

Wessex Extra

September 2009



Winning Coastal Path Relay Team

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Chairman's Chatter

This has been the third three year stint as WSX Chairman and I have to stand down. Thus I would like to say a huge thank you and heap praise upon those in the club who have worked hard to continue its improvement and growth during this time.

As with all clubs we have a 'hard core' nucleus and a 'soft core' surround and I hope we are doing everything we can to harden up the soft bit to take full enjoyment from this intriguing sport.

What Has Happened...On the 13th of June we teamed up with WIM to organize the Wareham Forest/Gore Heath SW Championship MTBO event. This was the clubs first serious foray into this type of 'O' and involved Jon Brooks track re-survey and Bill Browns re-map of the area. Voted a success amongst the MTBO experts I believe.

Mark Scott organised an informal at Hethfelton and Rob Hick put on our contribution to the SW Chairman's relay series at Culpeppers Dish.

Then on the 5th of September our club put on the SW Sprint Championships. This was another first for us and was pure fun and highly competitive. This was Gavin Clegg's brainchild and he did the bulk of the pre-organising as well and Bill Brown spent long hours creating the map. Tim Houlder did the planning, which successfully gave us lots of route choice, particularly in the housing estate part of the map. Our technical IT folk, ie, Alan Hooper and Sian Rixon also managed to run a live screen results display in the 'ops' centre, surely a first, certainly in the Southwest. Sian also organised the event. Chris Branford followed by Trevor Bridle (both WIM of course) controlled for us and Trevor also handed out the prizes which were sponsored by Zenergi and Lush, whom we thank for their generosity.

Later... By the time you read this we will have had our AGM and the Committee will be elected, and immediately following this is our primary event of the year, our 'Regional' at Bisterne Close South on the 11th of October. Some of us are away in Australia and I am sure it will have been a success. Gordon Raggett is the Organiser.

As Chairman 'au revoir'

Richard Arman

Car-Free Orienteering



Some of you may know me from events or coaching, I have been with WSX since last season and have enjoyed running the areas' forests greatly since relocating to Poole.

As the Sustrans Bike It officer for Poole and Bournemouth I'm working on sustainability issues every day, and so it seemed natural to accept the post of

Environment Officer for the club.

By far the biggest environmental impact of Orienteering is the carbon footprint of travel to events, as we really operate on a minimal basis whilst running events. Building on the work done so far by the club I have ideas to be explored in the future, that may help us with the challenge of becoming more sustainable and reducing our collective carbon-footprint. In this first occasional piece I show how you too can do Car-free Orienteering.

0845. Post- breakfast today I was wondering what to do with the day, and curiously searched local events info. Happily I discovered that S.O.C. had a colour coded event in the New Forest. A quick map search revealed that the location Hilltop and Dibden Bottom was only a couple of miles from Beaulieu Road Railway Station.

0850. Train times showed an hourly stopping service each way to this destination

the 0955 from Poole- London Waterloo, which gave me time to pack my kit, get a bike out and make some sandwiches.

0930. Cycling from Hamworthy to Poole in the quiet morning was an easy 10 minute ride, I boarded a train after buying my £6.40 (Y/P) return and tuned into some tunes on the I-Pod.

0955 train leaves and I relax until alighting at 1039.

Next stage is a couple of miles spin through gorgeous New Forest lanes, avoiding the ponies with just a short stretch on the A326.

1100 I register for a course, change and set off for the start.

This journey must have been the most relaxing start to the season because as soon as I ran into the forest the location appeared clearly to me, with a good route to first control and what followed was a lovely focused relaxed run. Completing in 51.48 and finishing 4/34 on the day.

1210 A quick change and snack saw me back on the bike rolling to Beaulieu Road to easily make the 1250 train for Poole.

Everything worked perfectly and I was happily slurping a Latte ordering lunch on the Quay by 1340 with a friend—ready to see what the afternoon would bring.

There are many events in our area that can be reached by a short bike ride from one of the Railway stations, it really is easier than you think!!

Jason Falconer

Scottish 6 Days

Everyone will tell you this is the ultimate Orienteering holiday, with good reason - fantastic forests and locations, heaps of leisure time and 6 days running! Meeting all the Scandinavians at events centre always amps you up, this is serious competition time.

Day one - Jason Falconer



At Dalruzion didn't disappoint, as always at this level of competition immediately after starting you are into deepest forest, and required to start visualising vegetation types and topography to get a sense of direction. Having chosen M35S for the week I knew the technicality would be high, requiring almost constant map to ground contact, the terrain was indeed complex but I was soon off navigating on contour and earth features as much as possible. In these, and Swedish forests, sometimes identifying types of vegetation is the toughest test, always handy to have at least a rough bearing set on your compass! My day one progressed through some dense forest featuring mainly crags and earth features for control sites, and I stayed focused enough to finish 11/47

Day two - Jason Falconer



Took us over to Kinnoull Hill, a much whiter map, and generally more runnable area. This place contrasted greatly with the dense forest of day one in that now we had lots and lots of small paths and tracks on which to get confused... It was great fun running under this much higher canopy, and other than a small discombobulation I managed a good run again coming 19th on the day. A good start to the week, and still 4 days of fantastic scenery and awesomely enveloping forests to go.

Day One





JC at the summit

Forthcoming Events

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

JULY 2009

Sun 26th **WIMBORNE ORIENTEERS FURROWHOPPERS RELAY.** Bryanston School, Blandford. If you would like to be in a Wessex team, please contact Dale Paget - email address at the top of this list. Individual runs also available. 11.00 a.m. start. www.wimborne-orienteers.org.uk

AUGUST 2009

2nd - 8th **SCOTTISH SIX DAYS OF ORIENTEERING, TAYSIDE.** A great way to spend a holiday. There is a contingent of Wessex going again this year and we hope they have a good time. Further details of this event, see www.britishorienteering.org.uk

Wed 12th **ARMY EVENT**, Summer Series, Barton Stacey. www.baoc.org.uk

Sat 15th **Southampton Orienteers**, Local event at Shawford Down. www.southampton-orienteers.org.uk

Sat 22nd **WIMBORNE URBAN RACE**, Poundbury, Dorchester. Further details on their website.

SEPTEMBER 2009

Sat 5th **WESSEX URBAN SPRINT RACE, WESSEX INFORMAL** and South West Sprint Championships, Bournemouth University. Morning and afternoon races. This is our first event of this type. We hope to see you all there having a go! Helpers also needed. See our website for further details.

Sun 6th **Southampton Orienteers** Colour Coded Event at Dibden & Marchwood. SU400065. www.southampton-orienteers.org.uk

Sat/Sun 19/20th **DEVON ORIENTEERS CADDIHOE CHASE WEEKEND**, Hound Tor & Haytor, Bovey Tracey. Further details available on website: www.devonorienteering.co.uk

Fri 25th **WESSEX ANNUAL GENERAL MEETING** AGM starts at 7.15 followed by the usual Quiz. Venue to be advised so please check our website for further details. **Important notice on page 15**

Sun 27th **BOK Long 'O'**, New Beechenhurst/Cannop Ponds. No further details. See BOF website.

PLEASE NOTE We run a local informal every month, on a Saturday. These are designed to help newer members and improvers to hone their orienteering skills. **THESE EVENTS WILL BE FREE.**

****Coaching will be available at all our events, including informals, for all abilities. The coaching is also FREE. If you would like individual orienteering coaching, please contact Kay Sayer, k.sayer@ntlworld.com**

If you would like to share transport, contact a committee member who will put you in touch with someone who can help.

Its not too late if you would like to take part in the Chairman's Challenge Relay Series, please contact Dale Paget (dale.paget@poole.nhs.uk) if you're interested.

Explanation of Abbreviations.

E.O.D. Entry on the day.
S.E.F. Standard entry form (if you don't have one, ask us).
E.P.S/S.I. Electronic punching using SportIdent system.
E.P.S/EMIT Electronic punching using EMIT system.
C.D. Closing date (for pre-entries).
C.C. Colour coded courses available.
Org. Organiser.
GR Grid Reference.



MTBO Weekend 13th & 14th June



Saturday Coldharbour course B 21k as a W21- a good result already for a W35!

So here we go again, just how exactly are you suppose to keep your map going in the same direction as you and your bike? Answer you get a posh turntable map holder attached to your handlebars, unfortunately I don't have one of

these so a lot of faffing with the map ensued throughout.

Decided before I started to take a steadyish pace rather than my usual full on pace as wanted to ride tomorrows event as well. All good until number 6 found myself pushing the bike up a steep sandy/ muddy chopped up path - just not possible to get enough grip to ride up this one. I usually charge down this path when playing out in Wareham forest with the bike, its fast and a little dodgy in places = FUN, not so much fun pushing the bike up it though!

Found the path I actually meant to take once at the top - oh well! Found a new downhill path to test the nerves on!! Leading into number 6, mental note will have to go back and play here again, mind you I felt the back wheel starting to lift off at one point whilst descending - re-adjusted my weight, problem solved. Didn't go over the handlebars!! Phew. Then charged up and down a path knowing that at the end of this path is basically a sand pit - now on a mountain bike sand can send you and your wheels going in opposite directions very quickly often resulting in a face

plant! Nearly had a moment here but kept control just!

Crossed the road to the other side, no issues over the other side back to road to re cross, didn't realise I needed to re dib here, dumped the bike and ran back to it. Then reasonably straight forward until number 17 where I found myself very close to pylons as the path seemed to go through the middle of the pylon - no way I was going through there! So round the edge I found myself a much better path and no new perm! Pretty straight forward all the way to the finish, Good course, enjoyed it and wasn't last - fantastic. Time 1hour 57.11secs

Sunday Hamptworth estate, course B W21 again but only 9.6k - slightly disappointed as too short for me really. 9 k on a mountain bike just isn't worth the effort, read on!!

The terrain for this event was simply horrendous and not good for mountain biking. Just getting to the start was a mission in itself I nearly came a cropper a couple of times and I hadn't even started yet!! Being as stubborn as I am I refused to get off and walk the bike to the start. Received the map and remembered to punch the start! (Mr Hick!!) Off I went planning to absolutely charge round - well its only 9.6k no big deal!

Suddenly realised en-route to number 1 I was on the wrong OOB path - whoops - here we go!! Quickly got myself back on track, off to number two following this path which then totally disappeared as I was riding along it, but I could see the flag. All good then until working my way to number 4 had to get past a half fallen over barbed wire fence so managed to just about get myself halfway over it, picked the bike up brought my other leg round to then whack my knee on my bike frame whilst stuck in no mans land and with barbed wire in both directions - great.

Conquered fence and continued on no problems until leaving number 8 for number 9, now I must just say that this is the area I had big problems with on the Caddihoe chase last year - a right mish mash of paths and now overgrown as well- fab, so somehow ended up doing a complete circle and found myself back at number 8 - just brilliant!

Did eventually get myself to number 9, 10 & 11 no problems 12 problems! Took the wrong path found myself at a fenced off area and some seriously big bracken (machete territory), turned around pushed the bike back up the not really ride able terrain, not helped by being in a little bit of a huff by now, found the correct path.

Terrain to number 13 just not fun or bike friendly - just how many fallen trees logs etc did I carry the bike over down this one path. Then managed to get back on the bike to then get thrown off of a few meters later due to the logs hidden under the long grass, slight toys out of the pram moment here. Eventually and by some miracle still in one piece got to number 14, worked my way up to number 15 but nearly got taken out by another competitor coming down too fast with no regard for anyone else!

Ok I'm really not enjoying this today only a few more to go though, then going in the totally opposite direction to what I wanted expecting to see a house up ahead on my left, okay house is on my right and the path runs out and there is a main forest road just beyond the gate - what!!! Then realise I'm on another OOBs track - whoops again. Turn turtle and charge back the correct way, 16 ,17 all good, missed the path to 18 and found myself heading to the finish flag, stopped turned around charged back found number 18 turned around again and charged back to the finish. Really must get myself one of those posh turntable map holders!!

The terrain was awful and really not mountain bike friendly at all, just how many large logs and fallen trees did I carry my bike over throughout the event? I could of run this event quicker!

So original plan of charging round and getting a good workout from a disappointingly short course didn't exactly happen, my time was 1hr 57. 12 seconds Yes 11k shorter than yesterday and it took me 1 second longer! I think that just about sums it up really.

But at least I wasn't de activated!! - see Mr Hick.

Tina Stratford

WIM SUMMER BARBECUE

Venue	The Pavilion, Canford School, Canford Magna Wimborne.
Date	Friday 28th August 2008
Courses	Orienteering activities will be available
Time	5 p.m. onwards
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.

No charge.
Hope to see you there.

AGM - 25th September 2009

As Wessex continues to grow and involvement in the community increases, so does the committee. Some of the committee members feel its time for a change and therefore new people are required for the following positions:

Chairman, Treasurer, Membership Secretary

There is always space for more support, either on the committee taking on certain responsibilities such as Publicity for the club or as Environment Officer for the club. If you would like to help take Wessex OC forward or just want to get more involved please contact Richard Arman.

Don't be shy and don't worry if you feel you haven't sufficient experience, there's always plenty of people to support you!



Keep Halloween free this year, its on Saturday the 31st October and Poole Runners are going to have a Halloween Ball and they have invited Wessex OC to join in the fun. Its going to be GREAT! More details soon.

Mendip Mashup



230 runners and walkers enjoyed a fantastic day on the Mendip Hills on Saturday 20 June. Families with kids searched for flags in the Mineries whilst the top mountain marathon teams scoured the 21 miles of trails across Black Down and down into Roberrow Warren.

Local knowledge proved its worth in route planning and produced a tie at the top of the table between Team Cheddar (Greg Brock and Simon Tucker) and Mendip Hash A (Aidan Phippard, Ian Noad & Tony Hogg) both with 880 points. John Rance collected the most individual points for the men at 870, closely followed by Gavin Clegg (Wessex OC) on 850 points.

Aidan Phippard was weighed on the beer scales and the free beer was shared out to start the party. Major Major played their Glasto festival set and only had just enough CDs to meet the demands of fans as they set off for their next gig in Pilton. Groovegrinder took the party on until midnight and generously donated all takings from their CD sales.



The catering team produced fantastic teas in the marquee, a superb race supper in the Charterhouse dining room and full cooked breakfast on Sunday morning.



Donations received so far, together with profits from the event total just over £4,500 to be sent off to the Cystic Fibrosis Trust.

The venue has just been booked for the same weekend in 2010 - It's a great race, find out more about it at: <http://www.mendipmashup.org.uk/default.aspx>

Gavin Clegg

A Long Trip to Australia - Chapter 7

We hired a car from 'Rent -a- Bomb for our 3 day, 1,000 kilometre trip from Sydney to Melbourne. We took the slow coast road, Highway 1. The scenery was lovely, without exception, for the whole journey and we indulged in some expensive Bed and Breakfast in fantastic homes and apartments with sea views. At the busy industrial town of Wolongong we found the Buddhist Temple of Nan Tien. A fabulous place with many great rooms containing huge statues of Buddha, study rooms, museum and a pagoda all set in ornamental gardens. A volunteer in the temple offered to take our photograph and then bowed neatly with folded hands and wished us a Happy Christmas!



A memorable stop was at Narooma. Narooma is the aboriginal word for Blue Water and at this delightful place the river is trapped into a wide shallow creek of the most exquisite turquoise blue imaginable and protected from the sea by a rock bar and a narrow, furious harbour entrance. The ancient Aboriginal fish traps are still visible.

Further south, at Eden, as we were taking our evening meal in The Fisherman's Club we heard the extraordinary tale of the Killer whales. The local Killer whales would herd Baleen whales into the harbour and, alert the local whalers. The Killer whales would then drown the Baleen whales by covering their blow holes and then wait until the men had taken the Baleens on board and be rewarded with the lips and tongues!

Our journey continued through eucalyptus forest punctuated by tiny pockets of rain forest, past the 90 mile beach and lagoon of Lakes Entrance until we reached the dual carriageways and high rise offices of central Melbourne.

The car was returned to Rent-a-Bomb and we caught the suburban train to my sister's home.

We had a lovely family Christmas and New Year with nephew and nieces, their respective girlfriend and boyfriends, family friends and menagerie of cats and dogs. The weather in Melbourne is extremely changeable. We experienced torrential downpours (but not sufficient rain to even begin to replenish the reservoirs) daytime temperatures which varied between 22 and 41 degrees C and memorably on New Years Eve the thermometer



stayed above 30 degrees C all night so we kept going for refreshing walks around the local lakes!

Sport is so very popular in Australia and we had the opportunity to watch India play Australia in the Boxing Day Test and at the Australian Open Tennis Championships had centre court seats in the Vodaphone Stadium to watch a 3hour 10 minute game

between Jelona Jancovc and Tamira Paszac. We also saw Andy Roddic beat Lucas Droussy in straight sets and the beginning of the match between Sharapova and Kostanic-Tosic. Live sport is so much more interesting than when shown on TV.

We enjoyed several days out with my family. A trip on Puffing Billy into the Dandenong Mountains was memorable. We had booked a Devonshire Tea as part of the treat and were astonished to be offered a mug of soup! The tea, scones and cream were served on the return journey! One long day trip along the coast ended late in the evening on Philip Island where we watched the Fairy penguins



come ashore to feed their chicks. A cool wind was blowing onshore as several hundred visitors shivered on the board walks as the tiny birds waddled, unconcerned by our presence, through the sand dunes to their nests. The penguins are delightfully entertaining as they leave the sea. They swim for ages in the edge of the surf, scurry ashore a little way, then dive back into the sea .After several attempts one brave penguin manages the dash across the beach to the safety of the dunes and then the rest follow.



Melbourne is still expanding but there is a chronic shortage of water. The reservoirs which were full and overflowing when I visited 20 years previously are seriously low and the water supply is strictly controlled.

Madeleine Bridle

SWOA Chairman's Challenge Relay Series

Club	WSX Hardy Relays		NWO		Adams Avery		Devon relays		Furrow Hoppers		Total	Best 4
	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score		
Wessex	1	50	1	50	1	50					150	
Quantock	2	47	4	44	3	45					136	
Sarum	5	43	6	42	12	36					121	
NGOC	DNS.		5	43	6	42					85	
N.W.O			2	47	DNS						47	
BOK					2	47					47	
Wim	3	45	D.N.S	0	DNS						45	

Having targeted the SWOA Chairman's Challenge for races during the summer, team co-ordinator Dale Paget and his team Wessex Raiders came up trumps again on Sunday in holding off a strong challenge from Bristol. The Adams Avery is run as a normal three leg relay. Dale went out first and returned in second place about 1m 50s down on Leading South West orienteer Clive Hallet running for Bristol. As predicted the race turned on the middle leg, with Rob Hick, who is in great form at the moment, overtaking Michael Hallet and pulling out a six minute lead. Rob handed over to Gavin Clegg, who had promised not to make a hash of the last control as he had done the previous weekend at Swindon. Gavin brought the team home in first place with a five minute lead.



Gavin, Dale and Rob

This means Wessex have scored maximum points from the first three relays of the season and providing nothing untoward happens in the next two relays (Devon on 19 July and Furrow Hoppers on 26 July) the Challenge Cup looks set to come to Wessex for the first time in its history – watch this space!



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REGULAR CLUB EVENINGS/TRAINING

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

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

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