

# Wessex Extra

September 2010



The winning relay runners

highlights...

- Coast Path Victory Again Pgs 4 to 6
- Relay series Pgs 7 to 9
- World Masters Pgs 18 to 19
- Jason's Great Tour Pgs 20 to 21
- String Course Joy Pgs 22 to 23

And lots more.....



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## Chairman's Chatter - World Masters Sprint 2010

Valerie and I crossed into Switzerland at an obscure border post on the D464 near Cote-du-Doubs. Fortunately the Douane was closed and they didn't have to rifle through my selection of O shoes and trainers looking for imported contraband. The Jura road wound up the hillside for many kilometres cresting the alpine meadow top and just below us was the small city of La Chaux-de-Fonds, event centre for the 2010 World Masters and venue for the Sprint Qualifier.

In 1794, the city was devastated by fire. Charles-Henri Junod created the new city's plan in 1835, and the city is now known for its "modern," grid-like plan, in comparison with most European cities' meandering streets. Its most famous native sons are the architect Le Corbusier, born as Charles-Edouard Jeanneret in 1887 and Louis Chevrolet, born in 1878, founder of the Chevrolet Motor Car Company. Many watch companies started life in the city, most notable Rolex.

Richard and I were the only Wessex members present and were both defending the Silver medals we won last year in Australia. With the high numbers (331 in M55 and 35 in M80) and preponderance of Scandinavians we both knew that any result this year would truly well earned. The facilities were superb, however the grid-like plan of the city didn't bode well for the technicality of the races and so it proved.

To get into the "A" final the following day, you had to be in the top 16 in the qualifier, so pressure from the off. The walk (sorry I mean climb) to the start at least meant you knew the course was going to be downhill for the most part. The start was positioned in a turning circle at the end of a road abutting an open playing field. I did my usual watch of where people were heading off from the start and there appeared two choices, straight on or down to the right. We went down to the right and with the fastest split on that leg managed to keep 1<sup>st</sup> place all the way to the end. The courses were pretty ordinary and with my biggest mistake being 7 seconds, I even managed to slow down towards the end to save myself for the final. Brits had good results in my heat with Philip Eeles SOC being 3<sup>rd</sup> and Mikhail Gryaznevich TVOC 6<sup>th</sup>. Richard had a similarly uneventful race, with just a 90 second wobble at control 5, but with an 8<sup>th</sup> place was well into the "A" final.

Fortunately I had an early run and didn't have any problems at download, but I understand the software 'fell over' and some competitors had to queue for up to an hour in the finish funnel before they could download!

So on to the final. Neuchâtel is located on the north western shore of Lake Neuchâtel ("lac de Neuchâtel" in French and "Neuenburgersee" in German). It has a sizable population of around 32,000. Above Neuchâtel, roads and train tracks rise steeply into the folds and ridges of the Jura range – known within the canton as the Montagnes Neuchâteloises. Like the continuation of the mountains to either side, this is wild and hilly country, not exactly mountainous compared with the high Alps further south but still characterized by remote, windswept settlements and deep, rugged valleys where we would be running the classic races. The city has a much more 'medieval' layout with plenty of steps and hills.

GBR had 9 in the M55A final, quite an achievement. I was starting off 4<sup>th</sup> from last with Nikolay Pavlov from Russia starting a minute in front of me. The start was on the flat and I watched Nikolav closely as he first went one way then the other then circled a bit as I realised we had a very close 1<sup>st</sup> control. 14 seconds later I was leading and on my way to control 2. Control 3 and a momentary lapse in concentration led to a 30 second error taking me down to 28<sup>th</sup> – a few expletives passed my lips and a verbal whipping telling the brain to concentrate. 7 to 8 was going to be the crucial leg and first I missed the best route then tried to be too clever to get to what I perceived to be the right height by taking a long flight of steps rather than the smoother road. Another 30 seconds lost. Took the next few controls at speed and managed to end up with the Bronze. You can't be disappointed with a World Bronze.

Richard however was disappointed with his Qualifying race, but he had made the A final, so all to play for. A steady start but by control 3 only 11<sup>th</sup> place – plenty still to do. By control 6 he had moved up to 8<sup>th</sup>. Leg 6 to 7 was the key and Richard came up trumps with the second fastest split which rocketed him to 3<sup>rd</sup> place. By the finish this had improved even further and an incredible 2<sup>nd</sup>. Second World Silver medal within a year. I am sure you will join me in congratulating Richard on this amazing achievement.

**Gavin Clegg**

# Thoughts on the Dorset Coastal Path Relay 2010

It's always a sort of relief in this household when the day dawns as



finally no more adjustments to the final plan are needed. Roger spends hours with maps fine tuning the final version. Long before the final club

briefing the family have all sat down and played "Check the Relay Plan Works." This involves a small card for every member and each of us being responsible for a virtual



car or 2. We go through each stage making sure nobody is left behind and that we can physically fit the number of people into the car. Does each car still have a driver? Each year we find a few problems that need sorting so worth doing but it takes hours of concentration.

This year the weather was just right temperature wise but the brisk easterly wind that developed mid-morning onwards slowed times. I

was 'driving only' this year which is not quite so much fun but keeping accurate times, sorting kit, drinks and snacks etc kept me busy. Roger was right when he said some of the con-



nections were tight; Tyneham to Worth Matravers was extremely tight and had the road works still been up in Corfe both sprint teams would have missed their slot and poor Rob would have had an unexpected

long climb. Both hill squads made it with seconds to spare!

The plan worked, everyone gave 100% and we won! The only improvements I can really suggest are nothing to do with the actual race plan. I think we should have flags on our cars so we will need to get some old England ones for the poles and I can paint us white



nylons flags with the club logo and S1, D1 etc. I also think it would be great if club members not taking part could pitch a club tent at the finish and have tea or soft drinks ready for us. We often

stand around in the wind getting cold whilst waiting for other clubs to finish and even if we don't win it would be a focal point for club members. I also wonder whether clubs should be asked to phone in to finish line controller when they are at St Aldheims Head and Swanage Pier so everyone knows roughly how long the wait at the finish is going to be. After all we drifted away from the finish 20 minutes before a very close finish between Berkshire and SOC which was a shame but we thought they were further back.

All in all an enjoyable day and worth all the computer hogging by Roger.

Tracy Crickmore

Your  
Club  
Needs  
You



# Chairman's Challenge Summer Relay Series

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Having had a successful series last year, Wessex invited me to take up the Challenge again this summer.

The races were over five consecutive weekends (27<sup>th</sup> June to 25<sup>th</sup> July) and each was a team relay of some description. Team sizes varied from 3 to 5. Some races had handicap available, making the inclusion of older runners beneficial.

Last year we won 3 of the 5 races and the series. The aim this year was to try and defend these wins and add the other two, making a clean sweep.

The first race was North Wiltshire. The format was 3 courses to be run 3 times each by a team of 4 people. It was a massed start, with 1<sup>st</sup> across the line to be the winner (i.e. no handicap available). The area was an interesting area of open fell, with some contour detail. And, to add to the interest, pin punching was being used – something of a rarity these days! The team performed well, crossing the line with a comfortable lead.

The second race was Bristol (Adams Avery). Two teams were entered, with the format being a straight 3 person relay. Again a massed start with 1<sup>st</sup> across the line being the winner. We won this race last year, so were hopeful of defending the trophy. The area was an interesting section of forest with an incredible maize of paths. Unfortunately 80% of the paths were not on the map – making navigation very challenging! The team took an early lead – more by luck than judgement. However, by the time the last runner crossed the line we had slipped to second place – about a minute down on Quantocks, who were expected to be our main rivals for the series.

Race 3 was the Wimborne Furrow Hoppers relay. We had three teams entered for this race which took place on a beautifully sunny day. The terrain was mainly parkland, with some wooded areas. The format was 4 courses to be run 3 times each by a team of 5 runners. Handicap came in to play, with your handicap allowance determining your team's start time (more handicap = earlier start). The first team to cross the finish line would be the winner. All team members performed well, taking the team

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into a very strong lead. Another trophy secured – one that we hadn't won last year.

Race 4 was on Dartmoor. 2 teams were entered for a Harris format race (all 3 team members run at the same time, the idea being to share the controls around in such a way that you all finish together). There were two competition, open and handicap. The race started in a massed start, with first team to finish claiming the open trophy. Handicap allowance was then deducted from the teams finish time to determine the handicap trophy. We won both trophies last year and were hopeful of retaining both this year. The area was interesting Dartmoor terrain with an abundance of features, making for reasonably challenging orienteering. Unfortunately we didn't quite share the controls out in the most efficient way, resulting in a finish position below that hoped for. We were beaten by a very strong Devon Junior team, who not only won the open and handicap trophies, but took the junior trophy too!

The 5<sup>th</sup> and final race was our own Hardy relays. 4 teams were entered for this – two open and two veterans. The format for the veterans was teams of three, with three courses being run twice each. For the open race there were teams of 4, with three courses – one being run twice and the other two being run 4 times each (i.e. by every member of the team). Handicap again determined the team start time, with the first team to cross the finish line being the winners. Having won this race last year, we were determined to defend this trophy. Our record at defending trophies so far hadn't been too good, so we had to see an improvement!

We had a slow start in the open race, making very little progress on catching our main rivals over the first two legs. This left most of the work to be done in the second half of the race. We were 7 minutes down starting the last leg – a gap that seemed rather large. By the last control we were still in second place – although closing fast. Fortunately there was a very long run in from the last control, allowing us to take the lead in the dying seconds of the race!

Overall we were able to retain the Challenge trophy. We ended up being the only team to successfully complete 4 races (best 4 re-



sults of 5 counted for the challenge), others having incurred dis-qualifications at critical times.

A good overall performance by the club, with a good number of people taking part.

The series will run again next year – it would be good to see more club members taking part. Make a note for late June/ July – we would welcome you on board. If all our top runners could be available for every race – then we may even stand a chance of winning all the races next year ....

**Dale Paget**



Some Friendly faces at the Hardy Relays.

**Closing Date for next edition is  
12th November 2010**

# Annual Quiz

This year's AGM and Quiz was held at a different venue, Poole Yacht Club. After the business of the evening was rapidly concluded the 24 members of Wessex were joined by an unusually small number from Wimborne (other commitments had meant that many of the regulars could not attend) for the usual fiendish questions. This was preceded by an excellent buffet (thanks to Eric Whapples for sorting the venue). After the first round the Tottering Towers took an early lead which they managed to hold on to right through the competition. However the minor placings were very competitive with the order changing round by round.

In the end the final result was Tottering Towers first, second was the Streams, third the Hedges and fourth equal the Boulders (also known as the President's Posse) and the Hope Springs Eternal Team.

So the Winnings team members of Gavin Clegg, Alan Hooper, Roger Crickmore, Tim Houlder and Jill Brown were each rewarded with a choice bottle of wine for their efforts.

## The New O-Top Modelled at the Coastal Path Relay



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# Club Nights

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To kick-start Club Nights for the new season we are going to try something different. Using the first Monday of the month we are combining with Wimborne to put on a coached session based on orienteering skills. Following this there will be time to socialise and discuss the previous weekends competitions and just relax with fellow orienteers. Sessions will start at 6.30 and last for 60 to 90 minutes. If you don't fancy the energetic bit then why not join us later for the chinwag?

Monday 4<sup>th</sup> October WIM Canford School (social in Outdoor Theatre after - wrap up warm!)

Monday 1<sup>st</sup> November WSX Upton House (social in the resource centre)

Monday 6<sup>th</sup> December WIM Milldown, Blandford (social ?? after)

Monday 3<sup>rd</sup> January WSX Parkstone Grammar School (social in school after)

Monday 7<sup>th</sup> February WIM Canford School (social in Outdoor Theatre after – wrap up very warm!!)

The majority would be suitable for juniors staying on afterwards for the social side which could be looking at recent events and possibly even having someone like Richard Barrett BOF coming to help out and give a talk. Helen Bridle might be available to talk to us on 3 January unless she has returned up North by then.

Nothing is set in stone yet as we have not looked at the nitty-gritty of access and use of a number of the venues – watch the website for updates. It would be good to get an idea of numbers so if you think you might like to come along then let me know – [gavin.clegg@parkstone.poole.sch.uk](mailto:gavin.clegg@parkstone.poole.sch.uk).

# Forthcoming Events

**\*\* Details of 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)**

For further details of forthcoming events, log onto the BOF website, or through the SWOA website.

## **SEPTEMBER**

**Fri 17 WESSEX ANNUAL GENERAL MEETING**, Poole Yacht Club.  
7.30

p.m., followed by Quiz and Supper.

**Sat 18 SARUM** Orienteers, Score event and MTBO, Bulford Ridges.

**Sun 19 BRISTOL ORIENTEERING KLUB**, Long O, Wavering Down.

**Mon 20 WESSEX Committee meeting**, Bournemouth University.

**25/26 CADDIOE CHASE**, Wareham Forest.

## **OCTOBER**

**SAT 2<sup>nd</sup> WIMBORNE**, Dorset Schools League and informal,  
Clayesmore School.

**SUN 3<sup>rd</sup> SOUTHAMPTON Regional Event**, Farnham Wood and Nor  
Hill. [www.southampton-orienteers.org.uk](http://www.southampton-orienteers.org.uk)

**Mon 4<sup>th</sup> WESSEX/WIM CLUB ACTIVITY NIGHT**. Canford School,  
Wimborne. 6.30 p.m. for outdoor activity session followed by  
social. All ages and abilities welcome. Something for every-  
one.

**Sat 9<sup>th</sup> SOUTHAMPTON Local Colour Coded**, Hampton Ridge.

Also: **SARUM Local Try-O and score event**, Vernditch.

**Sun 10 NORTH GLOUCESTER O.C.** Regional event,  
Knockalls Enclosure, Forest of Dean.

**Sat/Sun 16/17 QUANTOCKS Long O, Weekend**, Quantock  
Forest.

**Sat 23 WESSEX URBAN RACE**, Bournemouth University.

**Sun 24 WIMBORNE Galoppen**, Ringwood North. Ideal for families  
and beginners.

**Sat 30 WIMBORNE 1 of 6 weeks "Learn to Orienteer"** at Moors  
Valley Country Park. [www.moors-valley.co.uk](http://www.moors-valley.co.uk) or call 01425  
470721 to book a place.

## **NOVEMBER**

**Mon 1 WESSEX/WIMBORNE Club Activity Evening**, Upton Coun-  
try

- Park. Ideal for beginners and families. **\*\* Please note change of venue for this evening.**
- Sat 6 WESSEX INFORMAL & MTBO & NIGHT EVENT, (3 in 1),** Rempstone. Ideal for families and beginners.
- Also: **WIMBORNE 2 of 6 weeks “Learn to Orienteer”** at Moors Valley Country Park. [www.moors-valley.co.uk](http://www.moors-valley.co.uk) or call 01425 470721 to book a place.
- Sun 7 SOUTHAMPTON ORIENTEERS NOVEMBER CLASSIC, Iron-**swell, New Forest. **WESSEX CLUB CHAMPIONSHIP EVENT.**
- Mon 8 WESSEX COMMITTEE MEETING,** Bournemouth University.
- Sat 13 SARUM Dorset Schools League & Limited Colour Coded Event,** Bulford Ranges.
- Also: **WIMBORNE 3 of 6 weeks “Learn to Orienteer”** at Moors Valley Country Park. [www.moors-valley.co.uk](http://www.moors-valley.co.uk) or call 01425 470721 to book a place
- Also: **Sun 14 DEVON Galoppen,** Tavistock, Virtuous Lady.
- Sat 20 WIMBORNE 4 of 6 weeks “Learn to Orienteer”** at Moors Valley Country Park. [www.moors-valley.co.uk](http://www.moors-valley.co.uk) or call 01425 470721 to book a place
- Sun 21 BRISTOL Regional Event,** Moseley Green, Forest of Dean.
- Also: **CHIGWELL, Regional Event,** Paradise Wildlife Park.
- Sat 27 WIMBORNE ORIENTEERS,** Southern Night Champs. Washer’s Pit.
- Sun 28 SOUTHERN NAVIGATORS, Regional Event,** Long Valley South.
- Also **WIMBORNE Dorset Schools League,** Washers Pit (TBC)
- And **WIMBORNE 5 of 6 weeks “Learn to Orienteer”** at Moors Valley Country Park. [www.moors-valley.co.uk](http://www.moors-valley.co.uk) or call 01425 470721 to book a place
- DECEMBER 2010**
- Sat 4 WESSEX INFORMAL,** Kings Park, Boscombe.
- Sun 5 SOUTHAMPTON Regional Event & SCOA League,** venue TBC.
- Mon 6 WESSEX/WIMBORNE Club Activity Evening,** Milldown, Blandford. Ideal for beginners and families.
- Mon 13 WESSEX COMMITTEE MEETING,** Bournemouth University.
- Sun 19 SOUTH LONDON OK Nuts Trophy,** Longmoor.
- Sun 26 WIMBORNE Boxing Day Canter,** South East Moors Valley Country Park.
- Wed 28 BAOC event,** Woolmer & Longmoor.

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

## THE LAKES DAY 1 - Swindale North.

All was well to start with on a sunny day in open fell land and running conditions were good, so off we go.

Initially offline at No1 was easily corrected; not so at a poor poor No2. Along with a host of others we all appeared on a lumpy feature with boulders and smooth grass, with nice views all round. It seemed ages until I and one other decided that we were at the wrong hill feature entirely and needed to go down and cross a small marshy valley and climb back up the adjacent rocky hill to find the control tucked in under a little crag – sneaky!

On the way to 3 there were three little hill tops to negotiate. I passed between the wrong two which put me offline badly well below my control which was located by finding another control on a crag 100meters to the south – more anger at ineptitude! 4 and 5 were OK; a bit offline to 6 and 7; 8 OK and a nasty tiring climb to 9, followed by a nice steady downhill run to 11, 12 and the finish.

I suspect that 12 minutes to 2 and then 10 minutes to 3 was critical; my time 60-54 but the winner galloped away to record 47-35. If 2 and 3 had been done in a respectable 3 and 6 minutes respectively my time would have been reduced by 13 minutes, say, and in time with the leader. How's that for a really useful "could have" Result, or perhaps an "if only" result?

**Richard Arman.**

## THE LAKES DAY 2 - Guards Wood and Tarn Hows Woods

Having endured a disastrous day 1 at Swindale things could only get better, well except the weather which had taken a definite turn for the worse with grey sky's and rain in the air.

After a 2.5km walk to assembly and the usual chatter around the club tent I shared the uphill walk to the start with several other Wessex members with similar start times.

Today's map was to be a contrast to the open fells of day 1 with a mixture of mature woodlands and some open rough grass.

Heading straight into Tarn Hows wood and some steep climb to my first control I was pleased to locate this at the bottom of a

small crag. The leg to the second control was long and with going underfoot quite rough took longer than anticipated. But accuracy payed off with the small re-entrant at the side of a marsh found without difficulty. Not so No 3 !, again a small re-entrant but this time with the map showing a darker shade of green I was close but still managed to loose over a minute in the wrong re-entrant ! Things didn't improve at 5 as I found the wrong control at the wrong crag – more time lost ! Although I had to feel for the runner who arrived at speed at that location eager to punch the control only to realise he had lost his dibber !! I finally managed to pick up some speed and locate the next group of controls without problem before emerging briefly onto open land and crossing into another section of Tarn Hows. Control No14 was at the base of a large crag although approaching from the opposite side and uphill this was not obvious until another runner seemed to appear from under the base. So climbing down one side revealed a well concealed control almost in a small cave !!

It was briefly back onto open land before entering Guards Wood where I somehow managed to run right off my bearing and miss an earth wall/track intersection which would have been an ideal attack point for No18. This cost me several minutes as I had to re-locate from below on another track and climb back up some 20-30m. Emerging into the open once more and a quick run through the last 3 controls to finish in a time which I wasn't impressed with but pleased it was a definite improvement on day 1.

Having changed into dry clothing in the club tent needless to say by the time we had walked back to the car in Coniston, I needed to change again such was the weather that day !

**Rob Hick**

## **THE LAKES DAY 5—Helsington Barrows**

Helsington Barrows is a limestone area above Kendal; the picture shows the terrain we were running on – lots of cairns, and boulder fields with loose stones that make a tinkling noise underfoot just like scree hopping on mountain sides.

The last day of the holiday, and another glorious sunny day.- actually a bit too hot for me with perspiration stinging my eyes and mak-



ing my specs slide off my nose! Could this be a good excuse for my 15 minute leg to No.2? I had to force myself to give up the headless chicken routine and relocate from a crossing point in a stone wall that I had simply been ignoring. I had been using the old tactic of just fumbling on a little longer checking the whole area out believing that the control would magically pop up.

All orienteers at all levels make mistakes; the difference is the good ones correct themselves quickly within seconds. whereas the likes of me take much, much longer.



The stars \* of the day I have marked on the above results, but until the last day was run we didn't know who had won the **Wooden Spoon Award** for this event. This is the person who perseveres gaining the longest split time over all the days. Chris Brown did well with a 45 minute leg on Day 5 but it was won splendidly by **Tina on Day 1 with a 49min leg to her No. 1** – what a start! Congratulations, Tina (sorry).





However, on the day, those of us that had ‘blown’ the day or the whole event for that matter, had a smaller competition going on. **The Quickest Run-In** in the quickest time. In reverse order I list the results:

Well done to us all!

**Liz Lockton**

Name	Age	Time	Position
Fern	W21S	62.04	17/22
Tina	W35L	134.37	18/18
Nicola	W40S	46.11	Apr-13
Liz	W50S	60.4	17/19
Julie	W55L	51.3	19/44
Kay	W60L	47.39	21/47
Jill	L Green	95.36	86/88
Chris	W70S	108.07	03-Mar
Alan Hartley	M35L	67.45	Apr-13
John	M40L	62.13	Nov-41
Rob	M50L	66.18	44/63
Alan Brown	M50S	58.04	29/36
Ian	M55L	57.48	32/64
Eric	M60S	79.37	23/23
Bill	M70L	mp	disq
Richard	M80L	57.32	03-Sep

BOYS	GIRLS
8 <sup>th</sup> : Richard with 56 seconds	8 <sup>th</sup> : Jill with 111seconds
7 <sup>th</sup> : Bill with 51 seconds	7 <sup>th</sup> : Chris with 62 seconds
6 <sup>th</sup> : Eric with 43 seconds	6 <sup>th</sup> : Julie with 58 seconds
5 <sup>th</sup> : Ian with 38 seconds	5 <sup>th</sup> : Liz with 50 seconds
4 <sup>th</sup> : Alan Brown with 36 seconds	4 <sup>th</sup> : Kay with 47 seconds
3 <sup>rd</sup> : Alan Hartley with 34 seconds	3 <sup>rd</sup> : Fern with 40 seconds
2 <sup>nd</sup> : John with 33 seconds	<b>JOINT 1<sup>ST</sup>: Tina &amp; Nichola both with 35 seconds</b>
<b>1st: Rob with 31 seconds</b>	

## World Masters in Switzerland

This event, held annually was located this year in the West of Switzerland based at Neuchatel and areas to the North West. This is the French speaking area of Switzerland, so no use for my gas-thof type German. The main long event as usual had two previous Qualifying events and my aim had been to get into the top ten in M80. After adding the two qualifying times the top half of the 37 entrants in my class would go through to the 'A' final. Only by getting to the 'A' final can one be on the 'rostrum' – or of course, get into the top ten.

All went well in Qualification 1 till control 8 where confusion reigned because of misidentifying a crossing place on an otherwise uncrossable fence. This became a 16 minute leg instead of a 'normal' 3 minute one and I was not a happy bunny. Apart from confusion in the area of controls 1 and 2 because of the way the map showed very scattered woodland with very clean grass in between and no dotted boundaries, timing was OK. However I finished in 23<sup>rd</sup> place in 56 minutes to the winners staggering 25 minutes!

Qualification day 2 saw the start delayed by an hour for some reason. I found out about this change on the way to the start. This was a tough forest with lots of low scrub and controls quite well hidden. I was slow here trying to relate to the map with 'hesitations to 1, 3 and 4. I blamed the long wait at the start – well, one has to blame something for ones apparent divergencies! 7 was a monster in very tight woods and after an initial search I had to cut out to a path to relocate, taking a lot of time in the process. There were four angry women at this control when I eventually found it by a rocky pit

(a black 'v' not a brown one – are you taking notes?) and getting away from the control was a fight – not nice. At 3 I had made the original error which we all say we will never do again, yet you do do it again. Yes, a 180 degree error; in this case fortunately picked up by hitting a small wall which I was not expecting. So, a quick about turn and a degree of anger.

So on this event I only made 19<sup>th</sup> taking 68 minutes to the winners 35 and for the second time well below my old rival Roy Malley whom of course I do like to beat. On combined overall time I Just squeaked into the 'A' final, as of course did Roy.

The finals day was in similar close terrain in the woods and though only 2.9 kilometers gave everyone some trouble. I did

however manage to finish 9<sup>th</sup> overall, so aim achieved (just!), but miles off the 'podium'. It took 72 minutes so what went wrong?

1 and 2 were good and I took a safe route to 3, but slow. I deliberately took a longer path run to 4 with a pick up minor junction to attack from rather than attempt a run through the 'green'. Badly lost I consulted with, I think, a Russian lady who thought she knew where she was but clearly didn't, and then with a casual Swedish gent with whom I discussed a possible scenario for finding the control. The agreement worked for us both, but an 18 minute leg one can do without. After that only 9 was a trial. I made it worse by going too far downhill only to face a tiring uphill slog to the next control. Upsets were many on this day. Denis Reynders from Belgium, an old adversary, was 3<sup>rd</sup> on Qualification 1 and 1<sup>st</sup> on Qualification 2 but fell five minutes and three places below me in the finals. Poor Roy was last of the finishers in the 'A' final having taken 146 minutes!

So where next? Hungary of course in 2011, to go through it all again. It is always tough and difficult so the challenge remains. 2011 will be my third year in M80 and, yes, there will be a fresh selection of young chaps coming up, but the event is so good it's all worth it. It remains, for me, the best event of the year; marvelous, just marvelous.

**Richard Arman**

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# Jason Falconer's Great Tour

**week 5:- Longest days riding in the tour, half way point day 32 and highest point between Gairloch and Applecross.**

## **Day 29-35 from Ullapool to Ayr.**

Many bike rides are linear, others take an 'out and back' form, this week unfolded as an archipelagic perambulation, travelling in every direction, never quite sure of what comprised mainland or island. I watched from the human dynamo of the bicycle a continuum of unfolding landscapes, endurance events can be enjoyable!

The Great Tours' caravan of 25 plus support vehicles arrived at church halls, tents, youth hostels and B&B's, our versatile chef able to conjure up meals for 25 regardless of the evenings resting place. The amply provided refreshment was a highlight and for once I was able to enjoy an actual lunch break away from the chaos of work.



On day 31 a 774 metre climb out of Applecross spiked my week and provided the grinding highest point of the whole tour, a 6 kilometre climb rewarded by an even longer descent down the other side, these efforts made the weeks' other 13,000 metres plus of climbing seem like minor grunts along the way.

Halfway stage day 32, Mallaig to Tobermory- a day of synchronicity, my half way and the tours' 32nd of 64 consecutive days on the road. We celebrated with pints and pool in the pub at Mallaig. Mull, Skye, Arran, Gigha:-week 5 touched upon all these four islands, the last and wildest an outpost of tranquillity between the enveloping rain showers. This being the west of Scotland there was hardly a rain-free day on the calendar, but as an avid outdoorsman I enjoyed witnessing the constant flux of mercurial Atlantic weather.

Day on day of saddle time blended together so much that when

asked by a dignitary at Ayr where we had cycled from that day neither I nor Graeme could recall! Suffice to say I was very happy to have been involved in such an enterprise comprised solely of win, win, win. This epic event is set to join the Tour Series and Tour of Britain in the cycling calendar as a firm fixture. Ending with a tea and cakes reception at Ayr in the palatial surroundings of the Civic centre, followed by fish and chip supper rounded off the weeks riding perfectly.

As always the best souvenirs are what you take away in experiential terms, the camaraderie enjoyed, stories heard, personal endurance banked and the subtle transformation resulting from one superb week of adventure.



The new Wessex Club House discovered by Gavin Clegg and friends at the World Masters. Move in date yet to be finalised.....



.....or was it this one?

# The Joys of a String Course

We've done 3 or 4 string courses now, but there always seems to be a reluctance from club members to organise the string course and I must admit we had the same misgivings when we were first asked. However I soon realised they are quite good fun, so I thought I might share our experience.

There are 3 aspects: Deciding on the course, Putting out the course, Buying the prizes. My favourite part is the last, I think I spend nearly the same time choosing the prizes to buy as I do planning (Allan can testify to this as he waits impatiently for me in Tesco!), but maybe that's just the child in me.

So Allan and I have the string course down to a T now, so much so that we need less than 2 hours in total. You're always told the area to be used by the planner; we grab the string (kindly looked after by the Crickmores) on the Saturday before the event; decide on a starting point, usually near a path for easy access; and Allan will unwind as I draw a map and at the same time we decide where we want to place the controls.

When I say draw the map I don't mean anything hi-tech. I literally take a piece of A4 and trace the rough route of the string, marking out any big (or little) features that may impact the route, e.g. large tree, hill (usually the tiniest of mounds!). At the same time we decide where we want to place the controls. If I'm feeling particularly conscientious I may well go around the route again just to check that my "map" in some way reflects what is on the ground.

Later I usually transfer the map onto the computer, adding in colour for the different terrain and "features". However this could just as easily be done with coloured pens and then colour photocopied.

Some people have fun characters as the control points or make up features e.g. witches fire! However I find children are just as chuffed to be doing the dibbing!!

That's all the preparation that is required, it's not until the morning of the event that we put out the controls and that takes all of about 15 mins, bearing in mind that the course should take an adult no more than approximately 10 mins to walk. Then there are always people available on the day to help so that you can also have a run.

There are a few things to consider...

- children are much shorter than us adults (particularly Allan and I!) so the points they are going to need to be at *their* height, this takes me to the example of a hill again, what may not

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even be marked on a conventional map may seem quite large to a child and therefore a good feature to mark.

- Children have much littler legs so what might be easy terrain for us long legged folk may be quite a challenge for children. I've even had Andrew Beldowski and Eric Whapples walking the course to trample down the fern for me before.
- Always, and I mean always, roll the string up as you pack up the course. Our biggest mistake was once just picking it up and rolling it up in the assembly area, which took what seemed like hours with the help of quite a few people!

On the actual day you're given the dibbers and a printer, which is very easy to use, and you print out the results twice – one for you and one for the competitor, that way it's easy to do the results. Oh, and you also need a list of who has gone out, their age and the dibber number so that they don't go missing (the dibber as well as the child!).

And that's it, really quite simple, fun and satisfying when the children enjoy themselves.

Sian and Allan Rixon





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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