

# Wessex Extra

MARCH 2012



New!!  
**Meet your Club Mates.**

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## **Chairman's Ponderings**

I have to say it does make me feel very proud to be associated with Wessex Orienteering Club. There have been a couple of times recently where I've had this warm fuzzy feeling (and before you jump to conclusions it wasn't alcohol induced!).

Once was at the highly successful Dorset Delight the club recently put on. It was towards the dying embers of the event and most of the helpers were hanging around the car park chatting away whilst waiting for the last few controls to be brought in. Everyone was in excellent spirit, although probably a little tired and it just felt so good to be part of the team that had enabled over 300 competitors to have such an enjoyable days sport. Organiser Julie and her teams and Planner Richard and his team had done great jobs. Ironically neither of them were there to share in the moment as Richard had been sent home the worse for wear with flu and Julie was one of the ones we were waiting for to bring back the last few controls. From the club I would like to sincerely thank them and all in their teams for making it such a good day.

The second occasion was the Compass Sport Trophy race at Haytor on the edge of Dartmoor. Devon, the organising club, had managed to obtain the use of the local Hotels ballroom as an assembly area for all the clubs. Just over the road from the finish, so very handy. Due to Bills judicious team planning we arrived at the event and the ballroom nice and early and formed a traditional chair circle, ever expanding as more and more of our team arrived, until we had about a quarter of the room. Again there was a fantastic team spirit and although the results didn't favour us on the day, it was a great fun. If you can manage to come along next year then do as this event isn't all about the 'fast boys' ("boys" being the non-gender specific use of the word) as even the slower runners can push competitors down the field so improving our chances. I can honestly say that everyone there played their part and as a club it was another wonderful day out.

Which reminds me. I was in the Hairdressers on the Saturday before the CST and as usual in conversation with my hairdresser, a youngish lady of indeterminate age. The topic moved to what I was doing for the

weekend and I naturally said I was running on Dartmoor the following day. "That's nice" she says "where's Dartmoor?". Does make you think how privileged we are, not only to know where these places are but to be able to enjoy them to the full.

On a more serious note we have recently received a letter from John Tilsley of Wimborne explaining that they have put together a working party to look at the pros and cons of having a combined club in the area. In the past, with its members support, Wessex has proactively sought to achieve this. Your Committee have responded to John's letter in that vein. However a letter will shortly be sent out to all our members seeking your views on this development and hopefully confirming your support for this new direction. We live in interesting times!

## Gavin Clegg



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## **EDITOR'S PAGE**

A contingent of Wessex & Wimborne members are going to this event in Finland on the weekend of 16/17 June. The teams consist of Wessex and Wimborne members, and Chris Branford is the logistics organiser. We are flying out on Friday, staying overnight in a Travel Lodge, and then making our way to the event on Saturday. The event is a relay event, teams of 7 for the men and 4 for the ladies. The men's event starts at 10.55 p.m, the ladies at 2.00p.m. There are some good photos and video on YouTube if you want to have a look.

The maps are very detailed and there are not very many paths(!) So I am a bit apprehensive about the event, and hope I don't let the team down. Apparently, there are approximately 15,000 competitors and the organisation is well managed.

### **BRITISH CHAMPIONSHIPS**

This year, the British Championships are based in Dalegarth, West Cumbria on 4th - 7th May. See [www.boc2012.org.uk](http://www.boc2012.org.uk) for full details.

### **WELSH SIX DAYS**

The Welsh Six Days is a bi-annual event and this year is based in Aberystwyth from 21<sup>st</sup> to 28<sup>th</sup> July. The event centre is Aberystwyth University, which is a good central base for the six days. For full information, go to [www.croesomultiday.org.uk](http://www.croesomultiday.org.uk)

If you haven't entered yet, then you need to do so very soon, as the prices for each day are on an increasing scale. If you enter for all six days, there is a discount of £6 per person. Entries are through Fabian4.

### **COMMUNITY ORIENTEERING**

Our next six sessions of Community Orienteering start on Monday 16th April, 6p.m. till 7.30p.m. The venue has changed to Broadstone Middle School, which gives us different areas in which to orienteer, including Broadstone Rec and Dunyeats Hill. See page 6 for more details.

## **BROADSTONE MIDDLE SCHOOL**

We are also helping to run a six week after school club at Broadstone Middle School which starts on 17th April. Anyone who would like to get involved with this, please contact me.

**AND FINALLY.....** If you have anything you would like to see in your Wessex Extra, let me know. Any articles or interesting items always welcome.

**Kay Sayer** Email: k.sayer@ntlworld.com

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To give you a flavour of what's going on on the mapping front and to get your juices flowing in expectation of some new areas and in no particular order:

Studland Dunes: This has been mapped for a Permanent Course. The map is now finished and we are working with the National Trust on the installation of O-Markers, signs etc. Launch targeted for 6-9<sup>th</sup> April (Easter weekend). We hope to have a club night including BBQ here on 6 August.

Agglestone: Bill & Richard have just started surveying. Big job but no time pressure. This is a large area in its own right but could also be used in conjunction with Rempstone. We plan to hold the first round of the Compass Sport Cup & Trophy races here on 17<sup>th</sup> February 2013. Followed by our Galoppen on the West side of the area on 12 May 2013.

Poole Town: In conjunction with Round Table, Poole Borough and Poole Runners Festival of Sport, Gavin is mapping the Old Town, Baiter and Poole Quarter for an Urban race on Saturday 26 May 2012.

Holton Lee: Bill is mapping this interweaving with his Agglestone mapping. Target completion of map April 2012 ready for Holton Lees Summer Fair on Saturday 16 June.

Blue Pool: Bill Brown and James Crickmore will be mapping this area for use in late 2012 or 2013.

Shillingstone: This needs resurveying as it's some time since we last looked at it and the brambles are advancing apace. This is in preparation for the Dorset Delight on 14 October 2012.

## **COMMUNITY ORIENTEERING**

In April we will be recommencing the Monday evening community orienteering sessions. This year based at Broadstone Middle School. The dates are below as is the programme. There is plenty to do, even if you are an experienced orienteer so do try to come along.

It is hoped to run two different sessions each week, one for beginners and one for more experienced orienteers. So there should be something for everyone, do come along to support.

**Monday 16th April – Participation Evening 1 – Broadstone Middle School**

**Monday 23rd April – Participation Evening 2 – Broadstone Middle School**

**Monday 30th April – Participation Evening 3 – Broadstone Middle School**

**Monday 14th May – Participation Evening 4 – Broadstone Middle School – also monthly club evening (later date due to public holiday)**

**Monday 21st May – Participation Evening 5 – Broadstone Middle School**

**Monday 28th May – Participation Evening 6 – Broadstone Middle School**

**Proposed activities—see next page.**

Date	Beginners Scheduled Activities	Club/ Intermediate Scheduled Activities
16/4	Introduction to course. Cones exercise/symbol relays. School Grounds/Hall & Map Walk	Line orienteering in pairs – Dunyeats – Delph Woods. Poor weather session: class- room control descriptions – map comparison.
23/4	Maps colours & Symbols Flash cards/ spot the difference exer- cise/ Score event- School Grounds	Compass Bearings 1- Short courses Delph woods
30/4	Cardinal points/ netball numbers Make your map- School grounds/ Dunyeats Hill	Compass Bearings 2 Aiming off– Delph woods or Make your map- School grounds/ Dunyeats Hill
14/5	Intro to compass. Score event- Broadstone Rec	Map Reading-Attack Points into control. Broadstone Rec.
21/5	Finding own pacing rate. Grounds. Route choice – Dunyeats.	Map Reading – Route choices. <i>(to be confirmed)</i>
28/5	Using skills learnt on set course. Line Orienteering Event Broadstone Rec.	Map Reading- Relocating – Broadstone Rec

## MEET YOUR WESSEX CLUB MATES

**Name & Age Group:** Jon Brooke, (M45) – husband of Nic (W45) and dad of Agnes (W8) and Arthur (M6).

**Home Town(s):** Wareham.

**Occupation(s):** House husband and photographer ([www.rightplacerighttime.co.uk](http://www.rightplacerighttime.co.uk))

**When and why did you start orienteering:** I was heavily involved in Mountain Bike navigation events (Trailquest/Polaris) before MBO even existed in the UK. Once Colin Palmer of the TCA started MBO in the UK I got into that and then later started foot-O as a way of improving my MBO.

**What Clubs have you been a member of?** TVOC until we moved to Wareham 5 years ago, when I joined WSX on the grounds that it was a smaller club than WIM as I generally favour minorities.

**What are your orienteering achievements, best results, and most memorable event?** Won the club champs a couple of years ago by accident without even realising it was the club champs. Did badly representing GB at the European Mountain Bike Orienteering champs a couple of times, quite a few years ago. Done the KIMM/OMM elite a few times – best place 11<sup>th</sup> so far. I've also done lots of adventure races.

**If you could improve one aspect of your orienteering, what would it be?** Run faster.

**What training do you do?** Very patchy. In the run up to the OMM hopefully up to about 5-6 hours running a week, but sometimes almost nothing for weeks on end. Currently probably at my fittest since we had kids though.

**How many countries have you orienteered in?** Foot-0 2: UK and Czech, MTBO 4: UK, Czech, France and Spain.

**What is your favourite orienteering area?** Greysthwaite Estate in the Lake District (or anywhere in the Lakes).

**What has been the biggest turning point in your orienteering life?**  
Nothing in particular (yet to come?)

**Thumb compass or base plate?** Thumb.

**How would you raise the profile of orienteering to increase participation?** I'm taking this as how would I personally raise the profile of orienteering, so I photographed and Running Fitness pictures in the can Outdoor Fitness days last year, summer before the season. More grass roots low key concerted word of I'm not convinced huge numbers of do I fear for it's the balance things to keep up numbers and just getting out doing the sport is about right.

can say I once wrote an article on O for magazine and I've the for a feature for shot at the Scottish 6 which should run this start of next year's O generally just more events/training and mouth. In all honesty that O will ever have participants but neither decline, so I think that between trying to do



**Who is the most inspiring member of your Club?** Aaaaah, there are so many I can't choose between them. But I'm more inspired/impressed by people who go out of their way to make things happen and keep the show on the road than by performance.

**What music do you listen to?** What is this, Desert Island Discs?

**What have you always wanted to do but have not done it yet?** Nothing, I just drift along and interesting things seem to happen.

**What do you do when you are not orienteering?** Look after the kids, cook, grow veg, serious DIY, Flamenco dancing.

**Jon Brooke**

## WESSEX WINNERS

Trophies were presented to the Wessex winners at our annual dinner, this year hosted by Wimborne at Seven restaurant in Poole Park. Trophies were awarded as follows:—

Mens Trophy: Dale Paget receives the trophy from Richard Arman.



Sheila Beldowska Ladies Trophy: Kay Sayer receives the trophy from Richard Arman.



Charlie Morton Trophy for the Most Improved Junior :  
Caja Whapples receives the trophy from Karen Morton.



Ian Horsey Trophy for most improved senior:  
This was won by Tina Stratford; unfortunately she was unable to be at the dinner but was presented with her trophy by Gavin Clegg.

Chairman's Trophy: For services to orienteering and Wessex. Awarded jointly to Ian and Kay Sayer.



Gavin Clegg receives Wessex Night League Trophy from Club President, Richard Arman.

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## **Signals Championship Harris Relay**

### **1<sup>st</sup> March      Hampton Ridge**

Having run at the Army event at Godshill on the previous day it was back to the same car park but with the relays to be run on Hampton Ridge on the other side of the road.

Dale Paget had asked me to join him and John Brooke to make up a team for a Harris Relay.

For those not familiar with this format the course is made up from several controls ( known as the spine ) which must be visited by all 3 competitors while the remaining controls may be divided up. The idea being all 3 runners should aim to finish at the same time or as close as possible with the clock stopped when the last runner finishes. Once the start has been punched a short time has to be spent planning by dividing up the controls while taking account of each runners ability and speed over the ground. So it may be that a faster runner covers a greater distance or visits more controls.

On this course there were 8 compulsory controls plus a further 17. I was allocated 5 additional controls so had 13 all together to visit.

Controls can be visited in any order so route choice is just a case of the quickest way to visit all spine controls plus the additional ones allocated to me.

The terrain was mainly fast open heath with good tracks. Aware that both John and Dale wouldn't be hanging around I went as quick as my legs would carry me.

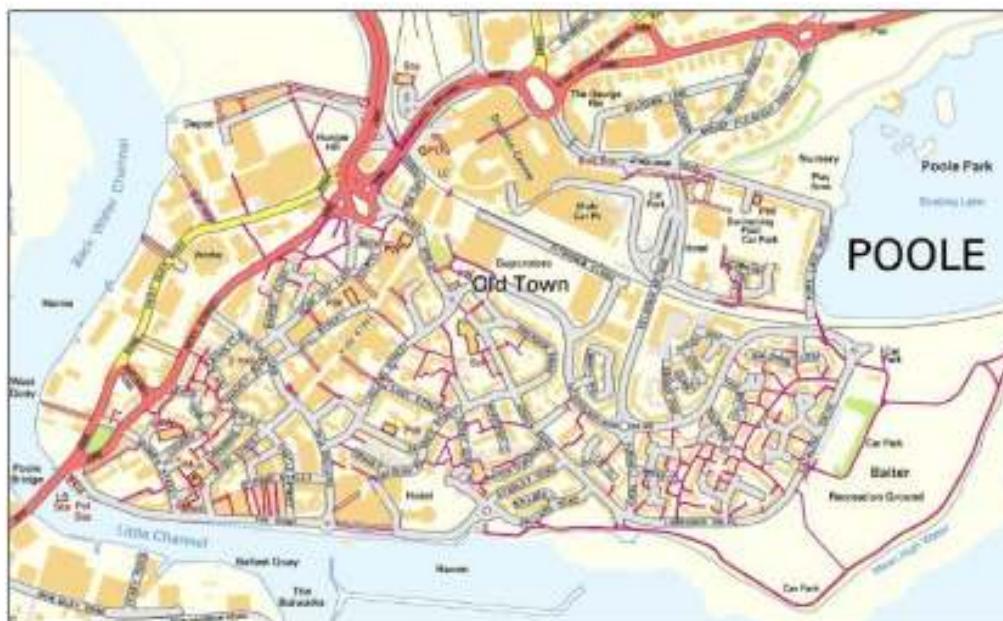
With 1 spine control and 1 other left to visit I noticed Dale right behind me. Needless to say he was very soon ahead into the last spine control. With an uphill run to the finish and 1 other control visited I was pleased to be less than a minute behind Dale into the finish, John already being there.

Our reward amongst the ADHOC teams was 1<sup>st</sup> place by over 7 minutes and with a medal each to show for our efforts it was a good mornings sport.

**Rob Hick**

## Poole Town Race – Urban Orienteering - Saturday 26<sup>th</sup> May 2012

This event came about as a result of a mapping project done by the Rotary Club of Poole Bay. The project was to map all the alleys and rights of way in Poole Old Town, and was done with the support of Poole Borough Council, with the aim of recognising and protecting them. The map shows (in red) the ways identified.



To see the results of the work, go to the website of the Rotary Club of Poole Bay.

This work has also formed the basis of the Poole Town Walking Map, which has just been published.

Having mapped all these obscure and less-obscure footpaths, Rotary Club of Poole Bay started looking for

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projects that could build on the work they had done. I had worked with Rotary previously so when they approached me asking for ideas for projects based on their work, an orienteering event was the obvious choice, particularly with the rise in popularity of sprint and urban orienteering. The idea for the Poole Town Race was born.

The event is being held on Saturday 26<sup>th</sup> May 2012 (starts between 15.00 and 17.00), to capitalise on the fact that there are a lot of runners in town, as it is the day before the Poole Festival of Running (organised by Poole Runners). Also by running it on a Saturday afternoon, it gives shoppers and other visitors to Poole an opportunity to see how orienteering works, and to have a go.

The Poole Town Race is an Urban Orienteering event, with winning times around 25 minutes, which covers the Old Town, High Street, Dolphin Shopping Centre, Baiter, and grassy areas on the shore of Poole Harbour. It starts and finishes in Falkland Square, which is where the High Street joins the Dolphin Shopping Centre.

One key aspect is that the Poole Town Race is raising money for the Rotary Club of Poole Bay. Details of how Rotary distribute their funds can be found on their website. Rotary will also be helping out on the day, and will be marshalling the controls to avoid them “going missing” during the event. To help them understand what orienteering is all about I recently presented the event at one of their meetings, including a mini-orienteering course across 3 rooms in a hotel, which seemed to go down well.

We are already working with Poole Borough Council (including Tourism & Town Centre Management) and the Dolphin Shopping Centre management to ensure everything goes smoothly. Additionally we are trying to capitalise on the event to create a bit

of a spectacle, including a maze. So we'll need lots of people to help explain to the public what is going on.

Gavin Clegg is creating a brand new map of the area, so it should attract a good level of interest from orienteers, and the idea is to make it an annual event.

The stage we are now is looking at how we can best market the event, so if any of you have bright ideas let me know.

Poole Tourism will include it in their online Events guide, and there is also info on the WSX (where Alan Brown has developed a great event page), Rotary, and Poole Runners websites.

We have created 2 flyers: a traditional orienteering one, which is on the website, plus a non-orienteers flyer, which is being distributed wherever we get the opportunity.

It is already part of the Southern England Orienteering Urban League ([www.bit.ly/xX3Z4C](http://www.bit.ly/xX3Z4C))

Due to BO rules, under 16s must be accompanied by an adult.  
For that reason pushing it in schools may not be a productive approach.

Entries are already open on Fabian4.

We are also looking to push the event on some running websites.

We will issue a press release (probably in conjunction with some of the other parties) nearer the time.

We are fortunate to have Ian Sayer on Planner duty for this event, so we should have some great courses.

So although there won't be the normal parking problems to solve, we'll need lots of help to make it a success. Please block out the date in your diaries.

Thanks in anticipation of your help!

**Bruno Smith**

## **Compass Sport Cub—Agnes Brooke and Yvette Paget**

I did the yellow course on Dartmoor (at the CS trophy) with Yvette. It was very bumpy and there were lots of railway /tram lines. When we got to the start, it was very cold and windy! We weren't on the list so we had to go and ask a man about it. He said, 'You can just go when you like.' We looked at the map together. The first control was near the top of the hill. We ran up to it. There were lots of horses where we thought control 2 was but it wasn't our control. We stopped and looked at the number. We ran straight on and got a bit lost because we couldn't find it and then we found it. When we were going to number 4 we couldn't find it so we climbed on top of a big hill and then we saw it on the other side. Near control 5 I was trying to climb through the gorse and a horse nearly stood on us. Another horse came and nuzzled it and then they chased each other. We both ran away! From 5 to 6 it was very gorsey. Ian had to help us. He came and found us. He asked us if we knew which way we were going. We went around the path and got prickled. There were two paths and he helped us decide which was the right one. Then we ran very fast to the finish. It was really fun.



### **Agnes Brooke.**



It was really tough and hard at the start, but it got easier the more we thought about it. I thought it was really fun and a great experience for me.

### **Yvette Paget**

## FORTHCOMING EVENTS

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

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

### APRIL 2012

- Mon 2           **WSX/WIM Club Night**, Upton Country Park  
Mon 16          **COMMUNITY ORIENTEERING**, 6 week course,  
                  based at Broadstone Middle School, 6 – 7.30 p.m.  
                  See website for full details.  
Wed 18          **Wednesday Army Event**, Barossa.  
Sun 22          **SARUM Galloppen** – Groveley East  
Wed 25          **Wednesday Army Event**, Hankley  
Sun 29          **BRISTOL** Orienteers - Bok Trot. (see their website  
                  for details)

### MAY 2012

- Wed 2          **Wednesday Army Event** (venue to be confirmed)  
Sat 5           **WSX/WIM Club Night**. Upton Country Park or Poole  
                  Park (to be confirmed)  
Wed 9           **Wednesday Army Event** (venue to be confirmed)  
Mon 14          **COMMUNITY ORIENTEERING**, Broadstone Middle  
                  School.  
Wed 16          **Wednesday Army Event** Bramshott.  
Sat 19          **WIMBORNE Sprint Event**, Kingston Maurward  
                  College, Dorchester.  
Wed 23          **Wednesday Army Event** (venue to be confirmed)  
Sat 26          **WSX Poole Town Race**. See website for full details.

### JUNE 2012

- Sun 10          **SARUM Moonraker Relay**, Hamptworth, New Forest  
(tbc)

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Mon 11	<b>WSX/WIM Club Night</b> , Bournemouth University.
Sat 16	<b>WSX Hardy Relays</b> , Broadstone Recreation Ground.
Sun 24	<b>NORTH WILTS Relay</b> (venue and details to be confirmed)
Sat 30	<b>FURROWHOPPERS RELAY</b> , Moreton Forest. More details nearer the date.

### **PLEASE NOTE**

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

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

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

## ORIENTEERING COACHING COURSE

Do you remember the first time you ever went to an orienteering event and the feeling of being totally “at sea” when you went out in the forest? Or maybe you were lucky enough to have someone to guide you through your first course and give you helpful tips on the skills of orienteering. Well, like most other sports, orienteering needs people to “formally” coach newcomers – whether they be youngsters or adults – in order to ensure that they can develop all the basic, technical skills that are required in the sport. **British Orienteering**, in collaboration with **1st4sport**, have developed a system of coaching qualifications which enable clubs to have such trained coaches, allowing them to run coaching sessions with local schoolchildren, taking newcomers round their first course as well as organising training sessions for new and existing club members.

In November 2011, Jon and Nicola Brooke and myself, along with three others from other clubs, went on a **UKCC Level 1 Award in Coaching Orienteering** course at Moors Valley Country Park. (UKCC stands for UK Coaching Certificate) This certification would enable us to coach people up to and including Orange standard orienteering (Technical Difficulty 3) Our instructor was John Tilsley, from Wimborne OC.

The weekend consisted of achieving a series of 5 tasks related to the following:

1. Roles, Responsibilities and Skills of the Coach
2. Dealing with Accidents and Incidents
3. Planning an Orienteering Course
4. Planning and Coaching an Activity
5. Working with Children

Throughout the course, the emphasis was always on two key areas: **SAFETY** and **FUN**. We all know that “elf n' safety” issues can be grossly over-exaggerated and over-legislated, and that

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orienteering has inherent risks which are what attracts many people to the sport in the first place. But, at the same time, club coaches need to take sensible precautions – especially with children – such as not planning coaching activities which cross streams or busy roads, and always having in mind contingency plans if someone gets lost or injured. As with most H&S issues, it just requires basic common sense.

As for **FUN** – well, this should be obvious really. None of us want to do orienteering solely because it keeps us fit and challenges us mentally (both of which it does) but because we actually ENJOY it. And especially when introducing newcomers to the sport, this fun element is crucial – as well as having a sense of success, no matter how small. We, as trainee coaches, certainly had great fun on the course and learnt some very useful techniques for introducing basic orienteering skills to other people.

The final task was to have an Observed Delivery of an Activity and be assessed on it. This was carried out 3 weeks after the weekend course, at Kingston Maurward Agricultural College, near Dorchester. Again, it was a long but fun day and I'm pleased to say that we all passed. But it doesn't end there: over the next 3 years we have to ensure that we are following a Continuing Personal Development programme in which coaches are “ required to undertake activities which maintain and extend their knowledge and skill as a licensed coach”. This includes reading various coaching materials, attending other training courses and – essentially – conduct coaching activities.

At present, Wessex OC has the following licensed coaches: Ian and Kay Sayer, Jason Faulkner, Richard Arman, Eric Whapples and Sian Rixon. And now, I'm pleased to say, can be added myself, Jon and Nicola Brookes.

## JULIE ASTIN



## **WESSEX JUNIORS' CORNER**

Dear Wessex Juniors.

Don't you think that it's about time you had your own section in the WessexExtra? Well, now's your chance!!

These pages are for YOU!! For the moment, I have inserted a couple of puzzles for you to have a go at..

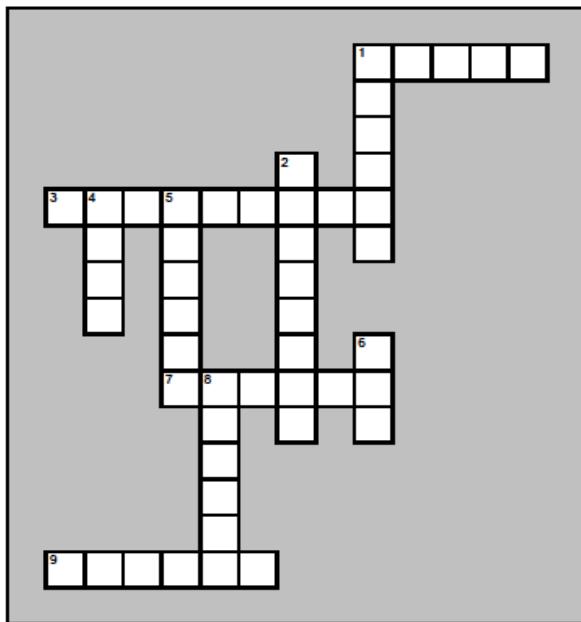
Please send me anything you think would be of interest to our Juniors; it can be anything you like, including what you would like to see in the Newsletter.

SO COME ON, PUT YOUR THINKING CAPS ON!!

***Kay Sayer—Newsletter Editor.***

# Easter Crossword

Solve the crossword using the list of words and the clues



basket

egg

chocolate

bunny

hunt

parade

chicks

bonnet

spring

daffodil

## Across

1. Will he visit you this year?
3. Easter eggs are often made out of this treat!
7. The season in which Easter is celebrated
9. Collect your eggs in this



## Down

1. You may wear one in an Easter parade
2. Cheerful yellow spring flower
4. You may go on an Easter egg ....
5. These hatch out of real eggs
6. We give chocolate ones at Easter
8. Show off your Easter bonnet at one!



Well if not your the Army may know that throughout the orienteering events for their soldiers as part of their fitness and map reading training. And civilians are more than welcome to come along and take part as well.

The events often (but not always) use military areas and the cost is generally £3.50 plus Emit hire (they invariably use Emit). Courses on offer vary but generally they include a Red for those who just want a run around, a Light Green, a Blue and a Brown.

Registration and Start times are often late morning through to mid afternoon (the army seems to start their PE in the afternoon) and there is usually squash available.

Although these events may involve more travelling than usual the extra cost of petrol/diesel is partly offset by having cheap entry fees. Indeed they have only gone up to this level this year as they now get enough civilians to mean they have to pay a BOF levy. If you are interested in going along and trying one of these events get in touch with Ian or Kay Sayer as they often go and have space in their car and car sharing helps reduce the cost. (Tel 01202 484523 or email [ian.sayer68@ntlworld.com](mailto:ian.sayer68@ntlworld.com)). And despite the shooting which often goes on in the background I don't think they have shot a competitor yet.

country then perhaps (events). Some of you most Wednesdays year the Army stages

## Coastal Path Relay. Saturday 1st September—Roger Crickmore

As most club members are aware each year we enter a team into the Dorset Coastal Path relay which is run along the coastal footpath from the Dorset/Devon Border near Lyme Regis to the Studland Ferry. The total distance is 104 km with 3000m of climb. The date for this year's race is **Saturday 1st September**. Despite being one of the smaller clubs taking part we have managed to win this relay for the last 5 years and this is in a large part due to the high percentage of the club who turn out for the team. So can you all please make a note of the date in your diary, as we need as many runners as possible to turn out and try and defend the trophy. Sprint teams are employed in places where there is close(ish) access by road and with a number of runners on a short section we can move the baton on very quickly. Baton is handed to a distance runner who covers the sections between places where access by road is possible. Each runner will cover a number of legs during the day. For the distance runners, who will generally be the fittest athletes in the club, the legs can be several miles long, while in the sprint teams they are only a hundred metres or so (although often uphill). The importance of the sprint teams should not be underestimated and a lack of them causes problems so we really do want as many of them as possible. Thus even if you are not a great runner you can still make an important contribution.

It may be presumptuous but I am assuming that I will once again be the team captain, however if anybody else fancies the role please let me know. We will be asking for people to confirm their availability in the summer, as my planning for the event will probably commence in July

This year I believe the race will again be run in two halves with a restart at Lulworth. This introduces a break into the race whose duration is unknown and can be affected by such variables as the direction of the wind on the day. Thus this year's race plan is going to be slightly more complicated than normal, due to the need to make optimum use of a break of undefined length. You have been warned!

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## REGULAR CLUB EVENINGS/TRAINING

Training Evenings take place on a weekly basis. Every Tuesday at Bournemouth University, Talbot Campus, 5.45pm for 6.00pm start. There are changing and shower facilities plus a bar for refreshments.

Joint Club Evenings with Wimborne Orienteers are on the first Monday of every month. The venues for these evenings change each month. See the website for more details.

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

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

