

WESSEX EXTRA

THE NEWSLETTER OF WESSEX ORIENTEERS

MAY 2014

ISSUE NUMBER 202



Congratulations to our Trophy Winners, who were presented with their trophies at the Wessex/ Wimborne annual get together and prize giving.

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CHAIRMAN'S PONDERINGS

There's never really a 'good' time to have a knee operation when you're an orienteer, but I suppose this time of year isn't too bad as there haven't been too many events around. Having said that, I felt quite envious at the JKs when I just had to sit and watch people running out and about on the moors on some, by all accounts, very technical courses. And all with such stunning scenery around. Although on the Sunday, I felt glad that I couldn't run! – what a dreadful day. But Monday made up for it. While our two relay teams were battling out across the valley near Blaenavon, I was having a fantastic time “down't mine” at the Big Pit Museum. What an amazing experience – going down in the miners' cage and walking along, bent over a lot of the time, along the narrow tunnels to the coalface. And led by a former miner. Seeing the horse stables down there was particularly thought-provoking – to know that they went down the mine from the age of about 4, and never came to the surface again after 6, 7 years or more. They died and were buried down there.

And to hear of the young boys who were employed as “trappers” – sitting in the dark with maybe just a candle for 12 hours, opening and shutting the trap doors between the different mine shafts for the horses as they came through. Next time I think of complaining about my working conditions, I might think again!!

Anyway, here's to a great summer of orienteering. Hope to see you all at the Poole Town race on June 7th, if not before. Have fun!

How to attack a control

So you have a point-feature control with several attack points not too far away. How to decide which one to take. Do you even go for an attack point, or just head straight for the feature and hope you'll hit it?

Well, the squirrel in my garden took the latter option, heading straight for my birdfeeder and tried to climb up the pole to the birdfood, only to be

thwarted by a cunning dome protector which prevented it from getting any further. 1-0 to me!

So what next? Give up? Ohhh no! Not my cunning squirrel.

Up it went on the fence, which I was sure was too far away from the feeder, and blow me it just leaped, with all four paws spread-eagled, and landed on top of the feeding pole! 1- all.

Ok, so the battle is on. I moved the pole further away from the fence and thought I'd sorted the problem.

Next day, glancing out the window, I saw the blighter feeding on the bird food! How on earth had it managed that! So I shoo-ed it off and then sat and waited for it to try again.

This time, another attack point was used: my conservatory roof! Again, a flying, legs-akimbo leap and it was on the feeder! 1-2 to the squirrel. (By this time I was actually beginning to admire the "tree-rat" despite it eating all the expensive birdfood that I was putting out)

Pacing the distances from the fence and the conservatory, I replaced the feeder in a position which I was certain would be impossible to reach.

Can you guess what happened next?!

Of course you can. The next day, the squirrel was back on the feeder, this time leaping from another attack point - my shed roof!! Aaagh!!! 1-3.

This was getting really serious now. Money had to be spent on defeating this creature. I bought a sheet of wire fencing and nailed it on the edge of the shed, making it so high that I 'knew' it couldn't leap over. And sure enough, the next day I watched as it approached the fencing, sniffed it, climbed up it, but couldn't leap from it as it was too flexible. Hurrah! 2-3!!

But my joy was dampened the next day when I saw it creep round the edge of the fencing, along the side of the shed, and leap from the corner onto to feeder again! 2-4, and it looks like the game's over.

But there's going to be a second-leg match, which I'm determined to win. Watch this space.....

Julie Astin

LOPUD ISLAND

So, what do Lopud Island (off the coast of Croatia) and the South Pole have in common? Yes, you guessed it.....the Norwegians got there before us!

As you can see from the picture, no place is safe from the intrepid Vikings who seem to have left behind one of their control markers at the top of a rugged, boulder-strewn hill overlooking the Adriatic. You've got to admire their stamina!



I stumbled across the control (and a further two) whilst being dragged up yet another hill by my son during a recent short break to Dubrovnik.

If only it was so easy to find the controls over here!

As they might say in Norway, “Noen plasser, helst, noen terreng.” (Courtesy of Google Translate).

Sheila Gold

JKs IN WALES

A number of members had a great weekend in South Wales at the Easter weekend and, in spite of some awful weather on Sunday, and some very complex moorland terrain, put in some creditable results. The most notable of these was Richard Arman who won M85, with our old friend Andrew Beldowski coming third. These two also came 2nd and 1st respectively in the Sprint event at Swansea University on Friday.

Gavin Clegg also came 5th/125 in M55.

Note must also be made of Yvette Paget who competed on 3 days on complex Orange courses, with very few linear features or footpaths.

Well done to all those who competed - see photo pages.

WESSEX, OF COURSE BAGGED
THE BEST SPOT... RIGHT BY
THE RUN IN!



Andrew Beldowski running into the finish on Day 1.

JK2014 afterthoughts!

It took 40+ years to obtain my first Gold medal! Over these years I have battled many times with Richard and taking second place or lower down. I have always acknowledged that he was a better runner (he is, after all, some 9 months younger than me!) but I was hurt by the remark on the WSX website regarding his performance at the sprint! (*Just goes to show that no matter how fast you go, you need to visit ALL the controls in the right order!! ed*) It was perhaps justified over the 2 championship days and I congratulate him on his well merited overall win.

Needless to say, the event was excellent, in so many ways under difficult circumstances, and I thoroughly enjoyed all the 4 days including the variants that Welsh weather threw at us!

Of course nothing is perfect, like the fact that crags less than 1m were not mapped, according to the detailed notes. One navigates ignoring them until one of your controls is actually described as 0.5m! My other comment was regarding the first 4 controls on the second day: the circles were almost touching and took us into a depression with a 12-15m (3contours!) vertical climb out of it to the fourth control. In my view omitting 1 and 3 would have been much fairer.

My last comment is that 2 days on the moorland, albeit challenging strength and navigation, is just too much of the same grind. I doubt that I would enter another event without a day in woodland!

Andrew Beldowski

SOME RECENT SUCCESSES

Hi everyone – Monday 7th April saw 5 Wessex members take the top 5 places at WIM's Poundbury event. Quite an achievement! Well done all - especially to Dale who came 1st, narrowly beating Gavin into 2nd place. Roger and James Crickmore came 3rd and 5th respectively, with John Cook coming 4th.

And while we're talking about John Cook..... he did a fantastic time of 03:05:02 in the **London Marathon** on Sunday 13th April. Well done John.

And while John was pounding the streets of London, some club members went to the BOK trot in the Forest of Dean. The going was a bit rough, apparently, but that didn't stop Gavin coming 4th/70 on the Blue, and Jason 6th/30 on the Brown.

Jason Falconer

COAST PATH RELAY - SATURDAY 28TH JUNE 2014

Daniel Whapples is co-ordinating the Wessex team, so if you want to be part of our team and have not yet been contacted by him, then please email him NOW!!

djwhapples@gmail.com

INTERLAND EVENT – 28th – 30th MARCH 2014

March 28th Friday - here we are getting ready for another voyage of discovery to France - Yes.....Orienteering of course to Bruay la Buisiere Saturday and Sunday. An hour's drive south of Calais. Apparently there was nothing much else on in the UK!

Packing going well. Lectures from Gavin - passports yes, money yes, etc ... etc..... Until we are just about to go to bed when Gavin realises he has left his mobile phone at work. Don't you just love it when things go to plan!!! Fortunately he has the keys so at 6.00am on the Saturday morning, without disturbing the caretaker, we pick up his phone.

Head for Dover and the Chunnel, M3 M25. It was quite busy on the roads but a nice sunny morning.

Tried to get some food and coffee but it was very busy at the terminal which was where we were to meet up with Rob and Carolyn, but they were on the earlier train. Route choice was obviously going to be Rob's problem this weekend as he had decided to take the coast route – so we ended up on the same train.

It was comparatively quiet on the roads in France. We made our way towards the event, stopping for food on the way in a small restaurant/bar on the edge of a village. This included in-house entertainment provided by a gentleman from Belgium. It was explained where we were going and what we were doing - orienteering. He told us how good the food was here. He then carried on explaining that he had been a wood cutter in Belgium and how the trees talk to him. Once he had to cut a branch off a tree and the sap started to drip and his arm started to ache which he saw as a sign from the tree that it didn't want to lose the branch! So he left the branch. Did we realise that the tree was saying that without trees we could not breathe? We bade farewell and yes we would promise to look after the trees. Long may eccentricity survive!

The first race was also on the edge of a village. As usual all the locals looked a little bemused by the invasion of the Lycra clad beings descending in their midst. It was a cool day just right for the occasion with some sunshine too.

As usual I went for a wander and found a stall near the school selling tea and coffee and home-made cakes. It was run by a lovely lady and her grandson - Lucas Taubeau.

Lucas told us that his gran makes very good cakes and he was correct. She also makes Apple flan, Rhubarb flan, and a lovely light lemony sponge. He was right again they were excellent! She was also in charge of the tea and coffee. Many thanks to Lilianne De Limarre and Lucas - they were both charming. Many thanks to them from the orienteers and from Lady Lycra.



The Brits did well today - so we set off to our B & B which was fab-u-lous apologies to Craig Revell Horwood. The rooms overlooked beautiful farmland and the house was a stunning old French style house/mansion sitting in a sizeable plot of land. Called the Maison De Plumes in Heuchin.



The rooms were stunning and themed on the Art Deco period. Very luxurious. Rob and Carolyn had a room called the Flamingo room and ours was the Swan room. Hopefully the photos will do them justice. The grounds were really well kept and sitting outside our rooms we overlooked the landscape - superb!

Rob & Carolyn went off to enjoy the night event. We had a leisurely buffet purchased earlier at the Supermarche. Rob & Carolyn joined us later.

A good night's sleep, many thanks to our hosts Richard and Vanessa. and we are off to the main race of the weekend, which was also Interland – an annual race between England, Belgium, Holland, Germany and France. The sun was shining, the forest was good and everyone seemed to enjoy themselves.

The journey home went well and we were hoping to meet up with Ross (Gavin's son) and family at Clacket Lane Service station as they were heading to North London from Eastbourne. Unfortunately on the M20 everything ground to a halt. After a long wait a helicopter touched down, and ambulances arrived. The cause of the accident was that a car had rolled over and was in a pretty bad way. Hopefully no one was injured too seriously.

We arrived at the service station and just managed a short time with the family. After saying our goodbyes we carried on home.

An eventful weekend but a thoroughly enjoyable one. I promised Lilianne and Lucas that they would be mentioned in the local Magazine, hopefully with a photo.

Lady Lycra

DORSET SCHOOLS CHAMPIONSHIP RESULTS

Middle & Primary Schools

1st St Michaels, Colehill 1120 points

2nd Broadstone Middle 1115 points

3rd Hyde 690 points

4th Dunbury Academy 620 points

Ian and I, with the help of Jason, have been coaching a group of Broadstone Middle School pupils over 7 weeks, so that they could enter the Dorset Schools Championship event at Moors Valley, on Friday 9th May.

All of the students worked extremely hard over the 7 weeks, and we are very proud of them. Certificates will be forthcoming for each student to congratulate them on their hard work and determination.

The winners of the Middle and Primary schools, St. Michaels, Colehill, beat Broadstone Middle **by just 5 points**. A great effort by all the students and we are very proud of them! **Very well done to all of you!!**

Helen Dyke, a Wessex Club member, who works at Broadstone Middle School, also spent a lot of time helping the students to be able to compete in the Championships, so a great big thank you to her as well.

Ian Sayer, Kay Sayer, Jason Falconer and Helen Dyke

FORTHCOMING ORIENTEERING EVENTS

www.wessex-oc.org

MAY 2014

- Wed 21 **ARMY EVENT**, Long Valley South.
24-26 **TAMAR TRIPLE**, Fernworthy Forest, Dartmoor, Middle Distance Event, Inny Foot and Urban Event, Tavistock – SEOUL league. www.tamartriple.org.uk

JUNE 2014

- Sat 7 **WESSEX POOLE TOWN RACE**. SEOUL League. Details on Wessex Website.
Sun 8 **TUNBRIDGE WELLS URBAN**, SEOUL League.
Mon 9 **WIM/WSX Club Evening**. Avon Country Park.
Sat 14 **THAMES VALLEY**, Saturday series, Bloom Wood, Nr. High Wycombe.
Sun 15 **BOK ADAMS AVERY RELAY**. Ashton Court, Bristol. **Summer Relays 1**.
Sat 21 **WIMBORNE URBAN EVENT**, Wimborne Town Centre. SEOUL League.
Also: **SOUTHAMPTON SUMMER SERIES**, West Wood, Netley. See website for details.
Sun 22 **WSX HARDY RELAYS**, Holton Lee. **Summer Relays 2**.
Including WOJ Training & Certificate Presentation.
Wed 25 **ARMY EVENT**, Perham Down.
Sat 28 **DORSET COAST PATH RELAY**. Contact Daniel Whapples, djwapples@gmail.com if you want to be in a team.
Sun 29 **NWO RELAY** – West Woods, Marlborough. **Summer Relays 3**.

JULY 2014

- Wed 2 **ARMY EVENT**, Long Valley South. (to be confirmed)
Sat 5 **SARUM Orienteers Moonraker Relays**, Collingbourne, Wilts. **Summer Relays 4**.
Sun 6 **WESSEX South West Sprint Championships**, Bournemouth University. See our website for full details.
Mon 7 **WIM/WSX Monthly Club evening**, Slades Farm, Winton. 6.30 p.m. start. See Wessex website for full details.
Sat 12 **NORTH WILTS Urban event** (SEOUL & Nopesport Leagues)
Sun 13 **WIM Furrowhoppers Relay**, Port Regis, Shaftesbury. **Summer Relays 5**.
Wed 16 **ARMY EVENT**, Shrivenham (Defence Academy)

Sun 20 **DEVON Orienteers Club relays**, Hound Tor, Bovey Tracey, Widdecombe. See their website for full details. **Summer Relays 6.**

AUGUST 2014

August 3 LAKES 5 DAYS OF ORIENTEERING.

Mon 7 WESSEX CLUB NIGHT, Slades Farm.

Sat 20 GUILDFORD CITY RACE.

Sun 21 LONDON CITY RACE.

Sun 24 WIMBORNE summer event and Barbecue at Canford School. All welcome. See details on WIM website. **Summer League event.**

Mon 25 THAMES VALLEY Urban event, Didcot. (to be confirmed)

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.

On the road to nowhere.

Jemima Kiss finds her bearings on an orienteering course for the Guardian Saturday Supplement 'Do Somethings' for May 2014.

This is not a great start to my first orienteering session. My phone has lost any signal, the carefully plotted co-ordinates of the meeting point have vanished from Google Maps, and I can't find the car park. Fortunately, Southdowns Orienteers are far more organised - I spot a sign stuck to a tree.

Despite my appetite for cross-country running, a high tolerance of mud and more than a passing interest in gadgets, I'm slightly apprehensive about how I'll get on. I'm not as fit as I should be, thanks to a desk job and two exhausting small children. I hope I'll be saved by my secret cartophilia habit (I have been known to download unlabelled maps of the world so I can challenge myself to name each country) and a decent sense of direction. With a bit of luck, this won't end up like The Blair Witch Project and I will make it back to the car before sundown.

Orienteering may sound quite technical, but the basic principle is timing yourself to run courses through variously challenging terrain. Southdowns Orienteers, a Sussex-based club, race most weekends, and all you need is a pair of supportive running shoes with a good grip and £5.50 to take part. The group does everything else for you - setting a trail through the forest, providing maps and hiring you an electronic dibber for £1, which you use to record your times at electronic control points throughout the course.

We're pretty blessed on this particular Saturday morning in Friston forest, with the misty South Downs as a backdrop and the relief of some warming spring sun. Ali Hooper, an experienced orienteer, takes me through the principles of map reading and route planning, and we follow some short, basic trails using a small compass and colourful maps. Then we measure how many paces we take over 100 metres, and use that to help calculate how far away the next contact point is.

Courses are colour coded, from easy white to challenging black. By the time I've done my training, maps for the simpler yellow and orange courses have run out, so I'm left with a 7km green course. I quickly discover it is much, much tougher than my usual cross-country run. Soon I'm wading through mud, scrambling through thickets and running on spongy leaves. I'm also continually checking my

route and direction, and comparing landmarks such as dense undergrowth and mounds against symbols on the map.

Orienteering groups are careful not to over-subscribe events - if you can see the runner ahead of you, it's quite easy to let them do the navigating. I try to ignore Les Hooper, a veteran orienteer of 40 years, but can't help notice that after confidently bounding past him towards control point 6, he has disappeared. Ten minutes later, I'm still inspecting the wrong thicket when I realise Les has long gone. It takes some intense re-examination of my map to work out that I am 30 metres too far east, which perfectly illustrates why map-reading is orienteering's core skill. You don't even have to run; many members, including a 92-year-old in this group, walk routes instead. It can be done at any speed, in any location, in any weather and at any age.

What's particularly pleasing is that the whole family could join in too. Les tells me his children and grandchildren are all keen orienteers, and given the perennial concern about screentime, this is a great way of engaging children in a gently competitive and skilled sport that will put a bit of colour on their cheeks. Another seasoned member says he and his wife started orienteering as a last resort - they'd tried many other sports, but he kept winning. They have been orienteering ever since, and she beats him every time.

She finishes with a beautifully concise summary of 'How to navigate'

- Fold your map so that you can easily see where you are.
- Orientate your map using your compass so that what is ahead of you on the ground is ahead on the map
- Use your thumb to mark your position as you move.

(It's a good reminder to us of how beginners see our sport for the first time. Ed.)

Building the Log Road

The assembly field at Rushmore has the advantage that it provides a huge area for parking but the disadvantage that its entrance can be cut up even before the event due to farm vehicles using it. This was certainly the case the previous time we were there when the farmer had left us a large amount of straw to patch up the ground. Fortunately the weather was dry for the event and everybody got in and out OK.

For this year's Galloppen event the entrance was probably in better condition to start with but after heavy rain overnight on Saturday it soon became clear on Sunday that it was quickly going to turn into an impassable mudbath unless something was done quickly. No straw was available this year so we opted to use dead tree branches collected from the forest instead. The numerous winter storms meant there was a large supply of fallen branches which was fortunate as the road upkeep turned out to be a day long task. As more vehicles went through, more mud was generated and so more logs had to be laid. My thanks to all the people you helped with this task as I expect several hundred branches were put down during the day. It worked though as only about 5 cars needed a push to get in or out of the field and in the end Ian even managed to get his car and trailer across it.

So last time at Rushmore we had to build a road out of straw, this time we had to build it out of wood, so I wonder whether like the three little piggies we will have to build it out of brick next time!

Roger Crickmore.



CLUB CLOTHING

As most orienteering is done in Autumn and Winter, I wondered if we could raise the profile of our club with a few bits of warm kit.

What about a club beanie hat or even a club fleece? Starting with a beanie hat would be the cheapest option. Acrylic hats embroidered with club Wessex logo would cost about £11 so manageable for most.

Fleeces etc could be added to the range but they cost far more, especially if trying to clothe a whole family. If there is sufficient interest I will investigate further.

Tracy Crickmore

JK PHOTOS FROM WALES DAY 2



Long walk to the start of Day 1.
The rain held off thank goodness.



The Editor collapsed after a VERY long run!!



Ian having a tustle to the finish with Kirsty Staunton.

JK PHOTOS FROM WALES DAY 4 (RELAYS)



Dale waiting to start on the first leg of his course.



Yvette passing the baton to Richard Arman. This was Yvette's first relay event and she did extremely well.



RELAY PHOTOS CONTINUED.....





WESSEX ORIENTEERS JUNIOR SQUAD PAGE

The next two WOJ Squad events will be:

Sunday 22nd June – Hardy Relays At Holton Lee

Monday 7th July – Slades Farm (*evening*)

I hope that you will all be able to come to these last two events in the series.

Please contact me if you need any information, or if you need a lift to the events.

With the summer coming up, there are quite a few events which are suitable for you, so I hope that you will come along to them.

If you have anything you want to share with the Squad, then please send them to me at:

K.sayer@ntlworld.com

WESSEX COMMITTEE MEMBERS

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Alan Brown (Website Manager)	imagines@btinternet.com
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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.



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