

Wessex Extra

September 2012



The setting sun on Old Harry
Rocks at the Studland Club Night.
Beautiful.

features.....

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CHAIRMAN'S PONDERINGS

Hmm, my last Chairman's piece after three years in the role. I know it's a cliché but it really has passed quickly. That's probably due to the incredible amount of work done by the club during that period. I did think about trying to make this short, but I'm afraid it's just not possible.

So a summary, as brief as I can make it, of our orienteering year. My apologies if I have missed anything or anyone out and if I have then please let me know.

At last year's AGM I used the word diverse and this past year is no different. At the time of the AGM we were coming towards the end of the community orienteering at Parkstone Grammar School and closed the programme down for the winter, starting up again in late Spring with Julie Astin taking over the reins from Jason and at Broadstone Middle School. In conjunction with Wimborne a lot of time and effort have gone into the Community Programme over the two years we have been running it. The committee, again in conjunction with Wimborne, has now taken the decision not to continue the programme and divert the resources to the Joint Monthly club nights.

November saw the Club Champions decided at the November Classic, with Kay Sayer and Dale Paget coming out on top. Don't forget to enter for this year's race.

Sadly at this time we lost Jean Arman and I know we all feel for Richard and his family.

Through the winter we had the excellent Wessex Night League and there are even more events in the league this year starting on 27 October at Wotton Fitzpayne. Night O is an excellent way to hone your navigation skills.

At the end of the year Wessex had two UK Masters Champions. Richard in M80 and me in M55.

We also took a car load to the Brighton City Race and came away with a Gold and two Silvers.

Kay kindly took over the editorship of Wessex Extra.

Mapping of new areas went berserk in 2012, with Studland Dunes, Holton Lee, Poole Town and Agglestone all being added to our list of areas. A successful club night and BBQ was held at Studland, where we have a permanent course. Trail O was introduced at Holton Lee thanks to Bill and Dick Keighley from Wimborne. Bruno Smith, in conjunction with Poole Rotary, we held our first Urban race (as opposed to sprint race). Agglestone awaits the unwary in the Spring.

In May John Brooke was crowned overall South West Galoppen League Champion. The first time a Wessex member has ever won the Galoppen. I find it interesting but this is the 36th year of the Galoppen and on the open Brown course Jon becomes only the 10th different person to win it. In June we went to Finland, more specifically jointly with Wimborne and we had a men's and ladies team in the Jukola and Venla Relays—fantastic.

Richard and I went to the World Masters in Germany in July with mixed success. The numbers and quality of the competition is unbelievable. Over 300 in M55 alone. Throughout the summer Dale was busy organising the relay teams for another assault on the SWOA Chairman's Relay Trophy, which we duly won in unprecedented style by winning all bar the Adams Avery trophy where we were 2nd, amazing. Finally the annual Coast Path Relay. What a fantastic race and although we came 2nd it was a mighty close thing. Kerno deserved their victory, but I've told them to look after the Trophy as we want it back next year. As one of the smaller clubs we certainly punch above our weight. However to continue we need volunteers for the organising and planning so all these events can take place.

I leave you with a quote from Oscar Pistorius's mother: "A loser isn't the person who gets involved and comes last, it's the person who doesn't get involved in the first place".

Gavin Clegg

Gavin has been an excellent Chairman of the Club for the past three years and the Committee would like to thank him for his dedication and hard work, not only on the Committee but also by producing maps, arranging printing and lots of other tasks too numerous to mention. During his tenure he has instigated new initiatives such as the Chairman's Trophy, succession planning and is always up for challenging the way things are done. I'm glad to say that he will continue as a member of the Committee.

THANK YOU GAVIN!!



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Hardy Relay, Broadstone Recreation Ground, 16th June

I was the planner for this year's Hardy relay, which was held on the newly mapped area of Broadstone Recreation Ground. This presented a bit of a challenge as being only 700m from tip to tip it is probably the smallest area we have ever held an interclub event on. A further complication arrived the week before the event when a group of travellers set up camp at the southern end of the Rec. We decided though that we would carry on as planned, however fortunately the travellers moved on before the event.

The day of the event also provided a challenge as WSX members were being split between 4 different events. A number of regular helpers were 1000 miles away at the Jukola relay in Finland and that group included Julie Austin who was the Hardy Relay organiser! Meanwhile other WSX members were also helping at events at Holton Lee and Brownsea Island, which left us rather short staffed at Broadstone. However after some initial confusion about the teams, maps and start times we were ready to go.

Being a very public area I took the precaution of cable tying the control boxes to each stake and the stake to either an immovable or very prickly structure. Unfortunately this was not enough as soon after the event started I was receiving reports that control 3 on the Light Green was not there. Now I was sure that this control had been put out in the correct position so it seemed we had a vandal at large. This was confirmed when another runner reported that they had found the discarded stake and replaced in the right position but the control box and indeed half its mounting plate had been ripped off. I was just contemplating what to do about

this when reports starting coming in that control 9 on the Green was also missing. I then thought we were going to have real problems until I realised that this was actually the same control as number 3 on the Light Green. It would have been possible to replace this control but as it had already affected a number of teams we decided to carry on and void the legs on either side of it on the two affected courses. A conversation with a conveniently present Grade 1 controller confirmed that this was the only reasonable course of action.

From then on the event ran relatively smoothly and the sun even managed to make one of its few appearances in June. However as the SI team consisted of just Alan Hooper and Tim Houlder, the latter also running for the WSX team, there was no way we could calculate the results allowing for the voided legs straight after the race. Tim though worked wonders with the software and managed to get the results out by the evening. The team running plans were based on the Light Green, which had to be completed by each runner, being the critical path. However the voided legs took 646m out of the Light Green, which meant that the Orange, which also had to be completed by each runner, became the critical course. So a bit of luck was involved in determining the winning team but luck was on our side and the Wessex Raiders consisting of Dale Paget, John Cook, Gavin Avey Hebditch and Tim, came out on top in the open race while Sarum were the winners in the Vets competition.

Roger Crickmore

**** Omitted from last Newsletter due to lack of space. Ed.***

WELSH SIX DAYS, ABERYSTWYTH

Day 1 – Gwanas – The Worst

We had a long walk to the start and I started quite well, 1, 2 and 3 were quite good, no. 4, I made a mare of this, taking 9.31 instead of around 4mins.

No. 5 took 12.46 so getting worse rather than better! The rest of the course was ok, and the last few controls were in open areas which were used for the white-yellow courses, so was quite easy. However, for some reason I ran straight past my number 8 without punching! So first day I was disqualified. I suppose it's best to get the worst day out of the way first!

Day 6 – University Urban—The Best

Well, after a couple of bad runs on previous days, I was looking forward to the Urban. I really enjoy these races, probably because I am better at running around urban areas than running fast in the forest. The event was around the University grounds and as usual was a fast and furious sprint. I had 17 Controls with 2km and 65m of climb. First control was o.k. but for some reason I got confused on which way to attack the second control. I dithered about trying to decide where I should go, and took 4.22. Should have been less than 2 minutes. However, I got my head in order and scooted round reasonably quickly, but hesitated from 16 to the last control, not knowing which way to get into the field! Lack of oxygen maybe? I finished in 30.33 in second place. If (and there is always an if) I had not dithered on control 2, I would have come first beating Charlotte Thornton who won in 28.18.

Oh well, another time maybe! Overall for the whole 6 days, I came 9th out of 20 so was happy with that.

Kay Sayer

DAY 2—AT FOEL GOCH

As usual a longish haul to the start, and then a nasty slow climb to our no. one on a stream, eleven minutes for only 500 metres, how slow is that. We went uphill a bit from there hoping to see a long marsh with our small hill on the other side of it. That marsh did not look like a marsh at all with no apparent signs of wetness. Looking down across it I spied what I thought was our small hill, so went down to have a look. The marsh was insufficient to even get our feet damp, but the control was good. Three was OK and four on a one metre high crag found after examining another similar crag on the way. Now over the fence and we were faced with just Park O! Seven controls, only the second of the seven a little difficult, all the rest just run as fast as possible, through gates and on to the finish. This was for me a disappointing second half and taking nine minutes to sort out no. two also disappointing. The winner in M80 made 11.25 mpk to my 16.5; not proud.

We lived again to a horrid day three at Hafod with a very contrived course. I would like to have my say on that one where the only nice part was the flat walk to the start near the river. Scotland beckons for next year.

Richard Arman

DAY 3 - HAFOD & DAY 4—LLYNNOEDD TEIFI

DAY 3

Trying to remember what I did at an event just a few days later is difficult enough for me, so being asked to write about a course I did a few weeks ago is a bit of a challenge, to say the least! But it's amazing how one's memories are triggered by looking at the course map again.

Day 3 was a Middle Distance event (i.e. shorter than the other days) and was held in a complex, steep-sided wooded valley area.

Looking at the route that I took that day, it appears that I had quite an accurate run – apart from control 6, which I remember very clearly as I met Tim Houlder nearby, also struggling to find his control. All the legs were quite short (17 controls in 2.7k) so it was a case of constant concentration and keeping in touch with the map at all times. I thought I was doing this going from control 5 and I was reading the contour features really well (I thought) and confident that I would find my shallow depression just around the corner of a steep-sided slope, above a ride.....But it wasn't there! All the features on the ground seemed to fit the map and I just couldn't understand why it wasn't there. I was getting really frustrated when I noticed a control lower down the slope, above a parallel ride that I hadn't noticed on the map. In fact, I was CONVINCED they'd mapped it wrong until I got back and looked at the map again and saw the other ride.

So, quite a few minutes wasted there and my overall time wasn't brilliant as I

was really quite tired by the end of it, especially as the last few controls were in the blazing sunshine. Having said that, I finished 19th out of 57 starters – and only a couple of minutes behind Jackie Hallett from BOK, one of the top orienteers in the country! So I didn't feel so bad, after all.

Julie Astin

DAY 4

Croeso 2012 was the best multi-day event I have been to since I started orienteering at the beginning of 2007. This was partly because we had excellent weather with no rain but also for the first time I managed to elevate my standing in my age group from the bottom third to the top third. I have been asked to write about my experience of this event and in particular Day 4, which was my worst day as I made an elementary error that cost me some 26 mins. On the first three days I navigated well making very few mistakes, but Day 4 at Llynnoedd Teifi was different. Whether this was because we had a rest day the day before, when I visited the Welsh Agricultural Show at Bluith Wells in company with Liz Lockton and Richard Arman, which was very, very hot and tiring or through complacency. I started well, navigating accurately around marshes to control 5 making good time. Leg 5 to 6 was the longest and as I left control 5 I took a compass bearing and sighted a crag far off in the distance. I set off checking off various crags to my left and marshes down to my right, past a ruined sheep pen, past

DAY 4 (cont'd) AND DAY 5

some more crags to the end of the valley. Control 6 was to the north east of a boulder which was between two other boulders, but could not find them in the chest high bracken. I thought I was too far east so went west along a track but no joy. I then went back to where I thought the control was and set about searching for it.

Just then Richard Arman appeared at the same spot and together we could not find it. Then Richard realised that the next valley over to the east was where we should be. Closely checking the map I could see that both valleys were very similar even to both having a ruined sheep pen in approximately the same position on the east side of the valley. We then both headed down to the track and ran eastwards and then up into the control.

I should point out that Richard's long course for his age group was the same course as the short course for my age group. Therefore we had been comparing results with much interest. When we met looking for control 6 I realised that I had started some six or seven minutes before Richard and that he had caught me up! I then decided I needed to speed up and found control 7 on the nose and then headed for control 8 which was up the side of the mountain about a kilometre ahead. There was a path along the valley but no obvious attack point to the control other than counting the various crags along the way, which could be tricky as not all the crags were mapped. I decided to traverse up the slope to the control on a bearing being a bit more

careful this time, rather than tackle a steep slope from an indeterminate attack point.

This turned out to be the wrong strategy as Richard went along the track and then straight up to the control arriving there some thirty seconds before me! I then legged it to controls 9 and 10 overtaking Richard before throwing myself headlong into the run in. Although I finished ahead of Richard, he beat me by 3 minutes and 33 seconds. This was my discard day!

The lessons I learnt were to take time when taking a compass bearing (I had made a 15 degree error) and to focus on navigating accurately rather than allowing my competitiveness to dominate my reasoning.

Eric Whapples

Day 5

Day five at the Welsh six days was the second day on the Llynnoedd Teifi area so I had a pretty good idea what to expect. There was a whole section of the map around some lakes/reservoirs that we'd not used the first day so I was pretty confident that we would be heading that way. Once again we climbed up onto the top of the hill to start so at least there would be more downhill than up to deal with – but even so the general lumpiness plus marshiness plus tussockiness meant that the going would be quite tough – in fact just how I like it!

The first control was something like a 250m contour across the hill to pick up

DAYS 5 AND 6 (continued)

a small crag on a rocky spur but alas I messed that up by 20 seconds as I hit the spur too high up and that immediately intruded into my thinking though fortunately the next leg was longer with relatively easy navigation so I could just run whilst I tried to get into a rhythm.

Heading into control three I noticed a fairly fit looking W21 ahead of me, which spurred me on to try and catch her and I raced to catch her for the next three controls. Although we took different lines we were fairly evenly matched but control seven was well over 1 km with potential route choice either side of a reservoir. Having messed up on my long leg the previous day and lost at least two minutes due to poor route choice I took a bit of time to get this one right, and although I think I made the right choice I probably took too long doing it and I saw the W21 getting away from me as I dithered.

The leg was quite good fun as it involved running along the tops of several small dam walls around 60 cm wide with a drop on either side. But alas, towards the end of the leg I went very wrong running approximately 150 m off my planned route into control number 7 and actually spotting the flag for control number 8 as I did it – even worse than the error I had made the previous day.

The rest of the run was pretty uneventful and in fact I thought that I was making up a little time, although my splits revealed that actually I was simply maintaining my position. Alas I never saw the W21 again and in the end the run proved uninspiring enough to be a discard.

Jon Brooke

Day 6

By day 6 Urban race, I was glad still to be running, having torn an ankle ligament on the way to the start on day 4 and had over a year of problems with knee and ITB. Surely the local knowledge was going to help out this time, running around my familiar territory. The start turned out to be a very familiar spot, so I even knocked on the door of No. 22 on the way up just to say hello, but Mair was away at the Olympics it turned out.

Control 1 was up in the woods where I used to play for days as a child. Even though it was over 40 years ago, it was almost exactly the same but somehow smaller. The next 2 controls were equally familiar stuff and the confidence grew – too much as it turned out. I won't go into the details

Lesson 1. When you think you don't need to look closely at the map because you know where to go alarm bells should be ringing.

DAY 6 (continued)

Lesson 2. When you know you've made a mistake, make sure you know exactly where you are and make certain of your recovery.

Having learned those lessons (again), the rest of the course went as expected - bar a few minor issues that tend to crop up on urban maps (watch out for those uncrossables). You can't expect a good result after a 4 minute error in any event at the best of times, let alone in a field of experienced orienteers in an urban race.

It was a novel and uplifting feature of the whole 6 days, to see so many runners from all over Europe and even from the other side of the world.

Top 10 placings (and nearly)

Agnes Brooke	1 st	W10B
Arthur Brooke	3 rd	M10B
Richard Arman	3 rd	M80L
Bill Brown	5 th	M75L
Jon Brooke	8 th	M45L
Gavin Glegg	11 th	M55L
Kay Sayer	2 nd	W65S
Chris Brown	4 th	W70S
Eric Whapples	12 th	M65S

All told, it was an excellent week of orienteering.

Thanks are due to the Croeso 2012 organisers for a very well run event with excellent attention to detail (I just loved the race number with each day's start times).

Thanks also to all the familiar faces from WSX, WIM, SARUM (and more) who came along and helped make it a great event by partaking and enjoying what the hills and town had to offer. The cheers of encouragement along the daily run-in live on.

Tim Houlder





Waiting to start.....



Bill storming into the finish



Julie flying down the run in



Caja and Daniel Whapples coming into the finish.



Last day at the University



Julie's "Mammy" impression!



Nicola Brooke storming into the finish



Eric Whapples finishing



Wessex celebration meal



Arthur and Agnes Brooke on their courses



Aberystwyth beacon, which caught fire during the celebrations for the Queen's Jubilee in 2000.



“Rest” day (!) on Cadair Idris

FORTHCOMING EVENTS

Details of all future events can be found on the British Orienteering website: www.britishorienteering.org.uk

FOR UP TO DATE DETAILS OF THE WEDNESDAY ARMY EVENTS, GO TO THEIR WEBSITE: www.baoc.org.uk

SEPTEMBER 2012

Sat 22 **LONDON CITY RACE**, www.sloweb.org.uk
Sun 23 **SOUTHERN CHAMPIONSHIPS** Epping forest.
Wed 26 **ARMY** Orienteering, Woolmer.
Thurs 27 **WESSEX Committee Meeting**, Bournemouth University.
Sun 30 **WIM** Dorset Schools & Informal, Avon Heath Forest.
Also: **BKO** Urban Event, Windsor and Eton.

OCTOBER 2012

Mon 3 **WSX/WIM** Club Night, Wareham. See website for full details.
Sat 13 **SOUTHAMPTON** Local event, Dibden, New Forest.
Sun 14 **WESSEX Dorset Delight**, Shillingstone incorporating Local Event.. See website for full details.
Sat 20 **OUOC Oxford City Race, 2012**. See BOF website for full details.
Sun 21 **DEVON Galoppen**, Burrator, Plymouth.
Sat 27 **WIM Informal & Dorset Schools** event, Wootton Hill, nr Charmouth. All welcome, ideal for beginners. See their website for full details.

NOVEMBER 2012

Sat/Sun 3/4 **SOUTHAMPTON November Classic**, Urban and Classic events. Our Club Championships are decided on this event. If you have not yet entered, you need to enter now.
Mon 5 **WSX/WIM Club Night**, Gillingham School. Suitable for everyone.
Thurs 8 **WESSEX Committee Meeting**, Bournemouth University.
Sat 10 **SARUM** Dorset Schools & Wessex Night League, Vernditch (tbc).
Sat 17 **WSX Informal**, Kings Park & Littledown, ideal for beginners, and Wessex Night League event at dusk
Also: **NORTH WILTS** Western Night League.

DAY 3—LIZ LOCKTON



Foxed again in Wales!

As I get older I don't seem to get any wiser, nor do I detect any improvement in my orienteering results, as demonstrated by my recent participation in the Welsh 6 Days on the W50L course:

Day 1: 5.3km 220m 106mins
20mins/Kkm disq.

Day 2: 5.3km 140m 89mins
17mins/km

**Day 3: 2.9km110m96mins
33mins/km**

REST

Day 4: 5.8km210m 123mins
21mins/km

Day 5: 5.4km 280m 102mins
19mins/km

Day 6: 4.0km 185m 62mins
16mins/km, Urban race

Before anyone else does, I nominate myself for the 'Wessex 2012 Wooden Spoon Award' for a 40min leg on day 4! (Unless

any of you out there have something you want to confess....?)

DAY 3:

My pièce de résistance! It was very hot, and having arrived late, I had to power-walk uphill to the Start, and en-route I realised I had forgotten my drink bottle. I'd picked up several horsefly bites too, so not happy as I set off. However, a small, neat, A4 map but with contours rather too close for comfort. The first 2/3rds of the course was forested, with legs zig-zagging high up followed by a sharp decent to the final 1/3rd. It was on this 55m freefall descent that, after recovering from a nasty collision with a tree, I found myself at the bottom of a shallow re-entrant at my control, but without my map! Choices: retire, or clamber back up and search for map. Well, without a map I had no idea where the Finish was, so up I climbed....! Later, when I just couldn't locate the control on a crag, I realised I was seriously dehydrated; I didn't know my left from my right

or what was up or down. A fellow competitor found me utterly confused, sitting down at the top of the crag where I thought the control should be. I am indebted to her for giving me all her water. She explained that the symbol on my control card was not a crag, but a fence - the very fence I was sitting next to!

FENCE



CRAG:



A few minutes later I stumbled into the Assembly area with only 3 controls left to find. I then entertained all the picnickers by checking out every prominent tree in the assembly area, the correct one being, of course, the last one I visited! Now only 2 more to go... Well, this was when I 'happened upon' a chap at the penultimate control (as knackered as I was) and, taking pity on one another, linked arms, and staggered on until eventually we came to the run-in (most people had gone by now). For some unknown reason we ran the last 20m ...why do we do that?? I was so dehydrated that I couldn't find the way out of Download (sited in a courtyard) back to the Assembly area, and then had to be pointed in the

direction of the Wessex tent!

Lessons learned from this Foxie tale:

Never rely on another person telling you how much time you need to get to the Start
If you're late for your start time, never blame anyone other than yourself
Mental preparation is as important as physical training; if you're not composed at the Start you might just as well cast off your shoes and run the course in your socks.

LIZ LOCKTON



Coastal Path Relay Report—‘The End of an Era’

This year's team for the Coastal Path Relay had 29 runners though that included 4 children under 10 and 6 people over 60, with Richard Arman being 83 years young possibly taking the record for the most mature competitor ever in this race. Also for I think the first time we had three generations of the same family competing as Eric, Daniel and Caja Whapples all took part. However a number of our top runners were unavailable so it certainly was not the strongest team we had ever fielded

Both the Kerno and South West Junior Teams seemed to have realised that to beat Wessex they must play us at our own game and so also brought out teams in the high twenties, and it must be said lacking the wide age range of Wessex. BOK and SOC were also competing but with smaller teams especially SOC who only had 9 runners, 4 of whom were not going to be available until at least an hour into the race!

Approaching the top of the hill above Lyme Regis, Kerno led followed by the Juniors with BOK just in front of us about a minute behind; however superior numbers at this point enabled us to sprint past BOK into third place. I had a bit of trouble this year finding somebody to do the challenging ‘King of the Mountain’ leg that involves running up and over Golden Cap. The first two people who had agreed to do this leg both then

managed to find a reason not to be able to run at all, so in the end Bruno Smith got the chance to put himself to the test. Although he ran very well he was unable to hold off a strong BOK runner who started just after him and so we were back in 4th place.

My next leg was a 3k stretch from Burton Common to West Bexington, which poses a trap for the unwary. The official route and faster route goes slightly inland along a decent footpath but as you start off the more obvious path takes you out onto the beach where you are faced with 2km of shingle to run over. While waiting to take over I saw the Kerno runner go off along the beach and was rather hoping the Junior squad runner would do likewise as that should have enabled me to close up on both of them. However the junior runner knew the better route as did BOK who were now back behind us.

By Hardy's Monument Kerno had about a 4 minute lead over the Juniors with us about another 2 minutes behind. However a typically storming run by Dale Paget over the next 5k leg saw him reel in the Juniors and close the gap on Kerno. Kerno's lead was then reduced further when having crossed the Weymouth to Dorchester road they decided to follow the path as it took a detour round the fields rather than sticking to the minor road which was the route specified on the website and taken by

all the other teams.

I was waiting at the top of West Hill for the 3k leg down in Osmington and the Kerno runner went off at a good pace with their lead still over three minutes. I was therefore very surprised get half way through the leg and see the Kerno runner only about 50m in front of me. At first I thought he had made a navigational error but I realised he was moving much more slowly than at the start and so I was soon able to overtake him and build up a two minute lead by the end of the leg. Talking afterwards it turns out that he had got a really bad stitch that slowed him down, but I did not care as we were in the lead. Some strong running over the rest of the first part of the race to Lulworth Cove enabled us to open up this lead to six minutes though we were still six minutes slower than the time posted in 2011.

All teams started the second half of the race at 13.00 just to the east of Lulworth Cove. The problem on this section of the race is that there are a number of steep climbs which are all so far from the nearest parking places any runner can only help on one of them, so teams have to decide how best to split up their available resources. At Arish Mell teams are faced with a steep 150m climb over a mile away from the near car parking place and a number of different approaches were taken. Kerno sent in an impressive team of 8 people to do

the climb, while just Rob Hick and I took it on for WSX and the other teams elected to use no extra runners at all. BOK reached the bottom with a decent lead but as the same runner then just had to continue up the climb he was soon caught by the Kerno team while Rob and I had virtually closed him down before handing over to Alan Lewis at the top who finished the job off.

On the next long climb up from Worbarrow Bay WSX had the stronger team and by the top we had overtaken Kerno and had a 100m lead. Unfortunately they had a very strong runner on the next leg down to Kimmeridge and so they were able to regain the lead. We lost further time at Kimmeridge itself as one of the sprint teams that were meant to be helping there did not make it and so Jon Brooke had to start his long leg by running up the steep steps to Clavell Tower. We had Martin Lewis on the 8k King of the Coast leg between St Albans Head and Durlston so I hoped we would catch up some time there. Martin did indeed have a good run setting a time that equalled the old record; the only problem was that the Kerno runner had just gone through two minutes faster still.

We arrived in Swanage six minutes behind Kerno and so allowing for our six minute lead in the first half we were, after 7 hours of running, virtually neck and neck. My final leg of

the day was as the teams entered Studland and the Kerno runner was also waiting there. I checked which way he was planning to go and it was a 200m stretch along the road before turning right back onto the footpath and he was adamant that that was the correct route. I was equally sure we were meant to take the slightly longer route via South Beach but as the race was so close I was certainly not going to give Kerno any advantage and so decided to follow their runner. However by the last changeover at Middle Beach Kerno had opened up the lead again and gone through just over 8 minutes in front. With at least 10 of them doing that last run we thought it was unlikely we could claw back the two minutes we needed on the 4k leg along the beach

Sure enough Kerno finished with a cumulative time just 2min 37 sec in front of us, which was the closest finish since 2000. So our record breaking run of five successive victories finally came to the end, but I



TEAM WESSEX —WELL DONE TO EVERYONE!!

am pleased to say that we went down fighting.

Roger Crickmore



Waiting on Doghouse Hill for the banner to arrive from Golden Cap.



Jon Brooke, Dale Paget and Gavin Clegg storming into the finish of the Coast Path Relay.

A DAY AT THE OLYMPIC PARK **by KAREN MORTON**

My day at the Olympic park started with a train journey from Winchester to Waterloo having stayed overnight there with my son Stuart and his wife Katie. There were no problems getting a seat on the train which was unusual for this hour being main commuter time. Once in London we stocked up with some sandwiches and snacks for later and headed to the tube. Everywhere was a lot busier from here on and we had to stand on the tube to West Ham stop which Stuart said is normal for London.

I discovered we had about a half hour walk from here to the Olympic Park but it was all on the flat along the Greenway with Olympic Games – Maker volunteers directing us all the way. There was already an Olympic atmosphere with everyone in a very cheerful mood and people saying hello in all the different languages. Once we went through the security checks which were well managed by the Army and entered the park I was amazed at how big it was. Looking at the signposts I discovered the BMX track, where we were going later, was about a 35 minute walk from the entrance, which was next to the Olympic Stadium.

Our tickets were for the afternoon but we hoped we might be able to get some re-cycled tickets for a morning event but no luck here so we headed to the Park Live area which had two

large screens showing various live coverage of the Olympic events. On passing the athletics track we could hear lots of cheering going on inside. We picked a spot on the large grass area and watched some of the races on the screen – not quite the same as being inside the stadium!!

It was time then for a walk around the Olympic Park and see where everything was. We came across a large red and white structure called The Beat Box which looked interesting and on asking one of the assistants we discovered it was made up of lots of rectangular red and white panels which when touched produced various types of music made from the sound of sports activities. For example as you touched the panels you could hear things like a table tennis ball being hit back and forward, arrows hitting an archery target or the sounds of the athletes doing their various sports. Once we got to the end the final panel was all these sounds put together to make a song. It was very impressive and to finish we had our photo taken holding one of the Olympic torches. Another great experience.

After lunch it was off to the BMX track via a quick trip into the velodrome to see the track which Stuart is planning to race on next year when it is open for amateur races. At the BMX track we enjoyed a sunny afternoon of

OLYMPIC AND PARALYMPIC PHOTOS

watching all the men and women take part in the time trials to work out their gate positions for the bunch racing which unfortunately for us was the following day. We had great seats on the first corner and watched some fabulous racing with all competitors being very close on time so it all got exciting in the home straight. There were a couple of isolated incidents but no major crashes – they all happened the next day!!

Karen Morton



Karen with her son, Stuart and his wife Katie at the Olympic Park.



It



AND NOW FOR SOMETHING COMPLETELY DIFFERENT.....

ON TO RIO 2016

Firstly, I would like to say thank you to my coach for the support over the last few weeks, it's been a tough time. My performance during the Olympics has been enhanced by the technology I have surrounded myself with, namely my Apple iPad, Sky+, Twitter, and the amazing BBC website, without these I would be nothing.

I also managed to experience the Olympic atmosphere live in Weymouth and at the North Greenwich Arena, amazing experiences. I will now be taking some time away from the TV and thinking about the commitment I can make to Rio 2016, but I am sure I will be back in some form. My final thanks go to the organisers, volunteers, athletes, commentators and supporters who have made this an amazing two weeks.

Now has anyone seen my running shoes?

Mark Lockett (Past member of WSX, now with KERNO)
(this article was first seen on World of O)

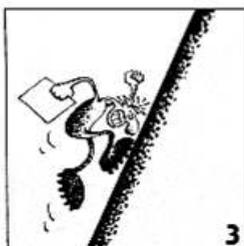
NEW DEFINITION FOR SOS.

A C-130 was lumbering along when a cocky F-16 flashed by. The jet jockey decided to show off. The fighter jock told the C-130 pilot, 'watch this!' and promptly went into a barrel roll followed by a steep climb. He then finished with a sonic boom as he broke the sound barrier. The F-16 pilot asked the C-130 pilot what he thought of that? The C-130 pilot said, 'That was impressive, but watch this!'

The C-130 droned along for about 5 minutes and then the C-130 pilot came back on and said: 'What did you think of that?' Puzzled, the F-16 pilot asked, 'What he heck did you do?' The C-130 pilot chuckled. 'I stood up, stretched my legs, walked to the back, used the toilet, then got a cup of coffee and a cinnamon roll.'

When you are young & foolish - speed & flash may seem a good thing!
When you get older & smarter - comfort & dull is not such a bad thing!

Us older folks understand this one; it's called SOS; Slower, Older and Smarter.....



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The author: Yuriy MANAEV (RUS)

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Five Quays Walk of Poole-2012

FREE EVENT – ALL WELCOME

Enjoy this first ever round walk of Old Town and the Town Centre

Sunday 7th October
Start/ Finish at Baiter Park
by the slipway
10am till 4pm

Pick up your Walking Map at the start, any time from 10am, and join our celebratory walk. The walk itself takes about an hour and a half, but with all the attractions along the way, you'll probably need longer!

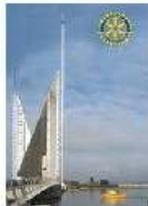
- Discount vouchers available at the start.
- Treasure hunt - £1 per entry. Entries to be handed in on the day – Draw for correct entries – 5 prizes
- Stalls and music at the start/ finish.
- Music from Rotary Club of Poole Bay's famous musical engine; and
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REGULAR 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.

Joint Club Evenings with Wimborne Orienteers are on the first Monday of every month. The venues for these evenings change each month. See the website for more details or contact a Committee member.

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 who will be pleased to help.

