

# WESSEX EXTRA

THE NEWSLETTER OF WESSEX ORIENTEERS

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**Gavin Clegg receiving his prize for coming first in M55, and winning the Euro City Race Tour**

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## **WESSEX NEWSLETTER — Note from the Editor**

You may or may not know that I have been diagnosed with early Alzheimer's and I am now on drugs to delay the onset of the disease. Whilst this is not having a major effect on me on a day to day basis, I am finding it increasingly difficult to be able to put together the newsletter. So **I really am** looking for a volunteer to take this on! It is not onerous and Ian and I will be on hand to help if needed to get you started.

We produce 6 newsletters a year, so it is only every two months that the newsletter goes out. We use Publisher for the newsletter and if you don't have that on your computer, we can provide it for you.

Please give me a call on 01202 484523 if you want to talk to me about it, or email me on :- **[k.sayer@ntlworld.com](mailto:k.sayer@ntlworld.com)**

**KAY SAYER**

### **PARK RUNS.**

Some of you may know that there are weekly Park Runs around the country every Saturday morning (indeed they take place in other countries as well). They are totally free and all you need to do is download and print a bar code which is scanned when you finish the run. They are all 5k runs and take place at 9.00 a.m. leaving plenty of the day to do other things. Normally the results are emailed the same day and it gives you not only your position but also whether you have achieved a personal best, your placing within your age group etc.

In our area there are runs in Poole Park, Kings Park and in Blandford. They are great fun, friendly, run by volunteers and there is no pressure to be the next Usain Bolt.

Visit their web-site and have a look. [www.parkrun.org.uk](http://www.parkrun.org.uk)

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## **CHAIRMAN,S PONDERINGS**

Well, the last time I sat down to write my “ponderings” the summer-type weather was still lingering on. How things have changed! November is with us and the dark nights make me feel like hibernating. But fortunately, the lure of the orienteering events is strong and even when the weather is damp and grey, the thought of running through some new forest area, or around the streets of a town (particularly at night!) is enough for me to shake off the “winter blues”. And thinking ahead to 2015, and what new events might be in store, is guaranteed to lift my spirits.

And talking of lifting one’s spirits: Gavin Clegg and I went to the SN Trophy in Mytchett Forest on November 8<sup>th</sup> and when we’d finished we both agreed how fantastic it had been and how good it felt to run in such an area. The forest was runnable (even through the dying bracken), there were interesting and quite complex contour features, the path network was good but the courses avoided, in the most part, long path runs and the weather held out for us. It was definitely one of those “that was worth the long drive” type of events!

Another “uplifting” moment was being amongst 50+ other keen orienteers in a pub in Salisbury after an excellent Wessex Night League event around the city. The buzz and chatter was fantastic, though the local punters must have wondered who on earth these strangely dressed people were! Especially when some amongst us started to strip off in the pub – not mentioning any names here.....

These night events – particularly the urban ones – are becoming increasingly popular and I would urge you to give it a go, if you haven’t done so before.

As I write this I am looking forward to the next one at Southsea.....

**JULIE ASTIN**

## Wessex Night League – Salisbury, November 10<sup>th</sup>

The last time I ran around Salisbury was a couple of years ago in the very 1<sup>st</sup> Salisbury City Race – in daylight. Before I left for the night event, I decided to dig out the map I had used before (something I rarely do) and remind myself about some of the tricky areas, just in case I came across them at night. As it happened, this didn't really help me as everywhere looks so different at night! And the night event used a more restricted area of the city.

Night League events are usually a 60-minute Score, and I have two main problems with these type of events: firstly, I almost invariably forget to look at my watch to see what time I started (and hence when I have to finish) and secondly, I am pretty poor at planning my tactics for getting maximum points. I know for a fact that I will never get all the controls (usually 25 or 26) so I **SHOULD** take some time before I set off to decide which controls I am going to aim for, and in the most efficient order. Do I do this? Hardly ever!! I just quickly look at the map and make a vague decision to go clockwise or anti-clockwise. I HAVE learnt that it makes sense to leave some of the controls nearest to the Finish until last, so that you can pick them off on the way back, but other than that, I rarely have a plan.

And it usually shows when I look at the route I took after the event!

Having said that, the event at Salisbury was probably one of my better ones (more by luck than judgement!) although looking at the route I took, I could easily have got an additional 20 points. One of the additional factors affecting my performance, however, was the fact that I hadn't recharged my head-torch so that after 20 or 30 minutes the light was already dimming. In the lit streets of the city, it wasn't too much of an issue, but there were a couple of controls in parks which I could have got were I not, frankly, a bit wary about venturing into without strong illumination. So lesson learnt there!

Another problem I have on these events is actually remembering which controls I've been too! This is particularly tricky when you're coming "back down" the map and approaching from a different direction, especially those controls in the middle – did I pick them up on the way

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out or not?! Sally Calland from Wimborne OC actually takes a pen round with her and crosses them off the map as she punches them – an idea I might try next time round as I have been known to punch the same controls twice!

Anyway, in spite of all these issues, I managed to get 440 points (out of a maximum of 490) missing only 5 controls. The “post-event” banter was great, as I mentioned in my Ponderings, and being able to have a pint of Ringwood Best was the icing on the cake!

Bring on the other Night League events, I say.....

### **UPDATE ON JON BROOKE**

Most of you will know that Jon Brooke was diagnosed with cancer in January this year and he has been undergoing Chemotherapy and other treatments for most of 2014. He has been in and out of Hospital over the months and was even spotted (albeit briefly) at the Bankes Arms after the Dorset Coast Path Relay.

So that everyone knows how he is getting on I asked Jon Brooke for an update and this is what he has said:-

*“I had a bone marrow (stem cell) transplant in Southampton on Sept 17th and was in hospital there for just over a month. I've been out for a month now but I'm currently taking lots of drugs to suppress my immune system to stop something called graft versus host disease (GVHD), the downside being that I have very little immunity to lots of common ailments, so essentially I am having to stay away from people as much as possible. On the other hand all seems to be going according to plan so I may turn up at an event (as an observer) in a couple of months or so once I've been weaned off some of the drugs. Nic and the kids are still keen to get to as many events as possible though, particularly schools league events so no doubt people will see them round and about. Even once I'm able to train again though I've no idea how long it will take me to get to anything like fitness again. I reckon I've lost about 5 kg of muscle from my legs which are now ridiculously skinny and I've literally not run a step since January. But I'm still here and still hopeful that I will make a return to O at some point. Thanks to everyone for their thoughts, messages and visits.”* Jon Brooke

So as you can see it is progress but there is still a way to go before he will be seen out and about in the forest.

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## **HOW NOT TO ORIENTEER!!!**

On Sunday 19<sup>th</sup> October, Richard Arman, Liz Lockton and I went to the Devon Galoppen on Roborough Down, just south of Tavistock. For those who do not know, I have been renovating a bungalow for the last two years, or more accurately re-modelling and rebuilding a bungalow with each room being substantially altered.

This has taken up most of my weekends and so I have not done much orienteering lately. Feeling a bit down and tired, I readily agreed to go to this galoppen for a change of scenery – mistake No 1.

Arriving late in the morning at the event, I registered and ambled off to the start, except that I had not enquired where the start was. I followed some red and white tapes but failed to notice that they crossed over the road – mistake No 2. After walking along the road for quite a while I realised had not seen any tapes for a while nor any orienteers walking to the start. I then happened upon a lone weary looking orienteer who informed me that he was coming from the finish and that the start was a long way back up the road.

I hastened back and arrived at the start some fifteen minutes before the courses closed. I didn't mention that I had Max my labrador/retriever with me on a lead. I picked up my map and was pulled towards a track which I set off down as it appeared to be going in the right direction. I had failed to go to the start flag – mistake No 3.

Thumbing my map I checked off the transverse tracks as I passed them and suddenly arrived at a fence with a gate in it. Problem - there was no fence with a gate shown anywhere near my first control. I retraced my steps back up the slope I had come down and tried to establish where I was. I eventually got back to a transverse track on a vegetation boundary and decided to head west, where I bumped into Liz who was on the same course as me but who had started fifteen minutes after me.

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Max pulled me along after her and we arrived at the first control some eighteen and half minutes after I started.

Off to control 2 with Max still wanting to follow Liz who was going “off piste” through the chest high undergrowth, but I stuck resolutely to the track I was on and then aimed off at a track junction and neatly found the control. Control 3 was just a short hop across the valley and I went direct to it. Getting a bit blasé and thinking I had now got into the map, I headed off to control 4 across a stream and under a very large impressive disused railway viaduct. Being a bit of a railway buff I allowed my attention to take in the magnificence of the structure and did not notice that I was following an indistinct track in thick undergrowth, rather than a very shallow erosion gulley – mistake No 4.

I found what I thought was the Y track junction that I needed to aim off north down the slope and into the control – but it was not there. After milling about for about half an hour, I found my control and then headed west to control 5. Feeling very tired and thirsty now, I was cross with myself for not being more focussed. Arriving at a fence alongside a substantial track I realised I had overshot and had to back track. Each time I relocated at my track junction, I finished up at the fence by the track.

I had now been out over an hour for a 3.9km green course and having found only four of thirteen controls, I realised that I was not going to finish the course before it closed. I decided to retire and went back to the fenced track which was the bed of the disused railway line and met a fellow dog walker. He confirmed that the old over bridge I was looking for was just round the corner obscured by some trees. From this over bridge I was able to navigate along two well defined tracks back to the finish 107 minutes after I had started out!

Roborough Down is a north facing escarpment on Dartmoor and is a very

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technical area, or a proper orienteering area as Richard Arman put it. On the plus side it was a warm sunny day and the views were breathtaking, a real change of scenery.

Lessons learnt :-

Don't go orienteering when you are tired, just go for a short walk instead, when you want a change of scenery.

***Make sure you know where the start is.***

***Always navigate away from the start flag, not the start lane.***

***If you wish to take your dog with you, assuming it is allowed, take it for a twenty minute walk first to tire it out a little, so that you are in charge and not the dog.***

***Keep focussed all the time, do not make the features you see fit the map and thumb the map all the time so that you know where you are.***

***Don't be afraid to choose a shorter course than you would normally do if you are feeling under par.***

Incidentally, in the post event analysis it is always useful to plot your route choice in red on the map. In doing this I was able to see where I had gone wrong, the biggest mistake was that I punched control 5 as my control 4 and so was about 350 metres west of where I should have been.

**ERIC WHAPPLES**

## **WESSEX ORIENTEERS JUNIOR SQUAD**

### **HELLO WOJ SQUADDIES!**

As you may know, some of us have not been orienteering much locally. That is because Ian, Gavin, Julie and myself have been orienteering abroad. See the articles inside this Newsletter.

Now we are back and there are lots of events you should be able to attend



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over the next few months, so look at the list to see which ones are good for you and your parents.

***We are sorry to say that the T-shirts which we planned for you all have unfortunately not happened yet, due to the printer being unable to produce them, but we are now sourcing another printer and we will have them ready as soon as possible. We are sorry for the delay, but we want to make sure that the printers can accommodate our designs.***

The list of events, ***including night events***, are suitable for the Squad to attend. There will be Coaches at all of these events to help you with your courses.

**If you need transport to any of the listed events, please contact me.**

### **2014/15 WOJ SQUAD LIST OF SUITABLE EVENTS**

22nd November: Dorset Schools League, Golden Cap.

1st December: Wessex Club Night, Broadstone Rec.

7th December: Southampton Event, Fritham

26th December: Boxing Day Canter, Moors Valley

### **2015**

5th January: Wessex Club Night & Night League, Poole Town

11th January: Wimborne Galoppen, Moors Valley.

2nd February: Wimborne Night League, Wimborne Town.

6th February: Sarum Schools League, Stonedown.

14th February: Wessex Informal Night League, Holton Lee.

2nd March: Wessex Night League, Brownsea Island.

8th March: Sarum Saunter, Sidbury Hill.

15th March: **COMPASS SPORT CUP HEAT.**

22nd March: Wessex Galoppen, Rushmore

28th March: WIM Dorset Schools League, Stonebarrow

## **SCORING SYSTEM FOR CLUB CHAMPIONSHIPS.**

As many of you are aware the WSX Club Championships are held every year at the November Classic. There is a separate competition for male and female runners and to enable all ages to take part on a roughly equal footing a handicap system is applied. To obtain the handicap scores each runner's actual speed is first calculated in min/km). Each runner's speed is then multiplied by a handicap factor that varies with age and sex. M21s being the fastest class have a handicap factor of 1.0 and all other classes have a factor of less than one. The factors decrease the further away in age you get (in either direction) from being a W/M21. To compete in the club championship you had to enter the correct course for your age class, or a longer one, which as you are trying to run at the fastest possible speed, is obviously a disadvantage.

In previous years Ian Sayer worked out all the results but he was going to be away in Spain so I offered to take on the task. The November Classic is a pre-entry event and a search through the start list for WSX members showed a total of 17 entries and they were entered onto the spreadsheet. Thus I thought I would only have to look up the times for these people.

However, getting out the car at the event I spotted Frida Forshallen which rather surprised me as she was not on the list of entries. Frida explained that she had missed the on-line entry closure date but had managed to get a late entry by phoning up the organiser. Now if Frida could do this, anybody else might have done so as well. So when the results came out, as well as just finding those of the now 18 WSX members I knew had entered, I also had to manually search through all 800 runners to see if any others has sneaked in as well, however none were found. Therefore results were calculated and distributed showing Richard Arman had won the men's event while Frida had won the ladies'. However I then got an e-mail saying that John Cook had also run and was not only another late entry, but had also been missed off the initial results list. Anyway John had had his usual good run and despite running one age group up, he managed the fastest actual speed of the day and in the handicap score just pipped Richard by 0.03 min/km, so an updated version of the results had to be sent out.

As well as having Richard in first place, the original results showed Bill Brown (M75) in second which lead to some comments (including from

these gentlemen themselves) as whether the handicap system is too generous to older runners. Nobody seems to know exactly where the current handicap factors come from, so I have offered to carry out a review of them. My initial thought was to compare the mean speeds of say the top 10% of runners in all age classes at large events such as the JK or British Championships and see if a consistent pattern of speeds emerges. Bill Brown suggested that it might be possible to come up with a system based on the relative number of BOF ranking points acquired by different ages, which is an interesting idea although I have to admit that I am not very familiar with the BOF system. If anybody else has an idea about what may be a better way to determine the winner of the club championships, please drop me a note as I will be interested to hear them.

**ROGER CRICKMORE**

### **NOVEMBER CLASSIC – CLUB CHAMPIONSHIPS**

This years' November classic took place where it got flooded two years ago and they had to cancel the event. Luckily it had rained less this year, so we only had to get our knees wet.

I was one of the first ones out, and quite glad I was, or not! I was glad, since it was pretty muddy for me in places, so I can imagine what it was like for the ones starting 3 hours later.

However, since I was probably the first person on the north side of the map, I ran into a massive herd of deer. Which got me really distracted and suddenly I didn't know if I had passed the path that I was looking for. But at least I can blame my 3 min mistake on the deer!

After that mistake it all went pretty smoothly for me. It was a pretty tricky course in places, which I really enjoyed. However others did struggle a bit, found Tim Holder running around a pole about 20m away from our control, apparently he had been there for the last 5min. Others decided that using a compass isn't something for real men, and ran 180 degrees in the wrong direction.

Anyhow, I have to say that the last bit of my quite long course was pretty tough. I wasn't very fit at this point, everyone who usually goes to the Tuesday training knows how many intervals I have missed out on due to illness. Being in an international college isn't the best for your health when everyone gets back from summer holidays with their version of a cold.

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But I knew I had to at least try to run the last bit, since I normally get beaten in the club championship by Julie and Kay. However they had so kindly decided to do some competitions in Barcelona that weekend, so I knew I had a chance..... which I took, so after 2 years in Wessex I finally made it, which I'm very happy about! All I need is to wait for that Wessex o-top that I ordered last year, so I can stop running in my Swedish club's top (which is in the same colours at least)

And also after a few name changes I actually managed to appear on the result list. For a while there I was Frieda **FAR**shallen!!



Also one of my favourite things about New Forest: PONIES!!!!

**Frida “champ” Forshällen**

**Well done to Frida! It will make a change to have a new face on the Trophy. I'll try to be away again for next year.....!! Ed**

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## **FORTHCOMING ORIENTEERING EVENTS**

[www.wessex-oc.org](http://www.wessex-oc.org)

### **NOVEMBER 2014**

- Sat 22            **WIM DORSET SCHOOLS, MTBO, & Night**, Golden Cap.  
Sun 23            **BRISTOL GALOPPEN** Forest of Dean.  
Sat 29            **FARNBOROUGH Urban Race**, Farnborough

### **DECEMBER 2014**

- Mon 1            **WSX/WIM Night League**, Broadstone Rec.  
Sun 7            **SOUTHAMPTON Level C Event**, Brockenhurst.  
Sun 14           **SOUTHERN NAVIGATORS, Level B**, Alice Holt.  
Sat 20            **BRIGHTON CITY RACE.**  
Sun 21           **THAMES VALLEY, Level C**, Shotover Park  
Fri 26            **WIM BOXING DAY CANTER**, Ringwood Forest North.

### **JANUARY 2015**

- Thur 1           **SARUM New Year's Day Score**, Sidbury Hill  
Mon 5            **WSX/WIM Night League**, Poole Town  
Sun 11           **WIM Galoppen** Moors Valley.  
Sun 18           **NORTH GLOUCESTER Galoppen**, Cheltenham.  
Sun 25           **BERKSHIRE CONCORDE CHASE**, Newbury

### **FEBRUARY 2015**

- Sun 1            **QUANTOCKS GALOPPEN**, Venue to be confirmed.  
Mon 2            **WIM Club Night & Night League**, Wimborne.  
Sat 7            **SARUM Dorset Schools & Night League**, Stonedown.

**Details of all future events can be found on the British Orienteering website: [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)**

*I'm in the Army now.....*

## **ROYAL ARTILLERY CHAMPIONSHIPS,**

**23 October 2014.**

Hindhead, Surrey - the highest point in Surrey and the meaning of 'Hindhead' is 'hill frequented by hinds' (deer). A3 passes underneath the area we were running in, so if you pass through anytime look up and see the forest. You may have remembered before the tunnel was built, and the area's terrible congestion, way above that is the area of this event and next to it is the Devil's Punchbowl, all superb forestry with deep valleys, streams and open heathland. My last event near here was at Puttenham common, and if you really want to get into it there's a super Y.H.A cottage in the Devil's Punchbowl. I've stayed at it twice, during Sustrans days, on a fantastic southern team building weekend and on one ace New Year's weekend. Total escape:- book early though to secure, at least a year ahead.

Orienteering is classed as "military training", so the vast majority of the 193 competitors from today were competing during work time. The day before Wednesday had been a training day on the hill, so this was bringing together many hours of coaching for lots of the Army regiments. 140 runners competed in teams of 4, 10 major regiments, 4 minor and including 4 women's teams. The others were independent competitors. British Army Orienteering Club man, Colin Dickson, was the course planner and it was good to see him before my run, as he ran in our WSX Bisterne Close New Forest event I planned for 243 runners a couple of weeks ago. Colin has planned 107 events in 4 years, formidable amount of event planning which I'd challenge anyone else in the U.K to top. There were lots of guys milling around at the finish from all sorts of grades, Privates, Majors, Captains and a wide age range, and we were first of the civvies to go out.

**My run.** This terrain is classed as 'Technical' and 'Physical' which, translated for non Orienteers, means the control points are placed in the most difficult places possible to find, and with running legs requiring absolute concentration over distance in all directions, using a compass at speed. 'Physical' meaning you will be climbing and descending at least as much as the 325 metres stated, both up and down, through variously:- shoulder high bracken, knee deep sphagnum

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moss and rocky slopes. You can see why we like it can't you?

Even a cursory glance at the map, for anyone who understands contours, will reveal the sort of country we were in. I started well a few minutes after Gavin Clegg (who I travelled with in the red rocket) and hit the first 2 well, then third direct hit which was so satisfying. You may know of 'Flow', well when we Orienteer it's a solo race, the game is in our heads, can we move fast over rough terrain whilst matching a mental picture of what we can see to the printed map in our hands? There is always an internal dialogue, you may be about to close this page as I've bamboozled you already, stay with me if you're feeling this. I teach students to have 'positive mental thought loops' meaning that even when the going is really tough, when the place could be Mars compared to what you can see on the map, stay positive; this is a game and a brilliant one. Without too much analysis my run went well through the forest, valleys and climbs right into the open, which may have been what foxed me, as I lost some time at control 9. By 12 I was 51 minutes in, and Gavin at 54 minutes. Picking up again I made some good route choices and gained some time until dropping a few minutes at 16-17-18. We were still only 10 seconds apart here at 75 minutes, but my poor entry into 20 cost me the race, could be the tiredness creeping in but not sure, at the end though finishing without spraining either ankle was enough satisfaction for me, superb wild place in height of autumn.

## **Jason Falconer**

*Prizegiving:- Major General Skeets attended in full uniform and received respectful salutes when winners collected their prizes. Was really interesting to hear his appreciation of the event, talking about the Gunners being the best Orienteers in the nation:- a real peek into army life. You can see that W02 Skelton 47 Reg R.A picked up the trophy for best Brown course result in 1:26.23, Gavin and I, who were 1<sup>st</sup> and 2<sup>nd</sup> 30 seconds apart in this field of 38 runners respectfully, clapped the winners and shared a little quiet satisfaction from achieving top 2 and for a fantastic race.*

## **BOK BLAST WEEKEND, 30-31st August 2014**

So why weren't you there? You missed a great weekend of Orienteering!

The key skill needed over the whole weekend was the ability to deal with multi-level areas. Failure to successfully navigate these sections correctly would prove very costly.

The first race (Saturday morning), was a sprint prologue. Sprint doesn't mean running with exceptional speed, but it does require very fast thinking. The opening few controls of the race lead you into a false sense of security. They were relatively long legs across fast open parkland. You were in cruise mode, with no need to think quickly, plenty of time to make decisions and excellent visibility. Then it was all change. A sudden change to short legs, lots of direction change, intricate map details - guaranteed to catch the unwary out! Having settled into the more classic sprint techniques, the planners then threw in a couple of legs towards the end of the course involving multi-level terrain (elevated walkways). This change again would prove costly to some.

The second race (Saturday afternoon), was the sprint final. Once again, the start was in an area of parkland. However, this time there was a lot of dense vegetation, reducing visibility and requiring much higher concentration levels from the start. Careful map reading and the use of fine detail became essential to select the correct route choice. The courses were centred on the main building complex in the University campus. This resulted in courses passing through multi-level terrain on a good number of occasions. These were made up of covered walk ways, corridors, steps, underpasses, balconies. 11 of the 25 legs on my course involved negotiating this complex area! 11 opportunities to misinterpret the map and loose time! Many did.

The third race (Sunday morning) was based in Bath City. Longer distance urban racing. Bath is not flat. The early legs were up and down the hillside overlooking the city centre. An early visit to a steep area of parkland would prove costly for some. Yes, even here there were multi-level paths, with poor route choice making it impossible to reach your desired location! Then on in to the city centre. A complex area of walkways, terraces and underpasses around a number of cafeterias provided unexpected entertainment to customers who were probably looking for a quiet Sunday morning coffee! It certainly provided confusion to a good number of competitors! Courses then moved on to a stiff climb back up the hill to finish in the park just south of the Royal Crescent.

**Dale Paget**



## STICKY WORK IN THE PARK

The practicalities of installing a permanent course in a park involve persuading the park manger to allow posts to be installed at each control site to carry the orienteering marker. These have to be substantial and well installed to deter vandals as well as long lasting.

Hence we're looking at typically thirty or more oak posts, 4 inch square and 6ft long. Perhaps £300 for the posts and £500 for installation. These days the park departments usually do not have the staff or funds to do this installation work themselves. In addition, most parks already have too much clutter from posts and signs and are reluctant to see more installed.

I've been working in Broadstone Rec recently on a proposal I worked up for a permanent course using 30 control sites. I decided to try a different approach. As the Rec is heavily forested, why not attach most of the O-markers to trees? I anticipated the immediate objection to using screws into trees, so I turned to adhesive. Anyone living in a recently built house will know that it's probably held together with adhesive....the builder's best friend. I had noticed that on my extension the builders didn't use anything fancy, just plain old Gripfil which costs a third of the price of NoNails and other fancy adhesives.

The Park ranger was very happy with adhesive. I primarily aimed at using existing posts, fences, concrete seat ends and buildings but where there was nothing else I used 12 trees. In the end, the challenge was to use no new posts at all. It was a little restrictive, but it proved a point.

So, armed with 4 tubes of Gripfil and a wire brush, I got to work.. The trees were mainly mature pine, so it was a case of cleaning out the channels in the bark & using lots of adhesive to fill them up & then pressing home the O-marker very firmly and scraping off the stuff which oozed out. A bit messy but not too bad. The few birch trees I used were not as satisfactory. I'm not sure how long it will be before the trees shed the outer layers of bark to which the adhesive is applied. We'll just have to see.

Using this much adhesive meant it took about 24 hours to harden off. I was concerned at their vulnerability to vandals in that time, but I was lucky.

It took two 5 hour sessions to install 31 markers, in lovely summer weather.....so who's complaining? Now is the interesting time. How long will they resist the attention of passing vandals? The adhesive is hard but not rock hard. Also, it may not prove to be sufficiently weather resistant. The markers themselves have a lifetime of only about 5 years, so I'm not asking for miracles. Time will tell. But after 3 months all the markers are still there and the adhesive is looking good. So perhaps this is a technique to use on other new permanent courses.

Go to 'Permanent courses' on our web site to see details of Broadstone Rec.

**BILL BROWN**

## **BARCELONA CITY RACE**

**Friday 31st October....** Five go to Barcelona! Orienteering for the Euro City Tour. Not too early a start thank goodness. The flight to Barcelona was at 10.50 am from Heathrow, arrival early afternoon in Barcelona. The journey from the Airport in the taxi was interesting as the taxi driver had no idea what was going on and not too sure of the whereabouts of the place we were staying at. Needless to say he was soon informed of the event and directed to the correct area (he really didn't stand a chance with 4 orienteers in his taxi and one passenger along for the ride). However we arrived safe and sound at our apartment.

### **Saturday 1st November. Barcelona Sprint Race.**

There were a lot of high blocks of flats and some unusual art structures some for children to play in. Also a lot of wild life - mostly parakeets. Very pretty and colourful to look at but very noisy.

And of course there was a little café and very good it was too!!

### **Sunday 2<sup>nd</sup> November. Barcelona City Race and Final Euro City Race.**

Wessex and Wimborne had commandeered a bench for all their 'Kit'. Always knew I had my uses! (bag lady). It was pleasant watching all the dog walkers on their morning walks while waiting for the runners to return.

Wherever we went, there was usually a piece of Gaudi's architecture close by.

Overall Barcelona is a beautiful city. A vibrant city and it offers something for all ages. Beautiful tall palm trees and parks and impressive wide roads and sunshine.

Just one thing..... If I hear Freddy Mercury blasting out "Barcelona" from several cafe's many more times, I think I will scream! Much as I liked him - enough is enough! **Lady Lycra**

***OLE!! Valerie was just about to dance a flamenco!!***



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## **ORIENTEERING CITY RACES LEAGUE, 2014**

Some of you may already know about the series of four City Races; London, Porto, Edinburgh and Barcelona. A small contingent from Wessex decided to “do” all four races. Those orienteers from Wessex were: Gavin Clegg, Ian Sayer, Julie Astin, Kay Sayer and ‘Lady Lycra’ (see article on previous page)

We had a few meetings to discuss the logistics of this, bearing in mind that there were two races abroad. London travelling was not too complicated, just a day trip into the Capital.

### **LONDON CITY RACE – Sunday 21<sup>st</sup> September 2014**

The race was based at the Barbican, and Gavin, Valerie, Julie, Ian and myself drove up in our car, no need for an overnight stay. We arrived in good time, and the local school was again used as a base. Only about 5 minutes to the start, so no mad rush. I was running the W65+ course and had time to warm up before the off. I picked my map up from the correct box, looked at the first control and ran off to it. But when I got to the control and looked at my loose control descriptions, the number was the wrong one! So, back to near the start and go slowly to ensure I went to the correct control this time. Got there, and it was the same control! What was happening? I know my memory is not as good as it was, but I was certain I was correct. Then I looked at the descriptions on my map, and found that the wrong map was in the map box! I had taken great care to ensure I picked up the map from the correct box, especially as the start team reminded us all to do this. So, back to the start to sort this out. The mistake was not mine, the wrong map was somehow put into my box. I was allowed to clear the dibber and start again, but by this time I was a bit stressed!!

So, off again to my CORRECT first control! Took this a bit steady and it was quite close to the start, but I dithered about as there were lots of different levels and steps, but eventually found it. Took me 6 minutes, and should have been 2 minutes or so. A long second control, took 8.25 but got

it o.k. All was well until the last control, 13 in the Barbican (unlucky for me!!), I took 29.19. By this time, my brain was DEFINITELY not working properly! I met Ian somewhere in the Barbican and he tried to help me find where I should be; however, by this time I was angry and decided to retire as I couldn't even make out where I was. However, luck was with me, as I found the stairs which I had gone up before, and realised that I recognised my 10<sup>th</sup> control. Stopped and took deep breaths and walked slowly to 13. Then a sprint to the finish, 18 seconds.

Had I not made this stupid mistake, I would have been in a reasonable place; but I was 25<sup>th</sup> out of 30 finishers. Not a good start for the Tour!!

### **PORTO CITY RACE, PORTUGAL, Sunday 5<sup>th</sup> October, 2014**

Gavin, Valerie, Julie, Ian and I had booked accommodation in Porto with the same people we stayed with 18 months ago. A really nice family, good accommodation and it was nice to see them again. We had a couple of days before the race to site see; it's a lovely city and well worth a visit. Lots to do, including port tasting!

The first course was a score, and it was situated in Parque da Cidade, quite near the beach. A lovely park, lots of good running, and some high points to be had. 37 controls available, 1 hour to collect as many as possible. I really enjoyed this, and collected some high numbers. But I didn't realise that I was only allowed 30 controls! My dibber only held 30 but I didn't realise that, so thought my dibber was broken went to the finish,. The maximum points we were allowed to get was 1,000 and anyone getting more than that had their extra controls taken off. I got 810 points, so no reductions.

The City Race itself was based in Foz Velha park, quite near the sea again. I enjoyed the event, as I do like the urban races, and was hoping to beat (or at least get close to) Liz Godfree, who is an excellent orienteer and quicker than me. But, surprise, surprise, I came THIRD!! So a good race for me, averaging 3.4 minutes per control. Back home to do the washing, ready for the next race.

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## **EDINBURGH CITY RACE, Saturday/Sunday, 11/12<sup>th</sup> October, 2014**

The Edinburgh events were “Race the Castles”, i.e. Edinburgh Castle and Stirling Castle. Our accommodation was splendid, a flat near the centre.

We had a short practice race in the evening, to get our heads around the area. I had 12 controls, which were fast and furious, until I got to control 6 – took 11.33 for this, quite complicated, and I met Ian who was also confused. So we worked together on that control, eventually finding it. So this was a good start!

### **Edinburgh Castle Race.**

Well, my brain was not working AT ALL!!!!!!!!!!!!!! I could not find the first control! Not a good start; I went to the control which I thought was mine, having seen Lyn Brandford coming out of it, only to find it wasn't mine!! So, 20 minutes later I decided to retire, which I hate to do, but otherwise I would have been out for hours.

### **Stirling Castle Race.25 controls.**

What a lovely area to orienteer in! However, I was a bit nervous as the start was inside the castle, meaning there were lots of different layers and difficult to decide which layer was the correct one. Luckily, I saw Ian a couple of times, and he pointed me in the right direction. So, off into the suburbs, a long race and I took 67.58 for 3km. This of course, doesn't mean that the course was just 3km, as the detours around the buildings meant that the course was much longer. I had a good run and was enjoying the course, ran to the finish, dibbed and downloaded only to find I had missed control 22!! So, I was disqualified. As the teachers say, “must do better”!! We had a couple of days after the event to sight see which was good - have you ever been to the Falkirk Wheel? It's well worth a visit, look on the internet to find it. We went to see it with Gavin and Valerie, and it's really interesting, especially if you like canals.

## **BARCELONA CITY RACE, Sunday 2<sup>nd</sup> November 2014**

The last event of the City Races. We had booked an apartment in Barcelonetta, which is very near the port where all the cruise boats come into. The apartment was quite bijou but had enough for our needs. Julie was with us at Barcelona, but was only able to stay for the weekend. When we arrived at the apartment, we were waiting for the owner to arrive with the keys; however, while we were waiting a Spanish man came running up to us, saying something like 'you can't stay here, English not allowed' or something like that. Apparently, lots of the locals are selling their apartments to the English and other foreigners, so putting the prices up and the locals are unable to buy an apartment for themselves. The owner of our apartment left a message saying "you are our friends, so not holiday makers!"

### **Barcelona City Race. W65+, 19 controls, 3.5km (straight line)**

We were based in Ciutedella Park (meaning Citadel), the start was 20 minutes away, close to the Town Hall. I was determined not to mess this one up, so went slowly to where I expected to see the first control. Guess what? I must have gone down the wrong alleyway and couldn't find the control. So, back to the start and try again! This time, all was well, but it took 14.51 for the first control. However, the rest of the course was good, with only control 10 taking 3.13. So I was happy with that. But because of messing up the first control, I was not in the top three.

After the race finished, Julie had to go back to the U.K. as she needed to get back to work. So we had a couple of days sightseeing, taking in the market and on the goldola to Montjuic Castle and gardens, close to the Olympic Stadium. It was a great trip, and we are now looking forward to the next set of City Races.....!!

**Final results of the tour were: 1st Gavin Clegg, 8th Ian Sayer, in Men's Super Vets; 8th Julie Astin, Women's Super Vets; 4th Kay Sayer, Women's Ultra Vets.**

**Kay Sayer**

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## WESSEX COMMITTEE MEMBERS

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## **REGULAR CLUB EVENINGS/TRAINING**

Training every Tuesday at Bournemouth University, Talbot Campus, 5.45pm for 6.00pm start.

**Joint Club Evenings** with Wimborne Orienteers are on the first Monday of every month. See the website for more details.



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## CLUB CHAMPIONSHIPS RESULTS, KINGS GARN GUTTER, 12.10.14

		Age Grp			Time		Min/km	Min/km
Name	Surname	(Course)	H/cap	Length	Mins	Secs	Actual	Adj
<b>Men</b>								
John	Cook	M55 ( M50)	0.74	7.45	56	27	7.577	5.61
Richard	Arman	M85	0.34	4.19	69	33	16.599	5.64
Bill	Brown	M75	0.46	4.19	56	6	13.389	6.16
Tim	Houlder	M55	0.74	6.99	62	15	8.906	6.59
Roger	Crickmore	M50	0.79	7.45	63	41	8.548	6.75
Graham	Whiffen	M45	0.84	7.45	60	55	8.177	6.87
Jason	Falconer	M40	0.89	10.45	84	25	8.078	7.19
Peter	Suba	M40	0.89	10.45	86	19	8.260	7.35
Rob	Hick	M50	0.79	7.45	69	44	9.360	7.39
Arthur	Brooke	M10	0.8	2.51	26	3	10.378	8.30
Alan	Hooper	M70	0.53	4.7	127	32	27.135	14.38
<b>Ladies</b>								
Frida	Forshallen	W21	0.8	8.55	75	30	8.830	7.06
Nicola	Brooke	W45	0.62	5.89	72	22	12.286	7.62
Agnes	Brooke	W12	0.63	3.08	40	36	13.182	8.30
<b>Non Counters</b>								
Tina	Stratford	Sh Green	1	4.19	59	6	14.105	14.11
Kath	Dean	Lt Green	1	3.65	67	6	18.384	18.38
Sarah	Houlder	Sh Green	1	4.19	80	46	19.276	19.28