

Wessex Extra



The Charlie Morton Junior League Trophy

March 2009



Chairman

Richard Arman
thearmans@googlemail.com

Treasurer

Ian Sayer
ian.sayer68@ntlworld.com

Secretary

Sian Rixon
sianrixon@live.co.uk

Committee Members

Gavin Clegg
gavin@ukmax.com

Rob Hick
rob.hick@tiscali.co.uk

Ian Middlebrook
themiddlebrooks@tiscali.co.uk

Dale Paget
dale.paget@poole.nhs.uk

Eric Whapples
whapples@fsmail.net

Tim Houlder
tim.houlder@ntlworld.com

highlights...

Wessex Annual Dinner	Pg4
Dr Peter Reaburn	Pg8
A Long Trip to Australia - Chpt 5	Pg11
SWOA Middle Distance Champs	Pg16
Orienteering & Haggis...	Pg18
British Champs & Relays Photos	Pg21
Junior News	pg22



(The British Champ) Chairman's Chatter

Clubmark



Clubmark presentation at the British

Hot news is that we have now been awarded Clubmark certification and we will use the logo with pride. I have to say special thanks to all those who have worked so hard to achieve this - and it has indeed meant a lot of extra work and commitment. This has included a huge increase in those qualified to coach and various other suitable course qualifications like first aid. Our Clubmark working party comprised of Ian and Kay Sayer and Gavin Clegg - a great job done folk!

Increasing Participation

This is still an ongoing exercise and can only hope to produce results over the long term. We are setting forth on further direct contact with schools and offering coaching at all our events. The cutely named IPISC (Increasing Participation Implementation Sub Committee) continues to function.



Coldharbour in the snow

Events

We have had two successful local events since the last WessexExtra.

Tim and Andrew Houlder ran the Coldharbour event on the 7th of February and Bill Brown organized the first event on his newly mapped Buddens scout camping area.

Both events were well attended, and I think the Buddens area is really ever so useful for our training purposes. There has also been a small event at Kings Park organized by Eric Whapples whilst Jason Falconer ran a bike event nearby.

Everyone will be aware of our own galoppen event as almost everyone will be involved at Rempstone on the 5th of April. I'll see you all there.

Publicity Officer

We have trawled the world via Bournemouth University and we now have a new Publicity Officer. She is Yana Ivanova who has recently obtained a BA(Hons) degree in International Marketing amongst other qualifications. We wish her every success in this part time post which all of those in the know will understand is not by any means easy.

New Members

I failed to mention when welcoming Jason Falconer as a new member in December that he is also a qualified level 2 Coach and has already been doing some coaching with us.

I can now welcome Ray Leathers as a new club member. He comes from Westbourne but as yet we have not met so we are not aware of his orienteering experience.

See you on the 5th, if not before.

Richard Arman

Tuesday nights...We are now getting more people turning up on a Tuesday night. Plans are in hand to get some students to join us as well. Do come along if you feel the urge. We stay together, so its not like the old runs where people disappear off into the distance and you are left to your own devices. It really is aimed at all levels.

A coach is normally present and we have three separate sessions going on. Week one involves short hills reps in a pyramid. Week two is longer, less steep, hill reps and week three is just 4 miles. Actually that's not strictly true as this is the hardest session and involves 4 lots of 1 mile efforts with a half mile jog in between. However this session is structured so that you can do half mile efforts instead of 1 mile efforts if you want.

After the session there are good changing and shower facilities then its off to the student bar to rehydrate.

We meet at 5.45pm for a prompt 6.00pm start and although its on the roads at present, as soon as it gets light enough we will be out on the heath. So come along and reap the benefits of some regular training.

Wessex Annual Dinner

On Friday 20th February we held our annual dinner in conjunction with Wimborne Orienteers. This year we used a new venue, the Riviera Hotel in Alum Chine. Over 40 members from the two clubs attended.

Picture removed to reduce file size

The meal was followed by both club's trophy presentations including the first presentation of the new Junior Trophy: Karen Morton very kindly presented the Charlie Morton

Richard Arman presenting the Club Championship Trophy to Gavin Clegg

Trophy to Roger Crickmore who accepted it on behalf of his son James, Junior league winner for 2008.

Picture removed to reduce file size

There followed a raffle and, new this year, a silent auction to raise funds for the club. Various members had donated various items for the auction, and these were displayed on the table with bidding sheets for people to write down their bids. The item

Karen Morton presenting Junior League Trophy to Roger Crickmore

went to the highest bidder.

Unfortunately the prize giving, raffle and silent auction took longer than we expected and by the time we adjourned to the bar/dance

Picture removed to reduce file size

area the duo were just about packing up for the evening, having spent some time playing to an empty room! We will make sure this doesn't happen next time!!

Ian Sayer

Richard Arman presenting the Club League Trophy to Tina Stratford

Some of the tables at the Riviera, both Wessex and Wimborne members enjoying themselves

Picture removed to reduce file size

**ACTIVE
ACCESSIBLE
ACCREDITED**



After many months of work you will be delighted to learn that Wessex Orienteering Club has been awarded Clubmark status. The 30th Orienteering Club to achieve this.

So what is Clubmark all about?

We have to go back to 2002 when Clubmark was introduced by Sport England. Everything they wanted then has been achieved: Minimum standards of good practice have been set. Parents have been given a measure of confidence when it comes to choosing a sports club for their children. There is a focus around which Orienteering Clubs can support each other when it comes to good practice for working with children and young people.

Any one of the accredited Clubs will say that as parents, schools and local authorities have become aware of Clubmark clubs in their area, they are taking their children to them, as opposed to non-Clubmark clubs. They know, because of the Clubmark logo, that they can trust their children to the Club.

So what are the benefits? You might like to consider these areas.

Club development:

The foundation for any club is its junior structure. By encouraging and attracting young members, it is building a strong future. Orienteering Clubs with Clubmark attract more juniors than those without.

Increased membership:

Addressing issues like equity and child protection gives parents confidence when choosing a club for their children. Many Clubs will confirm an increase in their adult membership as well as burgeoning junior sections - all because of Clubmark.

Developing coaches and volunteers:

As part of Clubmark, clubs receive help in developing the skills of

those involved in their organisation. Local authorities and other organisations make significant contributions to coach development costs. Clubs may even pay nothing. But more and more often those contributions are being directed towards Clubmark accredited Clubs only.

Raised profile:

Once Clubmark accredited, clubs are listed on a national database and in other directories, to help them attract new members and grow.

Insurance:

The cost of insurance is very possibly likely to be higher for Clubs that have not achieved Clubmark over those that have. Insurance companies are beginning to demand proof that the environment they are insuring, both physical and moral, is less at risk than it would otherwise be - and Clubmark accreditation is that proof.

Financial opportunities:

As time goes by, more and more funding and charitable organisations are demanding that their money is seen to go to Clubs that have demonstrated to them that they have worked for their support. Clubmark accreditation is the proof that they are asking for.

Working towards Clubmark status has encouraged the club to re-evaluate its internal organisation and procedures. The outcome was that the club has adopted a more proactive stance towards recruitment of junior members. The constitution has been improved. Policies have been adopted. Resources have been allocated to help the club's coaching team to develop a programme of events, this has already begun to pay dividends.

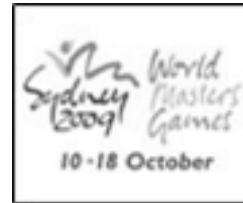
Achieving Clubmark status has lifted the club to a new level and looks set to open up many more doors for both recruitment and funding than were previously available to us.

The certificate was presented to the Club over the British Championship weekend.

Gavin Clegg

Dr Peter Reaburn

Dr Peter Reaburn, an Associate Professor at Central Queensland University who competes in Masters events, with the latest in his series of pre-Sydney 2009 World Masters Games articles.



I have a saying: "Good athletes train hard, smart athletes recover harder." While there is limited research that older athletes take longer to recover from hard training, there is no Masters athlete who I know that does not say that they take longer to bounce back from training sessions or competition.

My paper is to highlight some of the recovery strategies that science has shown will enable an athlete of any age to recover faster between training sessions or after a competition.

Nutrition

Most athletes should eat about 60% of their energy intake as carbohydrate. But did you know that eating 1-2 grams of carbohydrate per kilogram of your body weight in the form of a high glycemic index food after training or competing enhances recovery? High GI food examples and their 50g equivalents are:

3 small potatoes

3 slices of white bread

5 rice cakes

5 cups of watermelon

25 jelly beans

700mL of sports drink

Fluids such as sports drinks or soft drinks are even better because they replace carbohydrate and fluid and are absorbed even quicker than solids. Adding a small amount of protein into the recovery meal (meats, nuts, dairy) enhances the uptake of

the carbohydrate and also helps muscles regenerate and repair.

Hot/cold contrasts

This could be in the form of a shower where you have the hot on for 1-2 minutes then the cold for 20-30 seconds repeated three times. The same timing could be in a shower then plunge pool or just into a cold pool, lake or the ocean and out again.

Cold water immersion

Sitting in cold water for 1-20 minutes has been shown to benefit recovery, most particularly in the various contact sports.

Active recovery

A low-intensity, short-duration warm-down plus an easy session of the same activity at which you trained done later that day or the next morning will enhance recovery. Water running with or without a vest or running belt also hastens recovery.

Compression garments

Recent research shows that athletes benefit from wearing Skins and other such compression garments when it comes to recovery. Athletes who use their legs should use the leg garments; swimmers and upper body athletes, the upper body ones.

Massage and stretching

Both massage and stretching have been shown to enhance recovery.

Sports science research has shown that the strategies outlined above enhance recovery in athletes of all ages. Other strategies such as ultrasound, acupuncture, sauna, hyperbaric chambers and the use of anti-inflammatory use have not been shown to be as effective. Train hard, recover harder!

We are now M80's, HE is now British Champion and I am last on the list!

HOW DID WE SURVIVE?

- First, we survived being born to mothers who smoked and/or drank whilst they carried us and lived in houses made of asbestos. Ate raw egg products, loads of bacon and processed meat, tuna from a can, and didn't get tested for diabetes or cervical cancer.
- Then after that trauma, our baby cribs were covered with bright coloured lead-based paints.
- We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets or shoes, not to mention , the risks we took hitchhiking.
- We took ourselves off to the park all day and didn't have to worry.
- We drank water from the garden hose and NOT from a bottle.
- Even though all the shops closed at 6pm and didn't open at the weekends, somehow we didn't starve to death!
- We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.
- We could collect old drink bottles and cash them in at the corner shop and buy Chappies, Wilson's Toffees, Id Humbugs and Wicks Bubble Gum.
- We ate cupcakes, white bread and real butter and drank soft drinks with sugar in it, but we weren't overweight because.....

**WE WERE ALWAYS OUTSIDE AND
ORINETEERED EVERY SUNDAY
FOR 40 YEARS!!!**

Andrew Beldowski



A Long Trip to Australia - Chapter 5



Fraser Island is the largest sand island in the world and a World Heritage Site.

I naively thought it would be nothing but sand but as the island is 123k long and 22k wide it is covered in sub tropical forest! The dunes reach 200 metres in places and there are nearly 200 freshwater lakes and clear

freshwater creeks. There are no metalled roads on Fraser Island so we signed up for 'a fun adventure in a modern air conditioned four-wheel drive coach with seat belts'.

It was a Fun Adventure!

The articulated bus had enormous wheels, open windows and looked as if it was built for a lunar expedition! The seat belts were welcome, the roads were so rutted the bus drove like a roller coaster and normal 4 wheel vehicles seemed like toys struggling through the deep sand. We lurched and swayed for nearly an hour with a driver talking nonchalantly non-stop about Aboriginal history (they murdered an early white settler because he would not do his share of the work!), logging history and facts about the flora and fauna worthy of an encyclopaedia!



At Central Station, the original hub for forestry in the late C19th and early C20th, we admired enormous trees, rain forest ferns and had a welcome stroll beside a babbling, shady stream. We lurched on again to lunch at Eurong Beach Resort. In such a wild, remote and primitive environment it seemed incongruous to find a little patch of tarmac and a beautiful air conditioned restaurant! But this is what the Aussies do so well.

(Continued on page 14)

Forthcoming Events

If you are going away in another district and want to know what orienteering there is where you are going, log onto the website of British Orienteering, www.britishorienteering.org.uk and follow the link to Events. **If you don't have access to the web, contact a Committee member who will be happy to help.**

WEDNESDAY ARMY ORIENTEERING EVENTS. BAOC organise orienteering events most Wednesdays for the Army and civilians are welcome to attend as well. www.baoc.org.uk

CAR SHARING TO EVENTS. *If you are planning to go to any forthcoming events, please let others know by sending an email to the yahoo group. If you are NOT on the Yahoo group, get in touch with Ian Middlebrook at themiddlebrooks@tiscali.co.uk who will give you details of how to join.*

MARCH

Sun 29th CompassSport Cup & Trophy, 1st Round, Pember Forest, Basingstoke. You will already have been contacted regarding this event. We hope that everyone will come along to this great inter-club event.

Mon 30th WESSEX Committee Meeting, 7.15 p.m. Bournemouth University. Telephone Richard Arman if you plan to come on 01202 695937.

APRIL

Wed 1st BAOC Army Event, Bordon. www.baoc.org.uk

Sun 5th WESSEX Galoppen and Local Event, Rempstone, Corfe Castle. SY992835. See our website for further details. www.wessex-oc.org.

10 -13th JAN KELLSTROM ORIENTEERING FESTIVAL, see BOF website for more details. www.britishorienteering.org.uk

Wed 15th Army Event, Mytchett. www.baoc.org.uk

Sun 19th NORTH WILTS ORIENTEERS Colour Coded, Savernake Forest, Marlborough. Pre-entry required. www.northwilts.org.uk

Wed 22nd ARMY EVENT, Relay Champs. Venue to be confirmed. www.baoc.org.uk

Sun 26th SARUM Galoppen and Local Event, Collingbourne Woods, Ludgershall. SU271528. www.sarumo.org.uk

MAY

2 - 4th 0007 WEEKEND Including Mike Nelson BOK TROT National Event. For further details, see BOK website. www.bristolorienteering.org.uk

Wed 6th ARMY EVENT, Windmill Hill/Pirbright. www.baoc.org.uk

Sat 9th WESSEX Informal, Upton House, Poole. www.wessex-oc.org

-
- Sun 10th **BERKSHIRE ORIENTEERS**, District Event, Cold Ash. See their website for further details. www.bko.org.uk
- Wed 13th **ARMY EVENT**, Hankley. www.baoc.org.uk
- Fri 15th **DORSET SCHOOLS ORIENTEERING CHAMPIONSHIPS**. Moors Valley. Starts 2. - 5.30. Pre-Entry only. Schools will be emailed with entry forms early in summer term.
- 23-25th **SPRINGTIME IN SHROPSHIRE**. www.sins.org.uk for details of this event.
- Sun 25th **MOLE VALLEY ORIENTEERS**, Local Event, The Nower, Dorking. www.mvoc.org
- Sun 31st **NORTH WILTSHIRE ORIENTEERS** Score event + Yellow and Green. www.northwilts.org.uk
- Sun 31st **THAMES VALLEY ORIENTEERS** Chiltern Challenge (provisional date) www.tvoc.org.uk

JUNE

- Sun 7th **BASINGSTOKE & ANDOVER** Local Event, Micheldever Forest. www.bado.org.uk
- Wed 10th **WIMBORNE ORIENTEERS Evening Score Event**, Blandford Forum. www.wimborne-orienteurs.org.uk
- 20, 21st **HARVESTER RELAYS**. Merthyr Common, Merthyr Tydfil. www.baoc.org.uk
- Sun 21st **WESSEX HARDY RELAYS INCORPORATING INFORMAL**. Culpeppers Dish, Nr. Afpuddle. Org. Rob Hick. See our website for further details. www.wessex-oc.org
- Wed 24th **ARMY EVENT** - Nick Bateson Memorial Races, Congo Stream. www.baoc.org.uk
- Sat 27th **WIMBORNE ORIENTEERS Beginners Event**, Dorchester area - to be confirmed. www.wimborne-orienteurs.org.uk

JULY

- Sat 4th **WESSEX INFORMAL**, Hethfelton, Near Wareham. For further details, see the website.
- Wed 22nd **ARMY EVENT**, Summer Series, (Wimborne Orienteers) Moors Valley Country Park. www.wimborne-orienteurs.org.uk

PLEASE NOTE We run a local informal every month, on a Saturday. All are welcome but they are designed to help newer members and improvers to hone their orienteering skills. **THESE EVENTS WILL BE FREE.**

Coaching will be available at all our events, including informals, for all abilities. The coaching is also FREE. If you would like some orienteering coaching, please contact Kay Sayer, k.sayer@ntlworld.com

Always check before you set out in case of cancellation.

(Continued from page 11)

We had a lovely civilised lunch and then a drive along 75 Mile Beach.

The beach is used as a road. The Highway Code applies and the local police do occasionally enforce the law. Our pantechnicon hurtled along the flat wet sand, flirting with the surf and other vehicles, our laconic driver continuing his non-stop commentary. We admired the cliffs of multi-coloured sand, dutifully inspected the rusting wreck of the Maheno, waded in the cooling Eli Creek and then rejoined the bus to speed back along the beach.



The next adventure of the day was an optional trip in a tiny plane. We took the option and this time the beach became an airstrip! From the air we could see the beach stretching to the horizon with the white surf as a lace edging. In places the forest had been overwhelmed by the sand blowing inland, but

then the sand had been reclaimed by trees. The numerous lakes ranged in colour from deepest green to clearest blue. Our pilot, neatly dressed in white shirt complete with epaulettes, landed the tiny plane as if it was a go-cart and we rejoined our bus to lurch off to Lake McKenzie.

Of course there are several bus loads of tourists on their 'adventure trips' at the lake but nothing could detract from a perfect, warm, sunny day by a perfect, jewel blue lake with a beach of the finest, softest white sand. Perhaps there were a hundred visitors from all corners of the world but plenty of room for us all to bathe and converse and say to one another 'what a perfect day!'



Madeleine Bridle

Increasing Participation

A quick update on where the club is going with our Increasing Participation initiative. Although our year has come to an end this was never about a quick fix to last a year and then move on. So the small working group set up last year to work with Steve Vernon from British Orienteering is continuing to explore ways to encourage more people into our sport.

We are carrying out a three pronged attack.

For the adult population we are continuing to ensure we stage a monthly local, informal event which is easily accessible and at which there will be coaching available. We are also trying to improve the publicity of these and other local events throughout the conurbation and we hope that having Yana on board (see separate article) will help us with this.

For students we are currently in discussion with Bournemouth University to find the best way to encourage students to join us at our Tuesday evening training sessions. It is hoped that we can enrol sufficient students during the course of the year to enable us to have a table at their Fresher's Fayre in September/October.

And for the younger population we have contacted seven local schools which have shown some interest in orienteering in the past. We have offered to meet with them and discuss the best way to introduce our sport to their pupils.

It is too early yet to tell which of these initiatives will bear the most fruit but rest assured that a small number of hard working individuals are beavering away behind the scenes to try and interest more people in the local area in our wonderful sport.

Watch this space!

SWOA Middle Distance Champs

Having never done an individual middle distance race before, I thought I'd enter the Wimborne event to find out what it was like. A short course with lots of controls doesn't really suit me - I'd much rather have a long course with few controls!

Anyway, I decided to try something different (and why not, there's plenty to choose from these days) I turned up at the event and started talking to some early finishers. I thought I ought to try and find out what I'd let myself in for.

Having warmed up I went off to the start and watched a few people go off. That was good, I knew which direction the first control was in. However, it didn't really help as I then proceeded to waste 1 min 30 sec trying to find it! Not a very good start to a short, fast race!

Got my thoughts together and then ran the fastest split to 2 (fired up by all that wasted time I suspect). Good clean running through to 6 - basically in straight lines. Went the wrong way out of 6 as the rough ground had my attention and not the map!

Settled then into steady straight line running on most legs, spiking the controls cleanly. Just a couple of 15 second time wasters - until control 18. Went the wrong side of a hill and had to climb back over.

Oh well, rather a lot of time wasted (around 3:15 to 3:30), significant over a 35 minute race.

Ended up second on the course, but first SWOA runner, so I got presented with a nice glass trophy and some chocolate chip cookies.

Overall impressions - middle distance racing is basically similar to relay racing. Short courses with lots of controls. High levels of concentration with no chance to relax.

Would I do it again - of course! - especially if there's chocolate chip cookies to be won!

Dale Paget



The Club have decided to try having an 'official charity' this year which, after a selection process, is Dorset Wildlife Trust. We hope to raise money through 50% of any raffles we hold and having a donation pot at our larger events. Then at the end of the year we will handover a cheque and hopefully get some publicity for both them and us.



In the last Wessex Extra I advised members that this year's coastal path relay would take on July 11th, but as I would be on holiday we would need a new team captain. Unfortunately nobody has stepped forward to take on the task but fortunately I have managed to move my

holiday and so I am back on the job once more.

The planning of this event takes some time as I have to try and find a near optimum running plan out of the many thousands of possible options. Also the plan has to be ready several weeks before the race to enable the distance runners to go have a trial run over their legs beforehand. Therefore I would like to know who will be able to take part **by the end of April**. Thus if you are able to compete please let me know either by e-mail (roger.tracy@virgin.net) or phone (01929 550680).

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 severe problems for the team captain so we really do want as many of them as possible. Thus even if you are not a great runner you can still make an important contribution to the race as a member (or driver) of a sprint team.** I know one of our more mature runners greatly enjoyed themselves last year as part of a sprint team, even though others had suggested that they might be getting a bit old for such an event !

Roger Crickmore

Orienteering and Haggis in Edinburgh - 30/12/2008

Trevor's daughter Helen has moved from Sweden to Scotland and now lives in Edinburgh. When EUOC advertised a weekend of orienteering with ceilidh and haggis included we booked a Ryanair flight for nuppence plus taxes from Bournemouth and anticipated an action packed weekend. Seven other Wim orienteers flew to Scotland too so we had quite a party.



Trevor and Helen preparing for the city race

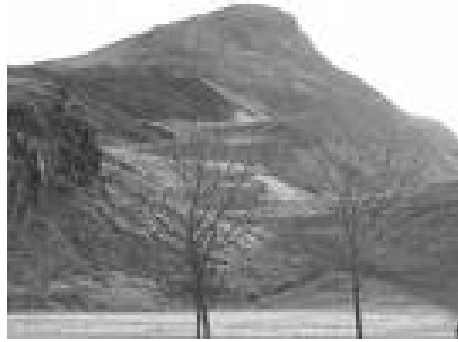
Saturday featured a City Race. Assembly was in the fabulous Commonwealth Pool just a short step from the start in Holyrood Park below Arthur's Seat. A City race takes you through streets and alleys not normally visited. The 4.7km route started along a disused tram or railway track then through the austere neat grey blocks of social housing, the different levels a maze of steps and foot paths. Quite suddenly the Royal Mile appeared and then disappeared as the course took us down one of the myriad narrow alleys and under the Waverley Bridge. A quick dash up a hill and we again flashed across the famous Royal Mile to be swallowed by another alley and a succession of confusing courtyards with inconspicuous entrances. The race ended around the university campus and a good number of runners failing to map read correctly, trying to reach the final flight of steps to the finish at the Commonwealth Pool through an un-crossable fence and giving spectators from the balcony a chuckle.

The ceilidh that night was a swirl of kilts, mini-skirts, toddlers, dashing white sergeants, willow strippers, octogenarians, denim jeans, party dresses and lively music. The Haggis was piped into the hall, addressed in strong dialect by a kilted gentleman and stabbed with a dirk!



Helen and Madeleine at the ceilidh

Sunday featured a race on Arthur's Seat. Arthur's Seat is an ancient volcanic plug and therefore rather steep. A keen young orienteer had planned courses exploiting the steepness of the geology to its maximum and the light green featured 250 metres of climb in 3.7K. I am pleased to report that all the Wim members apart from Trevor completed their courses despite the biting cold of the high winds and squally showers.



Arthur's Seat

Trevor and I had been serenaded all the previous night by the party downstairs and lack of sleep occasioned a severe lack of energy. We retired gracefully and went off to sample the delights of the café at Holyrood House Palace.

Apart from Orienteering we enjoyed a concert in St Giles Cathedral, morning coffee in Jenners, some good meals, gentle Scottish manners and a bike ride into the Pentland Hills.

Madeleine Bridle



Marketing & Publicity

You may be aware that throughout most of last year we had a Marketing & Publicity Officer for the club (Initially taken on by Jon Brooke then lately by Vicki Lee).

This was part of the British Orienteering Participation Initiative. Vicki has now moved on to bigger and better things so the Committee decided to continue with this role this year and advertised the position through Bournemouth University. We had six applicants.

Following a selection and interview process we appointed Yana Ivanova for 3 Months, in the first instance. The contract may be extended depending on funds raised, which is part of the job description. The position is part time, 4 hours per week.

Yana originally came from St. Petersburg, Russia. She is a recent “International Marketing Management” graduate from Bournemouth University gaining a BA (Hons) and can speak Spanish. Yana loves jogging and ice skating. In her free time she enjoys walking in the country side and socialising with friends.

Apparently Yana’s ultimate dream is to open the Russian Winter Fun Fair in Edinburgh. Yana has just been on holiday to Finland for some langlauf and took up the post on her return on 17 March. We have even persuaded her to attend the training sessions on a Tuesday evening!

Wessex Club Championships—November Classic 08

Position		Name	Age Class	Kms.	Time		Dec. Time	MPK	Factor	Final MPK
Men	Women				Mins	Secs.				
1		Gavin Clegg	M50	8.9	56	31	56.517	6.350	0.79	5.02
2		Dale Paget	M40	11.2	66	12	66.200	5.911	0.89	5.26
3		Richard Arman	M75	4.5	55	8	55.133	12.252	0.46	5.64
4		Ian Sayer	M55	7.7	61	28	61.467	7.983	0.74	5.91
5		Bill Brown	M70	5.4	69	24	69.400	12.852	0.53	6.81
6		Graham Whiffen	M35	11.2	84	16	84.267	7.524	0.93	7.00
7		Rob Hick	M45	8.9	75	11	75.183	8.448	0.84	7.10
8		Alan Brown	M50	8.9	106	27	106.450	11.961	0.79	9.45
9		Roy Morgan	M70	5.4	97	31	97.517	18.059	0.53	9.57
10		Eric Whapples	M60	7.7	120	0	120.000	15.584	0.65	10.13
	1	Kay Sayer	W60	5	62	27	62.450	12.490	0.48	6.00
	2	Celia Robertson	W55	5	61	54	61.900	12.380	0.53	6.56
	3	Liz Lockton	W45	5.8	70	54	70.000	12.224	0.62	7.59
	4	Emma Crickmore	W14/JW4	4.1	49	20	49.333	12.033	0.65	7.82
	5	Tina Stratford	W35	7.9	107	31	107.517	13.610	0.71	9.66

British Champs and Relays...Some Photos

Our chairman - British # 1 - M80



James Crickmore # 1 - M16B



Relaxing at the club tent



Sprint start for the ad hoc relay



Sprint finishes for the relays from Kay Sayer, Gavin Clegg, Ian Sayer and Rob Hick





Junior News

Some thought on being coached

For many SWJS athletes, being coached is a fairly new experience, so what does “being coached” mean?

Let’s start by looking at what coaching **isn’t**: It’s not instruction - that’s being told what to do, perhaps when doing something for the first time. It’s also not teaching. You’re all experts at being taught and you know how that can be interesting, useful, inspiring, patronising or deadly dull depending on the teacher.

So what happens if you think about the times when being taught is a good experience? What makes it good? Some of those things are key features of being coached as well.

“Being coached” means being helped and supported to achieve what you want to achieve. As British Orienteering’s own notes say, good coaches listen a lot and asking good questions is a critical coaching skill. It’s rarely the coach’s job to tell you what to do.

So read that last paragraph again, what does it mean that you need to do, as someone who is being coached ...?

1. You need to know what you are trying to achieve, for this season, next month or your next race
2. It means the help and support you get should be particular to just you and your circumstances
3. It means your coaches need to know a bit about you and how you think / work / orienteer etc. You can expect to be often asked to explain what hap-

SWJS Training 2009

All dates & locations provisional

27/28 June SWJS training—
Penhale

Ideal for the JIRCs and
bring your surfboard!

11 July Dorset Coast Path
relay

28/29 Nov Lakeside week-
end - M/W16s

**Editor: Pete & Ben
Maliphant**

pmaliphant@aol.com

Squad Manager: Jeff Butt

Jnbutt@aol.com

Next Edition: April

pened in an exercise, a leg or a race.

4. "Yes/No" answers aren't helpful! You're encouraged to think and talk about what you did, why it did or didn't work, how you did things, where you actually went.

5. You can practice thinking like this yourself, analysing your route after a race, looking at the splits for where you lost or gained time on rivals, using routegadget to see others' route choices against yours.

6. All of this will take more time and that's OK, even important. Training isn't just running and navigating.

7. Improving and refining your performance means digging at the detail of what you do, musing on the things that could be better. To improve will need lots of practice and commitment, changing how you think, behave or act before and during your orienteering And that's where your coach can help.

Know your SWJS Athlete no. 5

Name and class	Jamie Hayward BOK
When did you start orienteering?	In a backpack aged two and I punched leaves with the punch
What do you like best about 'O'?	Exercise, fresh air and exploring the area
What's your favourite area or terrain?	Stock Hill
What training do you do?	No specific 'O' training .3 or 4 short fast training runs a week
What has been your best run or result so far?	2007 Scottish 6-Days: 3rd on Day 1
What do you enjoy most outside 'O'?	Music
Do you prefer EMIT or SI?	SI
What O shoes do you wear?	Not sure, very old grey ones!
What's your most played music at the moment?	Folk metal, SkyCloud
What's your worst orienteering error / best orienteering excuse?!	On my first Blue course I went completely wrong, got lost, slipped down a hill and broke my compass in half!
What's your favourite 'O top?	New BOK top





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

Tailor Made Solutions For All Your Copier Needs



Because buying a copier is no longer just "black and white" speak to the experts . . .

- Multifunction Colour Copier/Printer/Scanner
- Networked or Stand Alone Photocopiers
- Superb Quality Output - 4 Hour Call Out
- Lease or Outright Purchase
- Full Backup & Customer Support
- Authorised Colour Solutions Centre

COLLATE

01425 484700

www.collate.co.uk Email : sales@collate.co.uk

Collate Business Systems Ltd, Unit 1, Stag Business Park, Ringwood, B24 9AS

REGULAR CLUB TRAINING

Training Evenings take place on a weekly basis. A change of venue for every Tuesday evening – now Bournemouth University, 5.45pm for 6.00pm. Structured training sessions (not just a run) for all abilities, changing and showers. Bar afterwards. For further information contact Gavin Clegg.

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 p.m. 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 p.m. All members are welcome to attend.

