

Wessex Extra

November 2013



The British Team for the Veterans Home International. Read the article on page 22...

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Jon Brooke flying at the Salisbury City Race.



CHAIRMAN'S PONDERINGS

As the dark evenings are now with us, it's a great time to think about what events will be coming up in 2014 – and maybe even entering a few already! For the JK event, for example, the first (cheapest) enter-by date is January 5th, so it's well worth looking ahead. I'm particularly looking forward to the JK as it's being held in South Wales, with a Sprint event in Swansea University and Singleton Park – places I know well from my time there as a student. I well remember walking back through the Park to my Hall of Residence one night, after a concert or something at the Uni, and found myself having to climb over the stone wall as the gate had been locked. As I pulled myself up the high wall, I raised my head above the top stone, only to find myself face to face with a man who was climbing up on the other side of the wall! I very nearly fell off backwards and I don't know who was more shocked! I wonder if I'll have a control on that gate....?

But as well as being the time when we think ahead to the coming year's events, it's also time to look at the performances of our members in the **Club League** events during 2013. The purpose of the League is to calculate improvement over the year, and this year we decided to nominate certain events which would be used as the basis for this calculation. Ian Sayer has spent a great deal of time producing a system for doing this, as well as working out the actual calculations. This has proved far more complex than anticipated, due to the wide range of events (score, night league, urban as well as the 'normal' events) but I am pleased to announce that the two winners are as follows:

Junior Winner of the Charlie Morton Trophy – **Arthur Brooke**

Senior Winner of the Ian Horsey Trophy - **Tina Stratford**

WELL DONE TO YOU BOTH!!

(We shall be reviewing the system for 2014 to try and make it simpler – so any suggestions would be welcomed! Don't forget – it's to reward improvement, not just success.)

We also had our **Club Championships** recently – with the weather being kinder than last year which, as we all well remember, was cancelled due to the atrocious and dangerous conditions. I know some people this year still got soaked (it paid to have an early start, as I did!) but it was a lovely event. Full results are reported later in the newsletter. Suffice to say that I'm quite happy..... (and surprised!).....and being in the odd position (as is Gavin) of having won the Club Championship twice in the same year!

As this will be the last Wessex Extra of 2013, I suppose I should wish you all a Merry Christmas. As one who believes that nothing should be seen or heard of “that day” until at least December 1st (Bah, humbug!) I find it difficult even to type the words. But I genuinely hope that you all have a lovely time, whether it's with family at home or friends or in some foreign parts (as I will be!)

Julie Astin

STOP PRESS: WESSEX NIGHT LEAGUE

Heading the league is Rob Hick of Wessex, closely followed by Nigel Benham and Andy Snell both of Sarum. Leading Lady is Jane Morgan from Southampton in 4th place overall. Son Tim is in 7th place.

Ed

CLUB CHAMPIONSHIPS

This Year's Club Championships were held at the November Classic (after last year's postponement actually in November rather than March). In total 32 Club Members turned out although several, for various reasons, did not compete in their correct course. This unfortunately meant they were ineligible for the Championships.

It was a day when many people returned saying that they had had a pretty good run.....apart from one control. The control was different in most cases so I suspect that people were pushing hard and then paying the penalty for lack of oxygen at vital moments (I know this is what happened to me).

However in the end the results were very tight with Gavin Clegg winning the Men's Trophy and Julie Astin (much to her astonishment) winning the Ladies', both of them for the second successive year. You can see from the full results that John Cook finished just over 2 minutes behind Gavin which was a very close run thing. Special mention also to Bill Brown who finished third overall in the Championships, despite winning his age class.

In the Ladies race Kay again ran Julie to a close finish, despite also messing up a control. And another special mention for Zoe Paget who finished a creditable third in her first year of competitive Orienteering. So well done to the new Club Champions.

NATIONAL RANKINGS AS AT THURSDAY 7 NOVEMBER 2013

As you would expect after the November Classic, a few big moves for some of our WSX members. John Cook, with a really excellent run moved up 93 places. Tim Houlder +179 and Gavin Avey-Hebditch + 190 have both done well, Sarah Houlder +438, Bruno Smith +453, Tracy Crickmore +574 and Roger Crickmore +629, have done even better, but the star performer is Frida Forshallen with +1153 places. Even with two good runs at the weekend Gavin dropped 14 places and is out of the top 100 in the country showing how competitive it is towards the top end. It will be interesting to see how club members progress after the Dorset Delight in a couple of weeks.

NOVEMBER CLASSIC EVENT

Making my way to Brockenhurst by train and bike, then onward to Round Hill Campsite where the event centre was, is always a joy for me. This area of the New Forest contains some of the most ancient and preserved forestry and I've visited the area around Denny Lodge many times for the awesome mature Beech stands, before heading out onto the plain and over to Beaulieu.

The late great Roger Deakin, writer and amateur naturalist, wrote about this area in his book "Wildwood"; brilliant stuff. On the road, passing the forest to be used, we can see the level height of underbrush, maintained by deer grazing. Turning off onto the campsite road, the first deer of the day crossed my path - as they do at speed!

So, to the November Classic which was a different style event in 2013.

Traditionally we could be expecting a distance run through a largely white map, there aren't a great deal of contour features across much of the N.F meaning that bearing skills are key. To be able to proceed, through deep forest on long distance legs without veering off, is the usual challenge here. The courses here appeared more track based, meaning speed over distance was more important.

Rather an easy event on the whole, I wondered if this was a deliberate ploy by the planners after last years epicly washed out Kings Garn Gutter courses. I completed 10.3 k in 75 minutes, losing 3 minutes to errors at the start, but 7.5 minutes a K isn't too poor. So 15th out of 32 finishers on the Brown course.

Jason Falconer

IS THE PARKING RIGHT?

I enjoy attending large events like the November Classic more for the social side and shop than the orienteering. I do like a run but I am not terribly competitive so am unlikely to win the club championship! Now this year the weather started off a little kinder than last year so I was hopeful of sharing with everyone their tales of woe on what could have gone better but I was disappointed as the car parking was so dispersed that it was impossible to track down many club friends and then by lunch torrential rain made it worse. Gavin said he was told no club tents were allowed; a bit strange for a campsite. Event organisers please note that parking arrangements can change the whole atmosphere at an event. My course was quite fun, just the usual one major error, if only..... But no opportunity to see how everyone else did.

Tracy Crickmore

THE MIND IS A STRANGE THING!.....

Most of us have done it at some time, running into the finish thinking “that was a good run” , visiting download only to be told “you missed one!” The first reaction is disbelief.... I don't do that sort of thing do I? Then the ritual of getting a second opinion from the download team only to confirm that there was definitely no sign of control 9 on the emit dibber.

Reality sets in and I think “Can I remember going to number 9” (Green Course November Classic) and I realise that I can't quite picture the entry into the control, indeed it mysteriously corresponds to a slight moment of navigational confusion around that area. I had departed from number 8 and erroneously set up for the run to number 10 but my mind was convinced that I was actually departing from 9. As you can imagine the resulting route to 10 was a bit odd but the mind appears to be fixated with getting to 10, everything before was written off as history so a quick procedure of “I am not where I should be” followed by “but I know where I am, just left from number 9” followed by “run for number 10” followed. You tend not to stand around analysing WHY you were not where you thought you were but get on with running the course. Of course having done this you don't find out about it until downloading.

The compensation was that I had a very satisfying run in beautiful surroundings with the tree colours adding to the pleasure..... put it down to experience....AGAIN! So becoming club champion is still on the bucket list.

Alan Hooper

SALISBURY URBAN – 2 NOVEMBER 2013

A big weekend. Salisbury urban with 500 runners on the Saturday, November Classic with 800 runners on Sunday and Holton Lee Night League Monday.

Sarum had an excellent venue in the Sports Hall of Bishops Wordsworth School with an exit onto the Cathedral Close. So changing, showers, traders etc. Plus the other half could wander off and amuse herself with a bit of retail therapy.

The overwhelming feedback after the race was that Andy Snell had planned some excellent courses. I certainly thought so. So what makes for a good urban course? Let's analyse my course, course 3. If you have access to route gadget then you can see this in greater detail.

MM (*master maps*) to 1 straight forward, particularly as you were heading towards an enclosed corner, 2 and 3 also straightforward so by now you were running into oxygen debt, slowed down a bit towards 4 to pick correct way across the close and knowing I needed a plan to get to 4 & 5, probably went long way round building to 4 but it set up 5 nicely. 6 to 7 was to use Ted Heath's old garden, 7 somewhat redundant as you passed it on the way to 6. Having said that I know of at least one top class M55 who missed 6 & 7 completely, going from 5 to 8! 8 (33) caused a bit of debate as technically you had to cross 'uncrossable' water to get to it on the island. If that little stretch of water had been light blue then there wouldn't have been the debate. It was a bit of fun though! 9 to 10 and I managed to take the third slowest route by going round the roads. I just didn't see the path by the river and then alleyway into 10! Same for 10 to 11! 11 you had to check the descriptions as it was under the bridge. 12 to 13 best way to avoid shoppers was

needed, 13 to 14 took us into a bit of wood and you had to be on the top of the ridge. Then 15/16/17 a quick section in school grounds, again difficult after a lung bursting climb up to the roundabout. After this quick loop a decision of route choice; those that chose to go up first got it wrong. Then trying hard to see which way best into the school grounds followed by two loops with 5 controls over and around a footbridge. This followed by more description checking for which side and where the next couple of controls were. Fairly straightforward for the last 5 controls but still had to take care on the best route.

So to summarise: various leg lengths, three of four loops of quick technical controls, challenging route choices, challenging control placements and a fast start. A finish right in front of the iconic Cathedral didn't do any harm either! Many thanks to Sarum and all involved, a great day.

Gavin Clegg
(winner, Super Vets)



CAMBRIDGE CITY RACE — 26 OCTOBER 2013

The Cambridge City Race was held on 26th October which was the 12th of a series of 14 events in the Southern England Orienteering Urban League (SEOUL). 4 club members travelled to Cambridge for the race, Kay & Ian Sayer, Julie Astin & myself.

The start and finish were on 'Jesus Green' and the Men's open course provided me with a 7.4km guided tour of many of the university's historic Colleges; King's, Gonville & Caius, St John's, Downing & more, each with their pristine lawns and immaculate grounds, which were most definitely out-of-bounds to runners.

The river Cam was busy with punting tourists who must have wondered what we oddly dressed orienteers were up to, the same was probably thought by shoppers in the crowded city centre and bus station.

All in all, a good map, one cheeky control in a privet hedge, but worth the trip and thanks go to Ian for driving...

John Cook



John ran the Men's Open event, and came 27th out of 86 starters, in a time of 59.15. An excellent result. (Ed)

(Photo taken at one of last year's summer relays.)

ORIENTEERING WITH THE 'HOME' ADVANTAGE— **CAMBRIDGE CITY RACE, 26 OCTOBER 2013**

A few Wessex members decided to go to the Cambridge city race on October 26th. Admittedly I had to travel a lot less to get there since during term time I now live and study in Cambridge. This also should have given me the 'home' advantage because I supposedly should know my way around the city centre.

Step one was trying to get to the assembly area. I had only been in Cambridge 3 weeks by that stage and I had never been to that area before. So far the home advantage was not working but by following the signs and having a general knowledge of where I was meant to be going, I eventually got there and they managed to find me a time to start.

The courses all started at the northern end of the city centre which I had never been into so for the first few controls I didn't have much of an advantage. However by the time I got to control 7 I knew where I was and the home advantage started kicking in. Clare College were having a Graduation ceremony that day so to get to that control you had to dodge past people and make sure you didn't get in the way of anything important. It all went quite smoothly until control 18. I managed to end up on the wrong side of the uncrossable fence which meant I had a long detour to get to the right side of the fence. It did however mean that I discovered an alternate route out of my maths lecture theatre. Getting to control 19 should have been relatively straight forward just dodging the crowds of shoppers. However a bomb scare meant that the whole of market square and the surrounding area was cordoned off so I had to make quite a lengthy detour. I managed to get to it and shout at the photographer that she was not going to take a photo of me (she didn't). A few simple controls back in the unfamiliar northern end of town and I eventually finished.

So did the home advantage work? I think once I was in the parts of the centre I knew, I found it a lot easier. Instead of thinking you have to take the second right then third left e.t.c. I could just tell myself to go down Pembroke Street then Tennis Court Road and the control is near where you have one of your lectures. However I did go to some new places, I ran through colleges I'd never been to and went further into some that I had visited but only briefly. Being allowed to run through some of the more prestigious colleges was very exciting; just don't step on their hallowed lawns! When I was about to enter King's College the runner in front of me was so nervous that he asked the woman on the gate if he was actually allowed in.

I enjoyed my first proper race for my new club since I was entered as a member of the university club CUOC. Luckily I think I only got spotted by one person who recognised me as I was running around and because my college is slightly out of town, it wasn't on the map so I didn't have to run through it which would have been rather embarrassing.

Overall I think the home advantage did work and when CUOC hold it again in 2 years' time I'll know my way around even more of the city centre and have even more of an advantage.

Emma Crickmore

FORTHCOMING ORIENTEERING EVENTS

www.wessex-oc.org

NOVEMBER 2013

- Wed 20 **ARMY EVENT**, Mytchett.
Sun 24 **BRISTOL O.K.** Galoppen and Mike Nelson BOKTrot, Mendips
Wed 27 **ARMY EVENT**, Defence Academy, Shrivenham.

DECEMBER 2013

- Mon 2 **WIM/WSX Club evening & night event**, Hillbourne
Wed 4 **ARMY EVENT**, Warminster Camp.
Sat 7 **WIM/WSX SOUTHERN NIGHT CHAMPS**, Gore Heath.
Sun 8 **SOUTHAMPTON** Level C event, Busketts Lawn. See their website for details.
Wed 11 **ARMY EVENT**, Details to be confirmed.
Sat 14 **BRIGHTON CITY RACE**. Starts 6.30 p.m. Register on Fabian4.
Wed 18 **ARMY EVENT**, Cassiobury (to be confirmed)
Thurs 26 **WIMBORNE BOXING DAY CANTER**, Ringwood South (Moors Valley – parking is not in Moors Valley). See flyer via Wimborne website.

JANUARY 2014

- Mon 6 **WSX/WIM CLUB NIGHT**, Poole. (further details to follow)
Sun 19 **NORTH WILTS GALOPPEN**, West Woods, Marlborough
Sun 26 **BERKSHIRE ORIENTEERS, SOUTHERN CHAMPIONSHIPS**, Star Posts, Bracknell. www.bko.org.uk
Wed 29 **ARMY EVENT**, Bordon Heath.

FEBRUARY 2014

- Sun 2 **QUANTOCKS GALOPPEN**, Castle Neroche/Staple Common.
Wed 5 **ARMY EVENT**, Collingbourne Wood.
Wed 12 **ARMY EVENT**, Details to be confirmed.
Sun 16 **COMPASS SPORT CUP HEAT**, Hay Tor, Bovey Tracey.
Wed 19 **ARMY EVENT**, Everleigh (south west junior squad and individual championships.) event open to civilians.
Sun 23 **NORTH GLOUCESTER GALOPPEN**, Knockalls. See their website for full details.
Wed 26 **ARMY EVENT**. Hankley North.

MARCH 2014

- Sun 2 **WELSH ORIENTEERING CHAMPIONSHIPS**, Llanelli.
www.sboc.org.uk/

Mon 3 **WSX/WIM CLUB NIGHT AND NIGHT LEAGUE**, Brownsea Island. (to be confirmed)
Wed 5 **ARMY EVENT**. Silk Wood (details to be confirmed).
Sun 9 **SARUM SAUNTER**, Salisbury.
Sun 16 **WIMBORNE ORIENTEERS**, Regional event, New Forest (TBC).

APRIL 2014

Sun 6 **WESSEX GALOPPEN**. Rushmore.
Sun 13 **MIKE NELSON BOKTROT**, Wye Valley Forests.
Fri 18 **J.K. WEEKEND** Details on www.thejk.org.uk

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, 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.

ITALY 24 JULY 2013

Last day of term for Gavin and the end of work for me for a few weeks. So, time to pack for Italy and the Apennines 5 days, followed by the World Masters.

Before we left we managed to squeeze breakfast in at Angelique's in Westbourne and off we went en route to Folkestone and the Eurotunnel. We arrived in time for our Chunnel trip, though the view out the window is never very good!

We had booked into a B & B in Pre en Bulles, about 3 hours south of Calais, which was excellent. Beautiful scenery and fields and fields of champagne vineyards

The next day we journeyed on to Goshenenen in Switzerland for another stopover and a chance for Gavin to visit his cousin and wife who now live in Andermatt. They have found their perfect place to live and would not want to live anywhere else. What more could you ask in life. Refuelling was amusing at the self-service pump. So - how many men does it take to fill a German gent's car up with fuel? answer: 2 Englishmen and 1 German - eventually.

Rather than go through the tunnel we went over the Gothenburg Pass and onwards past Milan to Fontanigorda via Rovengo to register. We arrived at our next accommodation, the Hotel Augusta, which was to be our base for a week.

The hotel was a bit 'whacky' but pretty good. The breakfasts were interesting. Hot milk came with your cereal, a bit puzzling when there was a lot of Special K, and apple slices and other 'cake and slab style delicacies'. Cheeses and savouries were also available. But why not, we are all different and we all have our own tastes. We sat next to Janet and Nick from Nottingham for most breakfasts who were also on O holiday.

The next day there were advertisements for an 'eat for half the price evening' all through the town. It was a wonderful lively atmosphere with families all out together again lots of 'little one's were included in the family outing. The restaurant we were in was busy busy busy. The road though

the centre of the village was totally blocked off with tables and chairs and everyone eating outside. All the waiters and waitresses were smiling and laughing, they obviously enjoy their job. It is a pity that in the UK such a task is not appreciated. A good waiter/waitress is worth their weight in gold as the clients are pleased to inform friends etc. of their experience and they will return and will tip. If a meal is good it is worth a decent tip and this place certainly was in that category.

27th July

Heralded the start of the Apennines 5 day event. The opening ceremony was at **11pm**. Also a guided tour was planned but the museum was shut! Ok, things don't always go to plan.

29th July

A rest day - more of a rest than we had thought it would be. Alessandro was up early to get our breakfast in time for us to catch the coach to take us to Genoa and then a boat for a tour of San Fruttuoso and Portofino. We arrived at the pickup point in plenty of time for the coach but there was no sign of a coach. News arrived to say that as the sea was too rough for the trip we could just go to Genoa instead. Okay, why not. One American gent did point out that we seem to be missing an important component for the trip - a driver! At last one arrived and we were off at 8.15am (not too far away from 7.30am).

Genoa was beautiful and very stunning. Lots of work in progress. We 'hit' the town and the shops, which were beautiful. There was a huge Pirate Galleon Ship built for a Roman Polanski film some years ago that you could walk round. Next was a bus tour of the town. People were very friendly. The town centre was packed with scooters, the motor type, there were car parks full of them, a bit like going back to the sixties! As always with Italians the majority of the inhabitants were dressed impeccably, as if they had just stepped out of a magazine!

30th July.

Up at the crack of dawn, well almost! - have we got everything? Usual question - probably not is the answer. Here we go - out the door, into car - off we go to meet up with bus to take us back to Genoa for the City Race. Another lovely day - weather wise, not too hot at the moment. Pretty manic

traffic wise! People off to work.

I decided to move a little closer to the finish, unfortunately shade is at a premium and a lot of the 'O' clubs were commandeering 'their' space in the shade very early on - dare I liken it to the 'beach towel' syndrome?! In the end I found some space with an Australian family who offered me some shade - cheers guys!

During the 'Post Mortem' there was much banter about some of the unexpected public cheering them on through the back streets and alleyways. The 'Ladies of the Night' were out in force in their areas (even though it was only 10.00am!). Some of the guys were a bit surprised to say the least, until it dawned on them that these were not the usual type of supporters they would normally encounter! Unfortunately, some of the orienteers made errors and found themselves back in the area on more than one occasion. I cannot mention any names as my lips are sealed! Nothing like a bit of local colour to move things along!

1st August

We said our goodbyes to Alessandro and thanked him for looking after us. Gavin gave him an O top from the event. He was delighted. Thanks for a great time, mostly due to A, we hope he does well in life.

In a change to plans today we are off to visit Jo (Gavin's youngest daughter) who is working on a private motor yacht and is moored in Antibes at the moment. As she spends her winters in the Caribbean and summers in the Med, he doesn't get to see her that often. I hope she realises what a sacrifice her dad has made in order to see her! He is missing an orienteering event! This is not something that is done easily. We had a tour of the engine room which was absolutely spotless. We went out for a meal and drink near to where the boat was docked. The hotel was incredible. In the past it has been used by many famous and well to do people going back to the 50's era and many since then. The service at the hotel was superb.

We met Jo for breakfast the following morning before we had to leave for our next event - off we go again passing through from Antibes to Briançon our next resting place. A long hot journey but stunning

scenery all the way. Thank goodness for air conditioning, a convertible is fine as long as it's not too hot. We would have looked like two Swan Vestas if we had travelled with the roof down! Beautiful scenery on the trip through beautiful little villages. It was a lovely day and a bit hair raising at times as we wound our way around the mountains.

4th August was the WMOC Sprint Qualifier at Prageleto. Gavin managed first place so easily qualifies for the A final.

5th August. WMOC Sprint Final, Sestriere. It was a damp day, it looked as though the mountains were on fire as the mist clung to them. Gavin slightly disappointed with his 8th place in the final, but does mean he has never been out of the top ten in any World Masters Sprint race going back to 2006.

6th August we had some free time so we explored the castle which was quite a climb through the forest and up a very steep path. When we made it to the top we walked around the castle to find four other smaller fortress type buildings. They really didn't want too many visitors here! The main fort was well protected. There had been wars between Italy and France not too long ago. There was a stone of remembrance for the last battle in 1945 - 1948. In the evening there was a thunder and lightning storm and some pretty heavy rainfall. The gardens won't need any watering!

We had to say our goodbye's to Briancon which had been a fabulous time and an early start to Monti Della Luna for the last race before returning home. Another treat: we had to get to the assembly area by two cable cars. That was different. It was wonderful, you could smell the air getting fresh and cool as the car silently travelled up to the mountain. There was the sound of crickets constantly, some of them were pretty large too and vivid green colours.

Back to the orienteering. I waited at the finish to see the Brits come in (a bit like counting the planes back in wartime!). The sun by now was very hot. When they were all back safely we trundled off to the stair lift. There was a queue that Harrods would be proud of. Unfortunately it was very hot by now and it took two hours before we finally made it to base camp! By now we were well and truly baked! Now I know what a piece of

beefsteak or chicken feels like when it has been grilled!

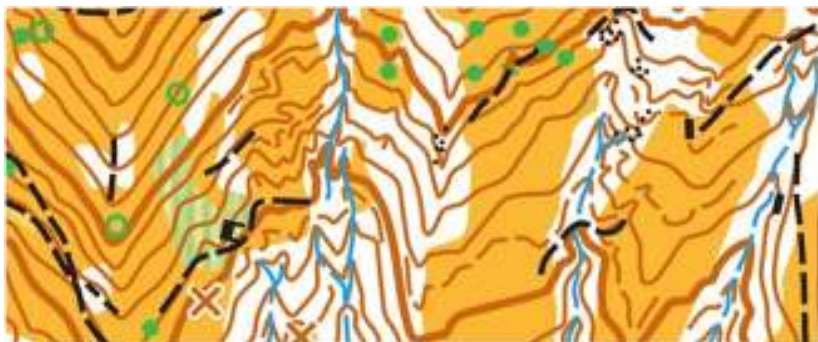
11th August. Moving on swiftly towards our final B & B which was 'La Grange' - Cuiry les Chaudardes near Rheims. Another renovation project and again run by two guys. Absolutely exquisite building again. We ate dinner outside with the hosts and a family with two young children. Another very pleasant evening. You can't beat good food, cooked by one of the hosts, good wine and good conversation with people you don't know.

Back home after a great holiday. Phew! Back to the norm but with many happy memories! The whole trip was fantastic!!!

Lady Lycra

***** This article has been abridged due to lack of space. If you want to read the full article, please contact me and I will email it to you. One of the Apennine areas below. Ed***

SECOND RACE 1150 mt and 1450 mt high. A wide sunny slope of meadows for pasture, rich in valleys that carry water to the artificial lake south. In these valleys there are beechwoods. This is the most panoramic area of the 5 Days races. Sometimes you can see the sea from the top and, if you're lucky, the outline of the Alps to the peaks of Val d'Aosta.



IS IT MY AGE, OR IS IT MY BRAIN (or both!) **Salisbury City Race & November Classic**

I was looking forward to the City Race, I do like the urban races as I can run faster through urban areas than in the forest. Unless, of course, the forest is open and doesn't have too many brashings. At the start, Nicola Brooke was in the same start lane as me, and we found out that she was on the same course and had the same start time. We chatted for a while before the start (not the best way to focus) and I went off 30 seconds before her. However, I was not concentrating properly; I glanced at the map and thought, o.k. round the fenced area and my first control is by a tree. NO!!! Not there. Where am I on the map then? A bit more faffing around and I realised that **I HAD THE MAP UPSIDE DOWN!!** O.K., off to my first control and found that it was not a tree, as I expected, but a concrete pillar! Dib and rush off to no. 2. But I should not have rushed, as I was again confused as to where my next control was. In the end, I must have wasted 15 minutes before I read the map properly and got my head around the course.

So, off at a sprint, having found no. 3, and out of the gate. Now at last I had my brain in gear, and the rest of the course was good. Except the 17th control was 'hidden' behind a board and it took me a couple of minutes to realise where it was. But I punched and ran to the last control and then sprinted to the finish in 15 seconds. Now, where was the assembly area?? I had dibbed the finish and went towards the cathedral but couldn't see any streamers. I started to walk south but realised that there were no streamers here either. So, looking around I saw other competitors walking towards the north of the cathedral so I followed them to the download. I ended up halfway down the Ultra Vets course. **MUST DO BETTER AT THE NOVEMBER CLASSIC!! (see next page)...**

NOVEMBER CLASSIC.....

We arrived in plenty of time, so I had time to 'listen with Ian' about the area. A short walk to the start, and time to do some stretching.

Good route to No. 1, and good running to all the controls up to no. 10, which was over the 2nd road crossing. For some reason, I took the wrong track into the forest and went to no. 11. Oh no! another error! I seem to have one bad error at all events recently.

But now I knew where I was and ran back to 10, dibbed and ran back to 11. But while I was running back to 11, the rain started. The weather forecast was for rain to come in around 2p.m. I had not taken my visor with me. I need to protect my glasses from the rain as they mist up quickly, and my magnifier on the compass was misting up as well. Arrgh!! Had to stop a couple of times to dry the glasses, and had difficulty in seeing the control descriptions in the holder, which also misted up. However, I finished the course reasonably well and – of course – the rain stopped when I got back to the car!

I wasn't too far down my course at the finish, so wanted to see how Julie fared. Both Ian and Julie had made a similar mistake as my no. 10, so it wasn't just my lack of brain then!!

Back home, Ian sorted out the spreadsheet for the Club Championship, and it looked like Julie had won the Women's Trophy for the second year. I was not surprised, as she is doing so well with her orienteering, and she is much stronger than me, and she deserved to win. Gavin Clegg also had a good run, beating John Cook by a small margin.

Kay Sayer.

CLUB CHAMPIONSHIP RESULTS

Surname	Forename	Age Gp	H'cap	Dist	Time		P km	Adj.
					Mins	Secs		
Clegg	Gavin	M55	0.74	6.6	41	35	6.30	4.66
Cook	John	M55	0.74	6.6	43	47	6.63	4.91
Brown	Bill	M75	0.46	4.2	49	36	11.81	5.43
Sayer	Ian	M60	0.65	6.6	57	27	8.70	5.66
Houlder	Tim	M55	0.74	6.6	53	23	8.09	5.99
Brooke	Arthur	M10	0.80	2.6	20	3	7.71	6.17
Brooke	Jonathan	M45	0.84	7.1	52	56	7.46	6.26
Falconer	Jason	M40	0.89	10.2	75	2	7.36	6.55
Arman	Richard	M80	0.40	4.2	69	8	16.46	6.58
Hick	Rob	M50	0.79	7.1	61	40	8.69	6.86
Smith	Bruno	M45	0.84	7.1	59	4	8.32	6.99
Brown	Alan	M55	0.74	6.6	68	50	10.43	7.72
Whiffen	Graham	M40	0.89	10.2	91	15	8.95	7.96
Crickmore	Roger	M50	0.79	7.1	75	30	10.63	8.40
LADIES								
Astin	Julie	W60	0.48	4.7	62	22	13.27	6.37
Sayer	Kay	W65	0.44	4.2	62	48	14.95	6.58
Paget	Zoe	W10	0.73	2.6	24	4	9.26	6.76
Forshallen	Frida	W21	0.80	8.2	71	30	8.72	6.98
Brooke	Nicola	W45	0.62	5.9	73	30	12.46	7.72
Brooke	Agnes	W10	0.73	2.6	29	39	11.40	8.32
Brown	Chris	W70	0.39	4.2	98	28	23.44	9.14
Brown	Jill	W65	0.44	4.2	89	29	21.31	9.37
Houlder	Sarah	W50	0.57	5.9	100	34	17.05	9.72
Stratford	Tina	W40	0.67	6.8	100	20	14.75	9.89
Paget	Cloe	W10	0.73	2	24	6	12.05	8.80

VETERANS HOME INTERNATIONAL—28 OCTOBER 2013

Why does it always seem to take so long to get to the North Norfolk coast? The drive seems interminable.

VHI is the Veteran Home Internationals and is an annual competition between England, Scotland, Ireland and Wales. England are the dominate country but the Scots do cause problems and have won on a number of occasions. So being chosen to run for England can be something of a poison chalice in that you are expected to win.

The weekend takes the form of an individual race and a relay. There were 24 of us in the squad, me being one of two M55s. The other being Rob Parkinson from Devon.

The races were near Sherringham and our accommodation was the Youth Hostel at Wells Next the Sea. In reality "Wells sort of next the sea but it's now quite a way away". The Youth Hostel wasn't as bad as you imagine. It had recently been refitted, maximum of four to a room, which included a wash basin.

This year the organisers NOR had the relays first and the individuals on the Sunday. With teams of three the relays are split into two sections: one of MWM and one for WMW. Each country puts in four teams in each section with the first three to count towards the points. I was in the WMW relay, running with Ann Cranke and Anja Stratford. What you have to realise is that at a VHI there is no hiding place. Everyone is an International athlete. Notwithstanding the other Countries the three other English men in the WMW relays were Quentin Harding, Alan Velecky and Clive Hallett so no pressure there then! We were England 4 so you get the idea of the expectation. Ann had a great run on leg one bringing us back in 3rd. I went out, had a bit of a wander round and handed over to Anja, who had a cracking run and our team finished 2nd only beaten by England 3.

Results from the Relays were:

Winner	England	128	receiving the Quaich Trophy
Second	Wales	80	
Third	Scotland	60	
Fourth	Ireland	42	

The surprise being Scotland pushed into third place by the Welsh.

The Individual race was not one of my best. Coming out of control four on a hillside I doubled back looking for a gap up the hill through the rhododendron, there should have been a path with a clear gap. I didn't find it and contoured round trying to find a suitable way through the Rhode. Eventually got to the top of the escarpment but had no idea where I was. Relocated on the last control and made my way to 5. About 5 minutes lost, not good at this level. Lost a bit of motivation. Tried to go straight through a green area at one point, but it was very green and had to turn back. Then tried to run off the map. Anyway downloaded and decided to go back to number 4 to see where I had gone wrong. Found the path and gap from the top which was huge and couldn't understand how I had missed this feature. Looked at the control and then thought; hang on I haven't been to that control. Looked again at the map and realised I had navigated away from control 3 thinking I was at 4, which explained everything. Looked at my splits and although it was saying a completed course, Number 4 was missing. So trudged back to download and told them they had a problem with their computer which they concurred and so was dq'd. Fortunately everyone else performed well and England won the Individuals and therefore the whole weekend.

In summary, a great if personally disappointing weekend with an England victory.

Gavin Clegg

WESSEX COMMITTEE

OFFICERS:

Chairman:

Julie Astin: julie.astin@hotmail.co.uk

Treasurer:

Karen Morton: karenmorton@ntlworld.com

Secretary:

Alan Hooper: Alanj.hooper@ntlworld.com

COMMITTEE MEMBERS:

Richard Arman: thearmans@googlemail.com (President)

Gavin Clegg: gavin.clegg@parkstone.poole.sch.uk

Rob Hick: rob.hick@fiscali.co.uk

Tim Houlder: tim.houlder@ntlworld.com

Ian Sayer: ian.sayer68@ntlworld.com (Fixtures Secretary)

Eric Whapples: whapples@fsmail.net

Kay Sayer: K.sayer@ntlworld.com (Newsletter Editor and Membership Secretary)

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Non-Committee Members:

Alan Brown: imagos@btinternet.com (Website Manager)

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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 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.

