

Wessex Extra

July 2008



Winning Coastal Path Relay Team

highlights...

Coastal Path Relay	Pg 4
Bill's Jolly	Pg 10
Harvester Relay	Pg 14
Mountain Bike-O	Pg 17
SLMM 08	Pg 21
A Long Visit to Australia	Pg 23
WMOC 08	Pg 24



Chairman

Richard Arman
thearmans@googlemail.com

Treasurer

Ian Sayer
ian.sayer68@ntlworld.com

Secretary

Sian Rixon
sianrixon@live.co.uk

Committee Members

Bill Brown
bill.avbrown@sky.com

Gavin Clegg
gavin@ukmax.com

Rob Hick
rob.hick@tiscali.co.uk

Ian Middlebrook
themiddlebrooks@tiscali.co.uk

Kay Sayer
k.sayer@ntlworld.com

www.wessex-oc.org

Chairman's Chatter

Events Happened.

Ian Middlebrook organised and planned our informal event using the Coldharbour bit of the Parsons Pleasure map in Wareham forest at the end of May '08. Good weather and a nice event, and Nick Hillman came along to do well in his second event - we hope he is going to be the one to watch.

The 28th of June saw Wessex represented at the Poole Festival of Sport at the Carter Community College. We had a good gang of helpers and about 30, mainly youngsters, trying out the courses. My thanks to Kay Sayer and Bill Brown who were the lead organisers.

Coming Up

Well, the great Dorset Coast Path Relay will have happened by the time you read this and we may also squeeze a report into this edition.

The Summer Relays are happening but support seems poor this year so far so don't forget we have our own Hardy Relays at Hethfelton on 27th of July. You don't have to be in a team to run, just come along and do a course. Rob Hick has planned this one after overcoming Forestry Commission restrictions resulting in considerable re-planning.

Time to make mention of our Regional event on 12th of October on Dur Hill and Holmsley for which we, as usual, will call upon all our club members' assistance. Rob Hick and Ian Sayer are planning it and Eric Whapples is to be the organiser. Jan Belza from Sarum will be controlling for us.

Members

Martin and Alan Lewis have rejoined the club and will be available as before for the coast path run. We have also welcomed Nick Hillman to the club and I am pleased to say that he could shape up to being a very good young orienteer.

Other Things

I have to mention that our two key objective matters, the Increasing Participation exercise and the roll on towards Clubmark accreditation, are continuing. When all else fails, set up a working party; and that is what we have established for the participation exercise, catchily entitled IPISC, or Increasing Participation Implementation Sub Committee! Clubmark moves forward, various courses are being undertaken and volunteers being sought to spread the load of the work involved.

Meanwhile - get out there and have fun with your summer running; and what about the Welsh Six Days festival starting on 3rd of August?

Richard Arman

**Congratulations to
Bill Brown**

for his award from Poole Sports Council for
his contribution and services to
Orienteering.



Blank pages are due to photos that had to be removed
to enable this edition to be emailed.

Coastal Path Relay Report

After last year's event I wrote that this year the organiser had promised to avoid a clash with the Saunders Mountain Marathon, which should make more of our runners available and give us a crack at our club and possibly even the course record. The Saunders took place the previous weekend and compared to last year we had a couple more good runners for the long legs, and significantly more sprint leg runners. We were still missing a number of our best runners and so, although I predicted we could beat our club record of 7.45, Kerno's course record of 7.25 looked out of reach.

Ian Middlebrook started off on the first leg and came into view in second place behind Clive Hallet of BOK. He then handed over to Chris Lee who sprinted past Clive to take the lead at the bottom of Lyme Regis. Chris was very pleased to find out that it was Clive Hallet that he had over taken as not many WSX runners can claim to have done that. The fact that Clive had just run almost a mile while Chris had only done 300m was conveniently overlooked. We lost and then regained the lead on the long climb up through Lyme Regis in which virtually every team member took part and with Dale Paget then Martin Lewis doing the legs down to Charmouth our lead looked secure for a while.

This year, in a new feature, there were two additional legs that the rules specified had to be done by a single runner. The first known as the 'King of the Mountain' leg was all the way up Golden Cap and back down the other side into Seaton. Chris Lee 'volunteered' for this leg although I am not sure he will keen to do so again next year.

The Houlder family had been travelling around with their golden retriever called Amber and when they let her out for a run at East Cliff in West bay she bounded up the hill at great speed. It was then wondered whether we could give the sash that acts as the WSX baton to Amber and send her up the hill again when our incoming runner arrived. Sarah Houlder pointed out though that once Amber got hold of the sash she may not want to give it back and so for this reason and its dubious legality the plan was abandoned.



Ian & Madeleine of sprint team 1 with Dale

By this stage it was clear that we had a healthy lead but we were unsure of how much as the WSX team kept departing from a change over before any other team appeared. The next section of the race then proceeded according to plan including a trio of long legs that were covered by three juniors in a row, namely Andrew Houlder and James and Emma Crickmore.

Dale Paget's car of fast runners had to pick up James Crickmore at Middle farm near Bincombe and had to get to the Sunray Hotel in Osmington ASAP. In view of the heavy traffic leading into Weymouth, Dale opted to take a long way round and by doing a Lewis Hamilton impression managed to make it in time. When the sash arrived at the Sunray Hotel, we were behind the planned schedule by just one second, which was not too bad after 3.5 hours of running.



Runner waiting on road out of West Bexington

John Towner had been due to run the punishing leg from Holworth House towards Durdle Door but he had to pull out a couple of weeks before due to injury. I was wondering who I could ask to do that leg when I got an e-mail from Chris Irving saying he had just completed a very hilly 18 miler, so

compared to that the Holworth House leg would seem like a sprint and Chris agreed to do it.

I had time to take a leisurely walk up from Tyneham car park to the start of my next leg from Glad Cliff down to Kimmeridge. The two sprint teams doing the leg up from Worbarrow Bay did not enjoy such a luxury and had to run to get into position before Chris Lee, the incoming runner, arrived.

By the time I arrived down in Kimmeridge we were 6 minutes ahead of our schedule and by the time we drove out of there we knew we had a lead of at least 12 minutes, as no other teams had come through. The second compulsory single run is known as King of the Coast leg and is an 8km stretch from St Albans Head to Durlston Country Park. For such a long leg you obviously want one of your fastest runners and Dale Paget was selected as the man for the job.

Alan Lewis was wondering whether he was getting too old to act as a long leg runner; he says he is definitely giving up when he gets a free bus pass! One of his legs had been giving him trouble during the day and was slightly concerned that it might prevent him completing his final leg down from Ballard Down at his normal speed. He did in fact manage it although he admitted he was very pleased to be able to handover to Gavin Clegg at the end.

By the time Gavin arrived at Middle Beach two things were clear; we were going to win and we were going to break the club record of 7.45. Six runners

set off on the final leg along Studland Beach, and safe in the knowledge of these two facts, were able to have a reasonably relaxed run to the finish. The first three to reach the chain ferry were Martin Lewis, Chris Lee and Nick Hillman. Nick is a recently joined junior member of the club who had done sterling service all day both as part of a sprint team and on a couple of longer legs.

The triumphant team then had to wait over half an hour for the next team to appear when a swarm of Kerno and BOK runners appeared together. It is the time of the third team member that counts and there was initially some confusion as one BOK member was running in a vest that looked rather like a Kerno top, but it turned out though that BOK had gained the runner's up spot by 24 secs. The full results were:



Final run in: l-r Ian Middlebrook, Roger Crickmore, Graham Whiffen, Chris Lee, Martin Lewis and Nick Hillman

1	WSX	07:36:04
2	BOK	08:10:09
3	KERNO	08:10:35
4	SWJS	08:43:00
5	SOC	09:30:08
6	WIM	09:37:06
7	BKO	09:49:10

In the handicap competition each runner in a team gets a time handicap based on their gender and age and these are then added to the team's actual time. The handicap system tends to favour relatively small teams and those with lots of good juniors. Given the large size of team of 27 runners, all but 5 of who were seniors, I was not expecting to do very well in the handicap competition but as it turned we were still managed third. As shown below it was won by BOK who achieved their overall second place despite having only 15 runners.

	Time added	Finish time	Handicap Time	Runners
1 BOK	116	08:10:09	10:06:09	15
2 SWJS	106	08:43:00	10:29:00	19
3 WSX	188	07:36:04	10:44:04	27
4 BKO	87	09:49:10	11:16:10	12
5 SOC	123	09:30:08	11:33:08	20
6 KERNO	210	08:10:35	11:40:35	29
7 WIM	174	09:37:06	12:31:06	23

The results of the two compulsory single leg competitions were were:

King of the Mountain

1 BOK	Tim Britton	11.25
2 SWJS	Ben Chesters	12.10
3 KERNO	James Hargreaves	12.43
4 WSX	Chris Lee	13.04
5 BKO	Dan Straka	15.24

King of the Coast

1 BOK	Mark Bown	37.19
2 SWJS	Pete Emmett	38.14
3 WSX	Dale Paget	38.20
4 KERNO	James Hargreaves	40.13
5 BKO	Jonathan Moon	51.09

The overall course record of 7.25 set by Kerno, and a team of 40 runners, was achieved without the requirement of the two single runner stages. Having to use just one runner on these stages will slow a team down and so I claim that a different course record should be set for the new format. Therefore, I believe that Wessex should be recognised as the Coastal Path Relay record holders for the current rules of the event.

So can we go even fastest next year? With the runners we had on the day it is difficult to see what could have been done differently to reduce the

time, but if we could have all of our top runners out then I believe a good few extra minutes could be chopped off.

I would like to thank all the runners who took part, I believe each gave their utmost and there were a number of rather sore legs the next day. Also thanks to Trevor for driving round one of the sprint cars and Pella Rye for recording the team's time at various different changeover points.



Roger being presented with the winners trophy by Roger Hargreaves

Finally to celebrate our victory and various records I have composed the following verse which, if you wish, can be sung to the tune of 'Jonny was a piper's son'.

The Wessex team ran fast and strong,
The Wessex team ran all day long.
The other clubs that ran that day,
Just watched our heels go far away.
Up and down the many tops,
The Wessex team just did not stop.

Roger Crickmore

WIM SUMMER BARBECUE

& final event of the Summer League

Venue The Pavilion, Canford School, Canford Magna Wimborne.

Date Saturday 30th August 2008

Time 5 p.m. onwards

Courses 5K and 2.5K on the Canford Campus. SI punching.

Facilities Changing rooms and Showers.

Barbecue Two barbecues will be lit and available for use from 7 p.m. There will be seating available at the open-air theatre where there is also plenty of parking. Please just bring your own food and drink.

Hope to see you there. No charge.

Trimtex Wessex Orienteering Tops



Remember, if you would like one of the new Trimtex Wessex orienteering tops email or phone me with your chest size. Once I have sufficient requests I will be able to place an order.

Madeleine Bridle
madeleinebridle@btinternet.com
01258 454811

Bill's Jolly

About 3 years ago the club were invited to send a rep to a planning meeting and there I found out that the 380 square miles of beautiful countryside lying between by Wimborne, Blandford, Shaftesbury, Warminster, Salisbury and Fordingbridge had been designated an Area of Outstanding Natural Beauty (AONB) a long time ago but that nothing much had been done about it. But that was all changing and money was now available.

Now the role of the AONB is to bring together everyone who has an interest in or who is interested in the area to collaborate together to agree actions for the long term good of the area and to persuade local authorities, landowners, farmers and other users to implement them.

The basic objective of the AONB is to ensure that the area is economically viable in such a way that the beauty & amenities of the area can flourish into the future. They have little power of compulsion, they operate by persuasion at the grass roots level and right up the chain. You get the feeling at their meetings that they believe passionately in this objective and that they are starting to make a difference.

Have a look at their attractive web site (www.ccwwdaonb.org.uk). I was struck by the variety of different types of map in: A Living Landscape > Map.

Recently, I was invited to a meeting in Tisbury Village Hall to have an update on the last 12 months. There were a series of presentations, the most interesting one was about a project to characterise the land use in 1km squares from the earliest times to the present. This will be used to assess the impact of any planning applications on the nature of the AONB in its historical context. (See www.historiclandscape.co.uk)

In the afternoon, we were sent off in coaches with a delicious packed lunch for field work on topics of interest. I chose 'Veteran Trees'. We went to Grovelly Wood, where many of you may have run in O-events. We were shown some of the veteran beech trees sprinkled through the forest. Beeches don't last as long as oaks, only about 250 years and then only if they have been pollarded as young trees. The last days of a beech tree tend not to be graceful like oaks. As they age, they weaken internally without much sign of

this externally. A heavy wind can then break them and they can come down virtually whole.

Beech trees apparently have some mystical significance also. We were shown one old tree with prominent roots between which the foresters often find votive candles burning and various offerings, for example, a broken arrow. Everyone was mystified by this.

“Bill landed another jolly”, do I hear you say? Well maybe.....but after all, someone has to do it!

Bill Brown

**Kings Park , Bournemouth
Permanent Orienteering Course**

LAUNCH EVENT

Sat 16th August 2008 10am - 1pm

**Join with Wessex O.C. In launching
this new facility**

Special courses and coaching for beginners

PLUS

**For one day only - the ‘longest
permanent course in Dorset’ linking three
adjacent parks**

Courses up to 5.0km

Venue: Athletics stadium, Kings Park

**Directions: Travel east on A35 through Boscombe
stop at Pokesdown station. Continue through lights
and take the first left (Clarence Fc Rd). Car park at
end (S2123927). Walk 200m to athletics stadium.**

Enquiries: Bill Brown 01202 38856.

Harvester Relay

Leg One - Alan Hartley

Once again I was off on first leg in the Harvester trophy. I was hoping that with the increased number of teams compared to Penhale last year that there would be more of relay feel to it, and I wasn't disappointed.

The start was slightly bizarre. We had to assemble at 10 minutes past midnight for a 12:30 start. We were then walked for about 10 minutes to a remote start, which when we got there was simply in the middle of a block of forest. Hardly the "stadium" start of Harvesters of old, but added a technical challenge to the start of the leg.

So the whistle went and we were off. There was a train of lights ahead showing a way, whether it was the right way or not was another question.

The long run toward the spectator control left a few behind, and going across the finish field for the first time I was included in a group of 4, I hadn't a clue where we were in the overall scheme of things. Going into 13 I took a lower line which I thought was navigationally better, which it was, but left me the wrong side of an unmarked holly bush from the control. After that the 2 who went on the higher line I saw only as lights ahead. The 4th guy had a different control here and we met again at 14 where he also had a different one. I know this because we found each other's controls first!

The last few controls passed without incident. Aware of lights ahead of me but unable to close the gap, I finished happy with my run. I still had no idea whether I'd finished 3rd or 2nd last! I only found out later when I got up that I'd managed to come back 6th. The same as last year but with nearly double the number of teams so a good result.

Leg Two - Richard Arman

Why did I agree, when asked by Gavin, to be a part of the WESSEX team for the Harvester Trophy? I must have been brain dead, or perhaps all buoyed up by previous recent medal winning occasions.

Now this particular forest, called Park Wood and Naphill Common is neither a park nor a common but a very tough forest and filled with bushes, low holly trees and generally very rough going under



Brandenham Forest

foot - add darkness and the difficulty is multiplied by a factor of, say, four.

After a series of disastrous routes to each control, on the way to 14 I gripped my compass and tried so hard to keep on a line. Here I met two very nice ladies. One showed me where I was on the track, and the other agreed that we were probably going in the right direction.

Gavin must have been very glad to see me after I had been out for 3 hours and 22 minutes, as well as being really hacked off having to wait so long.

The team carried on, all in the daylight now and finished intact. They were very decent to me about it afterwards.



Campsite at assembly area

So, back to bed, pretty tired and deeply disillusioned. It was cold and drizzly outside and I was not going to venture right across the field to the loo but used a jar I had brought for the purpose when I woke later. A mop up job ensued as I managed to knock the jar over - happy days!

Leg Three - Gavin Clegg

I have to say a great thank you to Richard for making my result look good. I would contend I would have run just as fast if half the course hadn't been run half in the dawn, but who knows.

The second leg was long and challenging but soon got into my stride; felt a little slow, but knew, due to lack of fitness, I was going to get slower. Technically all going well, had a faster runner to hang on to for controls 8/9/10/11, and as he was making navigational errors it made it possible for me to keep up.

The next control was a navigational error in amongst the green bits, even though I deliberately slowed for it, so the second half was a fair bit slower than it should have been. Anyway reached the changeover in good time and handed over to the patient Rob.

Leg Four - Rob Hick

After a warm up I took over from Gavin. Apart from a slight overshoot on control 5 I was enjoying the run when passing the spectator control with Dale encouraging me on and eagerly awaiting his turn.

Then unfortunately it started to go wrong. First running well off my

(Continued on page 16)

Forthcoming Events

WEDNESDAY ARMY ORIENTEERING EVENTS. BAOC organise orienteering events most Wednesdays for the Army and civilians are welcome to attend as well. To find out more about these events, go to their website: www.baoc.org.uk

CAR SHARING TO EVENTS. *As the price of fuel is rising by the day, it makes sense for all of us to share transport to events whenever possible. So if you are planning to go to any of the forthcoming events, please let others know via the yahoo group. If you are NOT on the Yahoo group, get in touch with Ian Middlebrook at themiddlebrooks@tiscali.co.uk who will give you details of how to join.*

Joining this group does not mean you will be inundated with unwanted emails, but you will be kept informed of what is happening in YOUR club and any updates which you might need to know about.

Once you are registered, you just need to email the Yahoo group and everyone on the group will receive the email.

AUGUST

*****NO CLUB NIGHT IN AUGUST*****

3 - 9th **CROESO 2008**, South Wales. See British Orienteering website.

Mon 11th **WSX COMMITTEE MEETING**, Bmth Sports Club, 7.15 p.m

Wed 13th **WIM Midweek event**, Moors Valley.

Sat 16th **KINGS PARK PERMANENT COURSE LAUNCH DAY.** 10.00 - 1.00 p.m. Athletics Stadium, Kings Park. Car Park at grid SZ123927. Please come along and help us launch this permanent course - there will be courses for all abilities, from .5k to 5k.

Wed 20th **ARMY EVENT**, Longmoor. See BAOC website for further details.

Sat/Mon 23/25th **WHITE ROSE WEEKEND**, Scarborough. Web wr2008org@tiscali.co.uk

Sat 30th **WIMBORNE ORIENTEERS Barbecue & Informal event** - Canford School, Wimborne from 5p.m. All welcome. Barbecues lit from 7p.m.

SEPTEMBER

Tues 2nd **WESSEX CLUB NIGHT.** Bmth Sports Club, from 8.00 p.m.

Wed 3rd **ARMY EVENT.** Bramshott. Further details see BAOC website.

Sat 6th **WESSEX INFORMAL.** Venue and details TBA.

Sun 7th **SOUTHAMPTON OC Colour Coded and Long-O.** Milkham & Redshoot, New Forest. Org. David & Mary Nixon 01794 516298.

Wed 10th **ARMY EVENT**, West Walk. Further details see BAOC website.

Sat 13th **SOUTH WEST JUNIOR SQUAD**, Ham Hill.

Sun 14th **WIMBORNE ORIENTEERS District and Galoppen**, Millersford & Godshill, GR SU213177. Contact: John Warren, 01425 474861.

Mon 15th **WESSEX COMMITTEE MEETING**, Bournemouth Sports Club, 7.15 p.m.

Wed 17th **ARMY EVENT**, venue to be advised. See BAOC website.

Sat/Sun 20/21 **CADDIHOE CHASE WEEKEND**, Hamptworth estate, Sarum O.C. Entries: Stephen Robinson, 18 Hanson Road, Andover SP10 3HL, 01264 396655. Stephen_robinson@ntlworld.com CD 6.9.08. See Sarum/SWOA websites for further details.

Wed 24th **ARMY EVENT**, Woolmer. See BAOC website for further details.

Fri 26th **WESSEX ANNUAL GENERAL MEETING**, Bmth Sports Club, 7.30 p.m. followed by a quiz.

Sat/Sun 27/28 **WIGHTO District & SCOA League Event**, The Needles/Headon Warren, Freshwater & Ventnor Downs, Ventnor, SZ321854 & 565785. Iris Fay, 01983 741092. i.l.fay1@ntopenworld.com.

OCTOBER

Sun 5th **QUANTOCKS ORIENTEERS LONG-O**, Wootton Courtenay Village Hall, Minehead, Somerset. SS936434. Org. & entries, Martin Longhurst, 0117 951 6145. martin.longhurst@uwe.ac.uk

Also: **BKO DISTRICT**, Burghfield Common, Mortimer SU632643, incorporating Dorset Schools League. Contact Liz Yeadon, 01672 563840. liz.turbin@tiscali.co.uk String course.

Tues 7th **WESSEX CLUB NIGHT**, Bournemouth Sports Club. From 8.00 p.m.

Sat 11th **NOC, Mansfield**. British Schools Score event.

Sun 12th **WESSEX O.C. Regional Event, (Incorporating Wessex Informal)** Holmsley & Dur Hill, Bransgore SU199000. You will be contacted by the Organiser to help with this event. All helpers have a half-price run on the day.

Wed 15th **MID WEEK ARMY EVENT**, Moors Valley CP. See BAOC website for further details.

Sun 19th **BASINGSTOKE AND DISTRICT ORIENTEERS District Event**, Chawton Park, Alton, Hants. SU670373. Mike Broderick, 01256 351624. wbroderick@lineone.net £7/£3. EPS-Emit. www.bado.org.uk

Wed 22nd **MID WEEK ARMY EVENT**, Camberley. See BAOC website for further details.

Sat 25th **SOUTH WEST JUNIOR SQUAD**, Quantock Area. See SWJS website for further details.

Sun 26th **BRISTOL ORIENTEERING KLUB**, Bristol Long O, Ashton Court, Bristol. ST557718. Org. Katy Dyer, 01179 684173. family.dyer@blueyonder.co.uk Fees TBA. EPS-SI. Dogs allowed.

Also: **TVOC DISTRICT EVENT**, nr High Wycombe. Org. Paul Greenough, 01494 674766.

(Continued from page 13)

bearing for control 14 when there was an easy track run option and then spending over 10 minutes trying to find control 15. Eventually found fallen over into some nettles on the edge of a small clearing which I had already visited twice!! So somewhat disappointed I handed over to a frustrated Dale (my apologies!!).

Leg Five - Dale Paget

I never sleep too well at Harvester's and this year was no exception (despite having squashed half a sofa into Gavin's Porsche!).

I started my warm up in anticipation of Rob's arrival. Having entered the changeover about 5 mins before he was due, I waited...and waited... obviously Rob was caught out somewhere!

Eventually he appeared, looking somewhat annoyed with himself and off I went. A clean run into 1 settled me, although I was a little disorientated going to 2 (shortest leg on the whole course!). Confused at 5, thinking I was looking for a pit - which was really a thicket! I should have read the descriptions!

Felt I had made about 4 mins of accumulated errors and not pushed that hard (knowing we were out of the running). Was surprised to find my time was very competitive as I reckon a good run should have been at least 6 mins quicker.

Leg Six - Bill Brown

I was on a course almost identical to Richard's. Let me say right now, there is no way I would have tackled it in the dark. It was bad enough in full daylight.

I turned in a dreadful performance. All the way round I was indecisive and error prone. A series of 2-3 minute errors crowned by two 15 minute beauties left me totally miserable and 40 minutes adrift on my run.

I was so slow that John Hartley, the last leg runner, started a long course in a mini-massed start some time after me and actually finished well before me!

Leg Seven - John Hartley

Having previously participated in only two through-the-night style relays this was the first time for me as anchorman and to be honest I wasn't looking forward to it. My favourite is leg three because you get a bit of everything - night and day but most importantly you absorb some of that special night-relay atmosphere.

A couple of ciders ensured a good night's sleep and I was only woken up

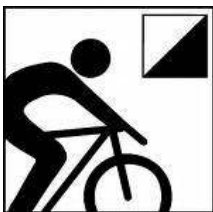
twice - by Rob getting ready for his run and strangely by Rob again who muttered something along the lines of...disaster!

I started in my own mini-mass start that was so mini it was actually just me, on my own.

After making some serious errors the day before at the JOK Chasing Sprint I thought a steady start would ensure success. Wrong. I lost time on the first two controls and then some more at regular intervals throughout the course the worst being a minute or more on number twenty two. It didn't ruin the performance however as I came second out of six for my particular gaffle.

Thanks are due to Gavin for organising the whole thing. He is also the one who suffered most - with an extremely long, cold wait in the changeover pen! Let's hope for better things next year!

Note from the editor: apologies for the severe editing of this article to fit it into the newsletter!



Mountain Bike-O, Ringwood Forest, 21

Having just recently started to get back into orienteering and now finally starting to understand the maps and learning by my mistakes (I make quiet a few!), the orienteering season seems to have stopped (typical just as I'm starting to get the hang of it), so not to be deterred I decided to give the mountain bike orienteering event, kindly put on by Wimborne at Moors Valley & Ringwood Forest, a go. Well I do love being out on my mountain bike and Ringwood Forest is one of my favourite playgrounds with my bike and I get to practise my mistakes, err I mean my recently acquired orienteering skills!

So having spoken to Trevor (organiser) to understand how a score event differs from a normal event off I set. With the mind set, lets get over the other side and get the big points and if time allows (2hrs time limit) get the lower points back in Moors valley on my way to the finish, not that I'm competitive or anything you understand!

So off I charged, trying to figure out how to hold my map, handlebars and still have enough fingers left to apply the brakes with the compass dangling around my neck! Dibbed two checkpoints en-route to crossing the road over to Ringwood Forest North. Having studied the map at the beginning and whilst waiting to cross the road I had a plan of action on how to grab as many points as possible on the way to the furthest check point and which to deliberately avoid and hopefully get on my way back,

knowing whichever way I went from here it would be uphill anyway - oh joy!

By now I had also sussed how to get my map to stay in the plastic holder I had attached to my handlebars and having it facing the way I was going - result, I can now use my brakes! All was going well, heart and lungs pounding away, confidently cycling down this track, okay so where is the marker? Should have seen it by now, maybe I cycled past it while studying the map? Oh hang on a moment I think I want the next path (identical parallel path), how did I miss that little path then to join it? So I cycled back to find this little path I meant to take, Well little, try piddily! No wonder I missed it! Hmm this looks a bit narrow, double check the map, it must be this one.

Now I enjoy mountain biking, I enjoy testing my nerve on some rather dodgy down hills, as I start down the path the thought goes through my head that maybe I should get off the bike and walk down. It's very narrow, slippery and a good number of trees would win the argument if I got this wrong. I'm now committed though, going down I'm thinking it's more likely to go horribly wrong if I try to get off the bike now, so I stay on, balance, use the brakes carefully and control the speed - definitely control the speed!! I zig zagged, balanced, ducked and dived my way down the path and emerged on the track I wanted, with a big sigh of relief and there is the marker, let out a slight whoop of joy and continued on my way happy and very relieved.

So a little while later pedalling up another hill, studying the map as I go, some chap goes past me, now this is when I realised to my horror, that I was actually talking out loud to myself/map. I think this is for reassurance that I am going the right way etc (crazy I know) so now this guy thinks - nutter alert! Slightly embarrassed I continue on my way, he is heading for the same checkpoints and I'm catching him, ok so I'm now thinking he thinks I'm following him. I wasn't, honest guv! Enter another check point he's just dibbed as my front wheel sinks into a good deal of deep mud at quite a good speed, some serious acrobatics required here to not go over the handle bars! Managed to land on my feet, gave myself 6.5 for artistic talent and ran the bike through the mud.

I really mustn't go the same way as that bloke, dread to think what he thought of me! A quick look at the map, If I take that path, that will link me into there and off I go. Now bear in mind I'm new to this orienteering lark, I hit the track I want, BUT and a big BUT, two identical paths reasonably close to each other, uh oh which one have I just done? Look at the map and look around for something definite to orientate myself with, look around a bit more - ah a very big hill just

there I must be on that path. Okay I think I'm here, I could go and get number 21, I'm not too far from it, no that's going in the wrong direction I will get it on my way back (that's confidence for you) and if you think I'm cycling up that hill you've got another think coming! If I head that way there's a fenced off building, good oh lets do that and then I will be 100% sure of where I am, so off I trundle, yippee found it. Now the only trouble with this plan of action is that I now have to crawl and I do mean crawl up the two hills that I originally wanted to come down - oh joy, never mind, head down, heart about ready to explode and look - everyone else is hurtling down the hills I'm crawling up!

I got all the high value check points and I even remembered to get number 21 on my way back, watching the time decide I can get a couple more but number 15 might be pushing it time wise, so decide to leave it, get back to the road, turn the map back over for Moors Valley, look at watch, just got enough time if I really go for it to get number 5, so crossed the road and went for it, uphill again! Then absolutely went flat out (26mph) back to the start/finish area knowing that my back brake no longer worked (too much mud on the pads) and I made it with no time penalties.

Covered in mud, completely cream cracked but having thoroughly enjoyed the day, I'm now totally hooked on mountain bike orienteering, I highly recommend it and I would like to thank Madeleine & Trevor for organising such a brilliant event, and for sending me my prize - yes I WON the ladies category - ha ha slightly chuffed.

Tina Stratford

**S.E. CONNELL
& SONS LTD** 

TRADITIONAL FAMILY BUILDERS
Established 1951

121 Stanley Green Road, Poole, Dorset BH15 3AD
Phone: 01202 674026

Carpentry, bricklaying, painting & decorating, electrical, plumbing, plastering, drain laying, Belzona nominated Contractors.

No job too small Free Estimates

Visit our website at www.seconnell.co.uk
Email: s.e.connell@btinternet.com



It is now over 6 months since we took the bold step of deciding to go for Clubmark status. Your committee has been working very hard behind the scenes to put in place all the criteria which we need in order to gain this accreditation. Believe me it is very time consuming and we are very grateful to our friends in Wimborne OC who have kindly lent us their portfolio to help us gather the information we need.

However it is not just a paper gathering exercise. In order for us to be awarded Clubmark we must demonstrate that we are committed to ensuring that everyone has free and easy access to coaching. We must also ensure that all participants welfare is taken into account. To achieve this Wessex OC needs more coaches, more trained First Aiders, more volunteers willing to help at small events and activities and more members who have been checked by the Criminal Records Bureau. Already several of your committee have volunteered to go on coaching courses, applied for their CRB check and put their heads above the parapet by volunteering to help at regular activities.

However we cannot do it alone. We are a small committee (eight in total) and so we need help from other club members. As well as applying for Clubmark status you will know that we have also been selected as one of only five clubs in the country to pilot a scheme to increase participation in orienteering. This involves further work as we need to stage regular (weekly) activities at Bournemouth Sports Club. Whilst there will be a committee member on hand at these we need helpers to oversee the newcomers which we hope to attract. There is nothing more important than a friendly face and a welcoming chat to make someone feel at home.

I have already sent an e-mail out to members on the Yahoo News Group but I am putting this article in the WessexExtra so that we reach every single member. Your club needs you. So please offer to help in whatever way you can. We are only asking for a very small commitment but without help from club members the burden on the committee members will be excessive.

If you can help please contact any committee member (contact details in this newsletter). Please don't be shy, coaching experience is not necessary.

Ian Sayer

Saunders Mountain Marathon 2008 - The wettest I can remember.



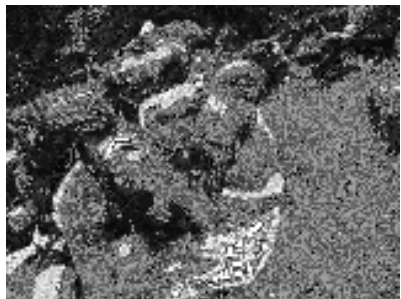
This year Wessex Orienteers sent six teams of two to the SLMM, held over two days in the Helvellyn range of the Lake District. For those unfamiliar, it is a two day mountain orienteering race, where you carry basic camping gear to allow an overnight stop, run by a charismatic tent manufacturer called Saunders.

I managed to persuade Ian Sayer to run with me this year, we'd both run it many times before but with different people. A bonus of this for me would be an easy ride on the navigation - his being much better than mine; I did carry a little extra weight in compensation, but it was still a good deal from my point of view.

The route to the first control took us from level with Thirlmere, up 450 metres of climb, to a control at a stream source. We took a route following a deep re-entrant directly to the control, rather than the popular route which followed a track to the same altitude as the control, then along a ridge to it. We later found that the course planner favoured the latter route, but I believe our decision was vindicated as we were 5th fastest on the leg out of over 100 teams. Score one to Ian's navigating.

Our efforts on the first control pushed us ahead of most of the field and from this point we rarely saw other teams, something which is quite unusual at this event given that there are hundreds of competitors on the event area. We continued to push through the six control course, with two legs of approx five km taking well over one hour each, due to the extreme terrain.

The weather had stayed dull, but dry, until our approach to control number five, when the rain started. It wasn't quite the storm conditions we had temporarily endured at Coniston four years before, but it was persistent and it followed us across the day one finish line into the overnight camp. By this time we were hungry, tired, and our rain chilled fingers could hardly put up the more fiddly parts of the tent. We eventually managed it and settled in for the evening ready to welcome the other Wessex teams in.



Alan Hartley and Sarah Bruce marking maps on Day 1

The overnight camp on the SLMM is typically a sociable affair; the organisers go as far as selling beer from the back of a trailer. But this year the almost constant rain prevented too much joviality, bar the odd dash to the results board, which showed Ian and me in a commendable 12th place so far.

Rain was continuing to fall when we woke at 6:30ish for the second day. I've never worked out the best way to put cold wet clothing back on, but to keep weight down there's no point in carrying a second set of clothes just for those to get wet within minutes of racing in them, so on with the wet stuff it was.

When we started racing on day two, the poor conditions seemed to be affecting other teams worse than Ian and myself. We soon passed dozens of others who had started earlier on our way to the first control, which was bathed in thick cloud, and continued to pass people on the long leg to control two. Perhaps the secret was regularly lifting our spirits with bites of choccy coated Kendal mint cake. The final controls were dispatched with gritted teeth due to blisters caused by constant wet feet, and some speedy mountaineering out of a particularly deep ravine which cut across our path very close to the end of the course.

Our target had been not to lose any places from our day one position, but we actually managed to finish 4th fastest that day, bringing our overall position to 6th in our class.

Wessex's other teams performed very well too. Julie Astin and Kay Sayer were the top female veteran team in their class. Angus Grandfield and Tim Blower finished 25th in the same class as Ian and me, a tidy performance given it was Tim's first Mountain Marathon and that he bought enough ingredients for his half way camp meal to make Delia jealous.

Liz Lockton and Trevor Allen got their money's worth in the walking class; they had a very laid back approach to the event, which was admired by all. On the day of the event John Hartley and Tim Britton had to downgrade from one of the longest classes to the walking class, due to an injury that prevented John from running; they won the class by a country mile - congratulations. Alan Hartley and Sarah Bruce finished 53rd in their class, which deserves particular note as it was two classes higher than the next Wessex team and it was Sarah's first Mountain Marathon.



Day 2 start—Tim and John

Don't let my description of the weather put you off taking part yourself - I'd recommend this event to all. For more information, and to whet your appetite for next year's event, visit www.slmm.org.uk.

Chris Lee

A Long Visit to Australia—Chapter 1

Trevor and I have sisters living in Albany and Melbourne and the opportunity to visit them and take a long trip around Australia occurred when we both retired last year. Because Australia is so huge and the Lonely Planet guide so thick we only made sketchy plans before setting off, with the exception of booking the Indian Pacific Train which crosses the Nullarbor Desert and a coach trip from Adelaide to Alice Springs.

It was spring as we landed in Perth, The sky was huge, intense blue and the sunlight so very bright. Sullivan's Hotel where we stayed for three nights was very near the edge of the Swann River, our dining room and bedroom had a view of the city centre. We could walk to the city through the park along the waters edge or catch the free bus or use the hotel bikes to cycle up the hill behind the hotel into Kings Park, a botanic garden and bush reserve where everyone seems to congregate in the evening for exercises, running cycling and enjoying the view as the sun sets and illuminates the skyscrapers.

Perth city centre is not very large. Its streets slope to the waters' edge, it is sunny, bright, traffic free, easy to walk around and has an unhurried air.

A two hour train trip followed by an hour in the bus brought us to Busselton nestling in Geographe Bay. Geographe bay curves gently round to face north, thereby catching the sun and protecting the long sandy beaches from the huge waves of the southern ocean.

The tourist office was just by the bus stop as we arrived in Busselton and they arranged bed and breakfast in one of



the historic houses in the town. It proved to be a bungalow with enormous verandas on the sunny side of the building, the verandas furnished with comfortable settees with lace antimacassars and an interior so cool we used the electric blanket at night! It was a historic building because originally it was built as the Anglican Nunnery!

The attraction at Busselton is not just its very long, elderly and slightly rickety wooden jetty curving nearly 2k into the sea, but the underwater observatory at the end. The observatory is a large concrete cylinder placed vertically on the sea bed with large windows for watching the fantastic and abundant marine life which colonises the old wooden piers of the jetty. The marine life on the western coast of Australia is

considered more varied than on the Great Barrier Reef but we were too early in the season for snorkelling so hired bicycles to explore the seashore.

Trevor's sister was waiting in Albany to see us, so we caught the bus in the morning and journeyed along straight roads through cattle ranches then into the hills and wound along what was little more than a country lane through orchards, tingle forests and more farms to arrive at six in the evening at the southern tip of Australia to the coolest and wettest October weather for 23 years!!!!

Madeleine Bridle

World Masters Orienteering Championships Portugal 28.6.08 - 5.7.08

Peter and I decided to extend the holiday by going out to Portugal a few days early. Having flown from Bristol to Porto we spent 3 days there and thoroughly enjoyed exploring this fascinating old city, although, sadly, we didn't have enough time to visit the wine cellars or vineyards so perhaps another trip is called for!

We met up with the Scottish O Tours group back at the airport on the Saturday and drove south to our B&B accommodation in a small coastal village called Sao Pedro de Moel, about 2 hours south of Porto. Our group consisted of 38 orienteers - several from SW clubs, including 4 from WSX - Richard Arman, Pella Rye, Peter and myself. Although he was not in the group we also saw Gavin Clegg most days. Unfortunately one of our group, Rosemary Roach of Devon, cut and broke her toe on the bathroom step within a few minutes of reaching the hotel, and so never got to do any orienteering!

Peter and I decided not to go to the opening ceremony that afternoon, so our first taste of the championships was the following day at the sprint qualifier around the streets of the nearby town of Leira, with its imposing castle dominating the surrounding area. Some of the younger age groups actually had controls up in the castle but thankfully my W55 course didn't have to climb that far! I was hoping to get to the 'A' final for the sprint as this is by far my best discipline but I wasted about 3 minutes trying to find the opening to an underpass and had to settle for being one of the fastest qualifiers for the 'B' final. In order to avoid the hottest part of the day runs were planned to finish before about 12, enabling everyone to have a siesta if necessary! Later that afternoon many of the group went on a sightseeing trip to Obidos, an ancient walled town - we had a great time there amongst the winding little streets and cottages.

The sprint final was in a neighbouring seaside resort and consisted of not

just street orienteering - most of the first half of my 1.7 km was in pine woods and sand dunes. In order to stay safe I took a bit of a detour to my 5th control which was in a patch of scrubland just before climbing a large sand hill to get back into the narrow streets and alleys which led to the run-in. I took 24 minutes which wasn't too bad - I think I was about 1/3 of the way down the list of finishers.

Tuesday was a day off from the main competitions but some of us, including Peter, walked round courses at one of the small public events. This was held just across the road from the previous day's sprint final and, like all the other events during the week, was in a fantastic area - lots of contour detail (so detailed that the maps all used 2.5 m contours), virtually no undergrowth or brushings, and cicadas chirping in the pine trees!

Both the two long qualifying races were held near the village of Pataias a few miles inland. Again, the area was fantastic - very runnable. Unfortunately on the first day I did my usual trick of messing up one control and finished the 4.1km in 67 minutes. Because of this I had decided I was only going to make the 'C' final but my second day run was as near to perfect as I could get, save for a minor detour which cost me maybe a minute, and so, much to my surprise, I qualified in quite a reasonable position for the 'B' final.

Friday was a day off for me but Peter had entered for one of the rest-day public races, the equivalent of our colour coded, held again at Pataias. After the crowds of the previous two days it seemed very quiet! Peter enjoyed himself on his course - roughly a light green standard - except for taking 59 minutes on one leg of 300m (and he wasn't the only one)! We still have the print-out, so he asks if this qualifies him for the Wessex longest leg award?

As usual the planners had saved the toughest area for the last day. The final was near Pedrogao, another seaside village not far from the sprint final area. This event was notable for three things: the distance from the start to the start kite was huge (about 250 metres, and for the 'A' courses about 500 metres!); also there was much more undergrowth and so the lovely contour detail which had helped navigation on the previous days was often obscured; and lastly the run-in was hellish - 200m of soft sand. Sadly I reverted to making a hash of one control and finished quite a way down - 64th out of about 80.

We all had mixed fortunes (one person was heard to mutter something about taking up knitting - no, it wasn't me although it could well have been!), but were very pleased to have a World Champion in our tour group, Elizabeth Brown of SO in the W90 category, and Anne Donnell of

BOK got the Bronze in W75.

All in all it was a lovely holiday and I would thoroughly recommend this area to anyone who is thinking of orienteering in Portugal. Next year's WMOC should be a good one - it is in Sydney and is part of the World Masters Games in October (for anyone interested the websites are www.2009worldmasters.com or www.wmoc2009.orienteering.asn.au)

Celia Robertson

Blank pages are due to photos that had to be removed
to enable this edition to be emailed.

The views expressed in this publications are those of the authors and not necessarily those of the committee or the editor, unless otherwise stated.

Deadline for articles for the next edition of
Wessex Extra is 10th September

Blank pages are due to photos that had to be removed
to enable this edition to be emailed.



Comms House, Collingwood Road, West Moors, Wimborne BH21 6QW
Tel 01202 894222 Fax 01202 892262 www.comms.uk.com

- FOR NEW/REFURBISHED BUSINESS TELEPHONE SYSTEMS
- FOR CHEAPER BT LINE RENTALS AND CALLS FOR BUSINESS
- A LOCAL SUPPLIER WITH HUNDREDS OF HAPPY LOCAL CUSTOMERS

Tailor Made Solutions For All Your Copier Needs



Because buying a copier is no longer just "black and white" speak to the experts . . .

Multifunction Colour Copier/Printer/Scanner
Networked or Stand Alone Photocopiers
Superb Quality Output - 4 Hour Call Out
Lease or Outright Purchase
Full Backup & Customer Support
Authorized Colour Solutions Centre

COLLATE 

01425 484700

www.collate.co.uk Email : sales@collate.co.uk

Collate Business Systems Ltd, Unit 1, Bay Business Park, Ringwood, BH24 5AS

REGULAR CLUB EVENINGS/TRAINING

The Club Evenings are held on the FIRST TUESDAY OF EACH MONTH. We are currently alternating between members' houses, so please see the Forthcoming Events List for details.

Training Evenings take place on a weekly basis. Every Tuesday at Bournemouth Sports Club at 6.30pm, there are changing and shower facilities plus a bar for refreshments. For those of you who cannot make the Tuesday runs or want two runs a week, there are also runs each Thursday evening from 68 Kings Avenue, Christchurch, starting at 6.15 p.m. Please telephone 01202 484523 if you intend to come.

Wimborne have a training day on the 2nd Saturday of every month at Moors Valley Country Park, from 1.30 to approximately 3.30 p.m. 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