

Wessex Extra

July 2013



The Editor finishing the Porto Urban race.

WESSEX TAKE 1, 2 & 3 AT PORTO CITY RACE!!

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- And lots of articles!!!



Wessex Raiders winning team, Gavin, Dale and Frida, with the Adams Avery Trophy, 16th June.



CHAIRMAN'S PONDERINGS

There once was a time, not too many years ago, when the orienteering season ran from about September to May, with the occasional multi-day event in the summer for those very keen people. This is now no longer the case. As Gavin Clegg remarked to me at the weekend, he has already competed in 49 events so far this year, and has estimated that he may well have done a 100 by the end of the year. Now, we all know that Gavin is not “yer average” orienteer - in more ways than one – but it is probably true that we all compete in a much greater number of events than was previously the case. This is because we now have an increasing array of urban, night, relay and informal events on offer – in all months of the year.

As a case in point: seven of us competed in the Harvester’s overnight relay event at Longmoor on Saturday night/Sunday morning (as well as having three teams at the NWO Summer Series relay event at Swindon on the Saturday afternoon!)

The Harvester is not for the faint-hearted – especially if you have a night leg – as I did. This was a choice which I think the team captain (Gavin) has since regretted as I managed to take 2hrs 15 mins instead of the estimated 85 mins! But in spite of my poor showing, our team didn’t come last (15th out of 19) and I was relieved to find out later that one other competitor took nearly 4 hrs on the same leg as me!

And what a glorious morning greeted us – with a layer of mist hanging over the field before the hot sun burst

through, and the dawn chorus making it impossible to stay asleep in our tents. There was a wonderful atmosphere, with competitors being cheered in, no matter how late they were, as everyone appreciated how tough the courses were (shoulder-high bracken being just one factor to contend with!)

Now, onto the Scottish 6 Days.....

Have a great summer!

Julie Astin

POOLE TOWN URBAN EVENT 1 June 2013

I thought you might like some comments for the Poole Urban Event.

I really enjoyed the Poole Urban Race in 2012 and made an effort to return.

The effort was worth it. Dale Paget had planned an excellent open course on a Gavin map that was extremely clear. The thoughtful planning required considered route selection which is so reliant on map accuracy and clarity.

I believe I made all the right route choice decisions and never found myself on the wrong side of an impassable feature. An excellent twist in the tail was the maze, shaped like the UK. The significant change in pace and technique that was required rounded off an excellent event.

Many thanks Wessex OC

Geoff Ellis
RAFO

PORTO URBAN AND CITY RACES, 11/12 MAY 2013

Gavin mentioned that he was going to the Porto City Race in Portugal and asked us if we wanted to come along. Well, of course we wanted to go! I really like the city races so was very keen to go. We decided to stay on after the events for a few days of R and R but Gavin and Valerie had to go home on the Sunday.

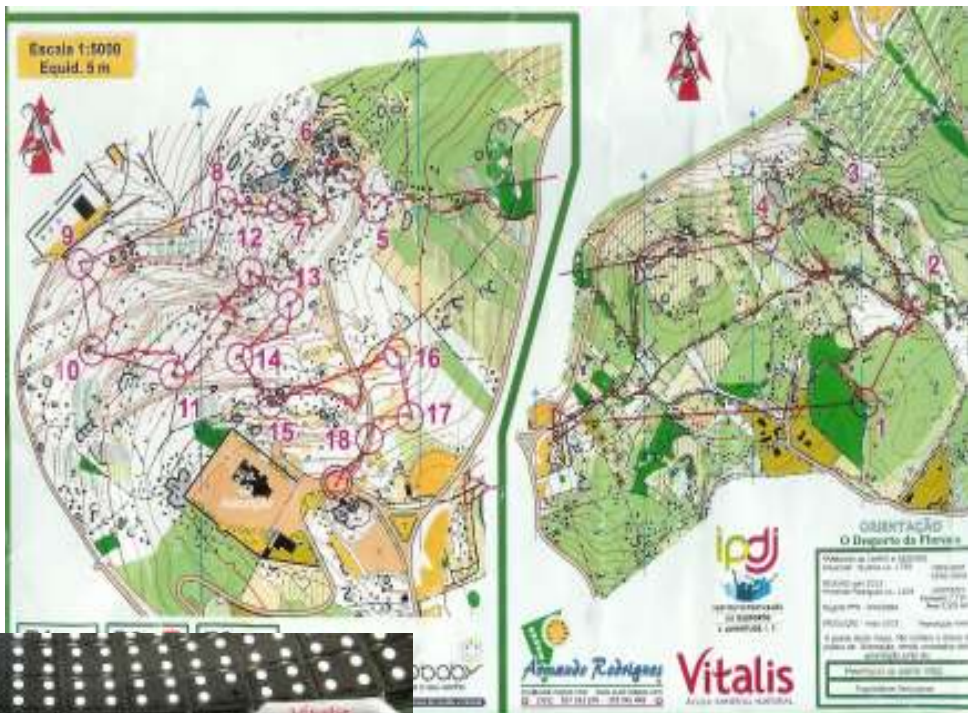
We flew to Porto on the Friday and took the Metro from the station to the city and booked into our accommodation, which was excellent. We had time to walk around some of the city before having a meal. The city is a bit run down, probably due to the state of the Euro, but there are some interesting buildings and nice parks.

The Urban race on the Saturday was based in Monte da Senora, about 30 minutes from the city, and a coach was laid on to transport us. The assembly was right on the top of a hill, next to a large church; we realised that we were going to have some steep climbs back up! The organisation was good, and the sun was shining. The Urban race was split into two sections; the first was a 1:10,000 around some dense forest with a good path network, and the last part was at 1:5000 in open forest. There were lots of eucalyptus trees, so the air was full of the aroma of eucalyptus. There was also constant music and constant commentary. I went steadily for the first control, hit it o.k. and good with the second control. However, for some reason(!) I took the wrong path to 3 and ended up near number 4, so took 13 minutes for a control which should have only taken 5 at the most. The undergrowth was difficult to get through in places, with lots of brushings to trip you up. Then I went onto the 1:5000 map for the last 14 controls; a sprint around open forest with lots of features. This part was fast and furious, and I had a good run round, getting all the controls in good time (for me!). The last bit, though, was steeply uphill to the finish, so I was determined not to walk! I took 81.48 for the 3.2km course. We all took longer than we wanted, due to the undergrowth and the steep climbs.

The next day was the Porto City Race. I do really like the city races, and was looking forward to it. I was one of the first starters, which was good as I started at 10.02 before it was too hot. The Assembly and Start and Finish were in a large indoor arena and again we had music and commentary; also there were stands for food and drink which we took advantage of after our runs. I was the second person off. Again the first two controls were good, but I got confused on the 3rd control, taking 6.23 instead of a couple of minutes. Then it was off around the city, in and out of narrow lanes, up and down steps. Controls 7, 8 and 9 were inside a multi walled garden, and there were not many ways to get in and out. No. 7 was at the bottom of this garden, but I had to go up to the top and work my way down, as there was no other way, and then up again to 8 and 9, again going up and down to find the entrance and exit. I believe it was called Angel Park.

Off to 10, behind a pond, 11 o.k., 12 was not a good route choice and had to go back towards 11 to get my bearings. However, the rest were good and we finished up around the arena park. I took 95.312 for 3.7km and should have been around the hour, so wasted a good lot of time. However, I came second (out of 2!) and was awarded a medal!

Gavin came first on his course, and Ian came third, so it was 1, 2 and 3 for Wessex on the podium!!



Kay's Saturday Map and Gavin being interviewed after he won his race.

Kay Sayer

COAST PATH RELAY 2013

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 3000m of climb. The date for this year's race is **Saturday 31st August**. Despite being one of the smaller clubs taking part we managed to win this relay every year between 2007 and 2011 and last year lost by only two minutes after almost 8 hours of racing. This success is in a large part due to the high percentage of the club who turn out for the team.

My planning for the event will commence in the middle of July so I would ask everybody to let me know whether or not they are going to be available to run by then. Please contact me either in person, e-mail (roger.tracy@virgin.net) or phone 01929 550680. All standards of runners can take part and in the past we have had athletes ranging in age from 4 to 83! If anybody does not want to run but is willing to drive round a car transporting other people, their help would also be gratefully received.

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(ish) 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 as possible. Thus even if you are not a great runner you can still make an important contribution to the race as a member of a sprint team.

Roger Crickmore

SCHOOLS CYCLING AND ORIENTEERING

Summer is here! it's the end of school term in 2 weeks and it's time for holiday fun. Feria-sport run a series of sessions for schools that qualify riders with the Bournemouth Cycling Centre Youth accreditation, enabling them to take part in later open sessions independently.

10 schools and over 800 children tried track cycling during Olympic year and this academic year we have increased that to 11 new schools so far. Our 6 Saturday sessions May - June also now total 129 rides. During August we will be running a set of summer club activities and Track Camps. The summer clubs 6th –9th and 13th -16th are aimed at 8 years and up, and include fun games and activities with their own bikes plus a Track bike taster element. Track Camps 29th/30th are more intensive with focus on a range of skills coaching and specific discipline for youths 12 and up. Track bikes are lighter and go faster than any other bike and without brakes.

Schools and Youth groups are also now enjoying new Orienteering running challenges in Slades Farm, a superb wooded parkland area to explore. National youth Omnium series reaches its final in Reading's Palmer Park on 14th July, where we will be supporting Bournemouth's best youth track cycling talent - some of whom turned their first track wheel right here at Slades Farm.

Full info at www.feria-sport.eu

Jason Falconer

RECENT RESULTS FROM WESSEX MEMBERS

Dorset Sprint Championships, 18th May

Gavin Clegg, 1st

Dale Paget, 4th

Shillingstone Galoppen, 19th May

Brown: Jon Brooke, 4th

Blue: Gavin Clegg, 2nd

Dale Paget, 3rd

Alan Brown, 23rd

Green: Laura Wilcox, 25th

Julie Astin 35th

Short Green: Peter Keene 10th

Roy Morgan 18th

Gordon Raggett 19th

Jill Brown, 21st

Orange: Sheila Gold 4th

Agnes Brooke 7th

Poole Town Race, 1st June

Mens Super Vet: Ian Sayer, 5th

Mens Ultra Vet: Bill Brown, 6th

Mens Vet: Bruno Smith, 6th

Mens Young Junior: Arthur Brooke, 2nd

Mens Open: John Cook, 4th

Womens Ultra Vet: Kay Sayer 4th

Chris Brown, 7th

Womens Vet: Tina Stratford, 5th

Womens Open: Emma Crickmore, 3rd

Poundbury Urban Event, 9th June

Mens Vet: Dale Paget, 4th

Mens Super Vet: Gavin Cleg, 1st

Mens Ultra Vet: Bill Brown, 15th

Female Young Juniors: Yvette Paget, 6th

Womens Super Vet: Julie Astin, 4th

Womens Ultra Vet: Celia Robinson, 6th

MTBO Score event, 15th June

Tina Stratford, 6th

Furrowhoppers Relay, 23rd June

1st: Wessex Raiders: Gavin Clegg, Dale Paget, John Cook,
Ian Sayer, Kay Sayer

7th: Wessex Marauders: Tim Houlder, Julie Astin,
Eric Whapples, Tina Stratford, Rob Hick

Juniors and Family Teams:

3rd : Wessex Wombats – Brooke family.

4th : Wessex Wilcox – Wilcox family.

8th : Wessex Team Paget – (Yvette and her cousins)

NWO Relay, 29th June

1st Wessex Raiders: Gavin Clegg,
John Cook, Dale Paget



Harvester Relays—30th June

WSX Wessex Raiders—15th

Total time: 11hrs.20mns.11secs

1 John Cook 1:34:24

2 Julie Astin 2:15:18

3 Jon Brooke 1:22:54

4 Gavin Clegg 1:12:18

5 Jason Falconer 1:36:35

6 Robert Hick 1:28:54

7 Dale Paget 1:49:48

Championship Awards 2013

M55 — Gavin Clegg. Congratulations to Gavin for reaching
Championship Standard in his age group.

JK DAY 3, COLD ASH, NEAR NEWBURY

I decided to enter just one day at the JK because these days I find that I need more than 24 hours to recover from a hard run. Having just sneaked into the M50 class by 10 days it occurred to me that I might be younger than all the other 114 runners on my course and a quick calculation showed that the probability of this being so was about 57%; $(1816/1826)^{114} = 0.569$ if anybody is interested.

I logged on to the website the day before which said that due to the original parking field being too wet we would instead park in Newbury and be bussed to the course. We should therefore ignore the original travel directions, which I had not read anyway, and head for a college in the centre of Newbury. On arriving there however we were met by an event official who told us that the person with the college gates key had never arrived and so they were going to use the original parking field after all. As I had no idea where this was he had to explain the rather complicated directions which involved getting back on the A34, leaving it as if going on to the M4, not joining the M4 and heading back towards the A34 but then turning off again and then hopefully following the signs to the event! Fortunately James was able to download a detailed local map on his smart phone and 15 minutes later we arrived at the virtually dry parking field, right next to the assembly area and without anybody to collect our £2.00 parking charge! It turns out there were actually two parking areas in Newbury and earlier arrivals had been directed to the other one, where they were charged the parking fee, and only when that was full did they start sending people direct to the event.

We located the Wessex tent that had a great view of runners appearing from the forest to punch the last control before sprinting, or otherwise, up to the finish. As with the whole weekend the weather was cold and windy and so people often seemed rather reluctant to part with umpteen layers of clothing and emerge from the tent to go to the start. Subconsciously at least, this must have applied to me as I got half way there before realising I still had my woolly hat on, though fortunately I still had time to take it back to the tent. While standing in the start queue I spotted Rob Hick who had already run the M50L course and asked how he got on. ' I

took 97 minutes.’ he said ‘You should be able to beat that easily if you go the right way’. As I pointed out that was a rather bigger ‘if’ given the unpredictability of my navigational accuracy.

The first 3 controls went quite well but en route to the fourth I must have veered off my intended route and ended up at the bottom of a slope that my control was only half way down. I thought I could relocate from a pond I was nearby and could see on the map but I still did not find the control for another 5 minutes. I later found out that what I thought was a pond was actually marked as a depression that had flooded. Getting to control 5 was also a disaster as once again I probably got within 50m of the control fairly efficiently but then was unable to find it, though I did find about 4 other ones in the process of searching. Together controls 4 and 5 took almost 20 minutes when they should have only taken around 8.

After that things got somewhat better and although 6 to 7 also took 10 minutes the leg crossed almost half the map and I was 21st out of the 115 runners on that leg. I proceeded without any great delays to control 19, on leaving which I glanced at my watch that showed I had been out for 82 minutes. As I only about 1.5k to go I thought I could still beat Rob’s time IF I could find the remaining 3 forest controls cleanly. Perhaps I should have been thinking more about my navigation as I then lost a couple of minutes en route to control 20, my split to there ranking me only 108th the worst of the day. Another minute or so was lost between 21 and 22 from where it was just a sprint along rides and paths to last control and then the finish run in during which I was cheered on by first by the Wessex tent and then about 100m further on by the Wimborne contingent. My last two splits ranked me 6th and 19th, which were my best of the whole race. Strange that I always seem to do better when I am not really having to navigate, perhaps this is telling me something. My final time was 98 min, so well done Rob you beat me by a minute.

Roger Crickmore

** Apologies to Roger—his article was missed from the last WessexExtra Newsletter. Ed*

FORTHCOMING ORIENTEERING EVENTS

JULY 2013

Sun 21

DEVON Relays. Princetown, Devon.

28/7 – 3/08

SCOTTISH SIX DAYS, Moray Coast area. A good contingent from the Club are going so if you want to go, entries are on SIEntries.

AUGUST 2013

Sat 10

NORTH GLOUCESTER, Saturday event, Painswick Beacon.

Sat 17

SOUTHAMPTON ORIENTEERS Urban Event, Southampton. See their website for more details.

Sun 18

WIMBORNE ORIENTEERS, Urban race, Canford & Merley, followed by annual BBQ at Canford School. Starts 11.00 – 12.00.

Mon 26

THAMES VALLEY Urban Event, Harwell. See their website for details.

Sat 31

COAST PATH RELAY. YOUR CLUB NEEDS YOU!!!!
Event being organised by Roger Crickmore. Contact him for further details.

SEPTEMBER 2013

Sat 7/Sun 8

BRISTOL ORIENTEERS S.W. Sprint Championships, University of WE & Bristol City Race. See their website for full details. Full weekend of orienteering.

Sat14/Sun15

CADDIOE CHASE WEEKEND, Virtuous Lady, Dartmoor. See Devon O.C. for full details.

Sat 14

SOUTHAMPTON ORIENTEERS, Acres Down Level D event. See their website for details.

Wed 18

ARMY EVENT, venue to be confirmed.

Wed 25

ARMY EVENT, Woolmer, Middle Wallop.

OCTOBER 2013

Sat 12

SOUTHAMPTON ORIENTEERS, Hinchleslea and Wilverley

Wed 15

ARMY EVENT, Mytchett.

Wed 29

ARMY EVENT, Bordon Heath.

NOVEMBER 2013

- Sat 2 **SARUM Salisbury City Race.** See website for details.
Sun 3 **NOVEMBER CLASSIC**, Round Hill West, New Forest.
 This event is used as our Club Championship, so put it in
 your diary now!!
Sun 24 **BRISTOL ORIENTEERS, Mike Nelson BOK TROT**,
 Mendips. See website for details.

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

Other useful local websites :

Wimborne Orienteers: www.wimborne-orienteers.org.uk

Southampton Orienteers: www.Southampton-orienteers.org.uk

Sarum Orienteers: www.sarumo.org.uk

North Gloucester Orienteers: www.ngocweb.com

Bristol Orienteers: www.bristolorienteering.org.uk

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

****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 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.

THE STRANGE CASE OF THE SHOES THAT SHRANK IN THE NIGHT

Two years ago I bought a new pair of O-shoes. ‘So what?’ you ask. Well, this was the third pair I had bought, not because the previous pair were worn out but because they had started to hurt my toes. Each time I thought that it must be my feet that were getting larger or more sensitive. So, now I am one and a half sizes up from my starting point & yet once more my toes are feeling cramped.

Perhaps I should think the unthinkable...it’s actually the shoes that are shrinking (I have a passing interest in German and shrink, shrank, shrunk is a lovely English response to such German beauties as binden, band, gebunden!!). Anyway, back to the story. I had heard some comments whispered behind the portaloos that it was unwise to wash O-shoes after use because they, yes, shrank! But I had followed this advice for more than two years (except they got wet almost every time I used them...especially in the summer!).

What to do? Of course, the Internet. There I found a pair of low cost shoe expanders and my shoes now live in these except when I’m using them. After 6 months it’s difficult to say but I think they haven’t got any tighter but I don’t think they are any looser either. Perhaps if I had used the expanders from when the shoes were new they would have retained that size.

Why is this issue not a major talking point at O-events, right up there with bingo controls & dodgy knees? Am I the only sufferer? Why me? ‘Why not?’ you say.

Bill Brown



BIKE 'O' IN SUFFOLK

'It's flat in Suffolk' was the universal comment when we mentioned we were going to do a bicycle tour in Southern Suffolk. We planned a civilised style of 'Long O' on Bikes with overnight luxury accommodation, three course evening meals, the cycling day to be interspersed with plenty of coffee and cake stops. None of this camping and carrying all the gear lark for us, our tour company transported our modest bags and supplied very comfortable bikes so we travelled to Suffolk in Style in the Sports Car. There was only a minor upset in route choice just before the finish, sorry destination, involving a quick extra detour on to the A14!

Our 4 day route was from Needham Market to Dedham, Lavenham, Bury St Edmunds and back to Needham Market. There were several route choices from long to longer or even longer i.e between 20 and 40 miles each day. Mostly we followed the Yellow route neatly inked onto the ordnance survey map but occasionally deviated onto Blue (extra long) or Orange (we are feeling a bit weary so will take a short cut). We had a few deviations probably best named Trevor Specials.

As I mentioned earlier Suffolk is not flat and seemingly by the time the local people had struggled up and down the hills they were not quite capable of arranging verticals or horizontals so every house in the county pre 20th century does not have a level floor or straight wall. This results in very picturesque houses but creates a furnishing problem. We had to solve this one night by swapping the pillows from one end of the bed to the other to prevent a horrible rush of blood to the head.

There is a marvellous variety of colours, mostly pastel, applied to all these wobbly timber framed houses from pale buttermilk to burnt orange with one extreme example of deep bottle green

inside and out which had the effect of making the corridors of the inn seem like a fairground haunted house!

We had a lovely time. We cycled 120 miles through most delightful countryside, picturesque villages and interesting towns. We were sunburned and wind burned and soaked by the rain but came home happy but not a whit lighter!

Madeleine Bridle



FURROWHOPPERS RELAY – 23RD JUNE 2013

This year's Furrowhoppers Relay took place at Clayesmore School. Wimborne have used Clayesmore before and it is a really good venue for a relay. Unfortunately for Wimborne, contractors had dug lots of trenches around the area, which had to be out of bounds for runners for safety reasons. This only happened at the last minute, so the map did not show the alterations.

However, as always we orienteers can cope with last minute changes. But although we had no rain, we had very strong winds which blew down some of the barriers by the trenches. Gavin had brought his large gazebo tent for us to use as a base; it had to be tied down very firmly but it had lots of space for our two teams.

Wessex Raiders consisted of Gavin Clegg, Dale Paget, John Cook, Ian Sayer and myself (I think they only wanted me for my age!!!). We had four maps which had to be run three times by different people; Orange, Score, Sprint and Map Memory. Luckily (as my memory is not too good!) I only had to do the Orange, so that was good. The courses were quite short, so it was fast and furious. Gavin had sorted out the running order and that worked very well. None of the maps had to wait for a runner and we finished first.

Wessex Marauders were Tim Houlder, Julie Astin, Eric Whapples, Tina Stratford and Rob Hick. They did extremely well, coming 7th out of 14 teams.

It was good to see some family relay runners; Wessex Wombats (the Brooke family) who came 3rd, Wessex Wilcox (the Wilcox family) came in 4th and Team Paget (Yvette and her cousins) were 8th .

All in all, a great day despite the cold wind. Our thanks go to Wimborne for great organisation and a super event.

Kay Sayer



Wessex Marauders struggling to untangle the dibbers which were attached to the maps!! They took about 3 minutes to do this and had to resort to putting them on the ground to separate.



The winning team: John Cook had to leave before the presentation. His photo taken at NWO Relay.

SAUNDERS LAKELAND MOUNTAIN MARATHON

This year we managed to field 3 pairs in this gruelling event (Tim Houlder and myself, Julie Astin with Tina Stratford and Kay Sayer with Debbie Whittle (a non orienteering friend) who all travelled up to the south western corner of the Lake District. Having stayed overnight at Millom we arrived at the event centre in plenty of time on the Saturday morning to see the field of cars and competitors already filing up the steep hills.

Tim and I were almost the last to start on our course at 10.18 and we were worried about the heat as the forecast for the weekend was very warm (it was Wimbledon finals weekend). As soon as we set off it was a direct ascent of over 200 metres so that got the pulse racing and the sweat running. The area was more open than usual with lots of grassy and boggy areas so we knew the going would be fast.

On the way to control 4 we saw Julie and Tina ahead so knew we had taken 40 minutes off them as they had started earlier. We seemed to be overtaking more than being overtaken so were reasonably confident that our overnight position should be in the top half. In the end after just over 4 hours of bog trotting etc we finished that day in 25th position out of 136 pairs. And 4th Veterans on handicap so a good start.

However we missed out on the chasing start by just 5 minutes so were in the mass start on the Sunday morning. It is always a bit of a bun fight on the Sunday and this year was no exception with queues at the early stiles and fence crossings. However we plugged on and gradually ticked off the controls, most of which seemed to be at the top of unrelenting climbs of 25 or 30 minutes duration, real energy sapping stuff. With the end nearly in sight the heat and climb took it's toll with Tim suffering a nasty bout of cramp which was only resolved by drinking the last of our electrolyte

drink. But we managed to run the last couple of kilometres down to the finish. Our final position was 36th out of 136 with Julie and Tina managing a very creditable 113th. Kay and her partner unfortunately had to retire after day 1 as Kay's partner picked up an injury.

A quick drive to Ambleside (our normal watering hole for the Sunday night) and we got there in time to watch the Tennis final in the beer garden of our hotel with a well earned pint (or two).

Ian Sayer



Overnight camp after Day 1.

Tim & Ian finishing day 2.



Julie Astin celebrating her birthday at the Queens Hotel , Ambleside.

Wessex team outside the hotel , proudly wearing their Saunders t-shirts.





See how many people you can recognise from these photos!! Anyone know what year they were? Love the sweatshirts!!

Answers by email please to the Editor.





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REGULAR CLUB EVENINGS/TRAINING

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

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

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

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

