

SINS

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South West Orienteering
Association Newsletter

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Start of the SWOA Middle Distance Championships at Gore Heath 2009

R. Hateley

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EDITORIAL

Congratulations to BOK, NGOC and SARUM who all qualified for the Compass Sport Final in October. The fixtures list is at its most congested at this time of year. It was great to see so many people at the NWO Galoppen, even with the price of fuel making rural life very difficult. National fixtures are starting to come very rapidly in April and May with the British Sprint and Middle Distance Championships in the South East, JK in Northern Ireland and the British Classic Championships in Yorkshire. BOK are holding the SWOA Middle distance Championships and the BOK Trot at the start of April and then WRE and HOC are putting on the biannual Springtime in Shropshire at the end of May.

Susan Hateley DEVON

Volunteers meet new people ... make new friends

SWOA NEWS

CONTROLLERS

Grade C: James Head of NWO (formerly of TVOC and DEVON), Martin Cross of WIM (formerly of OD) and Joe Parkinson of NGOC (formerly of SOC) have been added to the list.

Grade B: Jan Belza of SARUM has retired from controlling to concentrate on mapping and planning.

NEW SWOA WEBSITE

The new website is at www.sworienteeingassociation.co.uk. The technical stuff is being done by Nath Fernandes of QO operating as VEU Design, with the SWOA Secretary as editor.

SWOA GRANTS FOR COACH EDUCATION

Up until now those going on UKCC training courses have received bursaries from BOF to offset the cost. The amount of these has reduced recently from the 100% which has been given. Fixed prices have been introduced for future courses: British Orienteering supported courses for UKCC Level 1 will cost £95 and Level 2 £140, plus the participant's share of incidental expenses such as venue hire and map printing. These British Orienteering supported courses will require learners to do 15 hours of coaching in a 12 month period. In the light of this, and the probability of increasing numbers wanting to do courses to support Community-O, SWOA is reviewing its grants policy for SWOA organised courses; new rules will be decided at the next SWOA meeting on 6th April.

Arthur Vince, SWOA Secretary

COLOUR CODED AWARDS

Congratulations to the following who have gained their Colour Award.

White:

Millie Stagg BOK Harry Stagg BOK Jasmine Dore RHOK
Katy Knapp RHOK Roisin Croney RHOK Jim Bailey KSODA
Nick Baines KSODA

Yellow:

Millie Stagg BOK Ben Narbett KSODA Ben Shardlow KSODA
Emma Narbett KSODA

Orange:

Zac Hudd BOK Emma Narbett KSODA

Light Green:

Tony Lloyd BOK Anne Robinson BOK

Green:

Jim Blackford DEVON

To qualify you must be within the first 50% of all starters or within 1½ times the winner's time in the results on the same colour course, 3 times in any 2 years.

For WHITE courses you only need to complete the course 3 times.

STRING COURSE (PURPLE) is for any young person who does not already hold any other colour award, and who has completed 3 string courses.

To obtain a colour coded badge award please let me have the 3 dates on which you qualified (anywhere in Britain) and £1 for Juniors (20 & under) or £2 for Seniors (21 & over). These prices are subsidised by S.W.O.A. If applying by post please make cheques payable to S.W.O.A. and enclose a stamped addressed envelope. My address is: 6, York Gardens, Clifton, Bristol BS8 4LL. Sorry no E-mail.

Anne Donnell BOK

THE NEW DEVELOPMENT PROGRAMME AND COMMUNITY O

Ed Nicholas, the BOF Development Manager, gave a presentation to the SWOA committee meeting on 9th February 2011 about the changes coming to the Development Programme.

Ed said that BOF was not meeting Sport England participation targets and a clearer plan was needed; this would address the first two of *More people, More places, More podiums* (MP3). The RDOs' jobs would be terminated now (rather than in a couple of years' time) and there would be four Participation Managers (i.e. two more to be appointed). SARUM, WIM & WSX will come under the South Manager, the rest of SWOA and the West Midlands will have another; applications for this job are due by the end of February with the post starting on 1st April. Richard Barrett would remain as a Participation Manager but we don't know for which area.

Limited resources have to be focussed on specific areas to be effective; these areas are not necessarily in large towns or cities. It was recognised that participation figures needed a different analysis – there is a difference between one person coming 50 times and 50 people coming once. 100 centres are planned; there are 60 open orienteering clubs, so there is a theoretical possibility of one per club. This new programme will be called "Community Orienteering" or Community O.

Community-O has been running in certain places for some time, with a lot learned. Its features:

- Weekly, local orienteering activities that are coached.
- Support for newcomers so that they enjoy themselves.
- The coach's primary function is to create the right atmosphere.
- No need for extensive travel; a fixed venue is an advantage.
- Participants can progress to mainstream orienteering. But if they do not, it's not bad.
- It is known that the social side can bring people in.

Sport England like this model so we get to keep funding, but a bigger coach workforce is needed.

Funding is available so that paid coaches can be used to help over-stretched clubs:

- Year 1 £4000, to cover 3 hours a week for 40 weeks.
- Years 2 and 3 £2000 each. Participants pay a small charge and the sessions should eventually become self-financing. Participants may become coaches themselves after a time. Clubs can put in bids if they feel able.

BOF will be piloting the development of training at club nights for prospective coaches.

WIM and WSX have combined resources and are ready to be up and running, using a base at Parkstone Grammar School. Others are welcome to visit if they want to see what goes on.

Christine and Arthur Vince (KERNO)

Volunteers meet new people ... make new friends

SOUTHERN NIGHT ORIENTEERING CHAMPIONSHIPS.

Saturday 27th November 2010

It is quite a while ago now, when we were having very bad weather, snow, ice and very cold. But that was not going to put us off from travelling to Washers Pit to compete. It was to be part of a full week end of running and competing.

We picked up Mark Lockett on the Saturday morning; he was one of only a small number of other Kerno members taking part, the others being Arthur and Sue Boyt.

The event took place on Saturday 27th November, early in the night season, but at least we had had one local event to test out the new super bright head torches that we had bought. It's a pity they cannot help with the map reading!! We had heard that there were a lot of brambles and it was quite an overgrown area, but we were pleasantly surprised.

We arrived in good time, lots of snow on the ground and very cold, did not want to get out of the car!!! Had to put on lots of layers, Phil and Mark kept saying it was not too bad, but I think that was just to make me feel better.

It was a shame that the number of competitors was low, on my course I was the only one and Phil only had a small number on his as well. So all I had to do was get round my course and finish. No mistakes. No getting misplaced.

I set off very cautiously and made my first mistake, the rides that looked very clear on the map were not so easy to see in the dark, even with a very bright light. Did find the control and off to number 2, a very large depression, navigated to the area, depression in overgrowth, again not easy to see. Controls 3 and 4 were not too bad. Then to my number 5 - to a track junction I was sure I should be turning left, other competitors going right, lights to my right, nothing left, large o.o.b. area marked on the map, which is fine if you know exactly where you are, pity it is not clear on the ground!!! Stuck with my conviction and went left, got quieter, no more lights, stopped and turned out my light - complete darkness, lots of birds flapping in the trees, switched my light back on very quickly. Continued and there was my control, hurrah I had been right to turn left. Up the hill to six, lights again, did not feel so alone now, overshot and had to relocate from the path, had to be careful, had to finish without any mistakes, to 7 again through the forest, slow but found OK and then last 3 controls no problems. I had finished, to the download tent, bright lights and some warmth. The results were being put up on a screen as soon as you had downloaded so you could see exactly where you finished - no late entries on my course so I was Southern Night Champ, much to Phil's chagrin - but it is not my fault there were no other competitors and I did finish without any mistakes.

While waiting for the presentations got changed into lots of warm clothing and had hot soup, felt much better.

The presentations took place with Arthur also being presented with the trophy for his age group, so Kerno did well.

Then we set off for the long drive home back to Cornwall - we were going to stop off and do the Mount Edgcombe event but that was a victim of the bad weather, so we went straight home.

Adele Newell KERNO

THE BRITISH NIGHT ORIENTEERING CHAMPIONSHIPS 2011

The event was held in Bentley Woods near Atherstone in Warwickshire; an area about 3km x 2km, well contoured with few paths and some hard-to-discern rides. It was described in the event details as:

'undulating area of forest consisting of coniferous plantations and sections of fine mature oak woodland all of which offer very runnable conditions ideal for a night orienteering. The vegetation and vague slopes may look straightforward but turn the lights out and it's a different matter'.

Sue and I took 3 ½ hours for the 200 mile journey and pulled into the car park behind Phil and Adele Newall who had come from the deepest recesses of Western Cornwall. From a field of over 300 only 28 orienteers from the SW had deemed it worth attending, they were rewarded with a cracking good area, well mapped by Bruce Bryant, well planned by Bob Brandon and well organised by Richard Gardner.

I went for safe routes where possible, but much of it was compass and bearing with 'aiming off' to avoid dilemmas. Looking at the splits I was third at # 4, 1 ½ mins down, but a 20 min error by Barrie Speake knocked him out of the running at #5 and a 16 min error by Brian Morris knocked him out at #7. I had one hesitation going to #8 where I had lost count of reentrants, but I put my head torch onto full power and soon spotted the control. I was using one of the new l.e.d. torches which are small, light and very powerful. I only use the third setting as full power makes the lamp very hot. I was asked by a boy for help at #10 which I refused, telling him to relocate, but he began to whine so I stopped and asked him where he thought he was. He was close, so I pointed out that my control was on a ditch which he could have used to relocate on. I then had a bit of trouble getting back into my race.

Looking at the comments about head torches on Nopesport <http://www.nopesport.com/> I came across this written by a contributor called Gnitworp: About 25 years ago I wrote the following about a well known fellow club member of mine:

An orienteer named Boyt
Went orienteering at noyt,
But his halogen light
Was excessively bright,
Scarcely different from O in dayloyt.

It was not as broyt as the one I have now!

Arthur Boyt, KERNO

NORTH WILTS ORIENTEERING CLUB

North Wiltshire Orienteers are pleased to announce an award of £5,887 from Sport England's Small Grants Programme for a project called:

aMAZEing Orienteering

Summary:

We aim to increase participation in orienteering in Northern Wiltshire. The award allows us to purchase equipment to run maze orienteering events in North Wiltshire. The events will be open to all, in parks or open areas near where people live and in an attractive format to encourage everyone to have a go.

A Typical Event

An orienteering maze is set up in a field using stakes and portable roll-up plastic barrier fencing, tapes, ropes etc. Participants have to navigate the maze to find control points. At control points there are electronic units which will read a special swipe card. At the finish the swipe card is downloaded and a printout gives instant feedback of where they went and how long it took. Events could therefore be made competitive if desired.

The Programme

We will organise a programme of five events in 2011. To include

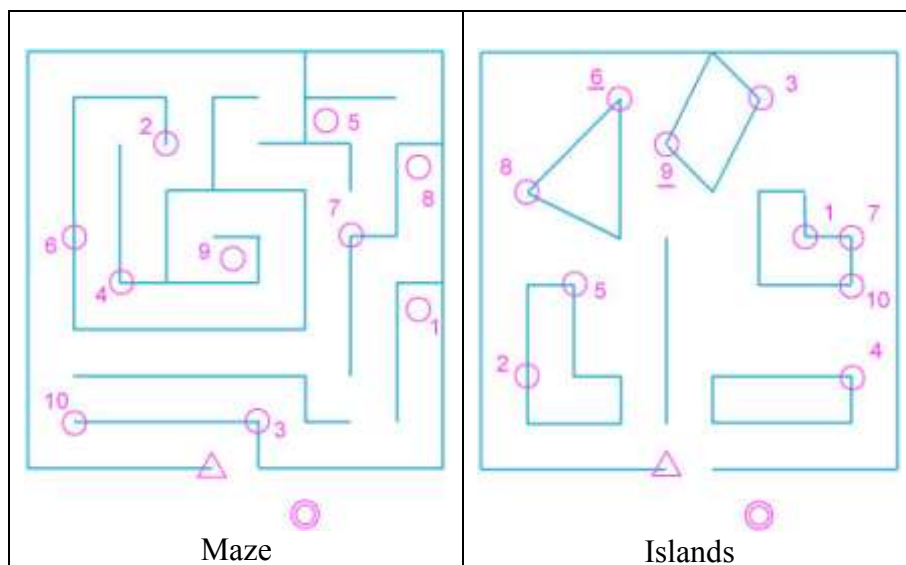
- (a) 3 events open to all in accessible park areas in different North Wiltshire towns
- (b) A similar event in Swindon
- (c) A single event run for a number of schools.

After the first year NWO will be in a position to continue the programme in the future

aMAZEing Orienteering

- Suitable for seniors and juniors
- Can be set up in a small area (parks, football pitch, school grounds)

- Immediate results with electronic punching
- Spectator friendly
- You can walk, jog or run at your own pace
- It can also be competitive
- It's great fun - see below



Two of the many possible formats

From the start (the triangle on the map) find each control point numbered 1 to 10 in turn and return to the finish (the double - circle). More simple mazes and courses can be used for beginners or younger participants.

Sport England's Small Grants Programme

The Sport England Small Grants Programme has been set up to support local community sport projects which seek to increase participation, sustain participation or develop opportunities for people to excel at their chosen sport.

Our project has been designed to meet Sport England's GROW objective aimed at increasing participation in sport, especially for newcomers. Details about the small grants programme can be found on

http://www.sportengland.org/funding/small_grants.aspx

Volunteers meet new people ... make new friends

SWOA RELAY SERIES

Every orienteer knows that one should plan ahead. Now is the time to think about the early summer and that prestigious relay trophy, known as the Chairman's Challenge Trophy. In previous years this series has declined to a two or three horse battle and is in danger of failing altogether.

The time has come to bookmark the dates and drum up enthusiasm within the clubs. Each relay has a unique format. A club can enter as many teams as they wish. Only the highest placed team from a club scores points but a second team can still benefit the club by lowering other team's scores. A full copy of the rules are available on the SWOA website.

The series this year consists of six events with the best four counting.

Provisional Dates are

19th June Furrow Hoppers Wimborne

26th June NWO Relays at West Woods
3rd July Adams Avery Relay BOK at Dyrham Park
10th July Hardy Relays Wessex
17th July Devon Relays at Five Tors Tavistock
24th July Sarum Moon Rakers.

Now is the time to start thinking. If you club captain hasn't chased you, then chase Him/her. Let's have a good competition.

Mike Crockett - Relay Scorer

MOUNTAIN BIKE ORIENTEERING

It is now 4 ½ years since WIM put on our first MTBO event at Moors Valley Country Park on 23rd June 2007. Since then we have put on at least one or two MTBO events each year and for 2011 the First Southern Series for MTBO events has been established in and around Dorset, Hampshire and Wiltshire with 8 events already scheduled to take place.

As many of you will know Emily Benham has represented Great Britain in MTBO in several European and World Championships over the past few years and as she has now returned home for a period following the completion of her physiotherapy course at Sheffield University. Emily has been instrumental in getting the Southern Series of MTBO events up and running and Nigel Benham through BML Printers Ltd has given great support in providing publicity, banners, printing the maps and also setting up the new mbosouth.co.uk web site which has created a great deal of interest.

All this was very well demonstrated at our first MTBO event of the series being the WIM event at Hurn Forest on Saturday 22nd January when we had a record entry of 74 for the two courses on offer. There is also a great benefit for the Club in being able to include 3 events on the one day being the MTBO event in the morning, the Dorset Schools League event in the afternoon and then the Wessex Night League event in the evening. The cost of toilets etc. can then be spread over the various events and makes it all very worthwhile. Several competitors even competing in all 3 events.

Returning to the MTBO event Hurn Forest lends itself as an ideal venue for beginners to the sport as it is perfectly suited to MTBO with its numerous paths and tracks and although a little small it is also as flat as a pancake. However the rain over previous weeks had left the ground a little soggy but then to mountain bikers muddy puddles are all part of the fun.

We were fortunate on the day to have two GB team members competing and Mark Stodgell who travelled down from the Midlands to take part stormed round to win the long course of 10.275K (straight line) in 38.29 with Ifor Powell from Bristol a close second in 39.04 and Jon Brooke of WSX third in 42.15. Emily herself had a great ride finishing in 4th place in 43.04.

On the short course of 5.35K (straight line) Tim Houlder of WSX won in 29.55 with Peter Fale's son Andy taking second place in 30.24. Our own Joanne Pickering was third in 31.23. Everyone seemed to have had a great day out in the forest and were certainly pleased after their rides to enjoy warming up with tea, coffee and burgers from our very own 'Fuel' catering wagon. It was very encouraging to see 14 WIM's taking part and any more of you that have a bicycle why not come along and have a go at the next event.

MBO South after the Hurn event indicates that at the rest of the series events they will have a larger stock of map boards for you to rent and purchase. At Hurn they were in large demand with not enough to go round. They will also be providing 'toggles' for you to attach your SI card to the bike, keeping it safe and preventing loss. In addition they will have a stock of inner tubes and gas canisters so you needn't worry if you end up with a puncture.

Of the remaining events this year WIM will be putting on the inaugural event on 26th March to launch the new Forestry Commission permanent MTBO course that has been set up in North Ringwood Forest with start, finish and registration all taking place at Moors Valley Country Park. The entry fee will only be £2 and there will be prizes for the winners of each category and a special family prize. WIM are also putting on a further event on Saturday 25th June which will be followed on the Sunday 26th June with an event at Longleat put on by Sarum.

MTBO is open to everyone, from complete beginners to the GB team, and from novice cyclists to those whose idea of fun is a day out riding their mountain bike through mud and puddles. Whatever your experience levels the Southern MBO series will cater for your needs ensuring you have a great day out whatever the weather. Further information is available on the web sites mbosouth.co.uk and bmbo.org.uk

Other events scheduled this year are 9th April Wareham Forest (WSX) and looking further ahead September Greenham Common and December the Military Challenge.

Trevor Bridle (WIM)

SWOA FIXTURES

For up to date event information and further details please visit www.britishorienteering.org.uk.

This list includes all SWOA fixtures on the BOF database at 02/11/2010, up to 03 April 2011

Please check BOF and club websites for latest information.

March

23rd BAOC Level D **Military League South**, Sidbury Hill Tidworth

Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.baoc.org.uk

26th NGOC Level D **League 6**, Sallowvallets Coleford, SO608115

Organiser: Robert Teed, robertteed@btinternet.com, 01291 625048 Entry On Day: Senior £4.00, Junior £1.00, Student £1.00. , Punch Type: SI, Dogs: Dogs to be kept under control at all times Start Times: 12.00 - 13.00 www.ngoc.org.uk

27th WSX Level C **WSX Galoppen**, Wareham Forest Wareham, SY873933

Organiser: Mark Scott, mark@caledonut.plus.com, 01202 692833 Online entry through

www.fabian4.co.uk Entry On Day: Senior £11.00, Junior £2.50, Student £2.50. , Punch Type: SI, No dogs allowed. Start Times: 10:30-12:30 www.wessex-oc.org

April

2nd-3rd BOK Level B **OO7 Severn Weekend**

2nd **Middle Distance races incorporating SWOA Middle Distance Champs**, Stockhill Wells, ST545523

Organiser: Katy Dyer, 01179 684173 Postal Entry: Dave Urch, 9 Earlesfield Nailsea, Bristol, BS48 4SF, 01275 857330, david@urches.freeserve.co.uk. Cheques payable to Bristol Orienteering Klub Online entry through www.fabian4.co.uk Entry On Day: Senior £0.00, Junior £0.00, Student £0.00. , Punch Type: SI, Dogs: Dogs allowed, but not on courses Start Times: Pre allocated from 12.30-14.30

http://www.bristolorienteering.org.uk/bok_event_details.php?id=497

3rd **Mike Nelson Boktrot and ASO Ind Champs**, Stourhead Frome, ST783341

Organiser: Dave Urch, 01275 857330 Postal Entry: Dave Urch, 9 Earlesfield Nailsea, Bristol, BS48 4SF, 01275 857330, david@urches.freeserve.co.uk. Cheques payable to Bristol Orienteering Klub Online entry through www.fabian4.co.uk Entry On Day: Senior £0.00, Junior £0.00, Student £0.00. , Punch Type: SI, Dogs: Dogs MUST be on leads and are not allowed in the competition area Start Times: Pre-allocated starts from 10.30am - 13.30

http://www.bristolorienteering.org.uk/index.php?main=/bok_event_details.php%3Fid%3D498

9th DEVON Level D **Devon League**, Smallhanger Waste Plymouth, SX572589

Organiser: Mark Bagley, m@markbagley.com, 01752669755 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.devonorienteering.co.uk

9th WSX Level D **Informal**, Wareham Forest Wareham

Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.wessex-oc.org

10th KERNO Level D **Club Forest League 5**, TBA Truro, SW837396

Organiser: Roger Hargreaves, rogerh9999@hotmail.co.uk, 01872 277320 Entry On Day: Senior £7.00, Junior £2.00, Student £2.00. , Punch Type: SI, No dogs allowed. Start Times: 11.00 - 13.30

www.cornwallorienteering.org.uk

16th NGOC Level D **League 7**, Bixslade Coleford, SO608115

Organiser: John Coleman, johncoleman611@yahoo.co.uk, 0159 452 8151 Entry On Day: Senior £4.00, Junior £1.00, Student £1.00. , Punch Type: SI, Dogs: Dogs to be kept under control at all times Start

Times: 12.00 - 13.00 www.ngoc.org.uk

17th SARUM Level C **SARUM Galoppen & SCOA League**, Fonthill Salisbury, ST910306
Organiser: Denise Mullins, 01963 33579 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. ,
Punch Type: None, www.sarumo.org.uk

19th BOK Level D **Bristol Urban Series**, Canford Park, Coombe Lane & Stoke Lodge Bristol ,
ST563767

Organiser: Mike Forrest, mike@forrests.org.uk, 0117 924 7441 Entry On Day: Senior £TBC, Junior
£TBC, Student £TBC. , Punch Type: SI, No dogs allowed. Start Times: 5pm to 7.30pm
www.bristolorienteeing.org.uk

24th NWO Level D **Score + Yellow & Green**, Cherhill Down Calne
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,

27th BOK Level D **Bristol Urban Series**, University of West of England Bristol , ST623780
Organiser: Mike Forrest, mike@forrests.org.uk, 0117 924 7441 Entry On Day: Senior £3.00, Junior £1.00,
Student £1.00. , Punch Type: SI, No dogs allowed. Start Times: 5pm - 7.30pm
www.bristolorienteeing.org.uk

May

1st NGOC Level C **NGOC Galoppen & League 7**, Danby Lodge Lydney , SO667067
Organiser: Roger Coe, randvcoe@btinternet.com, 01594 510444 Entry On Day: Senior £TBC, Junior
£TBC, Student £TBC. , Punch Type: None, www.ngoc.org.uk

4th BOK Level D **Bristol Urban Series**, Bristol University Halls Bristol , ST570759
Organiser: Mike Forrest, mike@forrests.org.uk, 0117 924 7441 Entry On Day: Senior £3.00, Junior £1.00,
Student £1.00. , Punch Type: SI, No dogs allowed. Start Times: 5pm - 7.30pm
www.bristolorienteeing.org.uk

7th NGOC Level D **League 8**, Symonds Yat Coleford , SO572128
Organiser: Lin Callard, lin.callard@btopenworld.com, 01453 843793 Entry On Day: Senior £4.00, Junior
£1.00, Student £1.00. , Punch Type: SI, Dogs: Dogs to be kept under control at all times. Start Times:
12.00 - 13.00 www.ngoc.org.uk

8th DEVON Level D **Devon League**, Fire Beacon and Core Hill Sidmouth , SY115924
Organiser: Carol Pearce, 01395 443813 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. ,
Punch Type: None, www.devonorienteering.co.uk

8th BOK Level D **BOK Local event and Avon Schools League**, Cannop Ponds Forest of Dean ,
SO623101
Organiser: Patricia Walker, 01275 462879 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. ,
Punch Type: SI, Start Times: 10.30am www.bristolorienteeing.org.uk

8th QO Level D **QO Forest League 7**, Cockercombe Bridgwater , ST177362
Organiser: Iain Pye, iainliz.pye@btinternet.com, 01823 430434 Entry On Day: Senior £7.00, Junior £1.00,
Student £1.00. , Punch Type: SI, Dogs allowed. Start Times: 11.00-1.00 www.quantockorienteers.co.uk

11th BOK Level D **Bristol Urban Series**, Horfield and Henleaze Bristol , ST590764
Organiser: Mike Forrest, mike@forrests.org.uk, 0117 924 7441 Entry On Day: Senior £3.00, Junior £1.00,
Student £1.00. , Punch Type: SI, No dogs allowed. Start Times: 5pm - 7.30pm
www.bristolorienteeing.org.uk

18th BOK Level D **Bristol Urban Series**, Warmley Forest Park Bristol , ST668741

Organiser: Mike Forrest, mike@forrests.org.uk, 0117 924 7441 Entry On Day: Senior £3.00, Junior £1.00, Student £1.00. , Punch Type: SI, Dogs allowed. Start Times: 5pm - 7.30pm
www.bristolorienteeing.org.uk

22nd KERNO Level C **Kerno SW Galoppen & Club Forest League 6** , TBC Callington ,
SX380779

Organiser: Peter Heywood, peter@sythehouse.com, 01503-269-289 Entry On Day: Senior £7.00, Junior £2.00, Student £2.00. , Punch Type: SI, No dogs allowed. Start Times: 11.00 - 13.30
www.cornwallorienteeing.org.uk

22nd WIM Level D **Wimborne Orienteers Sprint Event -Sandy Balls** , Sandy Balls
Fordingbridge , SU169146

Organiser: Christopher Branford, chris@branford.eclipse.co.uk, 012584 53716 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.wimborne-orienteeers.org.uk/wim/index.htm

25th BOK Level D **BOK Summer Informal** , Victoria Park Bristol
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
www.bristolorienteeing.org.uk

Volunteers meet new people ... make new friends

GOING ON AN ORIENTEERING COACHING COURSE

Having attended a variety of ‘teaching orienteering’ courses over the past few years, I decided I should update myself by qualifying as a UKCC Level 1 orienteering coach. This sounds very grand but is really the lowest rung of the current coaching ladder. I attended the course for the Level 1 coach at the University of the West of England in January of this year. Our instructor was Geoff Hine and he led our group of 8 aspirants through a weekend and an assessment day. We all had to have competed at Light Green level and have a current First Aid certificate.

The course did give us a good grounding in how to conduct a coaching session of up to Orange standard, in locations such as schools, parks and relatively safe terrain. There was realistic practice in planning and conducting a coaching session, with a serious emphasis on safety including (at last) guidance for the correct completion of the new Risk Assessment form. Everyone needed help with the latter – even the most experienced event officials in the group. We discussed what is meant by a ‘coach’ and how coaching needs to take into account the physical and mental development of young people. Child safety was an important part of the course. For the assessment day we had a written exam and then we had to conduct a preplanned coaching session. It was all quite challenging but we helped our rookie coaches by behaving sensibly (well, most of the time).

I would recommend this course. It is well designed, informative and fun. It brings together many aspects of orienteering and my only criticism is that there is no instruction about the coaching of older adults. I now have to put in a certain number of coaching hours for BOK, which I do at the Club Nights at Coombe Dingle both as leader and assistant. I would like to thank British Orienteering, SWOA and BOK, who have all kindly agreed to contribute towards the cost of the course.

Katy Dyer BOK

RESULTS

BRITISH NIGHT CHAMPIONSHIPS

Congratulations to the following who were successful at the British Night Orienteering Championships held on February 5th at Bentley Wood.

Champions:

M21L	Matthew Crane	BOK
M70L	Arthur Boyt	KERNO
M75L	David Parkin	BOK
W65L	Charlotte Thornton	SARUM

Winners:

M21S	Richard Cronin	BOK/UBOC
M65S	Richard Thornton	SARUM
NVC	Chloe Potter	BOK
W70S	Freda Peirce	SARUM

2nd Place:

M40L	Ifor Powell	BOK
M50L	Andy Creber	BOK
M65L	Ian Peirce	SARUM
M75L	Mike Crockett	QO
W50L	Alice bedwell	BOK

3rd Place:

M45S	Roger Mann	BOK
W60L	Christine King	BOK

YVETTE BAKER TROPHY

The Yvette Baker trophy event was eventually held on February 7th in the Wyre Forest. SARUM had a set of good results which gave them third place behind Octavian Droobers who won the event for the fourth time in a row. Devon managed to achieve an eighth place finish out of the 14 teams that took part.

SARUM and DEVON members who achieved a top 10 place in their respective events are as follows:

Yellow:

4 th	James Dean	DEVON
7 th	Dominic Cook	DEVON

Orange:

1 st	Harry Morse	DEVON	2 nd	Lisa White	SARUM
4 th	Sam Giles	SARUM	4 th	Charlotte Williams	SARUM

Light Green

4 th	Will Fordyce	DEVON
8 th	Sam Butt	SARUM

Green

5 th	Jack Benham	SARUM	5 th	Lucy Butt	SARUM
6 th	Tom Butt	SARUM			

GALOPPEN 2010/2011

We will only be scoring the 7 current courses, brown, blue, green, short green, light green, orange and yellow. If there are other courses available at galoppen events they will not be scored. Thus if a person chooses to do the short blue course because it matches up with his/her age class that is obviously their choice but it will not be scored.

To be considered for the prizes you must have competed in at least **three** events in the series. This is especially important in the junior courses of Light Green, Orange and Yellow.

The following are dates for the remaining events in the Galoppen series 20102011.

27 th March	WSX	Wareham Forest
17 th April	SARUM	Fonthill
1 st May	NGOC	Danby Lodge
22 nd May	KERNO	Inny Foot

David & Jan Holmes QO

GALOPPEN TABLES

BROWN

1 Clive Hallett	BOK	M45	1000	0	1000	833	1000	3833	4
2 Christopher Rhodes	NWO	M21	754	0	777	0	833	2364	3
3 Pete Maliphant	BOK	M50	0	0	769	603	669	2041	3
4 Ian Bartlett	QO	M40	693	645	0	542	0	1880	3
5 Kelvin Davies	BOK	M45	0	0	669	552	653	1874	3
6 Ben Chesters	SARUM	M21	0	1000	0	785	0	1785	2
7 Peter Ward	NGOC	M40	0	0	906	0	867	1773	2
8 Steven Horsler	WIM	M40	760	0	0	0	848	1608	2
9 Mark Larcombe	QO	M50	0	0	555	477	518	1550	3
10 Andrew McNally	WIM	M21	792	0	0	0	42	1534	2
11 Phil Newall	KERNO	M45	0	720	685	0	0	1405	2
12 Christopher Harrison	NGOC	M50	0	0	711	0	692	1403	2
13 Andy Stott	NGOC	M50	0	0	648	0	714	1362	2
14 Michael Turner	BOK	M50	641	0	687	0	0	1328	2
15 Rob Hick	WSX	M50	653	0	635	0	0	1288	2
16 Matthew Atkins	DEVON	M40	0	743	0	510	0	1253	2
17 Robin Carter	DEVON	W50	0	644	0	434	0	1078	2
18 Peter Foster	BOK	M50	0	0	0	432	643	1075	2
19 Matthew Crane	BOK	M21	0	0	0	1000	0	1000	1

BLUE

1 Adam Bettiss	SARUM	M21	654	815	0	697	600	2766	4
2 Alison Simmons	BOK	W55	751	0	813	835	0	2399	3
3 Brian Fletcher	QO	M35	0	938	0	694	737	2369	3
4 Matthew Knipe	QO	M45	458	412	492	516	438	2316	5
5 Phil Warry	BOK	M55	540	647	573	0	555	2315	4
6 Trevor Griffiths	BOK	M60	0	0	815	786	712	2313	3
7 David Mullins	SARUM	M60	0	746	0	741	625	2112	3
8 Alan Richards	NGOC	M60	0	0	823	635	633	2091	3
9 Mike Furlong	WIM	M50	666	634	637	0	0	1937	3
10 Gavin Clegg	WSX	M55	1000	0	0	0	921	1921	2
11 Tess Stone	DEVON	W40	547	602	0	675	0	1824	3
12 Louise Benjamin	BOK	W45	609	0	652	0	507	1768	3
13 Arthur Vince	KERNO	M70	540	576	615	0	0	1731	3
14 John Simmons	BOK	M55	0	0	838	873	0	1711	2
15 Isla Simmons	BOK	W18	0	0	831	834	0	1665	2
16 David Palmer	BOK	M60	0	0	776	859	0	1635	2
17 Richard Savage	BOK	M45	0	0	802	0	804	1606	2
18 Sandy Burgon	BOK	M50	0	0	823	0	776	1599	2
19 Pat Benjamin	BOK	M45	802	0	0	0	720	1522	2
20 John Whittingham	WIM	M40	702	0	0	0	787	1489	2
21 Tamsin Horsler	WIM	W40	757	0	0	0	680	1437	2
22 Nick Dennis	BOK	M50	0	0	720	707	0	1427	2

23 Ian Peirce	SARUM	M65	780	0	0	0	594	1374	2
24 Chris Johnson	BOK	M55	0	0	779	0	586	1365	2
25 Richard Cronin	BOK	M21	712	0	616	0	0	1328	2
26 Shona Simmons	BOK	W16	0	0	636	651	0	1287	2
27 Howard Thomas	BOK	M65	573	0	0	0	694	1267	2
28 David Battison	SARUM	M60	0	0	651	0	603	1254	2
29 John Chesters	DEVON	M55	0	546	0	706	0	1252	2
30 Paul Taunton	NGOC	M60	0	0	592	0	567	1159	2
31 Tim Gent	DEVON	M40	0	500	0	590	0	1090	2
32 Chic Young	SARUM	M50	552	0	496	0	0	1048	2
33 Victoria Harvey	NGOC	W40	0	0	508	0	531	1039	2
34 Andy Creber	BOK	M50	0	0	0	1000	0	1000	1
35 Luke Hayward	DEVON	M18	0	1000	0	0	0	1000	1
36 Alan Honey	BOK	M50	0	0	1000	0	0	1000	1
37 Jack Benham	SARUM	M18	0	0	0	0	1000	1000	1

GREEN

1 Richard Raynsford	BOK	M60	465	872	905	753	600	3595	5
2 John Trayler	QO	M65	438	769	838	738	540	3323	5
3 Tony Hext	QO	M60	425	0	847	697	648	2617	4
4 Tony Milroy	QO	M60	401	660	643	687	0	2391	4
5 Mike Kite	WIM	M60	420	717	0	642	530	2309	4
6 Lin Callard	NGOC	M75	0	0	884	753	587	2224	3
7 Sue Hands	WIM	W60	581	0	963	0	611	2155	3
8 Bill Vigar	QO	M75	575	851	715	0	0	2141	3
9 Denise Mullins	SARUM	W55	392	568	0	671	500	2131	4
10 Roger Hateley	DEVON	M65	383	687	574	0	464	2108	4
11 Rachel Dennis	BOK	W40	0	0	690	724	650	2064	3
12 Robin Walker	BOK	M70	406	664	583	0	398	2051	4
13 Dudley Budden	BOK	M65	0	0	958	850	0	1808	2
14 Michael Hallett	BOK	M14	0	0	0	1000	712	1712	2
15 Bill Brown	WSX	M70	364	0	781	0	487	1632	3
16 Caroline Potter	BOK	W45	0	572	0	558	396	1526	3
17 Mark Blackstone	BOK	M60	0	0	829	604	0	1433	2
18 Robert Teed	NGOC	M70	0	0	832	0	564	1396	2
19 Gwen Tanner	BOK	W50	0	0	663	694	0	1357	2
20 Anne Draper	BOK	W40	0	0	668	684	0	1352	2
21 Sandy Cowan	KERNO	M65	324	505	491	0	0	1320	3
22 Robert Green	QO	M50	0	0	736	0	556	1292	2
23 Tony Noott	BOK	M70	0	0	801	0	489	1290	2
24 Helen Kelsey	BOK	W50	0	0	682	600	0	1282	2
25 Dave Hartley	NGOC	M55	0	0	731	0	491	1222	2
26 Ken Stimson	NWO	M60	0	0	687	0	530	1217	2
27 Chris James	NGOC	M70	0	0	620	0	560	1180	2
28 Chris Moon	BOK	M60	0	0	0	625	537	1162	2
29 David Potter	BOK	M45	0	0	0	463	677	1140	2
30 John Parker	BOK	M75	415	0	706	0	0	1121	2
31 Jane Holcombe	BOK	W40	0	0	704	0	390	1094	2
32 Rosalind Taunton	NGOC	W60	0	0	612	0	448	1060	2
33 Jemma Davie	SARUM	W20	484	550	0	0	0	1034	2
34 Sally Thomas	BOK	W65	525	0	0	0	500	1025	2
35 Tony Lloyd	BOK	M55	0	0	599	0	424	1023	2
36 David Lee	NGOC	M70	0	0	633	0	375	1008	2
37 Jack Benham	SARUM	M16	1000	0	0	0	0	1000	1
38 Jim Blackford	DEVON	M14	0	1000	0	0	0	1000	1
39 Richard Worrin	BOK	M35	0	0	1000	0	0	1000	1
40 Adam Potter	BOK	M16	0	0	0	0	1000	1000	1

SHORT GREEN

1 Mike Crockett	QO	M75	1000	1000	1000	1000	952	4952	5
2 Charlotte Thornton	SARUM	W65	993	807	602	800	894	4096	5
3 Richard Thornton	SARUM	M65	781	775	676	645	829	3706	5
4 Anne Donnell	BOK	W75	814	671	550	610	871	3516	5
5 Christine King	BOK	W60	750	741	0	631	785	2907	4
6 Susan Hateley	DEVON	W65	691	609	662	0	711	2673	4
7 Helen Bolton	WIM	W45	877	0	744	0	970	2591	3
8 Tim Spenlove-Brown	QO	M65	885	878	0	823	0	2586	3
9 Richard Arman	WSX	M80	712	0	673	0	810	2195	3
10 Vikki Crawford	WIM	W65	0	0	919	0	888	1807	2
11 Patricia Walker	BOK	W65	0	669	459	0	627	1755	3
12 David Parkin	BOK	M75	0	879	731	0	0	1610	2
13 Clare Fletcher	BOK	W65	0	0	703	0	894	1597	2
14 Chris Brown	WSX	W70	596	0	335	0	632	1563	3
15 Joan Hambleton	SARUM	W65	750	0	699	0	0	1449	2
16 John Coleman	NGOC	M75	0	0	678	0	767	1445	2
17 Paul Butler	BOK	M45	0	0	536	0	885	1421	2
18 John Grenfell	BOK	M75	0	0	662	549	0	1211	2
19 Pat Grenfell	BOK	W80	0	0	525	580	0	1105	2
20 Ian Kerr	BOK	M70	0	0	0	0	1000	1000	1

LIGHT GREEN

1	Norman Harvey	QO	M65	348	868	774	707	771	3468	5
2	Ellie Stone	DEVON	W14	546	1000	0	868	0	2414	3
3	Tamsin Dinnage	NWO	W21	398	0	932	0	880	2210	3
4	Jenn Hudd	BOK	W40	512	0	918	0	603	2033	3
5	Anna Robinson	BOK	Y10G	0	0	1000	0	897	1897	2
6	Adrian Dawson	SARUM	M50	293	0	632	0	685	1610	3
7	Jessie Benjamin	BOK	W16	726	0	794	0	0	1520	2
8	Adrian Edwards	QO	M21	0	0	0	1000	0	1000	1
9	Oliver Reynolds	DEVON	M16	1000	0	0	0	0	1000	1
10	Jeremy Wheatcroft	BOK	M50	0	0	0	0	1000	1000	1

ORANGE

1	Eleanor Robinson	BOK	W14	0	0	1000	0	1000	2000	2
2	Gaye Callard	NGOC	W70	0	0	629	652	0	1281	2
3	Sam Giles	SARUM	M16	1000	0	0	0	0	1000	1
4	Alice Kelly	DEVON	W16	0	1000	0	0	0	1000	1
5	Chloe Potter	BOK	W14	0	0	0	1000	0	1000	1
6	Anne Bolton	WIM	W20	0	0	917	0	0	917	1
7	Sandy Hathaway	BOK	W45	0	0	898	0	0	898	1
8	Cameron Owens	BOK	M14	0	0	0	0	851	851	1
9	Paris Ward	DEVON	M14	0	0	0	815	0	815	1
10	Sam Peat	DEVON	M14	0	0	0	773	0	773	1

YELLOW

1	Zac Hudd	BOK	M10	885	0	1000	1000	1000	3885	4
2	James Dean	DEVON	M12	974	1000	0	1000	0	2974	3
3	Joe Hudd	BOK	M10	645	0	651	898	606	2800	4
4	Eddie Narbett	BOK	M12	953	0	0	0	981	1934	2
5	Dominic Cook	DEVON	M12	1000	0	0	0	0	1000	1
6	Jake Belsten	DEVON	M12	998	0	0	0	0	998	1
7	Paris Ward	DEVON	M12	968	0	0	0	0	968	1
8	Ben Narbett	BOK	M10	909	0	0	0	0	909	1
9	Tom Hollingsworth	QO	M12	0	0	0	867	0	867	1
10	Harry Stagg	BOK	M10	0	0	858	0	0	858	1

With four events still to come, the galoppen tables look wide open.

On the brown course Clive Hallett (BOK) has competed at four of the galoppen winning three of them. Ben Chesters (SARUM) and Matthew Crane (BOK) have each won just one. Christopher Rhodes (NWO) and Pete Maliphant (BOK) have both competed in three events and possibly stand a chance if Clive does not compete at the remaining events. Robin Carter is the only woman to have scored more than 1,000 points, but she has only competed in two events and needs to score in a third event.

The blue course is much more open with just 453 points separating the top 6 places. Adam Betiss (SARUM) is the leader at present having competed in 4 events. Alison Simmons (BOK) is lying second and first woman, having competed at three events. All the winners of the five events have just competed in the one event.

Richard Raynsford (BOK) leads John Trayler (QO) by 272 points on the green course. Both have competed in all 5 events. Sue Hands (WIM) is beating Denise Mullins (SARUM) by just 24 points. Sue has been to three events whilst Denise has attended 4. The short green is in the capable hands of Mike Crockett (QO) who has won four out of the 5 events, just missing out on the NWO galoppen to Ian Kerr (BOK). Charlotte Thornton (SARUM) lies second some 850 points adrift of Mike. Both have been to all five galoppens.

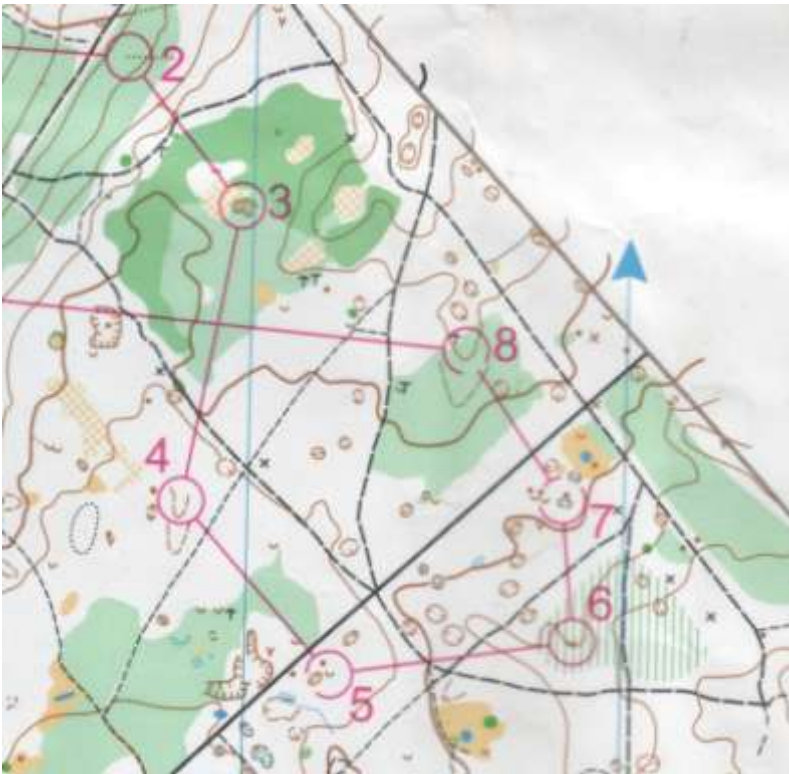
Norman Harvey (QO) is over a 1,000 points ahead of Ellie Stone (DEVON) on the light green course. Norman has attended all 5 galoppens and Ellie who is W14 has been to three of them.

Eleanor Robinson (BOK) has attended just two events and has 2,000 points. She needs to attend at least one more to qualify for the trophy.

The yellow course has an interesting set of results. Zac Hudd (BOK) leads James Dean (DEVON) by 911 points. Both the boys tied at the QO galoppen with identical winning times. Zac has attended 4 galoppens to James' three.

SAVERNAKE GALOPPEN

Part of the map of Savernake Forest



The chance to orienteer in a privately owned forest, albeit with public access to some parts of the wood, proved to be a big draw. 450 people took part in this galoppen, many from the SW, but also a large number from South Central and the South East. The weather was damp, but not as wet as had been predicted. The area was a delightful mixture of wonderful ancient trees, deciduous forest and conifers. Gentle undulations and a clean forest floor allowed for fast running. Thank you NWO for putting on this event and getting permission for orienteering in this wonderful place.

Susan Hateley

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