

Wessex Extra

November 2009



The Compass Sport Cup Final Squad

highlights...

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Chairman

Vacant

Treasurer

Gavin Avey-Hebditch
gmah59@hotmail.com

Secretary

Sian Rixon
sianrixon@live.co.uk

Committee Members

Richard Arman
thearmans@googlemail.com

Gavin Clegg

gavin@ukmax.com

Rob Hick

rob.hick@tiscali.co.uk

Eric Whapples

whapples@fsmail.net

Tim Houlder

tim.houlder@ntlworld.com

Ian Sayer

ian.sayer68@ntlworld.com

Mark Scott

mark@caledonut.plus.com



In the South West of England
Friday 2nd to Monday 5th April 2010
Including World Ranking Event on Day 3

The JK is coming back to the South West again. It will be 31 years since it was last held in Devon; then it was a two day event at Fernworthy Forest on Dartmoor and Haldon Hill near Exeter. Over the years the festival has developed and now we are offering you four contrasting events in three different locations.

Friday 2nd April

Sprint race at
Bicton College

Saturday 3rd April

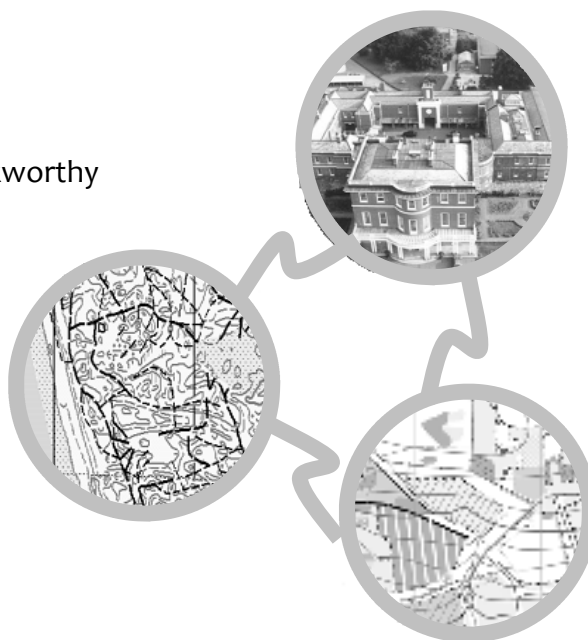
Long distance race at Cookworthy
Forest
(Middle distance for Elite)

Sunday 4th April

Long distance race at
Braunton Burrows (WRE)

Monday 5th April

Relays at
Braunton Burrows



Contact: enquiries@jk2010.co.uk

www.jk2010.co.uk



Like Edmunton
four years ago
this event was

an 'all games' happening and not just an orienteering event. Apart from at the registration we saw few of the other sportsmen; some queued for four hours to register.

The weather expected at Sydney to be 26 degrees was only 6 degrees as the plane landed and throughout the event never went higher than 15 degrees. So much for Aussie sunshine; but the kangaroos were definitely there!

We started with a sprint qualification event at Macquarie University. I got given the wrong map and found this out after a good search for No1 which was not where I was. I got given a fresh start but they subsequently did not alter my original start time - thus it was nine minutes to No1! This event was a continuation of my street orienteering learning curve and a big error at No2 and a smaller one at No3 got me concentrating more fiercely.

The following day was the sprint final at Sydney Olympic Park. One small error of about thirty seconds lost me a gold medal to an Australian who told me immediately afterwards that I had beaten him in a past Scottish six days event by thirty two seconds - 'so I got you this time' was his comment! Gavin Clegg also got a Silver medal in the busy M50 class.

Two days later we were at the Model Event up near Lithgow 150km northwest of Sydney in their Blue Mountains. This served to show us just how difficult the staggeringly large rock formations were. There followed two Qualification races to divide us into A and B finals. Not a problem as all the M80's were automatically in the A final as we were so few in number. In the first of these events we had no rocks to contend with, where others on the longer courses had plenty. On the second qualifier we met the rocks. Rock filled re-entrants with very tough underfoot conditions with loose rock and prickly shrubbery. Entry into a long re-entrant in the wrong place followed by a huge overshoot into massed rocks did nothing for my timing. A heavy fall 'twixt 5 and 6 left me bruised but not seriously damaged, but the following slow climb became a very slow climb.

So to the final in quaintly named Carwells Labyrinth. Rocks galore spread on both sides of every re-entrant and rock cliffs as well made it very difficult to follow a compass bearing and there were no line features to help. It was a little easier underfoot, but those rocky re-entrants were the killer. I misread a spur as a re-entrant which delayed me on the way to No2 and where two adjacent rock filled re-entrants joined at No5 I lost the ability to locate, making it a twenty two minute leg! I was off line again at 7 searching among the wrong rocks; an eleven minute leg that should have been about four minutes. I was not last coming 7th out of the nine in my class, but 76 minutes to the Swedish winner's 44 minutes is pretty poor. I must mention that Pella Rye, although the only W85 competitor, did all the required courses in a sensible time for her well earned gold medal.

The event was not just all about orienteering, but featured a super stay in an outback house called Mountain View Escape where we associated with quite a lot of wildlife and played an Australian version of Trivial Pursuits in front of the fire after eating 'in', visited Thai, Chinese and Japanese restaurants, and walked around the Sydney Opera House and Governors Park and crossed the harbour on a ferry returning by train over the Sydney harbour bridge. We also visited a sort of outdoor park with cable cars, fernicular railway and a cable descent in a fabulous area of vertical cliffs near Katoomba, with boardwalks at both high and low levels.

As always, WMOC is a memorable event with the best of organisation, superb maps of difficult and different areas with the maximum challenge. Next year we will be in Switzerland where a



fresh challenge beckons - some folk are never satisfied, or is it that we seem to have some thing to prove?

Finally a nice word of thanks to the Ian and Kay who looked after me throughout the trip.

Richard Arman

Compass Sport Trophy Final

For the first time since 1998, if my records are correct (Forest of Arden in Warwickshire), Wessex OC got through to the final of the Compass Sport Cup (or Trophy in our case) having put in a great team effort at the preliminary round at Pamber Forest near Reading back in March.

So a determined although somewhat depleted team headed North on the 18th Oct to Fineshade Woods in Northamptonshire. Although the event was hosted and organized by Leicestershire OC! The county boundary is about a mile to the north of the forest.

Thanks to Bill's excellent organisation all team members arrived at the club tent ready to give it their best. The forest presented largely runnable terrain with a good network of paths and rides and not much climb. Although the area to the South of the map had some particularly rough areas as I found out!

Running on the Men's Blue course and determined to concentrate, I went straight to the first control on a stream bend. My 2nd control wasn't quite as good as I managed to pick up an old unmarked track which caused me to drift to the right of my intended bearing. Crossing a forest road all seemed to fit except I didn't realize the bends to my left and right just looked right!! As I re-entered the forest and the ground descended towards a pond I realized my error and so turned 90 degrees left and ran flat out to No2 (about 150m) then turned 180 degrees to run flat out back the other way to the pond and No3!!

The next two controls where no problem before I managed to go too far down a fire break before correcting and into No6. Into the grove again with one very long leg from 8 to 9 but mainly track running. No10 was a depression buried in the middle of some very rough ground. More track running followed before the last cluster of 5 controls, which tested the concentration.

With everyone back at the tent it was very encouraging to find that even with a small team we hadn't finished last. There were some excellent performances especially from our juniors Andrew, James, Nick and Rebecca.

Closing Date for next edition is 12th January 2010

A big thank you to Bill for organising and co-ordinating the whole effort and who I understand is already masterminding next year's event which starts at Hampton Ridge on Jan 24.

Team results as follows :

Light Green

Andrew Holder 5th
James Crickmore 9th
Nick Hillman 13th

Green Men

Bill Brown 22nd
Eric Wapples 30th

Blue Woman

Tina Stratford 25th
Rebecca Holder 21st

Blue Men

Tim Holder 14th
Rob Hick 17th

Green Women

Carol Dutton 29th >

Brown Men

Alan Hartley 18th
Graham Whiffin 20th

Green Vets

Andrew Beldowski 14th



Graham and Alan contemplating their course (otherwise known as b-orienteering!)



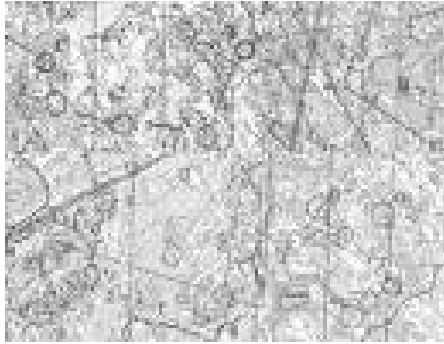
Tina, her map and her lunch!



Our esteemed leader of the Compass Sport Trophy - Bill Brown

Rob Hick

Orienteering and Life in Sweden



Having very recently started the initial base period of my training plan I found myself jogging at a snails pace through the Nacka nature reserve - a huge forested area approximately 15 minutes on public transport SE of Stockholm city centre. Since moving out to Sweden I have done a huge amount of both training and orienteering on this area but it took until today

to fully appreciate how lucky I actually am having such a beautiful forest five minutes jog from my front door. I mean I have always thought it was beautiful but now that the racing season is well and truly over I am just jogging around and really taking it all in. I partly understand now why orienteers from Scandinavia like the variety the UK offers in terms of terrain because over here there is simply forest, forest and more forest. This is ok though if you are a forest obsessive like myself - the novelty certainly hasn't worn off yet. In terms of contours and rock some forests out here are detailed, most are very detailed and in my opinion this makes for the most technically demanding orienteering there is. Physically it can be very tough as well - the rocks are often covered in slippery moss and lichen and where there isn't rock there is marsh and roots. You don't generally get brashings (apart from where felling has taken place) as the forests are very mature and there is virtually no bracken even in the peak of summer. I haven't come across any brambles not even once but there has been the odd rare patch of nettles.

The main orienteering season runs from April to October and this year I feel I have taken full advantage of the event entry system. When I moved out here I paid my club OK Ravinen a 400sek joining fee and a 600sek event fee (around £90 in total). This gets me entry to however many events that I like. Along with heavily subsidised travel, accommodation and club kit; the value for money is nothing less than unbelievable. They even paid for my entry to the massive O-Festivalen event, and that was in Norway! The club also offers physical and technical training nights each week; all free of charge. Very early into my time here I decided that I would come back for next spring and summer as well but now it looks like I will stay all of the way through. If orienteering is your thing then this is definitely a good place to be and for me that would be enough on its own but I also have Nick Barrable out here for company - him being editor of the Compass Sport magazine

gives him the same flexibility that my job gives me (it seems that I have got away with being in a different country and my UK client is still providing me with work) and therefore we can train together in daylight hours (which is getting more and more important!) and also pop along to the weekly old boys league events on Wednesday mornings.



All that plus seeing what happens with a new relationship of mine and maybe a permanent relocation is on the cards?

John Hartley

World Masters Games - a second perspective!

The World Masters Games are the world's largest participatory multi-sport event. Motivating a goal-oriented and long-term attitude towards sport, physical fitness and health. The Games bring together men and women for the simple joy of competing with their peers. The 2009 World Masters Games held in Sydney was the seventh edition of the world's largest multi-sport event. With over 28,000 competitors the Games is four times the size of the Olympics!

Serious competitors are likely to face quality opponents in Sydney as the World Masters Games are Masters Sport's pinnacle event.

Sydney's proud Olympic heritage means that the 2009 World Masters Games also provided a not-to-be-missed chance to follow in the footsteps of legends. Many of the 28 sports competitions took place at Olympic venues, including several sites in the Sydney Olympic Park precinct that will be both the sport and social heart of the Games. The Final of the Orienteering Sprint Races was held in the Olympic Park (see opposite)

Warren Key who won the gold medal is Australian and lives near the Olympic Park. Below is an excerpt from Wikipedia about Jorgan Martensson who came third.

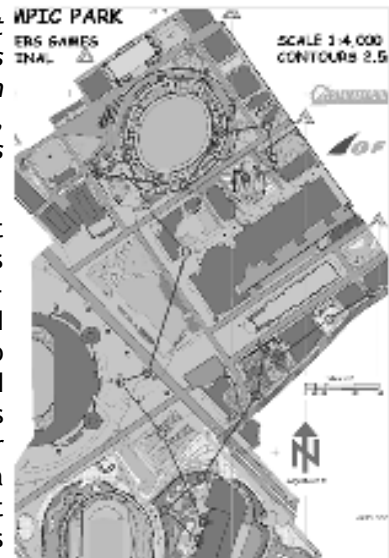
Jörgen Mårtensson (b. December 4, 1959) is one of the most successful Swedish orienteer of all times. Twice a winner of the World Orienteering Championships, he also won the 5 days O-Ringen in 1981 (at age 21), 1996 and 1997 (at age 37). Furthermore, he won the Swedish

Championship in Marathon at Stockholm Marathon in 1993 . He has one of the longest spanning careers in orienteering at world class level, taking part in World Championships for 17 years.

The Qualifying race had been at Macquarie University. The set up was excellent with the Finish in a grassy re-entrant making for good viewing and the Start close by. Everything went to plan; I tried not to run too hard and just make sure the navigation was clean. The object was to qualify for the final. A few small wobbles and a couple of wrong route choices but probably nothing more than 45 seconds lost so very pleased with the run.

Came second in my heat, exactly as I had in Portugal last year and only beaten by Warren Key, an Aussie.

Then on to the Final at the Olympic Park. Received wisdom was that it was a political decision to hold the final at the Olympic Park and that the race wouldn't be particularly technical - how wrong we were! Due to the way the qualifying works I was starting off third from last. In this sort of company there was no way I was going to catch my minute man in a sprint race so the focus was solely on my own performance. I checked out the start and got an idea of where the first leg went, a few seconds saved. I could also see from the start area that that the runners reappeared down some steps, I assumed going from control one to two. This knowledge probably lost me a few seconds as I am sure this wasn't the fastest route as it involved three flights of steps as opposed to the south eastern route with no steps! (check out route gadget). Anyway, composed at the start, grabbed the map, checked right course all whilst heading towards the first control a 'monument' saw a huge disc like thing in the right place and nailed it - 2 seconds down. Hesitated slightly as I was geared up for the northern loop to 2, which is what I ended up doing, control was in shade and I didn't see it for a few seconds - 9 seconds down, nailed 2 to 3 with fastest split - 8 seconds down. Three to four a little wild and four to five was a little slow as the brain wasn't assimilating all the information fast enough and only just made the gate into the enclosure - 12 seconds down. Fine on the technical bits in the enclosure to 8 - now 19 seconds down. Big wobble coming out of the enclosure 8 to 9 looking for the blue linear water feature, what I hadn't



twigged was these were on a higher bit of ground and lost 17 seconds here so now 34 seconds adrift and in 5th place. 10 to 13 all straightforward but need to check fences for a way into the next stadium. 13 to 14, nail this with fastest split but still 28 seconds down in 4th place, 14 to 15 and 15 to 16 very tricky and take wrong route to 16 which although not significant from a running point means I don't locate the control cleanly and waste 12 seconds, however others muck up in this phase and am now 21 seconds down in 4th. 17 ok and nail 18 with fastest split, now 19 seconds down and in 3rd place. Wrong route out of 18 loses me 9 seconds and now 24 seconds down still in 3rd place. Really push hard for the last control and the run in. As I enter the arena I have no idea of all the above and am announced as the possible leader of the M50 class, I punch the finish and get announced as the current leader, however I know there are two still to finish, Andreas comes home, I'm still leading, but he is closely followed by Warren who takes the title for Australia. Warren beat me by 23 seconds, exactly the same margin he had beaten me in the qualifier, so my congratulations to a better runner!

However the good news is that from January 2010 I move up to M55, so I am really looking forward to the World Masters Orienteering Championships in Switzerland next August.

Gavin Clegg

South West Junior Orienteering Squad

November 2009 report

Squad performed well at the JIRC's held in Northern Ireland this year finishing 6th overall with the best performance being that of the boys team in finishing 3rd on the individual day. Many thanks to Ben Chesters and Jackie Butt for accompanying the team for the weekend.

Next squad training is set for the weekend of 28/29 November with the M/W16's heading to Lakeside for a weekend of technical training with the other regional junior squads.

Next weekend will then be the belated Christmas weekend on 9/10 January.

Hopefully the squad will be going on tour next year, probably somewhere in the UK with a foreign tour in 2011 or 2012.

Money is critical at the moment. Pete Maliphant is doing a great job with his O Buy stall but we are going to be heavily reliant on any funding we can generate from the JK. We charge £5 per session currently. SCJOS charge only £1 per session and ScotJOS receive a grant of £12,000 per year. Both very hard to compete with in the south west.

Happy orienteering!!

Jeff Butt

The Original Mountain Marathon (OMM)



After two years off, halfway through 2009 my chances of doing the OMM at the end of October were looking good. My new partner Gavin Miles had won the Highlander Mountain Marathon earlier in the year and was the ideal partner for me - a strong runner who could carry some of my kit, but who would let me do the nav! And as my youngest, Arthur, was starting school in September, I knew I would be able to get out during the day and actually train a bit before the event.

Before the start I was feeling good. I had been doing several training runs a week with at least one of 2-3 hours, and crucially I had lost a couple of kilos. As the icing on the performance cake, I lashed out on a super-light 720 gm Laser Photon Elite tent and a 210 gm Laser Elite pack, from Terra Nova - so now I had no excuses! Based on my previous best result of 15th in the Elite I thought I could now be an hour faster over a similar course, which might mean a top ten place.

The 2009 event was in the Elan Valley in Wales, which is less hilly than usual OMM terrain, but very boggy and slow going, and day 1 also started wet and misty - perfect! We didn't want fast running and easy nav that would let the real runners get away from us. We soon saw that plenty of others were going much slower than us and we felt OK about our route choices and nav. 6 hours 42 minutes later we got to the overnight camp in 15th place and put up our tent.

Day 2 started badly. We fuffed around packing and missed our start by two minutes. But again we felt good out on the course. I started to fade a little towards the end of the day, but Gavin fed me some of his food, to make up for the fact that I hadn't brought enough, and I recovered a bit. I knew that there would be others suffering more than us, and so it turned out. In the end, after another 5 hours 18 minutes we finished in 11th place, just a minute off the tenth spot we were aiming for, and which at least we now knew was realistic for next time.

More info at theomm.com and our routes are available on RouteGadget.

Jon Brooke

For events, please see your copy of SInS or
www.britishorienteering.org.uk/event/findevent.php



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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