









Happy New Year! I hope you've all had a wonderful holiday period and enjoyed some fun orienteering events in December. Here's what's been happening:

- On the 1st-2nd December <u>JROS</u> held the annual Hawkshead weekend in the Lake District where juniors from every regional squad across Britain come together to make friends and train together in the technical forests. 4 Welsh juniors made the journey up. They trained on three different areas, ran a fun night relay around the accommodation grounds and had a presentation from recent Junior World Championship Silver medallist Matthew Fellbaum.
- The senior GB squad also had <u>their inaugural weekend</u> in the Lake District, sharing some of the Hawkshead trainings, presenting awards and getting motivated for the upcoming year. The senior squad are currently looking to fill <u>voluntary support roles</u> for upcoming competitions.
- Kris Jones ran phenomenally well to <u>finish 12th</u> in the European XC Championships, racing for GB, and as a result picked up a team Silver medal (his second European Champs medal this year after his incredible <u>sprint orienteering Bronze</u> in Switzerland in May!).
- Our Welsh clubs held lots of great local events. To add to the festivities, SWOC had a Christmas score and MWOC put on some sprint races involving a subtle Christmas tree in each course.

And now looking forward! Get your calendar out as here is a number of holiday orienteering destinations suggested by various WOA members...

March 1st-5th - Portugal Orienteering Meeting based around Figuera da Foz. This year the programme consists of a sprint-relay, a night sprint, two middle distances and two long distance, all set in coastal towns and sand dunes.

March 17-19th – Mediterranean Orienteering Championships in Malta. This will be the first ever orienteering event in Malta. It sounds like there will be two urban events and one in a "unique forest".

May 3rd-6th - <u>Irish Orienteering Championships</u> with a sprint, middle, classic and relay, all amongst beautiful scenery. (Note that this is the same weekend as the British Championships)

July 24th-28th - OOCup in Slovenia. This multiday offers 5 days of racing in the most technical terrain you'll ever run in and is always very well organised.

July 28th - Aug 3rd— The Scottish 6 Days. This year in Strathearn, Perthshire - expect tough terrain, beautiful views and a great social calendar.

As a reminder, the first Welsh League event will be on the 17th Feb at Mynydd-Y-Garn, Brecon Beacons. You can find the full Welsh League 2019 list on the WOA website. Also remember to renew your club membership if you haven't done so already (there may be a guilty party typing this right now!).

Finally, I'd like to end this with introducing you to the <u>Orienteering Foundation</u>, a charity that promotes and supports orient-eering. They have supported young orienteers on training camps and competitions as well as funding various projects based on developing orienteering. Through their website, you can apply for funding, find information on donating to the charity and read about their new 1%er Legacy Programme, encouraging orienteers to consider making a small gift in their will to continue the great support.

