

Appendix 4 of SWOA minutes of 17 Sept 2013

South West Junior Squad Report - Jeff Butt
For SWOA Meeting 17 September 2013

Unfortunately this year's South West Coast Path Relay was cancelled so the usual squad opening weekend did not take place this year.

Last weekend four squad members represented England at the Home International. Zac Hudd(BOK) finishing 5th M14, Cecilie Andersen(BOK) 2nd W16, Grey Grierson 2nd M16 and Adam Potter 2nd M18.

The squad are looking forward to this year's Junior Inter Regional Championships(JIRC) which is being organised in the south west by Wimborne Orienteers on the weekend of 28/29 September. This is the first time that this event has been held in the south west for 14 years and thanks must go to Chris Branford for taking on the task.

The first squad training of the season will be taking place at Bath University on the weekend of 5/6 October when Dave Hanstock will be running a track session followed by a look at preparing a training plan for the forthcoming year.

The squad will be training for three days 28-30 October during half term hopefully on Dartmoor if permissions and accommodation can be sorted out.

The M16/W16's representing the squad at this year's JIRCs will be training in the Lake District on the last weekend of November as part of the Lakeside weekend where they will be joining M16/W16s from the other regional squads.

A Christmas weekend will be held in December but a date has yet to be decided for this.

Jeff Butt
September 2013