

Wessex Extra

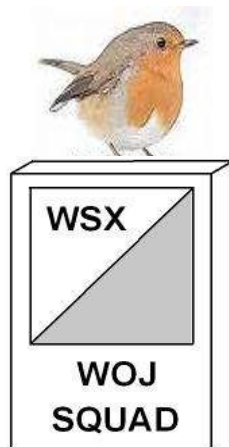
MARCH 2014

Bill Brown and Becca Ellis coming into the finish at the Compass Sport Trophy event—both determined to be first!



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CHAIRMAN'S PONDERINGS

Spring is definitely in the air now and it's SO good to go out into the forest without having to wear gloves and not trudge through paths deep in mud. Let's hope it's not a false Spring! (It has been known to snow at Easter, don't forget!)

Although the winter was pretty awful, weather-wise, it was made more bearable by a fantastic series of Night League events, which came to a close last Saturday at the SOC event at Woolston. These events are both really competitive, but also social – especially if there's a pub nearby! And with the four local clubs participating, it's a way of getting to know our "rivals". A big thank you must go to everyone who has put on one of these events and an extra "thanks" to Gavin for coordinating the League and getting the results up on the website so quickly. A full series of events has already been programmed for next winter (though I don't want to think about that time of year yet!) But the Summer Series will be starting soon – keep a lookout on our website for more details.

New Members are few and far between, so I'm delighted to welcome **Keith Glester**, an M55 from Southbourne, to Wessex. He heard about us through a leaflet we have available at Littledown Leisure Centre – so it's good to know that they are having some benefits.

If you know of any places where we could leave some leaflets about orienteering, please let me know.

The JK Easter weekend is only just over a month away, in South Wales, and it's not too late for you to take part in a Wessex Relay team. You don't have to be a great runner – just do it for fun and the experience of taking part in a big relay event. We already have two teams entered – our 1st team, Wessex Raiders (Gavin, Ian and Dale), who have a good chance of getting in the top 3 (no pressure guys!) and an "oldies" team of myself, Kay and Richard and we are at the optimum age combination for the class – so you never know.....

So, if you're going to the JKs and fancy an extra day of orienteering, please contact me.

Julie Astin

How I almost came 2nd at the British Night Championships but came 4th – or, how you should never give up even when you seem to be having a disastrous run!!

Since I bought a really good, powerful and reliable head torch, I have no qualms about entering big night events, such as the British Champs. This year it was held in Pippingford Park in Ashdown Forest, East Sussex. The evening was perfect – dry (i.e. no rain), calm and not very cold. The Start was very close to the Assembly area too – so I didn't have the worry of having to find it (which can be embarrassing!)

My course was 4.2k with 21 controls – so I knew there would be more short legs than normal – but also lots of opportunities to make mistakes! And it didn't take me long before I made my first one – in fact, it was at control 1!! Looking at the map afterwards, I was bewildered as to how I could NOT find it straight away. There were some clear features to help in the navigation – an earth wall, a fence corner and a path as a catching feature. And yet somehow, my brain didn't seem to take these into account and got fixated instead on a control that I DID find (several times!) trying to work out what feature IT was on (to no avail)– rather than looking at the obvious features which I COULD see nearby! As a result, it took me over 10 minutes, instead of 3 or 4. Disaster!

Control 2 was easy (even for me) as it was just inside the fence corner about 50m from control 1. Control 3 not too bad, but then I messed up number 4 – again, my brain not really computing the features that I could see on the map to those on the ground. I lost another 5 minutes or so.

I was beginning to think “If it carries on like this, I might have to think of giving up”. BUT....I then remembered that I'd had a really bad run before at night, only to find that others on my course had had even worse runs. So there's always hope.

And indeed, when the results came through, I found that I had come 4th out of 9, only 24 seconds behind 3rd place! So very pleased overall (though still annoyed with myself for messing up number 1 so badly)

Julie Astin

Addendum: Just found out that Julie Astin is currently lying 3rd in W60 in the UK Orienteering League, and 37th overall in the Country. Congratulations Julie!!!

CHILTERN CHALLENGE, Nettlebed & Highmoor, 9th February 2014

Sunday early start for a trip by car to the Thames Valley Orienteering Club heartlands of Oxfordshire. The club have several forests around the area of the Chilterns such as Wendover, Christmas Common and today's location Nettlebed and Highmoor. Today's event is the South Central Orienteering Association Champs and annual Chiltern Challenge. We reached Nettlebed and I already saw 3 Red Kites, these hills have a growing population and along with the couple I see on the run, reveal how deeply we are in Red Kite country.

Unique event today, these areas are all in Beech forest, so we are expecting a largely runnable forest and a fast competition. Terrain of this type contains large areas of open forest with tall mature trees, which means features used for controls are often earth features, pits, valleys, banks and lend a technical navigation challenge to competitors. Club mates and I locate the start and prepare for racing, as always proper hydration and my added choice of caffeine energy gel during warm up always sets me up for a concentrated effort.

The Race:- we are given a course of two halves on the Blue, 7.1 km distance with 100 metres climb, 2 distinct areas which are marked in 2 scales. Open forest is the standard 1:10,000 whilst a complex area in the second half is scaled up to 1:5000 for the final section on Windmill Hill. It's pretty cold today and the forecast was for maximum 8 degrees, perhaps made bitter by the windy relative elevation of the area. Other runners will have had different maps, some shorter some longer, my competitive distance for age should be a Brown course, but I like the shorter run with the same maximum Technical Difficulty.

Starting with an uphill straight over open country, my focus is turned on and I locate the tower and locate the first control easily, and I'm off! Having located the first control well helps with my confidence and I establish a positive mental thought loop which means I will focus and get in the flow of it better for the whole course. Techniques of experience come into every step I run, approaching destination point I'm reading the map while running, establishing the direction I will leave in, reading the number control I need for a check, and getting ready to smoothly visit the

checkpoint, set a quick bearing and leave again to pick up speed immediately. Direction is fundamental - you must focus on knowing the direction, almost seeing the whole course as if from a helicopter, whilst at the same time homing into exact features that you pass on the way.

Flow:- I'm in it, running, reading, checking and treating each section as its own. Despite feeling confident I know that at any time I can make an error and drop down rapidly from the results.

Into the second half, this area is heavily marked with earth features, lakes, tracks and small areas. I'm doing well and know I have to shift a gear into a careful, more controlled type of running. The distance between checkpoints is much less, and I know that this sort of place can be tricky, as lots of complexity can swamp the brain and decision making. Key coaching point on these sorts of intricate sections is to know that you haven't travelled very far, focusing on what is actually in front of you and not allowing impulsive decisions is crucial. Ten checkpoints in this area with lots of even deeper ponds than usual and loads of earth features, it's difficult - but that's why we Orienteers love it, challenging the brain and body together.

Result and analysis. Every competitor I've met over the years, including elite athletes, never say they have had a perfect race. Another reason why this sport keeps us coming back for more - you can always get better. I'm placed 2nd out of 84 competitors on this Blue course, after Colin Dickson. It's worth noting that Orienteering is regarded as basic training, so British Army Orienteering Club runners have the advantage of teaching, competing in this sport 'as work'; nice. Comparing the split times with Ian who also did my course, my route choice 11- 12 cost me seconds as I took the path route rather than direct route for ease.



All the rest of my choices were direct line navigation, so there's the reason I'm happy to have come second from the biggest field of all the courses at the event. Seems like a season of actual club based training has paid off!

Jason Falconer

WESSEX NIGHT LEAGUE – FINAL RESULTS

Congratulations to the winners: Jane Morgan of SOC and Chris Branford of WIM.

What a fantastic night season we have had. Not too many disruptions despite the weather and a nail biting competition all the way through. Jane has won at the first time of trying and Chris is a previous winner. The handicap competition will always favour those 'good for age' competitors and in Jane and Chris we have two of the best in the country.

With that in mind we introduced the 'non handicap' league this year to give the M21s something to aim for. The winner this year being M50 Dale Paget!!!. Tim Morgan would probably have won if he had attended enough events.

Participation has been particularly good and is building year on year. I have not included 'Ind' competitors this year and we are just two shy of 100 competitors – something to aim for next year. We have a full calendar of 15 races lined up including Salisbury City and Lyndhurst. Meanwhile let's look forward to the summer.

Female:

| | | |
|-----------------|--------------------|-------|
| 1 st | Jane Morgan | SOC |
| 2 nd | Julie Astin | WSX |
| 3 rd | Charlotte Thornton | SARUM |

Male:

| | | |
|-----------------|----------------|-----|
| 1 st | Chris Branford | WIM |
| 2 nd | Dale Paget | WSX |
| 3 rd | Gavin Clegg | WSX |

Non Handicap:

| | | |
|-----------------|-------------|-------|
| 1 st | Dale Paget | WSX |
| 2 nd | Jamie Hicks | SOC |
| 3 rd | Andy Snell | SARUM |

All results are on the Wessex website.

Gavin Clegg

BRITISH NIGHT CHAMPIONSHIPS & DAYTIME EVENT – Pippingford Park, 22nd February 2014

Saturday:

When Ian said was I up for the British Night Champs, I said yes straight away – especially as I now have a really good head torch, it would be a shame not to use it. Gavin and Valerie came with us and we had booked a Premier Inn. Valerie decided not to come with us to the event, so the three of us drove to Pippingford Park, arriving with a good 30 minutes or so to spare.

I was feeling a bit anxious by then, but there was no way I was going to back out. My course was W65S, with 2.8km and 95m of climb. I was the only W65S on the course so I was under no pressure. What a difference a decent head lamp makes; I could see very well for quite a distance, so my navigation was reasonably o.k. The area at Pippingford Park is a mixture of open heathland and open forest, with a large river in the middle. My navigation was quite good on most of the controls, just a bit of hesitation on the first control, and again on number 7; I was too high above the marsh so had to double back. Must have lost 3 minutes. But apart from that, I had a good run, taking 63.46 minutes – good for me!

Sunday:

Back to Pippingford for a daytime event, and 4.2k with 18 controls and 120m of climb on my Short Green course. A mistake at the first control, I was too far south and had to retrace my steps, which lost me 5 minutes. My 13th control took me longer than it should, as I thought the control was at the bottom of the quarry, but it was a vegetation boundary at the top. So I had to scramble up to get it. The rest were o.k. but it was more challenging than the night event and I was slower. More climb of course, which doesn't help, but I didn't come last! I was quite tired towards the end, especially as there was a strong headwind on the open heathland. All in all, it was a good weekend's orienteering, and I am now confident to do more night events!!

Kay Sayer

ORIENTEERING IN FRANCE

I have occasionally thought of producing something about Club orienteering in France.

Unfortunately, the more I thought about it the more I realised how different it all is.



Can you recall stories of orienteering in the 70's and 80's in the UK? Well, believe it or not that is what it's like here today!

Just a few aspects:

- Forests are used freely for recreation, event fees are to cover costs, generous subsidies are available for any equipment, etc.
- AGM's are to review past year's activities, honours gained at events with pictures and videos.
- Socialising at these venues are put at our disposal free of charge, followed by a few nibbles and drinks, followed by a sumptuous, subsidised dinner costing around 10 euros in a local restaurant. It used to be free but now that there are more than 40 of us we have to economise.
- At events the social aspects play a large role, there is fruit, cakes, wine or cider to refresh. At regional events the courses are generally tougher, I would say the youngsters have to frequently cope with light green courses.

Entry fees are paid for by the Club, even if they are out of the region, car sharing is perhaps more common - witness the large cars parked at event!

So that's just the principles, now start getting into the nitty gritty!

My club is St. Brieuc Orientation, no: 2208. Of course the activities

of the club are heavily subsidised by the regional government, local businesses, local authorities which print the maps free of charge and give free access to parks, forests, car parks etc.

My one niggle is the indifferent signposting at all events, apart from great championships! I frequently spend half an hour or more circulating the final approach. This was the case a couple of weeks ago. I had driven for over an hour to reach, at 8.45, a roundabout joining the D83 and D1 from which the signposting was due to start. Nothing. I then discover a second roundabout half a mile away with the same road numbers! I make a circuit through the village and return to the first roundabout to find a large signpost! Just in time for the first start at 9.30! I noted that the signs have been donated by a large local newspaper publisher - France Ouest. So, we have progress!

In conclusion, I would say that the social aspects play a major role in the enjoyment of the sport. There is less inflection on the post mortems and more on the chats around the refreshments!

Andrew Beldowski



FUN OF THE MUD IN ASHURST—COMPASS SPORT TROPHY

It's a very different feeling to be running a normal course but as part of an all-club team. Your judgements subtly change. A small error suddenly becomes 'Wow, have I dished the club's chances now?'

On the other hand, it's great getting together in the team tent & feeling a connection of support between everyone, whereas normally everyone is running for themselves. That's why we put some effort (& cash) into encouraging everyone in the club to join in the team each year for the Compass Sport Trophy.

So there we were on 16th February, a gem of a day in the middle of the rains & storms, which had been continuous since December. Warm sun, quiet winds, bliss; apart, that is, from the course waiting out there & the mud. The New Forest was leaking: every ditch a stream, every stream a torrent and every damp area now a mud bath. But in between, lovely, fast, runnable forest.

I sent you all the results in February. As a team we did very well but in the actual competition we were last out of five clubs in the 'small' club section. (Small means less than 125 BOF members). How did this happen? Well, technically, we had the opportunity to have two scoring runners on each course and then the best 13 scores made up the final team total. We did fairly well on individual performances but we only turned in 12 of the 13 permitted scores. The 3 leading teams had 13 scores and so had an in-built advantage over us of 80-100 points.

But we had our heroes & heroines. Both Ian Sayer & Dale Paget won their courses and scored 100 points. Yvette Paget is just 11 and ran for the club for the very first time. She battled on, came 3rd and scored 96 points. Well done Yvette!

We can only regard John Cook with awe. At 55 he volunteered to run Brown, yes volunteered! The oldest competitor on the course, yet he came a brilliant 5th and scored 96 points.

Dan Whapples was on the same course. He is still learning the game and has had no chance to run for many months but he stuck at it and, even though he was out for a long time, he still scored 85 points. If one of the others had failed to finish, his would have been a really important result for the team.

How do we improve our position next year?

The answer is simple. We are just too thinly spread over the courses. One slip-up, one retirement or one person unable to run at the last minute and we are vulnerable. We simply need more active members. They don't even need to be 'good'. On the rules of this competition just finishing with a clean sheet would have been enough, as that usually gets about 75-85 points.

So have a look around you. Become active recruiters to our wonderful sport, and to our club. Who do you know, young or old, who would benefit from the active outdoors? It's never too early or too late to start orienteering. Think about it.

Bill Brown

A big THANK YOU to Bill for organising the Compass Sport Trophy event.

And a great sprint finish with Becca Ellis from Wimborne!

Ed



FORTHCOMING ORIENTEERING EVENTS

www.wessex-oc.org

MARCH 2014

- Wed 19 **ARMY EVENT**, Frith and Windmill Hill. Aldershot.
Wed 26 **ARMY EVENT**, Harewood Forest – Harris Relay. Contact Dale Paget for details.
Sun 30 **QUANTOCKS ORIENTEERS**, Colour coded event, Priors Park.

APRIL 2014

- Wed 2 **ARMY EVENT**, details to be confirmed.
Sun 6 **WESSEX GALOPPEN & WOJ SQUAD EVENT**, Rushmore. See website for details.
Mon 7 **WIM/WSX CLUB EVENING**, Poundbury, Dorchester (details to be confirmed)
Wed 9 **ARMY EVENT**, Hankley South.
Sun 13 **BRISTOL ORIENTEERS MIKE NELSON BOKTROT**, Wye Valley Forests.
Fri 18-21 **J.K. WEEKEND**, Swansea, Wales. Details on www.thejk.org.uk
Sat 26 **SOUTHAMPTON SUMMER SERIES**, Staunton Country Park. See SOC website for full details of their summer series.
Wed 30 **ARMY EVENT**, Collingbourne Wood.

MAY 2014

- Mon 5 **WSX/WIM CLUB NIGHT**, Littledown Centre.
Wed 7 **ARMY EVENT**, Shrivenham.
Fri 9 **DORSET SCHOOLS CHAMPIONSHIPS**, Moors Valley. Details to follow.
Sat 10 **SOUTHAMPTON SUMMER SERIES**, Fleming Park.
Sun 11 **SARUM Galoppen**, Bulford Ridge (to be confirmed) & **WOJ SQUAD EVENT**.
Wed 14 **ARMY EVENT**, Bramshott.
Sat/Sun 17/18 **HARVESTER RELAYS**, Winter Fold and Pitch Hill.
Wed 21 **ARMY EVENT**, Long Valley South.
24-26 **TAMAR TRIPLE**, Fernworthy Forest, Dartmoor, Middle Distance Event, Inny Foot and Urban Event, Tavistock – SEOUL league. www.tamartriple.org.uk

JUNE 2014

- Sat 7 **WESSEX POOLE TOWN RACE**. SEOUL League. Details on Wessex Website.
Sun 8 **TUNBRIDGE WELLS URBAN**, SEOUL League.

Mon 9 **WIM/WSX Club Evening**, Avon Country Park.
Sun 15 **BOK ADAMS AVERY RELAY**.
Sat 21 **WIMBORNE URBAN EVENT**, Wimborne Town Centre.
 SEOUL League.
Also: **SOUTHAMPTON SUMMER SERIES**, West Wood, Netley.
 See website for details.
Sun 22 **WSX HARDY RELAYS**, Holton Lee. Including WOJ Training & Certificate Presentation.
Wed 25 **ARMY EVENT**, Perham Down.
Sat 28 **DORSET COAST PATH RELAY**
Sun 29 **NWO RELAY**.

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 try to put on a local event for newcomers and improvers most months during the year. For further details, please see our website: www.wessex-oc.org**

****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, 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.

SATURDAY 22ND FEBRUARY— BRITISH NIGHT CHAMPIONSHIPS, CROWBOROUGH.

As per usual for a Saturday, we start our day at Angelique's in Westbourne. Jason joins us for breakfast, looking very dapper in beret and posh jacket. Then we head back home to get ready to go to Crowborough.

After a leisurely morning we head off to Christchurch to meet up with Ian and Kay around 1.00p.m. All the luggage was loaded (were we really only going away for the weekend!) and off we went. The weather started to improve; it was a little cold but blue sky.

We were staying overnight in a Premier Inn with a Beefeater Restaurant just over the road. Ian, Kay and Gavin went off to the British Nights. I stayed put catching up on my reading. By now I was getting a little peckish so I decided to make a foray down to the foyer (that's a bit of a mouthful) and seek for food. OK it was a Twix but with a coffee it was enough to keep me going. No sign of Lenny Henry yet! I keep expecting to run into him somewhere along the corridors. I decided to have a shower and make sure I am ready to go when the others return. I always have 'trouble' with showers. They are all different and I usually find I am dancing in and out of the cubicle trying to get the temperature right and I end up either freezing or slightly pink and hot. I finally achieve my goal without injury to body. Great, time to read my book - and then the phone rings.

Ian had pre-booked a meal for 9.15. On the phone Gavin says they were just leaving the event and would be back just after 9.00. At five past nine Gavin bursts through the door – instructions: go over to the Beefeater, grab the table, order a pint of local beer for

Ian, half of the same for Kay, a glass of red for Gavin, oh and get something for yourself! So off I trot whilst the others have a shower. The restaurant looked pretty good and everything was clean, well laid out, and the staff were friendly and attentive. The food was excellent and the staff were helpful and attentive. What more do you need? Back we go to get a good nights sleep ready for tomorrow.

Sunday arrives thankfully, not too early a start. After a good breakfast we are all ready to roll! Luggage loaded. We drive through Tunbridge Wells which was a place I had only been to once before, JK 2008 probably! The architecture was stunning, it would be nice to see more of the city sometime. Another one to add to my list of places to go. Weather is a bit dull but not too cold. Here is where I do my own thing and keep out of the way, just wish them good luck. I need to head for the loos after too much coffee at breakfast. After a bit of a walk around, glad I put my wellies in, I head back to the car and carry on with a bit more reading time.

Surprisingly, Gavin is with me in the car. He isn't running today as last night's run didn't agree with his 'trashed' ankle – well the physios did warn him. He went to three hoping one of them would say it was ok to run, but 'stupid' and 'idiot' seemed to be a recurring theme! I make my way down to the finish to cheer Ian and Kay home. The usual discussion ensues on the drive home!

Lady Lycra

FIRST MAPPING—FIRST THOUGHTS by Mike Dawson

Well, it had to happen, I fleetingly put my head above the parapet by suggesting that I was interested in getting involved with mapping, and before I knew it, I was on the Bill Brown mapping team! I was the recipient of a long missive from Bill giving me chapter, verse, paragraph, line, word, and grammar; and very interesting it was too! It gave me an excellent introduction as to what I was letting myself in for, but in a very informative and helpful way.

Bill decided that the resurvey of the Rushmore (or is it Chase?) area would be a good starting point for me. Unfortunately, the timescale for the survey has been tight as, due to shooting on the estate, we couldn't access the site earlier than February. I spent some time developing my 'pace counting gait', so that it (hopefully) wouldn't vary on different terrain.

I met Bill and Richard at Rushmore on a grey, windy, cold day at the end of a very wet, muddy track. I spent the day with Bill whilst he initiated me into the mysteries of mapping. We spent a long time redrawing an area of paths that was quite complex, trying to get starts, finishes, lengths and orientations of the paths accurate. It wasn't easy!

Due to the recent severe weather, there has been massive windfall in the area, which has had a significant effect on the map and has caused us, and Julie (planner for the April event), some problems. I found it particularly difficult differentiating how the vegetation should be mapped to best present the environment to runners who were just passing through.

The poor weather has continued throughout the period we have been resurveying, so the vegetation has been changing on a visit

by visit basis. In fact, on our second visit, we discovered that the tree adjacent to our initial parking place had blown down, directly where our cars had been parked 2 days before!

As I am not a very experienced orienteer, I have found several areas of the mappers task to be demanding. Firstly, keeping my pace counting consistent to ensure that features are accurately placed (I have had a couple of 'recalibration walks' alongside Bill to make sure that I'm still accurate!). Secondly, interpreting the terrain as to its type and runability, especially around the areas of windfall and undergrowth. Thirdly, the whole task of mapping seems to be so much more subjective than I had originally thought, although Bill has been great at giving me guidance so that the map detail is consistent, despite sections being mapped by different people.

Am I enjoying it? Most certainly yes! Bill (and Richard) have enthusiastically given me excellent advice and help; I'm learning, but still have a long way to go. I've not yet started using OCAD. I'm also thoroughly enjoying my time in the forest. It is great to be out all day, with the all encompassing silence of the woods which, of course, isn't really silence at all: the whisper of the wind through the treetops, the occasional creak and crack of branches, deer hooves thudding through the leaf litter, the dart and dash of birds and the sound of their song. Great.

Oh, and I've decided that the difference between a pit and a small depression is that a depression is what you suffer when you can't find a pit!

Well done Mike! Ed

WESSEX
ORIENTEERS
JUNIOR
SQUAD



Hello all! Well, although we have had lots of rain recently, you have all progressed extremely well with your training. By the time you read this, the third Junior Squad training will have happened, on Sunday 16th March. I hope that your third event was enjoyable and that you improved your orienteering.

The next Junior Squad training will be on **Sunday 6th April**, at our **Galoppen in Rushmore**. We plan to help you to understand the contours on the map, as this is quite important. I know that those of you who are running White, Yellow or Orange will not have any difficult contours on your courses, but it is a good thing to understand them.

We will also be asking you to go in pairs to collect some controls after the event has finished. This is also a good training exercise for you all. The controls will not be difficult to find and the Coaches will be following you to make sure you don't get lost.

We are in the process of buying t-shirts for all the Squad, and hopefully you will be receiving these soon.

As this is **YOUR JUNIOR SQUAD SECTION** in Wessex Extra, you can send me anything that you want included in future Wessex Extra newsletters. Photos, drawings, whatever you want to share with the Squad.

Kay Sayer
(WOJ Squad Co-ordinator)

TWO JUNIOR SQUAD CHILDREN GO SKIING IN ALPES D'HUEZ,

Both Ian and I love skiing, and over the years we have been skiing in Europe, Canada and America. We decided that it would be good to take our children and grandchildren with us, so in 2012/13 we went to Tignes in France with our daughter-in-law and grandson over the New Year period. A great success, good snow and a fabulous time.

So this year, we took our younger son and daughter-in-law, and their two children, Lorna and Joe to Alpes D'Huez. The children had not skied before, so we were hoping that they would like it. We chose to go with Esprit Ski as they are very child friendly, and they looked after us and the children extremely well. Lorna and Joe had ski school every morning, and in the afternoon we went skiing with them for an hour or so. After the first day, Joe was asking if he could go to the top of the mountain and ski all the way down! Luckily, he didn't have the right ski pass for that! They had a great time and I am sure that they are now hooked. See the attached photos.

Kay Sayer



COMPASS SPORT TROPHY RUNNERS + NEXT PAGE



Nicola Brooke



Graham Whiffen



Rob Hick



Roger Crickmore



John Cook



Tracy Crickmore



Tim Houlder



Yvette Paget



Daniel Whapples



Gordon Raggett



Liz Lockton



Richard Arman, Club
President.



Celia Robertson

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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.

