

Y Ddraig

Issue 197

September 2010



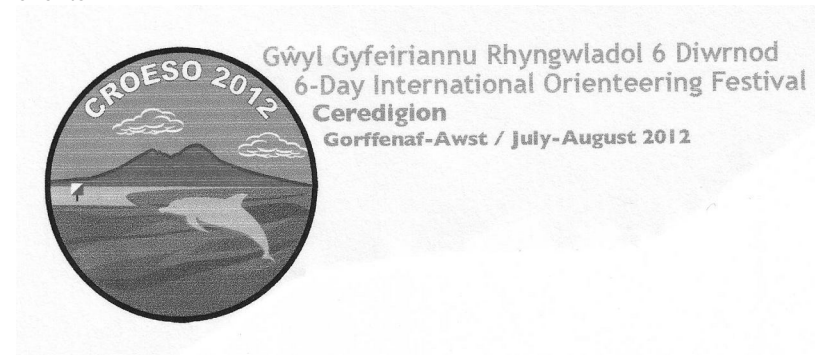
Kristian Jones of SBOC at the flower ceremony after winning the silver medal in the sprint distance at the 2010 Junior World Orienteering Championships (photo Jenny Johnson) Source: www.britishorienteering.org.uk

Welsh Orienteering Journal

News

Alice Bedwell wins medal at World Masters Championships. Alice won a Silver medal at the 2010 World Masters Orienteering Championships sprint event which was held around the streets and parks of Neuchâtel, Switzerland. Well done Alice.

Croeso 2012. Look out later in this issue for more details. It might be two years away but it is never too early to get excited about forthcoming events.



Croeso Recruiting, Croeso Recruiting

In these hard times it is good to know that somebody somewhere is seeking to fill vacancies. And not just any vacancies but roles that will carry the flagship event of Welsh orienteering on into a new decade.

The first task is that of Safety Officer. This person will take an overview of the event from a safety point of view, making sure that organisers, planners and others have paid due attention to safety issues.

The second is that of Entertainments Officer. We have a fabulous event centre with facilities that include a concert hall and a cinema. This is an opportunity for somebody to have a lot of fun and do something special.

If you are interested in either task then please find out more from Dave Brodie, eidorb@me.com or 01970 832668.

Thanks to Phil Jenkins' hard work, publicity materials for Croeso 2012 have gone out across the world. Sweden, North America, etc etc. A lot of people are going to be coming to Wales. It's up to us to provide a true Croeso - a real welcome in the hillsides. Well done, Phil, and many thanks.

David Brodie, POW

Comment

I regret to have to inform you all that I have not been successful in finding a volunteer to take on the role of editor of Y Ddraig after this issue. Y Ddraig will therefore be going into hibernation and this will be the last issue you will receive for now.

Anne May, WOA Honorary Secretary has kindly agreed to receive articles, photographs and letters to be passed on to a future editor when one is appointed. Her contact details can be found towards the back of this issue.

If you do feel you could take on the role of editor please contact Helena Burrows, whose details can also be found towards the back of this issue.

I hope you have enjoyed Y Ddraig over the last year and taken time to look over the maps that have accompanied each issue. For many of you they will be areas you already know but with this last issue under my editorship I may possibly have found a map of an area few of you have run on. Could I be the first to ask if Croeso 2016 can be held in North West Wales as there are so many great areas there, only a few of which I have been able to show to you?

Finally, thanks to everyone who has contributed to Y Ddraig during my short time as editor, I really appreciate all the effort everyone has put in often without me asking; Y Ddraig is the WOA members newsletter and it would be nothing without you and your contributions. Hwyl Fawr!

David Pal, Editor.

Chairman's bit

Congratulations to Kris Jones from SBOC on his silver medal at the Junior World Orienteering Championships. It is Britain's best JWOC result for years by far, and he's Welsh! I am delighted not only for Kris but for all those who have coached and supported him over the years through the Welsh Junior Squad to help him to achieve such a high standard.

Many of you will have had a busy summer with plenty of orienteering at holiday events and abroad. These events are particularly enjoyable because they offer plenty of orienteering and the chance to chill out with friends and have a holiday all rolled into one. But after the holidays it is back to the reality of day-to-day existence. In the current economic climate as belts tighten to cut unnecessary expenditure people look at which clubs and societies they belong to and review whether the membership fees and associated costs can still be justified. Will your club be a membership that is retained? What makes your members stay? Are you offering sufficient regular local activity with a chance for members to meet up regularly and socially? As petrol prices rise the cost of travelling 50 miles plus the entry fee for perhaps 60-90 minutes of orienteering is going to be called into question. Can you offer more for less travelling? Perhaps use the same area for a bike O in the afternoon or a fun relay, or like the JOK chasing sprint offer a short course followed by a chasing start

loop later, or maybe meet up weekly for a club run or fitness training. Urban racing is still orienteering but done at speed with the decisions needing to be made much faster giving variety and keeping the sport interesting. Does your club run a series of events or activities close together both geographically and in time with perhaps 4 out of 6 scores to count to give people the incentive to come again?

Does your club have sufficient members who are committed enough to retain their membership despite the current economic downturn? The challenge is there let's rise to it and make sure we do!

This edition of Y Ddraig is the last under David Pal's editorship. I'd like to thank David for doing a sterling job as following Peter Seward's long tenure as editor was no mean feat! At present all efforts to find a successor have not been successful so this may well be the final edition of Y Ddraig. For many members of the WOA it is the one tangible benefit they see for their money but without an editor it cannot be produced. Is there someone out there willing to take it on? Please contact me asap if you are able to help.

Helena Burrows, WOA Chairman

"Welsh Orienteering Short Distance Championship"

Those are the words engraved on the large glass trophy awarded annually to the winner of that Championship. At its inception in 2005 there was some discussion of the name to be used and it adopted the title of Welsh Orienteering 'Short Distance Open Championship' or SDOC. This was to highlight that the championship was open to all. With the variety of event types that have been developed over the last few years it is sometimes good to remind ourselves of the nature of the event.

Many years ago as a variation to the 'classic' orienteering course we had races that were termed short distance. However, with the introduction of Middle Distance and Sprint events the term 'Short' became a bit vague and has been virtually dropped from orienteering terminology. [For example, The Junior World Orienteering Championships (JWOC) were introduced in 1990 with the original programme being an Individual (Classic) followed by a relay. In 1991 a Short Distance race was added and in 2004 this was renamed Middle Distance. In 2006 a Sprint race was added to the programme – congratulations to Kris Jones (SBOC) on winning a silver medal in the JWOC Sprint in Denmark in July 2010]. However, it was felt appropriate for the SDOC to use the term Short as this allowed some leeway for the club/planner hosting the event to adapt the event if they felt it necessary, though it was generally agreed that the event was very close to a middle distance event, typically having a winning time of between 20 and 30 minutes. You can see from the history of the event as listed below that some clubs have put on the event in parkland areas giving it a sprint-like feel whereas SBOC have gone for a more middle-distance feel trying to ensure the course was in a challenging technical area.

The original concept was formed as a way to make the Welsh Championship competition become a weekend event with the hope that this may attract more competitors both from the whole of Wales and from other countries. However, as staging the Welsh Championships also stretches the resources of the hosting club, it was important for the event to be able to be easy to put on. It thus became an event consisting of just one course. Any age could enter as results were based on a handicap system based on age class (in some cases hosting clubs add another course on the day for novice orienteers). So this makes planning fairly easy, but also Graham Tough (SWOC) has written an easy to use program which can accept as input the standard Sport Software results output and computes and outputs the handicapped results.

2010 saw POW add the Welsh Middle Distance Championships to the Welsh Championships weekend but the unique nature of the SDOC allowing orienteers of all classes to compete against each other on one course has not been lost. Following the VHI Relays on 3 October 2010 at Broughton Burrows, Gower the SDOC will be staged by SBOC. As SBOC resources are already stretched that weekend the race will utilise the VHI controls (so VHI runners will not be competitive if they take part unfortunately) and this will be the only public course available and pre-entry will required via Fabian4. 2011 will see the return of the SDOC on the Saturday of the Welsh Championship weekend (5/6 March 2011) again on Gower near Swansea.

Maybe 2010/11 will be your opportunity to join the SDOC 'Role of Honour':

2005 (SWOC – Pontypool Park) Rhodri Buffet M18 SWOC
2006 (SBOC - Pen Rhiw Wen) Peter Hodgkinson M16 NOC
2007 (ERYRI – Vaynol Park) Rhodri Buffet M20 SWOC
2008 (SBOC - Oxwich Burrows) Ella Bowles W50 DEVON
2009 (SWOC - Parc Penallta) Gill Manning W60 SWOC

and for

2010 (SBOC - Broughton Burrows) *it could be you!?*
2011 (SBOC – Gower) *it could be you!?*

Information Officer

According to the WOA Constitution, Information Officer is one of the officers of the executive committee of the Association. From the name you might expect that the role would be to provide information; presumably to all and regarding the affairs of the association and to promote orienteering throughout Wales. This is partially correct and encompasses responsibilities in connection with the newsletter, Y Ddraig, and the web site. The position has been vacant for quite a while.

On the 19 June 2010 the WOA held its AGM in Bridgend, expecting that members would be able to attend as many would have earlier competed in the Welsh League event at Merthyr Mawr. I attended the AGM as I, as SBOC club representative, was also due to attend the Committee Meeting

which was to follow it. I was extremely disappointed to find that only 5 people (4 WOA committee members and I) actually attended.

Partly for this reason I volunteered to take on the role as information officer. And I see an important part of my role initially is to make known to the members of the WOA what its function is and how it is vital that members and clubs take an active role in the affairs and running of the association.

I have attended quite a few WOA meetings as SBOC rep. and this AGM attendance is not just a one off but reflects a decline in recent years. Many years ago I used to attend WOA meetings, as I was the Treasurer. Even then member involvement was not great but it seems to me to have declined even further. This may also reflect a greater trend. As secretary of SBOC I am aware of the difficulty in getting volunteers for various roles not just the organising and planning of events. I guess for the majority of us we are involved with orienteering because that is what we want to do i.e. orienteer. But as an organisation run mainly run by volunteers there is a need for people to handle various jobs connected with the running of the sport. And the more that this can be shared among the members then the easier that becomes and the more time we can have to orienteer!

So what exactly is the role of the Welsh Orienteering Association? If you join a Welsh Club you automatically become a WOA member and so maybe many have little idea of what its function is. According to the WOA Constitution the objects of the association are "to encourage, develop and control the sport of orienteering ... in Wales"; also "to promote the annual Welsh Orienteering Championships"; and also "to publish a bi-monthly newsletter".

One of the items at the committee meeting which followed the AGM was the need to update the constitution with regard to the roles of the various officers. Perhaps an update of the purpose of the association is also required? If you think so then maybe you could let me know what you think. Perhaps some have the view that we have clubs which organise our events and British Orienteering to set the standards for the sport, so why have another layer of admin?

But maybe I can briefly summarise a few important aspects of the need for the WOA. An important aspect is funding. The funding of sport in the UK is done separately in the 4 countries. The Sports Council for Wales, now called SportWales, provides funding for sports in Wales and generally expects to deal with the governing body of that sport in Wales. WOA typically receives about £4000 each year from SportWales, and sometimes get additional funding for events like Croeso, typically for mapping. These days in order to get the funding there is a whole level of infrastructure needed to be in place within a governing body in order to receive the funding. And Helena Burrows, as Chairman, spends a considerable time each year completing the 'paperwork' required for applying for funding. The recording of the orienteering activities within Wales also need to be co-ordinated and appear in an annual report. It seems right that Wales has its own identity within the sport of orienteering and so a body is needed to co-ordinate that. This allows for the staging of the Welsh Championships and also the Welsh league, and don't forget the International teams – junior, senior and veteran. The numbers of people orienteering in Wales is not very large and individual

clubs are relatively small. Coaching newcomers, particularly the juniors, can be difficult for a small club and so through the Welsh Junior Squad coaching is made available to all juniors in Wales.

These seem to be valid reasons for having a Welsh Association, but in the end that association is made up of orienteers in Wales and 'ex-pats'. It is up to them all to decide on the way the association is run and what functions it performs. Being willing to support and help with these functions as well as comment on the way forward is something we can all contribute to.

As I try to take on this role of information officer I hope you will help me. One way would be to let me know your thoughts about this article and how you would like to see orienteering in Wales and the WOA develop. Simplest way for me would be for you to email me at info@woa.org.uk – I look forward to hearing from you.

Additionally, your comments about how you would like to see the web site develop would be useful. Also, the content of this newsletter, Y Ddraig, - what would you like to see in it? This issue is the last from the current editor, David Pal. We are very grateful to his enthusiasm and efforts in producing the newsletter over the last year or two. Perhaps you would like to take over the role? If that seems too much then please make the effort to contribute some articles. These can be on any related topic and may be reviews of events, or other orienteering related topics. They can be short or long, or may even just be some images. Every type of contribution would be gratefully received. It's an aspect that makes orienteering enjoyable – the variety within the membership. We look forward to hearing from you.

Roger Stein, SBOC

WELSH ORIENTEERING LEAGUE 2010

The following events have been held so far in 2010.

- 1 HOC Regional Event at Dymock Forest, Ross on Wye on 28th February 2010.
- 2 POW Middle Event at Hafod on 6th March 2010.
- 3 POW Regional Event at Nant Yr Arian, Blaenmelindwr & Esgair Gorlan on 7th March 2010.
- 4 SBOC Regional Event at Merthyr Mawr, Bridgend on 14th March 2010.
- 5 SWOC Regional Event at Mynydd Llangatwg on 21st March 2010
- 6 HOC Regional Event at Kinver Edge on 16th May 2010
- 7 SBOC Regional Event at Merthyr Mawr Nature Reserve, Porthcawl

Remaining events for 2010 Welsh League

Accurate as of 11th August 2010 but details can change so please check.

Saturday 2nd October 2010. SBOC Regional Event at Whiteford Burrows, Gower, as part of the Veteran Home International weekend. Note WOA website says event is at Broughton Burrows.

Sunday 24th October 2010. SWOC Regional Event at Llangynidr.

Details so far: SO109142. NP22 4ET.

Sunday 14th November 2010. HOC Regional Event at Postenplain, Bewdley.

Details so far: SO743791. DY12 ????. Organiser is Brian Hughes. EOD will be available.

Welsh League Tables

Junior Women

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	Katie Reynolds	W 16	SBOC		104		120	120		146					490
2	Hannah Jenkins	W 18	SBOC		51	62	59			80					252
3	Emily Lewis	W 16	SWOC		69	78		71							218
4	Megan Carter-Davies	W 14	POW		82	62	62								206
5	Fay Walsh	W 14	POW			64	55			83					202
6	Zoe Walsh	W 14	POW		51	41	41			63					196
7	Jasmine Silk	W 8	SWOC				70	35	56						161
8	Isobel Moir	W 12	SWOC						76	63					139
9	Jenny Lewis	W 12	SWOC				48		59						107
10	Heather Robertson	W 8	DEVON				100								100
11	Nina Jones	W 12	DEE		37	62									99
12	Delyth Darlington	W 18	ERYRI				92								92
13	Kitty Jones	W 14	DEE			50	37								87
14	Gwenllian Thomas	W 9	POW				85								85
15	Elizabeth Moulton	W 14	POW			37	47								84
16	Addie Parr	W 8	SWOC	75											75
17	Ailsa Graham	W 12	SWOC					58							58
18	Rhona Graham	W 14	SWOC					49							49
19	Florence Moulton	W 9	POW				48								48
20	Saskia Jones	W 10	DEE				45								45
21	Nansi Dingle	W 12	POW				39								39
22	Jasmine Andrews	W 7	SWOC						34						34
23	Morven Graham	W 16	SWOC					31							31

Junior Men

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	Sam Mitchell	M 16	SBOC			92	89	85		106					372
2	Quinlan Silk	M 9	SWOC				84	87	87		87				345
3	Charlie Jenkins	M 16	SBOC	120	87	113									320
4	Stephen Reynolds	M 16	SBOC				85	96		87					270
5	Simon Thomas	M 16	SBOC		62	71	58	61		76					270
6	William Reynolds	M 12	SBOC				87		88	95					250
7	Ciaran Allen	M 16	ERYRI			112	120								232
8	Callum Carter-Davies	M 14	POW			45	77	62							184
9	Joe Thomas	M 12	POW			33	50			76					159
10	Stuart Lewis	M 14	SWOC			39	39		58						136
11	Duncan Carter-Davies	M 16	POW			61	73								134
12	Alastair Gardner-Smith	M 14	POW				66	66							132
13	Ben Mitchell	M 18	SBOC							106					106
14	Daniel Thomas	M 12	POW			32	61								93
15	William Moulton	M 12	POW			35	51								86
16	William Thomas	M 9	POW				41			41					82
17	Niall Allen	M 14	ERYRI				80								80
18	Isaac Parr	M 12	SWOC	68											68
19	Cornell Parr	M 10	SWOC	67											67
20	William Arnold	M 8	SBOC					62							62
21	Dafydd Thomas	M 12	POW				51								51
22	Harry Ashenden	M 12	SPLIT					50							50
23	Fraser Robertson	M 10	DEVON				49								49
24	Glenn Moir	M 8	SWOC							44					44
25	Liam Grundy	M 10	ERYRI				32								32

Senior Women

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	Clare	Dallimore	W 21 SWOC		96	100	87								283
2	Jenny	Williamson	W 21 ERYRI		87	86									173
3	Carys	Morgan	W 21 SWOC				77			81					158
4	Jan	Powell	W 35 POW		37	23									60
5	Felicity	Hayes	W 35 ERYRI			56									56
6	Holly	Bryant	W 20 SWOC			47									47

Senior Men

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	Christopher	Lewis	M 35 SBOC		70	89		95	96	79					359
2	Ben	Doherty	M 20 SBOC			91	82	118							291
3	Matthew	Jones	M 21 SBOC			96				93					189
4	Jonathan	Rhys	M 21 HOC		85	99									184
5	Alistair	Powell	M 21 SBOC		82	97									179
6	Jeffrey	Colbert	M 21 SYO		73	95									168
7	Tim	Higginbottom	M 35 ERYRI			110									110
8	Anthony	Powell	M 35 POW		38	72									110
9	Rhys	Manning	M 21 SWOC			78									78

Veteran Women

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	Annemiekke	Silk	W 40 SWOC		74	74	79	107		93					353
2	Sally	Harmer	W 45 SBOC	97		90				112					299
3	Margaret	Reynolds	W 45 SBOC			110	83			102					295
4	Sarah	Jenkins	W 45 SBOC		85	96	77								258
5	Gabriella	Walsh	W 40 POW		66	89				90					245
6	Tessa	Lewis	W 45 SWOC		66	89		79							234
7	Eunice	Carter	W 45 POW		64	93									157
8	Rachel	Morris	W 45 ERYRI		78	51									129
9	Sarah	Rees	W 45 POW		60					65					125
10	Sarah	Bayliss	W 40 SPLOT			98									98
11	Kate	O'Sullivan	W 45 POW		54										54
12	Lynda	Robertson	W 45 DEVON			54									54
13	Ellie	Salisbury	W 45 SWOC					49							49
14	Amy	Graham	W 40 SWOC				30								30

Veteran Men

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	Niall	Reynolds	M 45 SBOC			90	77	94		100					361
2	Leighton	Anthony	M 45 SBOC		82	80	83	72	98						343
3	Nick	Silk	M 40 SWOC			63	76	56	73						273
4	Phillip	Jenkins	M 40 SBOC		68	68	68	54		61					272
5	Stuart	Rees	M 45 POW			56	65			68					249
6	David	Pal	M 40 POW		68	46	59	52	52	58	44				237
7	Jeremy	Parr	M 40 SWOC				67			71					222
8	Richard	Jones	M 40 SWOC		65		55			56					176
9	Adrian	Moir	M 45 SWOC				84			78					162
10	Chris	Arnold	M 45 SBOC				60			84					144
11	Paul	Jones	M 45 DEE			67	76								143
12	Richard	Barrett	M 40 SBOC				120								120
13	Jeff	Moulton	M 40 POW			50	70								120
14	Clive	Thomas	M 40 POW			54				65					119
15	Wayne	Lewis	M 40 SWOC			34	42		40						116
16	Ifor	Powell	M 40 BOK					109							109
17	John	Ellis	M 40 ERYRI			53	51								104
18	Ian	Jones	M 40 ERYRI				103								103
19	Andrew	Allen	M 45 ERYRI				84								84
20	Tudor	Davies	M 45 POW			37	46								83

Super Veteran Men

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	David	Seward	M 50 SBOC			109	108	105	120	117	128				474
2	David	May	M 60 SLOW	128	102	117	98		117						464
3	Frank	Ince	M 65 SWOC	116		113	97			110					436
4	Mike	Kay	M 55 POW	119	88	107	94	110							430
5	Robert	Teed	M 70 NGOC	120		91	63	86		118					415
6	Mark	Saunders	M 50 BOK		123	151	110								384
7	Roger	Stein	M 55 SBOC	101		89		99	89						378
8	James	Clemence	M 50 SWOC	128		124	119								371
9	Robert	Griffiths	M 60 POW	103	87		82	98		67					370
10	Peter	Colbert	M 55 SWOC	93		71	75	82		103					353
11	Peter	Ribbans	M 50 SWOC	87	69	92			86	87					352
12	Dai	Richards	M 50 SBOC		62	91	73	84		96					344
13	Trevor	Griffiths	M 60 BOK	120			87	105							312
14	Kevin	Bush	M 50 SWOC	80		67			80	78					305
15	Jeff	Bryant	M 50 SWOC	71		75	62	72		81					299
16	Bill	Marlow	M 60 POW	90		90				114					294
17	Alan	Mackenzie	M 60 SWOC	85		66	49	75							275
18	Malcolm	Reynolds	M 65 POW		90	108		75							273
19	Brian	Hughes	M 60 HOC		120			143							263
20	David	Mitchell	M 50 SBOC			87		77		97					261
21	Stephen	Walsh	M 50 POW		65	58	50			78					251
22	Steve	Jones	M 50 SBOC			84	69			95					248
23	Richard	Wilson	M 55 LOC		106	120									226
24	Alun	Jones	M 55 TVOC		113	106									219
25	Peter	Seward	M 75 SBOC		82	72	53								207
26	Graham	Tough	M 65 SWOC					91		112					203
27	David	Doherty	M 55 SBOC			52	65			77					194
28	David	Watkins	M 50 BADO		87	100									187
29	Alun	Morgan	M 65 SWOC			77	32	41		33					183
30	Guy	Seaman	M 60 SYO		86	90									176
31	John	Mills	M 60 SWOC			84	75								159
32	Mike	Dobbs	M 60 SBOC			70	73								143
33	Andy	Creber	M 50 BOK			124									124
34	Tony	Noott	M 70 BOK	111											111
35	Havard	Prosser	M 60 SWOC					98							98
36	Nigel	Ferrand	M 50 SWOC							95					95
37	Alan	Stone	M 50 SWOC					93							93
38	Hayden	Griffiths	M 50 SWOC					85							85
39	David	Brodie	M 55 POW			85									85
40	Richard	Howell	M 50 SWOC	80											80
41	Terry	Smith	M 65 POW			80									80
42	Phil	Clarke	M 50 POW			69									69
43	Colin	Darlington	M 55 ERYRI			67									67
44	Malcolm	Kendrick	M 70 SBOC			63									63
45	Clive	Eiles	M 65 SBOC				52								52
46	Stan	Szajda	M 65 SBOC				21			29					50
47	Andy	Fryer	M 55 SBOC				33								33

Super Veteran Women

	NAME	CLASS	CLUB	1	2	3	4	5	6	7	8	9	10	11	TOTAL
1	Gill	Manning	W 60 SWOC	128	125	121	105			96					479
2	Alice	Bedwell	W 50 BOK	126	113	128	105								472
3	Anne	May	W 60 SLOW		92	91	66		73	94					350
4	Noelle	Bryant	W 50 SWOC	74		81	61	71							287
5	Susan	Colbert	W 60 SWOC	78		77	49	75							279
6	Anne	Wilson	W 55 LOC		79	85									164
7	Sue	Davies	W 70 SBOC			61			94						155
8	Sue	Alston	W 50 SBOC				64		72						136
9	Diane	Reynolds	W 65 POW		59	55									114
10	Bridget	Stein	W 50 SBOC							108					108
11	Helena	Burrows	W 55 ERYRI							104					104
12	Pam	Chamberlain	W 55 ERYRI			94									94
13	Anne	Darlington	W 55 ERYRI			94									94
14	Jane	Ritchie	W 50 SWOC						79						79
15	Andrea	Marlow	W 55 POW	74											74
16	Caroline	Dallimore	W 55 SWOC					70							70
17	Hilary	Davies	W 65 ERYRI			60									60
18	Barbara	Prosser	W 60 SWOC					28							28

Copy date for next issue is ?

Club News



June's issue of The Platform, SWOC's online newsletter can now be found on SWOC's website at www.swoc.org.uk



POW finished their summer events with a novelty event at Bwlch Nant Yr Arian where the mass start coincided with the heavy rain starting. Everyone still enjoyed themselves even though some finished in the murk as the evening closed in. The POW League continues in September with a score event at Gregynog, with parking in a different place to normal at Tregynon Saw Mills on the edge of Tregynon village.



SBOC's very successful summer league series is now in full flow. See www.s boc.org.uk for details of forthcoming events.



Head towards www.sarnhelen.org.uk/ for details of the running race the club are staging in November. Also you will find details about the clubs cycling activities.



Eryri's website can be found at www.eryri-orienteers.org.uk . It is great to see it being regularly updated with details of events and activities.

T.R.O.T.

Taf Running & Orienteering Team

No orienteering news this issue but keep a watch on the website www.trots.org.uk for news, events and results of the running events the club is hosting during 2010.



2011 will be the 30th anniversary of SPLOT and plans to celebrate this milestone are already being prepared. If you are a former SPLOT member then it is still not too late to get in contact so as to not miss out in the fun-to-come.

Dragonets

Junior Dragons



WOA Squad picture taken at 2010 Junior Inter Regional Championship Event (JIRCS). Photo by Phil Jenkins.

JIRCS 2010 June 26th / 27th Sennybridge

This year JIRCS was hosted by the Welsh Junior Squad at Sennybridge in South Wales.

Mark Saunders did a fantastic job in arranging the event, planning the Relay and the Fun Sprint Race, aided by Charles Daniels BOK who was Controller for the weekend and Hugh Drummond BAOC who planned the Individual and liaised with the Army for us.

The SI and timing was looked after by Nick & Caroline Dallimore SWOC. They did an amazing job. Many of the parents of the WJS were drafted in to manage the event- which they all did superbly well.

The weather was superb also, probably too hot for the Saturday but that was better than rain.

INDIVIDUAL

W14 3.8km 120m

7th Megan Carter Davies, had a great run, only 3:27 off the lead took 19 points

19th Fay Walsh, 11:20 down scored 12 points

23rd Zoe Walsh was not far behind

33rd Rhona Graham found her first Jircs competition tough going

W16 5.3km 180m

13th Katie Reynolds-was going well before hurting her ankle took 14 points

23rd Emily Lewis worked hard to gain 10 points

31st Bethan Stone

32nd Morven Graham

W18 6.4km 145m

20th Delyth Darlington took 10 points

27th Hannah Jenkins had 6 points

So the girls finished in 6th place with 71 points

M14 5.3km 145m

16th Niall Allen was 5:57 down gaining 12 points

25th William Reynolds M12, running in his first Jircs ran very well gaining 6 points

33rd Stuart Lewis

40th Alastair Smith also found his first Jircs competition tough going

M16 7.0Km 225m

15th Stephen Reynolds was 14:16 off pace scoring 13 points

22nd Sam Mitchell 16:39 down took 9 points

30th Charlie Jenkins exacerbated an old knee injury

M18 8.4Km 230m

16th Ben Mitchell only 10:28 off pace took 12 points

16th Ciaran Allen M16, running up took 11 points

So the boys finished in 7th place with 63 points

At the end of the Individual event, WOA Juniors were in 7th place on 134 points.

RELAY

The assembly area was well chosen affording good views for each leg.

Girls

Katie Reynolds came back only 2:24 down in 8th on leg 1

Megan Carter Davies did well to keep with the pack, 4:10 down in 11th place on leg 2

Delyth Darlington did well to bring team home in 12th place scoring 45 points

Emily Lewis, Fay Walsh & Morven came 20th and gained 33 points

So the girls relay teams finished in 7th place with 78 points.

Boys

This was so exciting, Sam Mitchell led the field up the steep hill to the first control in full view of the assembly area., followed closely by Ciaran Allen. Great Stuff.

Ciaran came back in 2nd (WOA 1) only 3 secs down after tripping on his run in.

Sam came back in 16th place now 1:43 off the pace. Stunning stuff

Leg 2 again some tremendous runs

Niall Allen came in 6th for WOA 1, now only 15 seconds off the lead

Then William Reynolds ran a superb leg bringing his team up into 7th place only 18 seconds off the lead.

Leg 3

Ben Mitchell ran a steady, consistent last leg to keep 6th place earning 57 points.

Stephen Reynolds, running up, did very well to keep in there, finishing 13th with 42 points.

The Boys finished a well respected joint 4th place with WMOA both on 99 points.

The combined points put WOA relay team in 6th place with 177 points.

At the end of the weekend WOA finished in 7th place on 311 points

The Ward Trophy winners for the Overall event were NWOA on 491 points followed by SOA with 485 points. YHOA came in 3rd with 449 points.

Kate Balmond.

Lagganlia 2010

Lagganlia is a week of orienteering training in Northern Scotland near Aviemore for 24 W14s and M14s and this year Niall Allen and I were among those selected to attend. The week started a talk about the week ahead of us and then there was some free time to meet some of the others who were also attending. We were allocated rooms (I was with my friends, Natalie Beadle, Helen Wood and Sarah Jones) and everyone was put into a training group (I was with Niall Allen, Katherine Hall and Tom Hemingway) and our coaches were Emily Benham and Chris Smithard).

The next morning, we had a short briefing about the basics of compasses and pacing, and then we drove to a nearby forest to do some exercises to practise the skills. We measured our paces on the forest track and then going up and down a hill and we did some courses on bearings and aiming off. It was quite basic and easy but they're important skills to practise.

In the evening back at Lagganlia centre, we talked through some of our courses such as the JK and the British Champs with our training group and coaches and we were given our personalised Lagganlia 2010 tour tops.

Monday saw us visit a runnable forest called Moor of Alvie where amongst other things we did a warm-up called the penguin dance (we had to run on the spot clapping on our legs and sway left and right and jump). It was really fun. Then we did some exercises. I did a control pick and the attack point exercise and there was also one about catching features. Following this we were timed running a kilometre along a forest track (I took 4:07) and then out in the terrain (I took 6:11). This was to help us realise whether it would be quicker to run 100m (for example) out to a path/track in a race or run along the terrain.

Back at Lagganlia in the evening we had a talk about the 'toolbox' to show the toolbox of skills you need for orienteering. You need to use different

orienteering skills to deal with different problems such as pacing if the land is vague, using a bearing to know where you are going and using simplification if the land is very complex.

Anne Edwards (one of the coaches) gave us a talk about having a personal coach and Tony Carlyle explained the basics of contours to us and how to simplify (which is looking at the basic shape of the land without all the little unimportant details). On Tuesday we visited Culbin where we did lots of exercises focussed on the contours. Everyone had to do a simplifying exercise where we had to just look at the basic shape of the land (e.g. hill, re-entrant etc.) and we also had more exercises on contours where the map was already simplified for us which made it easier and harder at the same time because we didn't have to do the simplifying but we could only use the contours to find our way because there weren't any paths or anything (except contours) on the map. To finish the day, we had an 'Odds and Evens' relay. We had two maps and they had different controls on them. Two people could go out at once but each person could only get one control at a time and would have to come back and swap maps with the other person waiting at the start. My team was Becky Young, Dane Blomquist and me and we won!!!

In the evening, Hector Haines gave us a talk on training, how it works and how to develop muscles efficiently. We also had a talk from Nev Myers about race preparation and maybe visualising the race by trying to find a map from previous events and researching the area.

On Wednesday, we had sprint races. The first race /qualifier was at Avielochan where I came 4th out of the 12 girls and got put into the A final (the A final was for the 1st 6 girls and then B final was for the 2nd 6 girls). The Final was at Lagganlia camp and I came 2nd out of the girls with Sarah Jones ahead of me. The rest of the day was free. We had a fun surprise trip to Badaguish camp and we had fun trying to get across rings hanging over a pond. Then we went swimming in Loch Morlich and shopping in Aviemore.

On Thursday at Achlean, we went around a course using the sketch map that we drew the night before which was quite fun and showed how easy it is to get around a course using remarkable features such as a huge depression to your left or running along a ridge. Then I did a map memory course and a talk-O with Sarah Jones. After that, most people took part in a peg relay. There were 12 controls with pegs at 4 of them and if you got there quick enough to get a peg, you had to take it and do an extra loop of controls. I got 2 pegs – one at control 6 where I had to do quite a long loop with Stuart (one of the coaches) chasing me really quickly and I'd finished the loop and was on my way to number 7 and ran up the wrong hill and got lost for about 5 minutes and I got my other peg at control 9. From control 10 to 11, there was a huge marsh and I was running through it looking at my map and fell right in to my neck and had to climb out and finish the race in wet clothes.

On Friday, we had a classic race. I got lost and came last but I didn't mind because the week was really fun. After doing a race analysis back at Lagganlia, we had a fun relay where I was with Natalie Beadle and Iain Embrey (a coach) and we came 2nd overall which was a nice ending to the week.

It was an amazing week. If you ever get a chance to go, I strongly recommend it because you will learn lots and make loads of friends.

Megan Carter-Davies, POW

Lagganlia 2010

This year I was given the opportunity to attend Lagganlia, which is a selection camp for 24 2nd year 14's.

On Saturday morning I was dropped off at Penrith station by my Mum and Dad who were off to a mtb race in the South of Scotland. From there I had a 3 hour train journey to Aviemore where I was greeted by Nev Myres, who then drove us all in the mini bus to Lagganlia.

Sunday was our first day of orienteering and in the morning we went to Uath Lochan. We split into groups where we met our personal coaches. I was lucky to be given Chris Smithard (from DEE orienteers) and Emily Benham (world class mtb orienteer). From there we did 4 exercises based on pacing and bearings followed by the afternoon session when we went to Achlean where we had another 2 exercises and a relay. On Sunday evening we did some race analysis sheets and were given our tour o tops, which you will probably see in a lot of events from now on.

On Monday morning we were taken to Moor of Alvie where we had some exercises on attack points and catching features followed by a 1km timed run though terrain and 1km on a track, where Chris took nearly a minute off my time of 3 minutes and 57 seconds, the 3rd fastest time of the junior boys. In the evening we talked about contour basics ready for Tuesday when we would be going to Culbin.

Culbin is a nice sandy and open forest which was used for the British Championships and Scottish 6 Days. The training was all about contours and helped though out the rest of the week. On Tuesday evening we had a talk by Hector Haines about training, which was very intense but has helped me with the type of training required throughout the year. Later on in the evening Nev talked us through race preparation and how to get in the race zone as well as what to eat and drink before and after a race.

Wednesday was the day of the tour sprint champs with a qualifier in the morning in Avielochan, a nice and flowing small area and with my race preparation learned from the night before earned me a 3rd place qualifier. In the later morning we went back to Lagganlia for the sprint finals which were around the buildings and grounds. My preparation worked very well

and I finished 2nd in the final. In the afternoon we went to Loch Morlich for swimming followed by free time to warm up by shopping in Aviemore.

Thursday we went to Achlean again for exercises on map memory and simplification.

Friday was the day of the Lagganlia classic race where I finished in 5th place despite having a sore leg

Saturday, and time for the long journey home after a fantastic weeks training that was very enjoyable and where I met many new friends and learnt a lot.

Thanks to all the people who helped me and I would go back again any day.

Niall Allen M14 Eryri

Cairngorm Camp 2010

This year I was very pleased to be selected for the Talent coaching camp which was a week of training in Scotland at the outdoor centre, Badaguish, near Aviemore. 34 athletes over a range of ages were selected, and welsh representation was by me and Ciaran Allan. The week was different to previous summer camps, because there was a large range of ages. When we arrived we were given a timetable of the week, and it was clear that we wouldn't be doing as much actual orienteering out in the forest. We were arranged into coaching groups of about 4 or 5 and each coach was allocated to a coaching group. My coach was Liz Bridge, and we would have individual meetings every day. We had 2 full days of orienteering and then other half days of training with talks and sessions back at the lodges. There were more classroom sessions with presentations given by coaches about different aspects of orienteering. The coaches introduced us to lots of new things like periodisation of our training, heart rate monitors, different intensities to train at, strength & conditioning and it all got quite complicated! We filled out graphs showing our consistency and percentage behind the leader in the main events this year, which we talked about in our individual meetings with Sarah Hague, one of the lead coaches. A typical day at Badaguish would involve getting up at 7.30am to have breakfast at 8am, then at 9am we would either have a classroom talk or head out into forests like Alvie and Inshriach. We would usually be back by 4pm and snacks of cake and juice would be provided in the lodges. We had time to shower and get changed before our meetings with our individual coaches at 5pm and then at 6pm we had dinner. After dinner we would attend talks put on by coaches about things like self analysis, leg analysis, race analysis, how to make the most of a personal coach and things like that. After everything had finished, we had time to socialise and relax from 8pm – 10.30pm, and the coaches were very strict on punctuality!

Later on in the week we did some fun activities such as the rings, and if

you didn't make it across to the other side, you fell into a murky pond. Luckily I was fine! On the last day, we did a sprint race around Lagganlia, unfortunately I mispunched, but the coaches made us prepare for the event as if it were important. We were put into quarantine, we weren't allowed to see the start or finish, and we didn't even know the area until the bus had parked. That evening, we had a barbeque, a fun quiz, and 'Badaguish has Talent', which involved a twiglet eating competition. Overall the week was great fun, and we were encouraged to 'work hard, play hard'. I would like to say thanks to SBOC and WOA for their contributions and to Mark and Alice for their coaching.

Katie Reynolds, SBOC

Cairngorm 2010

This year, I was lucky enough to be invited to join the British Talent Squad tour in Badaguish, Aviemore. Unlike previous years, this year's summer tour consisted of several different age groups, the new format meant that we were training with M14's and W16's right up to M20's and W18's.

After my train journey up to Aviemore and a short minibus ride to Badaguish everyone settled in quite quickly as many of the juniors and coaches there had already met during previous camps and events. Soon after we arrived we had a talk with our personal coaches for the week and had an opening briefing on what we would be doing during the week. Unlike previous camps I have been to there was almost as much classroom time as there was forest training, especially in the first half of the week.

On Sunday we were divided into 3 groups and had 2 classroom sessions each; mine were heart rate monitors, in which we learned the different models and how best to use them in both training and competition, and pre-race stretching, in which we learned a series of dynamic stretches to do before a competition. After lunch we then went out for a short session on Moor of Alvie and Speybank where we were given a master map to create our own courses with our coaches.

Further classroom sessions followed during the week on subjects such as pre race preparation, post race analysis, strength and conditioning, periodisation of training and planning an interval and Fartlek session. We also had talks with our personal coaches everyday after training to talk about what we had done and what we needed to work on.

We also had terrain exercises in Avielochan on Monday where we ran an interval and Fartlek session which we had planned in the morning, Culbin on Tuesday where we focused on contours, concentrating on attack points and simplification of a long course on a contour only map, Alvie on Wednesday where we focused on simplification by only using predominant features, Inshriach on Thursday where we used a style of training that Thierry Gueorgiou uses, where many different types of training are condensed into a long training course and Lagganlia on Friday where the

tour sprint took place around the area in an international competition style as there was a holding area before the start.

We had Friday afternoon and evening off as we were going home early the next day. During the evening we had a BBQ, "Badaguish Has Got Talent" competition and Nevs famous O-Quiz.

Overall the week was hugely enjoyable and I brought away a lot having learnt so much in both the classroom and forest sessions.

Ciaran Allen, M16 Eryri Orienteers

Thanks to all the juniors for their enthusiastic articles, these all came in with no prompting from Y Ddraig, brilliant stuff!
And now on with the rest of the issue...

ORIENTEERING FIXTURES

Accurate as of 9th August 2010

WOA tries to ensure that the information given here is accurate and up-to-date. Errors and last-minute changes do occur, so you are advised to check with the organiser.

Most events are entry-on-the-day (EOD) only. A closing date (CD) implies pre-entry is necessary or available, please help event organisers by respecting the dates set. BOF standard entry form (SEF) can be used for pre-entry if stated. EPS refers to electronic control punching; e-cards can generally be hired on the day and types are either SI (Sportident) or EMIT.

Events counting towards the Welsh League are boxed.

September 2010

- | | |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 11 th | Junior Home International Relay Event at Kinnoull, Perth.
NO145237. PH2 ???. |
| 11 th | NGOC Local Score Event at Shaw Common and Hay Wood, Dymock. SO681260. HR9 7FA. Start: 2.00pm mass start. SI.
www.ngoc.org.uk |
| 12 th | Junior Home International Individual Event at Devilla, Kincardine on Forth. NS960885. FK10 ???. |
| 12 th | MEROC Regional Event at Formby Dunes, Formby.
SD276077. L37 ????. Entries via Fabian4. www.meroc.co.uk |
| 12 th | WRE Long-O Event at Long Mynd, Church Stretton.
SO435967. SY6 ????. Starts: 10.30am to 12.30pm. SI.
www.wrekinorienteers.co.uk |
| 12 th | SWOC Local Event at Clydach Terrace, Blaenavon.
SO178133. NP23 ????. www.swoc.org.uk |
| 12 th | BOK Local Event at Three Brooks, Bristol. ST625820. BS32
???. www.bristolorienteering.org.uk |

- 18th **NGOC Local Event at Mallards Pike North, Cinderford.** SO651127. GL14 3ER. Starts: 12.00pm to 1.00pm. SI. www.ngoc.org.uk
- 19th **BOK Long-O Event at Highmeadow Woods, Bracelands Adventure Centre, Forest of Dean.** ST560131. BA20 ??? SI. Starts: 10.30am. www.bristolorienteeing.org.uk
- 25th-26th **Caddihoe Chase Regional Events at Wareham Forest, Wareham.** SY895910. BH20 ??? SI. Post CD 09.9.2010. Courses: W,Y,O,LtG, StG,G,Blu,LongBlu,Br,LongBr,Bla www.wessex-oc.org
- 25th **POTOC Local Event at Hanley Forest Park, Hanley.** SJ886487. ST1 6BD. Starts: 10.30am to 12.00pm. SI. www.potoc.dandasparks.org.uk
- 25th **OD Local Event at Abbey Fields, Kenilworth.** SP286724. CV8 1BP. Starts: 10.30am to 12.00pm. EMIT. Courses: Y,O,G.
- 26th **SBOC Local DofE Score Event at Ogof Ffynnon Ddu, Upper Swansea Valley.** SN854158. SA9 ??? Registration: 10.00am to 12.00pm. www.s boc.org.uk

October 2010

- 2nd **SBOC Veteran Home International, Regional & Welsh League Event at Whiteford Burrows, Gower.** SS445955. SA16 ??? www.s boc.org.uk
- 2nd **MEROC/DEE Schools League & Local Event at Calderstones Park, Liverpool.** SJ405875. L18 ??? www.meroc.co.uk
- 3rd **SBOC Veteran Home International and Welsh Short Distance Open Championships at Broughton Burrows, Gower.** SS410920. SA16 ??? www.s boc.org.uk
- 3rd **OD Regional Urban Race at Warwick.** SP287648. CV34 4QY. Starts: 10.30am to 12.30pm. EMIT. Courses: The Nopesport range of Men's and Women's Open classes and M/W 55+, M/W 40+, Junior M/W 18-, and Non-Comp courses for younger Juniors. www.octavian-droobers.org
- 3rd **BOK Local Event at Leigh Woods, Bristol.** ST559733. BS8 ??? www.bristolorienteeing.org.uk
- 9th **British Schools Score Chamionships at Whitton Country Park, Blackburn.** BB2 2TP. Post CD: 21.09.2010. www.bsoa.org
- 9th **POTOC Local Event at Reaseheath College, Nantwich.** SJ650541. CW5 6DF. Starts: 10.30am to 12.00pm. SI. www.potoc.dandasparks.org.uk
- 10th **NGOC Regional Event at Knockalls Enclosure, Forest of Dean.** SO537124. GL16 8PB. Post CD: 28.9.2010. Online entries via Fabian4. SI. www.ngocweb.com/knockalls2010/index.shtml
- 10th **SELOC Regional Event at Tockholes.** SD664215. BB3 0PA. No further details available.
- 16th **NGOC Local Event at Symonds Yat, Coleford.** SO572128. GL16 7DU. Starts: 12.30pm to 2.00pm. SI. www.ngoc.org.uk
- 17th **CompassSport Cup Final at Burbage Moor, Sheffield.** No further details available.
- 17th **POW Local Event at Coed Allt Fedw, Trawscoed.** No further details available.

- 23rd **HOC Local Event at British Camp, Malvern.** No further details available.
- 23rd **BOK Local Event at Greyfield Wood, Bath.** ST639584. BS39 ??? www.bristolorienteeing.org.uk
- 24th **SWOC Regional & Welsh League Event at Merthyr Common, Llangynidr.** SO109142. NP22 4ET. Starts: 10.30am to 12.30pm. SI. www.swoc.org.uk *Technical, exposed open moorland.*
- 30th **BOK Local Night Event at Blaise Castle, Bristol.** ST556787. BS10 ??? www.bristolorienteeing.org.uk
- 31st **POTOC Regional Event at Park Hall, Stoke-on-Trent.** SJ928446. ST3 ??? www.potoc.dandasparks.org.uk
- 31st **BADO Regional Event at Basingstoke.** No further details available.
- 31st **BOK Local Event at Blaise Castle, Bristol.** ST556787. BS10 ??? www.bristolorienteeing.org.uk

November 2010

- 6th **NGOC Local Event at Blakeney Hill, Lydney.** SO667067. GL15 4DA. Starts: 12.00pm to 1.00pm. SI. www.ngoc.org.uk
- 6th **BAOC Senior Home International Relay Event at Pamber Forest, Basingstoke.**
- 6th **DEE Local Sprint Event at Daresbury Laboratory, Warrington.** SJ577830. WA4 4AD. www.deeside-orienteeing-club.org.uk
- 7th **SOC November Classic Regional Event & Senior Home International Individual Event at Ironswell, New Forest.** No further details available.
- 7th **WRE Regional Event at Bury Ditches, Bishop's Castle.** SO320828. SY9 ??? SI. Starts: 10.30am to 12.30pm www.wrekinorienteers.co.uk
- 7th **DEE Local Urban Event at Chester City.** SJ405665. CH1 ??? www.deeside-orienteeing-club.org.uk
- 13th **DEE Schools League Event at Eastham Country Park, Bebington.** SJ360820. CH62 ??? www.deeside-orienteeing-club.org.uk
- 13th **DEE Night Event at Eastham Country Park, Bebington.** SJ360820. CH62 ??? www.deeside-orienteeing-club.org.uk
- 14th **HOC Regional & Welsh League Event at Postenplain, Bewdley.** SO743791. DY12 ??? www.harlequins.org.uk
- 18th **HOC Local Night Event at Kinsford Forest Park, Kinver.** SO833830. DY7 ??? www.harlequins.org.uk
- 20th **POTOC Local Event at Apedale Country Park, Newcastle under Lyme.** SJ822483. ST5 ??? Starts: 10.30am to 12.00pm. SI. www.potoc.dandasparks.org.uk
- 20th **NGOC Local Event at Ninewells, Coleford.** No further details available.
- 20th **BOK Local Night Event at Moseley Green, Forest of Dean.** ST556787. BS10 ??? www.bristolorienteeing.org.uk
- 21st **British Schools Orienteering Championships.** No further details available.

- 21st **BOK Regional Event at Moseley Green, Forest of Dean.**
SD631087. BL6 ????. SI. www.bristolorienteeing.org.uk
- 21st **POW Local Event at Aberedw Rocks, Builth Wells.**
SO081457. LD2 ????. SI. Starts: 10.30am to 11.30am. www.mid-wales-orienteeers.org.uk
- 27th **BOK Local Event at Aston Court, Bristol (To be confirmed).**
ST556712. www.bristolorienteeing.org.uk
- 27th **SWOC Local Training & Night Score Event at Wenallt, Cardiff.** ST142839. CF15 ????. SI. Starts: Training 1.30pm to 3.30pm, Night Event 5.00pm to 5.30pm. www.swoc.org.uk
- 28th **WCH Regional Event at South Sherbrook, Cannock Chase.**
SK001167. WS? ????. www.walton-chasers.co.uk

Future Fixtures

- 5th Feb 2011 British Night Championships at Bentley Woods, Atherstone.
- 19th/20th Feb 2011 NOR National Event Weekend at Cromer Ridge, Sheringham (19th) & Sheringham Park & Weybourne Wood, Sheringham (20th)
- 6th March 2011 SBOC Regional Event & Welsh Championship Event at To Be Confirmed
- 27th March 2011 SWOC Regional Event at Cwmbran
- 8th May 2011 POW Regional Event at Gilwern Hill, Llandrindod Wells
- 25th June 2011 SBOC Regional Event at To Be Confirmed

WELSH EVENT REPORTS & RESULTS

SBOC Local Event Graig Fawr Woods, Port Talbot 18th June 2010

Green 3.2K 170m			
1 Charlie Jenkins	M16	SBOC	43.42
2 Chris Lewis	M35	SBOC	43.48
3 Matt Jones	M21	SBOC	45.25
4 Ben Mitchell	M18	SBOC	45.26
9 Katie Reynolds	W16	SBOC	62.58
28 competitors			
Light Green 2.3K 110m			
1 Trevor Simpson	M70	OD	55.37
2 Hilary Simpson	W70	OD	62.13
8 competitors			
Orange 2.5K 100m			
1 Joe Thomas	M12	POW	50.46
2 Will Haslam	M18	IND	78.48
2 competitors			

Yellow 1.4K 70m
1 William/Emily Thomas POW 15.57
1 competitor

Source: www.sboc.org.uk

SBOC Regional Event Merthyr Mawr Nature Reserve, Porthcawl 19th June 2010

Brown 7.6K 220m 20 controls			
1 Pavel Prochazka	M20	BKO	52.49
2 Clive Hallett	M45	BOK	56.34
3 Matthew Jones	M21	SBOC	56.35
4 Romaldus Stupelis	M21	HOC	60.06
5 David Seward	M50	SBOC	61.06
7 Julia Blomquist	W20	BAOC	72.04
22 competitors			

Blue 6.0K 200m 17 controls			
1 Adam Potter	M16	BOK	53.57
2 Barry Elkington	M50	OD	54.39
3 David Hunt	M50	BOK	55.05
4 Matthew Elkington	M16	OD	55.43
5 Niall Reynolds	M45	SBOC	55.52
7 Katie Reynolds	W16	SBOC	58.48
61 competitors			

Green 4.1K 100m 11 controls			
1 Dane Blomquist	M14	BAOC	45.17
2 Bridget Stein	W50	SBOC	47.51
3 Graham Tough	M65	SWOC	48.16
25 competitors			

Short Green 3.2k 60m 11 controls			
1 Monika Cooper	W65	SYO	51.18
2 Hilary Simpson	W70	OD	53.16
3 Clare Fletcher	W65	BOK	55.23
12 controls			

Light Green 3.2K 60m 10 controls			
1 Michael Hallett	M14	BOK	38.40
2 William Reynolds	M12	SBOC	40.31
3 Fay Walsh	W14	POW	46.04
7 competitors			

Orange 2.9K 50m 9 controls			
1 Angela Manancourt	W35	IND	36.21
2 William Haslam	M18	IND	38.50
3 Chloe Potter	W12	BOK	39.31
8 competitors			

Yellow 2.1K 40m 12 controls

1 Quinlan Silk	M10	SWOC	20.04
2 Sam Ralph	M10	IND	26.52
3 Carys Sharp	W10	SWOC	30.40
10 competitors			

Source: www.s boc.org.uk

SBOC Local 2x2 Relay Event Merthyr Mawr Nature Reserve, Porthcawl 20th June 2010

1 Matthew Elkington/Adam Potter	OD/BOK	84.35
2 Clive Hallett/Michael Hallett	BOK	87.15
3 Katie Reynolds/M Carter-Davies	SBOC/POW	94.28
4 Bruce Bryant/Liz Phillips	OD	94.42
5 William Reynolds/S Reynolds	SBOC	102.03
40 competing teams		

Source: www.s boc.org.uk

ERYRI Local Event Coed MaesNewyddion, Betws-y-Coed 20th June 2010

Green

1 Paul Jones	DEE	50.43
2 Jenny Williamson	ERYRI W21	51.44
3 Dave Norris	ERYRI M45	52.52
4 Sarah Bayliss	ERYRI W40	53.35
5 Dave Broatch	ERYRI M50	55.04
6 Kath Broatch	ERYRI W45	55.47
24 competitors		

Orange

1 Jon Davies	DEE M50	26.25
2 Kitty Jones		30.40
3 Elen Norris	ERYRI W12	32.30
9 competitors		

Yellow

1 Saskia Jones		27.15
2 Liam Grundy	ERYRI M10	28.42
4 competitors		

Source: www.eryri-orienteers.org.uk

SWOC Local Event Cosmeston Country Park, Penarth 22nd June 2010

1 Alice Bedwell	W50 BOK	941.22points
2 Nick Dallimore	M55 SWOC	775.50points
3 Frank Ince	M65 SWOC	756.00points
4 John Mills	M60 SWOC	755.00points

8 Martha McCormick	W12	SWOC	669.90points
21 competitors			

Source: www.swoc.org.uk

Junior Inter Regional Championship Event Sennybridge Training Area 26th June 2010

M18

1 Peter Bray	SCOA	57.08
2 Aidan Smith	YHOA	57.33
3 Jonathan Crickmore	SEOA	58.05
4 Mike Beasant	NWOA	58.17
16 Ben Mitchell	WOA	67.36
16 Ciaran Allen	WOA	67.36
31 Simon Thomas	WOA	135.42
33 competitors		

W18

1 Kirsten Maxwell	SOA	46.26
2 Jo Shepherd	SOA	49.08
3 Charlotte Ward	YHOA	52.00
4 Isla Simmons	SWOA	52.50
20 Delyth Darlington	WOA	68.20
27 Hannah Jenkins	WOA	86.41
30 competitors		

M16

1 Jack Benham	SWOA	48.12
2 Ben Maliphant	SWOA	51.07
3 Zac Field	YHOA	52.54
4 Jack Millar	NIOA	52.57
15 Stephen Reynolds	WOA	62.28
22 Sam Mitchell	WOA	64.51
30 Charlie Jenkins	WOA	74.41
38 competitors		

W16

1 Zoe Harding	NWOA	39.22
2 Lucy Butt	SWOA	39.45
3 Rona Lindsay	SOA	40.31
4 Lucy Thraves	SEOA	41.17
13 Katie Reynolds	WOA	52.35
23 Emily Lewis	WOA	62.34
31 Bethan Stone	WOA	77.54
32 Morven Graham	WOA	81.33
32 competitors		

M14

1 William Rigg	NWOA	37.16
2 Alexander Chepelin	SOA	37.40
3 Joe Woodley	YHOA	39.23

4 Michael Hallett	SWOA	39.44
16 Niall Allen	WOA	43.13
25 William Reynolds	WOA	50.11
33 Stuart Lewis	WOA	60.14
40 Alastair Smith	WOA	74.52
42 competitors		

W14		
1 Sarah Jones	NWOA	27.13
2 Katrina Hemingway	NWOA	28.42
3 Jennifer Ricketts	SOA	29.55
4 Katie Wright	NWOA	29.58
7 Megan Carter-Davies	WOA	30.40
19 Fay Walsh	WOA	38.33
23 Zoe Walsh	WOA	41.53
33 Rhona Graham	WOA	67.06
33 competitors		

Source: www.swoc.org.uk

Junior Inter Regional Championship Event
Sennybridge Training Area
27th June 2010

Boys Relay		
1 YHOA2		89.21
2 SOA2		91.21
3 WMOA1		91.44
6 WOA1		93.27
13 WOA2		96.00
32 WOA3		190.34
36 competing teams		

Girls Relay		
1 SOA1		82.09
2 NWOA1		83.34
3 SWOA1		83.40
12 WOA1		96.50
20 WOA2		128.16
24 WOA3		165.16
26 competing teams		

Source: www.swoc.org.uk

SBOC Mountain Bike-O Event
Penbrey, Llanelli
30th June 2010

Event cancelled.

POW Local Event
Plynlimon, Aberystwyth
4th July 2010

Blue			
1 Dai Richards	M50	SBOC	75.26
2 Bill Marlow	M60	POW	88.37
3 Mike Kay	M55	POW	93.44
4 Gill Manning	W60	SWOC	109.43
8 competitors			

Light Green			
1 David Pal	M40	POW	50.40
2 Kate O'Sullivan	W45	POW	62.23
3 Margaret Murphy	W60	DEE	89.43
4 competitors			

Orange			
1 Elizabeth Moulton	W14	POW	38.08
2 William Moulton	M12	POW	40.01
3 Laing Family	IND		43.06
6 competitors			

Yellow			
1 Dafydd Thomas	M12	POW	15.22
2 Carolyn Griffiths	W21	IND	18.04
4 competitors			

Source: myweb.tiscali.co.uk/swnygwy

SBOC Local Event
Clyne Valley Country Park, Swansea
7th July 2010

Yellow 2.0K 35m 8 controls			
1 Abi Carter	W10	SBOC	35.45
2 S Lock/S Campion	W12	SBOC	45.15
3 competitors			

Orange 2.25K 40m 10 controls			
1 Steve Roe	M60	SBOC	27.20
1 competitor			

Light Green 3.0K 75m 10 controls			
1 Gary Robertson	M40	IND	61.29
3 competitors			

Green 4.3K 100m 15 controls			
1 Matt Jones	M21	SBOC	45.10
2 Ben Doherty	M20	SBOC	48.06
3 Sam Mitchell	M16	SBOC	49.29

4 Dave Seward	M50	SBOC	49.54
10 Margaret Reynolds	W45	SBOC	72.13

Source: www.s boc.org.uk

ERYRI Local Event
Gwydr Forest
11th July 2010

Yellow 2.7K

1 E&L Mawdseley & mum & dad	W8	47.03
2 Tom Houston & Uncle	M8	49.45
3 Aaron Grundy & Dad	M5	60.34

7 competitors

Orange 3.3K

1 Nina Jones	W12	43.09
2 Elen Norris	W12	46.33
3 Ben Davies & Mum	M8	47.18

Long Light Green 5.1K

1 Chris Near	M35	48.57
2 Clare Dallimore	W21	51.27
3 Niall Allen	M14	54.21
4 Ciaran Allen	M16	57.41
5 Paul Jones	M45	58.18

12 competitors

Source: www.eryri-orienteers.org.uk

SWOC Local Event
Cwm Lickey, Cwmbran
13th July 2010

Score

1 Graham Tough	M65	SWOC	361points
2 Joe Taunton	M21	NGOC	350points
3 Christine Farr	W35	BOK	320points
4 Alice Bedwell	W50	BOK	292points
5 Duncan Innes	M45	BOK	290points

23 c ompetitors

Yellow

1 Sue Colbert	W60	SWOC	29.58
2 Jenny Lewis	W12	SWOC	30.08

6 competitors

Source: www.swoc.org.uk

SBOC Local Event
Kilvey Hill, Swansea
14th July 2010

Yellow

1 Siobhan Lock & Sophia Campion	W11	SBOC	80.50
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1 competitor

Orange

1 William Reynolds	M12	SBOC	28.36
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1 competitor

Light Green

1 David Harris		IND	36.51
2 Gary Robertson	M21	SBOC	46.24

5 competitors

Green

1 Ben Doherty	M20	SBOC	35.54
2 Ben Mitchell	M18	SBOC	37.03
3 Sam Mitchell	M16	SBOC	43.23
8 Margaret Reynolds	W45	SBOC	58.18

14 competitors

Source: www.s boc.org.uk

POW Local Event
Bwlch Nant Yr Arian
19th July 2010

Orange Minimum distance 1.93K

1 Florence & Kim	36.36
2 Daniel	37.42
3 Elizabeth & Will	38.07

6 competitors

Very Light Green

	Distance run	Time
1 Kate	3.27K	49.55
2 David Pal	4.13K	52.37
3 Fay Walsh	3.66K	55.20

9 competitors

Source: myweb.tiscali.co.uk/swnygw

SBOC Local Event
Mynydd Mawr Country Park, Tumble, Cross Hands
21st July 2010

Yellow 2.1K 30m

1 Fraser Robertson	M12	DEVON	16.13
2 Heather Robertson	W	DEVON	18.35

4 competitors

Orange 3.0K 40m

1 William Reynolds	M12	SBOC	31.56
2 M Yuan & D Van Der Werp	M16	IND	35.17

2 competitors

Light Green 3.5K 60m

1 Clive Eiles	M65	SBOC	66.18
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2 Stan Szajda	M65	SBOC	70.36
5 competitors			

Green 4.6K 85m

1 Kris Jones	M20	SBOC	31.50
2 Ben Mitchell	M18	SBOC	36.47
3 Sam Mitchell	M16	SBOC	42.14
4 Dai Richards	M50	SBOC	45.30
8 Katie Reynolds	W16	SBOC	54.42
20 competitors			

Source: www.s boc.org.uk

SWOC Local Score Event
Parc Penallta, Hengoed
26th July 2010

1 Gill Manning	W60	SWOC	256 points
2 Frank Ince	M65	SWOC	244 points
3 Dai Richards	M50	SBOC	211 points
4 Rosina Jones	W10	SWOC	210 points
5 John Van Rooyen	M60	SAX	193 points
23 competitors			

Source: www.swoc.org.uk

SBOC Local Event
Margam Park, Port Talbot
28th July 2010

Yellow 1.7K 17m

1 Carys Lock	SBOC	14
1 competitor		

Orange 2.7K 65m

1 James Evans	M40	SBOC	40
2 Claudia Lewis	M10	SBOC	41
4 competitors			

Light Green 3.3K 85m

1 Stephen Reynolds	M16	SBOC	29
2 William Reynolds	M12	SBOC	35
4 competitors			

Green 4.4K 190m

1 Kris Jones	M20	SBOC	29
2 Ben Mitchell	M18	SBOC	32
3 Ben Doherty	M20	SBOC	36
4 Sam Mitchell	M16	SBOC	37
5 Margaret Reynolds	W45	SBOC	43
22 competitors			

Source: www.s boc.org.uk

WELSH 6 DAY ORIENTEERING

Join us for a festival of outstanding orienteering centred around the seaside town of Aberystwyth, situated on the west coast of Wales.



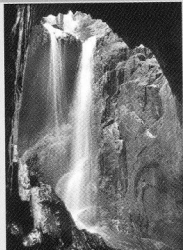
29th JULY - 4th AUGUST 2012



www.croesomultiday.org.uk





Location: Mid Wales is a popular holiday destination and combines the best of outdoor activities, stunning scenery and award winning beaches. Aberystwyth is at the western end of the A44 with road and rail links to the rest of Great Britain.

What's on offer: Croeso 2012 will provide 6 days of competition, 4 Long days and 2 Middle days, with an optional training day on the 28th July and a rest day on the 1st Aug. It is proposed to organise an urban orienteering event and mountain bike orienteering event on the rest day. The competition areas are planned to include open moorland, forest and coastal terrain. Each day will have a string course and a selection of colour coded courses. The preferred method of entry is through www.fabian4.co.uk. Entries will open on December 1st 2011 and age classes M/W10 to M/W80 are available. Sportident electronic punching will be used.

The event centre: Our event centre is Aberystwyth University and all the social activities will be held there. The University facilities include a bar, restaurant, café, swimming pool, fitness centre and also 2 rooms with large screen televisions so that you can follow all the action from the London 2012 Olympics.

Where to stay: The event campsite will be directly opposite the University grounds in Penglais Comprehensive School. This will accommodate tents, campervans and caravans. Single and multiple occupancy en-suite rooms are available in the University halls of residence. There is a variety of holiday accommodation within the Aberystwyth area and links to these and booking details for the event campsite or University accommodation can be found on the CROESO web site. It is our intention to be as environmentally friendly as possible and there will be bus transport available to each day's orienteering area.



www.croesomultiday.org.uk



THE WOA COMMITTEE

Chairman Helena Burrows, Alma Hall, Carreglefn, Amlwch, Anglesey, LL68 0PG, 01407 710528
helena@alma-hall.myzen.co.uk

Vice-Chairman Peter Ribbans, 4 Mons Close, Newport, NP20 5ET, 01633 265537 ribbo2@btopenworld.com

Hon. Secretary Anne May, Newlands, Penallt, Monmouth, NP25 4SE
 01600 711507 anne@themays.org.uk

Hon. Treasurer John Butler, 33 Hambling Drive, Molescroft, Beverley, HU17 9GD, 01482 870312 john@the-butlers.co.uk

Mapping Robert Griffiths, Morawel, Waunfawr, Aberystwyth, SY23 3PP, 01970 624492 brynhendre@hotmail.co.uk

Membership Peter Ribbans, as above

Technical David May, Newlands, Penallt, Monmouth, NP25 4SE, 01600 711507 david@themays.org.uk

Fixtures Brian Hughes, 36 Redcliffe Street, Worcester, WR3 7AP, 01905 21001 brian@hughes36.co.uk

Coaching Mark Saunders, Heol Gerrig, Twmbarlem Lane, Risca, Newport, NP1 6JD, 01633 615586 markandalice@btinternet.com

Information Officer Vacant

Newsletter Editor David Pal, 4 Cae Garreg, Trefeglwys, Caersws, Powys, SY17 5PR, 01686 430357 yddraig@fsmail.net

Young Dragons Editor Megan Carter-Davies, Fay Walsh & Zoe Walsh
gabriella_walsh@btinternet.com

Webmaster Roger Stein, 01792 371450 r.d.stein@swansea.ac.uk

Child Protection Officer

CLUB CONTACTS

Closed Clubs

SPLIT POLY LOST OLD TIMERS (SPLIT) (Ex-UWCC, CC, UWIST)
Sec. Steph Gilmour, 6B Oswald Road, Edinburgh, EH9 2HF, 0131 667 2625 simondavidmoss@btinternet.com

BANGOR UNIVERSITY ORIENTEERS (BUO)

Website: www.buo1.co.cc
 e-mail. orienteering@undeb.bangor.ac.uk

Open Clubs

ERYRI ORIENTEERS (ERYRI) (North Wales)

Sec. Fran Hoare, 12 Henblas, Mold, CH7 1UZ, 01352 757108

fran.hoare@btconnect.com

Memb. Sec. Dave Tindall, 15 Plas Penrhyn, Llandudno, LL30 3EU, 01492 548237 davidwardtindall@gmail.com

MID WALES ORIENTEERS (POW) (Mid Wales)

Sec. Eunice Carter, Pencoed, Cnwch Coch, Aberystwyth, SY23 4RR. 01974 261438. eunice.carter@googlemail.com

Memb. Sec. Robert Griffiths, Morawel, Waunfawr, Aberystwyth, SY23 3PP, 01970 624492 brynhendre@hotmail.co.uk

SARN HELEN (SHORC) (Carmarthenshire, S Ceredigion)

Sec. Dawn Kenwright, Pendle, Maesllan, Lampeter, SA48 7EN

dak.pandy@btinternet.com

SOUTH WALES OC (SWOC) (SE Wales)

Sec. Frank Ince, 56 Lavernock Road, Penarth, CF64 3PA, 02920 712576

secretary@swoc.org.uk

Memb. Sec. Adrian Moir, Ty Ffynnon, Tremynfa Road, Bwlch, Brecon, LD3 7ZH, 01874 730534 adrian.moir@btconnect.com

SWANSEA BAY OC (SBOC) (Central S Wales)

www.s boc.org.uk

Sec. & Memb Sec. Roger Stein, 8 Lunnon Close, Parkmill, Swansea, SA3 2EL, 01792 371450 secretary@s boc.org.uk

TAFF RUNNING & ORIENTEERING TEAM (TROT) (SW Wales)

www.trots.org.uk/

Dwyfor Morgan, 01994 231140

BRITISH ORIENTEERING FEDERATION

BOF National Office 8a Stancliffe House, Whitworth Road, Darley Dale,

Matlock, DE4 2HJ, 01629 734042

Website: www.britishorienteering.org.uk

WELSH ORIENTEERING ASSOCIATION

Website: www.woa.org.uk/



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