



Website: www.wimborne-orienteers.co.uk

WAFFLE

July 2010

Congratulations!

Once you become an orienteer it can open the door to all sorts of amazing challenges and adventures both at home and in all parts of the world, and in this issue of Waffle we range from Japan, to Ireland, the Lake District and Scotland. Where next?

Paul Pickering celebrated his 25th birthday by competing in the 'Iron Man' triathlon in the New Forest. Paul is no stranger to extreme adventure sports having competed in an ultra long distance event in Portugal in 2009 and the New Forest event had an added edge in that it took place on one of the hottest days of the year. Starting at 5.30am competitors had to swim about 2 miles in Blashford Lakes, followed by a 100 mile plus cycle ride round the New Forest and ending with a full Marathon from Sandy Balls with several laps on Hampton Ridge. He was placed in the top 25% of the field, a great achievement and thanks in no small part to the family support team who refuelled Paul throughout the day. As Paul has been successful in gaining entry to Sandhurst in September we are sure that he will give the army physical training team a hard time during his training!

Sue Hands and Nikki Crawford have had a remarkably active time this spring in long distance adventure activities ranging from walking across Scotland, running long distance hill races and two day mountain marathons. Sue and Nikki were the winning ladies team in the Lowe Alpine Mountain Marathon round Arochar in the Scottish Highlands .

You'll all remember that only a couple of years ago Sue suffered a very badly broken ankle which has left her with a fair amount of metal in her leg, but since then she has gone from strength to strength due in no small part to a motivational physiotherapist! This spring Sue has completed a hectic number of events in addition to her orienteering. The 'Purbeck Plod' 26 miles from Swanage to Swanage via Kimmeridge, A Hill marathon across the Malverns, The Lowe Alpine 2 day mountain marathon and most recently the Saunders 2 day Mountain Marathon in the Lake District. Don't let injury put you off!

Keith Henderson is the M65 British Sprint Champion winning a fast and furious two stage race round the HMS Sultan naval base at Gosport. Unfortunately injury prevented him from taking part in the Saunders event but aspirations are high for the World Vets and 5 day event in Switzerland.

Dick Keighley goes from strength to strength in the Trail O world having just been appointed Chairman of the BOF Trail O committee. He has also been selected for the European Champs in Sweden and also in the British Trail O team at the World Champs in Trondheim in Norway. Dick is now an IOF Senior Trail-O Advisor. You can't get much better than that!

John Warren

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Asian Championships 2010

Having thoroughly enjoyed the Asian Championships in Hong Kong in 2006 we decided that ASOC 10, being held in Japan, would be an interesting experience and only a short hop from Hong Kong where Kevin was working. WOC 2005 had been held in the same area. Helen Bridle showed us maps which looked fearsome, mainly contours very close together! That area of Japan is made up of 80% forest covering steep mountain sides with the forest floor covered with bamboo grass and spiders (this from a chuckling Dave Rollins). He also told us that driving in Japan was not for the fainthearted as all signs were in Japanese and although a Sat Nav. is provided in hire cars there is no English version. Undeterred but slightly more nervous we set off. What do orienteers often say-finding the event is the hardest part! We flew into Nagoya, the fourth largest city in Japan, caught the train to the centre and clutching our Google map and dragging our cases set out to pick up the car. We arrived at the block and walked round twice asking several people but drew a blank until eventually someone recognised the word "Mazda" and directed us two blocks up! Sat Nav programmed in by the hire firm for our accommodation we progressed with a slight detour through the city toll highway having missed a turning!

Our first stop was the model event at the sprint venue at the Nenoue Highland Lakeside Park near Nakatsugawa in Gifu Prefecture. We found the correct road but discovered that none of the events were signed and the venue was some way into the park. I was beginning to be thankful for Kevin having the nose of a bloodhound! On our eventual arrival we picked up the sprint map surprised to see that all the controls were in the forest, areas of narrow contours and rivers. We battled our way round a short course and discovered that Dave's description was accurate! The bamboo grass wasn't a problem but you were unable to see your feet and so bumped into tree stumps and rocks.

We then headed for the centre of town where, as the only competitors from the UK, we had been invited to a reception with the mayor. Speeches given with much bowing and grace the mayor gamely announced his intention to come to the sprint and try out orienteering the next day and he did. At the buffet we had our first Japanese food, a lovely selection of meats, vegetables and fruits and discovered that as well as sticky rice with every meal they also have rice on a stick as a snack!

Back on the road and into more rural Japan darkness fell, the roads got narrower and steeper with drainage ditches one side and sheer drops with no barriers the other side. We arrived at our hostel ready for a meal and bed. Japanese customs were much in evidence and soon became a natural part of our lives-at the door change into slippers provided, take slippers off as you enter the bedroom, go to the bathroom and change into the toilet slippers provided. Sit on the toilet-warmed for your comfort and then shower in the communal single sex bathroom. You sit on stools around the edge of the room and wash, rinsing all traces of soap away with the shower, before entering a very hot bath in the centre of the room where you can relax and chat to your friends! Kevin and I were so impressed at how clean our feet were we have bought one of their stools home to continue thorough feet washing after orienteering!

The accommodation was bunk rooms, men and women very separate, basic but spotlessly clean. It was lovely to meet and mix with orienteers from different countries there. The Japanese youngsters wanted to try out their English and one lad wanted to know how he could get an English girlfriend at JWOC in Norway in the summer! The South Koreans, who didn't speak any English but whom were very friendly, smiled and waved all the time. The Chinese youngsters had an army major type coach who stood at the end of the table and watched while they scrubbed the tables and chairs after dinner until they were spotless. The competitors from Kazakhstan, the nearest in age to us, were very serious about their orienteering and had lengthy de-briefs each evening with their coach seeming

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to tell them off with arms waving and raised voice. Then there were smaller groups from Sweden, Hong Kong, Australia, Chinese Taipei.... and us. We roomed with competitors from Hong Kong, Korea and Kazakhstan. None spoke much English but it's amazing how much can be understood through a few odd words, sign language, maps, hugs and waving. Two young Japanese orienteers, who were English students and on the organising team, were assigned to help us for the first 3 days explaining the organization and helping us with directions to events. They were very willing to chat and gave us an interesting insight into Japan, its people and their culture.

Breakfast and dinner was provided in beautiful laminated boxes, soup, rice, marinated vegetables and then egg or burger, fish, chicken or pork. Apart from the soup everything was cold but we never felt hungry and soon became more proficient with chop sticks which was just as well as we didn't see a single piece of cutlery during our stay! The only thing we found difficult, apart from octopus for breakfast, was the lack of fluid. Very small cups of green tea were not enough when running and we did resort to buying some tea at McDonalds, for the large cups, and making our own tea.

The first day's orienteering was the sprint. Set beside a beautiful lake the course was fortunately not as tough as the day before but more like our relays, a short course over paths, marshy areas with boardwalks and forest with some heavy undergrowth - 1.6k and 75m climb. Kevin was off first. At his start time he went forward and discovered the clock was set at real time not 3 minutes forward. He was rushed forward, given a map and he started. However, he was docked a minute for starting late. Afterwards he queried the clock timings, and from then on the clock was set to international standard. I was therefore forewarned and had a good run round the lake coming in third. This unfortunately was not to continue in the days to come!



Kevin Pickering

Hilary finishing the Middle Distance race

The middle distance event was also based near an artificial lake surrounded by narrow strips of farmland with rice fields being planted. The terrain was described as gentle slopes with good run ability at an elevation of 650m. 'There are many holes and rocks spreading in the area. The footpaths exist but are unclear and difficult to follow.' Kevin and I had similar courses with 135m climb but there the similarity ended and our experiences were very different. He found the course very runnable – 'similar to runs in the New Forest' and stormed round to finish 2nd. I found all the holes and rocks and unclear paths, found it physically tiring, thought about retiring but eventually completed the course walking.

The rest day saw us taking a leisurely hike along part of the Nakasendo Trail. This was the main highway from Tokyo to Kyoto during the Edo period (1603 – 1867) We wandered from the old post town of Magome with its wooden houses, shops and beautiful views over the forested mountains, past waterfalls, to a valley where we had our best sight of cherry blossom still in flower. We stopped at a tea house and sat around the fire served by a very hospitable gentleman, who obviously enjoyed contact with travellers. On the wall was a world map and going to show him where we came from we were a little disorientated because Britain had moved!! Japan was now the centre of the map. We continued on our way over the Magome-toke pass, along wooded paths and down to Tsumago, which still retains its historical appearance.

Refreshed we drove to the Shinshiro area, Aichi Prefecture, for the long event. I was apprehensive after the middle event as the terrain was described as 'large hills, some steep areas and physical toughness needed for this event.' I had 4k with 150m climb and Kevin had 5k and 210metres climb. This was definitely navigating by contours, not one of my best skills, living as we do in the relatively flat New Forest. I was much more pleased with my run than the day before especially navigating the long leg between 5 and 6 coming second in the splits. However for the next control I went the wrong side of the hill and gave myself a long detour in rough undergrowth. Unfortunately the last kilometre was dead running in the heat of the day and spoilt what had been a very interesting course.

The last day's orienteering was the relay. The assembly area was at a Community Sports Centre-a large open area surrounded by mountains. Unfortunately for Kevin the day was hot and his course went straight up the nearest one – 2.3k and 165metres climb! Having been placed in a non-competitive team Kevin enjoyed his run and then we set off for a few days in the Japanese Alps before returning to Hong Kong.

Throughout our stay in rural Japan we were impressed by the friendliness of the people, how clean and ordered everything was and how life has changed little over the years since the Edo period with many of the houses of the same design today, people still sleeping on the floor, and having retained the same customs and traditions. This we realise is only one small aspect of Japan and it is said that whatever you would like to see in a country you can see it somewhere in Japan. Our visit has whet our appetites to discover more.

Kevin and Hilary Pickering

Canford Urban event/Barbecue Saturday 17th July

This year the pre-barbecue event is moving up a gear to be an 'urban/park race' using a new map drawn by Chris Branford covering both Canford School and Merley estate. Courses of 6k and 3k are available together with a junior sprint course within the school grounds. A 'speed punching' exercise is also planned. Starts are from 3pm to 7.30pm with parking, changing rooms, showers and toilets all available. The Barbecues will be lit progressively from about 5.30pm so bring your own food and drink and enjoy a memorable summer evening with friends.

Mountain Bike Score Event – June 19th – Ringwood North

Saturday June 19th was a glorious sunny day and 48 competitors of all ages and abilities took part in the event planned and generally masterminded by Trevor Bridle and Peter Fale. WIM hope to establish a permanent mountain bike course in Ringwood Forest North but this is still subject to negotiation despite the club being the proud possessor of 27 engraved posts that await painting. Using the orienteering map of Ringwood North a really challenging score course was planned with route choice round the many tracks and paths, vital if riders were to avoid a large amount of climb. Success was varied with some riders visiting the same control twice within the 2 hour time limit, but Sam Massey (SOC) had a superb ride to complete the course in 57.54, with Jon Brooke(WSX) and John Cameron (WIM) only 51 secs. behind in joint second place. Mel Rayner(WIM) was the first lady home in 88.05 followed by Nicola Brooke(WSX) in 88.15. Several youngsters took part with their parents and we even had one father and son on a trailer bike! Everyone seemed to enjoy the event despite Registration being over 2k away in Moors valley and despite bumpy tracks times were fast. It was interesting to see that Chris Turner of WIM ran the course on foot in a creditable 88.52 putting him in 18th place overall among the cyclists!

ClubMark

Its now some time since WIM achieved 'ClubMark' status and we will need to renew our qualification within the next few months. Chris and Lynn Branford have volunteered to do all the research and paperwork which is not an inconsiderable task. The qualification recognises that a club is effectively run in the best interests of all its members maintaining continuous development, coaching and activities for all as well as noting the need for child protection, equality and the effective training of suitable officials. In practice it is a standard that can give outsiders such as schools and other groups confidence that WIM is capable of doing a good job!

Planners and Vandals!

In late June John was preparing for a 'team building' orienteering day for a group of managers from Black's Outdoor shops in Moors Valley when he discovered that one of the S/I clips on a permanent post had been destroyed. Thanks to forensic research and the help of the Moors Valley Ranger the tiny teeth marks which remained after all the raised bits of the clip had been removed identified the vandal as a squirrel! The plastic is tough but we hear that squirrels will attack metal!

A day later Kirsty was putting out controls at Brockenhurst College only to find that two large 50 year old trees identified as control sites had been felled less than 3 hours before the event! Nothing daunted Kirsty decided that orienteers would be happy with the tree control sites even if they were now two piles of logs!

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WIMBORNE CLUB LEAGUE

2010

- A Sarum Saunter - Grovely Woods - 7 March
- B WIM Winter Warmer - Cranes Moor, Bovington - 14 March
- C Wessex Galoppen - Rushmore - 28 March
- D JK Day 2 - Cookworthy - 3 April
- E JK Day 3 - Braunton Burrows - 4 April
- F Sarum Galoppen - Hamptworth - 18 April
- G BOK Trot - Wavering Down - 25 April
- H Tamar Triple Day 1 - Penhale - 29 May
- I Tamar Triple Day 2 - Penhale - 30 May
- J Tamar Triple Day 3 - Penhale - 31 May

Place	Name	Class	A	B	C	D	E	F	G	H	I	J	Points (best 6)	No of evnts
1S	Hands	W60			90	75	90	95	72	79	75	58	67	5049
2K	Staunton	W50	74	96	68	88	82	60			35	56	50	4689
3R	Brightman	M70	82	68	72	81	71	71	76					4537
4K	Pickering	M55		87	70	78	84				61	63	69	4517
5C	Branford	M60		78	73	69	65	81	78	58	69	69		4489
6N	Crawford	W65	74	72	75	82	77		65					4456
7T	Horsler	W40	66		75	89	71	75	66					4426
8M	Cross	M65	69	76	77	71	77	66						4366
9K	Henderson	M65	80		66	85	94		83					4085
10J	Whittingham	M40	59	64	66	73	70	66	67					4067
11S	Horsler	M40	93		90	64	73	85						4055
12L	Branford	W60			70		60	71	58	64	71			3946
13J	Walmsley	M55	63			55	62	68		70	53	71		3897
14G	Cross	W65	63	60	67	68	61	52						3716
15J	Warren	M70	80		48	49	64	56	56	48	55	55		3669
16M	Kite	M60		60	52	65	66	63	44					3506
17E	Staunton	M50			76	56	64			72		71		3395
18W	Bullen	W40	58	63	56	81		58						3165
18B	Warren	W75				71		47	55	43	53	47		3166
20C	Turner	M45	70	79	67			77						2934
21M	Furlong	M50	75	80	72			65						2924
22K	Pike	W45	51	47	55			50		31	48	39		2907
23R	Keighley	M65		36	48	80			44	37	44	34		2897
23H	Pickering	W55		65	72	86	66							2894
25D	Tilsley	W55		80	57	79	62							2784
26J	Shucksmith	M60	72	61	69		70							2724
27J	Richardson	W40	39			42	49	47		47	42	37		2667

[illegible]

Donegal 3-Day

No longer is it Ireland's best kept secret. Fourteen orienteers from WIM, SOC and Sarum enjoyed three glorious days over the Irish Bank Holiday 5-7 June.

Galway Orienteers "The Western Eagles" (WEGO) go where others fear to and organised an event far from home in the north western county of Donegal. Paradoxically still in Southern Ireland, this is an area of mountain and moor which can be daunting in poor weather, as last years Irish Championships, but those who kept the faith and returned this year were treated to challenging but delightful orienteering in sunshine.

We arrived by diverse routes, the favoured being flights from Southampton to Belfast with a rather more than two hour drive. Management organised for us to fly from Bristol and Ricky and Charlotte Thornton brought their own car across via Dublin. They like us are already converts to this beautiful country and its relaxed orienteering event strategy.

The community and event centre was just a few kilometres out from the county town of Donegal. From here a one kilometre climb to the start gave a view of Lough Eske and the stationary wind turbines on the hills. They would not be providing a return on their investment today !

Before us was fabulous open mountain terrain with undulating hills and well mapped intricate contour detail. The marshes certainly were not going to reflect the sky and in the event if you did break the crusted surface revealed what artists might call burnt umbra and others less charitable would refer to as chitty brown. Reading contours accurately and using rock features for navigation were the requirements for successful travel. It helped if you had long legs and were very fit because the grassy tussocks forced mere mortals to walk a lot of the time. Kirsty, forced to do so because of injury achieved very creditable times on each of the three (*sic*) days. (*Well, it's how the Irish pronounce it!*) Eamonn together with his father was evidently pleased to return to his roots and we enjoyed a boat trip out into the bay from Donegal town with them the evening of day one.

Day two, following a rather long walk to the start was higher up the mountain on *Croaghmeenare* and routed around a number of small loughs. If anything physically tougher than day one the planning on part of course 6 was a little below par. It can be a mistake to introduce unnecessary controls thereby shortening the legs and reducing the navigational challenge. Nicki Crawford, Sue Hands and I all were on course six and at this stage in life anticipate quite complex navigational challenges but are happy to reduce the physical challenge a little.

Day 3 was a chasing start with the leaders from the preceding two days starting first. First across the line would be the overall winners. Here it was important to run your own race, not let the nerves get to you and not allow the other competitors to pull you off course. Did I say that this was a relaxed and low key event! Well done Nikki on coming first and winning a rather nice ceramic plate towhatever you do with a nice ceramic plate.

How does a small group of people who make up the Western Eagles put on such a good quality event such as this? It's having the dedication and expertise and this is reflected in so many clubs involved in our sport, including our own.

There will always be a thousand welcomes in Ireland but next year there are two events not to be missed. The JK in Northern Ireland over the Easter holiday and the Irish O Ringen on the Sheep's Head peninsular in County Cork 4-6 June. God willing I shall be there.

Keith Henderson

Saunders Lakeland Mountain Marathon 2010

Hardly have I arrived at the caravan than Keith announces that there is an O event only 6 miles away that evening. It seems like a good idea and we get ourselves ready for a last bit of gentle Saunders training in the glorious sunshine. At Dalton Craggs I find that I am rather wayward amongst the limestone pavements, forest, and bracken, but do not worry about my slow progress. Concern kicks in at the finish though, when Keith reports that he fell over on the way in to control one and wrenched a calf muscle. However he still managed to stay ahead of me despite the handicap so perhaps the Saunders, only a couple of days away, is not yet lost.

On Thursday we go for a gentle walk up to Hayeswater in the rain. On the flat Keith looks ok, but going uphill he is walking badly with the foot turned outwards and is in considerable discomfort. A metaphorical depression settles on us to match the prevailing weather system.

On Friday my luck (but not Keith's unfortunately) turns. With some help from a posting on the FRA website I get a call from Jim Mann from Darlington who says he is a good runner but not so good on his navigation. Jim arrives at Keith's caravan at 11pm that evening, and a new partnership is quickly assembled and gear sorted for the morning. I am getting slightly nervous though. Whilst I am more than happy to do the navigation, it turns out that Jim is more than 20 years younger, and training 5 times a week, including at least one 25 mile run in that schedule!

On Saturday morning the team change admin is handled very efficiently by the Saunders helpers in the big marquee at Wet Sleddale reservoir, and at 8:47 we launch ourselves across the Shap Fells, possibly the least frequented of all the Lakeland mountains. The sun is shining but there is just enough cloud cover to keep the temperature to comfortable limits. Embarrassingly I take us first to the wrong sheepfold for control one. "Did I say my navigation was good?" I ask Jim, but he just smiles and doesn't seem to mind at all. From there we cross Swindale before heading generally SW parallel to Haweswater. On the flanks of Hare Shaw and with only about 6km gone I suddenly go rather light-headed and feel weak. Now, it is normal to go through one or two bad patches in a mountain marathon, but this is really a bit early. I can't blame it on the pace, as Jim is obviously holding himself back and makes sure he never opens up too much of a gap between us. A Mars Bar gets me back up to speed in a few minutes and we soon knock off the next 2 controls.

Soon we start to get super views of Haweswater, which is clearly rather low on water and helps to explain the hosepipe ban that has just been imposed on much of the Northwest. As we start the long climb up Hopegill Beck I am beginning to suffer again. For a few moments I am distracted by a movement in the marshy terrain. It is a beautiful little light brown frog that hops away from one unstable tussock to another and back into denser cover. By the time we get to our control on the little tarn on the side of Branstree I am

feeling pretty grim and require an energy bar and a gel to get going again. We are only about half way and Jim, who still looks like he is strolling in the proverbial park, is understandably looking a little concerned. But get going we do, and navigate our way along the complex side of the Howes ridge to another little tarn, this one all but dried up. We are talking much of the time to each other about what we are seeing on the ground, how it relates to the map, and the details of our optimum route. Despite Jim's professed lack of navigational skills, he is reading the map very well and just a bit more experience will give him the confidence he needs.

A 4km leg follows and helps me to start thinking in positive terms about a completion and, even more importantly, a cup of tea. There is a sting in the tail however, and I go into my third bad patch as we climb out of steep Brow Gill and start to contour across to Grey Crag above Longsleddale. Jim is getting the hang of my slumps now, and helpfully asks if it is not time for another gel. Suitably refuelled, we punch at the last control and contemplate the descent to the overnight campsite which is 350m of height immediately below. Jim dances down the 1 in 2 slope staying upright the whole time, whilst I am more in keeping with the masses who stagger and bum-slide their way to the finish. Our day 1 time is 5 hours 23 minutes for the Carrock Fell Class, which I am more than happy with, and Jim has enjoyed himself even though he could have gone a lot faster. Our finish ticket says we are 33rd out of 44 finishers so far, which later improves to 35th equal out of 98.

The campsite is in a gorgeous position in upper Longsleddale and has its usual sociable atmosphere. As luck would have it we happen to camp quite close to Nikki and Sue. They have had a very successful day, 19th overall on the Wansfell Class, and 1st on veterans handicap. One advantage that a Saunders overnight camp has that other mountain marathons lack is the facility to buy milk and beer (yes, really!). This year there are also soft drinks available and, most wonderfully of all, bananas.

Day 2 is a very different kettle of fish to Day 1. We just about manage to get packed up in the dry, but there are drops of rain and a very strong wind by the time we have despatched the 350m of unrelenting climb to the first control. We cross Kentmere Pike in a gale and the heavens open as we traverse the flanks of Harter Fell. We can see very little in the mist but are moving well and keeping an eye on our altimeters all the time. We pause briefly for me to take off my glasses which are a serious impediment to vision and for Jim to put on overtrousers over his shorts, a sure sign that conditions are truly testing. Today I am much better about getting nutrition in me before I run out of steam, and we are also reaping the speed benefits of Jim's kind offer to take more of the weight in his sack. For much of the second half of the race we seem to be boxing and coxing with 2 girls who I suspect were the pair with the exact same time as us on day 1. A 6km leg takes us over vague and marshy terrain to Langhowe Pike but a vague track, not to mention the considerable passage of feet in front of us, makes the going quite amenable.

The weather gods are rather prolonging their little summer's day joke, and the planner seems to join in the game by forcing one last tussocky ascent to the final control. From there we cut loose and steam down the 1km run-in, a sprint for me, a gentle run for Jim. Big smiles for the photographer, who wisely stays in his car and photographs downwind, then into the marquee which is now anchored to several landrovers to prevent immediate takeoff. Inside is Keith who is busy doing kit checks for the organiser on some of the leading teams. We have taken 4 hours 4 minutes, and it seems like a good result even if the two girls did get away from us at the end.

Later, when Keith and I are sitting in the pub enjoying a beer with our evening meal, Jane rings to say we were 16th on the day, and our total of 9 hours 28 minutes for the Carrock Fell Class has taken us into 26th place overall. Nikki and Sue obviously found the second day tougher but still finish in a very fine 2nd place on veteran's handicap, and 27th overall in the Wansfell Class.

A big thank you goes from me firstly to Jim for proving to be such an able and amiable partner at very short notice, and to Keith who bore his misfortune with great stoicism and helped with transport and accommodation to make it possible for me to still get a run.

John Walmsley

Footnote

If you want to be inspired for next year's Saunders, grab a map and look at all the route descriptions at http://www.slmm.org.uk/2010/control_descriptions.pdf

Alternatively, look at Nikki and Sue's smiles in the picture!



*Thanks to Hilary and Kevin, Keith and John Walmsley
for their enthusiastic reports of events in
Japan, Ireland and the Lake District*

*We know that several members of WIM will be
orienteering abroad this summer.
The next Waffle will be in September and
we would love to hear from you.*

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Forthcoming Events July

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|----------|------------------|---|
| Saturday | 17 th | WIM Canford/Merley Urban event and club Barbecue – Canford School GR:SZ032988. Starts: 3pm to 7.30pm. Barbecue from about 5.30pm. |
| Sunday | 18 th | SARUM Club Champs/Informal – Redlynch Sports Club- Signed from B3080 at SU171214. One hour Score in mainly urban areas. Starts 11.30 – 1.30pm |
| Sunday | 25 th | WSX Relays/Informal event – Upton Country Park
See WSX website for details. |

August

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|-----------|------------------|---|
| Wednesday | 4 th | BAOC Summer Series – Sparsholt College – Winchester
Provisional – See BAOB website |
| Saturday | 14 th | WIM Gillingham Urban event – Gillingham School ST813266
Starts: 1pm to 3.30pm See WIM website for details. |
| Wednesday | 18 th | BAOB Summer Series – Deepcut Barracks – Provisional
See BAOB website for details |

Sunday 22nd to Friday 27th Lakes 5 2010 – Lake District. Pre-entry on line only
Saturday 28th to Monday 30th White Rose Weekend – Helmsley -North Yorkshire

September

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|-----------------|---------------------|--|
| Saturday | 4 th | Coast Path Relay Club Captain/Co-ordinator needed. Any volunteers? |
| Wednesday | 8 th | BAOB Summer Series – Windmill Hill – Provisional.
See BOAC website |
| Saturday | 11 th | SW Sprints weekend – MTBO and foot O Woodbury Common nr Exmouth |
| Sunday | 12 th | SW Sprint Champs – Exeter University |
| Also | | SOC Colour Coded – Acres Down – New Forest |
| Wednesday | 15 th | BOAC Summer Series – Everleigh – Salisbury Plain
Provisional – See BOAC website |
| Saturday | 18 th | SARUM MTBO and Score foot O – Bulford Ridge – Amesbury |
| Also | | London Weekend Sept 18th-19th
London City Race – Saturday
Hampstead Heath - Sunday |
| Sunday | 19 th | BOK Long O – See BOK website for details |
| Saturday/Sunday | 25/26 th | WSX Caddihoe Chase – Wareham Forest. Day 1 Regional
Day 2 Chasing Start. See flier for full details |

