

Wessex Extra

March 2010



Brownsea Island, see pg 4 for article

highlights...

- Brownsea Island Informal Pg 4
- Summer Come and Try Pg 6
- Mud Glorious Mud pg 7
- Rollapaluzza Pg 12
- Southern Championships Pg 17
- Compass Sport Trophy Pg 19



Chairman:

Gavin Clegg
gavin@ukmax.com

Treasurer:

Gavin Avey-Hebditch
gmah59@hotmail.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

Mark Scott
mark@caledonut.plus.com

Chairman's Chatter

Right, I am obviously going to have to get far more contentious as I had not one comment from my previous Chairman's piece, not even a remark about the odd title of colloquy.

We recently had a request from British Orienteering as to our views on competition for juniors and whether it was healthy for them to be included in a ranking list. Below is the reply from one of the committee, which our reply will endorse:

"I am a great believer in young people being exposed to competition. This is for various reasons. It treats them as mature human beings, not aliens from another planet. It gets them used to the idea of achieving success by their own endeavours, as well as teaching them to cope with failure (yes I know it is a dirty word these days but I don't care) which they need to be able to cope with, without going off the rails.

Failing in an environment where there are trained coaches on hand as well as other young orienteers to share the experience with is a valuable lesson.

I visited a school today and the PE teacher there said how much her pupils loved competing against each other. Let's not go all namby pamby and cotton wool kids, they must learn that to achieve things usually takes effort, you don't get rewarded for just turning up.

So my vote is the more competition the better, the current BOF guidelines legislate for safety etc."

I wholeheartedly support this view. I believe we do our children no favours by keeping them away from the real world. Why then, when we do molly coddle them does it come as a shock to us that once released into the work environment, they find they do not have the mechanisms to cope?

Dale and I always check on our run-in splits. Even if we are doing entirely separate courses it is the one split we can compare. If you are looking to gain a few seconds on your competitors then this is an easy area to work on. There is no navigating to do, you can normally see the finish, or if its long like Bovington then there are tapes to follow. Don't look at the map, put it away. Just concentrate on

getting to the finish line as quickly as possible. The following is an extract of the splits, in seconds, from Bovington from the last control to the finish:

Gavin	Clegg	56
Dale	Paget	59
Jon	Brooke	60
Graham	Whiffen	63
Rob	Hick	63
Nicola	Brooke	64
James	Crickmore	67
Roger	Crickmore	68
John	Cook	78
Tracy	Crickmore	91
Eric	Whapples	103
Bill	Brown	108
Agnes	Brooke	119
Madeleine	Bridle	125
Roy	Morgan	138
Arthur	Brooke	149
Celia	Robertson	171
Gorden	Raggett	177
Caja	Whapples	231
Yvette	Paget	258

Now there is no way that I should be at the top of the list. I am old (well middle aged anyway) and have arthritis in a dodgy knee. So what's your excuse? Bovington was a particularly unpleasant finish, with the first 100mtrs up hill followed by 130mtrs on the flat. But with no navigation required, next time lets see you really go for it.

Gavin Clegg

Closing Date for next edition is 12th May 2010

Browsea Island Informal - 6th Feb 2010

In February I planned and organised an Informal Event on Browsea Island in Poole Harbour, which is owned and managed by the National Trust. I have been actively involved in the maintenance of the Island for over 40 years both as a member of the Scout Fellowship on the island and as a National Trust Volunteer.



The Island is approximately 540 acres in area, about 1.25 miles long and 0.65 miles wide. There is a road running east to west through the centre of the island known naturally as Middle Road and most of the area to the north of this road is a Nature Reserve and saltings.

During a Committee meeting the possibility of having a permanent orienteering course was mentioned and knowing that the National Trust, under its new management on the island, were seeking to encourage more visitors to the island, I volunteered to approach them with the idea. This idea was favourably received and I duly volunteered to map the island during my many visits throughout the summer of 2009.

Having prepared the map but before installing the permanent course, I felt that it was better to hold an informal event there, just to make sure that there were not too many errors on the map, this being my first venture into surveying and mapping for orienteering. Being a Chartered Surveyor and having done much land surveying and with my considerable knowledge of the island, I thought the task would be relatively simple. How wrong I was, but with Bill Brown's help and encouragement, a map was produced.

The National Trust liked the idea of a "small" informal just to try out orienteering on the island and it was agreed to do it out of season. However this in itself posed problems of how to get people to the island and the solution was to use the staff boat to the island but at its regular scheduled times for the numerous staff living on the island. Because of Board of Trade rules, an additional boatman had to be on board as the number of passengers was going to be in excess

of ten. This meant that we had to pay for the additional crew member but the National Trust however allowed us the use of the Baden Powell Outdoor Activity Centre lecture room as a base without charge.

To make the most of the venue, I decided to do an afternoon event and then a night event. Realising that some orienteers would stay over from the afternoon event to do the night event, I chose to move all the controls so that the night score event was different to the afternoon event. This would not normally be a problem, but there was less than an hour to move all the controls as the night orienteers arrived on the boat that took the afternoon orienteers back to the mainland. However with help from Gavin Clegg and Ian Sayer this was neatly done by the time it was getting dark.



The final numbers were 33 for the afternoon informal event with 17 for the Wessex Night League event boosted by 6 who stayed over from the afternoon. Due to the boat times I stayed overnight on the island to collect the controls the following morning, so I did not get a chance to speak to many people, but I gather that the majority enjoyed the challenge of a new venue.

Despite a few hiccups such as the maps not arriving until the morning of the event, me leaving the control kites on the mainland and a few mistakes on the map, the event was a success - at least as far as the National Trust is concerned.

I am now working on having a permanent course established on the island by the summer, so watch this space for the grand inaugural opening.

I would also like to thank Jason Falconer who assisted Gavin and I setting up in the morning, and Janet Cook with Kay Sayer who did the registrations and collected the money.

Eric Whapples



Dear all,

Wessex is planning a series of six summer events over the months of May, June and July to encourage people to come and try orienteering. We will be using the permanent course venues, and combining two of the dates with our usual informals.

What we need from you is the offer of help; our coaches will be leading the events but we will need helpers on the day for the (hopefully) large uptake from the public. As we will be using electronic punching, we also need people to marshal the areas so that we don't lose any controls.

We will be publicising these events in every school in the area and also through the media. If you have an email address, are not on our Yahoo group and would be happy to forward a flier to your friends, relatives etc..., please let me know and I will send it to you. Those of you who are on Yahoo will receive a copy in due course. If you are not on email and can drop off leaflets in your area, please let me know and we will get the leaflets to you.

All the event timings are from 2.00 to 4.00 p.m.

Saturday 15th May, Kings Park, Boscombe.

Saturday 29th May, Poole Park.

Saturday 5th June, Upton Country Park.

Saturday 19th June, Littledown Centre, Castle Lane.

Saturday 3rd July, Kings Park/Littledown combined courses.

Saturday 17th July, Moors Valley Country Park.

Please look at your diaries and pencil in these dates and **please offer your help with at least one of the events.** The more helpers we have, the easier it will be for us all.

I look forward to hearing from you as soon as possible, so that I can slot you into the list of helpers. Contact details below.

Kay Sayer, Lead Coach,
01202 484523, k.sayer@ntlworld.com

Mud Glorious Mud - MTBO Inside Park 27th Feb 2010

Long Course 14.1km 22 controls

So there I am at the start being told its very muddy and slippery out there, I'm not overly concerned as I have mountain biked for years in every weather condition possible, so no big deal!! But I have a back up plan in case its just too much like hard work, I can cut off at number 16 and that would complete the middle distance course.

So keen to test out my new home made map board & dibber holder off I set, number 1 no problem, number 2 a good single track path, I have to pass number 8 enroute to number three, knowing this I still manage go the wrong way (farm buildings slightly(!) confusing me), realise my error go back past number 8, up a gravel track to number 3 - dibbed. It's a good distance to number 4, I have to turn off my nice little track onto a path best described as a quagmire of mud, wheels decide to go in opposite directions, put my foot down to stabilise myself that goes off in another direction as well, making life interesting for a second or two!

Continue along this track somewhat bemused at just how slippery it is, pass number 10 - that's good just need to stay on this track to get to my number 4, This maybe easier said than done (staying on the bike that is). Laughing at the madness of this track dib number 4 - lovely. Number 5 slightly down hill path, a more normal level of mud so happy days, straight to number 5. Number 6 back up the same path, turn left then stay on this path straight to number 6.

Now this is where life really got interesting, Its muddy very muddy plodding along in a low/easy gear - this is getting hard work having to push the pedals hard and then as if someone put a brick wall in front of my bike I completely grind to a halt, so I get off to push my bike, it will not budge! Take a look at my front wheel, well I have never seen so much mud around my brake (V brakes for those interested) my forks, behind my forks and just clumped onto the wheel, the whole lot was one seriously sized ball of mud, the back wheel and the chain ring were equally as bad, this was acting like cement around every bit of my bike that should move! So invest in a new technical gadget (AKA a stick!) and try to remove the worst of it, get back on the bike carrying my new high spec technical gadget and manage a distance of a whole 5-10 metres and grind to a halt again, put the stick to work again - unbelievably the whole lot is seriously

clogged up again, so back to square one trying to remove the mud. Now by the time I had done this 5 or so times and had only managed to cover 5-10 metres each time before wielding my trusty stick again and again! I couldn't ride my bike, I couldn't push my bike so I tried wheeling the bike on only the front wheel and carrying the back of the bike, this didn't work, I tried wheeling the bike on its back wheel carrying the front of the bike, this didn't work, I even tried to disconnect my brakes to prevent the mud clogging up so badly, It wasn't as if there would be much chance of going fast. However I couldn't even disconnect the brakes due to the amount of mud clogged on them, so I resorted to carrying the bike completely, I knew there was a reason why I go to the gym! Dib number 6 - hurrah! Look at map, check route to number 7, the path to it is even more indistinct and slightly uphill, this is crazy my bike simply will not budge, the wheels refuse to go round.

It feels like I have been fighting with the bike for a good ten minutes and I have covered less than approx 70 metres, so much to my disgust I realise that I will have to retire, so start to head in the general direction of the finish, still pushing and carrying the bike, not to mention slipping on the mud every few steps (old trainers), I stop on a path as I realise that I can see the finish through the trees. I don't want to carry the bike 10-20metres to check if I can get through to the open, I decide to leave the bike where it is and run over to check. Now mud does have some use, Did I need a bike stand? No, did I prop my bike up against a tree/bush? No, did I just lie the bike down on the ground? No, I simply left it standing upright in the middle of the path totally unaided nothing holding it up bar the mud!!!! I have photos on my phone if you don't believe me. I have to say I was seriously impressed, It was still standing upright on its own in the middle of the path when I returned. I should say I hadn't seen any other bikers for a while so I knew It was unlikely to be in anybody's way.

So grab the bike and carry it through the woods to the open field (still carrying my stick!) Place the bike down on the gravel path, knock off some of the mud and I actually managed to ride it for the last 20 metres to the finish.

So I managed 6 out of 22 controls, ditched my high spec technical gadget and asked the Wimborne club to put the event back on in the

summer. I will be back possibly with a new bike! My new homemade map board was a huge improvement on my previous map holder, now if only I can work out how to design one that I can turn around life will be perfect. Who knows I may even go in the right direction - unlikely but possible!

Tina Stratford

Junior Night Orienteering

I have been night orienteering about half a dozen times and have always enjoyed it. Being in the woods at night is quite exciting by itself - there is the added frisson of the unknown coupled with the potential hazard of becoming disoriented and lost more easily.

Sometimes the controls are hard to find - you need to be really accurate in your navigation as you often can't see the controls until you are right on top of them.

Usually the night courses I have done have been at a slightly easier standard than the day time courses, which takes some of the difficulty out of navigation. I find that the torch-light reflected from the map can ruin your night vision though I have seen people running with low intensity red torches, which presumably minimizes this problem.

I often do the night-O courses with friends, which makes for a great evening out. If you have never tried night orienteering, you are missing a new dimension to the sport - why not give it a go?

Danny Scott

Forthcoming Events

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

There are also links from this website to Club websites, where you can download fliers.

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

For further details of forthcoming events, log onto the BOF website, or through the SWOA website.

MARCH

Wed 24 ARMY EVENT, Yardley Chase, Nr Northampton. SP831557.

Sat 27 NORTH WILTS ORIENTEERS Colour Coded, Y, O, G & B, West Woods Marlborough.

Sun 28 WESSEX GALOPPEN, Rushmore Estate, Near Tollard Royal. All Club members will have been contacted for help on this event. All helpers will be able to compete if they wish.

APRIL

2 - 5 APRIL JAN KELLSTROM 4 day Orienteering Weekend, Devon. Pre-entry for all days. Colour coded EOD.

Mon 12 WESSEX Committee Meeting, Bournemouth University, 7.15 p.m.

Sun18 SARUM Galoppen & SCOA league, Hamptworth, Salisbury.

Sun 25 BRISTOL ORIENTEERING KLUB The Mike Nelson BOKTrot Regional event, Wavering Down, Mendips ST410560.

MAY

Sat/Sun1 & 2 BRITISH ORIENTEERING CHAMPIONSHIPS, including Trail-o and Long Distance races on Saturday 1st and Relays on Sunday 2nd. Cannock Chase. www.walton-chasers.co.uk

Sat 8 SAXONS ORIENTEERING CLUB, Chasing Sprint in Hargate Forest.

Sun 9 SAXONS HARVESTER RELAYS, Eridge Park, Nr. Tunbridge Wells.

Sun 23 NORTH GLOUCESTER OC Galoppen, Cleve Hil, Cheltenham SO989278

Mon 24 WESSEX Committee Meeting, Bournemouth University, 7.15 p.m.

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

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

For further details of events, see your copy of **SINS** or log on to the **SWOA** website or the relevant Club's website (links through **BO**).

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.

Coastal Path Relay - Saturday 4 Sept

As most club members are aware each year we enter a team into the Dorset Coastal Path relay which is run along the coastal footpath from the Dorset/Devon Border near Lyme Regis to the Studland Ferry. The total distance is 104 km with 3000 m of climb. After being held in July since 2006, this year the race will revert back to its more traditional date and so will be held on **Saturday 4th September**. As we have won this event for the last three years we have our reputation to uphold so please make a note of this in your diaries as we need as many runners as possible.

It may be presumptuous but I am assuming that I will once again be the team captain, however if anybody else fancies the role please let me know.

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 good runner you can still make an important contribution

Roger Crickmore



Rollapaluzza completed their tour of UK cities with last weekend's events in Manches-

ter and Southampton, the fastest riders from these races plus the rounds in Bristol, Swansea and London will be invited to represent their region in the Rollapaluzza National finals to be held in London on Good Friday, April 2nd. Joining them will be recent Rollapaluzza riders from all over the UK who have set exceptional 500m Rollapaluzza times, one or two surprise wild-card entries from riders with sprint pedigrees and the reigning UK Rollapaluzza courier champions.

The National Finals will be held after the annual Good Friday track meeting at Herne Hill velodrome, just around the corner at the Half Moon pub from 7pm, making up an exciting double-header of Easter cycling entertainment.

Southampton (South)

Rollapaluzza Southampton was hosted by TV cycling commentator Anthony McCrossan. He did a great job whipping up the very mixed crowd into a frenzy, competitors ranged from fixie riders from Bournemouth, Southampton and Portsmouth to local track, road and TT riders as well as leisure cyclists just keen to soak up the atmosphere. However the stakes were really raised when the huge frame of professional BMX rider Rob Reed strolled into the Sporting View pub. Rob has already qualified for the National Finals having come second in Bristol, but was keen to get some practise in ahead of Good Friday. He didn't disappoint and in qualification became the third fastest rider of the series with 20.67s. Behind him the competition was fierce and it was Sustrans Bike-It Officer Jason Falconer who took second place behind the dominant Reed.

In the female competition first-time roller-racer Sarah Mowlam from Bournemouth Fixed-Gear beat Helen Huggins of the generous local sponsors Rock'n'Road cycles. The event was supported by Southampton City Council.

Men:

1. Rob Reed 45.61(1000m)
2. Jason Falconer 51.22 (1000m)
3. Max Barrow 23.75 (500m)
4. Ollie Allan 23.82 (500m)

Women:

1. Sarah Mowlam 29.49
2. Helen Huggins 32.52
3. Viky Melish 32.52
4. Josie Young 32.64

If you'd like to know what it feels like to be a Rollapaluza competitor Guardian Bike blogger Peter Walker entered the London round of the National series and it features on the Guardian bike blog here: <http://www.guardian.co.uk/environment/audio/2010/mar/01/bike-podcast>



Jason, looking as cool and calm as ever!

www.guardian.co.uk/environment/audio/2010/mar/01/bike-podcast

Courtesy of singletrackworld.com

National Ranking List

For those of you that venture a little further a field you may be surprised to find you are ranked on the National Ranking List. We have 37 WSX members listed. In brief, the Single Scale Ranking Scheme produces a single ranking list based on the sum of the six highest scores obtained by a competitor in the last 12 months in National (Level 1) and Regional (Level 2) events. Short classes (and M/W18B) are ranked, but are no longer ranked separately. Scores are calculated by comparing the average points of other competitors on the same course in the last 12 month period.

The ranking list is continually updated as results are received, but its display is refreshed once a week early on a Thursday morning. Further details are available on the British Orienteering website.

The first column shows the persons club position and the figure in brackets is their National ranking with their movement from the previous week.

Gavin Clegg

Summer Relay Series

Early notification of the forthcoming Summer Relay series.

At the moment we seem to have dates for 4 relays which form part of this series. Remember that in 2009, with Dale's excellent organisational skills, Wessex OC won the coveted South West Chairman's Challenge Trophy so it would be good to repeat that success this year. And Dale has agreed to organise again.

The dates so far are:

July 4th BOK Adams Avery

July 11th Wimborne Furrowhoppers

July 18th Devon Relay

July 25th Wessex Hardy Relay (subject to confirmation)

So make a note of these dates in your diary now and let Dale know if you wish to be in a team.



*A tick comes across another one sitting
patiently on a gate post.*

What are you doing here?"

*"Waiting for the 7.30 orienteer coming from training to
take me home"!*

Andrew Beldowski

It's lonely out there...



Since having heart trouble I have started to get back into various O courses...nothing too long, mainly Orange and Light/ Short Green. On smaller events in particular the forest can be surprisingly empty at times and I have sometimes thought about what would happen if I had an "incident" in the middle of nowhere. OK, I carry a whistle and mobile phone which does have a signal in most situations but phoning 999 in the middle of a

forest and trying to explain your position would be a bit difficult. The same situation would be if a child was lost or someone broke an ankle.

One thing that suggested itself to me is that every event should prominently publish one or two emergency mobile phone contact numbers of event officials who are around the assembly area or perhaps who are a member of the enquiries team. It would then be the competitors responsibility to make sure that these numbers were carried with him/ her. A local official could raise a rescue team far more quickly than waiting for external assistance.

This would add very little hassle to an event organiser's job and maybe save a life one day.

Just a suggestion...

Alan Hooper



Hethfelton Informal

The day broke to beautiful sunshine, though unfortunately we had overcast conditions & a cold wind by the time the first runners arrived. There were just under two dozen participants - a refreshing mix of old hands and new-comers to the sport. The availability of four qualified coaches worked really well. Jason Falconer's pupil had a great run on the Orange course after a little training and it sounds like Richard Arman enthused one of the youngsters.

Ian erected one of the new club tents which looks very good value for money.

My thanks to Richard Arman, Ian Sayer, Danny Scott, Roger Crickmore and Jason Falconer for their assistance.

Mark Scott

Wednesday Army Events

Just a reminder that (for those of you who are available during the week) the Army stage regular Wednesday orienteering events. These are often (but not always) on Army areas and they are nearly all open to civilian orienteers.

Courses on offer vary but usually include something for everyone. Start times are normally a bit later than we are used to (typically from around 11.00 until 1.00) and fees are usually about £2.50 plus Emit hire if you don't have your own Emit brick.

So check on the Army web-site (www.baoc.org.uk) for up to date details. There are usually one or two members of the club at most events so ask around the retired fraternity if you want to share transport.

Southern Championships, Sunday 21 Feb 2010

Wessex Results from the Southern Championships, Forest of Dean

M18L	Andrew Houlder	MP	
M50L	Tim Houlder	26	1:39:07
	Rob Hick	33	1:50.15
M55L	Gavin Clegg	7	1:14:38
M60L	Peter Keene	MP	
M75S	Gordon Raggett	MP	
M80L	Richard Arman	2	1:45:21
W50	Liz Lockton	21	2:10:40

ExWsx

M21E	John Hartley	9	1:52:36
------	--------------	---	---------

Check out my blog on the website for a report (or see below!), but certainly didn't expect to be the fastest Wessex person with a time of over 74 minutes!!

“Wow, what a great days sport.

On the drive back I had an almost permanent grin. OK I hadn't orienteered particularly well due to my lack of fitness, but it was just one of those days that makes you glad to be alive. Running though the pristine snow, as I was one of the first off, sun shining (had a touch of snow-blindness at one point!). Deer. Various birds of prey, some very tough courses (not just mine judging from the winning times).

Was talking to Liz and was reminded of the old orienteering maxim that the worse the weather the more you should make the effort to turn up so all the work done by the helpers don't go to waste.

If you missed this event you missed a treat.”

Sarum Saunter Results - Sunday 7th Mar 2010

Place	Name	Class	Time	
3	Brooke,Jon	Black	01:20:41	+06:53
2	Clegg,Gavin	Blue	48:20:00	+02:11
67	Tina,Stratford	Blue	01:40:51	+54:42
DNF	Sayer,Ian	Blue	00:00	
11	Whiffen,Graham	Brown	01:24:33	+13:26
33	Brown,Bill	Green	01:08:05	+27:25
35	Sayer,Kay	Green	01:10:35	+29:55
48	Keene,Peter	Green	01:33:50	+53:10
49	Morgan,Roy	Green	01:41:21	+1:00:41
25	Loxie,Foxie	Green	59:22:00	+18:42
DSQ	Brooke,Nicola	Green	01:02:37	
5	Whapples,Daniel	Light Green	54:15:00	+19:49
8	Whapples,Eric	Light Green	01:05:02	+30:36
13	Hooper,Alan	Light Green	01:23:34	+49:08
28	Avey-Hebditch,Gavin	Short Blue	01:07:06	+25:05
20	Arman,Richard	Short Green	01:01:23	+22:53
29	Raggett,Gordon	Short Green	01:11:10	+32:40
30	Brown,Chris	Short Green	01:13:39	+35:09
34	Wyatt,Des	Short Green	01:40:15	+1:01:45
10	Whapples,Caja	White	37:17:00	+20:43

Compass Sport Trophy - Sunday 24th Mar 2010

Well, the club had a great day out in the New Forest under a bright, almost warm, sun. We had a great turn-out and 32 members passed through the club tent during the morning and a lot of catching-up took place after the long Christmas break.

Did we cover ourselves with glory this time? Well, not quite but we did our best and everyone seemed to enjoy their run. In the end, Sarum And Wim were fighting for first place with only one point between them. Bado got their revenge this year and were 50 points clear of us and we just managed to pip Quantock by 2 points to come 4th.

WIM.....1255 (Wimborne)

SARUM.....1254 (Salisbury)

BADO.....1184 (Basingstoke)

WSX.....1134

QO.....1132 (Quantock)

NWO.....818 (North Wilts, a very small club)

KERNO.....414 (Cornwall. A big club but only 8 managed to travel up to the event)

Our thanks to Dale for opting to run up from his age class in the men's open and doing a brilliant run to get 2nd place against fit young 21 year-olds...in doing that he increased our team score by about 15 points.

The women's open produced two 'new' stars in Nicola Brooke and Tina Stratford. Our future is safe in their hands!

Our three young people, who are growing up all too quickly, all did very well. It's a pity that only two of them could go forward to contribute to the club total.

A big THANK YOU to everyone who turned out. I've heard a rumour that the first round of this event will again be in the New Forest next year, so how about more club members making a resolution to join in this fun occasion.

All the results can be seen on the Emit UK Results Index site. (Type emit into Google).

Bill Brown



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
- Authorized Colour Solutions Centre

COLLATE

01425 484700

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

Collate Business Systems Ltd, Unit 1, Bay Business Park, Ringwood, BH24 5AS

REGULAR CLUB EVENINGS/TRAINING

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

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

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