

SINS

No. 285

July 2014



South West
Orienteering
Association Newsletter

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Cover photo Carol Pearce on the at the final control on Day 1 of the Caddihoe Chase

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SECRETARY'S CHAT

I ran in a BOK local urban orienteering event on Wednesday and really enjoyed it. The planner had revised a map of a small park wood to Sprint specifications and added on the housing estate and improved rubbish dump to the north. The estate is not a place where you would usually want to run but with the additional differing terrains the whole map made for some challenging and interesting courses. I really enjoy this sort of orienteering. Could we do this again as a winter night event? Now there is a real challenge but at least the brambles would be less aggressive.

Lots of SWOA clubs are putting on local events which are the bread and butter of a club's finances. I believe that this sort of event is more likely to bring in and keep new members. Keep them coming!!

Meanwhile the Tamar Triple (24-26 May) was another successful venture by DEVON and KERNO. With 4 events held in not so great weather, these clubs showed that the South West is quite able to supply excellent multiday orienteering. There is more first class orienteering to come this year, for example: the SWOA Sprint championships at Bournemouth (WESSEX 6 July), the Caddihoe Chase (NGOC 13/14 September) in the Forest of Dean coupled with the Veteran Home International, the ongoing SWOA Relay Series and the BOK Blast urban orienteering weekend (BOK end of August). But every club is working hard to plan and organise events throughout the South West and all efforts are greatly appreciated by the orienteering fraternity. So get your mates together and join in, perhaps starting with the SWOA Relay Series.

I am pleased to welcome Alastair James Stephenson, who is the new secretary of the Bristol Orienteering Club. Let us wish his club a successful year.

SWOA is keen to sponsor club training courses eg mappers, planners, volunteers and to this end will now offer a £50 grant to club courses in the next financial year. Clubs must be prepared to open the course to all SWOA clubs, run a properly tutored, organised and advertised course and include SWOA in the title. Make your application to the SWOA secretary Katy Dyer. The first club course to apply for the grant is the BOK/SWOA mapping course 11 Oct 2014 - see SWOA website for details.

Congratulations to all 12 members of the SW Junior Orienteering Squad who have qualified for BOF training courses at home and abroad. The work and commitment of members and coaches is immense and we thank them all. These successful orienteers are real role models for younger members of the Squad. For more details of the Squad successes read Appendix 4 of the Minutes of the SWOA committee meeting held 12.June 2014.

Finally, please come to the SWOA AGM at the Rising Sun pub, Moseley Green, Forest of Dean on Saturday 13 September, 5-6pm after Day 1 of the Caddihoe Chase. See the separate notice in this magazine. Join us for a meal afterwards.

Enjoy your orienteering wherever it may be.

Katy Dyer. SWOA Secretary

SWOA ANNUAL GENERAL MEETING (AGM) 2014

The SWOA AGM 2014 will be held on Saturday, 13 September 2014 – the first day of the Caddihoe Chase. The venue will be The Rising Sun, Moseley Green, Forest of Dean, GL15 4HN. The AGM will start 5.0pm and finish 6.0pm. There are some vacancies for elected members and representatives from affiliated clubs. One person has offered to stand for election as Chairman. Good food is available at the pub.

If you wish to influence the SWOA decisions and play a key role in the development and direction of orienteering in the South West, then this is where you can do it. Nominations should be made in writing with a named proposer and named seconder to the SWOA secretary Katy Dyer, preferably before the AGM. If you are not sure what SWOA does, then visit the SWOA website and read the 'What SWOA does' document.

Katy Dyer SWOA secretary

COLOUR CODED AWARDS

Congratulations to the following people who have qualified for their Colour Code Badges. It is good to see that there are claimants for the longer courses, well done.

Yellow

Grace Hillier RHOK Elizabeth Narbett BOK/KSODA

Light Green

Emma Narbett BOK/KSODA

Blue

Eddie Narbett BOK/KSODA

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. Send to me at 34, Westfield House, Cote Lane, Westbury – on – Trym. Bristol BS9 3TJ. .
Sorry no E-mail.

Anne Donnell BOK

CONGRATULATIONS

TALENT DEVELOPMENT SUMMER CAMP

Three members of the SW have been selected for the Talent Development in Sedbergh from July 31st until 4th August. They are:

W16 Chloe Potter BOK

W18 Cecille Anderson BOK Ellie Stone DEVON

JWOC

JWOC will take place in Borovets, Bulgaria between the 17th and 28th July.

Adam Potter (BOK) and Lucy Butt (SARUM) will be going to take part. Ben Maliphant (BOK) has been selected as a non travelling reserve.

REPORTS

BRITISH INDIVIDUAL LONG CHAMPSHIPS

The British Championships were held at Thrunton woods and Callaly a few miles north of Morpeth in Northumberland on 31st May.

The long journey north meant that there were relatively few competitors from the South West. However your editor, Sue, was there and maybe I am slowing in my old age or just that I was totally shattered after a long time in the forest, but I was unable to dodge the quickfire question- "Mike could you do a write up for SINS please?" You would think that after ten years as editor of our club magazine I would know the excuses and reasons, but here I am ,a few evenings later putting together a piece worthy of SINS. The task has not been helped by the fact that I had an appalling second half to my run and finished well down, and even further down than that.

The car park and assembly were in a gently sloping field which was firm underfoot. There was a huge marquee and the usual traders. The marquee seemed to be rather OTT but I am sure that if the weather had been different it would have been well used.

The map at first sight appeared to be very green. However closer inspection revealed narrow strips of open and paths passing through it. The dark green was in the southern half of the map. The northern part had an area of intricate forest which was nominally white, used by the shorter technical courses, and another, slightly larger area of open and steep white that was used by the longer courses. There were three starts to enable the planners to make best use of the area.

The white forest had ground cover of bilberry, blueberry or whortleberry. Call it what you like it was still difficult to run through and very energy sapping. I am told that the open was dense heather and even more tiring. Numerous brashings made it even more difficult. However it appears that some managed to traverse the vegetation. One Cornishman, sorry, a member of KERNO who has adopted Cornwall, told me that he had managed it quite well spurred on by the fact that he knew of another member of our age group who would be flying. (He was right). There were a few paths and rides but these were generally off line. The rides at first sight appeared to be quite prominent but were in fact quite difficult to spot on the ground and when you did find one it was still quite difficult to run along.

Courses appeared to be well planned with little option for path running. I have just read one of the planners copious notes about the long courses. He apologizes at length for the long winning times on some courses. The courses were planned to be at the top end of the recommended time span but the vagaries of the weather (mild wet winter) pushed these beyond the top end limit. His comments are worth reading. Especially this one –

“Thanks again for coming to the NE, enjoying our normal weather, sorry for some of the long times, I work in the NHS and we are constantly being pushed for value for money, maybe I carried this too far for this event!

Spare a thought for a 5ft tall, short legged, unfit planner, you at worst only spent a few hours in the tough terrain, just think of the hours of fun I endured!”

Next year the Championships are at New Beechenhurst in the forest of Dean on 18th April with the relays at Cannop Ponds the following day. Book mark these Dates.

Mike Crockett QO

TOMOS and PLBs

From the Devon Orienteer

All those sinkholes at the JK, and thinking back to my intimate relationship with every single one of them when I made the original map of Merthyr Common, reminded me of a recent incident affecting our local club in New Zealand, Nelson Orienteering Club.

PLBs, or Personal Locator Beacons, are becoming popular in New Zealand and have already led to some pretty high profile rescues there. Those who mess around in boats in the UK will probably be familiar with the EPIRB which is a Locator Beacon specifically designed as an emergency locator beacon for the maritime environment, though there is some debate whether a locator beacon can legally be used in a land environment in the UK. PLB's once activated, send a signal via satellite, to the rescue centre in the country they are registered in. They hold a number of telephone contacts for the registered beacon and will make quick attempts to establish whether the owner may be in the area where the signal is coming from before activating the emergency services. The latest versions of PLB also contain a GPS and rescue services can now get a very accurate fix on where the beacon is. I always carry one when out hill walking, mapping etc.

I had been to a committee meeting of Nelson OC and one of the subjects we discussed was the vulnerability of mappers, planners and controllers when out on their own in some pretty remote areas, and we decided that the Club would investigate purchasing a PLB for these officials to borrow when necessary. Our Club President (equivalent of Chairwoman here), Jill Clendon, announced that she was going to visit an area the next day where she was the planner for a forthcoming event, and that she would be carrying her own PLB, especially as there were a large number of tomos (NZ speak for sinkholes). The next afternoon there was a piece on the news about an orienteer being rescued in that same area. I shall let Jill tell the story.

“Ngarua is a map we have at the top of Takaka Hill. We have had this map for a number of years and run some very successful, incident free events on it. We are very aware of the tomos in the area and these are marked on the map with bright pink crosses. On Waitangi Day 2014, I went up to Ngarua with a friend to check out control placements for an OY event we had planned to hold there at the end of February. We had consent from the farm owner and were well prepared to spend a few hours wandering around the farm checking to make sure the control sites selected were accurate as per the map and there were no major safety issues. We do this before all our big events – it is a standard part of the procedure.

My friend Karen and I had been on the farm for about an hour and a half and checked around 15 to 20 controls. We were not moving particularly quickly, just out enjoying the beautiful weather and views from the top of the hill. We had worked our way up from the bottom of the map and were fairly close to the Ngarua Caves café when I sent Karen off to double check two features to make sure I was in the correct position for where we wanted to place a control. I was confident it was the correct location and took a step forward in a fairly shallow depression to place a tag onto a small bush. As I stepped forward I dropped down, immediately thinking that perhaps there was just some slight settlement of rocks below my feet as can sometimes happen in long grass. Interestingly, I didn't stop and dropped straight down into a cave. I dropped about 5 metres straight down and then tumbled a further 3 to 4 metres before dropping another metre and a half into the bottom of a fairly broad cavern. I had enough time to think to myself 'I wonder when I am going to stop'. When I did stop, I knew immediately that I hadn't seriously injured myself and that I was incredibly lucky. I rolled over and felt a sharp pain in my knee as I stood up and knew that I would have a few bruises, but otherwise I was pretty good – I hadn't been knocked out although my head had quite a few bumps on it. When I turned around and looked back up I could see that I was going to need some help to get back out again.

Karen hadn't seen me fall but had heard something so had come back to where we had last been together and heard me yelling. Karen is not an experienced orienteer at all but we have done a few adventures races together so I was pretty confident we would be able to get ourselves out of this situation somehow. I had a fair amount of gear with me – a jacket, polypropylene top, woollen hat, lunch, water, first aid kit, small head torch and locator beacon. While I wouldn't normally carry this much gear while checking an orienteering course, I would usually have a few things including the beacon, emergency blanket and lunch. That day, we were using the time to do some training for an upcoming adventure race so had slightly more than usual.

I told Karen I was going to set off my locator beacon and she headed off to seek help. Remember that Karen is not an orienteer and I had all the maps with me down in the cave. By setting off the beacon, I knew that if Karen couldn't find her way back to me (or something worse), at least the emergency services would be

notified. Karen later told me she walked away from the hole, looked back and realised she would never find it again if she didn't mark it somehow so she placed her bright green jacket on a nearby rock so she could find her way back.

By this time I was getting pretty shaky so pulled on my hat, polypro, jacket and head torch. I also pulled out my emergency blanket and wrapped myself up. I had a look at my knee and realised there was a pretty deep cut there so pulled out the first aid kit and bandaged it up. Afterwards, I found blood all over the place but in the dark, it was probably a good thing I didn't look too hard at myself.

Karen seemed to be gone for a long time. The beacon I had placed as far as possible toward the line of the hole but I had no idea if it was working – the little light was flashing red regularly so it was definitely trying to get a signal. As it turns out, it was picked up almost immediately. So while Karen headed for help, I huddled in the cave trying not to move too much because my knee was starting to hurt pretty good by now. The trouble was, it was cold – really cold! The emergency blanket and extra clothes really helped but it wasn't exactly pleasant. I had a few dry old bones for company, a couple of wetas poked their heads out, and a whole lot of blow flies decided I looked like their next meal as well.

Eventually Karen returned and I found out that the beacon had been picked up and help was on the way. Fortunately, the Takaka volunteer ambulance service had just done a patient transfer to the Motueka ambulance at the caves carpark so it wasn't long before I had a blanket and an ice pack for my knee (trouble with that was it just added to the cold so I didn't use it for long). The emergency services were great although until cave rescue arrived, there was little they could do except toss blankets down to me! It sounded like they were having a good time up there when I could hear them anyway! After about 3 hours, cave rescue arrived and within an hour I was back on the surface and hobbling my way towards the emergency department for stitches, IV antibiotics, a good scrub and a tetanus injection.

Lessons learned:

- A locator beacon is essential – had I been alone, it would have been the only thing that would have let people know I was in trouble.
- Spare clothes or at least an emergency blanket can save your life. If I had been down there without help for any length of time, I believe I could have survived several days with the gear I had on me (especially lunch).
- Having someone with you who knows what to do in an emergency even if they don't know how to navigate can mean a big difference in getting people to help you and in terms of your mental health – reassurance, constantly checking that I am ok, keeping me distracted, all made a huge difference to how I coped down there. It would have been very easy to freak out.
- Luck. Never underestimate how much this plays a role. Yes, we were well prepared, but I was lucky that I didn't knock myself out or injure myself more seriously – I believe my back pack may have broken my fall and protected me significantly but luck certainly played a role.
- Pre-checking orienteering courses is essential. Although we do it as a matter of course, we often do it alone – take a beacon with you, and never skimp on checking everything. The hole I fell down was completely grown over with grass, I had no inkling it was there whatsoever. So although this accident could perhaps not have been prevented, many accidents can be by careful course checking.”

Mike and Victoria Wimpenny DEVON

FIXTURES

July 2014

24th Level D **NGOC Street Challenge**
Barnwood Park, Church Lane entrance, Gloucester, [SO858178](#)
Entry times: 18.00-19.00. Dogs to be kept under control at all times.
Organiser: Dave Hartley, dave@abbotswood1.plus.com, 01452 863805

26th Level D **KERNO Summer Series 4**
Trelissick, Truro, [SW83553973](#)
Entry times: 16.00-17.00. No dogs allowed.
Organiser: Phil Newall, pnewall@wardell-armstrong.com, 01326 373020

August 2014

7th Level D **NGOC Street Challenge**
University of Gloucestershire, Park Campus, Cheltenham, [SO938208](#)
Entry times: 18.00-19.00. Dogs to be kept under control at all times.
Organiser: Carol Stewart 01242 514988

16th Level D **KERNO Summer Series 5**
Cardinham Woods, Bodmin, [SX10046675](#)
Entry times: 16.00-17.00. Dogs allowed.
Organiser: Graham Pring, graham@pringfamily.co.uk, 01208 873502

16th Level D **NGOC Maize Maze Challenge**
Elton Maize Maze, Cinderford, [SO703138](#)
Entry times: 12.00-13.00. Dogs to be kept under control at all times.
Organiser: John Coleman, johnniemorris9@gmail.com, 01594 528151

21st Level D **NGOC Street Challenge**
Pittville Park, Cheltenham, Cheltenham, [SO953236](#)
Entry times: 18.00-19.00. Dogs to be kept under control at all times.
Organiser: Pat MacLeod, pat_macleod@btinternet.com, 01594 528128

24th Level D **WIM Summer Series and BBQ**
Canford and Merley Urban Area, Wimborne, [SZ032986](#)
Entry times: 4pm - 5pm. No dogs allowed.
Organiser: Trevor Bridle, trevorbridle@btinternet.com, 01258 454811

24th Level D **KERNO Summer Series 6**
Lanhydrock, Bodmin, [SX08666410](#)
Entry times: 16.00-17.00. No dogs allowed.
Organiser: William Hancock, william.hancock@environment-agency.gov.uk

24th Level D **NGOC Urban**
Ross on Wye
Entry times: 12.00-13.00. Dogs to be kept under control at all times.
For further information contact the club secretary, see inside back page

30th Level D **NGOC Chairmans's Challenge and Barbecue**
Danby Lodge, Blakeney
Entry times: Mass Start 14.00. Dogs to be kept under control at all times.
Organiser: Gary Wakerley, gwakerley@outlook.com, 01594 862690

30th Level C **BOK Blast Day 1: Bath Sprint Orienteering**
Bath University, [ST773639](#)
Entry times: 1000-1100. No dogs allowed
For further information contact the club secretary, see inside back page

31st Level B **BOK Blast Day 2: Bath City Orienteering Bath**, [ST746648](#)
Entry times: 9.00 - 11.30am. No dogs allowed.
Organiser: Alan Honey, 01453 899976

September 2014

6th Level D **QO Club Championships** Orchard Portman, Taunton, [ST254206](#)
Entry times: Registration 10:00-10:30, Mass start 11:00. Dogs allowed.
Organiser: Richard Sansbury 01823 288405

7th Level D **Devon Championships**
Core Copse, Sidmouth, [SY125946](#)
Dogs under control at all times.
Organiser: John Pearce, johncarolpearce@hotmail.com, 01395 443813

8th Level D **WIM/WSX Monthly Evening - Summer Series**

Potterne Park, Verwood, Verwood, [SU094075](#)

Organiser: Andrew French, karen.e.french@virgin.net, 01202 814958

13th Level B **NGOC Caddihoe Chase, SW Championships & VHI Individual**

Mallards Pike, Cinderford

Organiser: Pat MacLeod, pat_macleod@btinternet.com, 01594 528128

14th Level B **NGOC Caddihoe Chase, SW Championships & VHI Relays**

Mallards Pike, Cinderford

Organiser: Pat MacLeod, pat_macleod@btinternet.com, 01594 528128

17th Level D **WIM Blandford Camp - Summer Series**

Blandford Camp, Blandford Forum, [ST913076](#)

Entry times: 6.30pm - 7.00pm. No dogs allowed.

Organiser: Lewis Wright, lewis030@hotmail.co.uk, 01258 489416

20th Level D **BOK Saturday Winter Series**

Greyfield Wood, Bath, [ST639584](#)

Entry times: 1200 - 1300. Dogs allowed.

Organiser: Jenn Hudd, 01761 479189

21st Level D **BOK Long-O**

Burrington, Weston-super-Mare

Organiser: Helen Kelsey, 01278 723246

21st Level D **NWO Four Colour (YOGB)**

Fyfield (TBC), Marlborough, [SU135710](#)

For further information contact the club secretary, see inside back page

24th Level D **BAOC Military League South**

West Woods, Marlborough

Organiser: Paul Dorritt, Paul.Dorritt509@mod.uk, 01666 508812

27th Level C **KERNO Forest League 1**

Trelissick, Truro, [SW835397](#)

Entry times: 10.30-13.30. No dogs allowed.

For further information contact the club secretary, see inside back page

27th Level D **NGOC League 1**

Minchinhampton Common, Stroud, [SO858012](#)

Entry times: Registration 11.30 - 12.30. Starts 12.00 - 13.00.

Dogs to be kept under control at all times.

Organiser: Neil Cameron, nmcameron@tesco.net, 01684 294791

28th Level C **WIM Galoppen and Dorset Schools**

Gore Heath, Wareham Forest, Wareham, Dorset, [SY921909](#)

Entry times: 10.30am - 12.30pm. Dogs: On short lead at all times.

Organiser: Christopher Branford, candl.branford@btinternet.com, 012584 53716

October 2014

4th Level D **DEVON Long-O - Dartmoor Double Day 1**

Dartmoor West, Plymouth

Starts: 11.00-12.00 Dogs on lead - sheep on area.

Organiser: Rosie Wych, 01823 451942

5th Level D **QO Long-O - Dartmoor Double Day 2**

Princetown, Exeter, [SX589734](#)

Starts: 9.30-11.00

Organiser: Rosie Wych, 01823 451942

5th Level C **SARUM Galoppen, SCOA League & Dorset Schools**

Venue to be advised

For further information contact the club secretary, see inside back page

5th Level D **BOK Local & ASO League**

Headless Hill, Forest of Dean, [SO546136](#)

Entry times: 1030 - 1230.

For further information contact the club secretary, see inside back page

6th Level D **WSX Club Night & Night League**

Littledown/Kings Park, Bournemouth, [123927](#)

Entry times: 6.30 to 7.30.

Organiser: Julie Astin, julie.astin@hotmail.co.uk, 01202 429756

11th Level D **NWO Informal**

Chippenham (TBC)

For further information contact the club secretary, see inside back page

11th Level D **NGOC Training**

Minchinhampton Common, Stroud, [SO858012](#)

Entry times: Starts from 12.30 - 14.00. Dogs to be kept under control at all times.

For further information contact the club secretary, see inside back page

12th Level C **KERNO Forest League 2**

Hayle Towans, Hayle, [SW579413](#)

Entry times: 10.30-13.30. Dogs allowed.

For further information contact the club secretary, see inside back page

12th Level D **QO Forest League 1**

Cothelstone Hill, Taunton, [ST190330](#)

Entry times: 11am-1pm. Dogs allowed.

Organiser: Andy Rimes 01823 451942

12th Level C **WSX Dorset Delight**

Bisterne Close, Burley, [233024](#)

Entry times: 10.30 to 12.30.

Organiser: Julie Astin, julie.astin@hotmail.co.uk, 01202 429756

18th Level D **WIM Dorset Schools and Informal**

Hyde and Gorley Commons, New Forest, Fordingbridge, [SU168125](#)

Entry times: 12.30 - 2.00pm Dogs: On short lead at all times.

Organiser: Christopher Branford, candl.branford@btinternet.com, 012584 53716

18th Level D **NGOC League 2**

Parkend Walk, Lydney

Entry times: Registration 11.30 - 12.30. Starts 12.00 - 13.00.

Dogs to be kept under control at all times.

Organiser: Robert Teed, robertteed@btinternet.com

19th Level C **DEVON Galoppen**

Virtuous Lady, Plymouth, [SX684691](#)

Dogs: Dogs on lead - sheep on area.

For further information contact the club secretary, see inside back page

25th Level D **BOK Saturday Winter Series**

Leigh Woods, Bristol, [ST550733](#)

Entry times: 1200 - 1300. Dogs allowed.

Organiser: Christian Saxtoft, 01275 814387

25th Level D **SARUM Dorset Schools & limited Colour coded**

Bulford Ridges + MTBO?, Tidworth

Organiser: Charlotte Thornton

For further information contact the club secretary, see inside back page

25th Level D **DEVON CATI and League,**

Killerton NT property, Exeter, [ST977002](#)

Entry times: 2pm until 4pm. Dogs under control at all times.

For further information contact the club secretary, see inside back page

26th Level D **NWO Four Colour (YOGB)**

Marlborough

For further information contact the club secretary, see inside back page

RESULTS

BRITISH LONG CHAMPIONSHIPS

Individual

Champions

M55L Mark Saunders BOK W65L Carol Pearce DEVON

Silver Medal

M75L Arthur Boyt KERNO W10A Bryony Stagg BOK

W50L Alice Bedwell BOK

Bronze Medal

M12A Joe Hudd BOK W55L Jackie Hallett BOK

Other Winners

M20L Stuart Hanstock BOK

2nd Place

W65S Charlotte Thornton SARUM

3rd Place

M70S Richard Thornton SARUM W65S Susan Hateley DEVON

Other top ten places

4th

M20E Adam Potter BOK M65S David Roberts NWO

5th

M65L Mike Wimpenny DEVON W35L Sally Callard WIM

W55S Fiona Hanstock BOK

6th

M16A Eddie Narbett BOK M50L Clive Hallett BOK

7th

M10A Jim Bailey BOK W10A Edith Stagg BOK

W65L Sue Hands WIM

8th

M18E Michael Hallett BOK M70L Keith Henderson WIM

W40L Jane Stagg BOK

9th

M14A Zac Hudd BOK

10th

M20E Cameron Davies BOK

BRITISH RELAY CHAMPIONSHIPS

Champions

M50 BOK Mark Saunders, Phil Murray, Clive Hallett

W50 BOK Alison Simmons, Jackie Hallett, Alice Bedwell

Silver Medal

Mini Relay BOK Jim Bailey, Ben Shardlow, Joe Hudd

Bronze Medal

M40 BOK Paul Gebbett, Charles Daniel, Ifor Powell

5th

M14 BOK Harry Stagg, Millie Stagg, Zac Hudd

6th

Men's Short BOK Peter Stagg, Chloe Potter, Michael Hallett

Mixed Ad Hoc BOK Jane Stagg, Rachel Potter, Scott Bailey

SOUTH WEST MIDDLE DISTANCE CHAMPIONSHIPS

M12 Flurry Grierson DEVON M14 Zac Hudd BOK

M16 Alexander Buck SARUM M18 Sean Rowe DEVON

M20 Adam Potter BOK M21 Mark Brown BOK

M35 Ben Chesters SARUM M40 Peter Ward NGOC

M45 Tom McMurtie DEVON M50 Phil Newell KERNO

M55 Rob Parkinson DEVON M60 Chris Moncaster KERNO

M65 Mike Wimpenny DEVON M70 Richard Brightman WSX

M75 Bill Brown WSX

W10 Kirsty Cade KERNO W14 Meg Sommers DEVON

W16 Emily Keenan DEVON W18 Ellie Stone DEVON

W21 Hanna Kinnunen BOK W40 Michelle Ward NGOC

W45 Tessa Stone DEVON W50 Adele Newell KERNO

W55 Jenny Selley BOK W60 Ruth Chesters DEVON

W65 Sue Hands WIM W70 Ann Hughes DEVON

GALOPPEN 2013 – 2014

		WSX	Sarum	Total	No of Events	
BROWN						
1	Chesters (Ben) SARUM	M35	1000	0	5000	6
2	Clegg (Gavin) WSX	M55	802	0	4459	6
3	Bailey (Scott) BOK	M40	664	941	3701	7
4	Grover (Tommi) BOK	M35	0	1000	3632	6
5	Daniel (Charles) BOK	M55	679	0	3506	5
6	Rimes (Andy) QO	M50	0	0	3041	4
7	Welch (Colin) BOK	M55	552	0	2994	8
8	Hick (Robert) WSX	M50	636	718	2956	4
9	Burley (Mark) BOK	M21	0	0	2808	3
10	Newall (Phil) KERNO	M50	646	0	2759	4
11	Whittingham (John) WIM	M40	0	0	2706	4
12	Lockett (Mark) KERNO	M40	0	0	2200	3
13	Buck (James) SARUM	M45	660	0	1969	3
14	Carter (Robin) DEVON	W50	0	0	1790	3

BLUE

1	Parkinson (Rob) DEVON	M55	1000	957	5000	7
2	Fletcher (Brian) QO	M40	860	0	4545	7
3	Harrison (Christopher) NGOC	M55	835	806	4472	8
4	Andersen (Cecilie) BOK	W18	927	0	4326	5
5	Maliphant (Peter) BOK	M55	764	0	4121	5
6	Simmons (John) BOK	M60	668	905	4027	7
7	Simmons (Alison) BOK	W55	780	0	3879	7
8	Palmer (David) BOK	M65	759	781	3871	5
9	Butt (Jeff) SARUM	M50	747	755	3756	7
10	Moncaster (Chris) KERNO	M60	0	1000	3656	4
11	Stagg (Peter) BOK	M40	868	0	3419	4
12	Mullins (David) SARUM	M65	666	750	3377	9
13	Saxtoft (Christian) BOK	M50	806	0	3096	4
14	Modica (Spencer) QO	M45	768	0	2893	4
15	Olds (Barry) KERNO	M60	0	799	2886	4
16	Dennis (Nick) BOK	M50	0	647	2814	4
17	Calland (Sally) WIM	W35	0	798	2757	4
18	Foster (Jo) BOK	W55	713	0	2740	4
19	Knipe (Matthew) QO	M50	423	456	2585	9
20	Potter (Caroline) BOK	W50	0	0	2480	6
21	Fawkner-Corbett (Philip) BOK	M60	618	0	2452	4
22	Goddard (Martin) SARUM	M55	764	869	2441	3
23	Stagg (Jane) BOK	W40	811	0	2409	3
24	Harvey (Victoria) NGOC	W45	475	0	2375	5
25	Warry (Phil) BOK	M60	0	678	2369	4
26	Hallett (Jackie) BOK	W55	0	0	2262	3
27	Stone (Ellie) DEVON	W18	836	0	2245	3
28	Stone (Tessa) DEVON	W45	745	0	2196	3
29	Houlder (Tim) WSX	M55	0	708	2089	3
30	Keenan (Barbara) DEVON	W45	0	0	2078	3
31	Shucksmith (John) WIM	M60	613	718	2075	3
32	Foster (Peter) BOK	M55	0	0	2044	3
33	Hockey (Nick) DEVON	M65	0	0	2009	3
34	Smith (Fraser) WIM	M16	0	0	1931	3
35	Johnson (Chris) BOK	M60	0	0	1930	3
36	Moore (Roger) WIM	M55	657	0	1785	3
37	Dent (Carolyn) SARUM	W50	544	611	1712	3
38	Wych (Rosie) QO	W55	0	0	1581	3
39	Newall (Adele) KERNO	W50	472	0	1505	3

GREEN

1	Hudd (Zac) BOK	M14	1000	1000	4996	5
2	Hargreaves (Roger) KERNO	M65	670	753	4474	6

3	Hext (Tony) QO	M65	695	0	4321	6
4	Darwell (Allan) BOK	M60	589	647	3831	7
5	Raynsford (Richard) BOK	M65	540	0	3767	6
6	Vigar (Bill) QO	M75	571	497	3735	8
7	Chesters (John) DEVON	M60	696	0	3692	6
8	Milroy (Tony) QO	M65	0	0	3521	5
9	Trayler (John) QO	M70	629	0	3487	7
10	Budden (Dudley) BOK	M70	882	0	3436	4
11	Clegg (Neil) QO	M55	578	417	3407	9
12	Hasler (Chris) QO	M45	666	286	3371	7
13	Vince (Arthur) KERNO	M70	591	0	3340	5
14	Whittingham (Rebecca) WIM	W16	586	0	3316	6
15	Craddock (Roger) QO	M70	611	0	3194	6
16	Kite (Mike) WIM	M65	563	0	3044	6
17	Mullins (Denise) SARUM	W60	530	546	3010	8
18	Avey-Hebditch (Gavin) WSX	M55	703	0	2994	4
19	Rossington (Richard) BOK	M50	401	0	2850	6
20	Brightman (Richard) WIM	M70	661	616	2750	4
21	Hudd (Peter) BOK	M50	812	0	2740	3
22	Potter (Chloe) BOK	W16	0	0	2685	3
23	Potter (David) BOK	M50	0	0	2684	4
24	Grierson (Dulcie) DEVON	W16	0	0	2611	3
25	Hateley (Roger) DEVON	M70	0	0	2524	4
26	King (Christine) BOK	W65	0	0	2465	4
27	Vince (Christine) KERNO	W60	413	0	2441	5
28	Warren (John) WIM	M75	450	490	2420	5
29	Cross (Martin) WIM	M65	764	0	2386	3
30	Hudd (Jenn) BOK	W45	589	633	2374	4
31	Astin (Julie) WSX	W60	0	0	2228	3
32	Symonds (John) BOK	M70	566	523	2191	4
33	Cowan (Sandy) KERNO	M70	0	0	2147	4
34	Lloyd (Tony) BOK	M60	0	0	2070	3
35	Tonge (Louise) BOK	W45	610	0	2069	3
36	Belza (Jan) SARUM	M70	632	714	1987	3
37	Pike (Katherine) WIM	W50	610	0	1821	3
38	Blackstone (Mark) BOK	M65	599	521	1762	3
39	Holcombe (Jane) BOK	W40	0	0	1713	3
40	Curtis (Amy) BOK	W40	572	0	1693	3
41	Livsey (David) DEVON	M75	0	0	1618	3
42	Hart (Pat) SARUM	W70	0	0	1202	3

SHORT GREEN

1	Hambleton (Peter) SARUM	M70	1000	1000	5000	5
2	Crockett (Mike) QO	M75	868	690	4595	9
3	Hargreaves (Elsie) KERNO	W65	651	0	4009	5
4	Thornton (Richard) SARUM	M70	685	0	3808	7
5	Higgins (John) BOK	M80	710	0	3784	7
6	Chesters (Ruth) DEVON	W60	732	0	3754	5
7	Thornton (Charlotte) SARUM	W65	710	0	3693	7
8	Fletcher (Clare) BOK	W70	732	765	3670	7
9	Williams (Stephen) QO	M55	741	0	3532	6
10	Spenlove-Brown (Tim) QOM	W70	689	678	3188	5
11	Walker (Robin) BOK	M75	511	0	3178	5
12	Hambleton (Joan) SARUM	W70	697	563	3112	5
13	Hasler (Thomas) QO	M12	0	600	3083	6
14	Lee (David) NGOC	M75	0	0	3039	4
15	Hands (Sue) WIM	W65	0	0	2968	3
16	Modica (Angela) QO	W40	0	0	2938	4
17	Hills (Roger) WIM	M80	789	584	2923	4
18	Green (Jill) DEVON	W70	0	0	2843	3
19	Dawson (Adrian) SARUM	M55	578	429	2800	5
20	Noott (Tony) BOK	M75	845	0	2668	3
21	Crawford (Vikki) WIM	W70	0	0	2268	3

22 Hateley (Susan) DEVON	W65	0	0	1884	3
23 Livsey (Valerie) DEVON	W75	0	0	1869	3
24 Walker (Patricia) BOK	W70	583	0	1721	4

LIGHT GREEN

1 Bailey (Jim) BOK	M12	1000	1000	3795	4
2 Grierson (Flurry) DEVON	M12	0	0	3724	4
3 Stagg (Millie) BOK	W14	0	0	3128	4
4 Tonge (Lucy) BOK	W14	0	0	2779	3
5 Fawkner-Corbett (Daniele) BOK	W60	422	0	1853	4
6 Potter (Rachel) BOK	W14	0	0	1812	3
7 Green (Christopher) QO	M14	0	0	1536	3

ORANGE

1 Stagg (Harry) BOK	M12	1000	0	5000	5
2 Daniels (Jan) QO	W55	647	0	3942	6
3 Horsler (Sarah) WIM	W14	848	1000	3495	4

YELLOW

1 Modica (Isabella) QO	W12	958	648	4902	6
2 Whittingham (Darren) WIM	M12	755	1000	4832	8
3 Stagg (Edith) BOK	W10	1000	0	3625	5
4 Horsler (Elizabeth) WIM	W12	782	778	3560	4
5 Stagg (Bryony) BOK	W10	580	0	3476	5
6 Green (Heather) QO	W10	0	0	2703	3
7 Owen (Guy) BOK	M10	0	0	2567	3
8 Owen (Ruby) BOK	W10	0	0	2090	3

SWOA GALOPPEN 2013/2014 PRIZE WINNERS

As last year, the Galoppen awards go in each colour to the top runner, the top person of the other gender, and the top junior; and for any runner completing nine events. Trophies and certificates will be presented at the Caddihoe Chase (Forest of Dean) in September.

Colour winners:

Brown - top male & overall winner: Chesters (Ben) SARUM - M35

Brown - top female: Carter (Robin) DEVON - W50

Blue - top male & overall winner: Parkinson (Rob) DEVON - M55

Blue - top female & top junior: Andersen (Cecilie) BOK - W18

Green - top male, top junior & overall winner: Hudd (Zac) BOK - M14

Green - top female: Whittingham (Rebecca) WIM - W16

Short Green - top male & overall winner: Hambleton (Peter) SARUM - M70

Short Green - top female: Hargreaves (Elsie) KERNO - W65

Short Green - top junior: Hasler (Thomas) QO - M12

Light Green - top male & overall winner: Bailey (Jim) BOK - M12

Light Green - top female: Stagg (Millie) BOK - W14

Orange - top male & overall winner: Stagg (Harry) BOK - M12

Orange - top female: Daniels (Jan) QO - W55

Yellow - top female & overall winner: Modica (Isabella) QO - W12

Yellow - top male: Whittingham (Darren) WIM - M12

and awards also go to those who completed nine events:

Clegg (Neil) QO - M55

Crockett (Mike) QO - M75

Knipe (Matthew) QO - M50

Mullins (David) SARUM - M65

Congratulations to all the award winners and thanks to the event organisers.

Joff Henley

SWOA GALOPPEN SCORING SYSTEM

Updated as of 20 March 2014

1 Points are awarded only on the Brown, Blue, Green, Short Green, Light Green, Orange and Yellow courses at Galoppen events.

2 Only members of SWOA on the day of the event score points. Runs must be alone and unassisted for the competitor to score. Only a competitor's first run counts.

3 On each course the fastest SWOA competitor earns 1000 points. Other competitors are awarded points using this calculation: Points = 1000 x fastest time/competitor's time. Points are not transferable between courses.

4 The results of competitors who have not completed three or more events on the same colour course will not count in the calculation of the final scores for the series; points will be recalculated omitting those competitors' times.

5 The best five from nine events shall be used to calculate the score for the series. If for any reason there are a different number of events the number to count shall be: six from ten, five from eight, four from seven, four from six.

6 The competitor with the most points on a course will keep the perpetual trophy for a year. Other awards will be made at the discretion of the Scorer and SWOA and may vary from year to year. Trophies and awards can only be won by competitors who have scored points in at least three events in the series.

Joff Henley

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