

Wessex Extra



Charlie Morton

May 2008

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JK2008

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Chairman's Chatter

Events happened

Events wise our Galoppen at Parsons Pleasure has been the highlight. I reverted to the Planners role for this, Tim Houlder was the Organiser, always the least popular of our events tasks, thank you Tim, and we were nicely Controlled by Kirsty Staunton from Wimborne. As usual we appreciate the help of all our members who come along to help out at our bigger events - please keep coming.

Our Upton Park informal combined with the Active 3X30 event was successfully organised by Kay Sayer and Bill Brown with help from a number of club stalwarts. I gather it was a good event and a lot of visitors tried out our map orienting and compass games in the park - possible recruitment could follow.

Publicity, Marketing and Fundraising

This heading reflects the fact that we now have a paid person to perform this role, the contract being for a six months period initially. Jon Brooke has the job and we must make sure that he is fed everything possible to help with his publicity effort. The job really represents increasing our club membership of both seniors and juniors and working in tandem with our efforts to achieve Club Mark accreditation and the Increased Participation agenda. There is a lot to do and I don't need to remind members that personal introductions to the club are still a very good way to attract new members.

Social

News of our next social event has been sent out via the Yahoo group and others not on the group have been contacted. It is to be held at the Bournemouth Sports Club on Thursday 22nd of May at 7.30pm. There is a £6 finger buffet and a short Sayer Quiz and we hope a tour of the sports clubs facilities.

Take the west most roundabout off the B3073 into the back of the airport and turn sharp left. (GR 098979) Everyone is welcome including friends and families. If you have not already done so please let Ian Sayer know if you are coming so that suitable catering notice can be given.

New Members.

I would like now to welcome some new members. First we have Derek and Carol Gregory, they are active people in spite of being M and W 65 (No secrets in this game!). Also we have Lucia Gregory with Richard Smith W35 and M40. Then their children: we have Harriet and Jessica Gregory aged 13 and 11 respectively, and also Joshua and Amy Smith aged 10 and 13 respectively.

That almost doubles our number of juniors at a stroke! I do hope you will all come along and be able to join up with our orienteering activities - there will always be those at hand who can help and advise in any way needed I must also welcome Tina Stratford back to the fold as she has rejoined us and has already been seen about enjoying her orienteering.

Successes

Having just returned from the British Championships near Inverness on a wonderful forested sand dune area I am still refusing to put down my trumpet. I managed 2nd place in M75 and thus a silver medal, and the Wessex team running in the Mixed Ad Hoc class won, yes WON the gold medal - and by a five minute margin! There were sixty teams in this class. John Hartley and I were joined by a 17 year old from TVOC called Daniel Fopma. John and Daniel both won their legs, respectively the long and the Medium Legs, and I came about half way down the order on the short leg. They were both running six minute K's and I was in in twelves. Is this the first time that WSX have won a gold medal at the British Championships?

I'd best put the trumpet down now.

Richard Arman

We are looking for a volunteer to take on the role of Summer Relay Series Co-ordinator. Most of you will know that SWOA runs a series of small informal relays in the summer to give an excuse for a run around various forests. There is a Chairman's Trophy for the overall winning team (we have won this before) and the only stipulation is that the team name stays the same throughout the series (i.e. you can change runners).

You don't necessarily have to be able to run in all the relays but someone needs to co-ordinate our entries.

If you would like to take on this easy task please contact Sian Rixon as soon as possible.

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Charlie Morton 1955–2008



Charlie was one of life's quiet but interesting characters. His early adult life was spent in the army where he met his wife Karen whilst on tour in Ireland. On leaving the army he decided that he was too young to retire so took up a job with a local gardening company where he soon became one of the "foremen" leading a gang of gardeners.

He came to orienteering relatively late but soon became a force to be reckoned with. His upright running style meant that he was instantly recognisable in the forest but his easy gait belied the speed with which he covered the ground. In recent years, like a lot of us, his eyesight caused a few problems on detailed maps. So in typical Charlie fashion he modified his compass by screwing a small magnifier on a swivel onto the base plate.

In 2006 I mentioned that I was looking for a partner for the Saunders Lakeland Mountain Marathon and, despite the fact that he had previously said he had no interest in ever competing in this event, he volunteered to accompany me rather than see me not able to compete. On the second day he seemed to struggle more than anticipated on a long uphill climb. A couple of months later while competing at a SOC

event at Red Shoot he struggled to finish and was complaining of aches and pains.

It was as a result of these unusual problems that he went to the doctor where he was diagnosed with leukaemia. However he remained positive and determined that he was going to beat this disease. Things did not go well and from the outset he was inflicted with infection after infection. But he managed to overcome these hurdles and after many months of treatment he seemed to be on the road to recovery.

He started gently, taking very short walks with Bill and with his family at weekends. He even hired a cross-trainer to use at home. In time he was able to tackle a hilly walk over Canford Heath. His progress was not without set-backs but he faced these resolutely with Karen always by his side.

A highlight for Charlie was completing the Light Green course at Wimborne's Bovington Galoppen in October 2007, almost a year to the day after his original diagnosis. He ventured out to several other events although he was walking rather than running and clad in several layers to keep out the cold as he had lost so much weight.

He even went back to work for two afternoons a week on a regular basis, planning the detail of new jobs. However on April 17th after returning from work he complained of feeling unwell and by midnight he was back in Poole Hospital where they diagnosed that he had contracted an infection in his blood. Unfortunately his body, which had been through so much, was unable to fight this infection and he succumbed to it on Saturday May 3rd.

His wife Karen and his sons Stuart and Greg have been so supportive over the past 19 months and it seems particularly galling that he should be taken from us just when he seemed to be making good progress. He will be sadly missed by us all.

Ian Sayer

Coastal Path Relay Saturday 12th July



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 Dorset/ Devon Border near Lyme Regis to the Studland Ferry. The total distance is 102 km with 3000 m of climb. The event this year will take place on Sat 12th July.

Last year WSX managed to win the relay for the first time ever despite a number of our best runners being away at either the Saunders Mountain Marathon or World Masters Championships. This year the relay does not clash with either event and so I am hoping to have a near full strength team.

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 not 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!). Last year we were rather short on runners in the sprint teams so even if you are not a super fit athlete your contribution to the sprint teams will be appreciated.

Could you please let me know me know if you wish to take part. You can contact me either by e-mail (roger.tracy@virgin.net) or phone (01929 550680). As usual I will circulate a list of who will be running which legs a few weeks before the event to enable the distance runners a chance to have a trial run over their sections before the day.

The event starts at 0800 and lasts about 8 hours. If you can only take part for some of the day, please let me know and I will schedule your legs in accordingly.

Two mini-competitions were introduced last year; the King of the Mountain and the King of the Coast competitions. The King of the Mountain title is awarded to the fastest competitor to single-handedly climb and descend Golden Cap, timed between fixed points. The King of the Coast goes to the fastest competitor to run along the cliff-edge between St Aldhelm's Head and Durlston Head. This year, for the first time, these will be compulsory one-runner stages. As the King of the Coast route will be the longest single leg and so I will ask one of our fastest runners to do it. If anybody fancies the King of the Mountain challenge please let me know.

Trimtex Wessex Orienteering Tops



As you will know we recently introduced new club colours. However you may also have noticed that many other clubs have "extreme" style tops—these are designed to be the latest fashion, as well as made out of the most suitable running fabric.

Trimtex has provided this design, so now I just need to know who is interested in buying one. Please email or phone me with your chest size.

Once I have sufficient requests I will be able to place an order.

Madeleine Bridle
madeleinebridle@btinternet.com

Found after recent Wessex Galloper at Parsons Pleasure:

One hall-marked Gold ring with an inset coin. Please claim by stating the date on the coin. This ring must have been pulled off someones finger with a hire dibber and was found in the dibber bags. Ring is of fairly small size, womens or child size.

Contact Alan Hooper to reclaim.

01202 746374 or email ajhooper@iee.org.

In case you don't know what JK stands for let me tell you. It stands for Jolly Kold. At least it did this year. Several brave souls ventured into the wilds of South East England for 3 (or in some cases 4) days of excellent orienteering.

I have noticed that since October 1987 (the month of the famous hurricane which Michael Fish failed to warn us about) any weather forecast which looks even vaguely iffy now comes with a compulsory "Severe Weather Warning" telling of blizzards, floods etc which invariably do not come to pass. This therefore means that, rather like the boy who cried wolf, you stop believing them. Well in this case they were right. For those of you who stayed local over the early Easter weekend you will not really know what us hardy souls endured.



Snowy assembly area at the relays

Kay and I travelled down on the Saturday (with Rob as passenger to try and minimise our carbon footprint) and arrived in the car park field which was swept by a biting cold wind. We tried to pass pleasantries with the nearest car parker but he managed to reply that he couldn't talk as his lips were frozen. We then hurried the 1km to the assembly field carrying the club tent. Unfortunately

we hurried too much as Kay managed to stumble over a stone on the track and badly twisted her ankle, thus putting paid to her orienteering for Saturday and Sunday. We hastily erected the tent (not with the others but in the shelter of some trees as the wind was fairly howling) and I hastily got ready for my run. However the wind was so fierce that I needed to help put more pegs out and, despite running all the way to my start. I was 13 minute late and they don't adjust times at National events. So the results will show that I took around 20 minutes to my first control, not 7 as it really was. The area was immediately very technical so I opted to take my time and use paths wherever possible. In the end my running time was around 73 minutes which would have placed me 39th but with the extra time on I finished well down the list. But at least I avoided the worst of the snow.



Rob Hick on the run in on Day 2

However when I got back to the assembly field there was no sign of the tent, just a pile of yellow canvas with various bags under. I found my clothes, got changed very rapidly and

waited for Rob to finish. When he did I suggested that we pack up very hastily as the sky was darkening rapidly. Unfortunately we didn't beat the hail storm so got well and truly battered going back to the car. Kay and Rob had taken the tent down before Rob started as it was blowing down. Kay had then visited St. John Ambulance to get her ankle iced and limped back up to the car to read the Saturday papers.



The snow continues to fall

After a day like that there was only one thing to do. Go out to some friends for dinner and have too many glasses of wine. So slightly bleary eyed we drove to Ashdown Forest on Sunday, to be greeted by snow some 5 miles away from the event. We decided against putting the tent up that day and used the car as a base, as did everyone else. Again I missed the worst of the weather while I was running. I seemed to be hitting the controls well and guessed that my course would be won in around 50 minutes. So a quick bit of mental arithmetic while jogging my long leg and I reckoned that if I could finish in under 62 minutes 30 seconds I may get Championship standard. In the end I finished in 62 minutes 24 seconds..... but someone had won the course in just over 48 minutes, thus robbing me of the elusive standard. Oh well, such is life.

Monday and the relays were in a large Deer Park. Again a reasonably long walk to assembly but we lugged the tent there and got a good spot in the front row. However the field was very wet and in no time at all the whole assembly area was a quagmire of chocolate brown mud. Everything was covered. On more than one occasion the weather closed in and blizzards were again the order of the day. So waiting for John Hartley in the change over pen I was grateful for my fleece (which I threw to him on change over). It was a battle royal between two Wessex teams in the same class and John had given us a small lead on the first leg. But I was pitched against Gavin Clegg so knew I had a tough job. However I didn't expect to be passed on the way to the first control!! Having said that I managed to keep somewhere in contention and handed over around 5 minutes down. Despite Rob's valiant anchor leg the Exterminators (Dale Paget, Gavin Clegg and Jon Brooke) finished in 12th place to our 19th. But not a bad result overall.

So all in all an interesting weekend with some really good orienteering and some not so good weather. At least we managed to clean and dry the tent out in time for our event at Coldharbour.

Ian Sayer

Horses for Courses

What! At 57 years old and having horses and a four man carriage and a 7.5 tonnes horse box to get it all about? You must be mad, I thought, entering my fifth decade on this earth was a big enough challenge!



Now call me naïve but I turned up the first day having purchased Rufus my first horse in smart credible looking clothes to be greeted at the stables by my wife Helen and our dear friend Trish (both painfully knowledgeable with horses, which is all I

need) with complete stares and bewilderment. Yes I did resemble a little like the boxer Chris Eubank when he dresses but nobody told me it's a dirty old pastime as well as pleasurable. Thus began a love affair with horses and the New Forest. Having purchased a 2nd hand horsebox and climbed the lofty steps to trial drive the beast that would represent mobility beyond our stables, the three of us, (Helen, Trish & I) went off on a sojourn to Somerset to meet two brothers who, apart from resembling hillbilly's, were sales folk of 100's of different carriages. We were enchanted with them and chose a leisure carriage, which means it has inflated wheels rather than solid timber spokes so is comfortable when driving over rougher terrain. All the tack necessary to make a go of it we bought from Trish's shop "Horsebits" in Corfe Mullen and off we went.

Take two.....I turn up at the stables now looking like "Compo" from last of the summer wine and made ready the horses we were taking for the journey. With map & compass we loaded the horses and set off for the New Forest. We decided to park near the Red Shoot Inn so at least if all else failed, we had a retreat to return to and drown our sorrows! We off loaded the carriage and tacked up both engines who were silently munching hay, nonchalantly wondering what all the fuss was about, while we ran round like headless chickens preparing for the day ahead.

We have paid to become members of the forestry commission, now English heritage, so we can open all the gates throughout the forest where our carriage might be able to negotiate and off we go. The average journey is always about three hours and half way around we will stop and make camp, sorry that's the John Wayne in me, and we hobble the horses so that they can graze freely but cannot gallop off in to the sunset while we set our chairs out, open the food and drink the wine which is a staple ingredient of the trip. The number of times folk who are walking, or bicycling pass, stop and chat about our hobby runs into 100's, all saying that you don't see our sort of thing much nowadays.

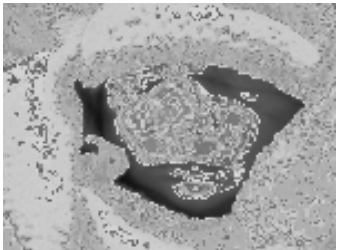

As for the forest itself well we know it so well having gone out nearly every Sunday for the past 5+ years and bank holidays, and each month has its own quality. Personally I think we prefer February, March, October & November the best because that's when least folk are about and the animals such as the deer and pigs and the natural horses of the forest will show up and say hello. Indeed recently much has been made of the white stag deer that frequents the forest supposedly yielding good luck. Well in the papers it reads that the stag has never been seen before but we have been following his progress for the past three years and thought it was magnificent. The dear piglets that abound at a certain time of the year who rummage through the winter fall remnants of dry leaves scattered densely like a carpet though areas of the forest is a delight to behold. However horses do not like pigs at all because historically wild boar always hunted horse to eat and through breeding that fear is still inherent in horses today.

The colours of the forest change each month with the heathers and ferns and leaf shades all vying to be noticed and boy they can together create a natural landscape of such immense beauty.

Occasionally we meet other carriage drivers and we exchange pleasantries and experiences or share knowledge gained in the forest. Thus our day draws to a close as we arrive back to our horsebox and after un-tacking the horses give them a treat before taking them home to a warm bran mix and a well earned rest. As for us, well after mucking out and generally improving my "Compo" look a further bottle of wine is often opened and a toast is raised.

At the time of writing this article our third horse "Ellie Mae" is close to foaling, due in May and we are so pleased because we will keep "Tulsa" (already named) as part of a lovely family team. I'll report back on the mum and foal as it happens.....

Alan Connell

Congratulations to Gareth and Tash Alan- Williams who are the proud parents of Connie and Adam born on 27th April at 10:52 and 10:42 respectively, weighing 2kg and 2.2kg		
		
Connie		Adam

MAY 2008

Sun 18th **SARUM Local Event**, Bulford Ridge, Bulford SU208445. Org Heather Haskins, 01980 600897. hd.haskins@ntlworld.com £3/£1. Emit hire £1. Juniors free. 60 min. score + green, orange, yellow. Dogs allowed on leads. www.sarumo.org.uk

Also: **QO 2 X 2 RELAY**. Castle Neroche, Taunton. ST267158. Roger Craddock, 01823 323850. craddock@taunton13.freemove.co.uk Fees TBA. Mass strat 11.00. 2 person relay, each person runs two courses in ABAB sequence. Individual entries also accepted. Pre entry preferred. www.quantockorienteers.co.uk

Tues 20th **WIM EVENING EVENT**, Sturminster Newton (provisional - please check the WIM website before going).

Sat-Mon 24-26th **TAMAR TRIPLE**. Inny Foot, Plym Forest and Newnham Park/ Smallhanger. See Devon or Kernow website for further details.

Sat 31st **Wessex Informal**—Parsons Pleasure, look out for details via Yahoo and on the website.

JUNE

Sun 1st **BADO DISTRICT EVENT**, Chawton Park, Alton. SU670373. Mike Brtoderick, 01256 351624. wbroderick@lineone.net £7/£2.50. EMIT. Punching start. String. www.bado.org.uk.

Tues 3rd **WESSEX CLUB NIGHT**. Richard Arman, 175 York Road, Broadstone. 01202 695937

Wed 4th **WIM EVENING EVENT/SKITTLES**, Canford Scool, followed by skittles at Hamworthy Club. Details on their website.

Sun 8th **SC Meon Valley Summer Series MVL3**. West Walk(N), Wickham SU594134. Signposted off A32 North of Roebuck Inn. Parking £1. Nearest toilets in Wickham Square.

Also: **HOC NATIONAL EVENT**, Brown Clee, SW of Bridgenorth. SO595855.

Sun 15th **FURROWHOPPERS RELAY**. Venue to be advised. Please contact Ian or Kay Sayer if you want to be in a team. Telephone 01202 484523 or email ian.sayer68@ntlworld.com or k.sayer@ntlworld.com

Also: **BOK DISTRICT EVENT & ASO League**, Purdown, Bristol. ST620778. Contact 01761 472882. No further details.

Sun 22nd **BADO DISTRICT & SCOA LEAGUE EVENT**. Provisional date. See website for more information www.bado.org.uk/badoevents.htm

Sat 28/Sun 29 **JUNIOR INTER REGIONAL CHAMPIONSHIPS**.

28th JIRC Individual. Feldon, Richmond NZ128030.

29th JIRC Relays. Rossmede, Warcop. NY 753159.

Paul Thornton, 01287 634829. paul_thornton@ntlworld.com Sl. Entry forms from SWOA.

- Sat 28th **WESSEX** are staging a very small event around the grounds of **Carter Community School** as part of the **Poole Festival of Sport**. Please come along and help us to help newcomers and youngsters. **YOUR CLUB NEEDS YOU!!!**
- Sun 29th **NWO RELAYS**, Hardenhuish Park, Chippenham, Wilts. ST908744. Limited C.C. courses. To book your place in a relay team for this event, contact Ian or Kay Sayer on 01202 484523, ian.sayer68@ntlworld.com or k.sayer@ntlworld.com
- Mon 30th **SOC Schools Event + Evening**. Royal Victoria Country Park. 1.30 and 7.30. p.m. Contact Colinhicks@chartwork.org.uk

JULY

- Tues 1st **WESSEX CLUB NIGHT**. Bill Brown, 5 Clarendon Close, Broadstone. 01202 388561. This will be the final Club Night before the Coast Path Relay. A good time to meet your fellow relayers!
- Sun 6th **BOK ADAMS AVERY RELAYS**, Stock Hill, Wells. ST548513. Tel. 01225 315664. Contact Ian or Kay Sayer if you want to be in a team. 01202 484523 ian.sayer68@ntlworld.com
k.sayer@ntlworld.com
- Sat 12th **COAST PATH RELAY**. Keep this date in your diaries - **YOUR CLUB NEEDS YOU!!!** Let's make sure we repeat our win from last year!!
- SUN 27TH **WESSEX HARDY RELAY**. Hethfelton. Rob Hick is coordinating this event, so if you would like to be in a team, please contact him on 01380723314 or email on rob.hick@tiscali.co.uk

AUGUST

- 3 - 9th **CROESO 2008**. South Wales. See British Orienteering website for further details.

Explanation of Abbreviations.

- E.O.D. Entry on the day
C.D. Closing date (for pre-entries)
S.E.F. Standard entry form
C.C. Colour coded courses
EPS/SI Electronic punching using SportIdent system
Org. Organiser
EPS/EMIT Electronic punching using EMIT system
GR Grid Reference
C.D. Closing date (for pre-entries)

Mountain Bike Orienteering Score Event

RINGWOOD FOREST SATURDAY 21 JUNE 2008

What is a Mountain Bike Orienteering Score Event?

Mountain bike orienteering is a sport in which the bike-orienteer uses the map to navigate a track and path network in order to visit a number of control points. The competitor must always stay on the tracks and paths and is not allowed to cycle freely in the terrain. For this event the time limit is 120 minutes although competitors do not have to stay out for the whole of this time. It is planned to have in excess of 20 controls in the forest. SI electronic punching will be used.

Moors Valley Country Park

The event will start at Moors Valley Country Park and will use the northern part of Ringwood Forest, north of the B3081 (which will be manned and timed out). Start times will be from 10.00 to 12.00.

Map

There will be two maps one for each area drawn to a scale of 1:15,000. The family course will use only the Moors Valley map.

Courses

There will be 7 separate classes on the day: Men's Open, Men's Vets aged 40 and above, Junior Men under 18, Women's Open, Women's Vets aged 40 and above, Junior Women under 18 and a Family class. Trophies will be presented to the winner of each class.

Equipment Required

All competitors must carry the following equipment: Bike, Helmet, Map, SI Card. (Map and SI Card provided). Competitors are also recommended to carry: Waterproof Top, First Aid Kit, Compass, Whistles, Tools and Water.

Cost

£3 per map, veteran and family classes. £1 per junior class. SI card hire will be free (however please note that a lost SI card will incur a charge of £20)

Entry

Although entry on the day will be available it would greatly help the organisers if you could telephone (01258 454811) or email trevorbri-dle@btinternet.com to indicate your intention to take part and any start time preference that you may have.

Facilities

Visitor Centre, Toilets, Shop/Cafe, Bike Hire all adjacent to the car park.

British Relays—Culbin West 20th April 2008

Being held on the Moray coast of Scotland we were never going to have many WSX members attending the British Champs but in the end there were only two! So at the team declaration tent on the day of the individual event Richard Arman and myself eagerly browsed the list of available runners in order to find the third member for our Mixed Ad Hoc team. The Ad Hoc classes are the only ones where teams consisting of members of different clubs may be competitive and we selected an M18L runner from TVOC - David Fopma. A quick phone call to him and he accepted our offer of the medium leg which for our team was the first.



Triumphant John, David and Richard

On the day and it must be said, completely out of character for me I wasn't that organised and didn't have a copy of the programme handy. As a result I had accidentally lied from (bad) memory the course lengths to David and Richard as 2.9km and 2.3km respectively. So we had agreed that David

would be at the absolute fastest fifteen minutes. As it happened David took 26:32 which was a respectable time for 2.9km in the detailed and sometimes low visibility terrain at Culbin. In reality however it was an absolutely cracking time as he had actually ran 3.9km, won the gaffle (his particular course in the relay) and had come back in fifth place where the teams in front had all had their short leg first!

Of course I had memorised the time at which David had returned and Richard gone out into the forest. I had an idea that Richard would be around twenty five minutes for his 2.3km so I got changed, collected my map and entered the changeover pen in good time. After fifteen minutes or so of waiting and watching a couple of teams with similar bib numbers (obviously like us, competing in the Mixed Ad Hoc) changeover to their final leg runner I feared the worst, Richard had made a big mistake out in the woods and our team was no longer in contention. Richard eventually turned up after being out there for 40:16 and I went out on the long leg seemingly just for my own sense of

(Continued on page 16)

(Continued from page 15)

achievement. I'm not sure if that took the pressure off but I had a near technically perfect run only losing five seconds on number 6 - a very small miss and did 33:13 for the 4.9km. Like David, I had won my gaffle.

Speaking to Richard afterwards I had got my sympathetic mode ready for him to tell me where he had lost the time but soon realised that he was quite happy with his run and quite unhappy with me for lying to him about the distance (actually 3.3km!) of his course! So the unbeatable combination of three mistake-free runs and WSX had won (as far as I know) their first ever relay event! By over five minutes! Special thanks must go to David for making it possible for us and well done to Richard, getting quite used to being on the podium, for adding a gold medal to his silver from the M75L individual competition the day before.

John Hartley

Le CFCO 2008 en Bretagne

In 1985, a couple of dozen Brits went to Brittany to participate in the French Championships; we had some fantastic orienteering in a huge forest right in the centre of Brittany by the Lake of Guerledan: The Forest of Cuenecan. Huge, the size of the Forest of Dean and with equally varied terrain!

I now live here and am a licenced member of the local club! This year we are staging the French Championships round the corner from my village: EIGHT days of varied orienteering from the 8th of August to the 14th!!!

Look up the website and it will take you back a few years... low entry fees, free parking, even free camping, good food and fantastic forests.

<http://cfco2008.free.fr> it is mostly in French but, if you require further info, do not hesitate to contact me on 0033 2 96 24 91 25 or e-mail soundadvice@lineone.net (bye the bye, calls to France cost only 2p per minute on your BT bill if you predial 08444 620 620!)

If you come a week earlier, we are also staging an incredible Son et Lumiere in the Monastery of Bon Repos, 10 performances by up to 500 participants. two and half hours of entertainmant for a mere 8 quid!

So, get fit now and forget the choc!

Andrew Beldowski

ROUTE GADGET

If you checked the results of our recent Galoppen at Parsons Pleasure you may have seen a link to 'RouteGadget'. RouteGadget is described by its developer, Jarkko Ryyppö, as a "Web utility for drawing and comparing orienteering routes". RouteGadget not only shows the routes, it allows the race to be replayed, even simulating a mass start. You will actually see little squares move across the map. It really adds another dimension to post-race analysis.

How does it work?

- Competitors visit the website and plot their route on the map using their mouse.

Anyone can then visit the site and view the routes plotted by anyone.

What can you do with it?

- Compare up to 10 competitors on screen at any one time.
- View a replay of the race, with coloured squares moving across the map.
- View maps and courses from all over the world).

If you have a GPS, you can upload its recorded track to RouteGadget.

What are the benefits?

- It adds another dimension to post-race analysis.
- Analysing other people's route choice is a good training aid.
- Analysing your own route is a good training aid.
- Planners get feedback on how legs actually materialised.

It provides added value to an event.

Can it be used for Coaching?

Quote from Nick Barrable: "You could certainly do so much more feedback and coaching back in the warm and dry by the PC, especially with developing athletes".

Coaches can view their athletes' performance and route choices from a distance & provide feedback. If used in conjunction with a GPS, you can see where they really went rather than where they thought they went. Let them plot their route from memory then load in the GPS track and then compare them on screen together!

So, click onto the link, plot your course and have fun.

For further information and tips on how to use the software go to <http://www.routegadget.co.uk>

Gavin Clegg

Parson's Pleasure Galoppen - a 1st time organiser's tale

It seems ages ago that Rob Hick called me to ask how I felt about being the organiser for the club's galoppen at the end of March. I said I'd think about it and wrote the 'phone number on the bit of dry-lining that I was fixing at the time. Surely I would have that bathroom sorted and out of the way by then, so how could I refuse?

So, having agreed to do it, I went along to the next committee meeting and picked up some useful guidance on the next steps, all of which is very helpfully summarised in an Organiser's Procedure document. I found that the permissions and event registration had already been taken care of. My first task then, was to incorporate the details into an event flier so that we could get the event into people's diaries. For convenience, I printed them all at home and tried to get some to every local event. Some went further afield with SW Juniors. Thanks also to Ian Sayer who printed some from an e-mail copy before going to a further flung event.

The next important task was to appoint team leaders by phone, then allocate most of the remaining club membership to those teams. Again the experience of the committee helped me out here, with likely candidates already indicated to me. I was also soon aware how much the team composition was driven by the need for certain key skills (1st aid qualification, SI system knowledge etc.) and balancing the need to rely upon previous experience with spreading the knowledge. Its good to have a mixture of utility players and specialists.

With teams sorted, I just had to adjust a previous set of notes, which detail how things should work on the day. Given that most of the people probably knew at least as much as me about the tasks, there was no temptation to adjust what has always appeared to be a smoothly functioning machine.

So that was just about it apart from the BOF Risk Assessment form. After that it was all a bit disconcertingly quiet. Had I taken my eye off the ball? - Probably, but that bathroom really did need to get sorted.

While waiting for the rain to stop on the Saturday before the event, I began to worry if enough people were going to turn up. I guess they just took more notice of the weather because soon there were enough hands and a break in the rain that allowed us to get the tents up. The tricky part then was trying to decide if they would stay up. In the end the risk to the tents felt like less of a threat than having to get enough people out extra early on Sunday; so we left the 2 sturdier tents in place with a bit of extra weight to hold them down. The morning revealed much improved weather but overnight one tent was flattened and the other turned upside down.

From then onwards (as far as I'm aware) all the potential problems that arose (like a shortage of change, and toilet paper) were dealt with

efficiently. The number of cars coming in seemed a bit worryingly slow to start with but that was probably due to the clocks going forward. As we approached last start times, the numbers were up to expected volumes. Everything seemed to be running so smoothly, that I felt I could go and indulge my curiosity about this newly extended map. The Brown course took in areas of Wareham Forest that I'd never seen before and showed that Richard and Bill must have put in a lot of hard work.

By the time I got back, control pickers were ready to go out and tents 1 and 3 were coming down. As course closure time came and went there was still one competitor who had not yet downloaded. We couldn't wait forever to dismantle the main tent, so we had to get on with it while our ever efficient controller took charge of a search party - backwards around the relevant course. Just then the missing runner turned up having been back at their car for some time but surprised that download had closed half an hour after course closure.

Again the many hands made light work of clearing away in the pleasant Spring sunshine and we were all away by about 4 p.m. Just when I thought the day was over, the loo man called on his mobile asking how to get in, having decided to pick up the loos a bit earlier than arranged. I had to disappoint him, as I no longer had the key and Richard was also long gone. Later, from his boss, I gathered that he had "dragged the loos through a hedge" to his truck! So that was it - bar a couple of forms to be returned to British Orienteering, the SWOA and the Forestry Commission, which was a simple task in EXCEL to get the required figures from the results sheets provided by Alan Hooper.

In Summary, it was an interesting experience and gave me a better appreciation of the tasks and talents that go into a successful event. If the event was a success it is mainly thanks to the generous commitment of forethought and time by the club committee and many stalwart helpers.

So then, back to that bathroom. Although Rob's phone number has been covered by tiles for months now, and the washbasin pipe joints have only just become as dry as the verbiage above. All I need to fit now is a carpet.

Tim Houlder

Are you aware of the Yahoo Messaging Group—this is a group that you can sign up for and you will receive updates and reminders from Wessex. It is now widely used amongst the club. If you would like to sign up please contact Ian Middlebrook for more information alternatively just send a blank email to wessex-orienteeing-subscribe@yahoogroups.com

themiddlebrooks@tiscali.co.uk

JK Relays - Eridge Old Park 24th March 2008



Snowy start to the mixed ad hoc

After an enjoyable set of individual races the annual JK festival of orienteering was rounded off with a relay event held at Eridge Old Park. The mix of forest and parkland required the all-important combination of careful navigation and fast running! Four WSX relay teams were entered - two M120+ teams and two Mixed Ad Hoc teams so like last year we were competing against each other as well as the other clubs!

In the M120+ class the top seeded WSX team consisting of Dale Paget, Gavin Clegg and Jon Brooke (WSXterminators) finished 12/50 in a time of 105:37 which was just over ten minutes behind the winning team from SYO. This is an excellent result considering the SYO team won by almost three minutes and had top-ranked Charlie Adams bringing the team home who not only won his gaffle but also took the silver medal in the M40L individual competition! It was very close between the WSXterminators and their arch-rivals the BOK Cormorants whose last leg runner David Hunt crossed the line a mere 3 seconds before Jon Brooke! The other WSX team entered into this class consisted of myself, Ian Sayer and Rob Hick (WSXtremes) and finished a little further back - 19/50 in a respectable time of 117:37.



John Hartley handing over to Ian Sayer

After a lot of last-minute changing around the Mixed Ad Hoc teams entered were Allan Rixon, Richard Arman and Madeleine Bridle (WSXpireds) and Kay Sayer (WSXtincts). The WSXpireds finished 64/64 in a time of 186:36. Well done for completing the event! An accomplishment not achieved by nine other teams due to members retiring and being disqualified. Kay Sayer completed the first leg for the WSXtincts but unfortunately lacked two more team members to finish the job! I am sure Kay would've run all three legs if she hadn't suffered an ankle twist jogging into the assembly area a couple of days previous!

Thanks to everyone for all your efforts, especially to Dale Paget who not only carried on running after a nasty fall half way through his leg but also gave me a lift home!

John Hartley

WIMBORNE ORIENTEERS

Score Event/Skittles Wednesday 4 June

The pre-skittles score event will allow you to run and work up an appetite in the grounds of Canford School with start times from 5.30pm to 7.15pm. Changing rooms and showers will be available. Depending on availability we will either start in the Sports Hall or the Golf Course Pavilion and the event will be signed from the main school entrance.

Skittles will take place from 7.30pm onwards at the Hamworthy Club which is adjacent to the school grounds and the car park for the Club is off the A341 Wimborne to Bear Cross road at GR037977. Money for pre-ordered food will be collected on the night.

We would particularly like to welcome all orienteers and their friends but those wishing to attend the skittles must let me have their names (for licensing purposes) and food order if eating by Friday 30 May.



.....

SKITTLE ALLEY FOOD

Name.....

Food	Price	Number
Club Chicken Sandwich & Chips	5.00	
Jumbo Sausage & Chips	4.50	
Scampi & Chips	6.25	
Half Chicken & Chips	6.25	
Sausage Egg and Chips	3.95	
Ham Egg and Chips	4.25	
Double Club Burger & Chips	4.25	
Double Club Cheese Burger & Chips	4.50	
Veggie Burger & Chips	4.50	
Breaded Cod & Chips	5.75	
Ploughman's (Cheddar/Stilton/Ham)	4.25	

Please either telephone your order to Trevor Bridle (Telephone Number 01258 454811) or return this form to 4 Davis Gardens, Salisbury Road, Blandford, Dorset. DT11 7UX before 30 May.



Junior News

Reading it isn't a SIN

News

Let's start with a couple of apologies, firstly for the delay in Newsletter 3 appearing and secondly for the cancellation of the SWJS Training weekend. After a great start at Stock Hill earlier in the year, it all got a bit more difficult

Meanwhile we've all been busy from Cornwall to Culbin trying to succeed in everything from Championships and Selection Races to Galoppens. Lots of Squad athletes achieved some great personal performances and special mention must go to Jack Benham who has won almost everything M14 this spring, including both days of the JK and both the British Sprint & Middle Championships.

The summer tours have just been announced as I write this and it's remarkable to see the Squad achieving four SWJS M/W14s amongst the 24 heading to Lagganlia. Well done Lucy, Jack, Duncan and Ben. Congratulations too for Isla Simmons who has made the M/W15 Badaguish tour.

Next up is the Inter - Regional Championships, up North on 28/29 June. 24 SWJS athletes are heading that way to take on the rest of Britain and try to improve on our mid - table 6th place last year. Watch out for the new Squad tops

Have a great summer whether you are orienteering in Wales, France or Scandinavia or taking some time off from O on a beach

Training

As already mentioned, this has been tricky. Despite lots of help from our Kernow friends we couldn't secure permission for access and it was by then too late to look elsewhere. The problem – an increasingly common one—was nesting birds.

The good news is that your coaches took the chance to spend the day together talking about our hopes and aims for the SWJS and creating a plan to take us through to JIRCS 2009. We'd like to pass on the new list of dates opposite and some of the key points from that day here:

SWJS Basics

1. Why does the Squad exist?

The squad acts as a link for juniors who are keen and committed to progress their

Upcoming Events

* indicates selection race for tours

28 - 29th June JIRCS

12th July Dorset Coast Path relay

20/21 Sept Caddihoe Chase

orienteering beyond Orange courses and local / schools events into the World Class Start Programme, and onward to the National Orienteering Squad. The most important point is that we enjoy the orienteering, while making friends with similar interests – Fitness, Fun and Friendship.

2. Qualifying for the Squad

To join SWJS you need to be a member of a SWOA club and:

- A first year M/W14 or above i.e. 13th birthday or older in the season you join. - Running Light Green courses or above
- Silver Badge standard or above

3. Being in the Squad—what can You do?

The most important thing is to get the training dates on your calendar. When event or training details come out, make sure you let us know promptly if you are attending or not.

Second thing: if you would like some help with training routines, technical help, injuries, warm - up or whatever, let us know. There's masses of experience you can make use of. If you've found somethings that work well for you, let me know and we'll put it in the newsletter so it might help others. Keep talking and e - mailing!

Third thing: the Squad only works well if everyone does their bit. We need people to raise funds. We need a logo. We need articles and news for this newsletter. We need help selling old kit for funds. We need someone to keep the SWJS content on Facebook and SWOA up to date. We need cakes to eat at training events (and sell at other events)! We need more ideas like these from you.

So go on, live dangerously and make a suggestion or volunteer for something. Your Squad needs you!

SWJS Training 2008 - 2009

All dates & locations provisional

- 13 Sept Yeovil area including a running track session
- 25 Oct Quantocks area
- 29/30 Nov Lakeside Weekend
- 13/14 Dec Christmas Party weekend. New Forest
- Jan 2009 Indoor athletics session
- 28 Feb New Forest area
- 9/10 May Sprint & Middle Distance Champs weekend
- July 2009 Cornwall weekend for JIRCs training
- 12/13 Sept JIRCs Magellan Strand. Northern Ireland

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Next Edition: June 20th





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REGULAR CLUB EVENINGS/TRAINING

The Club Evenings are held on the FIRST TUESDAY OF EACH MONTH. We are currently alternating between members' houses, so please see the Forthcoming Events List for details.

Training Evenings take place on a weekly basis. Every Tuesday at Bournemouth Sports Club at 6.30pm, 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 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.

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