

WESSEX EXTRA

THE NEWSLETTER OF WESSEX ORIENTEERS

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The Cleggs and Ian enjoying a coffee in the sunshine in France.

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CHAIRMAN'S PONDERINGS—Julie Astin

I'm writing this just a couple of days before our Galoppen at Rushmore and, as the Organiser, it has once again hit home how much time and effort it takes to put on such an event! Things have been a bit more frantic this time because of concerns about the parking arrangements (which have had to be changed from the original plan) as well as having to arrange for the entries for the Yvette Baker Trophy qualifying round, which is happening at this event. But that's nothing compared to the HOURS of work that Bill Brown has spent ensuring that we have an updated map to use on the day, and that the courses which Richard Arman has planned are transferred to the mapping software. And they even had to re-visit the area a couple of weeks ago to re-plan the White and Yellow courses completely due to the change in the parking and Assembly location. And today they were both out in the forest putting out some of the control stakes.

Behind the scenes too, Tim Houlder has had to manually enter 80+ juniors for the YBT (Yvette Baker Trophy) competition, allocating hired dibbers, and so on, so that on the day itself there is minimal administration needed.

I'm sure that by the time you read this, the event will all have passed off smoothly and efficiently – due to the great team work of all the WSX helpers on the day – but next time you go to an event, spare a thought for the time and effort that has gone into it - and maybe say a 'Thank you' to the organising club?!

And while we're on the 'Thank You' s – I'd like to say a HUGE one to Kay for having put together Wessex Extra for the last number of years (with a bit of help from Ian, I expect!)

It really is a thankless task, particularly when so much arm-twisting has to go into getting contributions for it! And its continuation **DOES DEPEND ON YOU!** Don't wait to be asked for contributions – whenever you've got a story to tell about an event you've been to, or maybe a photo you've taken at an event please let us have it.

SO FAR WE HAVE ONLY HAD ONE MEMBER WHO HAS TENTATIVELY VOLUNTEERED TO TAKE ON THE NEWSLETTER. IF THIS “HERO” DOES’NT AGREE TO EDIT THE NEWSLETTER, THIS COULD BE YOUR LAST WESSEXEXTRA.

Unexpected Injuries.....

Like most orienteers I am prone to falls as feet snag in hidden low brambles and tree roots. At a recent event I was unfortunate enough to have 2 falls. In the first I hit the ground hard, hitting right shin on a tree root and winded myself. The shin really hurt but like most bumps it improved as I hobbled on and seemed almost fine by the end of my course. Things were not helped by a second fall whilst running over a low fence I did not see. I had a soft landing this time so picked myself up and dashed on towards the finish. All seemed well until I stopped and stood in a cold queue to download when the shin started to really throb. Trying to reduce bruising I asked first aid for an ice pack and woefully anticipated the discomfort of using my kneeling chair at work on Monday.

Monday dawned and actually the shin and knee were only mildly uncomfortable but to my surprise both shoulders were stiff and sore. The discomfort and stiffness in the right one along with a persistent deep ache in back of triceps muscle made the use of a computer mouse, typing and even drinking a cup of tea a challenge. I appear to have bruised all the rotator cuff muscles of right shoulder and upset my neck in one of the falls. Hopefully the pain and stiffness will settle in a few days and not progress into a frozen shoulder. I suppose I should be grateful that I did not break a wrist but the jarring has obviously traumatised joints and ligaments.

Motto of story: beware of stiff, sore shoulders after a heavy fall. It can take 18 -24 hours for the problem to become apparent. Shoulders are sensitive, complex joints and the advice of a physiotherapist may be required if symptoms do not improve in 3 - 4 days.

Tracy Crickmore

**WESSEX
ORIENTEERS
JUNIOR
SQUAD**

FUTURE EVENTS:

**PLEASE SEE THE FUTURE EVENTS ON
PAGE 12 & 13 FOR THE EVENTS WHICH
WE HAVE NOTED AS SUITABLE FOR
THE SQUAD IN RED.**

**AT ALL OF THE SQUAD EVENTS THERE
WILL BE COACHES TO HELP YOU IF
NEEDED.**

**FOR THOSE OF YOU WHO ARE NOT
CONFIDENT TO ORIENTEER ON YOUR
OWN, WE ARE HAPPY TO SHADOW YOU
AROUND YOUR COURSE.**

**THE T-SHIRTS HAVE NOW ARRIVED, SO
IF YOU HAVEN'T BEEN GIVEN YOUR
T- SHIRT YET, WE WILL GET THEM TO
YOU.**

**WE ARE ORDERING SOME LARGER
T-SHIRTS FOR THE OLDER SQUADDIES
AND THESE WILL BE COMING SOON.**

**We would welcome your comments and
ideas for the Squad, so contact me if you
have any queries or ideas for the Squad.
If you have any friends who would like to
try orienteering, let me know and bring
them along to any of the WOJ squad
events.**

Kay Sayer (WOJ Squad Leader)

Orienteering- Physical Education Assessment

Starting the year right this year I was lucky enough to run an intensive 2 day Orienteering G.C.S.E assessment on a Monday and Tuesday a couple of weeks ago, here's how it happened.

Secondary school students can opt in to a Physical Education component of their exams for their last year of Secondary school, year 11 in today's language, that's 16 years old. (If you ever need to know what schools year groups are now just add 5 to the number, so Year 4 becomes 9 year olds and so on). P.E Qualification requires 4 disciplines within the subject, this is a difficult subject to qualify in as you can imagine, often kids will be really keen on Football or Running for example, but that still leaves them 3 more sports to choose.

This is where Orienteering comes in. Heads of P.E have a tough job varying the sports offers available that hook kids into doing well across the board, which of course puts pressure on the departments, as Schools are increasingly pressured to produce good results as much as anything else in today's education system. My colleague at Glenmoor and Winton Academies organises Orienteering as part of Year 8 studies on the school site and was aware of my coaching work. He called me to arrange how we could supplement the existing teaching with a 2 day assessment.

There are 59 sports on the choices given by Edexcel for assessment, we would do well to find a school that offers all

those, hence why some places specialise on particular subjects suited to their area. Definition of the qualification is quoted here:-

“Edexcel’s GCSEs in Physical Education: encourage students to be inspired, moved and challenged by following a broad, coherent, satisfying and worthwhile course of study and to develop an awareness and appreciation of their own and others’ cultures in relation to physical education. Encourage creativity and decision-making skills to enable students to plan effectively for performances and to respond to changing situations. Prepare students to make informed decisions about further learning opportunities and career choices. Enable students to become increasingly physically competent through being actively engaged in a range of physical activities, and to become increasingly effective in their performance in different types of physical activity and roles such as player/participant, leader and official. Enable students to develop their ability to engage independently and successfully in different types of physical activity, and to develop and maintain their involvement in physical activity as part of a healthy, active lifestyle.”

After working out the logistics of when, where, how and the numbers, I wrote up a 2 day plan with a full day’s teaching, then a second day practice competition and an assessed competition finale. Using the school site and the convenient Slades Farm/ Talbot Woods area next door, my aim was to prepare the students for a solo competition in which they could clearly demonstrate independent decision making linked with performance. Unlike some of the other Sports, the electronic Sport-Ident system provides exact evidence of total time taken and split times on the

course which allows a watertight assessment of the group. Below are the topics that were taught and the session plan for day 1. We used the Permanent Orienteering Course (P.O.C.) that I opened at Slades Farm in November 2013 for some of this training, as with many of Wessex clubs 6 courses (P.O.C.s) they are sited within Forest, Park and Urban terrains which demonstrate the 3 types of map we navigate with. Course standard was an Orange level, which included Talbot Woods as well as the Park in a Butterfly loop of 3.3 Kilometres.

Day 1.

Map reading, 3 types of terrain: Urban, Forest and Parkland
Permanent Orienteering Course (P.O.C), legend- colours and symbols.

Orientating map to terrain.

Using line features as handrails.

Route choices.

Clothing and Equipment- safety in the outdoors.

Measuring map distances and pacing, distance estimation.

Thumbing map.

Thumb compass use and cardinal points.

Sense of scales estimating distance.

Whole school buildings and fields were used for Star activity. Fine Orienteering.

Navigate through different types of terrain, Urban - Bournemouth University, Forest -Talbot woods and Parkland - Slades Farm (P.O.C)

Day 2.

Slades Farm park area and P.O.C. used for star loops of 3 controls, and use of the S.I electronic kit. Rough Orienteering.

Competition details. 3.3 KM line courses. Students competed on

one of 4 versions of same course - starting out in different directions, N.S.E.W. on individual challenges.

Map and area used for Wessex Club Night 07 July 2014, comparing students results with those of experienced Orienteers provides additional evidence of the learning outcomes.

Results. After the teaching and the competition preparation came the exciting part for me - would the students take on all the learning and really race each other whilst navigating at speed?! Happily they did, with 5 of them completing the whole 3.3.Kilometre course of 22 Control points with 100% accuracy. I tabulated the overall results which prove the efforts made by this group, the exacting sport requires correct sequential order of courses so there were some small errors, and some who managed nearly everything but were outwitted by just a couple of locations. Hugely rewarding work and I provide the school and group with exit strategy, would really like to see these Youths coming to compete in some of our local events - giving the regular club members some challengers!

Jason Falconer

(Jason has been working hard over the past months to encourage young people to learn how to orienteer. This article from him is excellent, and he is a credit to the Club.)



Wessex Night League 2014-2015 – Final Results

Congratulations to the winners: Charlotte Thornton of Sarum, Chris Branford of WIM and Dale Paget of WSX.

Its been another exciting night season. Charlotte has won for the second time in three years, just shows that the cream will rise to the top. Same for the men with Chris winning in the handicap and Dale the non-handicap, both for the second year running. Last year I wrote “....we introduced the ‘non-handicap’ league to give the M21’s something to aim for. The winner this year being M50 Dale Paget! Tim Morgan would probably have won if he had attended enough events”. So no change there then.

Participation is up again with a 15% increase in the number of competitors listed on the results. I haven’t analysed it, but I get the impression more people turned up for more events this year as well. The 16 race format with about half Urban and half Forest seems to work well. The 2105/16 league is taking shape as I write this.

Female:

- 1st Charlotte Thornton SARUM
- 2nd Carolyn Dent SARUM
- 3rd Kirsty Staunton WIM

Male:

1st Chris Branford WIM

2nd Dale Paget WSX

3rd Ian Sayer WSX

Non Handicap:

1st Dale Paget WSX

2nd Andy Snell Sarum

3rd Jason Falconer WSX

Thanks very much to Gavin for sorting the Wessex Night League; although he is now basing himself in France, he will still keep up with what's happening, orienteering-wise, in Great Britain.



FORTHCOMING ORIENTEERING EVENTS

www.wessex-oc.org

MARCH 2015

Sat. 28th WIM Informal and Dorset Schools event, Stonebarrow, near Bridport. (WOJ Squad)

Sun 29th BADO Level C, Butterwood, Nr. Hook.

APRIL 2015

3rd – 6th **J.K.s in Lake District. Details on BOF Website.**

Sun 12th: **Sarum Event**, Hamptworth Challenge at Hamptworth, New Forest.

Sat/Sun 18/19th: **British Championships and Relays, Forest of Dean.**

Mon 20th: **WIM/WSX Monthly Club evening**, Potterne Park, Verwood. 6.30p.m. start. (WOJ Squad)

Wed 29th: **WIM event with Blandford Signals** at Moors Valley Park. Details on Wimborne's website. (WOJ Squad)

MAY 2015 Sat 2nd: **NGOC South West Middle Distance Championships, Forest of Dean,**

Sun 3rd: **GLOUCESTER CITY RACE.**

Mon 4th : **NGOC Classic Race**, Headless Hill.

Mon 4th: **Wessex/Wim Club Night**, Holton Lee (WOJ Squad)

Sat/Sun 9/10th : **British Middle and Sprint Championships, South Central.** See BOFWebsite for details.

Sat 16th: **South West Sprint Championships, Wimborne.** See WIM website for details. (WOJ Squad)

Sun 17th: **Southdown Regional event**, see Southdown Orienteers for details. (WOJ Squad)

Sat 23/24/25th: **Springtime in Shropshire.**

JUNE 2015

- Mon 1st **WIM Club Night**, Badbury Rings. (WOJ Squad)
Sat 6th; **WESSEX Poole Town Race. (WOJ Squad)**
Sun 7th : **WIM Urban event, Sherborne.** (WOJ Squad)

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

Other useful local websites:

Wimborne Orienteers: www.wimborne-orienteers.org.uk

Southampton Orienteers: www.Southampton-orienteers.org.uk

Sarum Orienteers: www.sarumo.org.uk

North Gloucester Orienteers: www.ngocweb.com

Bristol Orienteers: www.bristolorienteering.org.uk

FOR UP TO DATE DETAILS OF THE WEDNESDAY ARMY EVENTS, GO TO THEIR WEBSITE: www.baoc.info

**** We try to put on a local event for newcomers and improvers most months during the year. For further details, please see our website: www.wessex-oc.org**

****Coaching will be available at all our events, including informals, for all abilities.**

The forthcoming events list is compiled from British Orienteering and other clubs' websites. For further details of events, 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.

Turf Hill & Hale Purlieu 15th February 2015

Julie Astin and I have had some very close results lately, especially on the night time urban orienteering courses where she keeps pipping me by ten points. On pre-entering this event I noticed that Julie was on the same course as myself the Green. Mental note taken.

On my way to the start we (Kath, Geoff and myself) bump into Julie, who has already finished. She had obviously taken a mental note as well that we were on the same course. She very nearly accidentally showed me the map, as she was saying she had had an issue with number 9, then realized just before opening her map. Anyway she told me it took her 59 minutes. Mental note taken by myself.

Having left Julie and on making my way to the start, I got chatting to a guy from SOC, whilst in the start boxes realised that he was on the same course and would be the next runner after myself.

So off I went to number one, no issues, Julie in the back of my mind, all went well until control 5, a depression, my favourite controls, NOT! Anyhow having been only a maximum of three meters away from it, I went running off further afield, then returned back to where I had been, to see people and the guy in Blue from SOC diving into the control. Hmm, he's caught me up, quick look at control 6's location, quick decision that it would be easier with the terrain to go straight down and along, noticing that man in blue had gone across, I easily found the control on a small craggy bit, quietly dibbed and headed straight for number 7 - noticing man in blue

was way over to the right. If I could have tiptoed away from that control I would have. Happy that I had got ahead, quick decision to use the corner of a fence to orientate to number 7, a thicket, still ahead, by number 8 we went into the control together, (I'm definitely not fit running wise at the moment) out of 8 together he decided to fight through the shrubs I went around, unfortunately at this point I found myself well and truly stuck, as I clearly found a marsh, my right leg was stuck in the marsh just above the knee, my left I managed to pull out, but my right leg was really stuck. I did actually think that I may be in real trouble for a minute as I couldn't get my right leg to move, thankfully I managed to grab a small branch from a tree and pulled myself out, relieved to find my shoe and foot pod (mileometer tracker) still on my foot.

Off I went again, a little tentatively until the ground felt more solid. Man in blue disappearing up the hill to control 9, Julie's problem control, bearing that in mind I took it a little more carefully, I could clearly see a distinctive tree ahead of me, on the map the green dot for a bush, which I wondered if was actually the tree, but using the tree, clearly it wasn't, so I went on a little further tentatively and saw the control, helped by others including man in blue heading out from it.

Number 9 was very close to a path, leading to a ride with a path on it, man in blue went off to the right away from the path and I thought was cutting across to the ride. I took the direct route of the path and used a bearing straight to the small re-entrant. I could not see the man in blue at this point, but I could see another man in blue ahead in the distance. I edge up towards the trees and pick up

a path for a short while heading to number 11, I looked around a few times, where was the man in blue? I then started to think: have I missed a control, 10 does come after 9 doesn't it? Convincing myself I hadn't made a mistake, I kept going and made it to number 11. All good, I looked around again and I could not see the man in blue,.

Off to number 12, quick wave to Rob, onto number 13, quick look at the watch 51 minutes had gone by, it's going to be close with Julie. As I couldn't see the man in blue I stopped worrying about him, convinced I was way ahead of him now, Just Julie to concentrate on Trouble was by this time the effort and lack of running fitness was taking its toll, I felt sick and had to slow down, otherwise I would actually be sick. Straight into number 13, no problems apart from feeling ill, off to number 14, looking at the watch I should be ok, on approaching number 14, I was very nearly sick. I dibbed and then jogged to the finish, stopped my watch 55mins 37 seconds. Man in blue from SOC standing at the finish, my comment of "where did you come from? I thought I'd got ahead of you at number 10" (hoping quietly to myself that he had retired) no such luck - turns out he was the **other** man in blue I had seen in the distance as I dibbed number 10! Apparently he did go over to the right but then realised and cut back and of course I had only seen him from the front up until then, whilst I had been at the start waiting and coming into and out of controls so between 10 and 11 I didn't realise it was actually **him** ahead of me in the distance!

Anyway we chatted away back to the download and decided that he must have beaten me by approximately three minutes. On

checking the live results at the end he had finished in 52m 38secs. I had finished in 55m 37sec's and Julie had finished in 59m 47secs. Finally I had done it, I'd actually beaten Julie!!

I really enjoyed this event, the added element of actually being competitive really added to the enjoyment. I gave up trying to be competitive at orienteering a long time ago. Looks like it may be coming back; I really do feel that the night time urban events have had a very positive effect on my orienteering, especially on the confidence side mentally. I also feel that I used to over complicate the map by looking at every little detail and now I simplify the map and trust in my bearings and as I near the controls I slow down. Hopefully this will continue and isn't a one off.

Tina Stratford



BITS AND PIECES.....

COMPASS SPORT CUP.....

Results of the Compass Sport Cup – we were a creditable 4th place out of 6 clubs, so well done to all of you! Full results can be found on the Sarum website.

WIM	1285
QO	1252
SARUM	1251
WSX	1234
NWO	1149
KERNO	646

Scorers for Wessex are:

Julie Astin,	Short Green Veteran,	92 points. (48.23)
Emma Crickmore,	Green Women,	95 points (56.02)
Liz Lockton,	Green Women,	93 points (57.00)
Gavin Clegg,	Green Men,	100 points (38.55)
Ian Sayer,	Green Men,	98 points, (48.39)
Graham Whiffen	Brown Men,	96 points, (82.34)
John Cook,	Brown Men,	92 points, (88.55)
Peter Suba	Short Brown,	95 points, (66.33)
Jason Falconer	Short Brown,	91 points, (77.55)
Dale Paget,	Blue Men,	99 points, (53.49)
Roger Crickmore,	Blue Men,	92 points (66.41)
Frida Forshallen	Blue Women,	97 points, (66.18)
Agnes Brooke,	Orange Junior Female,	94 points, (52.26)

Even if your name does not appear in the list opposite, it doesn't mean you haven't helped the Club. Your score may well have lowered the scores of runners from other Clubs.

As you can see, we only needed to score an additional 19 points and we could have been second. So, the result is actually closer than it looks on paper. Wessex did extremely well and all our members can be proud of their results.

A couple of our Members went to the Urban Race in Oxford on Saturday 7th March, which was apparently sunny and quite hot!

Peter Suba came a very creditable 10th out of 54 on the Men's Vets course, with Rob Hick coming 27th .

The same evening, there was the final **Wessex Night League event** at Lyndhurst, organised and planned by Jane and Tim Morgan (respectively) of SOC. It was a great evening, with about 20-odd runners snugly meeting in the cricket club before setting out after nightfall. It was a mixture of open/rough open, woodland and urban which made for an interesting event.

Dale Paget won the event with 470 points, with Rob Hick coming in strongly in 7th place.

Not sure how this affects the final Night League results, but I'm sure Gavin will be letting us know very shortly. It's been a great series of events, and we're all looking forward to the next series starting!!

The next day, Sunday 8th March, SARUM had their Saunter on Sidbury Hill which was a really challenging course in places. Best result of the day came from Peter Suba, who came 2nd on the Brown, 5 minutes ahead of third place. Excellent result. Not surprisingly, Rob's legs weren't maybe as strong as they could have been had he not done the Oxford race and the night league event on the previous day! He ended up in 24th place out of 35 on the Short Brown. Great effort, Rob!

AND.....

Just to let you know that one of our members, and a Poole Runner, Helen Dyke took part in the Brutal Duathlon on Saturday 15th March, at Swanage. It involved completing a 6.5 mile run with around 800ft of climb, a 24.3 mile bike course with just over 1600ft of climb (including the notorious Creech Hill) before a repeat of the 6.5 mile run. Helen completed in just over 3 hours 27 minutes and came 15th (and second lady) out of a field of 37.

Two of our members, Alan and Jill Brown, were helping with this event as their daughter Claire was the organizer. (ed)

And also, John Cook happened to run a Half Marathon on Sunday 16th March, the morning before competing for us at the Compass Sport Trophy!!

WHAT?????!!!!!!!!!!!!!! He must be mad!!! (ed)

ALSO.....

RICHARD ARMAN is the winner of the U.K. Orienteering League in his age group for 2014. WELL DONE RICHARD!!!



Boxing Day 2014 (in the way of Bob Newhart)

So you are trying out Orienteering to keep in shape eh?
Walt! What exactly is that? No, I have never tried it myself.
Walt! Not sure how interesting it may be, but if you would explain it to me I may like to give it go.

Mmm this is the Christmas version - ok off we go then. On Boxing day you all put on your Lycra tights and your brightly coloured 'O' tops - these are thin brightly coloured T-shirt or vest type tops. You may look a bit like Spider Man or maybe Spider Woman in these outfit's but without the headgear, you following so far? This stretches the imagination somewhat. They all line up at the start pick up the map and run off in all different directions. Hey, seems good so far. What do I do next? Well here comes the main part - somewhere in the forest there are these characters - Christmas fairy, a Father Christmas and there may be Christmas Elves too! Who knows! Are you sure about this Walt? You now go into the forest with your map searching for the above persons and various "controls". If you find Father Christmas and the Fairy you get a prize of an extra 50 points. Not quite as good as a lottery win! WOW! That certainly makes Christmas a lot of fun! Now I always thought that the best time over Christmas was being in the warm while the family opens all their presents. What was that Walt? It's a lot of fun - really! Not too sure if that's really for me Walt.

The first ones back who have managed to find all the Christmas characters win a prize of "nothing" - is that right Walt, nothing? Surely they deserve a prize for turning up! A new Lycra outfit would be more appropriate.....maybe not!

Gavin Clegg



Dale Paget receiving the Wessex Night League Trophy.



Frida Forshallen, winner of the Sheila Beldowska Ladies'



Charlotte Thornton, winner of the Night League Ladies' Handicap Trophy.



Chris Branford was the winner of the Mens' Handicap Night League Trophy.



Peter Suba being presented with the Ian Horsey Trophy for greatest improvement by Julie Astin.



John Cook being presented with the Captain's Trophy by Club President, Richard Arman.



PHOTOS OF WESSEX MEMBERS RUNNING INTO THE FINISH ON THE COMPASS SPORT CUP EVENT.

WESSEX COMMITTEE MEMBERS CONTACT DETAILS

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REGULAR CLUB EVENINGS/TRAINING

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

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