

Wessex Extra



Bournemouth Sports Club

March 2008

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Chairman's Chatter

So what have we been doing since our last issue of Wessex Extra?

There has been a successful day and then night event at Upton Country Park. Dale Paget was the organiser/planner and also surveyed some added areas to enable Bill to extend the map. We have also had a well attended event at Hethfelton with 39 entries organised/planned by Gavin Clegg. Thank you both for your efforts with these valuable 'informals'.

We are very close to our Galoppen event at Parsons Pleasure and I know we shall all have a good time there, and I hope that many can get a run as well as helping on the day. Lets hope for good weather and a drying out of the area.

Bill Brown has been enormously active on the surveying/mapping front recently finishing off the work on Parsons Pleasure for the Galoppen, extending the Upton Country Park map, Surveying and drawing the new Kings Park map for a Permanent Orienteering Course (POC!) and still working on the Carter Community College and Buddens Farm areas. The Carter map is to be used for our presentation and 'come and try it' at Poole town's Festival of Sport on 28th of June and Buddens farm is associated with the scout group that are based there.

Our 'Informals' for April and May will be organised and planned by Bill Brown and Kay Sayer at Upton Country Park and by Ian Middlebrook at Parsons Pleasure (or really only the Coldharbour part) on the 5th of April and 17th of May respectively.

There's lots of background work going on in connection with our advance towards Club Mark status and the Increasing Participation scheme. You will have received news of this in detail, but briefly, Wessex have been 'selected' by British Orienteering along with four other

clubs to take part in this scheme to try to increase our membership, particularly amongst juniors. To this end British Orienteering's new Participation Manager, Steve Vernon, is to visit and see if he can help with suggesting how we can best get more members.

We are just about to sign up as members of the Bournemouth Sports Club at Hurn which will become our base for training runs, committee meetings and use in any other way we wish. We hope this new location, which Ian Sayer has been instrumental in sorting out for us, will suit us well and perhaps also tap into all the other sports people who use the club join in with to possibly gather new members.

The WIM/WSX dinner happened and we dined well and at the same time our club prize winners were presented with their trophies, or to their parents actually in two cases.

Ladies Club Champion - Emma Crickmore.

Men's Club Champion - Richard Arman.

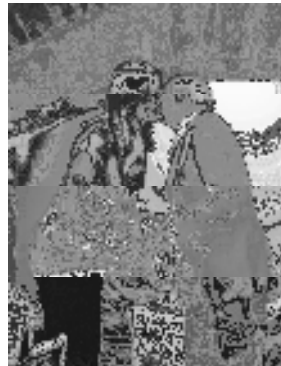
Club League Senior Champion - Allan Rixon.

Club League Junior Champion - Andrew Holder

Richard Arman



Richard presenting Ian Horsey trophy to Allan Rixon.



Sian Rixon presenting Senior Club Champion trophy to Richard.

Chiltern Challenge 2008

Not having run on this event before or indeed the map to be used - Downley and Naphill, I was looking forward to exploring a new area.

Located just a few miles to the north of High Wycombe I was greeted by Kay Sayer with a Birthday card - how nice! Yes another year had raced by but still with a desire (and limbs able to cope with) propelling myself around orienteering courses.

With the same start time as John Hartley we set off on a warm up jog to the start. After swapping a few pleasantries with other familiar faces it was time for the off.

Now being a venerable old M45 I have got quite used to the nice big 1:10.000 maps but on this occasion it was going to be 1:15.000! Oh no I thought as I picked up the map and stared at the miniaturised detail including masses of dark green and paths looking no bigger than a spider's web!

Undeterred I set the compass for the first control some 200m away and raced off up a track, dived off into the undergrowth, a few more meters and there's the control...except it was the wrong one!!!! The realisation quickly dawned I had only left the start kite and gone up the wrong track!! But a perfect double of the one I wanted. So with 3.30 already on the watch there I was going passed the start kite for the second time and hopefully unnoticed (no chance spotted by some eagle eyes in the start lane!!). This time right path right control (much relief!).

It began to look as if the second control was going to be no better as I ran through a maze of tracks in an area of almost all dark green. Finding it almost impossible to read the map while running I somehow emerged in the right place and successfully located the next control.

Having crossed a road into another area of deciduas trees I noticed the back of some houses behind a tall fence. Thinking this looks familiar with the sudden realisation that it was the married quarter of a very good friend still serving in the Royal Air Force. I now knew where I was!!

The next few controls where uneventful before a long run of about 1.5km to No9. Trying to identify features on the way with this scale of map was difficult standing still let alone on the run. One enormous depression I couldn't even see on the map at all! I did however find the control without problem. The next four controls came in quick succession with plenty of green fight to contend with and lots of mud.

The last few controls where situated in a very fast area of again deciduas woodland. The only confusion here being a very clear track on the ground which only showed as a thin strip of open ground on the map. Ian Sayer will bear witness to this as we both agreed the map wasn't exactly accurate.

Two controls from the finish and John Hartley went flying past to finish just ahead but probably having run a good few kilometres more!

Not my best effort but I'm not going to use the excuse I couldn't see the map (I must at least pretend I can still read a 1:15.000!!)

So what better way to spend your Birthday than running around the ever diverse English countryside on a beautiful sunny day.

Rob Hick

Closing Date for articles for next edition of the newsletter is 6th May 2008

Events

MARCH

Fri-Mon

21st-24th **JAN KJELLSTROM ORIENTEERING FESTIVAL.**

21st Sprint Race, University of Surrey, Guildford.

22nd Day 1, Individual Race, Leith Hill, Dorking.

23rd Day 2 Individual Race, Pippinford Park & Broadstone Warren, Tunbridge Wells.

24th Relays, Eridge Park, Tunbridge Wells.

Mike Elliot (Event Coordinator) 01372 273106.

Mike.elliott@bigfoot.com EPS-SI. www.jk2008.org.uk

Sun 30th **WESSEX REGIONAL EVENT & GALOPPEN**, Parsons Pleasure, Wareham. (Incorporating Wessex Informal event).

All Club Members will be contacted to help with this event by the organiser, so please keep this date free. Half price run for all helpers.

APRIL

Tues 1st **WESSEX CLUB NIGHT.** Richard Arman, 175 York Road, Broadstone. 01202 695937.

Sat 5th **WESSEX INFORMAL**, Upton House, Poole. This event will also incorporate a promotional event in conjunction with Poole Borough Council.

Sun 6th **BADO HAREAROUND REGIONAL EVENT**, Butterwood, Hook.

SU715524. Org. John Harrison, 0118 970 1096.

john.harrison@silchester.org. Entries: Tony Ludford, 12 Oakley

Lane, Oakley, Basingstoke RG23 7JZ. tonyludford@tiscali.co.uk

CD:22.3.08. £9£3 + £1 Emit hire for Seniors. Lim EOD + £2. Chq:

BADO. EPS-Emit. String course. Limited CC, White Yellow,

Orange, L.Green £4.50/£1.50. No dogs. Online entries at

www.ntrees.co.uk www.bado.org.uk

Sun 13th **SARUM DISTRICT EVENT AND S.W. GALOPPEN.** Groveley Woods, Dinton. SU315344. Jan Belza 01980 652249. £7/£3.50 + £1 Emit hire.

19/20th **BRITISH ORIENTEERING CHAMPIONSHIPS.** Scotland. See website for details: www.britishorienteering.org.uk

Also:

Sun 20th **NWO LOCAL EVENT**, Ashdown Park, Swindon. SU285824. John Streeves 01793 790976.

Score, Yellow and Green.

MAY

Sun 4th **NWO DISTRICT AND S.W. GALOPPEN.** Stroud, SO852035. Michael Reynolds, 01672 513617. Fees TBA. Emit. Check

www.northwilts.org.uk for further details.

Tues 6th **WESSEX CLUB NIGHT.** Bill Brown, 5 Clarendon Close, Broadstone. 01202 388561.

- Sun 11th **BOK MIKE NELSON BOKTrot & ASO Champs.** Brierley, Forest of Dean. SO621151. Org. Jenny Grenfell-Shaw, Tel. 0117 962 2693. Further details pending.
- Fri 16th **DORSET SCHOOLS SCORE CHAMPIONSHIPS.** Moors Valley. To be confirmed.
- Sat 17th **WESSEX INFORMAL.** Coldharbour, Wareham. 10 - 12.00. SY905895. See Wessex website for further details.
- Sat/Sun 17/18th **HARVESTER RELAYS,** Thames Valley. Gavin Clegg is coordinating a team for this event.
- Sat-Mon 24-26th **TAMAR TRIPLE.** Inny Foot, Plym Forest and Newnham Park/ Smallhanger. See Devon or Kerno website for further details.
- JUNE**
- Sun 1st **BADO DISTRICT EVENT,** Chawton Park. For further details see BADO website.
- Tues 3rd **WESSEX CLUB NIGHT.** Richard Arman, 175 York Road, Broadstone. 01202 695937
- Sun 8th **HOC NATIONAL EVENT,** Brown Clee, SW of Bridgenorth. SO595855.
- Sat 28th **WESSEX** are staging a very small event around the grounds of **Carter Community School** as part of the **Poole Festival of Sport.** Please come along and help us to help newcomers and youngsters. **YOUR CLUB NEEDS YOU!!!**
- Sun 29th **NWO RELAYS,** Chippenham, Wilts. Further details to follow.

FUTURE DATES FOR YOUR DIARIES

JULY 2008

- Sat 12th **COAST PATH RELAY.** Keep this date in your diaries - **YOUR CLUB NEEDS YOU!!!** Roger Crickmore is coordinating this event and will be in touch with all members in due course. Let's make sure we repeat our win from last year!!
- Sat 26th **WESSEX HARDY RELAY.** Venue and further details of this event to follow.

AUGUST 2008

- 3 - 9th **CROESO 2008.** South Wales. Further details to follow.

RELAY CO-ORDINATOR: John Hartley, c/o 28 Tollerford Road, Canford Heath, Poole BH17 9AE, Tel: 07930 440813. email: john121@btopenworld.com

Explanation of Abrieviations.

E.O.D.	Entry on the day	C.D.	Closing date (for pre-entries)
S.E.F.	Standard entry form	C.C.	Colour coded courses
E.P.S/S.I.	Electronic punching using SportIdent system	Org.	Organiser
E.P.S/EMIT	Electronic punching using EMIT system	GR	Grid Reference
C.D.	Closing date (for pre-entries)		

Short Courses—I Like them!!

As some of you might know, I have not been able to orienteer for a while due to a knee problem. This has now been sorted but being a cautious person I decided not to run my usual long courses at Regional events and to drop down a course at District events. I thought this would be a good way of easing myself back in gently and getting the knee back to full strength.

Up to now, it has worked well and I have managed to get round the W60 short and Light Green courses without too much problem. I was expecting not to have too many people on my courses but didn't expect to only have one or two to compete against.

But there is always a silver lining to everything, and my silver lining meant that my morale was boosted by winning most of the short courses by at least 15 minutes!! Naturally I am going to come down with a bump as soon as I go back to long courses but it has been a good way of easing myself back into orienteering.

I was expecting the short courses to be technically the same as the long but this has not been the case on my short courses. The controls have been relatively easy to locate and most of them have been just off paths. The features have been mostly point features but with a few line features thrown in. The one event at which I failed to complete my course was our own informal at Hethfelton - but then that was planned by Gavin Clegg!!!!

So, my final short courses will be at the J.K. and I am looking forward to this - although I know that I won't win this one!!! When I go back to long courses I will again be competing against Sue Hands from Wimborne so will come down to earth with a bump!!

Kay Sayer



Wessex Lift Share Group

We are aware of the high cost of getting to events and following the lead of BOK we thought it would be a good idea to start our own Lift Share Group.

So if any of you would like to be on our list for

sharing lifts, please email your name, address, telephone number and contact email address to me at k.sayer@ntlworld.com and I will add you to the database.

This list will initially be emailed to everyone on the Lift Share database and then it is up to you to contact the person who is geographically nearest to you to see if you can join forces for lifts to events. When the list is updated, it will be emailed again to all the members.

No details will be given to anyone else.

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Remember, if you would like to receive this newsletter by email, please send an email to sianrixon@live.co.uk Many thanks.



Junior News

Reading it isn't a SIN

Here we go with a short newsletter no.2 for distribution at the Sarum event. We've had a couple of responses about designs for the SWJS tops, logos and SWJS info on the Web, but it's been a bit quiet. Are you all out there?!

That's Handy

The questionnaire about what hand you hold everything in has been interesting. We've had 18 replies including about half the Squad athletes and almost everyone does something different—13 variations so far! If you've not replied please do, so we can have more info. It's definitely going to be worth some discussion at Squad training but here's a couple of snippets:

12 Thumb compass users v 6 Baseplate users so far

Not everyone has map and thumb compass on the same hand

Where we put descriptions and map are completely random!

Training

The next training is Gore Heath in the New Forest next Saturday 15 March, 1030 start—see separate e-mail from Jeff. Please let Jeff or Pete know if you need transport. The one after will be on May 10 in Cornwall. Please check your diary and let Jeff or Pete know if you can come or not, and whether you need transport.

British Sprint/Middle Championships 5/6 April

We're expecting to take a SWJS team to these Champs, in the Coventry area. Saturday is a middle distance race at Hopwas followed by a Sprint round Warwick Univ on Sunday. The plan is to take a minibus and stay in a Travelodge. Cost is likely to be £25-30 for entry, travel and accommodation (not including food).

More details are at www.pgopages.btinternet.co.uk/beoc_sprint_2008.htm.

Entries close in 3 weeks time and Jeff will enter everyone, so please let Jeff know as soon as possible if you'd like to take part.

Who Are You???

Coaches Part 2

Pen Portrait 3 - Pete Maliphant

M50. Pete has been orienteering since 1974 (impossible, I hope I hear you say) though it took until last year for Pete's rivals to age and slow down enough for him to consistently achieve Championship standard. This is probably due to the limited amount of training done, for which Pete has a long list of very reasonable excuses, of which a vulnerability to shin splints, bursitis and knee troubles are very real. Away from orienteering, Pete runs his own training and coaching business.

Pete's most dramatic orienteering moment came in 1997 when he destroyed his left knee's cruciate ligament at a Dorset Galoppen. Two operations, a year minus knee ligaments and a long rehabilitation were a shock and he tends to be very cautious on rough or slippery terrain. Pete topped the M45S Ranking List in 2002. Like Jeff, he is still trying to beat Clive Hallett..... His best results were probably with ShUOC and SYO in the 1980s, but runnable, very technical areas like Penhale best suit his orienteering style – an accurate tortoise rather than a manic hare!

Upcoming Events

* indicates selection race for tours

21-24th Mar *JK – Surrey

Closing date 7th March

5-6th April British Sprint & Middle

Closing date 30th March

19th April *British Champs – Culbin

Closing date 30th March

4th May *EBOR National Event

Closing date TBA

28-29th June JIRCS

12th July Dorset Coast Path relay

SWJS Training

15th March SWJS Training

Gore Heath

10th May SWJS Training

Cornwall

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Next Edition: March 20th



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



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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 during the winter, meet at 6.00 p.m. at Poole Grammar School for a group run (once the clocks go back it will change to Upton Heath car park). 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