

WESSEX EXTRA

THE NEWSLETTER OF WESSEX ORIENTEERS

JANUARY 2015

ISSUE NUMBER 206

HAPPY NEW YEAR TO ALL OUR MEMBERS!!

WE HOPE YOU HAVE A SUCCESSFUL
ORIENTEERING YEAR IN 2015!!



Santa and his
“helpers” at the
Boxing Day
Canter.

Features in this Wessex Extra....

Notes from the Editor	Pg 2	Wessex Clothing	Pg 11
Chairman's Ponderings	Pg 3	Future Events	Pg 12
WOJ Squad future events	Pg 4	Night Orienteering	Pg 14
Basketts Lawn Event	Pg 6	New Year's Day	Pg 16
Quantocks Event	Pg 8	BADO Event	Pg 18



NEW YEAR NEW YOU?

After the Christmas and New Year festivities, now is the time to make your New Year's Resolutions – unless you have already made them!

Lots of us decide to make the New Year a time to reflect on last year and plan to make this year better than the last. This is also relevant with orienteering; how many times have you said that you plan to increase your fitness, or to orienteer more often than last year? Well, now is the time to “put your money where your mouth is”!!

It would be great to see more of our occasional members attending events this year, and if your resolution is to get fitter and/or attend more events, don't forget that the Club have qualified coaches who are more than happy to help you to improve your orienteering, and your fitness.

In this edition of **WessexExtra**, there are lots of interesting articles and photos, and of course don't forget the **Future Events page**, which lists local forthcoming events, as well as larger British Orienteering events.

The **J.K. Festival of Orienteering** this year is from 3rd April in the Lake District. The **British Championships** are being held in the Forest of Dean, over the weekend of 18/19th April. It's also a chance to extend your visit and see some of the area around these events after the orienteering has finished.

There are still lots of local events for you to enter, so jot them down in your diaries. My diary is quite full this year with future events which we would like to attend, but that doesn't mean that we will be going to all of them! It is just an aide memoire for us, and not “set in stone”.

Kay Sayer, Editor

CHAIRMAN'S PONDERINGS

First of all, a Happy New Year to you all. Let's hope it will be one filled with great orienteering events, of whatever variety! The increasing number of local events is particularly encouraging - and with the newly mapped areas of Queens Park and the Boscombe Chine and Gardens soon to be available, and which have Permanent Orienteering Courses (POCs) established on them too – these will expand the possibilities for both day and night events, and even relays in the coming years. Thanks go to Ian Sayer and Jason Falconer for progressing both these projects, in liaison with Bournemouth Borough Council. Bill Brown has also recently established a POC at Broadstone Recreation Ground which is already being used. And Mike Dawson is working on another one in the Canford Heath area.

As you know, we alternate with Wimborne O.C. to organise the monthly Monday Club Nights - the next one for us being March 2nd on Brownsea Island (which is also a Night League event). The following two events, on May 4th and July 6th, require people to organise them and it would be great if we had some new volunteers, instead of the usual suspects that come forward. These Club Nights are really not too onerous to organise – with usually just a Score of some sort (with or without dastardly variations!) and an Orange course. Guidance will be on hand - and a 'mentor' can be provided if it's your first time – and I **guarantee** that you will find it a worthwhile experience – honest!

So if you are at all interested, please let me know.

I must take this opportunity to wish Gavin Clegg (and his wife, Valerie) the very best of luck in their "recci" to France (after a detour to compete in a number of events in Portugal !) which will mean that we won't be seeing them until the end of May. If they **DO** decide to live permanently in France, then I can assure them that there will be a contingency from WSX visiting them for some event or other in the near future! Bon voyage.

Julie Astin

**WESSEX
ORIENTEERS
JUNIOR
SQUAD**

**FUTURE EVENTS SUITABLE FOR THE
SQUAD**

Hi everyone!! I have listed below the future events which are suitable for the Squad.

Mon 2nd February: Wimborne Night 'o', Slades Farm.

Sun 8th February: Southern Championships, Mole Valley.

Sat 14th February: Wessex event, Holton Lea.

Sun 15th February: Wimborne Regional event, Hale Purlieu & Millersford.

Sat 21st February: Sarum Dorset Schools League & Colour Coded event, Vernditch.

FRI 27th FEBRUARY; Wessex/Wimborne Annual Dinner and trophy presentation, Poole Yacht Club. All Juniors are welcome to come along with your parent/s.

Sat 7th March: Southampton Urban Night 'O', Lyndhurst.

Sun 8th March: Sarum Saunter, Sidbury Hill, Tidworth.

Sun 15th March: COMPASS SPORT CUP HEAT, Fonthill. YOUR CLUB NEEDS YOU FOR THIS!!!

Sun 22nd March, Wessex Galoppen, Rushmore.

Sat 28th March: Wimborne Dorset Schools League, Stonebarrow Lane, Charmouth.

These events are suitable for you to attend, but if you are competing in any of the **Night events**, you must have someone to shadow you for safety reasons.

As always, if you feel you need someone to shadow you on any of your courses, please let me know well before the event.

Kay Sayer

BUSKETTS LAWN EVENT,
Sunday 18th January – Lorna Sayer

Lorna went to the Southampton event in the New Forest on Sunday 18th January. The weather was sunny, but quite cold. As this was her first Yellow course, I went with her and shadowed her over the course. The course was 2.0km with 12 controls. We had a VERY long walk to the start, and it was extremely muddy! Lorna was stuck in the mud before we reached the start, and I had to pull her boot out.

At the start, Lorna dibbed her brick on the start control, and we ran off down the path towards the first control. I had difficulty keeping up with her, as she ran very quickly! So on to control 2, further along the path, dibbed that and away we went. There was still a lot of mud on the course, and we were helped with some “smiley faces” to ensure that we didn’t go the wrong way, as some of the paths were not very distinct.

We checked the compass before setting off from the controls, to make sure that we were going in the right direction, and ran as much as we could on the muddy paths. The last control was by a gate, and Lorna dibbed this and we ran to the finish control. We met other

Wessex members who were just finishing after us, so we walked back with them to the assembly area.

Luckily, I had a couple of frusli bars in my backpack, so we munched them on the way back. We also saw a young girl who was riding a pony through the river, next to the pedestrian bridge.

We took the dibber to the download tent and then we were told that we had not dibbed the final control! We both knew that we had dibbed it, so we thought that there must have been a fault with the control box.

If we had been allowed the last control, Lorna would have come 3rd in 30.33mins, out of 9 starters. An excellent event for her, as this was her first Yellow course.

Lorna Sayer (with Kay Sayer)

P.S So, all you WOJ Squaddies, let's hope that you will continue with your orienteering, and it would be nice if you could let me know which events you have been to so that we can keep track of your progress. And: Will you send me a short article for the next WessexExtra please? It would be great to have something in here from one of our WOJ Squad members.

Oh What a Lovely Hill

On 30th November Tracy, Jason Falconer and I travelled to the Quantock event at Staple Hill just south of Taunton. Now we were expecting tough courses because;



It was being organised by Quantocks
It started on top of a 300m high hill

Of course when you start on top of a hill the only way to go is down and the route to the first control was about 10m along the path and then straight down a 45 deg slope. Not for the last time during the day I was grateful for my O shoes with studs and metal spikes which enabled some sort of control during the descent. The route to controls 2 and 3 was relatively flat but while getting to control 4 I came across a small river in a ravine about 6m deep with sides even steeper than the slope down to control 1. I looked at this for a while thinking are we really supposed to be able to cross this, but looking at the map there seemed no way round so with the use of various trees as handholds I clambered down one side and back up the other. The only feasible route from 4 to 5 took us back across the same ravine though at a different but equally steep section. Control 5 was at the bottom of a similar ravine which also had to be crossed. As well as the issue of the river crossings the forest around these early controls was not very runnable with the trees being close together and a lot of undergrowth. This is not my favourite type of terrain as I prefer more open forest where I can open up my long legs and cover the ground quickly. I was therefore glad to have a long track run en route to control 6 which I hoped would also take us to a more runnable part of the forest. Unfortunately this was not the case as it was more of the same. At one point I thought I had found a more runnable route along an open ride marked on the map, but a better description of this would

have been a linear marsh and it was debatable whether it was faster to squelch along this or battle through the forest on either side.

Despite the temperature being about 10C and little wind the limited speed that I was able to move at meant that I was starting to feel rather chilly. For some reason I thought there were only about 16 controls so by number 14 I believed I was approaching the end. I then looked at the control descriptions card and found there were actually 20 so I still had some way to go. Control 16 required a climb up a 45 degree (or maybe steeper) slope where once again various trees had to be used as handholds. I was now back on top of the hill so the last controls were on the flat and relatively close together and were quickly collected. Control 18, though, presented the unusual difficulty of being in a wood that was so dark it was difficult to read the map.

Just in case you think I have been exaggerating the difficulties of this area, I would point out that even the winner of the blue course (the longest available) only just managed to beat 10 min/k. The map scale was 1:7500 but I did not realise this till after the event, having assumed it was 1:10000. Perhaps the slow going meant that I covered a certain distance on the map at the same rate as I would normally do on a 1:10000 hence nothing seemed wrong.

While Jason and I were out on Blue, Tracy was doing the Short Green and having some problems of her own....

Roger has already described the undulating wet nature of the course. I do not have studded shoes so on my way down the steep slope to a control near Roger's number one I lost

my footing and slid about 50m on my backside. I was not injured but it did not bode well. My next problem was trying to find an earth bank at control number 5. It was marked as a few marshy areas nearby but the whole area seemed to be more or less under water and I started to sink. When the water was well above my knees I started to shout for help as I was sinking further. Fortunately a nearby runner balanced on a log and helped haul me out pointing out the error in my navigation at the same time.

A little shaken, I jogged on and a couple of controls later found a gentle slope to run down. I picked up a little speed, caught my foot on a tree root hidden under wet leaves and went flying. The landing was quite soft, the map suffered more than I did so I carried on again. At the top of one of the gruelling slopes I found myself on a track with ruts and some brashings. I decided to swap from the right lane to the left lane by jumping over the middle. It sounds so simple, but somehow my take-off leg slipped, twisting me in mid air and bringing me down on my bottom. It was worse as by some fluke my bottom was wedged in a hole with a sharp branch pressing into my right hip, my back was in the left lane and my legs were in the air! Much as I tried to put my legs down and edge my weight over my hips to get up, any movement made the branch dig in more deeply and I really couldn't get out. It was very embarrassing! I saw a lady at a nearby control studying her map so called "can you help please, I am wedged like a stranded whale!" She was very amused and after some twisting and pulling managed to free me. I thanked her by being able to tell her where her control was. The rest of the course was uneventful apart from the control in the very dark wood and Jason screaming at me that I had missed the last control, which I hadn't, as the last one on blue was extra to

everyone else's last one. 10 seconds wasted just checking and then I finished. What a relief ! I was very surprised to find myself in top 3/4 on my course. I was left with quite a deep bruise in right hip area and a lot of very wet muddy kit to wash. I do sometimes wonder why we put ourselves through this torture but it was a lovely drive.

The Crickmores

Wessex Club Clothing

I have taken over the task of looking at the purchase of club clothing. One item that we will definitely be buying are some more O tops so can you please let me know if you wish to purchase one , and if so what size. There may be various options e.g. zips, back pockets, etc but these will depend on the supplier chosen.

It has also been suggested that other items of club clothing may be of interest including;

Beanie hat

Lightweight waterproof jacket

Running vest

Could you therefore also let me know if you might wish to have any of these and if there is enough interest I will look into possible sources of them. Unfortunately at the moment I do not have any prices but it may be the club is prepared to subsidize some of them

Roger Crickmore

Roger.tracy@virgin.net

FORTHCOMING ORIENTEERING EVENTS

www.wessex-oc.org

JANUARY 2015

- Wed 21 **ARMY ORIENTEERING**, Bagshot (New map)
Sun 25 **BERKSHIRE CONCORDE CHASE**, Newbury
Wed 28 **ARMY ORIENTEERING**, Bordon Heath.
Thurs 29 **SOUTHAMPTON** Night O. Eastleigh

FEBRUARY 2015

- Mon 2 **WIM Club Night & Night League**, Slades Farm.
Wed 4 **ARMY ORIENTEERING**, Bulford.
Thurs 5 **WESSEX** Committee Meeting.
Sun 8 **MOLE VALLEY** Southern Championships.
Wed 11 **ARMY ORIENTEERING**, Harris Relay, Everleigh
Sat 14 **WESSEX Night and Day Event**, Holton Lee &
 WOJ event.
Sun 15 **WIMBORNE** Regional, Turf Hill & Hale Purlieu,
Wed 18 **ARMY ORIENTEERING**, Long Valley
Sat 21 **SARUM NIGHT 'O'**
Sun 22 **CHILTERN CHALLENGE**
Wed 25 **ARMY ORIENTEERING**, Longbeach, New
 Forest.
Fri 27 **WESSEX/WIMBORNE CLUB DINNER.**

MARCH 2015

- Mon 2 **WESSEX Club Night**, Brownsea Island.
- Sat 7 **SOUTHAMPTON Urban Night '0'**, Lyndhurst
- Sun 8 **SARUM SAUNTER**,
- Wed 11 **ARMY ORIENTEERING**, Bramley, Team Relay
Championships.
- Sun 15 **COMPASS SPORT CUP HEAT**, Fonthill. Don't
forget that this is a Club event; We need as many
of you as possible to run.
- Wed 25 **ARMY ORIENTEERING**, Copehill Down.

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

WESSEX NIGHT LEAGUE

We are now over half way through the season of Events and participation is much greater than last year. Whereas previously we have been lucky to get more than 20 or so taking part this year we are regularly seeing over 40 hardy souls turning out for the Night events (Indeed Sarum had over 50 in Salisbury).

It is becoming the norm to have the "assembly" area in a pub or café so perhaps that is part of the attraction. Also a lot of people (myself included) really enjoy the Night Urban events where perhaps we aren't good enough to tackle forests in the dark.

There are still at least 5 events to go before the season ends so if you fancy giving it a try come along. There are head torches available to borrow if you don't have one.

Ian Sayer.

Night time Urban Orienteering

Having done a couple of daytime urban orienteering events and now that I have a head torch that was recommended by those in the know (Ian, Kay and Gavin) and didn't cost a fortune, I thought that this might be a gentle (safer for the knackered knee) way back into orienteering.

So my first event was the Kings Park event on the 6th October, after getting past my in-built "hmm I'm not keen on being in parks at night", partly due to being a lady, partly due to having done a lot of Karate over the years and partly due to my job, I don't tend to go to parks in the dark. I actually avoid them like the plague. But here I was, I walked most of the course (testing said knee carefully) and thoroughly enjoyed it, my comments in my training diary at home - yes sad I know, were "It was brilliant".

So now I am hooked. That with sport is really not a good idea with me, an example of this would be that out of the next eight night time urban events I have done five, I didn't do two due to work and one due to hills (definitely not a good idea).

I'm finding that the night events seem to focus my mind better and that I'm almost instantly into the map and concentrating straight away, whereas I'm sure I over complicate the map on normal forest events and as a result spend a lot of time accidentally enjoying the scenery. (AKA lost).

I have enjoyed all the events, even the ones with the scary dark parks in the middle of what feels like nowhere, with my senses on full alert, but I think Brighton has to definitely be a highlight. 19 of us travelled to Brighton, thanks to Gavin's organisational skills in obtaining two minibuses. I have not been to Brighton before, what an amazing place, especially the lanes areas, very quaint and in



some ways reminded me of Venice. (I have already penciled the 2015 event in my diary).

So sticking to Ian, Kay and Julie like glue as they showed me around the city (I wouldn't want to get lost before the event!) we managed to find a few controls, some of which came in handy during the event - knowing exactly where they were, definitely helps.

I think the Christmas shoppers were totally bemused as probably the best part of a hundred competitors started charging around the lanes and city with head torches on while they were picking up the last of the Christmas gifts. I did answer a few "what are they doing?" with a quick friendly shout of "orienteering" as I ran past, well you may as well advertise the sport.

My first control was the last control we spotted on our walk around the city, a good start, I had two slight (for me) errors which probably cost me 2-3mins in total, pretty good for me. I completed my 5.6km course with 29 controls in 56m 58sec's, which I was quite happy with. A number of our minibus contingent did very well picking up medals. I don't really bother that much with looking at the results until the next day or so, just out of curiosity to see how I did, so when Julie said I did well, I needed to check the results to find I came 4th, my best orienteering result to date. I now really enjoy these events!

Tina Stratford

New Years Day Score Event

This is a traditional event from Sarum usually on a freezing, iron hard Salisbury Plain. But this year, it was relatively mild and it had moved to a former army camp near the A303/A34 intersection, less than an hour away from home.

The area was cleared of any buildings but there were scrub and copses of trees everywhere among the old roads & concrete bases, with open areas of rough grass in-between.

Chris Huthwaite was the planner, he controlled our Galoppen on Rushmore last April. He used the area very well. 31 equal valued controls were scattered all over. But five of them had mini-maps showing the position of five bonus controls (which were not marked on the main maps). This gave a good challenge to the fast boys & plenty of interest to people of all ability levels.

A final trick from the planner was to not have the usual red & white kites on the controls, just a green stake with the control unit on top. They proved quite a challenge to pick out against a background of trees & bushes and really kept you on your toes.

The event was advertised as a 'punching massed start'. How could this be? Well they corralled us into 4 queues in the start pen. At the head of each queue, an official handed out maps in turn just slow enough to enable the competitor in front to clear away from the start punch. So it was a sort of 'staggered mass start'. Great fun. Great atmosphere in the start pen.

A trip down memory lane – the A4 maps were printed on normal A4 paper and were in plastic bags! I suspect this was to keep the costs

down, as it was an all-EOD event with an unknown attendance, so they would have to over-supply with maps. The map looked like it had been printed on a private colour laser printer. But it gave excellent resolution & colours.

They had a very good turn out with 134 starters. Of these 21 managed to get the maximum score of 350 within 60mins. The fastest did it in 46.30 minutes! WSX had seven members there. Peter Suba & Tim Houlder were our 'stars', but we all enjoyed it greatly:

Peter Suba 61.27mins 330 pts 31/134

Tim Houlder 70.34mins 240 pts 73/134

So there you have it. Just like a 'Flash Mob' happening. Car park empty at 12.15pm, 134 start at 1.00pm, car park empty again at 2.30pm!! An excellent event and a big thank-you to Liz Yeadon, the Sarum Super-Organiser.

Bill Brown.



BADO Event,
Pember Forest & Silchester Common,
16th . November 2014.

The true measure of a well-planned Orienteering event is that you come away with a sense of satisfaction even when you totally messed up your run.

Oh wait - did I give away too much already? Here goes the personal perspective on the Brown course at the BADO event at Pember Forest and Silchester Common. It did not begin well as I was approaching the start already later than I wanted to. I knew I will still be able to run, but did not have enough time to really warm up properly and settle into a good mental state.

Most of the field was gone, only a few people left at the start - with only a man in blue shirt waiting for the Brown start slot, and slotting right behind me by a minute.

Never mind, I will have some time to settle into a nice rhythm on the first transition - or will I?

No I won't, highly unusual but the first two controls would have been done away with within 200 meters of the start.

As I am taking my new compass magnifier to a test drive with this event, it's a stress test straight away, taking aim right at the start with people behind me watching: no - I won't struggle with taking an exact aim, surely I'll stumble across the control if I just take a rough aim and run!



You guessed what happened... I started with a couple of mistakes straight away, further annoying myself on account of meeting the guy starting a minute behind me entering control 2 just as I am

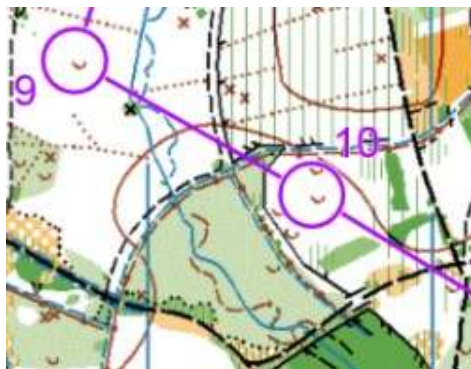
leaving it.

Finally we are away and actually running towards control 3, with a couple of route choices to make in a longer transition, judging by the depth of the mud on the tracks I chose it was a wise decision, what could the



marshes have been looking like if I were to cut across there!

Anyway thankfully 3-4-5-6-7 were all done OK, I have now lost blue top guy somewhere in the loop (4 and 7 being the same control) between 4 and 5 wisely allowing him to run in random directions... don't worry, he'll feature later in the run quite against the hopes I had at this point.



Checking the splits I see that at

control 7, despite my mistakes on controls 1 and 2 I was still in 3rd place which is not bad at all!

But at this time I am really hurrying myself up to lose the blue shirt guy for good, so let's get to 8 quickly, it is nearby in the white forest, surely taking a rough aim should be sufficient... yes you guessed it, it wasn't and I ended up losing about 2 and a half minutes on this control running in circles in the complex ditch maze - oh hello blue shirt guy again!

Finally finding the control and convinced that it was in the wrong ditch intersection I am leaving to control 9 which for a change I get in a reasonable transition. From here on in we start the orienteering roulette: if I need to jump across over a stream, will I make it to the other side or fall into the water? Survived the first

jump, only to follow this up with climbing over a fence to get to control 10. Usually in such transitions you have a route choice: one that is more direct and involves climbing, and another one where you use a gate but is longer. Indeed there was a route choice in hindsight that could have used a gate but it was probably not worth it. I still lost about 40 seconds somewhere in this transition:

where did it go I wonder? Maybe I am just too cautious with jumping the stream and climbing the fence? It is unlikely to be running speed at this point as the next, twice longer transition mainly dependent on running went reasonably well, with me losing



only about 30 seconds to a guy half my age and 600 places in front of me in the rankings! Something to contemplate.

Contemplation would have been advised before I made a silly mistake on the next transition 11-12: the second reasonably long transition in a row and involving me having to fold the map a different way - it could only have been my old orienteering senses telling me that something is wrong that stopped me in my tracks only to see that I was following the route back to 10 instead of on to 12! Lesson to learn here, only re-fold the map once you are firmly locked on route!



Luckily that 6th sense stopped me before I accumulated too huge a mistake, but I now know I have much to catch up on and so I decide to take on some energy by way of a gel as I am running the long path towards what I can now see will be a heavily used control that I am to go to 3 times doing the butterfly loop!

First loop, 13-14-15 goes with small but tolerable mistakes, 13

choosing the wrong path for a short while but getting the control spot on, just missing 14 to the right after some hesitation about taking direction across the white forest based on the earlier mistakes where I wasn't taking aim seriously enough, but correcting it in about 20 seconds.

Getting annoyed I now take getting back to 16 (which is the same as 12) seriously and run properly, lo and behold my split here is finally respectable again and I now ask myself - how did that blue shirt guy appear again? I must get away from him, so I run across the opening expecting a path intersection that is not there - it is either to the right or the left, but no time to find it: the blue shirt guy runs past and into the white forest!

I can't wait and lose time, must run as he is going roughly the right direction, can't hurt running across the white forest I will pick up the path at the other side, won't I? As it turns out: no I won't, as the white forest is severely overgrown with brambles (really should pay attention to those undergrowth markers on the map). I ended up paying a huge price: not only do I spend minutes fighting through them, but I am now lost! I finally figure out that I was deviating to the left and ending up a few hundred meters behind where I should have been. I finally recover and on track again, but not before leaving almost 5 minutes (!) in this transition alone.

Not having the blue shirt in sight to distract me seems to help me now as I produce another acceptable transition to 18, taking aim from the ruined fence corner finding control 18 immediately, with 19 and 20 following in short order.

This concludes the couple of loops around the control we had to go to 3 times, so on to another longer transition with a proper route choice on to 21! I take a gamble and a more direct route across the light green forest, a couple of orienteering roulettes, I mean stream hops to survive and the choice seems to have paid off based on the split. It's still a minute behind the fastest men with a 6th place split but let's not dream about competing with

men half my age just yet!

Here's to tracing a couple of fences to 22, although I probably did not choose optimal route here running along the muddy track to the intersection before finding the fence as I could have cut through the white forest here.

Next on to 23 with no dramas other than fighting through the dense branches of a dark green forest section and thinking "maybe I should have bought those running glasses to protect my eyes"!

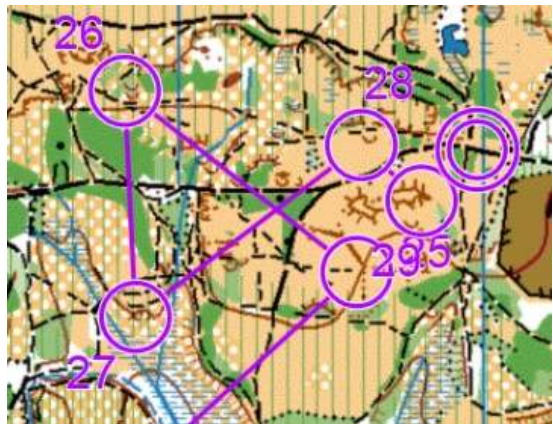
The transition to 24 now takes the route onto Silchester common and a healthy uphill run towards the back end of the course to suck the remaining amount of oxygen out of our brains! It must have done this with others as someone stopped me here asking "where are we on the map?" I obliged, surrendering a few seconds - not that it mattered much at this point!

25 is the last long transition and the last orienteering roulette for me as well. Some smaller hesitations, small confusions contribute to about a minute and a half of imperceptible time loss for me - or was I

beginning to tire at this point? It is probably the latter as all went downhill (figuratively only) from here!

What should have been a quick succession of a series last controls in the complex commons

area became a nightmare. It would be easy to blame my 5 minute mistake to 26 on the next guy who stopped me asking me to point out to him where we are on the map - but why oh why did I loose faith after I pointed him at the correct place on the map? I did end up circling around only to finally finding the control exactly where I would have, had I continued as planned



in the first place! True - the marsh turned into a small lake which confused me but surely the conclusion I drew here "that earth bank behind the lake must be the one I need to follow" should have been good enough! I need to learn to trust my instincts a bit more!

27 was just an icing as I ended up running around the control - yes, there WAS another ditch not mapped right next to the one I needed, but surely I shouldn't just stop muttering angry words and should just keep looking in the future! With my heart rate by now firmly down in the recovery zone, running a long route out behind the bushes instead of a direct aim at 28 was the cherry on top of the icing, with 29 and finish seemingly pointless as they were all within eyesight of each other probably making no difference whatsoever to any positions.

This all being over and guessing to having made easily at least 20 minutes of mistakes, I was guessing to be very near the end of the field - it turned out I was in the middle, others probably having similarly struggled with the complex features of the area. Nevertheless, an overall greatly varied orienteering terrain, a generally well planned course (perhaps with the exception of the first and last few controls).

Lessons learned:

- Don't get distracted by runners in blue shirt
 - Don't use the compass magnifier until you have problems with your eyesight
 - Folding the map should only be done in the middle of a well-controlled transition
 - Treat direction seriously and stop hoping to just stumble across controls!
 - Trust your judgement or you'll spend more time hesitating
- Looking forward for the next event in this area which is great for orienteering!

Peter Suba

WESSEX COMMITTEE MEMBERS CONTACT DETAILS

Chairman: Julie Astin Julie.astin@hotmail.co.uk

Treasurer: Roger Crickmore Roger.tracy@virgin.net

Secretary: Alan Hooper Alanj.hooper@ntlworld.com

Richard Arman (President) thearmans@googlemail.com

Gavin Clegg Gavin.clegg@outlook.com

Rob Hick Rob.hick@tiscali.co.uk

Tim Houlder Tim.houlder@ntlworld.com

Ian Sayer (Fixtures Secretary) ian.sayer68@ntlworld.com

Eric Whapples Whapples@fsmail.net

Kay Sayer (Newsletter Editor &

Membership Secretary) K.sayer@ntlworld.com

NON-COMMITTEE MEMBERS

Alan Brown (Website Manager) imagininos@btinternet.com

REGULAR CLUB EVENINGS/TRAINING

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

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