

# SINS

**No. 275**

**November 2012**



South West  
Orienteering  
Association Newsletter

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## EDITORIAL

The season is now in full swing, the Caddihoe has been completed with a distinguished set of SWOA Champions, the first galoppen has taken place and clubs have started their own leagues. Please remember to write reports of the events you attend and send them to me as well as your club newsletter editor. There are times when I wonder if you want a SWOA newsletter as I seem to be underwhelmed with articles. Reports do not have to be very long – one or two paragraphs will suffice to give a flavour of what you have enjoyed or disliked.

Roger and I have acquired a yellow Labrador puppy who is now 5 months old. She is looking forward to meeting you all with great enthusiasm. At present she has restricted our attendance at several events, but we hope she will enjoy travelling when she is a bit older.

Susan Hateley

## CHAIRMAN'S CHAT

Your chairman has few formal roles apart from bi-monthly SWOA committee meetings, but two came along together at Longleat for the Caddihoe Chase in September: presenting trophies and certificates to the top performers, and chairing the Association's Annual General Meeting at a nearby village hall.

The Caddihoe courses were a triumph over adversity: Longleat's foresters had to restrict the competition area at a late stage due to the spread of the dreaded fungus which is affecting increasing numbers of larch trees. Thanks to SARUM's efforts and particularly those of the key officials, all eventually came together on the weekend. The tree fungus, *Phytophthora ramorum*, has been around for five years or so, wiping out some areas for events in Devon and elsewhere.

Now there is news of another fungus, affecting ash trees, and probably introduced here through imports of young trees from the continent. Thankfully it has struck mainly the eastern side of the country so far, but don't hold your breath. Older hands will remember Dutch elm disease too, which had a major effect throughout the country.

Onto more straightforward matters: the SWOA AGM went through smoothly with over twenty attending – the best for some years, so I was informed. Grateful thanks to Trevor Bridle (treasurer) and John Shucksmith (fixtures secretary) were

recorded, and further major changes are anticipated in a year's time when secretary Arthur Vince plans to stand down. Arthur plays a significant role in the smooth running of the Association, and I hope that a volunteer will contact Arthur or me in good time to understand the various responsibilities.

To me the highlight of the meeting was the report of the region's Junior Squad by Jeff Butt. He rightly pointed out the success of our team at the Junior Home International, finishing in fourth place. This may not appear at first sight to be a great achievement, but to get among the active regions of the Midlands and Northern England, with many strong clubs, is a bit like a Championship football club beating one from the top half of the Premier League. Most of our Junior Squad are members of just a few clubs – BOK, SARUM and DEVON spring to mind. I hope that other clubs will also recognise the importance of attracting schools and families to sustain our sport.

Best wishes in the forest

John Dyson

## **SWOA NEWS**

### **SWOA AGM SUMMARY**

WE HAVE A NEW TREASURER, Mark Lockett of KERNO. The other officials and the committee are unchanged. The bank balance at the end of the financial year on 31<sup>st</sup> July was £4839.24; grants to individuals for training camps and representative competitions totalled £2206.06. The South West Junior Squad received a grant of £1000; its funds at the end of the financial year were £1193.62. The total membership stood at 684 units, including 61 juniors and 9 students, with 196 being Local members. It was agreed that the SWOA membership structure for 2013 should be the same as that of BOF – Senior, Junior and Club categories only, with Family membership being discontinued. Trevor Bridle and John Shucksmith of WIM were awarded honorary life membership in recognition of their long service as Treasurer & Membership Secretary and Fixtures Secretary respectively. Membership fees were set at zero for 2013; the lost income will come from an increased event levy. Minor changes to the constitution were agreed, in order to reflect BOF current practice. The AGM minutes, officials' reports and the updated constitution are on the SWOA website. A total of 16 attended, from nine clubs.

### **SWOA EVENT LEVY 2013**

This will increase to 60p per run, all runs to count, but with three juniors counting as one senior. This was decided at the SWOA meeting on 19<sup>th</sup> June.

### **NEW GALOPPEN SCORER**

Joff Henley of WSX has taken over from David and Jan Holmes of QO for the 2012- 2013 series. His contact details are on the back page.

#### NEW RELAY SERIES SCORER

Gavin Clegg of WSX will be taking over from Mike Crockett of QO for the 2013 series.

#### NEXT SWOA MEETING

The next SWOA committee meeting will be on 11<sup>th</sup> December in Ilchester.

Arthur Vince, SWOA Secretary

### SWOA CHAMPIONSHIPS 2013

#### THE EVENTS

Middle Distance: Fonthill, near Hindon, 10<sup>th</sup> March, the SARUM Saunter.

Sprint Distance: UWE, Bristol, 7<sup>th</sup> September (BOK).

Long Distance: Virtuous Lady, near Tavistock, 14<sup>th</sup> September,  
Caddihoe Chase Day 1 (Devon OC).

#### THE RULES

The rules can be found in the *Documents* section of the SWOA website. Briefly, these are age class competitions for all BOF age classes, planned according to BOF Guidelines. Only SWOA members are eligible for prizes. The Sprint has a prologue and a final with the total time for both races determining the result.

#### ENTRIES

Competitors and organisers must be aware that it is ESSENTIAL that entries are made by age class, even if you do not want to compete against your peers. BOF Rules allow: women to compete against men but not vice versa; those older than M/W21 to compete in a younger age group, down to 21; those younger than M/W20 to compete in an older group, up to 21. You must enter the age class that you want to be competitive in. This enables an entry list to be constructed by age class, with people in the class that they want to compete in.

If this is not done then it creates confusion when working out who the age class winners are, particularly when several age classes share the same course. This is a feature of the Long Distance event; the Middle and Sprint events have even more course sharing due to the smaller number of courses.

Start lists for courses can be prepared in the normal way. If the championship is a Level B event then pre-allocated start times are required. This is also highly desirable if it is at Level C, when a properly seeded start list will separate the faster competitors on each course and in each class by an appropriate margin.

Arthur Vince, SWOA Secretary

## COLOUR CODED AWARDS

Congratulations to the large number of people who have attained a colour standard over the past few months. It is a pleasure to have a good sized list.

<u>String (Purple)</u>	Alexander Radford IND.	Sophie Radford IND
<u>White</u>	Eddie Gwilliam BOK	Danny Gwilliam BOK
	James Rossington BGS	Grace Hillier RHOK
	Rory Morgan BGS	Sam Morgan BGS
	Alexander Radford IND	Sophie Radford IND
<u>Yellow</u>	James Rossington BGS	Rory Morgan BGS
<u>Orange</u>	Jim Bailey BOK	

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

## COACHING IN THE SW

There will be a two-day **Outdoor First Aid** course on 11<sup>th</sup>/12<sup>th</sup> December 2012. This is being organised by Jim Hayward and will be held in the Mendips. The cost will be £150, and Jim can be contacted on (work) 01934 834877 or (home) 01934 844416 or at [jimihayward@gmail.com](mailto:jimihayward@gmail.com).

There will be a **UKCC Level 1 coaching course** at Kingston Maurwood College on 23<sup>rd</sup>/24<sup>th</sup> February and 3<sup>rd</sup> March 2013. This course should be booked through the British Orienteering website via

[http://www.britishorienteering.org.uk/page/training\\_courses](http://www.britishorienteering.org.uk/page/training_courses) and the cost will be £250.

There may be funding from SWOA to support candidates for these courses; applications must be made prior to the event. In the first instance, please contact Arthur Vince on [arthur.vince@btinternet.com](mailto:arthur.vince@btinternet.com).

## OBITUARY FOR JOHN SEARLE 1953 - 2012

John Searle was tragically killed whilst on his bike close to Craven Arms on Wednesday 17 Oct 2012



I met John when I joined the first year at Queen Elizabeth's Community College in Crediton, Devon, in 1981, where he taught Geography as well as organising the school's orienteering club QESCO. I'd never heard of orienteering before then but his description of running around moorland and forest, reading maps, sounded very exciting and adventurous. He introduced me to a sport that I still enjoy competing in today, and taking an active role in.

John organised many regular trips, using the school's minibus, to orienteering events in the south west for students which I competed in. I've been told that a minibus full of school children is always noisy but

that there was always one voice that could be heard above all the others – mine. Much later on this earned me the nick name “Silent” from one of the parents who'd always been happy to drive the bus when a group of his school orienteering club went on to form Kirton Hash House Harriers after learning about hashing from attending orienteering events. Although John never took part in hashing his involvement in School Orienteering contributed to the birth of Kirton Hash by bringing a group of like-minded people together.

He constructed a home-made trophy for the school's orienteering championships that consisted of items collected from orienteering events across the UK, a wooden base, with limestone from the lake district, an antler picked up, and a small orienteering kite hanging down. It was a unique and wonderful creation.

In 1985 he helped me undertake a sponsored orienteering course for the Exeter Asthma Society at an event at Exeter Forest which, with his typical sense of humour, he'd named The Karriless. I remember worrying him a month before the event when I'd taken rather long time on my course at Woodbury Common after making a navigational error and getting lost.

His charitable activities also included one year organising “Shaftsbury Week” at Queen Elizabeth's where students of Shaftsbury house collected money for charity during the lunch hour.

He was an inspirational teacher and his teaching materials included handouts from the Sandford University Press, scattered with the occasional pun and joke, and his maps from Krapimapz (an off-shoot of the Sandford University Press) were unique with green lakes and blue woodland, and on occasion orientated to East.

I wrote to him a couple of years ago, including a couple of the maps that I have since drawn of areas in Devon, which he mentioned brought him much pleasure – as well as sent him scrambling through his records for the Karriless map and results. His reply was written on the back of an orienteering map of Sowdley Wood and Black Hill, an area local to Craven Arms that he mentioned was one of his favourite areas.

John was an inspirational teacher and gentlemen who encouraged a number of people to take part in orienteering.

James Head      NWO

Talking of traditional Devon faces, I must add Judy and my memories to those that will no doubt be expressed by others in the light of the tragic death of John Searle. John was one of life's true gentlemen – a man of sound principles, dedicated to his profession, full of talent, humour and integrity. We were privileged to share his enthusiasm for school orienteering, both in the challenges thrown to Taunton Prep School from QES, Crediton (he actually sent a 'gauntlet' in the post to the school) and in his organisation of Devon Junior trips to the White Rose multiday events in Yorkshire Moors. The St Audries' School girls will remember his disdain at their 'cathedral' of a tent with the associated bunting of underwear! Judy and I, and our children, have fond memories of his wit and 'armchair orienteering'. The QESCO pack of exercises have provided school Orienteering Hobby and QO Junior Orienteering Club (JOG) with inspirational ideas for coaching, and he would always find some old map to use as notepaper and carton material for correspondence. We visited his home in Craven Arms and despaired at the lack of use of his talents in educational and cultural areas. Maybe we had a prejudiced view of him – but we were never aware of any shortcomings that prevented him from being used as an excellent teacher. His house was only minutes from a railway station that enabled him to reach anywhere on the railway network in a day – his preferred method of travel after his trusty bike. He was also a volunteer and magazine editor of the Ravenglass & Eskdale Railway Preservation Society for many years. We had the pleasure of him staying with us in August 2010 while attending a Windband Summer School near Bridgwater and our grandchildren were given demonstrations of mouthpiece and homemade piccolo playing they will never forget. We are reminded of a favourite quote of John's referring to the 'great toilet roll of life': the closer you get to the end, the faster it runs out!

Editor's note: John was responsible for an orienteering activity pack "The Devon Armchair Orienteering workpack". On leaving Devon John moved to Shropshire where he joined Wrekin Orienteers.

## CONGRATULATIONS

Good luck to Ben Maliphan and Adam Potter of BOK who have both been selected for British Orienteering's Talent Development Squad

Well done to SARUM juniors who won a trophy at the Peter Palmer Relays for the fastest small club. They were 7<sup>th</sup> out of 28 teams.

## REPORTS

### KINCRAIG SUMMER TRAINING CAMP

*(From Scan the newsletter of SARUM)*

On the 4<sup>th</sup> August, 11 boys and 13 girls in the M/W16 age category travelled up to the Cairngorms in Scotland to take part in the Kincaig summer training camp. A week of improving technical ability, fitness and fun was in store for the athletes, most of whom had already been to the Lagganlia tour one or two years previously. Once we arrived, we played a few games to break the ice and get to know each other and the coaches by using alliterative name games, which are always funny! Some of the jobs people came up with were rather strange, such as 'the Nairobi ambassador' and 'a neurobiologist'!



On the first day of training, we were woken up at 7.00 for breakfast at 7.15 and a briefing at 8.00 about the day's activities to come. A half hour bus journey later, and we'd arrived at the day's activity area—Alvie, with

wooded marshes and steep knolls and reentrants, we then planned our first exercise ourselves. Even after having been warned about the concentration of midges and mosquitoes, I don't think anyone had come prepared for the number of bites we all received whilst waiting at the start and finish! Once we'd finished all the exercises of the day, we took the bus back to Lagganlia Outdoor Activity Centre, where we were staying and we all did a time-trial on the track through the woods just over the road in Inshriach. The girls were started at minute intervals for a 2km run, whilst the boys were at 1½ minutes for 3km. Hot and sweaty, we jogged back to the centre for showers and tea, before finding out that we'd be taking part in a night orienteering event that night, and probably wouldn't get to bed until gone midnight. However, this didn't put anyone off and we were sent off in reverse order of the time trial results. The night o' event was really fun and a new experience for a few of the

athletes who had never run an event during the night before. But at least during this event my torch didn't die like it did at the British night Orienteering Championships.

The next morning we were allowed to stay in bed an hour later to make up for our late night and we awoke with the sun streaming through our blinds. We arrived at the location for the next day's training—a hill called Balavil on which we were to be focusing on slope exercises and staying on our line whilst going diagonally up or down the hill. A middle distance race in the afternoon. I had a very good run and won the race for the boys by 3 minutes, while Fay Walsh finished in an amazing time and won the girls' race. Once we arrived back at our lodges, we walked through the woods to go swimming down at the river because the weather was so nice.

Tuesday was my favorite training day, as we took off on a 1½ hour bus journey to Roseisle, a contour strewn area very much like Culbin with many sandy hills and depressions that were interesting to navigate off. I thought this was the best area because of the complex contours and the fun races we did after lunch. In the morning, we were focusing on simplification and attack points, and an Odds and Evens relay and a 'Light green' race took up the afternoon. I found the 'Light green' race very difficult and ended up being the last back after starting 5<sup>th</sup>.

On Wednesday (also known as 'The Busiest Rest Day of My Life!' by most of the other kids), we were able to walk to our training area (Inshriach North), which was the same place that we had done the time trial a couple of days before. The exercises were based on distractions and not being put off by people talking to you (which one guy managed to forget, and sustained a whole conversation with a coach throughout his entire course!). We then went to a ropes course where we worked in teams to try and get round the ropes course without spilling a bucket full to the brim with water. This was actually much harder than it sounds! Afterwards, we took the minibus to Loch Morlich, which was more like a sandy beach in the Bahamas than a lake in Scotland! We then went on the weekly retail experience to Tesco in Aviemore. That evening, we were able to experience the delights of Trail O', a type of orienteering where you're not allowed to run or leave the track, and is supposed to be something that disabled people are able to do. It's basically a normal orienteering map with controls on, and you must navigate around the paths until you reach a viewpoint for the control site, which will have anything between 3 and 6 kites. By reading your control description, you must then identify which flag is the actual flag and then you write this onto a scorecard to be handed in at the end. I found this very enjoyable and I liked the fact that even people who are injured or disabled can still participate!

Thursday was the 'Sprint qualifier and Final' day at Faskally, Alice Rigby did very well in the sprint courses, and won the A final, and Lisa White won the girls' B final with the fastest time of the day! Tam Wilson took the 'gold' for the boys in the A final and Nick Malbon won the boys' B final. I unfortunately forgot that the first race was just a qualifier and so I raced it flat out and ended up first whilst beating

Jack Benham (One of the coaches on the tour). However resultantly for the final I was pretty tired and so I ended up third on the final...

The Classic race at Loch Vaa was fun for others but for me it was truly awful. This is because I ended up taking 90 minutes and almost lost all the confidence in Orienteering I had gained throughout the week. It was a very hot day, and most of the course was open so we all got overheated, which made drinking very important! Andrew Barr ended up winning the boys' and Beth Hanson won the girls'. The Adams family joined us again and they also carried on taking part in the fun relays in the afternoon. The relays were at Avielochan, which was very easy running, especially compared to the morning's race when everyone had found the terrain hard going (heather), and were a really nice thing to have on the last day as it enabled us to run and have fun without it being a competition or having worry about being tired for the next day. Friday evening was the ominous 'Couples Night' and we were all seated opposite our 'date' for the evening. However, it wasn't as bad as most of us thought it would be, and the coaches seemed to have taken into account who had been getting on with who so we were all suitably paired. I think it's fair to say that it was great fun and we all had an awesome time!

Overall the whole week was really fun, and I am hoping to try and get selected for another tour again next year! I found all the different exercises and training really helpful, and as Nathan Lawson told me 'Lagganlia is more about making sure you know the skills, whereas Kincaig is all about learning new things and getting them up to competition standard'. I would definitely like to go again and would recommend it to the people who went to Lagganlia this year, and perhaps a few that went to the Cairngorms camp. I really enjoyed getting to know all the new people and being back with some of the people that I met two years ago! The coaches were all really good fun and amazing at encouraging everyone. I would like to thank Tony Carlyle and Nev Myers for organising the week and I'm pretty sure everyone will agree that it was fabulous! Also thanks to all the other coaches who contributed to making the tour great. Thank you as well to those who sent me grants to help me get there, without your help it wouldn't have been possible.

Harry Butt. (SARUM)

### **PETER PALMER RELAY 8/9<sup>th</sup> September 2012.**

*From Devon Orienteer*

On Saturday the 8<sup>th</sup> of September a group of enthusiastic orienteers from East Devon met at the railway station in Honiton. They were packed for all weathers and conditions and with sleeping bags and roll mats, the 8 of them left for Birmingham by train. But first all they stopped at Exeter St David's to pick up another member of the team. After 40mins of waiting at the station and talking team tactics, we set off for Birmingham.

After 3 hours of music, reading and talking we arrived in the city of Birmingham, the first excitement was changing to the local rail network, and then passing

Cadbury World!! Shortly we were walking to the Whyneham sports centre, and then we arrived at our destination.

We spent the evening playing in a amateur '6 a side' football tournament. Our line was me (Jonty) as a rush goalie which basically meant me running up the pitch to attack and then sprinting back to try and save a goal, we had no real defence and the rest of our players; (Kit, Ellie, Emily, Zak, Grey and Jack) were a strong attacking force. Despite our amazing tactics and a great team name; '*Devon Farming Community*' our first 30 minute match ended up in a 5-3 defeat. This obviously had nothing to do with the fact our age range was 13-17 while theirs was 16-56! Anyway after a team huddle and talk we came out onto the pitch fighting, the second match was much better. We were opposing a team of 11 players while we had six, but that did not bother us, as it is 'Quality not quantity' isn't it? We played some spectacular football, including a goal that was kicked in from our half and headed in their goal first touch by our young start player Jack, also one goal was scored from a single kick from our half and an amazing run by our midfield player Ellie who skilled not one, not two but three of their defence!! We also made a few great saves including my super slide tackler that kicked the ball off the pitch through the striker's legs. Anyway, we won 6-3 and that was the end of the footie tournament.

The next event was finding food for 7 hungry kids. The only food on site was a Costa and a burger van so the majority of the group decided to go into town. After a small trip to Waitrose and 3burgers and chicks wraps later we headed back to the sports hall and set out our sleeping bags and roll mats and went to sleep.

At 4 30 the next day we woke up to a freezing and foggy morning. First off was Ellie running a red course in the dark, obviously she had a head torch but apparently still quite scary, despite this she finished 19<sup>th</sup> out of 28runners in 50 minutes. This was very good as it was her first night run just like Grey who ran next. He started in pitch black but by the end of his red run he was running in sunlight. In his 36 minute run he boosted the '*Devon Farming Community's*' position by two places. He was followed by Emily who ran a light green very well. The terrain the park was mixed between fields with rough grass and gorse and woodland which parts was runnable with paths or no paths and other parts was a fight to get through. Following Emily was Zak who ran an orange in about 30mins and then me and Jack set off for the yellow. After 8 controls with a short distance of 2.3k we reached the finish line and tagged Kit who set off to do his very long and quite difficult 6K green. So at the end of the event we had come 17<sup>th</sup> after our position going up and down in 1's and 2's. We were quite pleased with our result but next time we hope to improve our position by a few places and have 2 teams. All in all we had a really good weekend at the event and huge thanks to our coach Tess who organised the whole thing and giving us tips and advice throughout the experience.

Jonty Eaton Hart (DEVON)





## FIXTURES

These fixtures were obtained from the Club websites. Please check with the club website for further details, or contact the club secretary. Details are listed on page 23 of this newsletter.

### November

17 <sup>th</sup>	WSX	Informal, Kings Park & Littledown, SZ125939	
		ideal for beginners. Also: Wessex Night League event.	
17 <sup>th</sup>	NWO	Western Night League West Woods Marlborough	
18 <sup>th</sup>	KERNO	Hayle. Forest League No. 2	SW579413
18 <sup>th</sup>	NWO	Limited Colour Event. West Woods Marlborough	
18 <sup>th</sup>	QO	QOFL 2. Buckland Wood	ST182171
24 <sup>th</sup>	KERNO	D&C Night Event No. 2. Lanhydrock	SX087641
24 <sup>th</sup>	QO	QOAD1. Culm Davey	ST128161

### 25<sup>th</sup> **BOK GALOPPEN, Yvette Baker Qual.**

	Cannop Ponds, Forest of Dean	SO623101
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### December

2 <sup>nd</sup>	DEVON	League, Five Tors, Tavistock	SX531752
3 <sup>rd</sup>	WSX/WIM	Monthly Club Night, Parkstone Grammar School.	
8 <sup>th</sup>	DEVON	D&C Night Event No. 3. Burrator West	SX547693
8 <sup>th</sup>	QO	QOAD2 Castle Neroche	ST275156
8 <sup>th</sup>	NGOC	League 3. Knockalls	SO560119
8 <sup>th</sup>	WIM	3-in1 Event Ringwood North (S end)	
		MTBO (am), Informal & DSL (pm), Night League event	
9 <sup>th</sup>	<b>SARUM</b>	<b>Yvette Baker Trophy Final</b> , Collingbourne (tbc).	
9 <sup>th</sup>	BOK	Winter Forest League. Location to be confirmed	
15 <sup>th</sup>	NGOC	Western Night league. Mallards Pike North	SO649126
16 <sup>th</sup>	KERNO	Hardhead Downs. Forest League No. 3	SX154702.
16 <sup>th</sup>	QO	QOFL 3. Hart Hill/Floorey Down	ST167365
22 <sup>th</sup>	KERNO	D&C Night Event No. 4. Davidstow	SX154853
26 <sup>th</sup>	WIM	Boxing Day Canter	
27 <sup>th</sup>	DEVON	Christmas Event. Killerton Park	SS973001

## 2013

### January

1 <sup>st</sup>	NGOC	New Year's Day Score Parkend	SO608078
1 <sup>st</sup>	QO	Novelty Event Kingscliff Wood	ST267320
2 <sup>nd</sup>	NWO	Limited Colour. Defence Academy Shrivenham.	
5 <sup>th</sup>	KERNO	Extra Night No. 1. Tremough	SW769349
5	NGOC	Western Night League Standish Woods	SO838085
6 <sup>th</sup>	BOK	Level C & ASO Event. Brierley, Forest of Dean	SO624152
7 <sup>th</sup>	WIM/WSX	Club evening & Night league. possibly Canford/Merley	

12th	DEVON D&C Night Event No.5. Newnham Park	SX549598
13th	<b>NWO Ranking Level B Event and SWOA Galoppen League</b>	
		Savernake Forest
19th	NGOC League 4, Painswick	SO870117
19th	WIM 3-in1 Event Moors Valley (provisional)	
	MTBO (am), Informal & DSL (pm), Night League event	
20th	KERNO Forest League No. 4. Lanhydrock	SX087641
20th	QO QOFL4 Broomfield & Wind Down	
26th	KERNO Extra Night No. 2. Trelissick	SW836397
27th	DEVON League. Mutters Moor	SY109873
<b>February</b>		
2nd	KERNO D&C Night Event No. 6. Duchy College	SX356747
2nd	NGOC Informal Crickley Hill	SO935163
3rd	<b>WIM Regional.</b> Ibsley Common	
9th	KERNO Extra Night No. 3. Tehidy	SW635434
10th	DEVON League Hound Tor	SX738793
24th	<b>KERNO Galoppen &amp; Forest League 5.</b> Cookworthy	SS415013

## TO GALOPPEN OR NOT GALLOPEN!

QO's Junior Orienteering (JOG) parents are getting itchy feet. A selection are wanting to move on from QOFL to ga(l)lop(pen) challenges and used the Devon event on Burrator as a first try. New area, new courses, new terrain, new disasters! I went with the Haslers (Chris M45, and Tom M10) on a fine, sunny day to experience the delights of Dartmoor after our wet summer. I primed them on the maps of the 70's (hand drawn courses), 80's (overprinted maps) and 'naughties' (OCAD) – excellent mapping skills of Peckett/Parker/Wimpenny. I failed to convince Tom & Chris that running Green and Light Green courses might be a little ambitious so early in their orienteering careers.

So to the event. Easy parking, registration, and starts. Short walk to the start. Uphill climb to the first control – why do I always overcomplicate the first leg? Ten minutes wasted. Controls 2 to 5 were fine, then disaster going to 6 for Chris and I (and I suspect others). I took 25 min. and Chris took 65 min. to find it after some relocation and parallel path errors. OK from there on in despite some pretty damp and grotty underfoot areas. The sight of the QO finish banner hiding behind a tree reminded us that Andy Rimes was the Controller. Inevitably I finished last at that stage - wishing I had adopted Judy's technique of refusing to punch and submit to SI analysis, just enjoying being in the open air!

A picturesque trip over the top of Dartmoor on the way back to Taunton completed an enjoyable day out, with Tom sampling the Warren House Inn 'Steak and Ale'

pie. I was surprised how few of the 'traditional' Devon faces were in evidence, but that is probable a sign of my age as well as a healthy transfer of responsibilities in the Devon Club.

Roger Craddock QO

## **LADIES' ORIENTEERING COACHING DAY**

**Saturday 2 February 2013**

There will be a Ladies' Orienteering Coaching Day on Saturday 2 February 2013. The aim of the Day is to help you improve your orienteering skills and enhance your orienteering enjoyment. The venue will be easily accessible on the northwest escarpments of the Mendips, about 8 to 12 miles SW of Bristol. The exact location has yet to be confirmed. Facilities include good car parking, a comfortable room, toilets and tea/coffee refreshments. Bring your own lunch.

Orienteering training will be given by friendly and understanding coaches. The potential areas offer woodland and paths, complex contours, gentle and steep slopes and many natural features. Training will cover both basic orienteering skills such as pacing and the correct reading of the compass and map, and more refined skills such as navigating across a slope and route choice. Training will be at walking or jog pace. All lady orienteers (club and non club) are welcome.

COST: To be confirmed but about £9 which includes tea/coffee and maps.

TIMES: 10 am to 3pm.

BOOKING and further INFORMATION: Katy Dyer 0117 9684173 or through the BOK website [www.bristolorienteering.org.uk](http://www.bristolorienteering.org.uk) Latest updates will be posted on the BOK website.

Katy Dyer (Bristol Orienteering Klub)- Day organiser

## **RESULTS**

### **SW LONG DISTANCE CHAMPIONS 2012**

Decided at Day 1 of the Caddihoe Chase at Longleat

*This list was compiled by Arthur Vince, the SWOA Secretary. The event entries were not taken by age class but by course, which caused difficulty in sorting out the*

winners. If you think you should have been declared the winner but are not listed here, please let Arthur know.

W10	Yvette Paget, WSX	M10	Joe Hudd, BOK
W12	Lucy Tonge, BOK	M12	Zac Hudd, BOK
W14	Chloe Potter, BOK	M14	Fraser Smith, WIM
W16	Lisa White, SARUM	M16	Michael Hallett, BOK
W18	No award	M18	Adam Potter, BOK
W20	No award	M20	Jamie Parkinson.DEVON/OUOC
W21	Alice Bedwell (W50), BOK	M21	Mark Bown, BOK
W35	No award	M35	Andrew McNally, WIM
W40	Tess Stone (W45), DEVON	M40	Richard Sansbury, BOK
W45	Karen French, WIM	M45	Clive Hallett, BOK
W50	Ella Bowles, DEVON	M50	Mark Saunders, BOK
W55	Kirsty Staunton, WIM	M55	Gavin Clegg, WSX
W60	Katy Dyer, BOK	M60	Wilf Taylor, DEVON
W65	Sally Thomas, BOK	M65	Ian Pierce, SARUM
W70	Vikki Crawford, WIM	M70	Richard Brightman, WIM
W75	Barbara Warren, WIM	M75	Tony Noot, BOK
W80	Anne Donnell, BOK	M80	John Grenfell, BOK
		M85	Denis Hamment, BOK

Overall Results for the Caddihoe Chase 2012.

### Winners

Sh Green	Tony Noot	BOK
V. Sh. Green	Don Monro	BOK
Lt. Green	Alexander Buck	SARUM
Yellow	Joe Hudd	BOK
Orange	Lucy Tonge	BOK
White	Darren Whittingham	WIM

### 2<sup>nd</sup> Place

Lt. Green	Fraser Smith	WIM	Orange	Duncan White	SARUM
Yellow	Oliver Tonge	BOK			

### 3<sup>rd</sup> Place

Black	Mark Brown	BOK	Sh. Brown	Clive Hallett	BOK
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Blue	Michael Hallett BOK	Sh. Blue	Ella Bowles DEVON
Green	Cecilie Anderson BOK	Sh. Green	Jill Green DEVON
V. Sh. Green	Pauline Olds KERNO	Lt. Green	Chloe Potter BOK
Orange	Wilf Thompson BOK	Yelloow	Harry Stagg BOK
White	Edith Stagg BOK		

### ORIENTEERING IN POEMS AND PROSE

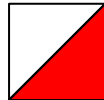
A series of orienteering articles and poems which have been written in the style of various well-known authors that have appeared in Legend over the last year. These have now been collected together into a booklet. This is being sold by NGOC in aid of the S.W. Junior Squad. There are nineteen articles and poems “by” John Betjeman, Enid Blyton, Raymond Chandler, P.G. Wodehouse etc. 44 pages for £2. Available at NGOC events (or from the Legend Editor by post at £2-50: Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. Pay by cheque, PayPal or bank transfer).

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### FOREST CHALLENGE!



*The orienteering board game for 2-6 players*



This “ever-popular” board game is available for sale for a third season. A good idea as a present for the orienteer in your life or buy one for the whole family to play after Christmas lunch. The game contains all you need to “Step over the line.” Buy your copy at an NGOC event (£8-00) or by post from the Legend Editor: Alan

Brown, 10 Brizen Lane, Cheltenham, GL53 0NG (adding £2-00 for post and packing). Pay by cheque, PayPal or bank transfer. All profits will be donated to the Woodland Trust.

### **Profits of £300 from *Forest Challenge!* donated to Woodland Trust**

Treasurer Carol Stewart recently sent a cheque for £300 to the Woodland Trust, profits from last season's sale of NGOC's orienteering board game. Here is an extract from the Trust's thank you letter:

*"Thank you so much for your donation of £300 towards the work of the Woodland Trust. We really do value your support and encouragement and would be grateful if you could pass on our thanks to both the creator and purchasers of your board game 'Forest Challenge'. Their kind support is very much appreciated.*

*"We currently have over 1000 woods across the UK in our ownership. Your support allows us to sympathetically manage these areas and ensure that they are restored and managed for the benefit of wildlife and people. I do hope you can visit your nearest wood and experience the beauty of these special areas yourself. . . . .*

*"Surprisingly, the UK is one of the least wooded countries in Europe so we're passionate about doubling native tree cover over the next 50 years. We are really excited about our plans to mark the Diamond Jubilee of Her Majesty The Queen with the planting of six million trees during 2012! Thanks to the fantastic support of people and businesses, Jubilee Woods is halfway to achieving its ambitions – that's a staggering three million trees in the ground already!"*

### **GALOPPEN SCORES**

Name	Club	Age	Dev	Total	No.
<b>BROWN</b>					
1 Clive Hallett	BOK	M45	1000	1000	1
2 Ben Chesters	Sarum	M21	922	922	1
3 Jack Benham	Sarum	M18	918	918	1
4 Christian Grierson	Devon	M18	835	835	1
5 Jon Brooke	WSX	M45	810	810	1

6	Michael Hallett	BOK	M16	733	733	1
7	Mark Bagley	Devon	M40	714	714	1
8	Steve Edmonds	Devon	M55	693	693	1
9	Matthew Atkins	Devon	M40	690	690	1
10	Andrew Reynolds	Devon	M45	646	646	1
11	Robert Naylor	Devon	M40	616	616	1
12	Phil Newall	Kerno	M50	611	611	1
13	William Hancock	Kerno	M21	605	605	1
14	Stephen Eastley	Kerno	M55	591	591	1
15	Geoff Keenan	Devon	M45	561	561	1
16	Alan Knight	Devon	M50	497	497	1

# BLUE

1	Rob Parkinson	Devon	M55	1000	1000	1
2	Chris Moncaster	Kerno	M55	997	997	1
3	Grey Grierson	Devon	M16	909	909	1
4	Derek Parkin	Devon	M40	890	890	1
5	Graham Pring	Kerno	M55	869	869	1
6	Peter Maliphant	BOK	M55	846	846	1
7	Ella Bowles	Devon	W50	837	837	1
8	Tom Lillicrap	Devon	M65	830	830	1
9	Tessa Stone	Devon	W45	826	826	1
10	Jackie Hallett	BOK	W55	814	814	1
11	Noel Smith	WIM	M45	812	812	1
12	Ellie Stone	Devon	W16	802	802	1
13	Ian Bowles	Devon	M55	791	791	1
14	Joss Knight	Devon	M18	752	752	1
15	Tom Bate	Devon	M40	747	747	1
16	Nigel Benham	Sarum	M50	733	733	1
17	Peter Morton	Kerno	M65	731	731	1
18	Barry Olds	Kerno	M55	719	719	1
19	Bryan Smith	Devon	M60	717	717	1
20	Christopher Garrett	Devon	M18	700	700	1
21	Spencer Modica	QO	M45	689	689	1
22	Mark Dyer	BOK	M60	689	689	1
23	Paul Ames	Devon	M50	684	684	1
24	John Chesters	Devon	M60	673	673	1
25	David Mullins	Sarum	M60	669	669	1
26	Sean Rowe	Devon	M16	665	665	1
27	Nicholas Maxwell	Devon	M55	660	660	1
28	Hana Skuckova	Devon	W45	643	643	1
29	Phil Warry	BOK	M55	615	615	1
30	Alison Reynolds	Devon	W45	612	612	1
31	Barbara Keenan	Devon	W45	596	596	1
32	Tony Smith	Devon	M60	579	579	1
33	Peter Heywood	Kerno	M65	558	558	1

34 Adele Newall	Kerno	W50	531	531	1
35 Caroline Potter	BOK	W50	521	521	1
36 Matthew Knipe	QO	M45	518	518	1
37 Tony Lloyd	BOK	M55	517	517	1
38 Wendy Smith	Devon	W50	483	483	1

#### GREEN

1 Peter Hudd	BOK	M50	1000	1000	1
2 Tony Hext	QO	M60	916	916	1
3 Zac Hudd	BOK	M12	901	901	1
4 Nicola Brooke	WSX	W45	868	868	1
5 Richard Smith	Kerno	M60	812	812	1
6 Katy Dyer	BOK	W60	793	793	1
7 John Trayler	QO	M65	790	790	1
8 Bill Vigar	QO	M75	760	760	1
9 Neil Clegg	QO	M50	737	737	1
10 Laura Wilcox	WSX	W45	711	711	1
11 Jenn Hudd	BOK	W45	694	694	1
12 Fraser Smith	WIM	M14	688	688	1
13 Ann Hughes	Devon	W65	684	684	1
14 Tony Milroy	QO	M60	655	655	1
15 Roger Hateley	Devon	M65	652	652	1
16 Jake Belsten	Devon	M14	636	636	1
17 Dominic Clarke	Devon	M14	627	627	1
18 Kim Boswijk	Devon	W50	612	612	1
19 Emily Keenan	Devon	W14	606	606	1
20 Roger Craddock	QO	M70	583	583	1
21 Hilary Eastley	Kerno	W55	548	548	1
22 Denise Mullins	Sarum	W60	479	479	1
23 Ruth Chesters	Devon	W60	478	478	1
24 Sandy Cowan	Kerno	M70	369	369	1
25 Chris Hasler	QO	M45	353	353	1

#### SHORT GREEN

1 Carol Pearce	Devon	W65	1000	1000	1
2 Charlotte Thornton	Sarum	W65	743	743	1
3 John Higgins	BOK	M75	742	742	1
4 Stephen Williams	QO	M55	722	722	1
5 Richard Thornton	Sarum	M65	666	666	1
6 Susan Hateley	Devon	W65	593	593	1

**LIGHT GREEN**

1	James Dean	Devon	M14	1000	1000	1
2	Harriet Ames	Devon	W14	767	767	1
3	Austyn Lloyd	BOK	M16	577	577	1
4	Angela Modica	QO	W40	452	452	1

**ORANGE**

1	Joe Hudd	BOK	M9	1000	1000	1
2	Tom Snow	Devon	M14	641	641	1
3	Meg Somers	Devon	W12	518	518	1
4	Elliot Smith	QO	M12	338	338	1

**YELLOW**

1	Arthur Brooke	WSX	M10	1000	1000	1
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Omitted pending clarification on SWOA membership:

**BROWN**

	James Turner	IND	M21	526	526	1
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**GALOPPEN EVENTS 2012/13**

BOK	25 Nov 2012	Cannop Ponds, Forest of Dean
NWO	13 Jan 2013	Savernake, Marlborough
KERNO	24 Feb 2013	Cookworthy, Holsworthy
NGOC	17 Mar 2013	Cranham, Gloucester
QO	7 Apr 2013	Rectory Wood, Quantock Hills
SARUM	12 May 2013	Longleat, Warminster
WESSEX	19 May 2013	Agglestone, Studland

**SWOA MEMBERS ON BOF BOARD OF DIRECTORS** Neil Cameron  
(NGOC),  
Scott Collier (KERNO). David Maliphant, (BOK)

**SWOA REPRESENTATIVES ON BOF COMMITTEES and GROUPS:**

COACHING. Christine Vince, KERNO                      FIXTURES GROUP Richard Sansbury,  
QO  
DEVELOPMENT. Scott Collier, KERNO                      MAP GROUP. Bill Brown, WSX  
TRAIL O                      Dick Keighley, WIM

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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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