

# Wessex Extra

September 2009



Trevor Bridle presenting Margi with a trophy and prize  
For being Junior SW Sprint Champion

### highlights...

- Car Free Orienteering Pg3
- Scottish 6 Days Pg6
- Wessex and SW Sprint Champs Pg11
- Coastal Path Relay Pg13

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## Chairman's Chatter

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This has been the third three year stint as WSX Chairman and I have to stand down. Thus I would like to say a huge thank you and heap praise upon those in the club who have worked hard to continue its improvement and growth during this time.

As with all clubs we have a 'hard core' nucleus and a 'soft core' surround and I hope we are doing everything we can to harden up the soft bit to take full enjoyment from this intriguing sport.

What Has Happened...On the 13<sup>th</sup> of June we teamed up with WIM to organize the Wareham Forest/Gore Heath SW Championship MTBO event. This was the clubs first serious foray into this type of 'O' and involved Jon Brooks track re-survey and Bill Browns re-map of the area. Voted a success amongst the MTBO experts I believe.

Mark Scott organised an informal at Hethfelton and Rob Hick put on our contribution to the SW Chairman's relay series at Culpeppers Dish.

Then on the 5<sup>th</sup> of September our club put on the SW Sprint Championships. This was another first for us and was pure fun and highly competitive. This was Gavin Clegg's brainchild and he did the bulk of the pre-organising as well and Bill Brown spent long hours creating the map. Tim Houlder did the planning, which successfully gave us lots of route choice, particularly in the housing estate part of the map. Our technical IT folk, ie, Alan Hooper and Sian Rixon also managed to run a live screen results display in the 'ops' centre, surely a first, certainly in the Southwest. Sian also organised the event. Chris Branford followed by Trevor Bridle (both WIM of course) controlled for us and Trevor also handed out the prizes which were sponsored by Zenergi and Lush, whom we thank for their generosity.

Later... By the time you read this we will have had our AGM and the Committee will be elected, and immediately following this is our primary event of the year, our 'Regional' at Bisterne Close South on the 11<sup>th</sup> of October. Some of us are away in Australia and I am sure it will have been a success. Gordon Raggett is the Organiser.

As Chairman 'au revoir'

**Richard Arman**

## Car-Free Orienteering

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Some of you may know me from events or coaching, I have been with WSX since last season and have enjoyed running the areas' forests greatly since relocating to Poole.

As the Sustrans Bike It officer for Poole and Bournemouth I'm working on sustainability issues every day, and so it seemed natural to accept the post of

Environment Officer for the club.

By far the biggest environmental impact of Orienteering is the carbon footprint of travel to events, as we really operate on a minimal basis whilst running events. Building on the work done so far by the club I have ideas to be explored in the future, that may help us with the challenge of becoming more sustainable and reducing our collective carbon-footprint. In this first occasional piece I show how you too can do Car-free Orienteering.

0845. Post- breakfast today I was wondering what to do with the day, and curiously searched local events info. Happily I discovered that S.O.C. had a colour coded event in the New Forest. A quick map search revealed that the location Hilltop and Dibden Bottom was only a couple of miles from Beaulieu Road Railway Station.

0850. Train times showed an hourly stopping service each way to this destination

the 0955 from Poole- London Waterloo, which gave me time to pack my kit, get a bike out and make some sandwiches.

0930. Cycling from Hamworthy to Poole in the quiet morning was an easy 10 minute ride, I boarded a train after buying my £6.40 (Y/P) return and tuned into some tunes on the I-Pod.

0955 train leaves and I relax until alighting at 1039.

Next stage is a couple of miles spin through gorgeous New Forest lanes, avoiding the ponies with just a short stretch on the A326.

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1100 I register for a course, change and set off for the start.

This journey must have been the most relaxing start to the season because as soon as I ran into the forest the location appeared clearly to me, with a good route to first control and what followed was a lovely focused relaxed run. Completing in 51.48 and finishing 4/34 on the day.

1210 A quick change and snack saw me back on the bike rolling to Beaulieu Road to easily make the 1250 train for Poole.

Everything worked perfectly and I was happily slurping a Latte ordering lunch on the Quay by 1340 with a friend—ready to see what the afternoon would bring.

There are many events in our area that can be reached by a short bike ride from one of the Railway stations, it really is easier than you think!!

**Jason Falconer**

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### **Canford School Orienteering and Barbecue**

I liked the fact the orienteering course at Canford School had the dibbers (actually the Control Boxes, editor) in good places, like hidden in the long grass and behind trees.

I really liked the maze, it was a good challenge. The map was pretty clever because it had the same angles from a bird's eye view that were in the maze.

The courses were a sort of mystery because one of them was harder than the others. There was even a barbecue afterwards and you could bring any food you liked to cook on it.

**Ed Sayer (aged 8)**

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## Scottish 6 Days

Everyone will tell you this is the ultimate Orienteering holiday, with good reason - fantastic forests and locations, heaps of leisure time and 6 days running! Meeting all the Scandinavians at events centre always amps you up, this is serious competition time.



### Day one - Jason Falconer



At Dalruzion didn't disappoint, as always at this level of competition immediately after starting you are into deepest forest, and required to start visualising vegetation types and topography to get a sense of direction. Having chosen M35S for the week I knew the technicality would be high, requiring almost constant map to ground contact, the terrain was indeed complex but I was soon off navigating on contour and earth features as much as possible. In these, and Swedish forests, sometimes identifying types of vegetation is the toughest test, always handy to have at least a rough bearing set on your compass! My day one progressed through some dense forest featuring mainly crags and earth features for control sites, and I stayed focused enough to finish 11/ 47

### Day two - Jason Falconer

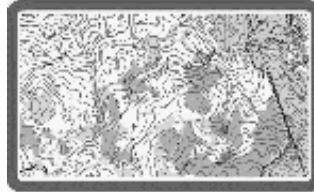


Took us over to Kinnoull Hill, a much whiter map, and generally more runnable area. This place contrasted greatly with the dense forest of day one in that now we had lots and lots of small paths and tracks on which to get confused...

It was great fun running under this much higher canopy, and other than a small discombobulation I managed a good run again coming 19<sup>th</sup> on the day. A good start to the week, and still 4 days of fantastic scenery and awesomely enveloping forests to go.

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### Day three - Tina Stratford



Tullochroisk, Course 37, 5.3km with 210 meters of climb - supposedly!! Terrain: dense forest and open Mooreland.

Now Scotland is somewhere I have never been to and somewhere I have always wanted to visit, so I decided to make the most of the trip and get my monies worth of scenery and experience!! Especially on day three.

Now you just know you are going to have one of those days when the first control has just taken you 22 minutes of going up, down and round and round in circles to find, so I charge in the direction of number 2 or so I thought! I'm in a completely different area to where I thought I was, more hunting around crags ensues when you hear a heavy thundering coming towards you from above look up to see two rather large (I am only 5ft 2.5inch don't forget!) deer charging towards you, time to now quite literally duck and tuck yourself into the crag and enjoy watching the deers go past. Now just where is this crag I'm hunting for? Look up to see Eric a little way off, so charge after Eric as I knew he'd know where he was and thankfully he did - phew, thank you Eric. So head off at a more controlled pace (AKA walking) to number three, cross the stream all good, guess what I'm looking for? Another crag!

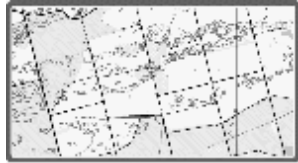
The Scots will be celebrating Hogmanay by the time I finish! I did debate retiring but plodded on as the finish was so far off there didn't seem to be an easy way or a short cut to get there. I tried to show some enthusiasm for continuing on but all I could think of was that this is turning into a fight for survival.

Number 9, 10 and 11 straight forward, dibbed number 12 and sprinted to the finish, I was soaked through and totally exhausted, so exhausted that apparently other than saying I need to get changed to Eric I didn't speak for 30 mins or so. My time 3hours 5mins my question is that a new club record?!

### Day 4 - Tina Stratford

Tentsmuir, 6.5km, 95m of climb, Terrain sand dunes!

Now having never run on sand dunes and with the course being



longer than yesterday! I was tempted to take a bucket and spade to dig my way out of trouble.

Slight problem with number 2, simply didn't see it! The ground here was quite fun as it was quite bouncy/springy to run on - most bizarre. Number 3 a good long leg, tried a short cut through some sand dunes, planning to hit a path - oh well the best laid plans and all that, so ended up on a rather large sand dune unfortunately it was not the one I wanted - there's a surprise!

At number 5 realised that I was running just behind a girl wearing a England O top kept up with her ( a good 20 years my junior). To number 6 - I took the safe route - can't think why, she took the direct route, she was just slightly ahead of me when my competitive juices where starting to flow. Caught her at number 9, charged down the sand dune and got ahead I'm now on a mission. Number 10 I'm heading out and have a good 20 meters on her, number 11, 12, 13 and 14 can't see her, number 15 check the number before I dib - its not my number - what? now bemused as I'm sure I'm in the right place, so re check the map and the ground and keep coming back to the same spot, go back to the control re look at my control description AHHHH I had read the wrong number and now she is ahead of me again, so took the safe route out, continued on and ran for all I was worth to the end knowing she had just finished - how annoying, but well chuffed that I had kept up with, caught and had for quite some time stayed well ahead of a young teenager from a fitness and pace side now if I can just sort out this orienteering lark!!

The whole week was a brilliant experience, way beyond my previous technical ability, I only ended up last once (my 3hr spectacular) and overall I wasn't last, near the bottom but NOT LAST.

A big thank you to Eric for organising the accommodation, a lovely old cottage at the end of a lock!

Day 5 - Richard Arman

An interesting foray into the Barry Budden military training area, a

*(Continued on page 10)*

## Forthcoming Events

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**\*\* Details of future events can be found on the British Orienteering website: [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) \*\* There are also links from this website to Club websites.**

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

### OCTOBER 2009

- Sat/Sun 3/4 **DEVON Long '0' weekend.** Meldon, Nr. Okehampton.  
See their website for further details.
- Wed 7 **ARMY EVENT,** Bovington area. To be confirmed.
- Sun 11 **WESSEX REGIONAL EVENT & DORSET SCHOOLS LEAGUE,** Bistern South, New Forest. **Including Wessex Informal.**
- Wed 14 **ARMY EVENT,** Bulford/Tidworth. To be confirmed.
- Sat 17 **SOC Local Event,** Avon Tyrrell. More details on their website.
- Sun 18 **COMPASS SPORT TROPHY FINAL,** Ratby. Good luck to everyone!!
- Wed 21 **ARMY EVENT,** Long Valley South.
- Sat 24 **WIMBORNE Dorset Schools Event and Night Event,** Gore Heath.
- Sun 25 **QUANTOCKS Galoppen.**
- Mon 26 **WESSEX COMMITTEE MEETING,** Bournemouth University Room DG02, 7.15 p.m.
- Wed 28 **ARMY EVENT,** Bagshot.
- Sat 31 **OXFORD CITY RACE**

### NOVEMBER 2009

- Sun 1 **NOVEMBER CLASSIC.** This will be held at Bentley and Fritham, New Forest. Remember, this is our Club Championship event, everyone can take part so we hope for a good turnout.
- Sat 7 **SARUM Dorset Schools League/Informal and Wessex Night League,** Longleat, Warminster.
- Sun 8 **SOUTHERN NAVIGATORS** Regional event at Mytchett, Camberley. No further details.
- Sun 15 **WIMBORNE Galoppen,** Washers Pit + Dorset Schools League. See their website for further details.



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Sat 21      **WESSEX INFORMAL**, Upton Country Park. Org. Eric Whapples

**DECEMBER 2009**

Sat 5      **WESSEX DAY/NIGHT EVENT**, Buddens  
Mon 7      **WESSEX COMMITTEE MEETING**, Bournemouth University  
Room DG02, 7.15 p.m.  
Sat 26      **WIMBORNE BOXING DAY CANTER**, Ringwood Forest  
South.

**FORTHCOMING EVENTS FOR THE NEW YEAR**

**JANUARY 2010**

Sat 2      **WESSEX INFORMAL DAY & NIGHT EVENT**, Poole Park.  
Sun 10      **SOUTHAMPTON O.C.** Regional Event.  
Sat 16      **SARUM Dorset Schools League + night event**,  
Stonedown.  
Sun 17      **QUANTOCKS Regional Event.**  
Sun 24      **COMPASS SPORT CUP/TROPHY First Round.**  
Southampton O.C.  
Sat 30      **WIMBORNE Dorset Schools League and MTBO + Night**  
Event, Inside Park.  
Sun 31      **BERKSHIRE ORIENTEERS Concorde Chase.**

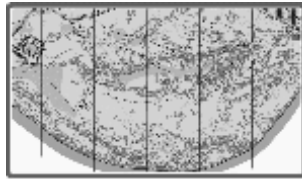
**PLEASE NOTE** We run a local informal every month, on a Saturday. These are designed to help newer members and improvers to hone their orienteering skills. **THESE EVENTS WILL BE FREE.**

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

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.

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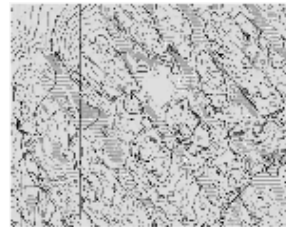
mostly open sand dune place with some dunes up to ten meters high. We were on a 1:7500 scale with 2.5 meter contours so that the map detail was pretty readable.

The first three legs were relatively simple and the fourth marginally difficult. The crunch came after that with the next three high-up in complex sand dunes. No 5 was particularly difficult within a largish area of steep dunes where sorting out one knob or depression from another was really difficult. I remember locating a lone bush in order to take another attack at it from some 80 meters away.

We crossed a little road and then had three controls all along the top of a line of sand dunes which were intermittently wooded. They had massed controls here so great care to find the correct ones was needed. Having completed the course we were to discover that they had truncated the course at control seven due to a problem with firstly incorrect and then absence of control descriptions.

A very hot day on an interesting area, but a pity about the cancellation of the final four controls. I managed 4<sup>th</sup> in class that day with only the Scandinavians ahead.

#### Day Six - Richard Arman



Loch Ordie was an open area of steepish hills and crags and we had a 2.2 kilometre walk to the start with 175 meters of climb so I was already tired even before actually setting off on my course. My compass didn't seem to want to work properly. No; I tell a lie, I failed to follow it well enough bringing me seriously off-

line at 3, 5 and 7. No 3 was the worst, taking ages to realise I had passed it and trying to re-locate, eventually fixing my position relative to a fence corner. No excuses; a poor run, beaten by the three Scandinavians and three of the 'brits'.

It was a fine day and Alan Hooper and I sitting high up the hill overlooking the finish enjoyed watching our club runners traversing the small rock covered approach run where danger to ankles was a high risk.

## Wessex and South West Sprint Championships

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Hi, my name is Margi - how are you doing? On Saturday 5<sup>th</sup> September, I took part in the first orienteering race which I had done except one I walked with my family at Upton Park.



Start at the SW Sprint Championships

The great thing about orienteering is that you don't have to be fast at running. Its more about map skills.

I went with my mum, because she was supposed to be helping, but she was not needed. My nan and little brother came with us. We decided that I would walk the mini course and my family would walk with me, but as soon as I got the map I started to run, and did the course. My mum and nan tried to stay in sight, and slow me down. They were putting the course away when I came back, but I managed to get them all in the right order, and when I came back I found that I was lying 3<sup>rd</sup> at 16 minutes. I decided to do the afternoon run.

It was really scary. I got really nervous before this race, which I hadn't been in the morning, because I did not really realise that it was a race. The other girls in my age group all had proper shirts and arm bands with the symbols, but I did not have any sports kit and had to borrow my mum's shorts. It was strange lining up, waiting to go off at different times. I knew that the girl in front was in my age group.



John Cook at the SW Sprint Championships

As we went off I could not believe that it was a real race. The girl in front of me was really fast but got stuck on one, so I overtook her. I got a bit tired, but it was not too far between each one. There were people whizzing everywhere. I managed to find all the controls fairly easily except number 4, because it was in a little cul de sac. I ran as

fast as I could between the controls. No one in my group overtook me, but I knew that two of them had much faster times from the morning.

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*(Continued from page 11)*

When we got back, I found that one person was a bit disappointed because she had mispunched a control, so that was really sad. The prizes looked really lovely. I was amazed to see my name at the top of the list having done the afternoon course in 10.02. There was a bit of a wait, and then we had the presentations, and I was confirmed as the winner. It was a lovely glass trophy and nice smelly things which make my room smell nice. It was great to be called 'South West Champion'.

I had a really fun day, everyone was really nice to me, particularly Eric and John and Di Tilsley who are my sailing instructors.

I am going to have another go, but next time I will take my own shorts!.

**Margi Chitty, ( Aged 11) .**

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### **Important Reminder: Compass Sport Trophy Final - 18th October 2009**

If you haven't already done so, please let Bill Brown (Bill.avbrown@sky.com) know if you will be attending the Compass Sport Trophy Final at Ratby, 60 miles east of Birmingham.

Please care share and the club will be willing to contribute towards petrol!



## Coastal Path Relay 2009

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Well it had to happen sometime. The coastal path relay has been held for the last 19 years and in all that time nobody can remember an event not ran in good weather; however this all came to an end in 2009. The drive over to the start showed us the conditions we would be facing; intermittent rain, wind and most troublesome of all, a very low cloud base. Still, my annual call for runners had yielded a bumper response and, despite a few late withdrawals, we went into battle with 34 runners. This is an impressive 40% of the club's membership and included runners ranging in age from 5 to 63. Some other clubs were not so fortunate and had teams less than half our size, while KERNO and BOK, who have both had some very strong teams in the past, were unable to raise one at all this year.

With such a formidable team my aim this year was twofold; to complete a hat trick of victories and break KERNO's course record. To accomplish the latter we would need to slice 12 minutes off our own club record set the previous year. To achieve this, the plan was to utilise our large numbers by splitting legs that had been normally run by a single runner into two or even three shorter legs and so each person would be able to run faster. The problem is that the changeover points then become some distance from the car parks and so it takes extra time for the runners to regroup after every leg, drive to their next location and then redeploy again before the incoming runner arrives. On paper at least the plan looked reasonable, now all we needed was no injuries and good weather.

Ian Middlebrook once again led the team off and with just a 400m stretch to do, blasted out of the blocks and by 50m we had a lead that was never challenged. In fact, just 10 minutes into the race we had already built up a two minute advantage so it looked like main competition would be against the clock and the weather. By the time we reached Eype Mouth after 70min of running we had slipped 5 minutes behind my target time, but it was not difficult to see why. The ground was very wet and slippery which meant extra care had to be taken, especially on the descents. The cloud base was only about 100m and much of the course was in cloud with visibility often down to just 20 or 30 metres. This meant runners had to concentrate on making sure they kept on route rather than

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just being able to run flat out as they would have done in better weather. On one of my own legs I was glad of some sign posts to confirm I was on the correct path, despite having only run it the previous weekend.



In some cases even finding the route on the roads was proving difficult as, despite crawling along the main road at just 30mph trying to spot it, Dale and I still almost missed the turning off to our leg at Abbotsbury Castle. Mind you, having got there, two people almost managed to miss helping out at the changeover, citing the rather novel excuse of being too busy playing I-Spy in the car. Yvette Paget at the age just 5 could be forgiven for this misdemeanour, but Jason you are surely old enough to know better! These high level changeovers also presented the problem of how to keep warm in the wind and rain while peering into the fog trying to spot the incoming runner. The approach often adopted was to wear a cagoule while waiting, whip it off as the runner approaches, hand it to them and hope you get reunited with it later on.

Arriving at Hardy's Monument the fog was really thick and the place seemed to be deserted, with the gate still locked. However I found Trevor parked by the roadside who assured me that lots of people had gone down to make the hill climb. I was just wondering whether I ought to go down myself to make sure all was OK when Alan Lewis popped up out of the fog and then disappeared off down the road with the sash as planned, although now 9 minutes behind schedule.

I had a short section to do at Lulworth Cove where we had the luxury of being able to see Tina approaching from several hundred metres away as she dropped out of the cloud at Durdle Door. She informed me though that the conditions while waiting on the top had been somewhat less pleasant, being cold, windy and with absolutely no shelter, not even a gorse bush.

By the time we reached St Albans Head the weather was looking (temporarily) a bit brighter and in places it was possible to look

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back along the coast and see the route with tops of the hills still covered in cloud. Although now half an hour behind schedule, I was pleased to reach this point as all the sections that were particularly tricky in the cloud were now behind us. Dale again did the long 'King of the Coast' leg and had the rare experience on that day of it being clear throughout.

The final leg along Studland Beach was easier than normal as the earlier rain had made the sand firmer and there were virtually no people to avoid. Ian, Jon Brooke, Martin Lewis and Chris Lee ran this together and reached the finish in a respectable time, given the conditions, of 7 hours 53 mins. The organiser then informed us that quite a battle was going on behind us as the four other clubs had all passed through Lulworth Cove with 5 minutes of each other although a full hour after we had. Given this information and drizzly weather we decided not to wait at the finish for them but retire to the pub instead. This proved to be a wise decision as a band of more persistent rain that had been chasing us across county soon arrived, but the next team did not do so until 1 hour 40 minutes later. The remaining three teams then all finished within the next 25 minutes with just 20 seconds between the last two teams

A comparison of our times with those from the previous year reveals some interesting facts. In both races we reached Hardy's Monument in exactly the same time so it would appear that up to then the issues caused by the weather were being offset by benefit of spitting up the legs. All the 17 minutes that we lost compared to last year then occurred gradually until we reached St Albans head, and from there to the finish we again matched last year's times.

To conclude I would like to thank all the runners who took part and managed to get to the finish with any major navigational errors in the difficult conditions. Some other clubs did not do so well on the this front as a number of runners got lost in the fog and wasted 10 minutes or more on a single leg. Although we did not manage to break the course record (next year perhaps), there were two records we did set namely; the largest ever winning margin and the fastest time ever recorded in the wet!

**Roger Crickmore**



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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. For those of you who cannot make the Tuesday runs or want two runs a week, there are also runs each Thursday evening from 68 Kings Avenue, Christchurch, starting at 6.15 pm Please telephone 01202 484523 if you intend to come.

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