

Wessex Extra

July 2012



**JUKOLA ASSEMBLY AREA,
FINLAND**

features.....

Chairman's Ponderings	Pg 2
Relays	Pg 4
World Masters	Pg 6
Jukola and Venla Relays	Pg 14
Poole Town Race	Pg 19
AGM Notice	Pg 23



Chairman:

Gavin Clegg

gavin.clegg@parkstone.poole.sch.uk

Treasurer:

Karen Morton

karenmorton@ntlworld.com

Secretary:

Sian Rixon

sianrixon@live.co.uk

Committee Members:

Richard Arman

thearmans@googlemail.com

Rob Hick

rob.hick@tiscali.co.uk

Eric Whapples

whapples@fsmail.net

Tim Houlder

tim.houlder@ntlworld.com

Ian Sayer

ian.sayer68@ntlworld.com

Julie Astin ju-

lieastin@yahoo.co.uk

Newsletter Editor

Kay Sayer

K.sayer@ntlworld.com

Website Manager

Alan Brown

imagnos@btinternet.com

Chairman's Ponderings

You will have seen the news about Jason Falconer. Jason, one of our coaches and a keen competitor had a very serious accident when out cycling and was taken to the critical neurological unit at Southampton hospital. The latest reports suggest he is improving rapidly and by the time you read this he should have been transferred to Poole hospital. I am sure we all wish him a full and speedy recovery.

I heard the news about Jason when I was in the Harz Mountains in Germany. I reflected at that time how lucky I was to be indulging in my favourite pastime in a lovely part of the world. It really made me aware that we should make the most of every day.

Two things struck me whilst travelling through Germany. One was how much they had embraced wind turbines. There were few miles driving on the autobahns when you didn't see a cluster or two. I don't know what % of there consumption is supplied by said turbines but it's got to be far more than in UK. Now I may be in the minority here but I really don't see the issue about wind turbines, particularly if planted out at sea. To me they can enhance the scene. If we don't seriously invest in more such schemes then the alternatives are nuclear or switching off. Neither of which appeals.

The other thing was the number of roadworks. Unlike this country they didn't seem to be causing too much traffic chaos. People were actually working and from what I could see the work was being done to improve their already good road system. Obviously to make the most of things when the economic upturn comes, which it surely must. Now I like the countryside as much as anyone, but for a successful economy you have to have a good transport network. Our main roads are far too busy and without investing in improvements, even to the detriment of some countryside, we are not going to be able to ship things around at the speed thats needed to get the economy going. Surely all these billions of pounds spent on quantative easing ought to be ploughed into infrastructure projects?

A few political things for you to ponder there. Another will be at the AGM where we discuss the possible merger with Wimborne. More about that later in the magazine.

May you always run in sun lit forests (can't remember the last time I did that!)

Gavin Clegg

UPDATE ON POTENTIAL CLUB AMALGAMATION

You will recall that Wimborne Orienteers and ourselves have agreed to investigate the possibility of the two clubs amalgamating. To this end both clubs have set up working parties to look at the pros and cons and to solicit the views of club members. We wrote to all our members recently and the results are as follows. We sent out 47 letters and received 37 replies. Of those 35 were in favour and 2 against. Wimborne have carried out a similar poll of their members and their results are much more fifty/fifty. At this stage the Wimborne working party are reporting back to their Committee to decide the next steps. If it is felt worthwhile pursuing further then both Clubs will table a motion at their respective AGMs to call an EGM specifically to vote on the proposed merger. It is hoped that the EGMs of both Clubs will roughly coincide and take place as soon as possible after the AGMs. Please make a note in your diary that our Annual General Meeting is scheduled for Friday September 14th at Poole Yacht Club. A separate notice is included with this newsletter.

FROM THE EDITOR...

Well, what happened to the summer? Perhaps it will start in time for the school holidays, and perhaps the Welsh Six Days! However, being intrepid orienteers we don't let a little bit of rain stop us! There are some interesting articles in this month's WessexExtra, including the Jukola, British Championships, World Masters and Relays. We are doing quite well with the relays; let's hope it continues.

CLUB NIGHT, MONDAY 6TH AUGUST

Our Club Night will be based at Studland, using the newly mapped area and with some ingenious routes! The event starts at 6.30 p.m. and finishes at 9p.m. with a barbecue on the beach after our runs. Bring your food and drink; disposable barbecues provided. **Please let Julie Astin know by 3rd August latest that you will be coming** so that we print enough maps and have enough barbecues!

Anyone who can help on the day please also let Julie know. julieastin@yahoo.co.uk
Telephone: 01202 429756, or 07584 430587.

ARE YOU AN OCTOGENERIAN?

If so you are in luck. At their last meeting Wessex Committee decided unanimously that for any M/W80+ Club members who have been members of Wessex OC for at least 5 years they will be given free membership for life. This applies to Club only membership so if those affected still wish to maintain their membership of British Orienteering they will need to continue to pay that.

In reality as the membership fees for Wessex OC are collected by BOF for those who are full members we will refund the Wessex portion of those fees in the New Year once those affected have paid their fees to BOF.

For those who are Club only members they need do nothing. Their Club only membership will continue at nil cost.



Zenergi, helps control and reduce commercial electricity; gas and telecom costs. It's **FREE TO USE** and will do nothing but help free your valuable management time.

Usually, energy and communication costs are high on the agenda, and eat into your bottom line profits if they are not procured effectively and competitively. That's why we are here to help you reduce these costs; to be your "outsourced energy department" and get THE very best value.

Statistically we are rarely beaten on price directly by Suppliers owing to the fact we negotiate in excess of £20million worth of power. We will bring you freedom of choice; options to choose the best terms suiting your budget and monthly data reporting.

Initially, we can offer a **free audit** of your utility supplies followed up by a report and recommendations on how these costs can be reduced. Just send in one bill from each utility and leave the rest to us!

Zenergi – YOUR enlightening power company.

Tel: 023 8028 6300 Fax: 023 8028 4629

Email: enlightenme@zenergi.co.uk web: www.zenergi.co.uk

SUMMER RELAYS—Progress to date –

Moonraker Relay – the team performed well, bringing us victory in the opening race of the series. But only just A logistical error by one team member meant that we were only 6 seconds ahead of second place!

Hardy Relay – we struggled to get a team together for this event, as the club was also committed to the Jukola in Finland, an event on Brownsea Island and another at Holton Lee. In the end, there were just 4 club members available to make up a team. Team selection was therefore simple, if you were available, you were in! Thoughts of retaining the trophy were put to one side. We just had to do our best to finish as high up the list as possible. Vandalism of one of the control sites on the day didn't help. It left people wondering how results for a complex relay could be achieved with several runners from each team being affected. The organiser(s) decided to remove the preceding and following legs from the affected control. The net result of which was that the course everyone thought would be the critical path wasn't, and a different course was. Lots of mathematical calculations later revealed that Wessex had in fact won the relay! All credit to those who would not normally expect to be in the clubs top team. Everyone did their best on the day and did the club proud!

NWO Relay – again there were good performances from club teams. One team (due to unfortunate circumstances) only got to the event 10 minutes before the start. It was a real rush to get registered and have the first leg runner on the start line on time – but we managed it. It didn't seem to have too much detrimental impact, as the team went on to win the race! Our second team also finished third – a great team result!

Adams Avery Relay – this was to be our toughest challenge yet. Difficult terrain and tough opposition. The Halletts were out in force

with a family team – who proved to be unstoppable. They ran away with the race and a very significant winning margin. The technical nature of the area was too much for some people, with some very long times being achieved! Only two teams avoided the mass start for the final leg – the Halletts and our leading team. This meant that results weren't immediately obvious at the end, as mathematical calculations were required. Thankfully our second placed team held that throughout the race securing the best points we could under the circumstances. I would highly recommend a visit to Stock Hill for all club members. Parts of the area are some of the most challenging in the SW region. Lots of technical contour detail and low visibility!

Devon Relays – This was the day after the torrential rains. Two teams were entered and the Wessex Raiders won both the relay and the handicap, so we were awarded both the trophies. Just the Furrowhoppers to go!

Furrow Hoppers Relay – due to unforeseen circumstances Wimborne have had to postpone this event. It will now take place on Saturday 18th August at Canford School. If you are reading this in time and are available to represent the club, then please let me know! There will be a BBQ held after the event, so come along and enjoy a good social as well as some great orienteering.

In summary, with three wins and a second place, we are very well placed to retain the overall trophy again this year. I think it is already mathematically very difficult for anyone to beat us. However, one more victory will guarantee the trophy stays with us for another year.

Dale Paget

WMOC 2012 - the sprints.

I have been very lucky to be able to go to the World Masters for the past 7 years now. The format for the event has developed over the years. The organisers have now settled on five races. A sprint qualifier then the following day the sprint final. A rest day then two days of classic distance qualifiers another rest day then the classic distance final. This is my tale of the sprint events.

This years sprint qualifier was in Bad Harzburg, Bad meaning bath or spa, so plenty of opportunity for a swim and sauna. The town itself was close to the event centre and one side of the town had been used as the 'model' event the previous day. I don't usually run the sprint model, just have a wander round getting used to the mapper and the control sites. Everything seemed ok.

I would have to admit to being a bit of a sprint specialist and the World Masters is obviously the pinnacle of my M55 competition year. Competing against more than 300 of the Worlds best over 55s does focus the mind somewhat. The qualifier went well. The start was in an underpass so zero chance of getting any last minute idea of which way people were going. In hindsight I made a few small route choice errors but nothing major and ended up 2nd fastest in my heat. With that number of competitors there were 4 heats and you had to be in the top 20 to get through to the A final. So mission accomplished and feeling ok despite concern over my left calf, which still hadn't recovered properly from a bad tear earlier in the year.

So the next day I'm warming up for my start time in the final. The final is run in reverse order, fastest from the heats last. It actually works that they take the 1st place from heat 4 as the nominal fastest then 1st from heat 3 etc? This meant I was 7th from last off and had the dubious privilege of wearing a "top 10" number M55-7. This gave me the chance to spot my minute man M55-8.

There is a 6 minute call up. After the 6 minute line there is a 200m jog to the minus 5 line. At minus 4 it's clear the dibber, minus 3 a dibber number check, minus 2 collect description sheet, then wait by our map for the go. Everything is on tables and under gazebos. The whole starting area has taken over a small municipal car park.

I watch my minute man take off so knew which way to go. Clock bleeps down and I'm away. Goslar is an ancient town with small streets and alleyways, loads of half timbered buildings and a tourist attraction. You can follow my course on route gadget. Start to 1 and although I kick off in the right direction make an immediate wrong choice by not turning sharp right and following the stream. although I had the second fastest split felt I lost 5 seconds. Control 1 to 2 and I was having to work hard to get the running rhythm right, but had sorted out the

right route, left right left under two canopies and nail control. 2 to 3 and through the main square avoiding the pink out of bounds areas which were the tables and chairs of the street cafes!

3 to 4 and an equal route choice so take the one that gives me the best flow out of the control. Third fastest split and in third place overall 11 seconds down on leader Rolf Lund. 4 to 5 no route choice so spend time planning ahead and can see that the longest route 7 to 8 is a key leg and needs careful choice, the obvious one leading to an enclosed courtyard - I think. 5 to 6 probably the wrong way round a block and another 5 seconds needlessly lost. 6 to 7 and still trying to ensure I've chosen the right route for 7 to 8 another 5 seconds lost by a hesitation so am now down in 6th 26 seconds down. Execute 7 to 8 with the third fastest split and although only making 1 second on Rolf am back in 3rd spot. Planning ahead now starting to pay off with 2nd fastest split to 9. Good flow to 10 and 11 and now in 2nd place overall only 12 seconds down. Now realised that leg 12 to 13 is another key leg and whilst trying to sort it out overshoot the turn into control 12 and lose 30 seconds - realise I have now lost all chance of a good finish as I obviously didn't know at that point that I was still in 6th place. Didn't really try for the last 3 controls but still managed to pick up a place and ended up 5th in the World 56 seconds down on Rolf and only 17 seconds down on the silver medal. If only!

A good race through a beautiful town with a finish with a spectacular backdrop

Gavin Glegg.



WORLD MASTERS 2012

Only Gavin Clegg and I ventured to this wonderful event in sunny Germany in the Harz Mountains. The Brits did very well with four golds and five silvers including first and second in W35. Gavin was fifth in the sprints in M55 and I was eleventh in the M80's. Gavin did well to get fifty third place in the Long A Final nursing a bad leg. His time of 57-55 to the winners (A Russian) time of 45-01, very creditable indeed. I was a poorish thirty first in my A Final , the youngsters in my group giving me a bit of a drubbing.

There was a sprint Qualifying race before the final as well as a sprint Model event, and in the final in the town of Goslar as usual you had to take a lot of care to avoid running into a dead end. The biggest challenge for me was leg eight where I doubt if many, or indeed any, saw the flat route which could be taken by backing up to near seven again; I certainly did not! The route most took was steeply up along a zig-zag path to then make a decision about which way to go around the long building in front of you. To the left would be best to control nine, but I doubted you could get through, (correctly!) so having to go round past ten back to nine, then back again to ten, eleven and the finish.

The Long event as usual had a model event first and two Qualification events followed by a final. I managed to pick up the M85 control descriptions list with much hesitation involved when control one seemed to bear the wrong code number – thus quick reversion to using the descriptions on the map There followed much deliberation about the best route to number two steeply down the hill. Things eventually worked well as I was lucky enough to find a very good attack point for the control. Three, Four and Five went well, directly through boulders, but Five to Six could have been much quicker had I chosen a path and ride run instead of a more complex direct sort of route. Then followed a ghastly climb up thirteen contours, thus a sixty five meter uphill slog. There was an alternative to this leg going up a long narrow re-entrant which would have us climb more gently, but I 'chickened out' of this route as the going looked rough close to a long ditch with very steep sides. To the Finish was good, with a one hundred and fifty meter 'bash' to the finish line through the crowds.

Some courses had a lot of rock fields to cross which were very difficult deciding which rock was mapped and which was not. A super event as usual, although starts were a bit chaotic sometimes; but the weather was good with very little rain. See you in Italy next year if the Italians manage to get things sorted out satisfactorily.

Richard Arman

THE TAMAR TRIPLE

DAY 1 Exeter University street event. Fresh building works made going to the start a long trek and there was no proper assembly area, Registration and Download being the only things readily usable in the Sports Centre.

RACE 1 .Control one was in a long very shallow reentrant, so insignificant that I went straight past it thinking it was the start flag! The actual start was inside the Sports Center ! Weird! The direct route to 3 left me with a five foot drop so I had to go back around the wall end; I cannot jump down that sort of height any more. There were contours aplenty on this map; really quite unusual as sprints are generally fairly flat. I made a major boo-boo going South instead of north out of 12- why for goodness sake?

RACE 2. This was on a different part of the campus and I was disoriented after 3 'twixt a pond and a marsh. I then went from 7 to 9 and back again to 8. I blame the fact that my spectacles were steamed up using my new, and clearly inadequate, 'anti-fog' spray. One has to try and have something to blame doesn't one! The only other problem was that a route that I had thought was OK through a building was in fact a contour line drawn straight through the building, so, in and back out again and round.

DAY 2. Now to the magnificent Smallhangar Waste near Plympton. This was novel and new to me in that we had a chunk of map at 1;1000 scale covering the first six controls and then a large area of the 'Waste' workings at 1;2500 with 1.25 meter contours, all on the same map. This area was mapped by the great 'Prowling' Jim Prowting of TVOC and is the end result of many previous tries to make this area really beautifully mapped. He has used contour lines throughout so there were no pits, small depressions or gullies shown, the contour lines did it all except for the large depressions – what a marvellous map, but, my word – difficult. I had a couple of tiresome legs where I lost contact with the map, and then failed to find the penultimate control until I had been on to the final control - annoying.

DAY 3. Cookworthy Forest was not as wet as some will have remembered from the last JK there, but the midges were biting badly. Starting from the old railway line that traverses the area I had the usual difficulty amongst the boggy, tight and scruffy woodland with an over eight minute leg for just 350 meters! All flowed fairly well thereafter. I was tempted to take the direct mixed route to 4 but a longer path run and clean woodland gave me a good time. Rushing to the finish (we always seem to have a race between us to that one) I fell flat over a small rock, said a naughty word, and carried on – and no chance of being the fastest!

This was a nice and varied event and the Wessex runners, Gavin, Dale, Eric, Liz and I, plus Trevor had a 'Chinese' in Tavistock on the Sunday evening using chop sticks and fingers. Nice gathering. I hope to see some of these 'experts' again in wild and woolly mid-Wales very soon.

Richard Arman

MEET YOUR WESSEX CLUB MATES

JOFF HENLEY

Age Group:

*M50 (at least I think so ... dob 4/1/1956!)
(Editor's note, sorry Joff you are an M55)!*

Home Town(s):

Liphook, Hampshire.

Occupation:

Company Director.

When and why did you start orienteering?

Late 2011 at the insistence of Kath Dean, my partner.



What Clubs have you been a member of?

Only Wessex, in the way of orienteering clubs. Why would I ever join another?

What are your orienteering achievements, best results and most memorable event?

Moved from bottom to around halfway up the results, especially in events where there are a good number of dog-walkers. The Brownsea night event was particularly special – a misty, dark event, made all the more challenging by a failing head-torch!

If you could improve one aspect of your orienteering, what would it be?

My knees. If there was an orienteering variant which didn't make them hurt, the sport would be even more enjoyable.

What training do you do?

None, really: just orienteering events. Perhaps the occasional road jog. But I did attend the excellent and enjoyable Army novices course in Longmoor, which is training of a sort.

How many countries have you orienteered in?

Just England alas.

What is your favourite orienteering area:

Anywhere local to me in Liphook! I very much enjoy the events around Bournemouth but sadly am not always there.

What has been the biggest turning point in your orienteering life?

Wow ... that's a tough one! I think it was doing my first orienteering event (which was 3rd December 2011) when I realised what a great sport it is!

Thumb compass or base plate?

Base plate: a basic Silva at £6 from Millets. Inexplicably they changed the price the week after, to £18 for the same compass. Unfortunately all three of my compasses are now lost in Kath's place.

How would you raise the profile of orienteering to increase participation?

Focus on schools, to "catch them young"! More evening events suitable for commuters? Perhaps advertising at local sports centres and businesses? It is potentially a great team-building event too.

Who is the most inspiring member of your Club?

I have been so impressed by the friendly welcome from ALL the team at WSX when I pick up the maps, and when I return, exhausted, long after the event has closed. You don't inspire me to run more quickly – but you DO inspire me to run more!

What music do you listen to?

Nothing while orienteering. 1980's disco while jogging. Opera when I can!

What have you always wanted to do but have not done it yet?

I cannot possibly say this in a family publication!

What do you do when you are not orienteering?

I love sailing and skiing. And log fires and reading when Kath is not looking ...

FORTHCOMING 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 WEBSITE: www.baoc.org.uk

JULY 2012

Sat 21 – 28 **CROESO 2012 Welsh 6 days**, Aberystwyth.

AUGUST 2012

Sun 5 **SLOW** (South London) Urban Event, Kingston.

Mon 6 **WSX Club Night & BBQ**, Studland. Barbecues provided, bring your own food and refreshments.

Wed 8 **ARMY** Summer Series, Long Valley North.

Sat 18 **WIMBORNE** Furrowhoppers Relay, Canford School. Followed by barbecue – bring your own food and drink.

Also: **SOUTHAMPTON** Urban Event, Lyndhurst.

Wed 22 **ARMY** Summer Series, Norris Hill.

Sat 25 **GUILDFORD** **City** **Race**,
www.guildfordorienteers.co.uk

Sun 26 **BASINGSTOKE Urban Event**, Ladygrove, Didcot.
www.bado.org.uk

Mon 27 **THAMES VALLEY Urban Event**, Ladygrove, Didcot. See their website for flier. www.tvoc.org.uk

SEPTEMBER 2012

Sat 1 **COAST PATH RELAY**. From Lyme Regis to Sandbanks. Roger Crickmore will have already contacted you so please put this date in your diaries.

Sun 2 **BRISTOL O.C.** Long O, Chepstow.

Mon 3 **WIM/WSX** Club Night. Venue and details to be confirmed.

- Wed 5 **ARMY** Summer Series, Hawley.
Sun 9 **SOUTHAMPTON O.C.** League event, Busketts
 Lawn, New Forest. 10.30 – 12.30.
Sat/Sun, 15/16 **CADDIOE CHASE WEEKEND**, Longleat &
 Shearwater, Warminster. Full details on Sarum
 website.
Sat 22 **LONDON CITY RACE**, www.sloweb.org.uk
Sun 23 **SOUTHERN CHAMPIONSHIPS** (details to be
 advised).
Wed 26 **ARMY** Orienteering, Woolmer.
Sun 30 **BKO** Urban Event, Windsor and Eton.

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. The coaching is FREE. If you would like individual orienteering coaching, please contact Kay Sayer, k.sayer@ntlworld.com**

The forthcoming events list is compiled from British Orienteering and other clubs' websites. For further details of events, see your copy of **SINS** or log on to the **BRITISH ORIENTEERING** website or the relevant Club's website. **Please check before setting out, as some events have been known to change at short notice.** If you would like to share transport, contact a committee member who will put you in touch with someone who can help, or send a message through the Wessex Yahoo group.

JUKOLA/VENLA RELAY, SWEDEN 16TH 17TH JUNE 2012

Jukola Leg 3

Kay said can I write something about my run at Jukola this year – oh and keep it to a paragraph!

Just how can you keep a report on the longest night leg of the biggest and most revered orienteering relay in the World to just a paragraph? Ok here goes: Amazing logistics, Food area the size of a football pitch. Enough traders in full size marquees to fill two football pitches etc etc. Anyway to the race. What time to get up? Theoretically I will be running about 2.30 a.m, but what if John and Chris both have a stormer? So get up from my classroom bivi far too early in reality (I hope someone tells the story of the pushing and shoving with the “ladies” (note the inverted commas) in deciding how much space each sex should have in our classroom!). Am dressed ready to rock on the equivalent of a 19k run in a dark Finnish forest – mad or what. Am in the changeover pen, its not too cold fortunately, plenty of toilets and six queues (not toilets) where you could insert your brick and find out how far round the course your



teammate was. Realised I had probably an hour to wait. Chris arrives looking somewhat knackered. No concessions for age in this relay and you are literally running against the best Orienteers in the World. Its starting to get light by now but was glad I kept the headtorch on as I needed it in the forest. A lungbursting 1km run-out to the forest. Concentrate and get the first control right, following a path or is it an elephant track, towards the second but realise I'm off line a bit, spot a control on a ditch, realise where it is as its one of the few linear features on the map and nail my number 2. Forest is rough in places, but runnable. Limestone pavement in others, but well mapped. Took things very conservatively, made a few errors, but nothing too serious. Lots of gaffes so even if you were with someone for a few controls they often shot off somewhere different after a while. 3,4,5,6 everything going ok. 7,8,9, control cluster in detailed rock, but ok. Then went a bit adrift coming out of 9 on 4 km leg as I didn't have the confidence to go straight through the forest, which in hindsight I should have done. 12 again lost 5 minutes by not going direct and messing up on the paths. 14, brain

starting to go dead and what should have been fairly straightforward I misread where I was and lost about 10 minutes faffing around. 16 to 17 another long leg of 3k. went straight and executed it well but messed up at the end, another 5 minutes dropped. No more significant errors, 27th and last control, over the rustic bridge into the finish straight and hand over to Ian. Was out for 2hr 20mins but it didn't feel that long. Next year? – yes why not!

Gavin Clegg

Jukola Leg 4.

Having not slept much (if at all) I was perhaps not at my best at 05.00 waiting for Gavin to return from his leg. He arrived at around 06.00 so I set off on the long run out. I had already decided that my game plan was to take it easy and concentrate on hitting the controls rather than wasting time getting lost so I took it fairly steady once in the forest. The first 6 controls went pretty well arriving at number 6 after around 45 minutes. The leg from 6 to 7 should have taken around 12 to 15 minutes. Arriving in the right area I joined many other competitors looking for the same boulder. about 20 minutes I went to the path to relocate then tried again. another 20 minutes or so I that I had spent long enough and should get back to let our later runners out.



After
nearly
After
decided
really
leg

So I decided to go straight for 20 minutes later I decided that really wasn't with me as the lake should have been on my left seemed to be on my right. So nothing for it but to give up and go home. However when I rejoined the same path I had visited some while ago and ran along in the general direction of the finish I realised that my number 7 seemed to be "just up there". So I got number 7 then went on to finish the rest of the course, having taken over 73 minutes on that control alone. But at least I got back in time to let leg 5 have a proper run instead of the mass start.

number 8.
my head
which

Ian Sayer

Jukola Leg 7.

'Anchor' leg mens team. After a night in bed plenty time to settle down into a long run in after my mass start. This really was an experience of 3 hours, first hour being a procession of runners in the now well trodden elephant tracks, always on bearing, but never alone. Middle hour enjoyed a bit more as and I could run my own the first appearance of any map also helped as up to been continuous deep outcrop. Last third was a endurance hour, battering and cold trails, one Swede as he explained he couldn't see very well through his glasses, watched a few runners go into streams above the waist but kept running, all the while holding onto a direction bearing and never losing contact with the map. Save the sauna stories for later



the field stretched out race a bit more, rough open on the that point it had forest and rock strangely enjoyable rain meant slippery ran with me for a while

but the whole event was beyond epic.

Jason Falconer

Venla Leg 1

What a great event this was!! Thousands of spectators and 17,000 competitors, of which I was one. I had the pleasure (?!) of the first leg on the Venla, starting at 2.00 p.m. Most of the competitors were their 20s and 30s and run from the stadium helped the crowd to legs not good, wasted 2 and after 4 thinking of retiring the rest of the course



at 2.00 p.m. Most of the much younger than me, in some a little older. A long to the start flag which spread out. First couple of lots of time looking for no. relocations, found it (was before I found it). O.K. for and enjoyed the event.

However, I missed my no. 7 control (how did I do that?) and was out for 2.5 hours, exhausted and dehydrated but delighted to finish.

It was interesting and surprising that there were only a handful of runners over the age of 35. But I suppose as orienteering is the

National sport, all young people are competing on a regular basis. I wonder how we could change this in GB? Any ideas?

Kay Sayer

Venla Relay – Leg 2

As Kay has already told you, she had a bit of a nightmare on Leg 1 of the relay and as a result I had plenty of time to absorb the atmosphere in the changeover pen! The sun was beating down and at times I shielded myself behind a large banner that was fluttering by the run-in track. It was great fun watching how the incoming runners desperately searched for their team-mates and, at times, failing to find them! On several occasions they were left, abandoned and tired, shouting out their name. Eventually, someone arrived (looking rather embarrassed). Anyway, by the time I set off on my leg of the relay I was feeling pretty relaxed about it all as I had nothing to lose (apart from myself!) I must say, though, that my legs felt pretty heavy and it seemed to take forever to get to the first control.

The map itself was also a bit of a problem as it was so large (A3 size) and consequently not very easy to fold. But in spite of all of this, I managed to find the first 3 controls without too much problem, and was starting to feel quietly confident. Mistake!



I'd got over half way to number 4 and simply had to follow a bearing across to the boulder that was my control. I'm still not really sure why I went wrong, but the control wasn't where I expected it to be (not MY boulder, anyway) and I spent far too long faffing about trying to find it. I eventually decided to head south and see if I could find control 5, and then re-locate. But that just made matters worse and I finally had to head right down onto a major E-W track and then follow a small track back up towards my control 4. The whole thing took me 26 minutes (the winning time was 9mins !!!)

After this disaster, I made sure I focused much better on the rest of the course and I think I pretty much succeeded in doing so. There was one leg (5-6) which, to be honest, didn't need much concentration as there was a trail of runners following an "elephant track" that had been created by previous runners (one benefit of not being one of the leading teams!) Having said that, at the end of the long run one had to

be careful approaching one's particular control, as there were several in the area, and it was too easy to get diverted.

I eventually crossed over the bridge into the run-in lane (very long run-in lane) after 90 minutes, and was pleased to hand over to Kirsty Staunton.

A great experience and one I'd like to repeat, now I know what to expect!

Julie Astin



**TEAM
WESSEX/WIMBORNE**



Run in to the finish, and....



**..... the final run over the
bridge to the
finish line.**

Poole Town Race – The Aftermath

Well, the day came, and on what felt like the only sunny Saturday this year, the Poole Town Race took place.

An advance party of dedicated (read bonkers) Team Wessex were in Falkland Square bright and early to “bag” our space before it got nicked by a rogue hot dog van. The tents were soon up and thankfully tied down to various benches and cast iron stage weights, as the stiff breeze put Camp Wessex to the test.

Then will go down in archives as with significant and coffee something started around



started what the Wessex “the long wait”, thumb-twiddling drinking until interesting happening midday.

Even then, plenty of time to ready before opened at

**Poole Mayor Carol Evans
with WSX Members.**

there was get everything registration 2.30pm.

The first shift of the Marshalling team appeared... a mixture of Team Wessex and Poole Bay Rotary, and having been briefed by Julie, they ambled off to their “beats”, mentally prepared to defend our controls to the death.

At the other end of town, the lorry with the crowd control barriers arrived at Orchard Plaza. These were not to hold back the chanting crowds of orienteering fans, but to create the maze. We were prepared for some heavy lifting, but they were as light as a feather, and were soon unloaded and being assembled into a labyrinth, under Roger’s capable leadership.

When Roger got up that morning he didn't realise that he was destined to be a movie star by the end of the day. Under Rotarian filmmaker John Cadd's direction, Roger was doing his best Chariots of Fire moves, running behind a mountain bike with a camera strapped to it. The finished video is currently being touted to the BBC (yes, really), but will be available at some point soon.

At this point the controls were being liberally scattered around the nooks and crannies of Poole by Ian and his team, secured with newly procured Gripples, which are tamperproof stainless steel tethers.

Liz plus team started knocking the enquiries, EOD, first aid, clothing dump into shape, bringing some well-needed organisation to the shambolic tent she inherited.

With mains power supplies Tim and the SI team even had a printer available to print extra maps (which we actually did). I'm not sure how impressed they were when I presented them with 2 boxes of goody bags to hand out to finishers. I think our goody bag may be the oddest you'll ever find at a sporting event.... An energy/caffeine shot, just when you needed some water. A HSBC supermarket trolley token, and to top it all, a nice wagon wheel!

Around 2pm Rob and the rest of the start team were taping down the start boxes in the tunnel by Games Workshop. Little did we know we'd be fielding complaints from them an hour or so later (happily diffused by Colin, the Market Manager). However with people waiting, we had a nice early OK from controller Chris and we were off. Originally we planned to have the finish in Falkland Square, but in the end Ian decided we would be asking for trouble having orienteers sprinting in through crowds of shoppers. This however left John manning a rather lonely finish at the end of Kingland Crescent.

There was a steady stream of competitors from 3pm through until about 4.30pm, after which it quietened down. Kay and the rest of the coaches actually did spend some time with newcomers, and so got a chance to put their hard earned skills into practice. At 4pm Mayor Carol Evans showed up for a photocall, courtesy of Jon, and then headed off with Emma and Don Nutt (Rotary President) on a special newcomers course (a last minute master stroke by Planner Ian).

I think most wanted a run it in, and the very positive courses and general. I too was with the work Gavin's map. 104 entries in the first event good.



people who managed to fit feedback was about the the event in think everyone impressed of art that was There were total, which for felt pretty

Thinking back to when all this started, with a discussion with Don who was looking for ways to build on some mapping work Rotary had done. Along the way there seemed a heck of a lot of liaising with lots of different parties: the Dolphin Centre, Poole Tourism, Leisure Services, Poole Town Centre Partnership, Everybody Active Leisure Centre plus the different supporters and sponsors like Zenergi, HSBC, Volt, Quay Holidays and SE Connell.

We also tried some different publicity drives to raise awareness, but I'm not so convinced these added much to the numbers. Still it was interesting to see what could be achieved.

This event was different to most of our events in that we were working with Rotary raising money for charity. We are still awaiting feedback from HSBC about whether they can match some of our fundraising, but we know we raised at least £700, after covering the various levies and fees we need to pay. This money has gone to a great local cause, the Hamworthy Community Partnership, to help set up a children's Taiko Drumming group.

So thanks to you all for your efforts and experience. This combined with the enthusiastic support of Rotary made the event a great success, and it is now firmly on the annual urban calendar.

Bruno Smith

**S.E. CONNELL
& SONS LTD**



TRADITIONAL FAMILY BUILDERS
Established 1951

121 Stanley Green Road, Poole, Dorset BH15 3AD
Phone: 01202 674026

Carpentry, bricklaying, painting & decorating, electrical, plumbing, plastering, drain laying, Belzona nominated Contractors.

No job too small **Free Estimates**

Visit our website at www.seconnell.co.uk
Email: s.e.connell@btinternet.com

WESSEX ORIENTEERING CLUB
ANNUAL GENERAL MEETING & QUIZ
FRIDAY 14th SEPTEMBER 2012

Our Annual General Meeting will take place on **Friday 14th September** at **Poole Yacht Club**, commencing 7.15 p.m. followed by a Quiz. The AGM will include election of officers and committee members, review of the Accounts for the year and approval of the fees for 2013. We are always looking for new members to serve on the Committee, partly to give the stalwarts a break but also so that we have fresh ideas. Please do consider offering your services to serve on the committee, we meet 8 times a year and without the work behind the scenes the Club could not function. Sian is standing down after several years as Club Secretary so please do consider offering your services to take over this role.

Poole Yacht Club is situated near to the Ferry Terminal over the lifting bridge in Poole. Follow the signs as if you were going into the Ferry Terminal then turn right at the roundabout just over the railway lines. Drive past the ferry waiting area on your left and the Yacht Club is straight ahead.

The AGM should not take too long. We plan to start the Quiz at approximately 8.00 p.m. and have a break for the buffet at around 9.15. We will then have the second half of the Quiz.

The Buffet is priced at £6.50 per head, and we need you to complete the slip below and return it to Ian Sayer (address as below). Cheques made payable to Wessex O.C. Please return your slips by **MONDAY 10th** September so we can advise numbers to Poole Yacht Club. If you want to come to the AGM and Quiz but not have the Buffet that is fine but please return a slip marked accordingly so we know how many to expect.

We look forward to seeing you there.

.....

MEMBERS' NAME(S)

GUEST NAME(S)

I will be attending the Quiz and Buffet AND I ENCLOSE MY CHEQUE

FOR £ **(£6.50 per person) Cheque made payable to Wessex O.C.**

Please return to:
Ian Sayer. 68 Kings Avenue, Christchurch, Dorset BH23 1NB



Comms House, Collingwood Road, West Moors, Wimborne BH21 6QW
Tel 01202 894222 Fax 01202 892262 www.comms.uk.com

- FOR NEW/REFURBISHED BUSINESS TELEPHONE SYSTEMS
- FOR CHEAPER BT LINE RENTALS AND CALLS FOR BUSINESS
- A LOCAL SUPPLIER WITH HUNDREDS OF HAPPY LOCAL CUSTOMERS

REGULAR CLUB EVENINGS/TRAINING

Training Evenings take place on a weekly basis. Every Tuesday at Bournemouth University, Talbot Campus, 5.45pm for 6.00pm start. There are changing and shower facilities plus a bar for refreshments.

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

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

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

