

Wessex Extra

May 2010



Success at the first of the Summer Series

highlights...

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Chairman's Chatter

Wow, what a great Easter weekend. Four consecutive days of completely different orienteering. Or six events in seven days if you did the Wheel Florence and the Eden Project events as well.

Easter Friday was served up with a light starter at Bicton College; sprint orienteering at it most eclectic. More often than not sprint O these days is of the urban variety, Bicton was a little special in that it was able to offer parkland, forest and small college campus all on the same course. This made even more demands on the brain cells than normal sprint O, with changes in technique required as well as the rapid assimilation of data. Some orienteers are now considered 'sprint specialists'. To this I would add there appears to be sub specialists; at multi terrain sprint O. James Crawford from GO won the M50 World Sprint Championships in Portugal in 2008. The final that day consisted of new build housing estate, forested dunes, open dunes and old town – very multi terrain. Guess who won the M55 course at Bicton – James Crawford! Mention must be made of the sad death that day of David Stubbs whilst out competing on the course. I believe from a heart attack. It is of no consolation to his wife Katy (who ironically was the controller) but if you have to depart this life then competing in a sport that you enjoy right to the end is some comfort. It does perhaps put things into perspective. Get out and enjoy every day, you just don't know what's round the corner.

Saturday and we returned to Cookworthy in mid Devon, scene of the Tamar Triple some five years ago. A lot of competitors do not rate this area, I however do not count myself amongst their number; I have had some of my better times in this area and providing the Planner uses the area well (which he did – thank you Graham Pring) it can be very challenging and yes, quite runnable! Due to the volume of recent rain this was one of the rare occasions where a late run was not an advantage, it could even possibly have been a disadvantage. Just ask anyone who was there about the mud!

Saturday evening and the bulk of the club members present had an enjoyable meal together at "62 The Bank" in Barnstaple – certainly a lighter side to the evening than the preceding BOF AGM (is it BOF AGM or are we still supposed to call it the British Orienteering AGM?), where I believe the proposal to go to a four tier event structure was passed – sense at last perhaps?

Sunday and the rain had finally run out, there was even a bit of sunshine. The racing at Braunton Burrows was on what I believe to be one of the three most challenging areas in the South West; the others being Hayle Towens and Penhale. Fortunately I love this type of Orienteering, you have to stay so focused all the time, and keep mistakes to a minimum. There were many a tale of woe and many miss-punches (as there were at the sprint race). I may be tempting fate here but I can't remember the last time I miss-punched. I always try and hold two control numbers in my head at any given moment: the one I am going for and the one after, (I only use the last two digits to make it a little easier to remember). Try this yourself next time you are out and see if it works? The technicality of dune orienteering has to be experienced, you cannot really explain it. Which leads me nicely to a question that was raised by an experienced orienteer. Should we encourage our newer club members to orienteer on areas like Braunton Burrows? Does something so challenging and mind-blowing actually do more harm than good and put them off? But then again, without taking them to such terrain how will they become experienced? I don't know the answer to the questions but perhaps some of our newer members who went to the JK can let me know their thoughts?

Monday and back to exactly the same area as Sunday – even the run in was the same. But this was Relay day. Wessex had three teams entered and many thanks to Andrew Beldowski for organising this. A mixed Ad Hoc, a 165+ and a 120+. The teams had varying, if somewhat predictable results (one team d'qued for miss-punching). Dale, running the first leg for the 120+ team has a tale to tell of his 3rd control, which was common to everyone on 120+ and the Trophy course, both of which started together (circa 130 runners) and being slight of frame could not get near enough to punch for about 60 seconds!!!! Bit of bad planning there as there ought to have been three or four boxes to punch (planners take note!). Anyway we all departed with our sanity (I think) ready to fight another day (literally for Dale).

Congratulations must go to Richard Arman who again won the M80 Sprint title and the M80 overall title. Each victory not only providing him with a gold medal but also a pair of Walshes. Much more of these

winnings and he will have to declare himself a professional!!

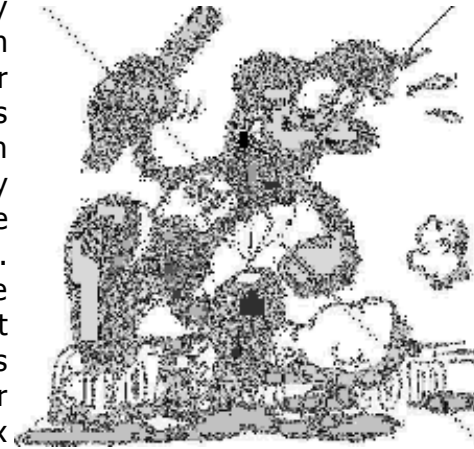
One of the many discussions partaken in over the weekend concerned the legibility of the Braunton Burrows map. This was no reflection on the mapping by Brian Parker, which as usual was excellent, more a debate about how to represent the ground for orienteering purposes. The map used in 2000 for the Caddihoe Chase was far more legible than the current map. Have 'standards' meant that legibility has been compromised? I had part of this debate with Eric Peckett (the co-ordinator for the event and a renowned mapper) in a pub in Braunton on the Sunday evening. His contention was that a standard has to be found that can be used universally. I am not sure I subscribe to that view. Surely for the sake of legibility exceptions can be made? Seeing the contour detail is vital on such an area. The 2000 map had lighter green which allowed you to see the contours through it. The 2010 map had an inherent difficulty in that the tracks and paths had proliferated like Topsy since 2000. Mapping them as tracks obscured the contour detail. Two possible solutions I can think of: Map all the tracks as paths, therefore reducing their visual impact on reading the map, but still showing something there, or perhaps print them in grey rather than black. Both solutions contradict the 'standard' but if it means more clarity for the runner – so what?

Gavin Clegg



The Joy of Relay Running and other things

As a member of Axe Valley Runners I have participated in meets with local running clubs for many years where as many as possible teams of four are thrown together and we all run in relay around a set course hoping for the best, legs and lungs permitting. My first proper Relay Race followed one such in a forest just north of Golden Cap where I was persuaded to join three other AVR's for the 2006 Wessex Ridgeway event starting at Tollard Royal in Wiltshire and finishing at Uplyme in Dorset near Lyme Regis. The route is about 67 miles long divided into 12 set Legs over a wide variety of terrain covering ascents and descents, forest and farm tracks, grass and mud and the odd sections of concrete and tarmacadam.



In addition to only having two weeks notice of the run, which meant that there was insufficient time to check out the route, the weather was absolutely awful. It rained stair rods for most of the day and the wind threw it at you so hard it felt like hail. Effectively we were at times running blind as if in a centrifuge with the weather only easing up towards the end of the day. The poor car we used between Legs rapidly turned into a mud filled mobile Chinese laundry. Two weeks later it had to be scrapped; the race proved too much for it. However despite the ordeal we put ourselves through, we so enjoyed the day. Every moment was a challenge. Getting to where you needed to be on time, seeing one team mate coming in so as to set another off as quickly as possible, getting lost then finding your way again, losing the odd map and notes. It was so constantly exciting as groups of teams within the field formed up to compete against each other. Although ultimately there can only be one absolute winning team, in an event like the Wessex where individuals run fairly long distances at pace without the benefit of route tapes etc and no marshals, for me every team is a winner. The general camaraderie is something special such that AVR has fielded teams every year since; AVR regards the Wessex

as one of the very best events of the Calendar.

At the end of Leg 8 in 2006 I got talking to a scottish lass in a Wimborne ladies team who mentioned the Coastal Path Relay which we are all familiar with. I had never heard about it despite living just around the corner from Lyme Regis. I was given a ripped out chunk of a WSX magazine and from that I made contact with Roger. The contrast between the Wessex and the CPR is amazing and when I explained the concept to my AVR chums post event they couldn't quite grasp what was involved. They still can't; be aware there is talk of an AVR team being fielded this year but that will have nothing to do with me. I will be running for WSX. Paul Tolchard and I ran the CPR in 2006 and I alone in every year since.

This year's CPR takes place on the 4th September. On the 5th the White Horse Relay takes place in Wiltshire over a distance of 72 miles in 14 Legs which AVR have entered one team. It falls to me to undertake all the research for that and to organize some awaydays to check out the route. Check out www.WhiteHorseRelay.org which makes for interesting reading. And in addition to that AVR has also been invited to participate in the Ridgeway Relay event staged by the Marlborough Running Club but this is simply not possible this year.

As well as running in events staged by others AVR did put on its own Relay Race this year along the route of the East Devon Way between Exmouth just south of Exeter and Lyme Regis. This is a tough course over a distance of only 42 miles again divided into 12 Legs. Yours truly was responsible for most of the organization of this and it did give rise to a great deal of work and worry as Roger will well appreciate. We can all recall the foul weather we were blessed with in January but on the day the sun shone all day, there was not a cloud in the sky and there was no wind. It was absolutely fantastic, indeed hot and so appreciated by all the runners in the 15 teams of four that took part. The only glitch was the flooded Axe Valley which had to be crossed; this was largely two feet deep for about a third of a mile but in places the water was chest high. In terms of time taken it is interesting to note that the winning time over this shorter distance was 4hrs 56mins from a

very good team, two of which finished inside the top 50 in this year's Grizzly. The most intriguing thing however was that as I stood on the finishing line at the Cobb Arms in Lyme beneath a sign saying 'Finish' not one of the hordes of people turning quite pink in the glorious sunshine enquired what was going on.

As well as the Grizzly and the East Devon Way AVR has also staged it's first night run event under torches which proved to be very popular, indeed night running generally appears to be on the up. Running in the quiet, eerie pitch dark is fascinating. The Coastguard had to be informed and they fielded numerous queries from ships moored in Lyme Bay. By the time this piece is read AVR will have staged a 'fun run' along the coast path between Exmouth and Seaton under torches which I personally do not want to think about too much. In daylight this is as hard if not harder than the Grizzly. Another popular indulgence are pub runs over say 18 miles or so where by chance the routes just happen to pass by the odd pub or six with perhaps a cream tea thrown in. They are such fun and usually everyone dresses up. And additionally there are other runs again over a distance of say 18 miles where you have to get to fixed points and punch your card but you decide on the route. These can prove challenging, sort of quasi orienteering events. This year's Grizzly which I was heavily involved with was spectacular, the best in my book. Everyone had a great time which was very pleasing.

That's all folks!

Chris Irving

Southern Championships—Erratum

It turns out that we recorded one particular result incorrectly from the above event - Gordon Raggett did not miss-punch but was actually M75 champion - congratulations to him!

Questars Adventure Race Saturday 27th March 2010

Having seen adventure races on TV I have been keen to try one for some time, So when I realised that Questars were going to be holding one locally (Brockenhurst) I thought well why not.

Adventure races vary in format, terrain and locations, Including trail running, mountain biking, abseiling, rock climbing and kayaking. Team building challenges, cryptic clues, ghost CPs, over Mountains, deserts, cities, urban and forests, national parks. For this particular weekend you could either enter the trio/ duo/ novices race. Trio - mountain bike, run and kayak; duo – mountain bike and run; or the novices - same as the trio but held on the Sunday. All events were on a score basis. 5 hour time limit for duo and 6 hour time limit for trio and novices. Being self sufficient carrying your food, drink, extra layers of clothing and first aid kit.

We decided to give the duo event ago as I wasn't keen to do the kayak stage due to an old injury and I had already agreed to cover First aid at our event on the Sunday way back in January.

We arrived at Brockenhurst College a little unsure as what to expect. Our original plan of action was to do the running stage first (my weaker event and Chris's strongest and then mountain bike my strongest, Chris's weakest). Unfortunately I had done a good job of hurting my back twice within two weeks the second time two days before the race! So a change of plan, I knew I would be able to cope reasonably ok with the bike stages but I was very concerned about trying to run as I was in a lot of pain just trying to walk, so my mind set had changed from doing an adventure race to just having an adventure and surviving.

Now Chris is a good runner having completed the London marathon a couple of times and other marathons, but he has absolutely no map reading skills at all, so that was going to be all down to me (jolly good!)

We collected our pack: race number, emit brick and map (OS map) and waited for the briefing, so whilst waiting I studied the map, looking for the most efficient and high scoring way around. The red checkpoints were mountain bike stages, blue for the running stages and green for the kayak stages. The catch for the mountain bike stages being that you could not use any old path you liked but you



were very much limited to certain types of paths which prevented you from taking the most direct routes. If you dibbed a bike CP on the run you would be DSQ and vice a versa and you could only use transition once.

So following the group briefing (approx 200 teams) and having learnt about the ghost CPs (crossed them out quickly) and the transition stage from bike-run etc at this point realising that we could actually get back on the bikes after the running stage so effectively bike-run-bike again to the finish, I had a plan of action.

So our bikes are ready, we are ready, last bit of food and drink before the off, double check the map, triple check the map. We are off run from the start to the bikes, grab the bikes off we go out of the college up the road into the forest, I can see a couple of other teams a head of us, we overtake, get on the forest paths, half keeping an eye on them, they are going off in a different direction uh oh! No I'm convinced that they are wrong and we are going the right way, so keep on going and yes first checkpoint (relief!) and the other team are now heading back our way. Now the check points are the emit CPs but no nice little OT flag just the stake and control (easy to miss).

The bike stages are mainly on gravel tracks but one or two are rather muddy and the thought of oh no, not again where's my stick! Wheels keep moving though, so all good, I'm feeling good with the map, backs complaining but I'm stubbornly ignoring it. We are finding the checkpoints - our team work is working Chris goes and dibs whilst I study the map for the next one, We decide that one CP is too far out to really bother with at this point hoping I wouldn't regret that decision. We go from forest paths to minor forest roads, we can see

teams ahead of us, so chase them down (I'm determined to do as much on the bike as is possible as I was dreading the thought of trying to run). Only one mistake with the map reading, but managed to turn that into a positive mistake by getting a checkpoint a bit further out than I had thought of getting after the running stage, so one less to worry about later, then back to where I meant to take us. We are watching the time into the transition stage, dump the bikes, swap the helmet for my baseball cap, run two paces and stop - complete agony in my back, this is not good, try again agony, stop walk a bit, try again, stop walk a bit more, so no other choice than to walk, made a slight error here with a parallel path - realized and told Chris where it was so off he went while I stayed more or less where I was, he came back, off to our next one.

I slowly managed to progress to a slow run and took advantages of short cuts to get off the long winding paths, this is more like it, so I introduced Chris to the real world of orienteering! (no restrictions on the running stages) much to his horror! As on our way back to the transition area the ground was very muddy and heavily water logged, faced with a decent size stream that had turned into a mini river, I was about to wade through (OT style) when Chris sensibly scrambled along a fence, So I decided that this was probably the better option and took the fence route to.

Back in transition - decision: do we have enough time to get the last three mountain bike CPs, knowing that penalties apply for going over. We would either just make it or we'd blow it, but we can definitely get one, so whilst debating the other two, manage to cycle past the one we want, as I said no flag easy to miss tucked in behind a tree! Get to a path junction look at a fence, hmm this isn't right, we must have gone past it, other teams are looking for the same CP in that area, so we charge back and find it, then quietly cycle past the other teams who are still looking for it - nice!!! So from that small error decide not to go for the last two but to get back well within time. The added benefit of this - no queue for the well earned hotdog and much needed coffee.

Our time 4hours 7 mins, so we could have got the one way out much early on (I knew that would come back to haunt me), I still feel the last two would have been to risky.

Out of 15 mountain bike CP's we got 12, out of 15 running CPs we got 4. Never mind. In the duo event we were 20th out of 33 teams and considering that I simply could not run, I was reasonably pleased with our first adventure race. We both thoroughly enjoyed the event, a good friendly bunch of people and well organised.

If you enjoy mountain bike orienteering and combining the two then I highly recommend you have a go **Tina Stratford**

New Style O-Tops...

Are finally here! These do not replace the existing red/black/white ones, rather they are an alternative style.

The specification of the material for the tops is as follows (ignore the 'mesh: red, black, white' on the picture above).

Honeycomb: A very light material in smooth polyester fibre, developed to eliminate all types of skin irritation. Its water resistant nature means it will dry quickly once wet. Furthermore, sweat, in contact with turbulent air, will dry quickly instead of dampening the jersey, thus leaving the skin dry. The characteristics of the Honeycomb weave/braid lends the material a lighter density in respect to other comparable materials. Optimum breathability. Weight: 125 gr/sqm

The Tops as you may have noticed are sponsored by local photocopying company Canotec, this means we are able offer them to members at half price! This offer will be limited so probably best to get your order in this time. The tops will also have a half zip rather than the V neck.



If you would like to order a top please contact Gavin Clegg asap as an order is being placed imminently:
gavin.clegg@parkstone.poole.sch.uk.

Forthcoming Events

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

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

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

MAY

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

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

Sat 29 WESSEX SUMMER SERIES, Poole Park, 2 – 4p.m.

JUNE

Sat 5 WESSEX SUMMER SERIES, Upton Country Park, 2 – 4p.m.

Sat 12 BRITISH ARMY O.C. Winchester Urban Race, Winchester Rugby Club.

Sun 13 BRITISH ARMY O.C. British Sprint Championships, HMS Sultan.
www.baoc.org.uk

Sat 19 WESSEX SUMMER SERIES, Littledown Centre, 2 – 4p.m.

Also: WIMBORNE MTBO event, Moors Valley. www.wimborne-orienteers.org.uk

Sun 20 BASINGSTOKE League Event, Chawton Park, www.bado.org.uk

Wed 23 BRITISH ARMY O.C. summer series event. www.baoc.org.uk

JULY

Sat 3 WESSEX SUMMER SERIES, Kings Park/Littledown Centre, 2 – 4p.m.

Mon 5 WESSEX COMMITTEE MEETING, Bournemouth University 7.15 p.m.

Sat 17 WESSEX SUMMER SERIES, Moors Valley Country Park, 2 – 4p.m.

Wed 21 BRITISH ARMY O.C. summer series, Thorney Island.
www.baoc.org.uk

Sun 25 WESSEX HARDY RELAYS, Upton Country Park.

AUGUST

22 – 27 LAKELAND 5 DAYS, www.lakes5.org.uk

ADVANCE NOTICE

SEPT 25/26 CADDIOH CHASE, Wareham Forest. All Club members will be asked to help at this event. Please put these dates in your diaries.

OCT 23 WESSEX URBAN RACE, Bournemouth University.

NOV 6 WESSEX INFORMAL & MTBO, Rempstone

Dec 4 WESSEX INFORMAL, Coldharbour.

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**

**Coastal Path Relay - Saturday 4 Sept
Runners wanted**

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. This year the race will be held on Saturday 4th September and as we have won the event for the last three years we have our reputation to uphold so require as many members as possible to turn out and try and defend the trophy.

You do not need to be a great runner to take part as I choose the lengths of people's stages to match their ability. Last year we had 40% of the entire club out with runners whose ages ranged from 5 to over 60. Planning the running order and transport arrangements is quite a complicated procedure and so I would be grateful if you could let me know whether you can take part by early July. Please contact me either by e-mail (roger.tracy@virgin.net) or phone 01929 550680.

As usual I intend to hold a pre race team meeting, which will be on the evening of Tuesday 31st August after the club training run.

Roger Crickmore

NINE in TEN

Nine events in ten days of course. JK was four in four. I then had a very pleasant Monday evening staying at the Bush Inn, Morwenstow one click from the coast on the Devon/ Cornwall border. Tuesday was a relaxing drive down the coast to a lovely B&B just the other side of Truro and an excellent meal in town with my eldest daughter Kelly-Marie.

Wednesday and a quick drive to Plymouth and Wheel Florence. You may well have orienteered through this terrain if you ever took part in events on the SW Edge of Dartmoor. However this was a different prospect (possible pun there). Mapped by Jim Prowting at 1:2,500 the area is the most intense technical orienteering you are likely to find. They even had a practice area you could have a go on beforehand to get into the swing on it. Everything was going well (only 3 seconds behind Graham Gristwood on leg one!!) until control 17 of 26. Probably the easiest control on the course, being outside the main area of confusion. I totally switched off on the leg and was planning ahead – big mistake. Lost 2 minutes and goodness knows how many places. However it was certainly a race to add to one's orienteering CV and great fun!

Back to the B&B in Truro then on Thursday a short trip to the Eden Project for a late afternoon sprint race. Again, great fun to be running around such an iconic site and still with the general public present. They even had us running through the ticket hall and café – some very odd looks from the patrons! The convoluted path network and changes in height (its one big hole in the ground) meant a good speed was 10 minute k's! Probably too many courses to choose from but I suspect this was due to the number of competitors in the short time slot that was available for the race. My course even took in a visit to the bio-domes. The Mediterranean one wasn't a problem, but the humidity in the Tropical zone, where the control was right at the very top of the area, had you dripping as soon as you went through the door. Back out in to the cool air and a long climb out of the pit back to the finish at the car park. Another of those events to add to the 'I was there' list.

Friday and a quick trip to work to catch up on a few things then Saturday morning back on the road up to Richmond Park for the SE Sprint Championships. Format for today's races was a Prologue followed by a final in seeded order depending on how you got on in the Prologue. Was running in the over 40's race so competition was hot. The area was a

combination of heath/scrub then housing estate. All going well up to control 15 when a wrong decision found me on the wrong side of an uncrossable hedge, with the control on the other side – 90 seconds lost and 1st place (which according to splitsbrowser was where I was at the time) reduced to 6th. Even so, in that company was quite happy with the run.

The Final and all in the housing estate. Usual fast pace and rapid, focused concentration. Was aware of overtaking a couple of people, so going well. Only a couple of mistakes of 10 seconds or less this time and finished in third place only 13 seconds down on the winner. The final results are based on the combination of both runs so was very pleased when I realised that I was also 3rd overall.

Overnight with my son Ross & his wife in North London then a quick trip up the M1 to Nottingham and race 9, the Nottingham City Sprint Race. At last racing in my own age category I knew a good result was possible if I could keep it all together. The setting right in the middle of the city centre by the big wheel was impressive and caused a lot of interest from the locals. Had worked out my route to control one and set off well, felt a bit slow on some of the short climbs and avoided the long steps route. There was a timed crossing of a major road and I made sure I took nearly all the two minutes allowed so I could have a breather and work out the next few legs. This seems to have paid off and I ended my nine in ten with a victory by over two minutes. One advantage of nine races in ten days – you don't have to do any training!!!

Gavin Clegg

Closing Date for next edition is 12th July 2010



Somebody once told me a few years ago that orienteers get to see a lot of Britain and these past 6 months have led to more travel than usual for me. Having already been overseas this year (Brownsea

Island), using the same logical exaggeration, I can now claim to have gone international. I'd seen the flyer for a "Welsh Weekend of orienteering" months earlier but couldn't really justify that sort of time & travel even if it was based in my home town of Aberystwyth and I'd get free accommodation with mum. It would mean missing out on the Wessex/Wimborne Club dinner and a far more convenient regional event in the Sarum Saunter. What finally swung it was when Rob Hick expressed interest in it at the Southern Championships in Forest of Dean. By now the event had become a 'national championship' and as we'd just had to go through Chepstow, which was half way there, it didn't seem so far now. So with the transport costs shared, a plan was made.

Considering that I was born and raised in Mid-Wales, it didn't seem right that I hadn't actually been orienteering there - mostly on account of it being too far away. Actually, that's not entirely true. About 40 years ago, my first and only experience of 'O' (until Wessex) was an afternoon off school for a taster score event using a 1:50,000 OS map on a piece of forestry up the Ystwyth valley. I still remember the frustration of repeated attempts at finding a control at the foot of a crag in a forest and the slightly tainted satisfaction of eventually finding it and realising my error. We'd spent too much time chasing high value controls and ended up going over the hour. I must be a slow learner because forty years later it's still happening! (Brownsea night-(mare)-O memories again).

Day 1 – Welsh Middle Distance Championships – Hafod

The beautiful setting for the “warm-up” event was provided by the site of the old Hafod mansion (demolished 1958), set in the hills of the Ystwyth valley (just 3 miles away from where I first started) – One feature that does remain of the estate’s golden years is the plantation forestry which was pioneered there. Parts of that dark mossy green forest certainly look as if they could be 200 years old, even if the FC have replanted. Of course there’s an even older feature which hasn’t changed – the contours. Luckily for us, the course planner had found a way of keeping the climb in line with a middle distance event by putting 250m of it in the walk to the start. The result was an excellent mixture of legs with varying forest terrain (conifer and deciduous) and features, finishing back down in the valley.

Results (M50)

Tim Houlder	44:36 (5 th)
Rib Hick	48:40 (7 th)

Day 2 – Welsh Classic Distance Championship – Nant yr Arian

For the main event we were greeted with a glorious sunny day with splendid views from the car park, with the sea glinting 15 miles away. Lovely until you get out of the car and experience the wind chill. Some of the forestry was pretty rough (like bits of Rempstone with added fallen trees) but the course then took us into open upland terrain for some bearing and contour navigation, with tussocks to keep you looking down frequently – terrain-wise similar to Dartmoor in places. Height gained was precious, so it made me careful to check before descending. After a trip back into forestry we emerged again for a leg of 105m climb in 500m. “Not something you get too often in Wessex” said the SBOC man going past me. Nor around Swansea Bay I thought (didn’t have breath to answer). At least I got to the control 1st even if he did get away afterwards. The 2nd half of the course was equally interesting, taking us past the old reservoirs built to provide water power for the lead mines. All went OK for me apart from when I tried to follow a forest track which turned out to be heavy contour where the brown colour had mixed with dark green to appear black. I

wasn't the only one to fall for it, so fortunately it didn't affect the placings and I ended up 5th on both days in my age group, (3rd and 4th from Wales). It was only a small field (not like the JK) but it still felt like a good week-end of orienteering over some quite different terrain and I'd definitely do it again.

Results

Tim Houlder	79:23(5 th)
Rob Hick	81:26 (8 th)

Tim Houlder

British Championships May 2010

This year's British Championships took place at Cannock Chase (used for the JK's in 2005). This is an ideal orienteering area with a good mix of deciduous and coniferous forest and some areas of intricate detail left by old mine workings. Indeed the Risk Assessment for the event meant that the organisers had to warn all competitors of the possibility of fissures opening up beneath their feet (in fact none did as far as I know).

Kay and I had late starts so drove up in the morning arriving in time to have a look at the run-in layout etc. It is always worthwhile having a look before you run if you get the chance. In fact the last two controls were in the run in so I knew that when I got my map I needn't worry about the last 2 controls.

There were not many runners after us when we started so the Start area was beginning to get quiet when we arrived. One big advantage of running late is that there were plenty of elephant tracks leading off in every direction. For me that was a help as I am not very fit at the moment so having someone else flattening the bracken and brashings for me helped to save my energy. The first 3 controls were relatively easy then we were into the complicated area of old workings. Luckily, probably because I wasn't running as fast as usual, I managed to hit the controls here pretty well spot on. Then into the more forested area and a couple of long legs started to tire me out. I knew before I started that the winner at that stage had taken 66 minutes. I was pleasantly

surprised to find that I was at control 12 (out of only 18 which really counted) in around 40 minutes but then things started getting slower. One very long leg right across the forest lost me time (my route choice wasn't ideal and the climb was tough) and my attack to the control was slightly off line. But then the finish was in sight (or at least sound) so a final push got me into the finish field for the last 2 controls.

In the end I was 34th out of over 100 competitors so I wasn't unduly unhappy. I was well down on the winner but I had completed and finished in the top third. One point to note is that two of the top runners in my age group had both miss-punched so it really pays to check codes.

The results are up on the web-site and if you are interested you can look at my route choices (and those of several others on my course) using Route Gadget. I was on Course 15, M55L.

Kay and I stayed on for the Sprint Race on the Monday at a local Army Barracks. A cold morning meant that we were happy to get running. I had 5.5kms with 29 controls so they came up very fast indeed. No real mistakes, just slow on my legs. But I still finished well in the top half so happy with that. For those of you who haven't tried Sprint racing I can thoroughly recommend it as it is great fun and keeps your mind active as well as your body.

Ian Sayer





My First JK Orienteering Event

Although I have orienteered for many years, for varying reasons I have rarely attended any of the large national events. Anyway this year I found a gap in the calendar on Easter Sunday and Monday so having kindly been offered a spare bed in the cottage Liz, Trevor and Pella had rented I decided to go.



It was a pleasant drive early Sunday morning and parking was easy (dry compared to the downpour and mud of Saturday that everyone told me about). I found the club tent and was able to enter an on the day colour-coded course. I have never run on sand dunes before and it took me until control number 3 to really get to grips with the scale and features on the map but then I had an excellent run and was pleasantly surprised to find myself in the top half of the results. I enjoyed listening to the commentary and being part of the building tension and excitement as the top 3 contenders for the JK Trophy were running in. Having spotters on the course and electronic links to the last control really made it interesting. Pleasant spring sunshine made it a great day for spectating. The results boards were a hive of activity. They took a little bit of exploring too as some results were for Sunday and others were combined Saturday and Sunday.

Encouraged by my better than expected result on the Sunday I

found a spare place to run in the relays on Monday. Another totally new experience with mass starts, variable courses and the large change over box. I was running the last leg on my team so had time to watch others and see how it should be done. Unfortunately on my course I became a little distracted by the sheer number of controls out there, many near my actual controls so I did not have quite such a good run as on Sunday but it was great fun. Finally after my run I was amazed to find people were using laptops and I-phones to watch the results come in live.

I think I am hooked. These large events are fun and seem to have the normal spread of orienteering ability at them so I will definitely try and attend another national event next year. Orienteering at its best, great courses, great company and great spectator viewing too.

Tracy Crickmore

JK2010. M80 Perspective at Cookworthy Forest

My map is a tasteful shade of speckled brown where it suffered several muddy immersions and subsequent whippings. The whole forest is, and was terribly rough and on this day, extremely wet. The climbing of any bank or incline would result in a 'hands on the ground' method and added filth to self, suit and map.

It is a challenging area and the planner did a seriously good job keeping us to the forested areas avoiding path runs and making best use of the area. I found the use of every available vegetation boundary to be very helpful and the wonderful surveyors, without whom the mappers would have nothing to do, had included plenty of detail but not enough to confuse the failing eyes of the aged.





I started very early having to be on parade helping to run the start later on, and started with a slight blip offline to No 1 only 150 meters away. Legs 1 to 2, 3 to 4 and 4 to 5 were excellently technical and

keeping very close to the map locating all the features on the way was paramount. 1 to 2 also had a confusion of banks and mixed tangly vegetation to ensure 'hesitations'.

I had more 'hesitations' on the short leg 10 to 11 finding the best way around several strange shaped block of 'fight'. From 11 to 12, along with a small gang of others, I crossed down onto the old railway line and then up all along it's south bank in a tangled 'walk only' strip, to climb over the end of the bridge parapet. It would have been so simple to go straight to the bridge and cross it directly thus avoiding the rough stuff and the climb!

It all seemed very slow going but I did manage to escape any disasters, so my result was, well, modesty forbids, but I did manage the place on top of the podium. Highlight of the day was while much later viewing the extremely muddy finish, to watch the M21 winner trip on punching the finish to fall flat down and slide head up and arms high on chest and stomach for a quite long distance; spectacular!

Richard Arman

**Wimborne Orienteers**

invite you to

***The Moors Valley Challenge Mountain
Bike Orienteering Event
Saturday June 19th 2010***

Parking Moors Valley Country Park

Event Area Ringwood Forest North

Start time: Between 10am -12pm

Cost: Seniors £6 Juniors £4 (£1 reduction for BMBO members)
 (see below)

What is a Mountain Bike Orienteering Score Event? You use a map to navigate a track and path network in order to visit a number of control points. You score points by visiting the marked control points in any order. There will be 25 control points.

The location

The event takes place in Ringwood Forest North. The area is coniferous forest with a full mix of tracks and paths and some steep hilly sections. There will be a warm up ride of 2km from registration at Moors Valley to the start

Moors Valley Challenge

Although this is a score event and you can visit as many of the 25 controls as you wish, the Challenge is to see who can visit all the controls in the fastest time. All 25 controls should be able to be visited depending on ability in between 1 hour and 2 hours. Otherwise scores of 10 points per control will be given as a basis for the results. The maximum time allowed for the course is 2 hours

Equipment Required

All competitors **must** have following equipment: Bike, Helmet, Map (provided) SI card (provided) Recommended equipment (but not essential); Waterproof top, compass, tools, food, 1st aid kit,

Maps 1:15000 waterproof map (A4) will be used and issued at the start line.

Entry If you wish to compete please pre-register as an Associate Member of BMBO (British Mountain Bike Orienteering) on their website www.bmbo.org.uk This is simple and free and you will get a membership number which, if you quote it at registration, the entry fee will be £5 instead of £6 (£3 juniors instead of £4). Membership lasts until the end of 2010.

For any queries or to reserve a start time call Trevor Bridle on 01258 454811 or e-mail

trevorbridle@btinternet.com.

Entrants on the day will be allocated a start time.

Facilities Visitor centre, toilets, shop and cafe, bike hire car parking at Moors Valley

Please note car parking charges do apply. Up to 4 hrs £5.00 over 4hrs £6.00

This event is organised by **Wimborne Orienteers** in association with **TRAVEL-CHOICE**



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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. 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