

Wessex Extra

MAY 2012



British Champs Team

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CHAIRMAN'S PONDERINGS

There is an excellent article by Toni Louhisola - head coach of the GB orienteering team in the latest edition of Focus. The main themes are plans for performing, learning and adapting plus how to develop a more effective technique for orienteering. Definitely worth a read.

Another excellent way to improve your orienteering is to have a go at one of the key jobs. Specifically planning or mapping. I've planned a few events in my time. Most have been successful, but as one who is always trying to 'push the envelope' I've have got into trouble a few times. I still have the letter from SWOA advising me to think carefully before planning future events. Ironically the next letter from SWOA albeit a few years later was to invite me to plan day one of the JK at Longleat. Planning courses yourself you begin to understand the constraints often placed on planners by landowners, shape of the forest, nesting birds, roads etc etc. not only does it help your own orienteering it makes you less critical and more appreciative of the courses put on for you.

Another great way to improve is to get involved with creating a map. Maps have interested me from an early age. As a young teenager I used to navigate for my Father, who in turn used to navigate for a rally driver. I drew my first orienteering map 41 years ago. Surprisingly for the time it was a four colour map. I used the schools Banda copy machine which involved passing the map through the machine by hand for each colour. The spoilage was high but I ended up with enough for the event. A few years later I produced the first map of Great Wood on the Quantocks in 5 colour at 1:20,000 for the South West Championships. My latest creation is the Urban map of Poole Town for our event on 26 May. I've learnt a lot. Not only have I learnt but it has thrown up a vast number of questions and queries, particularly as urban orienteering is not yet fully developed.

Take the symbols for tree and large tree, a tree being a green dot a large tree being a green circle a little larger than the green dot. First how do you differentiate between a tree and a large tree? I used a method described to me by Mike Elliott who produced the map of Regents Park last year: if you can hug the tree and grasp your hands it's a tree if you can't it's a large tree. Then there is the issue of how significant a sapling might be. If it has other trees around it's not significant. If it's on it's own it may be very significant and the planner may want to use it, particularly as trees are very handy to hang controls on.

Next comes canopies, normally easy to show as it's probably an alleyway with a building over part of it - easy to show. But then comes canopies for say shopping trolleys. Some of these are quite long and are only open at either end. So you

have to show that the two long sides are impassable and impeded progress. Using the uncrossable wall symbol doesn't feel right so I've used the building boundary symbol. Not technically correct but an elegant solution I hope.

Going back to the large tree symbol of a green circle. Most of these will be on a yellow background and the yellow shows through the middle. I've put white in the middle signifying woodland, again not technically correct but I feel it's right. One of the most difficult tasks were to represent two different levels whilst being under a 'roof'. The first of these was the underpass near the railway station which is under Towngate bridge, so three levels to show on a one dimensional piece of paper. The second was the two levels both in the Dolphin Quays and the Dolphin Centre. I think I have it right but until the area is completed on I won't know for sure. I had a nice piece of feedback the other day from Lynn Branford, who said she had no idea what the map was showing until she got there and then it made sense! Anyway the process has taught me a lot about urban maps and their representation of the ground. I am sure it will stand me in good stead for future races.

In the last edition of Wessex Extra I mentioned that Wimborne had created a working party to look at the possibilities for combining our two great clubs. Your committee is enthusiastic about the possibilities. However I heard nothing from anyone about this which could mean one of three things: no one reads Wessex Extra - unlikely. No one reads my Chairman's bit - highly likely. Or everyone supports the idea. We will be communicating with every club member to see what their opinion is on the possibility of combining the clubs so watch this space.

Gavin



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EDITOR'S PAGE

Well, this will be my third WessexExtra and I am getting to grips with the software at long last!! I still have to check my list of "how to do" but it is getting better!!

We have some very interesting articles this month, including an article on the British Championships which Ian and I, Julie Astin and Gavin & Valerie Clegg attended. See Julie's article on page 14.

As you will probably all know by now, postal charges have been increased, so please read the note on page 23 regarding your future Newsletters.

The Poole Town event is coming up very soon, and is being planned by Ian Sayer and organised by Bruno Smith. A lot of work has gone into this event and Poole Rotary has been working closely with us to ensure an enjoyable and successful event. See the website for full details. If you want a run you need to register on Fabian4 (although there will be limited entry on the day).

Those of you who have seen Gavin's weekly email will know that we are not planning a specific summer series this year; uptake on these events over the past couple of years has not been great, so we are using ours and Wimborne's monthly Club evenings as a Summer League, including three other events, with the best 5 scores to count. See below for the dates.

WIM/WSX Monthly Mondays:

- 14th May - Broadstone Middle School
- 11th June - Bournemouth University
- 2nd July - Breamore (venue to be confirmed)
- 6th August - Studland, including a barbecue
- 3rd Sept - Hyde, nr North Gorley

Other events which will count:

- 19th May - WIM Kingston Maurward Sprint
- 26th May - WSX Poole Town Urban
- 30th June - WIM Shaftesbury Urban

Kay Sayer

CATERING AT ORIENTEERING EVENTS

Now I do not attend as many orienteering events as some members of the club so may not be considered appropriate to comment on these things but I am truly grateful when we have a catering van at an event. Events that you are helping at are generally very long days with early starts. Now most orienteering families are quite organised and bring prepared packed lunches and snacks but I must admit the prospect of a freshly brewed cup of tea or hot chocolate is preferable to a thermos flask. On cold days a sizzling bacon buttie or homemade soup is preferable to cold sandwiches and on rare hot days at summer relays a refrigerated cold drink is very refreshing.

I must admit we do always take food to events so I hear you say well you are wasting your sandwiches! Not so, as I take them to work on Monday. I am usually so rushed I don't notice they are past their best and they can be washed down with a cup of tea. Of course there is a cost to using the catering van but I think most of us can afford at least a drink. We seem to be very fortunate that the vans booked for local events serve quality food that is locally sourced so we are supporting local farmers and removing commercial supermarkets from the chain. These people seem to work long hours for a modest return as I am sure there is a lot of preparation, purchasing, cleaning etc that goes into attending each event. My final reason for liking catering vans is the socialisation that goes on in the queue, often with members from other clubs. I think the catering van queue is part of the cultural experience of orienteering so in these times of rising hardship and unemployment do try and support the caterers if you can and remember if you feel guilty tucking into a £3.50 bacon buttie you have exercised to earn the calories and IF any of us smoked, each day's cigarettes would cost about £7!

Tracy Crickmore

A SENIOR'S FIRST LONE ORIENTEERING EVENT

My chosen venue was Ocknell, New Forest, on the 25th February. My friend Pam was away for a few weeks and she really has been my sight guide/helper because of my having a cataract in the left eye – so do I give it a go on my own? I checked with Kay and was advised to do the orange course. Husband George, who has two iron knees, said he would come and keep me company and ‘have a walk’. Due to my sight I cannot just pick up the map and go. In my case my eyes are extremely ‘light sensitive’, so although I wear contact lenses for distance I need sunglasses to cut the sunlight down and a pair of over reading glasses to read the map, which dangle on a chain around my neck. Am I ready? Full of nervous apprehension, thinking will I get lost out there on my own; I know, I’ll wear a red jumper and a red cap so that I can be easily seen! Also around my neck hangs a perspex holder containing a leaflet showing all the BOF symbols, plus a leaflet reminding me on how to use a compass – needless to say my ‘outfit’ was a source of amusement to the starters. To say I was nervous is no exaggeration, but with my husband looking on hopefully, and me endeavouring to appear confident, off we went to control No.1, which was not very far away. Reading glasses on, control No.2 was to the right and forward down quite a steep slope – immediately I knew neither of us was going to be able to negotiate that route, so we had to look for an easier way down. Panic has now begun to take over – to look for an easier route down will take us out of our way, which it did, and I had not followed the golden rule of looking for a ‘handrail’. After 30 minutes and not knowing where to go I decided to give up, and a look of relief came over my husband’s face who said perhaps that would be best, especially considering the ground was extremely boggy in places, and so we retraced our steps.

Having got back to control No.1 I remembered I should have looked for a 'handrail' before embarking on the detour, so with a sudden surge of Dutch courage I sent husband back to the car and said I would carry on alone. I found controls No.2 and 3, when I met up with a couple walking their dog and they asked whether I was on a treasure hunt, to which I replied, 'it was rather like that because when one found the control it was like finding a pot of gold!' It did feel lonely but I persevered and found controls No.4, 5 and six. I set the compass to find control No.7, but again I should have followed the natural path outside of the compass direction as a line feature, however, although I did not find the last two controls my compass bearing had directed me back to the car park area, and as I emerged from low lying undergrowth I could see the look of relief on my husband's face when he saw me and was assured I was safe and not lost.

Just by doing this exercise on my own has reinforced the will to do better, and the achievement of setting the compass was an enormous boost to my morale. I am looking forward to further exercises through the year and I cannot thank all the organisers enough for their hard work when putting these events on and also helping improvers like me to get so much more out of this sport. I have been a golfer for 35 years but I love every minute of orienteering.

Sylvia Lang

MEET YOUR WESSEX CLUB MATES

Name and Age Group:

Tina Stratford W40

Home Town: Bournemouth

Occupation:

Dorset Police (PCSO)



When and why did you start

Orienteering? Approximately 8yrs ago, after reading an article in a local magazine, written by Lizzie. It sounded interesting, I was just running for fitness at this point over my local golf course and felt that this would at least give me new areas to run in.

What Clubs have you been a member of? WSX only for orienteering. A local Shotokan Karate club for 15 years and a Gojuryu karate club for 2yrs. Now a member of Zoom Triathlon club (to improve my running for OT) Previously Dorset Rough riders (Mountain bike club) and the Pursuits club.

What are your orienteering achievements, best results, and most memorable event?

An orienteering achievement - getting round is an achievement! Best results I won a short course mountain bike O event near Blandford recently. The Saunders mountain marathons have to be the most memorable especially following Ian up those ever so small hills! My calves ache just thinking about it.

If you could improve one aspect of your orienteering, what would it be? Not making the same stupid mistakes week in week out.

What training do you do? Running a couple of times a week, Gym - 2-3 x pw upper body weights and occasionally leg weights. Mountain biking and currently a little bit of swimming.

How many countries have you orienteered in? 3 (England, Scotland and Wales!)

What is your favourite orienteering area? Anywhere reasonably close.

What has been the biggest turning point in your orienteering life? Hmm no idea.

Thumb compass or base plate? Thumb

How would you raise the profile of orienteering to increase participation? Link it in to the Poole festival of running with a participation event, whilst thousands of local runners are attending the festival. Must be the same day.

Who is the most inspiring member of your Club? Richard Arman - Amazing, I will never forget my first OT event in which I followed (or tried to) Richard round a course at Wareham forest, watching him trampling over terrain ahead of me whilst I was scared I would break my ankle.

What music do you listen to? Train, Adele, Amy Macdonald, Keane, Sterophonics, Snow patrol, Bon Jovi.

What have you always wanted to do but have not done it yet? Win the lottery! Ski in the USA and Canada. Need to win the lottery first though.

What do you do when you are not orienteering? Gym, mountain biking, family, friends, Theatre, Occasionally I sit still, but not often.

Tina Stratford

RELOCATION AND RUNNING WITH A PLAN

Everyone who Orienteers is playing a game of concentration with themselves, and no coaching topic explores this more than the idea of relocation. In this newsletter, let's look into what goes on when we lose contact with the map during competitions.

Somewhere along the current leg you're running, the desire to travel quicker has led to you losing touch with the map, meaning losing the features that you must have been previously observing as you progressed through the previous leg. There are lots of different reasons for this to happen, but once we become aware that our surroundings no longer relate to the section of map we want to be on, it is time for action. Both inexperienced and veteran Orienteers have at this point to summon their own honesty with which to correct the situation as quickly as possible. This is one exciting part of the sport- where we have to calmly face the facts in front of us and act maturely because the alternative involves lost time for hard core competitors and epics for less serious runners. Treat it like a game and surely you will have fun. Stop running and consider what the last definite features that you saw were? You may feel to be in an area which *should* be correct but isn't, it is time to relocate. Firstly and fundamentally check the map is set correctly to the ground with your compass, you may have been running in the wrong direction, having left the last control too quickly or carelessly. Did you make a 180 degree error?- Simple, but very easy to do under pressure. Did you follow another runner thinking they were on the same course as you?- Bad move. Try and find a distinct linear feature, and carefully use compass to check its direction whilst trying to identify the other features around you; if you can, go to higher ground for a better view. At this point of confusion it's important to retain a positive outlook, for as soon as the mind starts to fixate on how difficult it seems then it will become even more difficult.

I like to treat it like a game, playing matching the terrain in front of me to what's drawn on the map. Consider the fact that you aren't likely to have travelled *that* far from where you should be, and so a short time of disorientation isn't so bad within the whole of your run. Our personal reaction is what matters and being calm and collected is the key. The worst situation is that there is nothing recognisable in a large area around you; this also probably means that you were running without a plan for some time - it is complete folly to run without having a definite intentional route between controls. If you were looking for a catching feature ahead of you has your direction changed so much you what are likely to be the next places you will come to? Use back to your come across a definite feature location, this relocate.



overshot? If so be the next places you will these to return control. If you another control on try and find its could help you

As soon as you have matched your position to the map, set off again carefully following where you need to go, effectively start again and try to forget what is behind you as everything in front is again new. Remember on longer legs through complex terrain each leg may contain as many as ten sections that you noticed the leg breaking down into, sticking to a plan even if a little further distance is likely to serve you better than trying to wing it and then getting lost. Most of all, even when it's really hard to match the terrain to the map, slow down and have the attitude that it's all good! I look forward to seeing you at our Community Orienteering, where we have groups for club members and novices, both of which have specific training sessions. See full details elsewhere in this newsletter.

Jason Falconer

FORTHCOMING EVENTS

Details of all 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

MAY 2012

- Sat 19 **WIMBORNE Sprint Event**, Kingston Maurward College, Dorchester.
- Mon 21 **COMMUNITY ORIENTEERING**, Broadstone Middle School, 6 – 7.30 p.m.
- Tues 22 **WSX Training evening**, Bournemouth University 6.00 p.m. start.
- Wed 23 **Wednesday Army Event** Thorney Island.
- Sat 26 **WSX Poole Town Race**. See website for full details.
- Mon 28 **COMMUNITY ORIENTEERING**, Broadstone Middle School, 6-7.30 p.m.
- Tues 29 **WSX Training evening**, Bournemouth University 6.00 p.m. start.
- Wed 30 **Wednesday Army Event**, Pirbright.

JUNE 2012

- Sat 2–Mon 4 **TAMAR TRIPLE Weekend**, see flier on Devon website.
- Tues 5 **WSX Training evening**, Bournemouth University 6.00 p.m. start.
- Sun 10 **SARUM Moonraker Relay**, Hamptworth, New Forest (tbc)
- Mon 11 **WSX/WIM Club Night**, Bournemouth University.
- Tues 12 **WSX Training evening**, Bournemouth University 6.00 p.m. start.
- Sat 16 **WSX Hardy Relays & Informal**, Broadstone Recreation Ground.
- Sun 17 **DEVON** League Event, Haldon Forest, Exeter.
- Tues 19 **WSX Training evening**, Bournemouth University 6.00 p.m. start.
- Sun 24 **NORTH WILTS Relay** Pewsey Downs.
- Tues 26 **WSX Training evening**, Bournemouth University

Sat 30 6.00 p.m. start.
WIMBORNE Shaftesbury Urban Race, Shaftesbury School. See flyer on Wimborne's website.

JULY 2012

Sun 1 **BRISTOL Adams Avery Relays**, Stock Hill, Mendips.

Tues 3 **WSX Training evening**, Bournemouth University
6.00 p.m. start.

Sun 8 **DEVON Relays**, Bicton College, Exmouth.

Tues 10 **WSX Training evening**, Bournemouth University
6.00 p.m. start.

Sun 15 **WIMBORNE Furrowhoppers Relay**, Moreton Forest. More details nearer the date.

Tues 17 **WSX Training evening**, Bournemouth University
6.00 p.m. start.

Sat 21 – 28 **CROESO 2012 Welsh 6 days**, Aberystwyth. See Welsh website for full details.

AUGUST 2012

Mon 6 **WSX Club Night & BBQ**, Studland. This is a newly mapped area, so come and join us. Bring your barbecue food and refreshments.

COAST PATH RELAY – 1st September 2012. Roger Crickmore will again be spearheading this event and you will be contacted nearer the date **so please keep this date free.**

****We run a local informal event every month, on a Saturday. These events are an ideal way for newcomers to try orienteering in a safe environment.**

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

The forthcoming events list is compiled from British Orienteering and other clubs' websites. For further details of events, see your copy of **SINS** or 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.

BRITISH ORIENTEERING CHAMPIONSHIPS May 5th - 7th

Day 1— Classic Event

If anyone had suggested to me that one could have three days of orienteering in the Lake District without a drop of rain, I'd think that they had never been to the Lakes before! But in fact, that is EXACTLY what Ian and Kay Sayer, Gavin Clegg (and his wife, Valerie) and I experienced over the May Bank Holiday. Having packed waterproof trousers and jackets, and even some wellies (for the anticipated muddy, waterlogged assembly areas), none of it was needed. Only when we left Kendal to head home did it start to rain. We **must** have done something right to deserve such good fortune!

The Individual Championship event, on the Saturday, was at Dalegarth, near Ravenglass on the western edge of the Lake District. We had a stunningly beautiful drive to the coach pick-up point, located at the small station for 'The Ratty' steam-train. Arriving with just minutes to spare (we had a slow minibus ahead of winding narrow road) we boarded our allocated coach which would take us to the event site, 30 minutes away. It was a major logistical operation for the organisers but everything seemed to work like clockwork. By the time I got to the Start, after quite a steep climb, I was regretting wearing



us on the boarded would minutes operation everything after quite wearing



The run-in to the finish.

my thermal underneath

my O-top as it was really quite hot, and I made the decision to remove it and tie it around my waist. Later on, as I was trudging up yet another steep, tussocky slope, I was thankful that I'd made this decision. My course (W55L) was 5.6km with 240 metres of climb (though it felt like more! - maybe bad route choice?) and the controls

were a mixture of crags, boulders, re-entrants and knolls, 95% on open moorland. It was an excellent course, with some really tricky legs which made you concentrate all the time – one moment's lapse of concentration and you could find yourself being totally confused. All in all, I was quite pleased with my run (81:36) with only one really bad mistake. I ended up

in 25th position out of 45. Kay, on the other hand, did us all proud by winning the W65S course! (sadly, no trophy to go with it) and Ian (M60L) came 39th out of 61, and Gavin (just coming out of a period of injury) finished 14th out of 66 on M55L. A good day in all.



Gavin finishing the first leg.

Day 2 — Relay

On the Sunday, Gavin, Ian and I were entered in the Mixed Ad Hoc Relay event, which took place on Helsington Barrows (one of the venues for the Lakes 5 - Day event last year) Another sunny day (!) although a bit nippy due to the wind. Gavin started us off doing the Long leg (quite appropriate for one as tall as he!) and handed over to me after about 31 minutes.

I trotted off on my Short (Orange standard) course, struggling to open the map which had been sealed rather too thoroughly! My legs felt like lead as I headed for the Start triangle, a couple of hundred yards from the changeover area, and then up a hill to my first control. I felt I was going to struggle, even though the was short, and hated the thought of the other down. But loosened eventually picked up a pace and managed to controls



Julie finishing the second leg



Ian finishing last leg.

find the without any problems – although I had to climb over a fence with barbed-wire on the top, which was a bit tricky. I saw Roger Hargreaves overtake me at this stage, which led to his team beating us overall. The final few controls, and the run-in to the Finish, were all in view of everyone so one had to make a great effort, in spite of feeling

shattered. Ian finished off our relay with a very good run and we ended up coming 7th out of 46 – so we were extremely pleased. Unfortunately, Gavin took a spectacular and painful tumble on the rocks during his run and had cuts and grazes all over his body, which used up all the Sayer's supply of plasters! (dutifully replaced the next day by Gavin!)

Day 3 — Urban Race

After a splendid Thai meal together on Sunday evening we were ready for the final day which was an Urban



Julie concentrating hard!!

event in ***Ian storming into the finish!!***

Kendal. The local forecast was atrocious, with heavy rain expected at about 9am and staying all morning. But luckily they got it wrong and we had a great time running around the alleyways (called 'Yards') and roads of Kendal with the sun on our faces

(but a cold wind which made it necessary for some of us soft Southerners to wear thermals) I'm still a relative newcomer to urban orienteering and find myself dithering too much over which route to take, and when one has 24 controls, a bit of dither at each control adds up to a lot of time! But I thoroughly enjoyed it even though I ended up quite low down in 41st /58. Kay came 22nd/30, and Ian a very commendable



Kay going through the finish.

38th/93. Sadly Gavin missed a control out and was disqualified, but would have been near the top.

So, a fantastic rain-free weekend in some of the loveliest countryside in the country (if not the world!) The only blip to the weekend was a blow-out on the A34 coming home. But that's another story.....

JULIE ASTIN



***Team Wessex in the Assembly Area, Day Two
after our runs(taken by Kay)
Official Photographer for the Urban Event
was Valerie Clegg. Thanks very much Valerie
for taking the photos—sorry about the cold
wind.***

COASTAL PATH RELAY, 1st SEPTEMBER 2012

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 3000m of climb. The date for this year's race is **Saturday 1st September**. Despite being one of the smaller clubs taking part we have managed to win this relay for the last 5 years and this is in a large part due to the high percentage of the club who turn out for the team. So can you all please make a note of the date in your diary, as we need as many runners as possible to turn out and try and defend the trophy.



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(ish) access by road and by having a number of runners on a short section we can move the baton on very quickly. They then hand over to a distance runner who covers the sections between places where access by road is possible. Each runner will cover a number of legs during the day. For the distance runners, who will generally be the fittest athletes in the club, the legs can be several miles long, while for those in the sprint teams they should only be a hundred metres or so (although often uphill). The importance of the sprint teams should not be underestimated and a lack of them causes problems so we really do want as many of them as possible. Thus even if you are not a great runner you can still make an important contribution to the race as a member of a sprint team.

This year I believe the race will again be run in two halves with a restart at Lulworth. This introduces a break into the race whose duration is unknown and can be affected by such variables as the direction of the wind on the day. Thus this year's race plan is going to be slightly more complicated than normal, due to the need to make optimum use of a break of undefined length. You have been warned!



As anybody who has taken part in the race will realise planning the team running order is quite a complex task and I need to get this completed by early August to give all members a chance to have a run over their sections beforehand. **I am therefore asking that you let me know whether or not you are able to take part by Friday 13th July** either in person, by e-mail (roger.tracy@virgin.net) or phone (01929 550680). I can accommodate runners with a

large variety of speeds and ages, which last year ranged from 6 to 65. Anybody who does not want to run but is willing to drive around a car to transport runners will also be very welcome.

A new website www.coastpathrelay.org.uk has been set up about the race. One interesting point on it is that our winning time from 2008 is now 'officially' recognised as the course record under the current rules.

Roger Crickmore

(Coast Path Relay Coordinator Extraordinaire!! Ed)

A SUMMER'S WALK IN THE HIGHLANDS

Would you believe that the photo was taken on Thursday 10th May near the top of Ben Nevis? I was with a group of ladies attempting the Three Peaks Challenge (Ben Nevis, Scafell Pike and Snowdon all within 24 hours) and we set off up Ben Nevis at around 4.30 in the afternoon. We got to within a mile or so of the top before I decided that the conditions were too bad so, regrettably, we had to turn back before we could no longer find our tracks down the mountain.

So never underestimate the weather on our hills, even in the summer.

Ian Sayer



WESSEX JUNIORS' CORNER

BADO EVENT AT BUTTERWOOD, 1st April 2012

Gjushi, my granddad took me and my friend Leonardo who is 10 to this event with his friends Julie and Jason. Leo and me entered a white course and Leo, being a boy insisted on having the map, the compass and the dibber.

We got to Control 1 and Control 2 was straight ahead but Leo decided to turn right and we ran up this track until we met a ride. We turned right again and came to a junction with a control, our Control 11! Luckily a man came along and showed us how to get back to Control 1.

We got to Control 7 but then we came to a "Y" junction and Leo took us to the left. After a long time we came to a ride and we went right. We could not see a control and I knew we were lost. As I was cold and hungry, I decided we needed help so I blew my whistle three times. A nice lady came over and showed us where we were and how to get back to Control 8.

We then managed the rest of the course without trouble but our time was 77.29 minutes. The winner's time was 13.15 and we came last. don't think I will orienteer with a boy again!



Caja Whapples, Aged 8

Well done Caja!! Next White event on your own....? (ed)

JUKOLA RELAY 15 - 17 JUNE 2012

“Valio-Jukola invites all friends of orienteering to the 64th Jukola relay and the 35th Venla relay. The orienteering competition is organized in Vantaa, Finland, at Hakunila sports park on 16th – 17th of June, 2012. Valio-Jukola is an unforgettable event for both orienteerers and spectators located in the middle of Helsinki metropolitan area. We welcome all friends of orienteering to Valio-Jukola 2012.”

For those of you who have never heard of this event, it is a huge relay event held every year in Finland. There are in excess of 20,000 people taking part and Wimborne and Wessex have registered two teams; one for the men and one for the women.

The Valio-Jukola mens team are Chris Branford, Simon Branford, Ian Sayer, Jason Falconer, Gavin Clegg, John Whittingham, and Philip Cooper.

The Venla Ladies team are Kay Sayer, Julie Astin, Wendy Bullen, Kirsty Staunton and Lyn Brandford.

The Ladies race starts on Saturday at 2.00 p.m. and we should finish well before dark (hopefully!!). The Mens race starts at 10.30 p.m. and finishes around dawn or later, depending on how long they take. If you want to find out more about this incredible event, log onto <http://www.jukola.com/2012/en/kilpailuinfo/kilpailuohjeet/>. There is also a bit of video showing the start of the mens' race.

We have copies of the maps, which you can see on the next page, the areas look a bit like Scotland, i.e. not many paths and lots of marshes. We fly out on the Friday, and make our way to a hotel for the night (the last time we will have a bed for a while!!). A good night's sleep is needed as we won't get any sleep until the race is finished. We will be sleeping on a school floor with lots of other competitors, and we have to take our own sleeping mat and sleeping bag.

There is a restaurant, cafeteria, five grills, a fish stand, waffle stand, ice cream stands and a beer tent, so we will be well fed and watered.

Kay Sayer

POSTAL RATE INCREASE.

You will all be aware that Postal Rates have increased drastically this year. For those of you who receive your WessexExtra and SINS via the post we would ask you to think again whether or not you could receive it electronically.

We do not want to go down the route of some clubs who now **only** offer their newsletter via the Internet but I hope that some of you will reconsider whether you actually need to receive a printed version of both publications. If you opt to receive electronically you will receive an email whenever either of the magazines are published with a link which will direct you to the relevant page on the internet (whether that be on our web-site or that of SWOA).

So this time we are asking you to opt in (rather than opt out) to continue to receive the printed version. If you want to continue receiving your WessexExtra and SINS in the post please complete the form below and return to Ian Sayer, 68 Kings Avenue, Christchurch, Dorset BH23 1NB by the end of June. ****If we DO NOT receive a form from you we will add you to our mailing list of those notified by email when the magazines are ready to read online.****

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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.

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.

