

Wessex Extra



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features.....

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September 2011

Chairman:

Gavin Clegg
gavin@ukmax.com

Treasurer:

Karen Morton
karenmorton@ntlworld.com

Secretary:

Sian Rixon
sianrixon@live.co.uk

Committee Members:

Richard Arman
thearmans@googlemail.com

Rob Hick
rob.hick@tiscali.co.uk

Eric Whapples
whapples@fsmail.net

Tim Houlder
tim.houlder@ntlworld.com

Ian Sayer
ian.sayer68@ntlworld.com

Mark Scott
mark@caledonut.plus.com

Gavin Avey-Hebditch
gmah59@hotmail.com

Chairman's Ponderings

September completes my second year as Chairman. Next September according to our constitution I need to step down and someone else must take the reins. Don't be shy in coming forward, there is a vacancy on the committee for Vice Chairman and it makes sense for someone to take this position with a view to have a year as Vice Chairman before taking over as Chairman. I would certainly not want the club to be in the same position as SWOA and run without a Chairman.

We also have three vacancies on the committee. The club cannot run successfully without a functioning committee, so please give some thought to putting yourself forward. Even if you are fairly new it would be good to have some fresh ideas and different perspectives.

Getting volunteers to put themselves forward is difficult at the best of times and I do wonder if BO have shot themselves in the foot a bit with all the rules, regulations and courses they are making our officials undertake. From personal experience, up until a few years ago I was a grade one controller, which meant I had the ability to control everything up to an International, which I was fortunate to do on a couple of occasions. I also sat on a number of Juries, including the JK and British Championships. I was happy to give my time to this. As you know I Orienteer at the World Masters and have had and am having reasonable success at the highest level. However, as I hadn't been to the relevant course within a certain timeframe, overnight I apparently became incapable of controlling any event.

How much of this I wonder is significant in our complete lack of being able to find a controller for our Galoppen in October? SWOA have agreed that our own Richard Arman can control it, but this the third event Richard is controlling at this time! Quite often the officials that Control are also those involved with Planning, Organising and Mapping. With more and more hoops to jump through in all these areas I suspect we will find less and less people prepared to undertake these roles, so less events for people to attend locally. This does seem to negate the big push for participation if we are not going

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Sat 7 Jan	Poole Park		

Further details:
www.wessex-oc.org
www.wimborne-orienteers.org.uk

to have the events for people to go to

We have just finalised the events for the Wessex Night League (see flier). If you have never had a go at night O, now is your chance. The club has six head-torches you can borrow, so no excuse you don't have the equipment! Ask me or Ian Sayer if you want to borrow one. Its great fun and certainly focuses the mind on the navigation.

Gavin Clegg

Furrow Hoppers Relay Success - 24 July



This was the last of the Summer Relay Series and although we had already received confirmation of our series win there was still the Furrow Hoppers Trophy to defend!

We had three

teams representing us:

- The Challengers of Gavin Avey-Hebditch, Tracy Crickmore, James Crickmore, Richard Arman and Julie Astin.
- The Lost Causes of Graham Whiffen, Peter Keene, Eric Whapples, Tina Stratford and Madeleine Bridle.
- The Wessex Raiders of Gavin Clegg, John Cook, Roger Crickmore, Ian Sayer, Kay Sayer.

The Furrow Hoppers is a complicated relay and a real cerebral challenge. There are four courses of differing lengths, each to be run three times but by a different member of the team. Just to make things more difficult the C course was partial map memory and the D course urban with a maze. This mean for the raiders I factored in extra length on the C & D to try



and compensate for this. The game plan meant that A, D & C finished at almost the same time – the problem this causes for the runners is that any of these courses could become the critical last one home which meant there was no let up for any of our runners on these courses.

There was one slight hiccup for the Raiders with the team captain (I have to confess to this aberration) missing two controls in the maze! Fortunately it only meant a 30 second penalty per control rather than a disqualification (much to my relief). The other two teams performed well and everyone seemed to enjoy themselves. In the end Wessex Raiders won by about 3 minutes. Full results are on the Wimborne website.

World Masters Orienteering Championships - Hungary

Lovely country Hungary. If you get the chance, do go. Budapest, which we only had a day when we arrived and a day when we left, to explore is beautiful, with some stunning buildings and very cosmopolitan feel. You could easily spend a week sightseeing just in Budapest. Catch me sometime and I will tell you the tale of the hire car. The moral of the story being that if you are travelling to a slightly more different country use one of the big hire car firms, not the cheapest!

We were however competing in and around the southern city of Pecs (pronounced peysh) near the Croatian border. This in itself was a fascinating city having being one of the 2010 European cities of culture.

The Sprint race (which in Orienteering terms means a winning time of circa 13 to 14 minutes) is split into a qualifying race and a final, on consecutive days. Usually these are urban races through the streets and alleyways. To get into the A final (of the top 80 orienteers) you have to be in the top 20 of your heat. There were over 300 competing in the men's 55 to 60 category and being in Europe the event was swamped with Scandinavian and Eastern Block athletes.

The Qualifier was in the old City of Pecs itself with the stunning backdrop of the Basilica in the main square being the assembly and finish area. It was a blue sky day about 30 degrees, so liquid to be taken on board before the run and try and stay in the shade before the race. Have a middle start time and recognise some of the runners milling around at the start. Warm up and get into the right frame of mind. You cant win the event in the qualifier but you can sure lose it! Through the pre-start area, hand on the upturned map, watching the clock tick down, long beep, pick up map, first control although uphill, looks straight forward just off the road into a sloping park area and execute it cleanly. Control 2 diagonally up hill and steps to round building. Up again for 3 around the back of the church. Brain starting to lose oxygen and not thinking perfectly, take wrong route 3 to 4 by dropping down and looping around the battlements. Would have been better to take an early uphill hit and approached from above. Probably losing 20 seconds, concentrate! 4 to 5 good, 5 to 6 hesitation on whether to retrace my steps or continue on. Either route would have been about the same time so lost time making the decision! Another 10 seconds gone. 6 to 7 good, starting to look carefully ahead at the next few controls looking for the short cuts, but there aren't any, so its eyeballs out round the streets for the next few controls. 11 to the penultimate control wrong route choice which involved steps down, never a fast option and another 10 seconds gone.

Had I done enough? Looked OK on the results, lying 2nd in my heat, which is where I ended up, so job done and through to the A Final.

Sunday and the Sprint Final. A hot day again. This time we were in the old communist mining town - Komlo. Quite a number of typical high rise apartment blocks, but lovely area and nothing like as bad as one imagines.

At this point insert the bit in last months Chairman's Meanderings re the locked hire car!

So through the pre-start area (which is about a km from the start and jogging up countless steps (no bad thing as it meant a negative height

race) and now with the adrenalin flowing. The Final is seeded, based on the qualifiers and I am the 7th from last to start in the M55 A final, check which way to exit the start area, pick up map, go. Game plan is to go out hard and try to maintain it. Went a different route to most to the first control which is never a good idea. Probably not the fastest route, 5 seconds lost, not a good start. 1 to 2 going from urban into semi-forested parkland which throws me a bit, another 5 seconds lost. 2 to 3 diagonally down across the parkland which is never easy as you are overrunning your brain. 10 seconds lost on that one and down in 21st place, pull yourself together for goodness sake!!! 3 to 4 was a longish route with only two choices, down and up or up and across. Took the latter but couldn't really understand the planners reasoning as this was only testing peoples running up hill skills rather than the orienteering. OK it got you knackered but it wasn't challenging those with a technical ability.

Back now into proper Urban O. Spent the climb working out 4 to 5 (building and vegetation junction!) which paid off with a fastest split time by 3 seconds, no mean feat in that company. Good execution of 6 and 7 now going back down towards the finish, but brain couldn't keep up with my speed to 8 and a hesitation at a road junction (basically didn't have a clue where I was) lost 15 seconds but still up to 11th place.

Good speed and precise navigation through the final three controls, in a small, steep, wooded parkland area and a good sprint finish took me up to 6th place 52 seconds off the winners time of 10.42. Very short and not technical enough is my excuse, but as always with orienteering 'if only'!

A great couple of days sport in superb surrounds with like minded athletes. Doesn't get much better than that.

Gavin Clegg

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Nicola getting ready for the Coast Path relayis she pointing in the right direction?

Another Take on World Masters Hungary 2011

As usual we have two qualification events followed by the final. You need to be in the first half after combining both qualification event times to get into the 'A' final. This is so for the oldest classes but not for the M/W 50's, 60's etc, where only the best 80 get to the 'A' final, often out of several hundred in the class.

This year I noticed there seemed to be a preponderance of 'youngsters' in my class, mostly from Scandinavia but a few from Germany, Estonia and Japan. Twenty three of the forty plus in the class were new in the age group.

I won't bother naming the places we ran in as they are all completely incomprehensible but all were notable for their extensive 'features'. That is to say land formations, or anything in brown on the map, particularly large gullies and holes where 'through' or 'round' decisions had to be made.

Qualification One was remarkable for the fact that almost the whole of the course was covered by those little vertical green lines, which strangely were not so prevalent on all the other bits of the map which we did not run on. Controls 1,2 and 3 were not bad with only slight overshoots, but 4 was difficult with a poor approach to a series of gullies, all in the 'stripes'. 5 buried in full green I found at once, but more or less by accident. The routes to 6 and 7 both crossed major gully systems, wide ones marked by two or more contour lines – and all still in the 'stripes'. I had terrible difficulty with 7, overshot it, back tracked to 6 (why? For heavens sake Richard, you are a dumbbo!), then went back to 7 the easy longer way. Not a good result with eighteen minutes for control 7, finishing 18th overall, 57-34 to the winners 33-10!

So to Qualifier Two amongst a mass of huge holes, some four contours deep, but thankfully no 'stripes'. I started with 'chicken' runs on the paths to 1 and 2, then due North on the compass to a big triangle path junction where I hoped to continue North again on a path. Disaster! Nothing fitted and I could not identify the triangle of

(Continued on page 12)

FORTHCOMING EVENTS

**** Details of all future events can be found on the British Orienteering website: 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

OCTOBER 2011

- Sat1/Sun 2 Weekend of Quantocks Long O's, Malmshead, Nr. Ly-mouth. Good training for the OMM.
Also: Wimborne South West Sprint Championships, Poundbury.
- Mon 3 **Wessex/Wim Club Night.** Possibly based at Parkstone Grammar School using Hillbourne area map.
- Wed 5 Army orienteering event. Venue tba.
- Thurs 6 COMMUNITY ORIENTEERING, Parkstone Grammar School. 6.00 – 7.30p.m.
- Sun 9 **WESSEX GALOPPEN,** Sugar Hill, Wareham.
- Wed 12 Wednesday Army event, venue to be advised
- Thurs 13 COMMUNITY ORIENTEERING, Parkstone Grammar School. 6.00 – 7.30p.m.
- Sat 15 Southern Navigators event, Long Valley.
- Wed 19 Wednesday Army event,. No further details as yet.
- Thurs 20 COMMUNITY ORIENTEERING, Parkstone Grammar School. 6.00 – 7.30p.m.
- Sun 23 Wimborne Galoppen (venue to be advised)

NOVEMBER 2011

- Wed 2 Wednesday Army Event. Details tba.
- Sat 5 Sarum South West Sprint Event, Sandy Balls, Fording-bridge. Limber up before the Classic.
- Sun 6 **Southampton OC November Classic,** Busketts Lawn, Ashurst. This is our Club Championship event and if you want to qualify for any of the trophies you will

-
- need to enter the long course in your age group.
- Mon 7 **Wessex/Wim Club Night.** See WIM website for details.
- Wed 9 Wednesday Army Event, details tba.
- Thurs 10 COMMUNITY ORIENTEERING, Parkstone Grammar School. 6.00 – 7.30p.m.
- Sat 12 Wimborne Dorset Schools League and Informal, Kingston Lacey Estate.
- Sun 13 Devon Galoppen, Hone Moor.
- Wed 16 Wednesday Army Event, details tba.
- Thurs 17 COMMUNITY ORIENTEERING, Parkstone Grammar School. 6.00 – 7.30p.m.
- Sun 20 Basingstoke Orienteers, Regional event, Pamber Forest.
- Wed 23 Wednesday Army Event, details tba.
- Thurs 24 COMMUNITY ORIENTEERING, Parkstone Grammar School. 6.00 – 7.30p.m.
- Sat 26 Sarum Dorset Schools League & Night Event, details to be advised.
- Sun 27 Bristol OK Galoppen, Wavering Down.
- Wed 30 Wednesday Army Event, details tba.

DECEMBER 2011

- Sat 3 **Wessex Sprint Race**, Bournemouth University. Details to follow.
- Sun 4 OK Nuts Trophy.
- Wed 7 Wednesday Army Event, details tba.
- Sat 10 Wimborne 3 in 1 (Informal/MTBO/Night League) Hurn Forest.
- Sun 11 Southampton OC, level C event, Hinchelsea nr. Brockenhurst.
- Sun 18 Thames Valley OC Regional Event. Wendover Woods.
- Mon 26 Wimborne Boxing Day Canter.

(Continued from page 9)

tracks, going East and West looking for it. Eventually a lovely slow moving lady showed me where I was. So back to where the triangle was and I swear one of the limbs of the triangle was missing! So easy to blame the poor wretched mapper isn't it? I now found 3 OK but my route to 4 was foiled by the apparent absence of a ride to lead towards it. I took a long safe route around some big holes to find it. After that no problem going down diagonally on a slope of sixteen contours – blessed relief! Having a fourteen and an eight minute leg brought me down to thirty first place with 53-20 to the winners 32-23.

So to the final, and regrettably my total times for qualification put me down to twenty sixth where in fact only twenty five got into the 'A' final. So; my first time in the 'B' final at the Masters; such shame. I did however win the 'B' final by a clear ten minutes, so some satisfaction in that.

The final was all big holes and on the whole seemed much simpler than the Qualifiers. I took paths and simple routes wherever possible and did not actually go down into any of the bigger holes. I made a small mistake at 4, missing my pit but picked up by a path just after it, re orienteering until my back was due south of a notable hole to go due north to find the pit easily. It was very hot this day and near the finish elephant tracks were liberally confusing, yet helpful for running. As usual with these events we had lovely little 'warm up' maps to use on the way to the starts, but none showed the size of the bigger holes we were to pass.

The final was sited very close to our hotel so that we could easily walk to the start and back and straight into the shower. Well done Global O Tours. Only Gavin Clegg from WSX came to join the fun and he did very well indeed. Next year beckons in the Harz mountains close to Bad Harzburg in Germany. Will you attempt the challenge?

Richard Arman

Thursday Evening Community Orienteering

As most of you will know we have been running Weekly Community Orienteering sessions in conjunction with Wimborne Orienteers.



These have been taking place every Thursday evening during Term time at Parkstone Grammar School in Sopers Lane, Poole.



Originally designed to attract newcomers to our fantastic sport these sessions have been developed to include something for almost everyone, beginner or experienced orienteer alike.



Most weeks we have had around 20 or more taking part. The sessions run from 6.00 to 7.30 and the cost is only £2 per head (£1 for juniors) including refreshments at the end. Sessions have



included aiming off techniques, pacing, relocation, map symbol recognition and many others.

After the Summer break the sessions started again on September 8th and the first session included the chance to test your fitness against the “Bleep” Test. We will repeat this test later in the term to see how everyone has (hopefully) improved.

So if you want to spend an enjoyable hour or so in good company and possibly pick up some tips which will be useful for your regular orienteering runs do come along, everyone is welcome, young or old, fit or not so fit, experienced or novice.

Ian Sayer

**Victory again for Wessex in the Dorset Coast Path Relay
with the winning team seen below.**



Saunders Lakeland Mountain Marathon - July 2011

I'd been aware of this event for a few years, having read about it in these pages, so when Ian Sayer asked me if I'd like to join him for the 2011 event, all I knew about it was what I'd read here in these pages. In other words a challenging 2 day, pairs event carrying all your provisions (except water and breakfast milk) though the beautiful, rugged Lake District where you're lucky if it doesn't rain and sunshine is a bonus. "I thought you'd never ask" I responded. Given Ian's longstanding experience (17 consecutive entries) I felt it was a compliment and an opportunity not to be missed.

I wasn't wrong. Ian provided a comprehensive kit list and even a lightweight rucksack (thanks Kay). All I had to do was not break down, so a return of boring knee injury in February was definitely not in the plan – but I reckoned to be OK for the Saunders (and the 3 peaks challenge 2 weeks before that). I managed to get in just one decent training day along the coast path, which caused quite a bit of knee pain - so my confidence was not high.

At least we had luck with the weather, slapping on sun cream while waiting for the 5 minute call-up, which was in among the low bracken at the foot of Silver How. I collected control descriptions (6 x grid references), while Ian got the map. We stopped to mark up the map a bit further up the hill. Thereafter it was a fast steady walk up out of the valley along with everyone else, with very little chance or inclination to pass or be passed. It was only when we reached the crest that the navigation component (and a bit of jogging) began and teams started to disperse onto different courses and different route choices. It was also not long before the differences from regular orienteering showed up – mostly in the level of map detail and scale. It sort of made sense and I think we were more bold and confident than many others in our more direct route choice because we hadn't seen anyone else close by, before we spotted the 1st control on the other side of Easdale Tarn. Strangely by the time we got there it was a suddenly busy little spot with people coming in from a variety of angles. Control 2 was fairly straight forward and mainly an uphill walk. Control 3 was more challenging due to the traverse of a shallow saddle, which would have been difficult in poor visibility but in the bril-

liant sunshine with a magnificent view, we were able to take a bearing on distant Great Gable. The greatest mystery of this leg was trying to figure out why Scott Collier was trotting back and forth across the escarpment without his kit. Control 4 was a long leg of about 3 miles during which I discovered that insole of my O shoes had slipped causing a blister to start. This even affected route choice – opting for a smoother if slightly longer (probable) path route. Leg 5 in contrast was short and quick (10 minutes). Leg 6 was intricate and interesting, while 7 made carrying a walking pole worthwhile as it was really steeply down hill to the valley bottom. With Day 1 finish in sight a final run in was called for.

The camp site was far from crowded, which Ian read as a good sign – confirmed by the official kit check – which suggested we must be considered contenders for a place. Later that evening we discovered that we were in the chasing start reserved for the top 10 places on each of the 7 courses (and I think we were 3rd place veterans on).

The atmosphere in the tented village was full of good natured banter. After a wash in a nearby stream and pasta meal, we settled down to a surprisingly cold night.

I was sure we'd allowed plenty of time to have breakfast and pack before our fixed start time, so why was I outing in contact lenses on the way to the start – trying to get the lens in to my eye without a midge on it. It wasn't long but hanging around at the start wasn't pleasant being eaten alive.

We set off at a jog but that soon ended as we reached a steep climb. Our route choice was good making the best use of the easier going on path as far as possible – getting us to a good start on controls 1 and 2. Leg 3 seemed to have a fair bit of climb and again showed up the different level of mapped detail. It also demonstrated the dangers of wishful thinking as we both thought that we recognised a stream and proceeded to follow it down hill – until Ian pointed out that his altimeter suggested we had not gone low enough. Now that's a level of macro navigation I never thought we'd need. Ian worked out where

we were and we traversed across to the correct stream and had to climb about 10 meters to get to the control. Minor error 1.

Climbing out from 3 we somehow missed a 100m wide tarn that hid itself as we went past. (Minor error 2). There followed a long descent down Stake Gill to Langdale valley, then a gruelling slog up through bracken on a steep slope, which looked so innocuous on the map. By now it was getting hot as we slogged down and along the Langdale valley bottom before running out of water and climbing up to a knoll near Blea Tarn (control 5). After a quick consultation we changed our plan for the next control. We had plenty of company on the way up the narrow path to the ridge of Lingmoor Fell but then suddenly we were the sole users of this route. As we approached control 6 we were joined by lots of teams from a different angle who had taken a better route – obvious now from the armchair. (minor error 3). Fortunately most of them missed the control, whilst Ian paused and spotted it. Delighted on getting one over on the rest we set off down the tape flagged path at a good pace – probably too good because while concentrating on footing and pole planting we both missed where the flags departed from our path until it was too late and we'd gone 200 metres – and more importantly lost 10 meters height. (Minor error 4). By the time we corrected this one our advantage had gone and Ian's blood sugar had crashed.

Overall we had lost about 25 minutes through minor errors on Day 2. Although this was a bit of a disappointment at the time it was still a fantastic feeling of achievement at the end of 2 days of hard work and a good result. After recovering with the aid of energy drinks and the complimentary food, we reflected and felt well satisfied. I think Ian said it was possibly his best result (4th veterans and 10th overall for Harter Fell) – that's good enough for me.

I hope this has given you a feel for how the event went for us – but those that have been there know I can't describe the beauty of the Lakes and how lucky we were to have 2 glorious sunny days (some cloud would have been nice).

Tim Holder



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Hello all, your current editor will be handing over the reigns next year to Kay Sayer so you only have to put up with another couple of editions from me. The first time I did anything like this was in the days of cut and paste and word processors not high-tech PC's and software programs. And that was even in a different country ;Germany to be exact way back in 1989.....eeeeeeek!

**Images for the
Scottish 6
Days**



Dear All,

To let you know that these last few weeks have seen two budding Wessex Orienteers come into the world.

Chris and Vicki Lee have had a son (Jude John) and Allan and Sian Rixon have just produced a baby daughter (Emmie Valentine) as company for Finn. We understand that all are doing well so we hope to see them at events shortly!! Regards, **Ian Sayer**





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REGULAR CLUB EVENINGS/TRAINING

Training Evenings take place on a weekly basis. Every Tuesday at Bournemouth University, Talbot Campus, 5.45pm for 6.00pm start. There are changing and shower facilities plus a bar for refreshments. For those of you who cannot make the Tuesday runs or want two runs a week, there are also runs each Thursday evening from 68 Kings Avenue, Christchurch, starting at 6.15 pm Please telephone 01202 484523 if you intend to come.

Wimborne have a training day on the 2nd Saturday of every month at Moors Valley Country Park, from 1.30 to approximately 3.30 pm All members are welcome to attend.

If you are going on holiday/visiting friends/weekend away in another district and want to know what orienteering there is, log onto the website of British Orienteering, www.britishorienteering.org.uk and follow the link to Events. Alternatively, if you do not have access to the internet, please contact one of the committee

