

# Wessex Extra

September 2013



**Wessex win the Coast Path Relay!**

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- And lots of articles!!!



**STOP PRESS!!!**

While the final results are awaited, we believe we have two **SOUTH WEST SPRINT CHAMPIONS!!**

**Richard Arman, M80 and Ian Sayer, M60.**

**CONGRATULATIONS TO BOTH OF THEM!!**



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## **CHAIRMAN'S PONDERINGS**

Well, the summer is almost over and the nights are drawing in, and whilst many people dread the onset of Autumn, orienteers relish the onset of a new, full and exciting season of events. Although nowadays, the 'orienteering season' never seems to end! As evidence of this, you'll find some great articles in this Newsletter about some of the events that members have participated in over the summer.

And what a summer it's been! – the highlight surely being the fact that our very own "Raiders" won a clean sweep of the SW Summer Relay Series. With many other club members – including our up-and-coming juniors – playing their part in these events.

So what have we got to look forward to? – well, that depends on how far you want to travel, and how keen you are. But I know that some of us are headed over to Bristol on the weekend of the 7<sup>th</sup>/8<sup>th</sup> September where there was a Sprint Race (Sat) and an Urban (Sun) This was quickly followed by our Club Night on September 9<sup>th</sup> at Upton Country Park (the last of the Summer Series) – a great opportunity to meet up with other WSX club members, as well as those from Wimborne Club. The following weekend is another two-day event in Devon – the Caddihoe Chase, based near Yelverton on the edge of Dartmoor. If anyone needs a lift, I suggest you send out a message on the 'Yahoo Groups' and I'm sure someone will be able to help you. Travelling to events can be a bit of a problem for some people and we, as a club, would like to encourage car-sharing as much as possible.

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If you like urban events – as I do – there are several to whet your appetite these coming few months: London City (around Canary Wharf!) on September 22<sup>nd</sup>; Cambridge (October 26<sup>th</sup>) and Salisbury (November 2<sup>nd</sup>). These are great opportunities to see these cities as you've never seen them before. All the details can be found on [fabian4.co.uk](http://fabian4.co.uk).

**And don't forget to put two other dates in your diaries! – Friday September 20<sup>th</sup> (AGM/Quiz) and November 17<sup>th</sup> - the date of our club's Dorset Delight at Agglestone.**

**And finally....**

I'm really pleased to welcome the following people to our club:

**Frances Biggin, W21**

Fran is in the Army and wants to improve her navigation and fitness and we look forward to seeing her at events.

**Cloe Victoria Carol Paget. W10**

**Zoe Erica September Paget. W9**

These two competed for Wessex in some of the Summer Relays and did really well. Let's hope they continue to be enthusiastic about our sport.

**Steve Claxton M35**

Steve lives near Blandford and is a keen cyclist. Hopefully, he'll also become a keen orienteer!

**James Bridger M35**

James has orienteered many years ago, and is keen to take up our sport again.

**Welcome to you all.**

**Julie Astin**

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## SCOTTISH SIX DAYS, JULY 28TH —AUGUST 3RD

### **If only.....**

If I said this once, I must have said it at least half a dozen times during the Scottish 6 Days.

Here's why:

### **Day 1**

#### **Venue: LOSSIE**

**Terrain:** Intricate coastal sand dunes. So intricate, that a map scale of 1:7,500 was used on most courses.

**The course:** the first 9, out of my 14, controls were on the very detailed dunes near the shore of the Moray Firth. So near, in fact, that on one leg I was running along the top of the sandy cliff with the beach right below me. Concentration was essential, as well as accurate compass bearing and pace-counting. I find this a better technique than trying to 'read' the contours all the time – an impossibility as far as I'm concerned.

This seemed to be working well, as by control 9 I was in 11<sup>th</sup> position, out of 61. The last few controls were in, what appeared on the map to be, much simpler terrain – fewer contour detail and more paths. How wrong I was! After the next 3 controls, I had dropped 7 places, though managed to salvage 3 of those by the end of the course.

**If only.....**I had kept the same level of concentration that I clearly had in the first 9 controls. "Switching off" is never an option, especially in the Scottish 6 Days events when there's usually a 'sting in the tail'.

### **Day 2**

#### **Venue: CARSE OF ARDESIER**

**Terrain:** Flat, open woodland with heather covering most of the sandy ground. Scale 1:7,500

**The course:** again, some intricate contour detail meant that concentration and pace-counting was the order of the day, though there were more paths and 'readable' features than on the first day. By control 15 (out of 18) I was in 9<sup>th</sup> position. By control 16 I was in 18<sup>th</sup>!! But again I managed to regain 3 positions in the last 2 controls.

**If only.....** I hadn't made a 90 degree error coming out of control 15. Yes, not a 180 degree error (which is quite common) but a **90** degree error! And what's more, the features seemed to match up (where have I heard **that**

one before?!) Wet, slow run, ditches, depressions.... all the same. By the time I had realised that they clearly **weren't** the same, I had wasted a good 5 or 6 minutes.

#### **Day 4**

**Venue:** Loch of Boath

**Terrain:** classic highland forest with a good path network. Back to 'normal' orienteering on 1:10,000.

**The course:** it took a while to get back into the 1:10,000 scale and was quite hesitant on the first few controls. Because the course was less intricate, and more runnable, than the previous 3 days, I was fairly consistently in 17<sup>th</sup>- 20<sup>th</sup> position throughout the whole course, making a few minor navigational mess-ups here and there. Final position: joint 19<sup>th</sup>.

**If only....**I could run faster!!

#### **Day 6**

**Venue:** Coulmony

**Terrain:** classic mixed woodland with marshes and heather thrown in for good measure. Areas of moraine with fine contour detail. 1:10,000 map.

**The course:** this is becoming a too familiar tale. 6<sup>th</sup> position at control 16 (out of 22 controls) 27<sup>th</sup> after control 17!! How did I manage **that**? The feature was a pond and, although there was no obvious attack point, the contour features looked pretty readable, and the pond was only about 75 metres from a large track. I found what I thought was my control in a wet area (thinking to myself – well, maybe it was usually a pond but it's dried up a bit), punched it and was about to move on when a young girl asked me where we were. I confidently said here (indicating the pond on my map) only to notice that the control number was different! I quickly apologised to the girl and said "I'm not actually too sure – sorry!" and dashed off to try and find my control. I then found my control 20 (!) 300 metres away from number

17, so managed to work my way back to it. The only encouraging thing out of this sad event was that I regained 7 positions in the last 5 controls.

**If only....** I had trusted the mapper – a pond is a pond, not a small marsh!

And **if only** I had noticed the other small marshy areas on my map and realised sooner where I was.

So there we have it. **If only I hadn't made all these mistakes, I could have finished in the top 10!** But then, I realise, all the other competitors above me had probably said a few "If onlys ..." too.

**Julie Astin**

**Postscript:** looking back at the Scottish 6 days in 2003 on one of the same areas (Roseisle) I noticed that a) the course was shorter then and b) I took 18 minutes longer! And my overall position for the whole 6 days was 30<sup>th</sup> (out of 70) whereas I came 21<sup>st</sup> out of 63 this year. So there's life in the ageing legs yet.



## DAY 5, ROSEISLE

I have chosen for a change to talk about my best day. This was day five at Roseisle,

At a scale of 1:7500 with 2.5metre contours. Am desperately slow these days so only managed 20 minutes per kilometre for the 2.8 kilometre course.

This course consisted entirely of the strip of forested sand hills between the beach and a fence on the edge of the area, the strip averaging around 250 meters in width. Thus we were presented, on course C7 (M75s, M80, W65s and W75) with a veritable zig-zag between controls 3 to 11.

**Leg 1.** A very deeply cut stream to be crossed at one of two places. I probably chose wrongly as bracken was high on my route. This leg my longest time at 7 minutes.

**Leg 2** Easy around the forest edge by the rough open.

**Leg 3.** Saw two hides that pulled me back on line – OK.

**Leg 4.** Good; almost a direct line.

**Leg 5.** Slow; then very steep small hill seen. Control on top – a nasty climb up and a crunch back down again.

**Leg 6.** Slight overshoot to long shallow gully, then sharp left and into control.

**Leg 7.** A knoll on top of a small hill – no problem.

**Leg 8.** A vague approach via a small indistinct track to a small depression. Some hesitations here.

**Leg 9.** Apparently to one side of a spur, but not on the spur. Seen OK.

**Leg 10.** Small hill only 200 metres away; OK.

**Leg 11.** Large depression, no problem.

**Leg 12.** Slightly off line to a knoll by a ride, control number 106. Went back 50 meters to my control; was 116 – not good.

**Leg 13.** Dash to fence corner, then dash (slowly) to the finish in 39 seconds.

**Good Points:** Lovely intricate forested sand hills with clean running and virtually no path running.

**Bad Points:** The two similarly numbered controls only 50 meters apart. 2.3 kilometres hot walk to the start; nearly as long as my course!

**Richard Arman** (M85 next year –whoopee!)

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## DAY 3 CULBIN

Forested sand dunes; these formed the best half of the Scottish Six Days event 2013.

Imagine Studland beach and dunes with huge Pines/firs and spruces and you're there.

My course number was 38 for each day, (only slightly shorter than courses 39 & 40) and was a lengthy 8.3 k, challenging but a brilliant day for the event and I was feeling confident.

Spotting another course 38 runner at the start who was starting 2 minutes after me was the first marker- don't let this guy past me! Smooth first leg and second long distance leg got me running here, then the short contoured areas started. Within this type of terrain, focus on compass direction is essential.

My routine throughout this contest, as well as the others, was the same - approaching control, reset bearing for exit direction, dib, then run again after short control visit. Getting into 'flow' is the only thing that matters in this situation, imagine no one else is on my course, and long distance courses tend to be far more solo than the shorter courses.

So, Flow. Having the ability to be running, reading map on the move, making instant route choice decisions, is the key of involvement. Getting into a positive mental state of mind is essential, a happy thought loop, because negativity takes over and stops performance.

Whenever mental connection between terrain and map is made, self encouragement allows you to speed up, and feeling good after dishing continues this happy thought loop. The existence of tough



surfaces becomes irrelevant as the jumping, stretching, climbing and descent occurs automatically.

I get caught at control 11 as I've stayed on the ridge of contours instead of dropping to flat earth white area, nae bother, as they say here, keep going smooth and in control up till 17 where two streams disturb me slightly, but after a short time and one hour passed I continue on and finish after 75 minutes of fun.

**Note-** after the event I met the Norwegian who passed me, someone who finished top 10 of my age class every day, and was worth a talk to. Bring on Moray 2015.

## Jason Falconer

**Jason finished 31<sup>st</sup> of 54.**



## **A NEW WAY OF GETTING IT WRONG!!**

After all these years of erratic orienteering, I thought I had made every possible error know to man, woman & child. But Scotland this year was a revelation...there are still more!

So there I was on Day 1, doing very nicely on the forested sand dunes near Lossiemouth. I had survived the very technical area close to the sea with my first 6 controls and was now moving inland on a long leg to the next range of smaller dunes. These promised to be less technical as they were lower and had a clear grid of rides across them but the undergrowth of heather & wild berries was much deeper.

No 7 ok. No 8 was a knoll. I missed it first time in favour of a similar pair of knolls 50m away, 1 min lost.

No 9 was another knoll. On leaving No 8, I must have had my map turned upside down because I was making for a ride only 100m away but I seemed to be fighting my compass all the way. Once on the ride the grid of rides played against me. I was running 180 degrees wrong but the rides fitted perfectly, even down to the small crossing path just before the control. I dived off to No 9, checked that the code was one of mine, punched it & off to No.10.

If my memory had been better, I would have recognised the control number as the one I had just punched at No 8!

Yes, I had approached No 8 again but from a different direction and had punched it a second time without suspecting anything was wrong. How about that for a mistake!

Just for the record. I continued with my map upside down until I was totally lost and spent ages relocating. A disastrous Day 1 but a brand new addition to my collection of 'Mistakes I hope I won't make again'. Some hope!



**Bill Brown**

# SCOTTISH SIX DAYS PHOTOGRAPHS (Courtesy of Daniel Whappels)



Nicola Brooke looks happy to finish!!



Tina Stratford hurtling down the run in.

Agnes Brooke had a super run. Well done!



Eric Whapples—another happy finisher!

Chris Brown sprinting down the run-in.



Jill and Alan Brown dlobbering at the finish.

More photos on page 23



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## FORTHCOMING ORIENTEERING EVENTS

### SEPTEMBER 2013

- Sat14/Sun15 **CADDIOHOE CHASE WEEKEND**, Virtuous Lady, Dartmoor. See Devon O.C. for full details.
- Sat 14 **SOUTHAMPTON ORIENTEERS**, Acres Down Level D event. See their website for details.
- Sat 21/Sun 22 **LONDON ULTRA SPRINT** on Saturday, followed by the **LONDON CITY RACE** on Sunday. A great event and a way of seeing parts of London you have not visited before.
- Wed 18 **ARMY EVENT**, Minley Woods. 4 courses.
- Wed 25 **ARMY EVENT**, Woolmer, Middle Wallop.
- Sat 28 **GUILDFORD CITY RACE**, Guildford.
- Sat 28/Sun29 **WIMBORNE JUNIOR INTER REGIONALS**. See their website for full details.

### OCTOBER 2013

- Sat 5 **SARUM** Dorset Schools League & Colour Coded event. Stonedown Woods (tbc). [www.sarumo.org.uk](http://www.sarumo.org.uk)
- Sun 6 **SOUTH DOWNS ORIENTEERS**, Regional event.
- Mon 7 **WIM/WSX Club Night**, Hyde/Gorley Commons. 6 – 7 p.m.
- Sat 12 **WESSEX INFORMAL & FIRST NIGHT '0' EVENT**, Kings Park, Bournemouth.
- Sun 13 **DEVON Galoppen**. Venue to be confirmed.
- Wed 16 **ARMY EVENT**, Mytchett. Nr Farnborough.
- Wed 23 **ARMY EVENT**, Pyestock, Nr. Bearsden.
- Sun 27 **WIM Galoppen**, Godshill, Nr Fordingbridge.
- Wed 29 **ARMY EVENT**, Bordon Heath.

### NOVEMBER 2013

- Sat 2 **SARUM Salisbury City Race**. See Sarum website for more details.
- Sun 3 **NOVEMBER CLASSIC**, Round Hill West, New Forest. **This event is used as our Club** Championship, so put it in your diary now!!
- Mon 4 **WSX/WIM Club Night**, Holton Lee nr. Wareham.
- Wed 6 **ARMY EVENT**, Ash Ranges area.
- Sat 9 **SARUM Night '0' event**. Longleat (to be confirmed)
- Sun 10 **SARUM** event, Groveley West, Wilton.

Sun 10           **KERNO** (Cornwall O.C.) Galoppen, Penhale Sands, Newquay.  
Sun 17           **WESSEX DORSET DELIGHT, Agglestone & Newton Heath.**  
Wed 20           **ARMY EVENT**, RAF Halton.  
Sat 23           **WIMBORNE** Informal and Night '0' Port Regis (TBC).  
Sun 24           **BRISTOL O.K.** Galoppen, venue TBC.  
Wed 27           **ARMY EVENT**, Defence Academy, Shrivenham.  
Sun 24           **BRISTOL ORIENTEERS, Mike Nelson BOK TROT**, Mendips.  
See website for details.

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

**Other useful local websites:**

**Wimborne Orienteers:** [www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

**Southampton Orienteers:** [www.Southampton-orienteers.org.uk](http://www.Southampton-orienteers.org.uk)

**Sarum Orienteers:** [www.sarumo.org.uk](http://www.sarumo.org.uk)

**North Gloucester Orienteers:** [www.ngocweb.com](http://www.ngocweb.com)

**Bristol Orienteers:** [www.bristolorienteering.org.uk](http://www.bristolorienteering.org.uk)

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

**\*\*We run a local informal event every month, on a Saturday (excluding August). These events are an ideal way for newcomers to try orienteering in a safe environment.**

**\*\*Coaching will be available at all our events, including informals, for all abilities.**

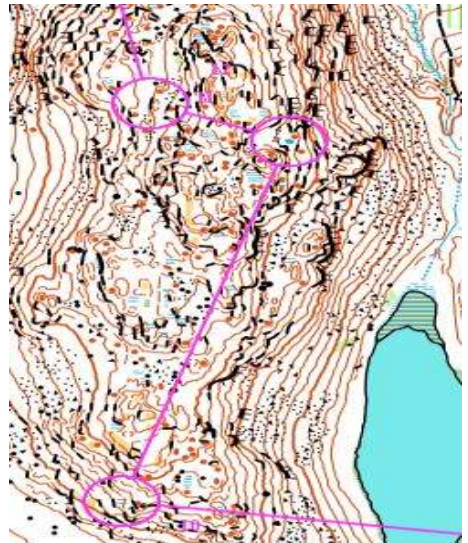
The forthcoming events list is compiled from British Orienteering and other clubs' websites. For further details of events, see your copy of **SINS** or log on to the **BRITISH ORIENTEERING** website or the relevant Club's website. **Please check before setting out, as some events have been known to change at short notice.** If you would like to share transport, contact a committee member who will put you in touch with someone who can help, or send a message through the Wessex Yahoo Group.

## O-RINGEN 2013

This years O-ringen took place in Boden in north of Sweden. So if you thought that Scottish 6 days was far north, think again! Boden is about 1000km north of Scotland and 100km south of the arctic circle, which meant that it didn't get dark at all.

I did experience this the first night when I woke up, thought it was morning because it was so bright, looked at my watch that said 02.45. Guess there was a downside to sleep in a tent this year...

But there was a big plus being this far north. The terrain was amazing! On the first stage I had a 9k course that made me run up 3 mountains. Which killed me and made me wish I had taken W21 instead of W21L. But once you were up the terrain was really pretty and very technical. There was one mountain that only the longer courses went up on, which was so detailed, so many did huge mistakes here. I walked to be able to keep up (ok, I was pretty tired too) Here is my course on the crazy mountain:



Best thing that day, I shared a tent with two British girls from Hertfordshire and they didn't believe that there are bears in the forest. Well one lucky guy in M21E had an excuse to run very fast the first day when he saw a bear! Luckily it was in an area that only that class were in, very far away.

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Stage 2 was on the same area but more west, this time instead of 3 mountains, there was one that you went up and down on 3 times. My legs hated me after this day! I was so happy that the next day was a rest day.

The rest day didn't become much of a rest day for me, I started with trying MTBO. At O-ringen they have normal orienteering, trail-O and MTBO. Took the short course since I knew new hills were waiting for me the next day. And they did!

The area for this stage was just under a skiing slope. And almost every class had to more or less run up the bl...y hill, when I say run I mean walk... The big problem on the hill wasn't actually that it was steep uphill, it was when you were running down that was the problem. In north of Sweden there are lots of rocks, big rocks, and in this case smaller rocks covered with moss. And on top of this blueberry bushes. So you had no clue what you were putting your feet on.

Stage 4 was middle distance, and it was really good courses if you ask me. Problem was just that my legs were dead by now. Usually middle distance is what I do best on, but now I just couldn't run like I'm used too, so tired! Also the stones were worse today than any other day, and on my way to my second last control I sprained my foot. Not too bad, managed to finish the course and everything.

Stage 5 had the arena very close to the camping, walking distance. This stage was the Swedish military stage, so they had some military vehicles there and stuff. But apparently they didn't think anyone needed to sleep longer than to 8am. Then they

had a helicopter circulating the camping and an air show with a Jas plane which went so fast it sounded like he was breaking the sound barrier. Congratulations to my English friends who had a late start!

At this stage it was a chasing start, I had two friends 15 and 30 sec after me, so we ran together for a while, then I got tired and they ran away from me. Later I found them again, when the orienteering got trickier, but in the end there was mostly running and they just ran away!

But just when I punched the last control they said that Thierry Gueorgiou was on his way to the finish. So I got to run the last 100m with a whole arena applauding! Very nice!!  
I came 53 out of 80 people, not too impressive!

Later that night it was the 6th stage which is the big party after. But before that it was the traditional event, football game between Sweden and the world. Very serious game! Sweden had stars like Gustav Bergman and the world had Thierry Gueorgiou. Both of them disappeared for 20 min to be on the prize giving ceremony and then returned. 2-0 to Sweden was the final score, no British people in the world team though!

About 12,000 ran this year's O-ringen, they are expecting a lot more next year when it's in the south part of Sweden. Maybe someone from Wessex?



**FRIDA FORSHALLEN**



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## COAST PATH RELAY

### Interesting facts from the archives.

In 2002 it looks as though we had 19 people actually doing legs of some distance together with a sprint Team and Tracy and children also doing most of Hardy's Monument woods. Our target time was to finish at 5.48 but our actual finish time was 6.23 (i.e. over 10 hours).

A year later we had most of the same people minus some of the younger and older ones but with 2 sprint teams. Target finish of 4.44 and actual finish of 4.36 so we had knocked nearly 2 hours off our previous year's time.

By 2004 the plan was becoming much more refined with cars designated as fast cars or sprint cars. It appears that we had 4 designated sprint cars and again lots of the same distance runners featured in 3 Fast Cars. (Names of those who no longer take part include Steve Shuck, Geoff Roberts, Chris Lee, John Hartley, Charlie Morton, Gareth Alan-Williams, Don Holmes, Diane Dumashie, Vicki Lee, Mark Scott and Fern Horsey). Our target finish was 3.14 (very ambitious) but we actually managed to finish at 3.49. So it took just 3 years to reduce our time by a staggering 2 hours 34 minutes. And nearly ten years later we are only just managing around the same time.

In fairness it must be mentioned that running the Golden Cap section and the St. Aldhelm's to Durlston sections as distinct legs adds time as previously they were assisted by Sprint Teams.

One can't help wondering what the minimum time is bearing in mind the logistics of getting people into place with the vagaries of traffic, parking etc.

**Ian Sayer**

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## **Quantock Orienteers Street Event**

**The David Holmes Memorial Trophy Event on  
Saturday 6th July 2013.  
Held at Kings College Taunton.**

This is an unusual piece to write as I didn't really know David, but looking at the number of entries he was a well-respected Orienteer.

When we arrived in Taunton the summer came with us. We arrived at the event centre, parked up and headed to registration. We went to the cricket pavilion for Gavin to register etc. The lady in charge of the entries said "and this must be Lady Lycra" - !!! Amazing, I had hardly put my head above the parapet recently - I admitted my identity graciously. Not too sure if it is 'fame' or 'infamy'! I'm sure Gavin's brow was slightly furrowed. I went through the usual process, wished him good luck and went off to explore Taunton.

I asked the chaps manning the college entrance gate to point me in the right direction towards the town. It was a lovely day and a pleasant walk to the centre. I like Taunton, it has some beautiful buildings and is very well planned. It has good shopping areas too. I have been to Taunton in the past with my mother-in-law, who is always great company. The town was pretty busy and after a wander around, the usual need for coffee emerges. I found one of my favourite coffee shops - Cafe Nero - and settled down to read my book whilst sitting outside in the glorious sunshine. My book at the moment is 'Dreams from my father' written by Barack Obama. A very good read, he has an unusual history.

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After a while I was a little concerned that I had not yet seen the variety of the sometimes bemused colourful clad Lycra beings that are usually popping up from all directions. It took a time for it to sink in that the event started from the campus and 95% of the event was in the suburbs. Oops! Oh well, quickly put book away and finish coffee - admit my mistake - should have read the info first not later!!!

I'm sure David Holmes would forgive me and I hope I made him smile. I headed off at great speed back to Kings College campus. I was planning to make it in time to see the finishers (or at least some of them). On return I found out that yes the runners hadn't gone through the centre of town.

However all was not lost as I was in time for the prize giving. Gavin had won the event and was given a superb trophy of Wills Neck trig point made by Mike Murray. This was rather poignant as the area Wills Neck stands in was the second area Gavin ever orienteered on back in 1970 and next to Great Wood which Gavin originally mapped for the South West Championships. I heard one comment that David had mapped or re-mapped most of the Quantocks during his lifetime. Quite an achievement.

As usual part of another pleasant weekend.

**Lady Lycra**

## **COASTAL PATH RELAY**

### **a race that almost never was**

It was just over two weeks to go before the coastal path relay, a strong Wessex team had been assembled, a master running/transport plan had been generated and the journey plans for individual cars were almost finished. I then received a message from Tim Britton, the race organiser who said that as only two clubs were able to raise a team he was going to cancel the event. This to me was not good news because;

- It would waste all the work I had already done
- It would deprive Wessex the chance of completing an unprecedented win of all the SWOA summer relays

I therefore asked Tim which other club could raise a team and said that if they still wanted to run we would go ahead and organise it ourselves on the day. The other club was Axe Valley

Runners (AVR) who despite having only seven runners, were still keen to take part and so it was the race was back on. Actually two of AVR's runners could only make the first 90 min of the race so they would be down to 5 for most of the team. Despite this they were going to repeat their previous practice of using a pair of runners on each leg.

The very wet weather of the last year has caused a number of landslips along the coastal path so four different diversions were in place, the most significant of these was the closure of the section between Kimmeridge and Chapmans Pool. To avoid this we had to make a detour inland around Swyre Head and through Kingston Village before rejoining the path just inland of Chapmans Pool. Fortunately the length and amount of climb on this detour was virtually the same as the original route.

The plan was for the teams' first runners to be at the start by 08.00 ready for the off. Unfortunately neither team actually

managed this because Dale Pa- get was rather too relaxed about jogging (or rather walking) from Lyme Regis back to the start while AVR had to wait for us because they did not know where the start was! The race finally started about 4 minutes late and as expected Wessex went straight into a lead that we were never going to relinquish.

We had a new Wessex member, Steve Claxton, doing the 'King of the Mountains' leg which involves a 140m climb of Golden Cap followed by the descent on the other side. Steve had run the route a few weeks before but on the day found a cow blocking the path he intended to take. He decided to detour onto a nearby path which he assumed would shortly join up with his original one. Unfortunately this was not the case and his alternative path added about 500m onto his route. Steve is keen to have another go at this leg next year when he promises to stick to the correct path, cows or not. Still, Steve redeemed himself later in the day when he ran the 5 km leg east of Hardy's

monument 100 sec faster than the target time Dale normally sets for himself.

Rob Hick was driving the car whose runners were going to take the sash through West Bay. He was only parked there for about 5 mins but on return to the car found he had been issued with a parking ticket for failing to 'pay and display'. We really were not expecting the parking wardens to be out at 9 am on a Saturday morning.

As well as having only 5 runners who ran in pairs, AVR decided to make life even more difficult for themselves by only having one support vehicle. This was not too much of a problem in the first part of the race when the route has quite good road access, but became a significant issue later on. As usual the race was run in two parts with teams restarting from Lulworth at 13.00, whether or not their previous runners had reached the Cove. Wessex arrived at Lulworth at 12.47, which was later than I had planned but still in time to make the restart. AVR's

runners though were not expected to be there until about 13.40 and with just the one vehicle, they had to wait at Lulworth to collect them before they could go and relieve the pair of runners who had started the second half. This meant the pair of runners had to keep going all the way to the road above Kimmeridge, a total of over 10km with 440m of climb. In contrast Wessex had deployed 18 runners to cover the same section.

This year the 7.8km 'King' of the Coast leg from St Albans Head to Durlston was run by Helen Dyke who had previously recced the route but still managed to make a mistake losing about 10min. But she was still faster than the AVR runner and so the first time ever the race actually had a Queen of the Coast.

At the finish Wessex only had to wait just under 40 minutes for the AVR team to arrive and all five of the remaining runners decided to do the final 4 km stretch along the Studland

Beach. In fact the whole of AVR's performance was very impressive for such a small team. The total distances run by the final 5 were 34, 27, 25, 20 and 18 miles, so one of them ran over half the total distance.

Wessex's total time was 1hour 35 minutes faster than AVR's, but their handicap was just 61 minutes compared to our whopping 180 minutes. The handicap time is obtained by adding a team's actual time and handicap together so that the handicap trophy was won, very deservedly, by Axe Valley.

Hopefully next year more teams will take part but there is one thing I would like to keep the same, namely that Wessex has the fastest team.

**Roger Crickmore**

#### **STOP PRESS**

*Tim Britton has decided to give up organising the CPR due to work and family commitments. Rumour has it that Gavin Clegg may be taking over.*

# THE WESSEX TEAM



Axe Valley Runners finishing in a very respectable time, especially as they only had 7 runners!! Their time was 9hrs, 50mins, 6secs.



## WESSEX PHOTO GALLERY



Not satisfied with running the Coast Path Relay, John Cook and Rob Hick ran The Beast the following day!!

John took 1hr 38mins and Rob 2hrs 08mins. Congratulations to both of them!! Nice tee shirts boys!!

A bit tired then, Rob?!!





Helen Dyke and Gavin Clegg at the finish of the Coast Path Relay in a time of 8hrs 14mins, 43secs.



Upton Country Park

# Thank You

*Wessex Orienteering*

For helping us make our Summer Fun Day on Wednesday 7th August 2013  
a great success!



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## WESSEX COMMITTEE

### OFFICERS:

#### Chairman:

Julie Astin: [julie.astin@hotmail.co.uk](mailto:julie.astin@hotmail.co.uk)

#### Treasurer:

Karen Morton: [karenmorton@ntlworld.com](mailto:karenmorton@ntlworld.com)

#### Secretary:

Alan Hooper: [Alanj.hooper@ntlworld.com](mailto:Alanj.hooper@ntlworld.com)

### COMMITTEE MEMBERS:

Richard Arman: [thearmans@googlemail.com](mailto:thearmans@googlemail.com) (President)

Gavin Clegg: [gavin.clegg@parkstone.poole.sch.uk](mailto:gavin.clegg@parkstone.poole.sch.uk)

Rob Hick: [rob.hick@tiscali.co.uk](mailto:rob.hick@tiscali.co.uk)

Tim Houlder: [tim.houlder@ntlworld.com](mailto:tim.houlder@ntlworld.com)

Ian Sayer: [ian.sayer68@ntlworld.com](mailto:ian.sayer68@ntlworld.com) (Fixtures Secretary)

Eric Whapples: [whapples@fsmail.net](mailto:whapples@fsmail.net)

Kay Sayer: [K.sayer@ntlworld.com](mailto:K.sayer@ntlworld.com) (Newsletter Editor and Membership Secretary)

Daniel Whapples: [djwhapples@gmail.com](mailto:djwhapples@gmail.com) (Vice-Chairman)

### Non-Committee Members:

Alan Brown: [imagos@btinternet.com](mailto:imagos@btinternet.com) (Website Manager)

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Don't let him  
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Yes I was exhausted!!



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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](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 who will be pleased to help.

