

# Wessex Extra



November 2011

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Jean Arman



## THE CHAIRMANS THOUGHTS

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At the risk of being accused of being Vince Cable like and banging on about the same thing. I am getting very concerned about the ability of clubs to sustain the amount of events we currently put on. By 'we' I do not just mean Wessex OC but all orienteering clubs.

My concern relates to all the volunteers who are prepared to put themselves forward in Organising, Planning and Controlling events. These as you know are the three main officials involved in events. In theory a Controller should be from a different club to give some independent checking and be the competitors 'friend' ensuring the event is fair for all.

A few years ago British Orienteering put more rigorous qualifications in place for Controllers. Speaking from personal experience, overnight I went from a grade 1 Controller capable of controlling everything up to and including Internationals to being struck off and incapable of controlling anything. Ok to be fair I hadn't been to the required refresher course, but I was still competing at a high level with 35 years experience in the sport. Rewind about four of five years and the number of Controllers listed for each club in the South West was fairly healthy. If you look at the list these days it's decidedly sparse.

This manifested itself at our recent Galoppen where although trying extremely hard for many months we were not been able to secure a controller. After representations to SWOA we got permission to self control and Richard Arman took it on even though he was controlling two other events as well as mapping another area! That's then other issue in that these people are also the same people that organise, plan and map for us. Putting even more demands on their valuable time.

British Orienteering is now going down the route of making all organisers attend courses. Although it has gone a bit quiet on that front at the moment, if it goes the same way as the controllers then we just will not have the officials to put on events anymore. British Orienteering is pushing participation and community orienteering which is all well and good, but if we can't find the officials we are going to be struggling to have the events for these new participants to attend. So for those who do Organise, Plan & Control I say a huge thank you

***Gavin Clegg***

## VHI Report Birsemore Hill and Coull, Aboyne, Scotland, 8th and 9th October 2011

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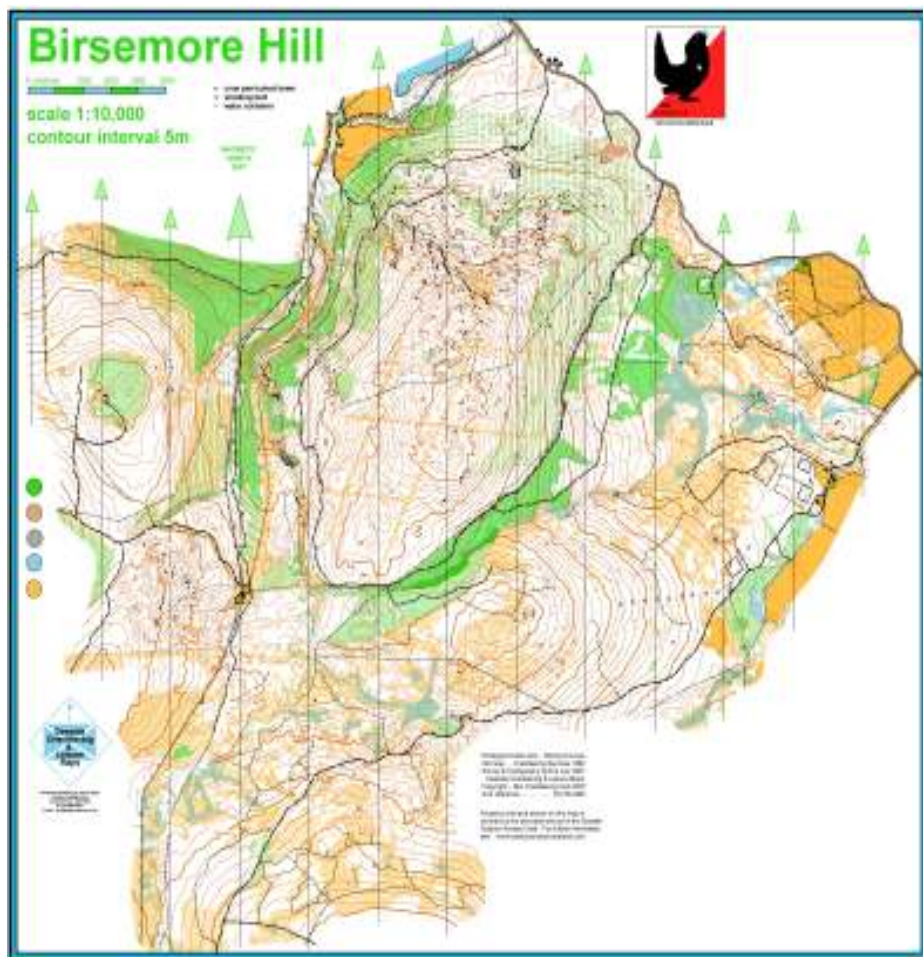
There were a few unknowns facing the England team when it came to this year's Veterans Home International (VHI); the addition of 65s to the team, a new relay format devised by Rob Hickling from Scotland, and agreed by all the team managers to be trialed on a one year basis (more of that later), the usual last minute fitness problems and replacements and most notable, facing the Scots on their home turf which usually poses a serious challenge.

The individual race was held on Birsemore, which in silhouette driving from Aberdeen in the twilight looked daunting, but come the morn and generally the team gave solid rather than sparkling performances with most runners coming back having had good clean runs apart from one or two controls. England only scored maximum points in two classes (W50 with Vicky Thornton 1st and Jill Libby 2nd by just 9 seconds and in M35 with Neil Conway) but the good performances by the rest of the team yielded a lot of second places behind the other nations and also a fair smattering of 3rd or 4th places. I was one of those with a 2<sup>nd</sup> place, having been narrowly in the lead at control 12 (despite a 90 second error at control 7). I then decided to navigate straight from 12 to 14. It wasn't until I was about to drop off the track into 14 that I realised I hadn't been to 13, which by now was about 50 contours above me (or at least it felt like that on the climb back up). The area was technically very challenging (see maps overleaf) and we get so little practice of that sort of terrain down south, so I have to be pleased with 2<sup>nd</sup> place. As it was, we scraped a narrow win of 3 points to take into the relay day. (England 139, Scotland 136)

The relay was held at Coull just to the east of Aboyne and it was a beautiful setting beside a loch, with a golf course surrounding the main building and the forest a short way in the distance. The relay format was changed to 8 courses – 4 for teams of 2 men and one woman, and 4 courses for 2 women and one man. The sum of the ages had to add up to 150 and there were some restrictions on which classes could run as the single woman or single man. The course lengths were Short, Long, Long, for the WMW combination, and M, M, XL for the MWM combination. The idea behind the change was to accommodate the new age span (35-65), shorten the relay overall, and add a competitive edge by everyone running the same course at the same time, though gaffled but inevitably some head to head racing.

Unfortunately there was a mix up with the maps, and after several very worrying minutes when none of the English women came back on the first short leg, it became apparent that something had gone dreadfully wrong and our women (W55, W65 and both W60s) had in fact been given Long rather than Short maps. The 2M1W part of the competition went as planned though it lost some

of the excitement for the spectators with the mess over the other competition, but there were some very narrow finishes with again England just taking a lead due to a Scottish team disqualification. It was agreed by a majority decision of the team managers that the relay trophy

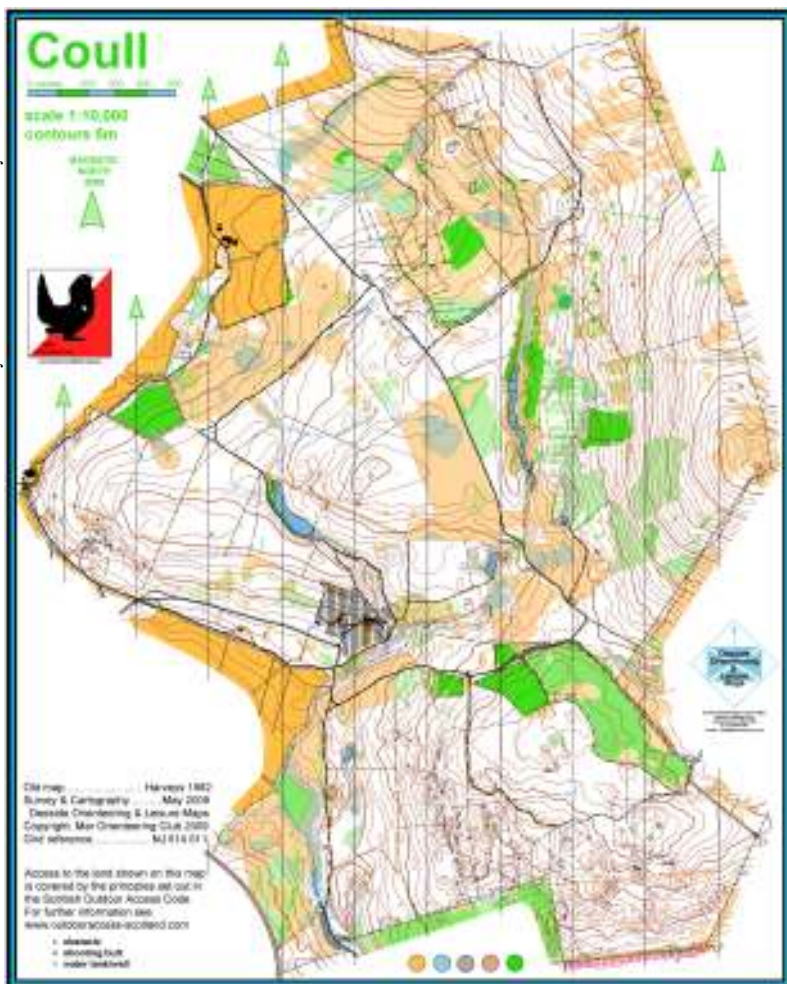


should not be awarded on the basis of half a competition and therefore the overall trophy was not awarded either. Below is a copy of the e-mail from the Relay organiser:

*I'd be grateful if you could forward this to as many of your team as possible; it will be posted on the website but I'd like to try to reach as many personally as possible.*

*Firstly, I would like to offer a wholehearted apology for the error that caused us to void the relay result and, by consequence, the overall Veterans Home International 2011 event.*

*Quite simply, we made a labelling error for the all of the 2 Women + 1 Man category courses, i.e. on 4 of the 8 Courses. This resulted in competitors being given the wrong length courses for their legs, which meant that many senior veterans were sent out on much*



*longer courses than anticipated, which after their efforts to conquer Birsemore Hill yesterday was, I'm sure, less than welcome. There was also confusion for later leg runners, who also had to run out of class and, no doubt, a severe feeling of let-down. The fact that this problem was greeted with such*

*grace, forbearance, and amazingly, sympathy from competitors was truly humbling. I can't say how grateful we all are for your responses, especially as I know of the long lengths many people went to come and represent their country.*

*Following consultation, the Team Managers agreed that the preferred option was to not to attempt to declare a result on the basis of the remaining classes and as a result, there are no 2011 Relay, Overall or Stonewall Trophy Winners. It was felt that the extent of the voided courses was such that any result would not be fair. If the courses voided had crossed both categories, there may have been a case for declaring a result.*

*We will publish the results of the 'valid' relay courses and attempt to reconstruct the splits of those who ran on the wrong course so that we can provide a set of results by gaffle.*

*I hope you all enjoyed the Individual Event, narrowly won by England, the social evening in Ballater, that the problems on the Relay did not ruin your weekend and that at least some of you enjoyed running around what is a beautiful forest on courses that attracted praise from the competitors.*

*I'd like to record my thanks to all of the Team from Grampian and Mar Orienteering clubs that put the events together for their hard work and commitment as well as the landowners and the staff at the Lodge on the Loch.*

*Once again, please accept my apologies and I wish you all luck if you are selected next year.*

As for the rest of the weekend the Scottish organisers did a great job with a splendid social evening including storytelling, live music and a tasty supper at the local Albert hall which was merely a couple of minutes walk from the accommodation. We were also blessed by calm, mild and dry weather and indeed as we gathered for the team photo, the sun shone. Yes of course we are all disappointed that we didn't have the full event but we were delighted with the England team's individual win, and every competitor, whether competitive or not, enjoyed running at Coull.

**Gavin Clegg**



## **Community Orienteering Update**

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Most of you will know that, together with our friends in Wimborne OC, we have been running a series of Thursday evening sessions. These have been funded by British Orienteering as part of their Community Orienteering initiative.

However with the dark evenings now upon us we have decided to switch the focus away from regular Thursday evenings to encompass participation in small local events. Consequently Chris Branford of Wimborne has compiled a list of forthcoming events which all take place within easy reach of the Bournemouth/Poole/Wimborne area. All these events are listed on our web-site under “Future events” with the exception of the Club Night on December 5<sup>th</sup>. This will be based at Parkstone Grammar but will involve activities using the Hillbourne area map. And don’t forget that the club has several headtorches which you can borrow if you don’t have one of your own.

And for those newcomers who may still be a bit apprehensive about travelling to events and navigating your way around both the entry system as well as the courses don’t forget that there are several Club coaches who are happy to help, either by taking you to events, meeting you there and/or shadowing you around a suitable course.

So don’t be shy. Do put these events in your diary and come along. If you need any help please contact Kay Sayer (Lead Coach) on 01202 484523 or [k.sayer@ntlworld.com](mailto:k.sayer@ntlworld.com).



**The likely date of the Wimborne/Wessex Dinner is Saturday March 3rd. More details to follow nearer the time but put the date in your diaries now.**



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# Coastal Path Relay Report

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This year our team for the coastal path relay was aiming to set a bit of history. We had won the last four races, a feat that had been previously equalled by two other clubs, but no one had ever won five in a row so the pressure was on. Thirty runners, with an age range of 6 to 65 had volunteered to take part, which is almost 40% of the club's membership.

Arriving at the assembly car park in Lyme Regis we found out that BOK also had a strong team. With 18 runners it was smaller than ours, but included a number of elite orienteers most of who, unlike the majority of the WSX team, were still in their prime of life. A new feature for this year was that each Wessex team was provided with a car flag, in Wessex colours and complete with the number assigned to that car in the running plan. These certainly made it easier to find the car you were looking for in car parks and thanks go to Tracy for the many hours she spent on making all nine of them.

As the teams completed the climb out of Lyme Regis the leaders were all close together with WSX in fifth place out of seven teams. However a storming run by Dale Paget over the golf course took us into a lead which had grown to a over a minute just 15 minutes later. BOK meanwhile had suffered a set back as Clive Hallet, one of the country's leading M45s, pulled a muscle on his first leg and was unable to take any further part in the race.

When Jason Falconer said he could run he commented that he liked running over hills so I immediately put him down for the 'King of the Mountains' leg. This involves a run up and over Golden Gap, which is the highest point of the race. Jason was the second fastest of all the runners on this leg, but don't worry Jason, I will give you a chance to go one better next year.

By Doghouse Hill above Seaton BOK had caught us up and our two runners started the next long stretch together. Now Jon Brooke is a fine runner but the BOK man was also very fit and 20 years younger than Jon, and managed to open up about a 200m lead by the time they reached Eype Mouth. However the BOK runner now had a problem, he still had 1 km to run with 60m of climb while WSX had three pairs of fresh legs lined up to cover the same stretch. He held on for longer than we expected but was finally caught as the runners entered West Bay.

From then onwards WSX began to build a lead making full use of our superior numbers and rapid recycling of runners between different legs. One worrying moment was when Dale Paget ran into West Bexington looking uncharacteristically distressed and saying he was not feeling too great. Over the next ten

## ‘Leave no man behind’

minutes he wondered whether he would be able to do the 5km leg to the east of Hardy’s Monument, but fortunately he recovered in time and managed to run it in 4 seconds under his own target time.

Following my general plan for people to ‘Run Little, Run Often, Run Fast’ some of the transfers between legs could only just be done in time before incoming runner arrived. This was certainly true in Osmington Mills where Rob Hick, Amy and I had just got out the car and were discussing were Rob and Amy would run before handing over to me, when we spotted Alan Lewis coming down the road. The change over plan then had to be rapidly improvised with me getting into position only about 15 seconds before the sash caught me up.

This year the race had a new feature in that it was run in two halves. The first half stopped at the entrance to Lulworth Cove car park and then at 13.00 all teams restarted on the east side of Lulworth whether or not the rest of their team had yet reached the car park. Our plan had us arriving at Lulworth at 12.30 so we were expecting a half hour break in the race and I wondered what use could be made of this. In the end I decided to leave the plan more or less unchanged. The problem is that this year, aided by a tailwind, we reached Lulworth at 12.21 whereas last year with a similar strength team but battling against a stiff headwind we arrived at 12.44. Thus any plan to make use of the break has to allow for the fact that it can vary by over 20 min. I will have to give this some extra thought in 2012. BOK was the second team into Lulworth 16 minutes behind us with the overall race result to be determined by the cumulative time from the two halves.

My first leg after the restart was the climb out of Kimmeridge Bay where Wessex appeared at the predicted time but BOK managed to get there 8 minutes earlier. Amazingly most of the distance since Lulworth and had been done by just two BOK runners who opened up this lead over a team of 15 separate Wessex runners. Mind you the two runners in question were Matt and Grace Crane, both international orienteers in their prime. However half of our lead, so carefully built up over the first 4 and a half hours had been destroyed in just 40 minutes, so the overall race was definitely back on.

Another piece of unwelcome news I received at Kimmeridge was a phone call from Gavin Clegg to say that he, Bill Brown and Dale had forgotten to pick up Bruno Smith at Durdle Door and had driven as far as Corfe Castle before realis-

## 'Leave no man behind'

ing (hence the subtitle to this article). Despite rather poor phone reception I gathered that Dale and Gavin were going to be dropped off at their next leg as planned and then Bill was going to back to Durdle Door to try and find Bruno. Fortunately Bruno realised that he had been abandoned and managed to get a lift with a BOK car down to Lulworth where he was reunited with a different Wessex car and phoned Bill with this news.

The last of my eight legs of the day was from the top of Ballard Down above Swanage. BOK appeared at the bottom first and then it was an anxious wait to see how far behind we were. Finally Ian Middlebrook came into view 10 minutes later. I reckoned though we could catch up a bit on this stretch as we had nine runners lined up for the climb and three for the run down into Studland, while BOK had relied on just one up and one down, neither of whom fortunately was Matt Crane. As expected we closed the gap, which was down to under nine minutes by Studland but BOK had three fit young runners on the final 4km run along the beach and managed to open up the gap again. However it was too little, too late and although we arrived at the chain ferry over ten minutes after BOK our cumulative time was 5min 33sec quicker and so we were able to claim the unprecedented fifth successive victory.

So many thanks to all the team for their hard running, Bill for his driving and everybody for managing (with one noticeable exception) to follow the running plan. But be warned, next year's plan may be even more complicated as I will be after the optimum strategy to incorporate the mid race break of undefined dura-

## **Roger Crickmore**

Hello all . This end of year addition is slightly delayed due to tonsillitis and then a work re-  
truly has been in the  
hours and 46 minute  
few weeks back. An-  
guest. Julie Astin has  
comed by those cur-  
coming seasons greetings to you all and happy Orienteering. **GA-H**



## I've got a JOTA badge

You may have heard the expression: 'Why be difficult? When, with a little more effort you could be completely impossible!'

Well, it seems this could apply to orienteering and it's called FOXoring (Fox-or-ing). They tell me it is spreading like wildfire from the Continent.

The idea is to have a traditional orienteering course but when you find a control, you don't just punch and go on your way. Oh no, you don't even punch. Because you are also carrying a small radio receiver (anyone remember trannies?) and earphones. You then use the direction finding capability of the receiver to locate a small transmitter placed in the undergrowth somewhere within a 50 metre circle of the kite. Then you can punch the edge of your map with the pin punch on the transmitter and off again hot-foot to the next control. It strikes me that blindfolding would be less of a challenge but then I always was a bit timid.

This all came about because the Purbeck & Wareham scouts were having a weekend JOTA camp (Jamboree of the Air) on the edge of Poole Harbour close to Rempstone Forest. On this weekend all the scouts in the world try to make contact with each other by radio and to practice techniques for providing communications & assistance in times of natural disasters.

The scouts had three activities during the weekend: radio contact world-wide, an electronics construction project and FOXoring. This was hugely ambitious. The three giant radio masts erected from lashed poles and guy ropes



were a stunning 15 metres high (see photo). With the help of the Poole Ham Radio club, they made contact with scouts as far away as Switzerland & Canada. I helped them with the FOXoring and I was very honoured that they awarded me a FOXoring badge. It might not be able to wear it on my O-top, but possibly on my sweat band?

***Bill Brown***

# Club League

Position	Name	Age Class	Average Score	Events	Current Handicap
1	<i>Tracy Crickmore</i>	W45	133.4	4	19.7
2	<i>Alan Brown</i>	M50	124.0	4	16.1
3	Mike Dawson	M60	122.6	7	18.0
4	Peter Keene	M60	121.2	9	22.0
5	<i>Tina Stratford</i>	W40	120.1	4	18.9
6	<i>Bruno Smith</i>	M45	116.2	4	10.8
7	Eric Whapples	M65	115.7	16	23.2
8	Richard Dunford	M50	113.6	9	14.7
9	Liz Lockton	W50	111.7	16	18.7
10	Chris Brown	W70	110.9	14	33.7
11	Nicola Brooke	W45	110.6	18	15.3
12	Alan Hooper	M65	109.5	10	28.7
13	Jason Falconer	M35	108.3	20	10.7
14	Celia Robertson	W55	106.7	7	20.0
15	Madeleine Bridle	W55	106.1	9	22.6
16	Hilary Dunford	W55	105.6	5	39.0
17	Kay Sayer	W65	104.5	17	20.9
18	Jonathan Brooke	M45	104.0	14	7.8
19	Julie Astin	W55	103.5	5	15.2
20	Bill Brown	M70	103.4	18	17.0
21	Rob Hick	M50	103.2	21	11.0
22	Ian Sayer	M60	102.8	19	11.4
23	Tim Houlder	M50	102.3	7	9.6
24	Richard Arman	M80	100.7	27	21.7
25	John Cook	M50	100.5	8	8.9
26	<i>Jill Brown</i>	W65	99.9	4	40.0
27	Gavin Avey-Hebditch	M50	99.1	9	16.0
28	Gavin Clegg	M55	98.7	15	8.3
29	Laura Wilcox	W45	97.1	9	14.1
30	Roy Morgan	M70	97.1	6	29.0
31	Dale Paget	M45	96.8	13	7.0

# Club League

32	Graham Whiffen	M40	93.7	8	9.6
33	Roger Crickmore	M45	92.2	5	9.9
34	Peter Robertson	M65	89.6	4	46.6
35	Alan Hartley	M35	89.5	6	9.5
36	Anne Morgan	W70	87.4	4	101.4
37	Des Wyatt	M85	83.9	4	37.2
	Andrew Chisolm	M21	120.3	3	20.5
	Sarah Houlder	W50	80.8	3	20.3
	David Brown	M21	110.8	2	41.2
	Gordon Raggett	M75	101.2	2	31.8
	Ian Middlebrook	M45	87.9	2	8.6
	Pella Rye	W80	74.1	2	41.9
	Ken Hutchings	M60	252.9	1	42.6
	Nicola Dunford	W21	113.6	1	30.5
	Daniel Whapples	M21	112.7	1	21.2
	Jane Melling	W45	100.0	1	37.2
	Katherine Dean	W45	100.0	1	37.2
	Mark Scott	M45	88.3	1	13.7
	Carol Dutton	W55	87.1	1	18.0

The League table is after the November Classic and includes those on 4 events although you will need 5 events by the end of the year to qualify for the Trophy. Not quite sure how Tracy Crickmore does it – reigning champion and now leading again – she has obviously cracked the system!

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# FORTHCOMING EVENTS

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## FORTHCOMING EVENTS

**\*\* Details of all future events can be found on the British Orienteering website: [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) \*\*** There are also links from this website to Club websites, where you can download fliers.

**FOR UP TO DATE DETAILS OF THE WEDNESDAY ARMY EVENTS, GO TO THEIR WEBSITE: [www.baoc.org.uk](http://www.baoc.org.uk)**

## DECEMBER 2011

- Sat 3            **WESSEX URBAN EVENT & INFORMAL**, Bournemouth University. Includes the new area of Slades Farm. Suitable for all, including novices/newcomers.
- Sun 4            OK Nuts Trophy.
- Wed 7           Wednesday Army Event, Hankley.
- Sat 10           **Wimborne** Dorset Schools League & Informal, Hurn.  
See their website  
for further details.
- Sun 11           **Southampton** OC, level C event, Hinchelsea nr. Brockenhurst.
- Wed 14           Wednesday Army Event, Perham Down.
- Sun 18           **Thames Valley** OC Regional Event. Wendover Woods.
- Mon 26           **Wimborne Boxing Day Canter**, Ringwood Forest South.

## JANUARY 2012

- Sat 7            **WESSEX INFORMAL** day and night event, Poole Park (to be confirmed)
- Wed 11           Wednesday Army Event. Venue tbc
- Sun 15           **Wimborne** Orienteers Dorset Schools & Informal, Inside Park, Blandford.  
Possibly including MTBO and NightO. Full details tbc.
- Wed 18           Wednesday Army Event, including Infantry Day

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Championships. Long

Valley South.

Sun 22       **North Wilts** Ranking Event & SWOA Galoppen  
League, West Woods,  
Marlborough.

Wed 25       Wednesday Army Event, Bordon.

## **FEBRUARY 2012**

Wed 1       Wednesday Army Event, Hawley.

Sat 4       **SARUM** Dorset Schools/Wessex Night League,  
Stonedown Nr Sixpenny  
Handley.

Sun 5       **Wimborne** Regional Event, Wool Heath.

Wed 8       Wednesday Army Event, venue tbc.

Sat 11       **North Wilts** Western Night League, Copse  
Wood, Marlborough.

Sun 12       **WESSEX Dorset Delight**, Bisterne Close.

Wed 15       Wednesday Army Event, 4 Div Championships.  
Tbc.

Sat 25       **SARUM** Sprint Event Ocknell, New forest and  
British Nigh  
Championships, Hamptworth.

Sun 26       **SARUM Saunder**, Hamptworth.

Wed 29       Wednesday Army Event, tbc.

## **MARCH 2012**

Sat 3       **WESSEX INFORMAL**, Holmsley (to be con-  
firmed)

Wed 7       Wednesday Army Event, tbc.

Sat 10       **Basingstoke** Orienteers, Snelsmore (in con-  
junction with BKO). Tbc

Also:       **North Wilts** Colour Coded, Yellow – Blue,  
Savernake Forest. Flier on their website.

Wed 14       Wednesday Army Event, tbc.

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Sat 17      **Wimborne** Dorset Schools & Local Informal, Moreton Forest. Tbc.

Wed 21      Wednesday Army Event, tbc.

Wed 28      Wednesday Army Event, tbc.

## **PLEASE NOTE**

**\*\*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](mailto: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.

***Kay Sayer***



# The Wessex Club Championships were held on Sunday

A superb days sport in a lovely area of the New Forest. Many Club members turned out for this and the results are as below.

position	name	age group	course	mins	secs	km	mpk	factor	result
1	Kay Sayer	W65	Short Green	58	34	4.57 5	12.80	0.44	5.63
2	Julie Astin	W55	Green	57	45	5.32 5	10.85	0.53	5.75
3	Celia Robertson	W55	Green	68	39	5.32 5	12.89	0.53	6.83
4	Liz Lockton	W50	Short Blue	81	18	6.42 5	12.65	0.57	7.21
5	Nicola Brooke	W45	Short Blue	85	18	6.42 5	13.28	0.62	8.23
6	Madeleine Bridle	W55	Green	89	35	5.32 5	16.82	0.53	8.92
7	Tracy Crickmore	W45	Short Blue	96	41	6.42 5	15.05	0.62	9.33
8	Laura Wilcox	W45	Short Blue	101	11	6.42 5	15.75	0.62	9.76
9	Tina Stratford	W40	Blue	130	5	7.37 5	17.64	0.67	11.82
10	Chris Brown	W70	Short Green	153	35	4.57 5	33.57	0.39	13.09
	Emma Crickmore	W16	Green		DSQ				

Congratulations to our winners. **Kay Sayer** for the Ladies and **Dale Paget** for the Men. Kay had to hold off a strong challenge from Julie Astin and last years winner Celia Robertson. Celia had a very steady run with no major errors but just wasn't fast enough. Julie running Green had a bit of a wobble on control 9 which was in a vague piece of forest that cost her about 4 minutes. Kay had a few errors on the Short Green, including the last two controls when getting tired, which cost a total of about 6 minutes, but even so came a very impressive 10<sup>th</sup> overall and without the errors would have been 4<sup>th</sup> or 5<sup>th</sup>. Dale had a very impressive start with four fastest splits on the first five controls and a 40 second lead. A 90 second wobble at 14 (same control Gavin messed up) and a 'safe' route to the last control costing about 40 seconds gave him a well deserved 2<sup>nd</sup>



## 6 November as usual at the November Classic.

place on the course and over two minute faster than Jon Brooke on the same course. Jon had had a sluggish start being 40 seconds adrift at the first control and a 2 minute wobble at 8 which was in the same piece of forest where Julie lost her time. Even so it was a very impressive run by Jon who was 5 minutes ahead of the next runner. Gavin was running well on the Blue up to control 12 where he had a 3 second lead in M55, but if you checkout splits browser you will see a ‘dropping off a cliff’ effect at control 13!! Trophies will be presented at the joint Social with Wimborne in early Spring.

posi- tion	name	age group	course	mins	secs	km	mpk	factor	result
<b>1</b>	<b>Dale Paget</b>	M45	Long Blue	51	23	8.95 0	5.74	0.84	<b>4.82</b>
<b>=2</b>	<b>Gavin Clegg</b>	M55	Blue	50	18	7.37 5	6.82	0.74	<b>5.05</b>
<b>=2</b>	<b>Jon Brooke</b>	M45	Long Blue	53	49	8.95 0	6.01	0.84	<b>5.05</b>
<b>4</b>	<b>Ian Sayer</b>	M60	Blue	60	50	7.37 5	8.25	0.65	<b>5.36</b>
<b>5</b>	<b>John Cook</b>	M50	Long Blue	63	41	8.95 0	7.12	0.79	<b>5.62</b>
<b>6</b>	<b>Rob Hick</b>	M50	Long Blue	83	54	8.95 0	9.37	0.79	<b>7.41</b>
<b>7</b>	<b>Richard Ar- man</b>	M80	Short Green	83	32	4.57 5	18.26	0.46	<b>8.40</b>
<b>8</b>	<b>Bill Brown</b>	M70	Green	85	40	5.32 5	16.09	0.53	<b>8.53</b>
<b>9</b>	<b>Bruno Smith</b>	M45	Long Blue	91	59	8.95 0	10.28	0.84	<b>8.63</b>
<b>10</b>	<b>Graham Whiffen</b>	M40	Brown	123	57	12.0 25	10.31	0.89	<b>9.17</b>
<b>11</b>	<b>Eric Whap- ples</b>	M65	Short Blue	114	41	6.42 5	17.85	0.6	<b>10.71</b>
<b>12</b>	<b>Peter Keene</b>	M60	Blue	153	21	7.37 5	20.79	0.65	<b>13.52</b>
	<b>Roger Crick- more</b>	M45	Long Blue		DSQ				

# CAN YOU HELP?

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Ever fancied planning an orienteering course? Now is your chance! Don't be shy, let me know if you are just that little bit interested. There is plenty of help available from the club. The club are looking for officials for the following events:

3<sup>rd</sup> March 2012 – Informal at Holmsley (New forest)

Organiser? Planner?

5<sup>th</sup> May 2012- Informal at Upton House or Buddens

Organiser? Planner?

17 June 2012 – Hardy Relays, Broadstone Rec.

Organiser? Planner **RogerCrickmore**

14 October 2012 – Dorset Delight, Shillingstone

Organiser **Eric Wapples** Planner?

Email me at [gavin.clegg@parkstone.poole.sch.uk](mailto:gavin.clegg@parkstone.poole.sch.uk)

Just a specific reminder that in less than 2 weeks time (Saturday 3rd December) we have an urban event on a revised and extended Bournemouth University map, which now includes (the wooded) Talbot Woods and Slades Farm. Kay has planned courses to suit all levels, so please come along for what promises to be an interesting event that mixes urban, woodland and park terrain. And - yes some volunteers to help out would be very welcome. As it's a fairly low level event, demands on your time would not be too high, so you're guaranteed a run. Many hands make light work, so don't be shy. It would help greatly if you would please take the time to reply to myself [tim.houlder@ntlworld.com](mailto:tim.houlder@ntlworld.com) or [sarah.houlder@ntlworld.com](mailto:sarah.houlder@ntlworld.com) to reserve a map (and tell us if you're available to help for a while). Hopefully I'll see you there.

***Tim Holder***



We were all saddened to learn that Jean passed away on 2<sup>nd</sup> November.

Jean & Richard were both involved with the club from the time that Richard took up a posting with the Army at Bovington Camp in the early 80's.

Jean was not a natural orienteer but was very determined. My abiding memory is of her striding out into the unknown in her green tracksuit and bog trotters. No one was going to deflect her from her chosen path – right or wrong! Actually this determination was tempered with an easy sense of realism. From conversation after her runs, it was clear she was always quite happy to stop and admire the view, or an interesting fungus, or a special wild flower. At multi-day events, she wouldn't run on all days but might be found hidden away in a nice spot doing some painting, which she delighted in.

Jean was keen to do her 'bit' for the club and formed a regular team with Anne Morgan at our own events, manning the squash table with a broad smile in all weathers.

In truth however, her first love was her garden. She would happily have spent her whole time there if she could. She achieved a profusion of flowers, vegetables, fruit and trees in a relatively small garden and she was very generous with her surplus produce.

We all feel deeply for Richard and his family in their loss.



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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](http://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

