

SINS

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South West Orienteering
Association Newsletter

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The new SWOA website is now online at
www.sworienteeringassociation.co.uk

EDITORIAL

I would like to wish you all a very peaceful and enjoyable year in 2011.

Congratulations to NGOC who achieved their Club Mark Award towards the end of last year. A large amount of hard work is involved in meeting the criteria for the award.

Due to the bad weather the Yvette Baker Trophy final had to be postponed until the 9th February 2011. Good luck to the two SW finalists, DEVON and SARUM. I hope that after the delay you are both able to field full strength teams and do yourselves proud.

The enforced rest over the December period seems to have left everyone keen to get out into the terrain again with over 200 participants in the WIM Boxing Day Canter which I have learnt was their 40th. At the New Years events again there were a very large number of participants. Well done to all those of you who organised, planned and helped at these events. Your efforts were much appreciated.

The fixtures list looks very busy with a wide range of events catering for everyone from beginners to the old hands. Even with the increases in travel costs, I hope that you will support the efforts of all those putting on events. Without the support of you, the participants, volunteers find it hard to keep motivated to put on events.

Have you made a New Year's resolution? If not, or even if you have, why not make the resolution to help at least one of your club events this year?

Susan Hateley DEVON

SWOA NEWS

NEW SWOA WEBSITE

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

Chris Derrick of BOK, the retiring website manager, ran the old site for many years – nobody seems to know when he started – and without wide recognition by SW orienteers. Our thanks are due to him for all his work.

SINS ON WEBSITE

The current issue is now on the SWOA website.

SW CHAMPIONSHIPS

A generic set of rules for SW championships – covering Long Distance, Middle and Sprint events has been agreed by the SWOA Committee. They may be found in the *Documents* section of the new website.

Dates for SW Championships in 2011:

Long Distance (Classic): Caddihoe Chase Day 1 at Burrator by Devon OC.

Middle Distance: 2nd April at Stock Hill, Mendip by BOK.

Sprint: 2nd October at Poundbury, Dorchester by WIM (to be confirmed).

BOF DEVELOPMENT MANAGER TO VISIT SWOA

The next SWOA committee meeting will be on 9th February at Ilchester. Ed Nicholas, the BOF Development Manager, will be there to talk about and answer questions on the changing development programme. Also Neil Cameron will be explaining his Director-Association liaison role.

EVENT SAFETY WORKSHOP

A workshop for event officials will be held on 19th March in Ilchester. For more details see the separate notice in this issue.

Arthur Vince SWOA Secretary

COLOUR CODED AWARDS

Congratulations to the following who have gained their Colour Award.

White

Celilia Mayne

KSODA

Emily Finnimore

RHOK

Orange

Eleanor Robinson

BOK

Eddie Narbett

KSODA

Light Green

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

BRITISH ORIENTEERING TO PROVIDE FURTHER HELP TO ITS COACHES

Those of you who have been British Orienteering Licensed Coaches for any period of time will know that, at the end of every three year period, you have been asked to provide evidence of the coaching you have been doing (via your logbook) in order to renew your British Orienteering licence. During 2011, British Orienteering plans to introduce a Continuing Personal Development (CPD) Programme that is designed to help its Licensed Coaches to provide that evidence and keep up to date with the latest good practice. The CPD Programme and documents will be made available to all coaches (not just BOF Licensed Coaches) and to any orienteer who would like to use them.

The arrival of the UKCC coaching awards means that British Orienteering now has many more qualified coaches. You all need support to keep up to date with the latest coaching methods and knowledge. The CPD Programme will make it easier for you to keep your logbooks up to date and will help by highlighting material – articles, books, websites and suchlike – that will be of interest to coaches.

The CPD Programme will cover three areas; knowledge (such as self-study of relevant books, articles and DVDs); training (your Coach Education course, First Aid etc); experience (the various coaching activities). The examples given are only a few of the possibilities available to you; there should be something to interest everyone, particularly as the materials list grows with use.

The Coaching Committee has worked on the CPD Programme for a considerable period; various coaches round the country have been asked to test it out and their comments have been useful. Once the Programme has been rolled out, the Coaching Committee will welcome helpful comments and suggestions, so that over time improvements can be made. The Coaching Committee will also welcome your help to broaden the materials list and keep it fresh; if you find something that would be of interest to your fellow coaches, please tell your Regional Representative.

Christine Vince KERNO

ORIENTEERING IN THE SOUTH WEST IN 2050?

Have you considered what Orienteering might be like in 2050?

Will we have been priced out of events by rapacious landowners like the Forestry Commission. Will our events be confined to the depths of winter by environmental issues unspecified and unproven. Possibly the cost of getting to events might restrict us to coaches, bicycles perhaps a horse.

Why 2050? I have been orienteering just over 40 years. In that time I have seen the maps we use change from black and white photo copies of OS maps with the streams inked in because blue did not photo copy very well. We had ink punches and many of the controls were hand made from hardboard painted red and white.

In 1982 I wrote an item for Alan Simpson newly appointed to oversee the Micro Electronics in Schools Project in Devon.

In it I speculated how the newly invented Personal Computers might influence the sport. At that time I was involved with exploring the use of smart cards to act as a timer for competitors at the finish of the race. I speculated that maps might be printed to order when you entered. OCAD had not yet been invented -that had to wait until the early 1990's

What changes might there be in the next 40 years? What changes do we want?

Unfortunately I probably will not be around to be involved neither will most of our present Club Committee members.

The people involved will be those in their 20's and 30's. What do they want our Sport to be like in 2050

I am organising a workshop on 26th February 2011 1000-1600 in Taunton Holiday Inn and would like to involve anyone under 30 to take part. We will pay you expenses and give you lunch but would ask you to share transport if possible.

The aim is to produce some ideas to move the sport into the next 40 years

Please send me an e-mail erik.peckett@talktalk.net subject 2050

Erik Peckett DEVON

EVENT SAFETY WORKSHOP: 19th March

An Event Safety Workshop will be held at Ilchester on Saturday 19th March. This will be aimed primarily at Grade B, C and A organisers. Controllers and planners are welcome to attend but in the event that numbers have to be restricted priority will be given to organisers. It is expected that most Grade A organisers/Event coordinators will attend the annual Major Events Conference and do the training then.

This is an interactive workshop; those attending will be expected to participate rather than sit back and be talked at. It looks at all aspects of safety, on and off the course, for both competitors and volunteers, as well as at missing competitors and searches, in addition to risk assessment. For the background to this workshop see the Training section on page 22 of the recent issue of *Focus*.

The workshop will last 3 to 3½ hours, starting at 10am. Bookings should be made as soon as possible and in any case by 12th March to the SWOA Secretary, who can provide further information.

SELECTIONS

INTERLAND TEAM

Congratulations to the following SW members who have been selected to represent England at the Interland Event on March 6th 2011 in Lubbeck, N.W. Germany.

The competition is a match between England, two Belgium teams, Flemish & French speaking, the Netherlands, Nordrhein-Westfalisch (N.W. Germany) and a French team from LNPCCO.

M14 Michael Hallett BOK M21 Matthew Crane BOK

M45 Clive Hallett BOK M55 Gavin Clegg WSX

W21 Helen Bridle (ex WIM) W55 Kirsty Staunton WIM

W55 Alison Simmons BOK

Reserve

M16 Adam Potter **BOK**

ISSF WORLD SCHOOLS CHAMPIONSHIPS 2011

Congratulations to Harry Butt (SARUM) who has been invited to take part in the World School's Championship in Primiero / Trentino Italy.

UKCC LEVEL 2 CERTIFICATE IN COACHING ORIENTEERING

There will be a UKCC Level 2 Certificate in Coaching Orienteering course held on Saturday/Sunday 12/13 February 2011. It will take place at Soudley Village Hall, Forest of Dean. The assessment day will be held on 19 March 2011.

To book a place, please go to the BOF website > Volunteer Support and Training > Coaches > Coaching Courses. For further information, please contact Christine Vince, the course organiser.

UK MASTERS CUP

You may have seen the consultation document that was circulated back in September regarding a new UK league competition for veteran (M/W35+) orienteers, which was proposed by British Orienteering's Senior Competitions Group. Thank you to all the SWOA members who provided me with feedback on that document – your comments were very helpful.

The new competition, now named the **UK Masters Cup**, was officially unveiled a few weeks ago, and will take place in the traditional five-year age classes at certain designated events in 2011.

At each designated event the top fifty orienteers in each five-year age class who are running the designated course for that age class (the designated "Long" course, where there is a choice of Long and Short) will score points: 60 points for 1st place, 55 for 2nd, 51 for 3rd, 48 for 4th, 46 for 5th, and then dropping one point each position down to 1 point for 50th place.

Individuals will be ranked in the age-class leagues by the total of their eight best points scores (from a total of nineteen events in 2011). The leagues will be updated after each event and will appear on the British Orienteering website.

If you want to take part in the UK Masters Cup, you don't have to do anything special – just enter the appropriate (Long) course for your age class at a UK Masters Cup event and your points will be calculated from the results.

Full information is available on the British Orienteering website. 2011 is a very much trial year, so if you have any feedback on the competition – either now or as the year progresses – please do let me know at the email address below.

Scott Collier – sjcollier@gmail.com KERNO
SWOA Rep on Senior Competitions Group

UK Masters Cup – 2011 Events

UK Masters Cup – 2011 Events

Date	Event	Area	Near	Type
Sat 22 Jan	Edinburgh City Race	Edinburgh	Edinburgh	Urban
Sat 5 Feb	British Night Championships	Bentley Woods	Tamworth Staffordshire	Night
Sun 20 Feb	Midland Championships	Sheringham Wood	Sheringham Norfolk	Long
Sat 26 Feb	Twin Peak (Day 1)	Bleathwaite Common	Torver Cumbria	Middle
Sun 6 Mar	Welsh Championships	Nicholaston and Oxwich Burrows	Swansea	Long
Sun 13 Mar	Southern Championships	Hambleden	Henley-on-Thames Oxfordshire	Long
Sun 27 Mar	Northern Championships	Ray Demesne	Kirkwhelpington nr. Newcastle	Long
Sat 9 Apr	British Sprint Championships	Brighton & Sussex Universities	Falmer, nr. Brighton East Sussex	Sprint
Sun 10 Apr	British Middle Championships	Worthlodge Forest	Crawley West Sussex	Middle
Fri 22 Apr	JK Sprint	Stranmillis University College	Belfast	Sprint
Sat 23 Apr/ Sun 24 Apr	JK Individual Days (combined)	Tyrella South/ Slieve Croob	County Down	Long
Sat 14 May	British Long Championships	Wharnccliffe	Sheffield	Long
Sat 21 May	North West League (Round 7)	Bigland	Grange-over-Sands Cumbria	Middle
Sun 29 May	Scottish Championships	Auchengarrich	Comrie Perth	Long
Sun 31 Jul	Scottish 6 Days (Day 1)	Dunollie and Ganavan	Oban Argyll	Long
Fri 5 Aug	Scottish 6 Days (Day 5)	Lochnell and Shenavallie	Oban Argyll	Long
Sat 10 Sep	City of London Race	London	London	Urban
Sat 17 Sep/ Sun 18 Sep	Caddihoe Chase	tbc	Devon	Chasing Start
Sat 22 Oct	Cambridge City Race	Cambridge	Cambridge	Urban

VENICE CITY EVENT November 2010

Amazing what a difference 6 hours makes. Leaving the Gatwick hotel in the dark before dawn, and in heavy rain. Arriving in Venice by boat across the lagoon, the sun glittering on the wavelets and on the skyline of churches, palaces and campaniles.

We had planned a week's holiday – long enough to do the tourist things, soak up the atmosphere and spend a lot of time on foot and on boats. But the real reason for going was to take part in the "*Meeting Orientamento Venezia*" – a City orienteering race which has achieved cult status with entries from over 3,000 competitors. We were amazed to discover that it this was to be the 31st race – the orienteering visionaries in the 80's had started off using just tourist maps with the names of streets removed! Over the years highlights have included being ferried by boat to a distant start; and competitors wading across a flooded St Mark's Square while astonished spectators looked on from the safety of duckboards.

Embarrassingly, our first problem was an inability to find the event centre. We knew it was in the vicinity of the Arsenale (the former walled naval port just to the east of the city centre). We could get within 50 metres of it, but kept getting swept into a different queue – of architects who were organising their own event. However, a foray down an unsigned alleyway brought us to the Sports centre where we paid our registration fee – a very modest 10 Euros, and collected the Devon club bag. Curiously, the bag contained copious information about wheelchair-accessible routes (why?), but no information about where the Start was to be. We thought it wise to do the 'Model event' – even though the map scale was different from that to be used in the main competition. It was useful to see how monuments, well-heads, flagpoles and gardens were represented, and we began to learn the importance of pinpointing the key bridges between controls, and then planning one's route to find them!

So, on the morning of the event, we set out to find the Start – we ambled northwards from our hotel and soon came across a line of purposeful orienteers. We followed them, and soon found it – in a quiet square outside the San Lorenzo church. We watched the early starters – over a canal immediately, then a choice of three alleyways. The weather was lovely – cool but dry – ideal for running, and there was an expectant buzz in the square as orienteers arrived for their starts, then crossed the canal and disappeared.

Eventually it was our turn. My course was a nominal 3.6k, but as with all city races, the actual length was at least 50% more (sometimes 80%). Instead of telling us the climb on the description sheets, we were told how many bridges we would have to

cross on the optimum route! I have to say that the map was a brilliant piece of cartography. And the planning did it justice. The longer courses incorporated two or more ‘butterflies’ which I gather caused some problems. Our daughter Helen had a horrendous first leg which took her right across the city, across the Rialto bridge and way beyond – it took her nearly 13 minutes. One of the problems was that there was no time to plan ahead; with the necessary twists and turns to find bridges and identify the right alleyway, decisions had to be taken every few metres so looking at forthcoming legs was almost impossible.

One lovely innovation on the competition map was the depiction of ‘fight’ – no, not dense vegetation, but density of tourists. The lanes - normally shown in white - were coloured brown where crowds were expected, and very useful this information was too. I think early starters had an advantage here; we started around midday when tourists were up and about and on the move between shop, church and lunch. My goodness they move slowly!

John had a lovely experience as he came back towards the Rialto on his course; an optimistic restaurateur invited him in for some lunch! I found myself talking out loud - “second left; does that go to the bridge? oh good, half right, should be a little square – yes oh look at all those men in the pavement cafe; need the lane just after that well; oh MOVE will you; think I need to come out of this control backwards; under the colonnade; count 50 metres; oops didn’t mean to go down here; control should be round this corner...” And so on.

The final run-in was along the sea front, over two bridges, finishing just outside the Arsenale. The cobbles along the final 160metres seemed never ending. I was knackered, but exhilarated at the same time. I reckoned I hadn’t lost much time with mistakes, so the result would be down to running speed.

I finished up 3rd (of 25) in W65, behind a couple of Swedes, which meant we went along to the prize-giving later that afternoon. This was a rather chaotic affair, all in Italian in a booming acoustic. The trophies were handed out by a succession of local dignitaries, but by the time they got round to us oldies most of the audience had disappeared! Despite having an arthritic knee (since dealt with by an arthroscopy) John managed a great 6th place of 59 competitors in M65 – regretting a rather individualistic route to No 1 which probably cost him 5th place. He reckons it was a case of a tortoise beating the hares; indeed as he finished he heard an interview with an elite who was saying that although he could run fast he hadn’t coped well “in the labyrinth”!

The whole event was hugely enjoyable; the organisation was impressive; the atmosphere international; the challenges unique. Labyrinth-O is a good name for it. We would rate it alongside the Midnight event in Greenland as one of the highlights of our orienteering lives.

Carol Pearce DEVON



Map from the Venice City Race with the M65 Course

**Volunteers
get the chance to learn new skills**

**JOURS AVEC ET JOURS SANS – GOOD DAYS AND BAD DAYS
THE GALOPPENS SERIES SO FAR**

(Literally – days with and days without.) This year the Vincens were up for three Galoppens – the first time for some years that we’ve been able to get to more than just one in the series. We started with the WIM Galloppen in Ringwood

Forest (24 October), but I decline to “do” wet furrows, so I aped my betters and ran round the paths on the Blue course. That made it closer to 10 km than the 6.7 km advertised, particularly as “run” is only an approximate description of my pace. However, the weather was lovely if getting a bit chilly, and FUEL Catering had a smashing coffee cake for afters. Definitely un jour avec.

Next up was the November Classic (07 November). Again it was nice weather, although there had been rain in the run-up to the event. Aficionados of the New Forest will know that it is either too dry or too wet – in this case on the Short Blue course, I found areas of mud up to my knees in places, but much of the beech forest was dry enough. One or two controls had “bingo” characteristics (holes in the ground made visible by a competitor standing next to them) but I took them steady and didn’t have any problems. (I don’t suggest anyone asks Arthur about his run – he most definitely had un jour sans, and retired on Blue. Perhaps he was tired after the previous weekend’s OMM; oldest pair in the competition with Noel Gould, 15th on the Medium Score handicap.) Annoyingly, my back decided to play up one-third of the way round, so I finished with gritted teeth – the poor photographer on the Finish must have wondered why I was pulling such a face. Then I went to Tom’s Bratty Wagon for a bacon-and-egg butty – no eggs! Sliding towards un jour sans, that one.

14 November brought the DEVON Galloper at Virtuous Lady. More rain had made the steep leaf-covered slopes extremely slippery. I again attempted the Blue course (which effort the organiser later described as “heroic”); it would have been more sensible to do Green! I struggled to contour round the steeper hillsides and really made a mess of one control. But I did find the misplaced control easily because I took the unheroic path run option to it, beside the river, and could see the kite above me when I got there. However, when I reached the footbridge crossing the river I decided against doing the loop on the far side; course closing time was approaching and it is not fair to make the organising team wait around. The pull back up to the Finish made me promise myself a visit to the chiropractor early the following week. Almost un jour sans, redeemed by the very tasty Heinz soup that we had brought with us for lunch.

A week later we trogged up to the Forest of Dean. The promised visit to the chiropractor, plus a pulled something in my right calf, meant that I had done nothing except take a shortish walk on Friday afternoon. The Green course beckoned – had I been sensible the week before, I would have had two counting scores (probably) in the series – grr! We expected great things of Mike Forrest’s planning and he certainly delivered. But as I struggled with my compass bearing coming off Control 2, I just knew this was un jour sans. The leg from Controls 3 to 4 went straight across the map, so I started plotting a complicated path run down the east side, crossing the OOB road by Parkend School, and then heading SE not far from Control 5. A couple of bum-slides into and out of the old railway cutting and back up the same way made getting back to no. 5 relatively easy. After that the wheels fell off. Thick gorse and bracken, combined with a fence that an M21 would have bounded over but which defeated me, meant that getting to Control 6 took forever. No. 7 wasn’t much better and 8 involved a scramble round a (by now) mud-covered spur into a re-entrant. On no. 9 I took it into my head to look for code 109 in a depression rather than code 107 on a hill; found it, carefully checked the code – and walked on past it (brain not switching in until a couple of minutes later). Going to no. 10, I ran through a perfectly obvious forest parking area without “seeing” it and headed off down the wrong track. I was only too pleased to see the Finish banner; an appalling run, even by my standards. I got back to the car park to find Arthur (who’d had an excellent run on Blue) shivering as he’d got back ages before me. Thanks to all the various helpers who waited for me (and wondered where I was ...)

Christine Vince KERNO

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.

January

- 22nd **NGOC League 4** , Cleve Hill Cheltenham , SO982276
Organiser: Greg Best, greg@abbeyhotel-cheltenham.com, 01242 516053 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
- 22nd **WIM Dorset Schools League and Informal - Hurn (Also Wessex Night League)** , Hurn Ringwood , SU110010
Organiser: Noel Smith, household@coachhouse8.plus.com, 01202 821053 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: On short lead at all times Start Times: TBA foot orienteering - afternoon Wessex Night League event at duck www.wimborne-orienteers.org.uk/wim/index.htm
- 22nd **QO Quantock Orienteers Night League 4** , Lydead Hill Lydead Hill , ST181338
Organiser: William Kromhout, willdebeast72@hotmail.com Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs allowed. Start Times: 18.00-18.45 www.quantockorienteers.co.uk
- 22nd **KERNO Devon & Cornwall Night League** , Lanhydrock Bodmin , SX087643
Organiser: Roger Hargreaves Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.cornwallorienteering.org.uk
- 23rd **DEVON League** , Norsworthy Bridge Princetown , SX568693

Organiser: Alan Simpson, alansimpson16@blueyonder.co.uk, 01752 311367 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,

- 23rd **BOK Local event and Avon Schools League** , Tyntesfield Bristol , ST506712
Organiser: Amanda Turner, 01934 842354 Entry On Day: Senior £7.50, Junior £3.00, Student £3.00. , Punch Type: SI, Dogs: Well behaved dogs please Start Times: 10.30am Registration from 10.00am
http://www.bristolorienteeing.org.uk/index.php?main=/bok_event_details.php%3Fid%3D494
- 29th **NWO Limited Colour YOGB** , West Woods Marlborough , SU166666
Organiser: Doug Stimson, 01793 535759 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
www.northwilts.org.uk
- 30th **KERNO Club Forest League 1** , TBA TBA
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.cornwallorienteeing.org.uk
- 30th **QO Forest League 4** , Buckland Wood Buckland Wood , ST183172
Organiser: Mark Maynard Entry On Day: Senior £8.00, Junior £2.00, Student £2.00. , Punch Type: SI, Dogs allowed.
www.quantockorienteeers.co.uk

February

- 5th **NGOC Training Event** , Painswick Beacon Painswick , SO870118
Organiser: Ellen Starling, 01793 320054 Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: SI, Dogs: Dogs to be kept under control at all times. Start Times: 12.30 - 14.00 www.ngoc.org.uk
- 5th **WSX Informal** , Hethfelton Wood Wareham , SY860883
Organiser: Bruno Smith, bruno.smith@ntlworld.com, 01202 773640 Entry On Day: Senior £0.00, Junior £0.00, Student £0.00. , Punch Type: None, www.wessex-oc.org
- 6th **WIM Regional Event - New Forest - Brownhills Inclosure** , Brownhills and Wootton Coppice Inclosure Ringwood , SZ251997
Organiser: John Shucksmith, john.shucksmith@virgin.net, 01202 605108 Postal Entry: Richard Keighley, Toll Bar Cottage, The Cross Shillingstone, Blandford Forum, Dorset DT11 0SW, DT11 0SW, 01258 860935, entries@wimborne-orienteeers.org.uk. Cheques payable to Wimborne Orienteers Online entry through www.fabian4.co.uk/ Entry On Day: Senior £10.00, Junior £3.00, Student £3.00. , Punch Type: SI, Dogs: On short lead in car park and assembly but no dogs on courses at all Start Times: 10.30am - 12.30pm www.wimborne-orienteeers.org.uk/wim/index.htm
- 12th **SARUM Dorset Schools, Wessex Night league and Limited Colour coded event** , Southleigh Warminster , ST880425
Organiser: Charlotte Thornton, c.thornton53@goolemail.com Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
www.sarumo.org.uk
- 12th **QO Night League 5** , Cothelstone Cothelstone , ST190326
Organiser: William Kromhout, willebeast72@hotmail.com Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs allowed. Start Times: 18.00-18.45 www.quantockorienteeers.co.uk
- 13th **NWO Regional Event & SWOA Galoppen** , Savernake Forest Marlborough , SU230655
Organiser: Martin Light, 01249 650744 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, northwilts.org.uk
- 19th **DEVON Devon & Cornwall Night League** , King Tor Princetown , SX561749
Organiser: Steve Edmonds, 01752 406519 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
- 19th **WIM Dorset Schools League and Informal - Moreton Forest (also Wessex Night League)** , Moreton Forest Dorchester
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.wimborne-orienteeers.org.uk/wim/index.htm
- 20th **KERNO Club Forest League** , TBA TBA
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.cornwallorienteeing.org.uk
- 20th **QO Forest League 5** , Ham Hill Ham Hill , ST479168
Organiser: Tim Spenlove-Brown Entry On Day: Senior £8.00, Junior £2.00, Student £2.00. , Punch Type: SI, Dogs allowed. Start Times: 11-1.00pm www.quantockorienteeers.co.uk
- 26th **BOK Saturday Series** , Worlebury Woods, Weston s Mare Bristol , ST326626
Organiser: Trevor Crowe, 01934 863348 Entry On Day: Senior £4.00, Junior £2.00, Student £2.00. , Punch Type: SI, Dogs: under control Start Times: 12.00 - 1.00pm Registration from 11.30am www.bristolorienteeing.org.uk

March

- 5th **NGOC Western Night League** , Minchinhampton Stroud , SO858013
Organiser: Alan Starling, alanandellen@goolemail.com 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: From 18.00 or when it gets dark www.ngoc.org.uk
- 5th **NWO Limited Colour YOGB** , Copse Wood Marlborough
Organiser: Michael Reynolds, 01672 511199 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
www.northwilts.org.uk
- 5th **WSX Brownsea Inaugural** , Brownsea Island Poole
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.wessex-oc.org
- 6th **BOK Local Event and Avon Schools League** , Bathampton Down Bath
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.bristolorienteeing.org.uk
- 6th **KERNO Club Forest League 3** , TBA TBA
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.cornwallorienteeing.org.uk
- 13th **DEVON League** , TBC TBC
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
- 19th **NGOC Informal** , Parkend Lydney , SO608078
Organiser: Gary Wakerley, gwak@o2.co.uk, 01594 862690 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: Dogs to be kept under control at all times Start Times: 12.30 - 14.00 www.ngoc.org.uk
- 19th **NWO Score + Yellow & Green** , Upper Burytown Swindon
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, northwilts.org.uk
- 20th **SARUM Saunter Regional Event** , Big Wood Salisbury , ST930360
Organiser: Pat Hart, b.hart@mail.com, 01794 390593 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
www.sarumo.org.uk
- 20th **QO Forest League 6** , Quantock South Quantock South , ST166296
Organiser: Richard Sansbury, richard.sansbury@btinternet.com, 01823 288405 Entry On Day: Senior £8.00, Junior £2.00, Student £2.00. , Punch Type: SI, Dogs allowed. Start Times: 11-1.00pm www.quantockorienteeers.co.uk

- 26th **NGOC 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 Galoppen** , Wareham Forest Wareham , SY96843
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: None, www.wessex-oc.org
- April**
- 2nd-3rd **BOK 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.freemove.co.uk. Cheques payable to Bristol Orienteering Klub Online entry through www.fabian4.co.uk No Entry On Day. Entries Close: 27/03/2011. Senior £9.00, Junior £3.00, Student £3.00 , Punch Type: SI, Dogs: Dogs allowed, but not on courses Start Times: Pre allocated from 12.30-14.30EOD for non competitive only http://www.bristolorienteeing.org.uk/bok_event_details.php?id=497
- BOK 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.freemove.co.uk. Cheques payable to Bristol Orienteering Klub Online entry through www.fabian4.co.uk No Entry On Day. Entries Close: 27/03/2011. Senior £12.00, Junior £4.00, Student £4.00 , Punch Type: SI, Dogs: Dogs MUST be on leads and are not allowed in the competition area Start Times: 10.30am - 13.30 http://www.bristolorienteeing.org.uk/index.php?main=/bok_event_details.php%3Fid%3D498
- 9th **DEVON League** , TBC TBC
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
- 9th **WSX Informal** , Wareham Forest Wareham
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.wessex-oc.org
- 10th **KERNO Club Forest League 4** , TBA TBA
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.cornwallorienteeing.org.uk
- 16th **NGOC 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 Galoppen & SCOA League** , Fonthill Salisbury , ST910306
Organiser: Liz Yeadon Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.sarumo.org.uk
- 19th **BOK Bristol Urban Series** , Bristol University Halls Bristol , ST570759
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 Score + Yellow & Green** , Cherhill Down Calne
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
- 27th **BOK 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 Galoppen** , Danby Lodge Lydney
Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,

RESULTS

British Schools Championships

Congratulations to Claysmore School who retained their Small Secondary School Title at the event held on the 21st November 2010 in Wormley Woods, Broxbourne, Hertfordshire.. In the large secondary schools, Torquay Boys Grammar came 5th overall, although the team had 3 second places and a first place in the age groups.

ISSF World Selection Race

At the World Selection race held on 20th November Harry Butt (SARUM) was 2nd and Michael Hallett (BOK) 12th in the Boy's race. Ellie Stone (DEVON) was 9th in the Girl's race.
Please let me know if I missed anyone in the region in the top 12 out.

Southern Night Championships

These were held at Washer's Pit on November 27th.

Champions

M18	Daniel Mann	BOK	M21L	Gavin Clegg	WSX
M40L	Ifor Powell	BOK	M65L	Ian Peirce	SARUM
M70L	Arthur Boyt	KERNO	M75	Mike Crockett	QO
W45L	Adele Newell	KERNO	W60L	Freda Peirce	SARUM
W65	Charlotte Thornton	SARUM			

Winners

M21S	Richard Cronin	BOK	M65S	Richard Thornton	SARUM
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2nd Place

M35L	Andrew Snell	SARUM	M50L	Tim Holder	WSX
W40L	Karen Crawford	WIM	W55L	Sue Boyt	KERNO

3rd Place

M35L Mark Lockett KERNO M50L Sandy Buryon BOK

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 **provisional** dates for the Galoppen series 2010/2011.

13 th Feb	NWO	Savernake Forest
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

The full tables can be seen on the SWOA web site at www.sworienteingassociation.co.uk.

Brown

1	Clive	Hallett	BOK	M45	1000	0	1000	2000	2
2	Christopher	Rhodes	NWO	M21	754	0	777	1531	2
3	Phil	Newall	KERNO	M45	0	720	685	1405	2
4	Ian	Bartlett	QO	M40	693	645	0	1338	2
5	Michael	Turner	BOK	M50	641	0	687	1328	2
6	Rob	Hick	WSX	M50	653	0	635	1288	2
7	Ben	Chesters	SARUM	M21	0	1000	0	1000	1

Blue

1	Mike	Furlong	WIM	M50	666	634	637	1937	3
2	Phil	Warry	BOK	M55	540	647	573	1760	3
3	Arthur	Vince	KERNO	M70	540	576	615	1731	3
4	Alison	Simmons	BOK	W55	751	0	813	1564	2
5	Adam	Bettiss	SARUM	M21	654	815	0	1469	2
6	Matthew	Knipe	QO	M45	458	412	492	1362	3
7	Richard	Cronin	BOK	M21	712	0	616	1328	2
8	Louise	Benjamin	BOK	W45	609	0	652	1261	2
9	Tess	Stone	DEVON	W40	547	602	0	1149	2
10	Chic	Young	SARUM	M50	552	0	496	1048	2
11	Gavin	Clegg	WSX	M55	1000	0	0	1000	1
12	Luke	Hayward	DEVON	M18	0	1000	0	1000	1
13	Alan	Honey	BOK	M50	0	0	1000	1000	1

Green

1	Richard	Raynsford	BOK	M60	465	872	905	2242	3
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2	Bill	Vigar	QO	M75	575	851	715	2141	3
3	John	Trayler	QO	M65	438	769	838	2045	3
4	Tony	Milroy	QO	M60	401	660	643	1704	3
5	Robin	Walker	BOK	M70	406	664	583	1653	3
6	Roger	Hateley	DEVON	M65	383	687	574	1644	3
7	Sue	Hands	WIM	W60	581	0	963	1544	2
8	Sandy	Cowan	KERNO	M65	324	505	491	1320	3
9	Tony	Hext	QO	M60	425	0	847	1272	2
10	Bill	Brown	WSX	M70	364	0	781	1145	2
11	Mike	Kite	WIM	M60	420	717	0	1137	2
12	John	Parker	BOK	M75	415	0	706	1121	2
13	Jemma	Davie	SARUM	W20	484	550	0	1034	2
14	Jack	Benham	SARUM	M16	1000	0	0	1000	1
15	Jim	Blackford	DEVON	M14	0	1000	0	1000	1
16	Richard	Worrin	BOK	M35	0	0	1000	1000	1

Short Green

1	Mike	Crockett	QO	M75	1000	1000	1000	3000	3
2	Charlotte	Thornton	SARUM	W65	993	807	602	2402	3
3	Richard	Thornton	SARUM	M65	781	775	676	2232	3
4	Anne	Donnell	BOK	W75	814	671	550	2035	3
5	Susan	Hateley Spenlove-	DEVON	W65	691	609	662	1962	3
6	Tim	Brown	QO	M65	885	878	0	1763	2
7	Helen	Bolton	WIM	W45	877	0	744	1621	2
8	David	Parkin	BOK	M75	0	879	731	1610	2
9	Christine	King	BOK	W60	750	741	0	1491	2
10	Joan	Hambleton	SARUM	W65	750	0	699	1449	2
11	Richard	Arman	WSX	M80	712	0	673	1385	2
12	Patricia	Walker	BOK	W65	0	669	459	1128	2

Light Green

1	Norman	Harvey	QO	M65	348	868	774	1990	3
2	Ellie	Stone	DEVON	W14	546	1000	0	1546	2
3	Jessie	Benjamin	BOK	W16	726	0	794	1520	2
4	Jenn	Hudd	BOK	W40	512	0	918	1430	2
5	Tamsin	Dinnage	NWO	W21	398	0	932	1330	2
6	Oliver	Reynolds	DEVON	M16	1000	0	0	1000	1
7	Anna	Robinson	BOK	Y10G	0	0	1000	1000	1

Orange

1	Sam	Giles	SARUM	M16	1000	0	0	1000	1
2	Alice	Kelly	DEVON	W16	0	1000	0	1000	1
3	Eleanor	Robinson	BOK	W14	0	0	1000	1000	1
4	Anne	Bolton	WIM	W20	0	0	917	917	1
5	Sandy	Hathaway	BOK	W45	0	0	898	898	1
6	Tom	Blackford	DEVON	M12	0	769	0	769	1

7	Nigel	Hathaway	BOK	M45	0	0	728	728	1
8	Alec	Rapson	DEVON	M14	709	0	0	709	1
9	Harry	Morse	DEVON	M16	700	0	0	700	1
10	Simon	Hayward	DEVON	M16	667	0	0	667	1
11	Georgia	Puckett	WIM	W14	662	0	0	662	1
12	Lisa	White	SARUM	W14	658	0	0	658	1
13	Gaye	Callard	NGOC	W70	0	0	629	629	1

Yellow

1	Zac	Hudd	BOK	M10	885	0	1000	1885	2
2	Joe	Hudd	BOK	M10	645	0	651	1296	2
3	Dominic	Cook	DEVON	M12	1000	0	0	1000	1
4	Harry	Way	DEVON	M10	0	1000	0	1000	1
5	Jake	Belsten	DEVON	M12	998	0	0	998	1
6	Paris	Ward	DEVON	M12	968	0	0	968	1
7	Eddie	Narbett	BOK	M12	953	0	0	953	1
8	Ben	Narbett	BOK	M10	909	0	0	909	1
9	Harry	Stagg	BOK	M10	0	0	858	858	1
10	Lucy	Tonge	BOK	W10	856	0	0	856	1
11	Samuel	Peat	DEVON	M12	852	0	0	852	1
12	Robert	Munday	WIM	M10	820	0	0	820	1
13	Christopher	Green	QO	M10	0	0	783	783	1
14	Nicholas	Buck	SARUM	M14	725	0	0	725	1
15	Wilf	Thompson	WIM	M10	724	0	0	724	1
16	James	Green	QO	M12	0	0	714	714	1
17	Renny	Wilkinson	DEVON	M12	705	0	0	705	1

Volunteers get the chance to learn new skills

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The views expressed in SINS are not necessarily those of the Editor or the South West Orienteering Association

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