the top, quick photo and then back down as quickly as possible. Unfortunately the rain came down and made the path very slippery and most people took at least one fall. This meant that we were rather cautious and slow on the descent, losing valuable time.

Soon after 9.00 we set off to Wales. Our driver was doing his best to make up as much time as possible but unfortunately that made for a bumpy ride, resulting in at least one person being travel sick. We arrived at Pen Y Pass at around 1.40 p.m. with 2 hours and 40 minutes to climb Snowdon and return. We split into different speed groups as some were more tired than the others (not surprising really) and the fastest set off with the aim of trying to do it within the time. However I was happy at the back keeping a couple of ladies company and we decided that our goal was to reach the summit of Snowdon within the 24 hours, not necessarily the foot. Again the weather closed in and we were in cloud for the last 400 metres of climb. We soon saw the fastest pair coming down but they had less than 40 minutes to reach the bottom, an impossible feat. In fact they missed the time by 15 minutes so an incredible effort.

As we neared the top one of the ladies I was with wanted to turn back as it was so windy and it was hailing heavily. However we persuaded her to continue and I had to hang on to her at the very summit as it was so wild.

We reached the top with 7 minutes to spare after nearly 24 hours of walking and driving. We had met the rest of the party just before and they had decided to descend via the railway line (walking, I hasten to add, not taking the train, particularly as the weather was so bad it wasn't running). We decided likewise. So a long slog down to Llanberis and we met up with the rest of the group who were having hot chocolate in a hotel. It just remained to meet up with the two who had returned via the original route and who were back at the mini-bus a couple of miles away. Great things taxis when you need them.

So off to Caernarfon for a hot shower and a well earned celebratory meal.

In all we had walked over 22 miles and climbed 10492 feet, or more than a third the height of Everest. And yes, our legs did ache. Would I do it again? Well there is already talk of giving it another try so watch this space...

Ian Sayer

The logo for the Wessex Orienteering Club is a horizontal rectangle with a black background on the left and a red background on the right. The text "Wessex Orienteering Club" is written in white, bold, sans-serif font across the entire width of the rectangle.

Wessex Orienteering Club

Why On Earth Would You Want to Run a Marathon?

On Monday 18th April, I walked slowly down to the village post office and posted an entry for the next race which takes place in October, almost six months to the day when I will start on my 2nd Marathon of the year...

I make my way home, disguising my discomfort with a smile to anyone met en-route, earlier I endured aching limbs as I clambered down each step of the stairs in my house, a feat probably repeated in most of the 37,000 other houses of participants up and down the country. It's the day after the 'London Marathon'.



Why would you want to put yourself through this, I guess the trick is to let your mind forgive the marathon; allow the painful memories to evaporate away, leaving you with only the nicest thoughts, which then convinces you into trying it again, only this time, your mind tells you, that you'll do even better...

Preparing for a Marathon can leave you balancing between excitement and anxiety, between your training programme and your family life; it can be addictive and so very unforgiving. Luckily for me, running is an important part of my life, it gives me that physical fix, while allowing me to purge my mind of any unwanted thoughts and to refill my head with new ones, a most 'therapeutic pastime'...

So, organising the 'therapeutic pastime' into a schedule, '[a training programme]' is a natural progression for me, I enjoy it, I look forward to the next run, it makes me feel good inside...

Most running magazines and running websites offer many Training Programmes to tempt you from an armchair to a sub 7:00 in 12 easy weeks, and the same 12 weeks for the seasoned runner hoping to achieve a sub 2:30. But, they all require one important thing from the participant and that is **commitment**.

Someone once said that to run a marathon you should:

Run the first 10 miles with your HEAD

Run the next 10 miles with your LEGS

And run the last 6.2 miles with your HEART

If you are tempted to train for a marathon, be realistic, know the limit of your potential and, remember not all runners can be a Paula Radcliffe or a Haile Gebrselassie, some of you will have a natural ability and others won't...

So in 6 months, I hope to have a good enough time to qualify for the 2012 London Marathon, where I'll improve on this year's disappointing time of 3.03.37...

John Cook





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Performance Coaching Weekend, Long Valley, 4th & 5th June 2011

Ian and I decided we both needed some coaching to improve our orienteering. We may have been orienteering for many years, but we had never had any proper coaching. So this seemed like the ideal opportunity.

The weekend was based at Long Valley and run by Colin Dickson, with help from Dave Rollins. We were told to arrive by 8.30 a.m., which meant a rather early morning for us!!

We had different exercises for each day and they were quite varied. The one that I was least looking forward to was the contour only

map; however, I found this really good and managed to work my way around the course without much difficulty. Just goes to show that we don't really need all the detail on the maps. I am now trying to ignore the fine detail and concentrate on contours.

Route choice was another exercise, and we were in pairs for this. We chose different routes to each control to see which one was quicker - going on a straight line or running round the tracks. In fact, there was very little difference as we both arrived at the control about the same time.

For the compass exercise, we had a blank map which showed only the control circles and the line to each control, but nothing else! The control descriptions were there but there was no detail at all on the map. So we had to be very accurate with our compasses. And my "eureka" moment was during this exercise. I have always been convinced that my compass was not accurate, but found that I was not holding the compass centrally in front of me. It should be in front of my tummy button! So my compass was not wrong after all!!

Colin also talked about the flow around a course. From the start, spend a minute or so to decide on the route to the first control and memorise it. Tick off the features on the way and if you are on a path, spend time deciding on your route to the next control, so that you "flow" around the course.

An old quarry was mapped at 1:2,500 scale, so very detailed. We had three courses to run, one after the other. The courses were very short, no more than 1km so it was short but quite tricky in places. Some of us (well, me!) were like meerkats bobbing up onto the top of the mounds with puzzled expressions!!

Relocation was another useful exercise. We were in pairs for this and we took it in turns to hold the map and walked the other person to a position within one of the marked areas. They were then asked to find where they were on the map by looking at the contours and vegetation.

If you have the opportunity to go on one of these courses, I would thoroughly recommend it.

Kay Sayer

3rd Consecutive Win & 4th Total Relay Success for Small Wsx

Relay summary to date –

Moonraker Relay – 05th June. The first relay of the series, a Harris relay for teams of three, saw two teams from Wessex taking part. The team that should have been the stronger unfortunately were disqualified on a technicality (a spine control was missed by one runner). Our other team, however, soldiered on finishing in 8th place and getting some points on the board.

North Wilts – 26th June. We had 4 teams at this event, where teams of 2 or 3 had to tackle 3 courses, twice each, making 6 sequential courses to be run. The day was very hot and the terrain, whilst generally run able, was hard work. TVOC had a very strong team who took an early lead. However, they managed to mis-punch after leg two, resulting in their eventual disqualification. This left the way clear for Wessex to take victory, with our second team taking third place - i.e. helping to reduce the points scored by other teams!

Adams Avery – 03rd July. Two teams turned out to represent the club at this straightforward 3 leg relay. The area, Dyrham park, whilst being fast under foot, was also quite hilly. Runs were therefore a little tougher than may have been expected. Our stronger team took an early lead handing over in first place. A position we held through leg two. Leg three went out 10 minutes clear of BOK's Clive Hallet. Clive had an absolutely blistering run, catching up the 10 minutes by the spectator control and pushing on to pull out another 4 by the finish. We finished in second place, which was a good result. BOK had a good number of well placed teams, which again helped keep the scores of other clubs down.

Hardy Relays – 10th July. Three teams represented Wessex at our home event. Having won this last year, we were determined to defend the trophy. The event was a complex relay, with three courses being run simultaneously and handicap available, giving time advantage for having older runners in the team. Gavin Clegg was available for the first time, allowing us to put together quite a strong team. Other teams had strong handicap allowances, which meant we had some chasing to do. However, every team member ran well which meant that we gradually overhauled those who had started in front of us. By the time our last leg runner set out on

the critical course there was just one team left ahead of us. They were quickly caught (shortly after leaving control 2) leaving they way clear for our second win in the series.

Devon Relays – 17th July. Two teams finally turned out to represent Wessex at another harris relay. The event was being held on the same area as two years ago, with the same weather (quite wet and windy) and virtually the same car park and start/finish. Two years ago we won both the Open and handicap classes. Could we do the same again? The layout of the controls didn't easily lead to an even split of controls, but we felt we had a good working solution. The area was inhabited by a large quantity of red and white sheep (recently shawn and with a large quantity of red dye applied). This meant control flags and sheep were difficult to tell apart! In places the bracken was a little high, making control flags in sunken features (e.g. pits) a little tricky to spot. Never the less, all three members of our top team ran hard, coming back in first place in the open race. There was then a long wait while the organisers applied the age related handicap to each teams finish time. In the end there were just 7 seconds between the top two teams, Kerno and Wessex – with Wessex coming out on top! Both trophies won and another maximum set of points for the league.

With one event left to go – Furrow Hoppers on 24th July, we now have an uncatchable lead in the summer series. Three wins and a second mean that no matter who wins next weekend we cannot be caught.

Three teams will represent Wessex at the event, with a fairly strong top team. We won the trophy last year, so have a little defending to do. Good luck to those representing the club.

Another successful campaign and our third consecutive year (fourth in total) of winning the series.

Dale Paget

Stop Press—Wessex Raiders win Furrow Hoppers Relay. Full report in next edition of Wessex Extra.



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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

