

# Wessex Extra

May 2013



Gavin on first leg of Men's M50 at the British Relay Championships.



The Editor at the St. Albans City Race, receiving her medal for coming first in the Women's Ultra Veteran race.

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- And lots of articles!!!



Freda Forshallen at the start of the Elite Women's race at the British Championships.

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## CHAIRMAN'S PONDERINGS

**TYPICAL!!** You wait 30 years to win one trophy, then along come two in the same season! Not wishing to blow my own trumpet or anything, but knowing that this situation will NEVER happen again, I just HAD to make reference to the fact that, since the last newsletter, I've somehow managed to win our club's Ladies Championship in March at Kings Garn Gutter AND the W60 Southern Championship at Penhale, Cornwall last month.

Over the years, I've been battling for the Ladies Club Championship with Kay - missing out one year by a few hundredths of a second in the handicap-adjusted mpk! I never thought I'd ever manage to beat her as she is such a good runner for her age (or many other ages, come to that!) But, as we all know in this wonderful sport of orienteering, it's not just about speed. Get the navigation spot on, and speed can sometimes become a secondary factor, especially in technical areas. This was certainly the case at Penhale, which I've written more about in a later article.

So, I now have two trophies proudly displayed in my living room – the Ladies Sheila Beldowska Trophy being a particularly lovely one, having a leaping dolphin encased in resin (not a real dolphin, obviously!) - and I shall make the most of them for the year that I hold them.

As I write this, the British Championship weekend is about to begin. When I told my colleagues what I was doing over the Bank Holiday weekend, they looked quite surprised as if to say “The British

## PHOTO COMPETITION

Ian Middlebrook correctly identified Bryanston School in 2005

Championship, eh? - didn't know you were THAT good an orienteer!", not realising that ANY BOF member, no matter their ability, can enter the event. What other sport allows this? None, I suspect. And that's another wonderful thing about our sport – it's SO egalitarian and inclusive. I remember when I started out orienteering, often getting lost and taking 2 hours or more, really appreciating the fact that when you crossed the finishing line, no-one actually knew (or cared) whether you were 1<sup>st</sup> or last! So no sense of shame or failure was felt. Everyone's a winner really.

So I'm looking forward to a great weekend of events – individual, relay and urban – knowing that wherever I come in the race, I'll still feel a great sense of satisfaction, achievement and pleasure, being amongst a host of slightly fanatical (in a nice way!) people who share the same passion for the sport as I do.



**Julie Astin**

***Julie with her well-earned  
Southern Champions  
trophy from Penhale in  
Cornwall.***

***Well done Julie!!!!***

**Julie's articles on the J.K. and the Southern  
Championships are on pages 4 and 5.**

## **Getting it wrong..... (JKs, 29<sup>th</sup> March)**

The weekend of the JKs was a pretty grey, cold one but it didn't seem to bother the hoards of Red Kites that were flying overhead most of the time. (I wonder what the collective noun for Red Kites is?!) The hills at Hambleden were a wonderful setting for the first of the Long course events and I set off in eager anticipation. I won't give you a blow by blow account of the legs I ran, but suffice it to say that I felt that I was going pretty steadily and accurately. In fact, at control 11 (out of 20, and over 2/3rds round the course), I was in 10<sup>th</sup> position out of 50.

And then THE BIG BLUNDER! I left control 11 going uphill on a bearing, knowing that I was going to hit a very prominent feature of a fenced field corner, with a tower on it. No problem. Then it was downhill the other side through lovely open forest, towards my control, a root stock. I could see a couple of large root stocks from 80m away so I felt confident that I was on course. When I arrived, I went to the most prominent of the two and looked for the kite. Nothing to be seen. It was a very large rootstock and the control description indicated that it was on the East side. I looked at both what I thought was the East **and** West sides of the feature, but still no kite to be seen. So I went to the other root stock. No kite. Now I was doubting that I was at the right set of root stocks, particularly as there was no-one else near them but saw others a short way off, near what looked like some root stocks. Nothing. So I decided to relocate back (uphill!) towards the tower and take a bearing again. It brought me back to the original set of root stocks! Then I thought I saw another rootstock lower down the slope and went down to it. Wrong. On walking back up the slope towards the original, large root stock I saw an orange and white thing tucked underneath it in the hollow!! Aaargh!! I had been at the right control all the time but had made a basic mistake of not checking all around the feature. I had taken just over 12 minutes on that control - 3 times as long as I should have taken - and as a result dropped to 22<sup>nd</sup> place!

Although I managed to pick up 3 places before the finish, I was SO annoyed with myself for making such a stupid mistake. Lesson learned.

## **.....and getting it right (Southern Champs, Penhale, 14<sup>th</sup> April)**

The day of the Southern Champs at Penhale was windy, but bright – a definite improvement on the day before which was wet and miserable most

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of the time (though fortunately clearing up for the evening urban event around St Ives, which was delightful).

This was only the second event that I had competed in on the Penhale sand dunes, having avoided them for years after hearing horror stories of people getting totally lost in them! It is an incredibly complex area, with the map being just a mess of brown squiggles with two shades of orange (open, fast run on mostly rabbit-grazed grass and rough open which mainly consisted of marram grass tussocks) and spots of green for the gorse. There are very few paths, so navigation has to be accurate – lose contact with the map, and it can prove disastrous as every dune looks like every other one!!

The idea is to try and read the features as you go, knowing exactly where you are at all times. I'd like to say that that is what I did – but in fact there were some legs, particularly the long leg 8, where this was not the case. My main tactic was to take a bearing and pace count, making constant adjustments as I went along: going round high dunes, rather than over them and using obvious features as I recognised them to guide me in the right direction. I have to admit that, even when I knew exactly where I was, I couldn't always match the dunes around me with the contours on the map. My pace counting was pretty rough too, due to the undulations of the terrain and the rough-going underfoot (tussocky grass) which reduced my paces considerably. But I made approximate re-adjustments for this in my head as I was going along and somehow, in combination with recognising key features, I managed to hit my controls there or thereabouts.

When I came into download to find that I was 1<sup>st</sup>, with only one more competitor to come in (who I knew had started after me) I was gob-smacked! I was even more shocked when I discovered that Kirsty Staunton and Sue hands from Wimborne, who were both doing the same course as me, though in different age classes, had finished in a slower time than me. They are much better runners than me, and invariably clock up faster times. I couldn't figure out what had happened! They must have had a disastrous leg on the course, or something. And in fact, both of them had at least one leg where they lost a minute or more on my time.

But against my W60 competitors I was the fastest on 8 of the legs, 2<sup>nd</sup> on 9 and 3<sup>rd</sup> on 4. So fairly consistent accuracy was what won me the day – and the W60 Southern Championship!

**Julie Astin**

## Hampstead Heath Event, Sat 27 April 2013.

Here we go again at a rather ungodly time. A 7.45am start as we have to call in to our favourite breakfast stop - Patisserie Angelique's in Westbourne. After enjoying the usual banter with the proprietor Toby and Chef Philippe we feel suitably fortified to go on our way. Sadly the weather is not exactly wonderful but nothing dampens the enthusiasm of the long and short distance orienteers in their quest for fame and fortune, but sadly not so much fortune is involved in this pursuit.

The journey was pretty 'trouble free' thank goodness. Although it was a very busy day and we squeezed our way through London streets with cars parked on both sides and there seemed to be a large amount of the dreaded 'speed bumps'! I wonder how often the locals have their suspension checked?! However we arrived safely. The Heath was lovely but it was very cold but the sun was shining, so I could be looking at time spent in the car, book reading rather than exploring the surroundings. Luckily I have my trusty book as usual so no problem waiting in the car.

After a while the competitors were starting to filter through the finish. While taking in the views I noticed a sign dangling in the back window of a car stating "Baby on Board". Now, I have never fathomed out why people feel the need to announce this! Does the whole of mankind need to know this? An awful lot of the population have babies or children. Are drivers supposed to nod as they overtake or perhaps wave? Maybe we could try starting a new trend - Giraffe and Elephant aboard!.....

There are quite a few dog walkers about too who might need some counselling after they have been subjected to the riot of colourful Lycra on show. I hope the dogs are not too traumatized. The Hampstead and Highgate Express could have a headline of: *"One Orienteer missing - last seen being chased by a Labradoodle heading across the Heath in a southerly direction! If seen, please inform the Orienteer he was leading his course when last sighted and the dog will be rewarded with a bone when he passes the finishing line!!!"*

To pass the time I had a look at the 'information' leaflet for the event. One piece of safety advice was: - *"other competitors could be running straight at you while you both have your heads down looking at your maps, be especially aware of this when running round corners."* !!!!!!!!!

There is a simple answer to help avoid this happening, wear cycle helmets! - no problem!! **(L.L.)**

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## **St Alban's Urban Event, Sunday 28<sup>th</sup> April 2013.**

Sunday, having stayed overnight near Epping Forest with Gavin's son Ross, we were up and off to go to church where new baby Alexander will be christened, before leaving for St. Albans. We had to exit the service early to get to the event on time!

I had never been to St Albans before so I was looking forward to the day. Plus the Orienteering - of course! We parked up and Gavin quickly donned the Lycra and off he went. I went in the opposite direction!

I headed towards the city centre and what a glorious city. Pretty cottages, stunning Abbey, close to the centre is the St. Albans School, another impressive building. When I reached the centre, there were wide streets and very narrow cobbled lanes. It was like stepping back in time. There were two clock towers, one at each end of the main street. I managed to find a coffee shop, in Waterstones. What more could I ask - coffee in a bookshop and with books in the seating area for people to pick up and read!! I have seen this before whilst in Canada a few years ago and I thought then what a good idea!

As the event is an urban course I didn't have a lot of time to explore. So coffee finished and off I go. The various shops were great and lots of smaller and independent shops with unusual and interesting merchandise. I searched for a tourist office which I eventually found but it was closed. Hmm a bit of a missed opportunity with all the extra visitors here for the event.

During my wandering I saw Gavin a couple of times appearing from alleyways; stop, scrutinize map, look around and off he goes. I make sure I keep out of the way! A little later - there he is again! It must seem like an invasion to the locals who look bewildered as the orienteers appear and disappear.

I get a phone call from Gavin to say he had finished his run and where was I? I told him I was near the clock tower and if he walked away from it I would walk towards him. Then I remembered there were two clock towers, one at each end of the main street. We did meet in the middle in the end and enjoyed a leisurely lunch. Gavin hadn't seen me while he was dashing around his course. I was about 3 feet away from him twice! There's concentration for you!

After more meandering we made our way back to the car and home. I hope there will be a future opportunity to visit St.Albans again **(L L)**

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## J.K. ARTICLES

### *The Ultras have it! The Ultras have it!*

Increasing life expectancy is really hitting our sport. This year, in response to pressure from *really, really* Senior Vets, they introduced a new, even older, Ultra Vets relay class into the JK's. This was called an experiment and I should think it will be regarded as a great success. About 18 teams entered and they were fiercely competitive.

Ultra Vets meant that the combined (orienteering) ages of the 3 - person teams had to be at least 210. To level the playing field for women, their ages were increased by 10 years. Thus you might have M70, M70, M70 or W55, W65, M70 or anyone older than this. They had to run courses of 3.8, 2.8 and 3.8km respectively.

The Wessex Wheezes had Bill, Richard & Eric i.e. M75, M80 & M65 (220). We thought we might be in with a vague chance but how wrong we were. This new class proved to be super-competitive. Wimborne were superb. They got BOTH first & third places with stunning performances against the cream of the UK oldies.

The WIM first team averaged better than 8.6 minutes per km on the two longer courses! For W55 and M70 that is sheer class. Their other team were only just 7 mins behind in overall time.

A few of us more mature Ultras were chatting in the start box waiting for our massed start. Looking around, we realised that we stood no chance, most Ultras were younger than us. So was born the concept of the 'Ultra Ultras'. Watch this space!

### Bill Brown



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## **JK Sprint 2013**

I love orienteering in a fast technical forest. Which on a good day I'm not too bad at. Sprint orienteering however, particularly urban sprint O is what I seem to do best. So having never ever had a first place at the JK (a few second places over the years) I had targeted my winter training to peak for Good Friday this year.

Reading University campus was the setting and the M55s and W35s were running course 7. 1.8k and 15 m of climb, 15 controls.

I had a late start at 15.30. It was somewhat on the cool side, circa 2 to 3 degrees but with the odd bit of sunshine. I extend my normal warm up routine by 5 minutes as I want to make sure I'm fully warmed up before I enter the start pens. I'm called up and collect descriptions. Check them all to ensure I recognised the features and more particularly for urban, inside or outside corners. Maps are in boxes on tables— very civilised, very similar to World Masters layout. I've noted where North is and also that they curve us round to the start triangle so we will be heading off just north of west. Am holding my upside down map and can see the title so make sure that I'm holding it in such a way that as soon as I turn it over its orientated. Clock bleeps down and I'm off. Have visualised my surrounding and what they would look like on an O map so I can locate the start triangle on the map quickly, which I do. I know the codes of my first two controls and their descriptions.

The following is easier to understand if you check out route gadget: Control 1 is about 100 mtrs and I have a quick panic as it looks too easy. Recognise exactly where it's supposed to be even though I can't see the control and nail it – good start. Flow out of control bear left around end of building then south of building with next control. Although happy with this route at the time I now realise the north route was quicker so lost 5 seconds here. 2 to 3 again straight forward but slow slightly to identify canopy, which was a cycle rack. 2 seconds lost. Backtrack out of three as this gave me the simplest route and time to look ahead. Hesitated just

before building as brain taking a while to catch up with my feet, another 2 seconds gone. Kept flow going round north of building although canopy to south was an option, and pushed through small patch of fight direct to 5 (had a double check after I had finished to make sure it wasn't uncrossable rather than fight).

5 to 6 no choice but tried to be too cute by cutting round corner under canopy only to find my way barred by uncrossable wall, back track, 5 seconds lost and 27<sup>th</sup> place on that leg! 6 to 7 take anticlockwise route and find small path shortcut into the control. 7 to 8 short leg and fastest split, beginning to relax and motor. Hesitate about which way round the building and lose another 5 seconds on 8 to 9, my route was right but the hesitation cost the time. 9 to 10 and very careful look at descriptions to ensure I end up on the right side of the uncrossable hedge. Donald Petrie, who won both individual days, lost almost a minute on this by being on the wrong side. 10 to 11 backtracked and wasn't convinced it was the quickest route but ended up with the fastest split by 3 seconds. 11 to 12 a bit tricky right and left changes of direction. 12 to 13 good and 13 to 14 avoiding the not to be crossed hedge. Backtracked for 14 to 15 and happy to have fastest splits for all those last three legs. Across the line and announced by Chris Poole as a sprint specialist and new leader of the M55 class.

Probably 15 to 20 seconds of mistakes at worst so felt I couldn't have done much more. I now had an hour to wait to see if I could stay there. I knew there were some fast guys to come, but one by one they came in with slower times. So my first JK gold medal. Good start to a lovely if chilly, weekend.

### **Gavin Clegg**



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## **JK Relays – M120+ Dale Paget, Gavin Clegg, Jon Brooke**

I arrived at the event in time to get sorted. Spent most of the time getting my daughter sorted for her race, so had relatively little time to worry about my own race. I was due to run the first leg of the M120+. Once I was ready I had about 5 minutes to start warming up before we were called up to map issue. I knew from past experience that I would have plenty of time to continue my warm up in the holding pen. This had the added benefit of helping to keep me warm – as being 1<sup>st</sup> leg there was no-one for me to hand a jacket to!

As we were marshalled in to the starting pen I started to look at the competition. The M120+ is always run in conjunction with the Men's Open. I was therefore seeing a good number of very fit M21's. Thoughts turned to – why am I doing this? I will be 50 next year and here I am about to race against people half my age! Was I nervous – no, I'd run on the area before and new that the navigation was not going to be particularly tricky. Was I apprehensive – slightly, my fitness level is very low at the moment and I didn't want to perform too badly for my team.

I decided to place myself in the second half of the bunch on the start line. I could have gone to the front and sprinted off – but I would have paid the price later on!

And we were off. Map open, orientated and looking at the 1<sup>st</sup> leg. Good length. 2 route options – keep left up the main valley, a fairly flat/fast start but with a very steep climb to the control – or keep right for a steady climb up the hill. I opted for the steady climb, as I knew my fitness would not cope with a steep one.

Leaving the path and heading off towards the first control gave me a chance to assess the forest. The area was mapped light green, but was very runnable. This suggested the whole course would be runnable, so no need to look for paths. Straight lines would probably be best. Approaching the control, notice a good number of people heading to a depression on the

right. Don't get distracted, I want the one on the left. Control taken cleanly. Straight line to 2, earth bank, good visibility – control obvious from some distance away. 3 in a large re-entrant down the slope. Head slightly to the right, then turn left to contour in. Clean pickup. Control 4 in a small depression at the top of the hill. Came out of the re-entrant right of the straight line in order to reduce climb. Adjusted line of approach accordingly, picking up clearing and rootstocks on the way. Hit the control on the nose. Downhill to 5. Control on a thicket. Keep to left of thicket, knowing the control would be on the right. Short leg to 6, in a depression. Straight line, another one done. 7 was between thickets. Contoured along the slope, keeping below the first thicket. Turned up into the gap, another one out of the way. Long leg to 8. Straight. Adjust line to pick up easier going. Cross path – not far to go now. Pick up veg boundaries, identify line of approach to the control – taken cleanly. 9 straight up the hill. Tough going, but tidy. 10, spectator control, straight down the hill. Keep thicket to the right, control on right hand side. Ensure exit strategy known - don't want to stand still in front of spectators! Contour on to 11 (gully) – visible from some distance. 12 is a pit up and over a large spur. Opt to climb more gently to the right of the straight line. Cresting the spur then left a flat run to the control, having minimised the climb. Long leg to 13. Steep descent followed by fast flat forest. Straight line, looking ahead for approaching features. Picked up clearing and old gravel pit, turned nicely into the control. Uphill again to 14 – very runnable woodland – if only it was flatter! Control in a re-entrant beyond a depression and to the right of some thicker vegetation. Thicker veg visible from some distance away. Good guide on line of approach. Spot the depression, pass through and on into the re-entrant. Contour across to 15, a depression beyond a significant tree. Tree stood out some distance away, made for an easy approach to the control. 16, another uphill leg! My legs are struggling now! Push on up the slope as best possible. Cresting the steepest part, spot several thickets. Mine's the one on the left. Another clean take. 17, another straight

line, fast, flat woodland to a veg boundary – if only all legs could be like this! 18 – maybe they can be! Fast, flat, straight line again to a depression. Long leg to 19. Straight line to thicket edge, round thicket then contour along slope to a line of thickets and depression. Control looks like it's in the depression – but no flag! Quick, check descriptions – it's on the thicket! Why didn't I check the description on the approach! 10 seconds lost! 20, fast downhill to a depression. Another clean take. Nearly home now. 21 is on a veg boundary the far side of a spur. Decide to go straight, power over the spur as it's the last climb on the course. Spot a control on a veg boundary approaching – but it's too soon. Can't be mine. It's on the right line, check code on approach, confirm it's not mine and continue past to mine a further 30 meters on. Down to 22 – last control, on a path. Changeover next. Remember, keep right, not left. Spot Gavin waiting. Handover and continue to the finish control. Not the fastest run ever – struggled with the hill climbs (around 300m in 6.5km). However, only around 10 seconds lost on navigation, so had to be happy with that!



*Dale Paget*

*Gavin Clegg*



*Jon Brooke*



**Dale Paget**

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## FORTHCOMING ORIENTEERING EVENTS

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

Summer Relay Coordinator: Dale Paget, [Dale.Paget@poole.nhs.uk](mailto:Dale.Paget@poole.nhs.uk)

Other useful local websites :

Wimborne Orienteers: [www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

Southampton Orienteers: [www.Southampton-orienteers.org.uk](http://www.Southampton-orienteers.org.uk)

Sarum Orienteers: [www.sarumo.org.uk](http://www.sarumo.org.uk)

North Gloucester Orienteers: [www.ngocweb.com](http://www.ngocweb.com)

Bristol Orienteers: [www.bristolorienteering.org.uk](http://www.bristolorienteering.org.uk)

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

### MAY 2013

Sat-Mon 25-27 **SPRINGTIME IN SHROPSHIRE**, Harlequins Orienteers, See their website for details.

### JUNE 2013

Sat 1 **WESSEX Poole Town Race including Informal..** Details on our website.

Wed 5 **BAOC** Wednesday event, Mytchett. Summer Series.

Sat 8 **WIMBORNE Urban Race** – Poundbury, Dorchester. Part of the Nopesport Urban League and the SEOUL (South East Orienteering Urban League) League series. See Wimborne's website for full details.

Sun 9 **BADO** (Basingstoke & Andover) Level C. Courses from White to Brown. Entry via Fabian4 ([www.fabian4.co.uk](http://www.fabian4.co.uk))

Sat 15 **WIM MTBO** event, Moors Valley. See their website for details.

Sun 16 **BRISTOL O.K. Adams Avery Relay**, Blaise Castle, Bristol. Contact Dale Paget to enter.

Wed 19 **BAOC** Wednesday event, Long Valley South. Summer Series.

Sun 23 **WIMBORNE Furrowhoppers Relay**, Clayesmore School, Iwerne Minster. Contact Julie Astin to enter.

## JULY 2013

- Mon 1** **WIM/WSX Monthly Club Evening and Summer League** at Sturminster Newton. All welcome. See Wimborne website for details.
- Wed 3** **BAOC** Wednesday event, Hankley South. Summer Series.
- Sun 7** **SARUM Orieneers Moonraker Relay.** Full details to follow.
- Sat 13** **Swindon Urban** Event, North Wilts Orienteers.
- Sun 14** **WESSEX Hardy Relays and Informal. Poole Park/Baiter.** See Website for more details. Contact Julie Astin to enter the relays.
- Sun 21** **DEVON Relays.** Princetown, Devon. Contact Julie Astin to enter the relay.
- 28/7 – 3/08** **SCOTTISH SIX DAYS,** Moray Coast area. A good contingent from the Club are going so if you want to go, entries are on Fabian4.

## AUGUST 2013

- Sat 17** **SOUTHAMPTON ORIENTEERS** Urban Event, Southampton. See their website for more details.
- Mon 26** **THAMES VALLEY Urban Event, Harwell.** See their website for details.
- Sat 31** **COAST PATH RELAY. YOUR CLUB NEEDS YOU!!!!** Event being organised by Roger Crickmore. Contact him for further details.

## PLEASE NOTE

**\*\*We run a local informal event every month, on a Saturday (excluding August). 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 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.

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## MEET YOUR WESSEX CLUB MATES

**Name and Age Group** *Laura Wilcox W50 just!*

**Home Towns** *Wareham originally from Nottingham*

**Occupation(s)** *Supported Living Manager*

**When and why did you start Orienteering?** *I first orienteered whilst I was a canoeist, strange combination, but it used to help the running for portages when racing back in the 80's. Then not until I met Nicki and Jon Brooke, about 7 years ago.*

**What Clubs have you been a member of?** *No Orienteering clubs until Wessex*

**What are your orienteering achievements, best results, and most memorable event?** *Ummm, well I tend to do one and move on to the next. I have no idea what my best achievement has been as I generally have a time of being confused and looking lost! Although I have to say I did enjoy Agglestone.*

**If you could improve one aspect of your orienteering, what would it be?** *Not to be distracted by others and follow them, oh and try to not waste time on the first check point.*

**What training do you do?** *Running, cycling, gym and climbing now and then.*

**How many countries have you orienteered in?** *1, England!!*

**What is your favourite orienteering area?** *No idea, I just have fun. But my daughter has just told me it should be the beach.*

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**What has been the biggest turning point in your orienteering life?** *Improving my map reading.*

**Thumb compass or base plate?** *Thumb and love it.*

**How would you raise the profile of orienteering in the U.K. to increase participation?** *TV documentary; introduce it as part of school PE.*

**What have you always wanted to do but have not done it yet?** *Back country ski in Greenland*

**What do you do when you are not orienteering?** *Climb, run, bike, swim, relax occasionally, eat out.*



## JK SPRINT EVENT WHITEKNIGHTS 29 March 13

Reading University campus consists of mostly large irregularly shaped buildings, with the usual paths and grassy areas, all very flat.

All of legs 3, 4, 5, 6, 9 and 10 were the sort where you had to make a, hopefully, quick decision about going left or right around a large building. At 2 and 7 you could go either way around a smaller building and at 8 you could go either way with an 'L' leg around three large buildings. Legs 1 and 11 were no choice runs around the corner of buildings, and 12 and 13 were direct across country.

Hesitation for me was far too often whilst deciding which was the best way round these big building blocks. I only managed 15.8 mpk where our M80 winner made it in 12.8 mpk. The final control was the worst one for me, set behind a bushy tree on the very entrance to the run in with spectators lined up behind it. The mapped run in line stopped of course at the circle on the map but the actual run in barriers came right down and beyond the dreaded tree. What a shame! Hesitation in the in, in full view of

So, not the very best of lacked little passages disordered areas where your way through. buildings and having to round them, the course fact', lengthened, not that as of course you so hard!

**Richard Arman.**



opening to the run hundreds!

sprint areas as it and many you could wind Because of the big go a long way lengths were, 'ipso that you noticed were concentrating

**\* See Richard's map of his course on Page 19.**

# Whiteknights

Scale: 1:4000

Contour Interval 2.5m

0 metres 100m



## JK 2013 SPRINT COURSE

# 13

**M12**  
**M75**  
**M80**  
**M85**  
**W75** **W12**  
**W80** **W65**  
**W85** **W70**

Features not to be crossed or climbed  
 Impassable walls  
 Impassable fences  
 Impassable trees (usually 'honey locust')  
 Impassable vegetation  
 Out of bounds  
 Temporary construction sites  
 High probability pin stripped

JK2013SPRINT290313		1.4 Km	10 m
△			
1	78	↘	○
2	73	→	○
3	47	■	○
4	46	↘	○
5	77	↘	○
6	93	↘	○
7	52	■	○
8	211	↘	○
9	84	↘	○
10	215	↑	○
11	87	↑	○
12	60	↑	○
13	108	↑	○

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Needs to be used with JK2013V1



**COURSES CLOSE AT 4:45PM**

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Jan Kjellström International Festival of Orienteering 29th March-1st April 2013



22-Cat for 1-4-10m  
 = 18-75 mpm  
 Number to 2-3-5  
 Lines must not be  
 interrupted by  
 100m Poles  
 100m Poles  
 100m Poles  
 100m Poles



100m Poles



THE ORIGINAL HEADWEAR



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## WHO WOULD HAVE THOUGHT?

Wimborne and the Royal Signals stage a Harris Relay in early spring each year. This year it was at Moors Valley on February 27<sup>th</sup>, a Wednesday. Sadly this meant that for the civilians this rather restricted entries to those of us who are retired. Or did it? Having sent a request for runners out on our Newsgroup only Bill Brown and, later on, Joff Henley responded so we at least had a team. But then Dale and Tim both decided that they had some time owing and could get the afternoon off so, adding a late entry from Mike Dawson, we managed to field 2 teams. Chris Branford, the organiser, rightly decided that the more senior team should compete in the shorter competition but, with Dale now featuring, the "A" Team should go head to head with the Military guys on the long course.

For those not familiar with the Harris Relay format each team member is given an identical map with all controls marked, in the case of the long course there were 31 controls. 7 of these form what they call the spine and these 7 must be visited by each team member. The remaining 24 controls have to be visited by at least one person.

So when Dale, Tim and I lined up and were given the maps, the first thing to do (after wrestling with the tape to unwrap them with frozen fingers) was to divide up the 24 controls. Obviously, Dale being younger and fitter, was going to get the lion's share but in the end it worked out that I had 7 plus the spine, Tim 8 plus spine and Dale 9 plus spine. Tim's extras were either inside the spine loop or just around the edge, mine were in the southern and eastern parts of the map and Dale's were to the north and west.

When I returned after 54 minutes Dale and Tim were already back but in fact Dale had taken just over 50 minutes for his controls and

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Tim just over 52 minutes for his so we had got the division of extras about right. This meant that my time (being the slowest) was the Team time.

At download it looked like we had done pretty well; but there were other teams still out who had started after us so by the time we left we didn't know what the results were. It wasn't until the following morning, on checking the Army web-site results, that I realised that an M45, an M55 and an M60 had managed to beat all the younger Military Teams. Who says that experience doesn't count? So for the second year running Wessex had won this event. Roll on 2014!

And to cap it all our "B" Team managed a moderately respectable result on their course, despite one member having to go back to 2 controls he had missed and one member still recovering from a heavy cold. So watch out for a request for runners for next year, you too could be in a winning team!

## **Ian Sayer**





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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 or contact a Committee member.

**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 who will be pleased to help.

