

SINS

No. 291

July 2015



South West
Orienteering Association Newsletter

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Jackie Hallett finishing at the British Long Distance Championships

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EDITORIAL

The relay series is underway with the NWO and the SARUM Moonraker relay completed. The remainder follow in quick succession, then it is time to move up to Scotland to run in the Scottish 6 Days and watch the World Championships. It should be an exciting and interesting time especially with a chance to see the World's best in action.

September brings the Caddihoe Chase, an event started in East Devon in the area of the Scout Hut called Caddihoe in the Ashclyst Forest. This year it will be held around the Fernworthy reservoir, site of the 1979 JK individual event and Caddihoe Chase in the same year.

When clearing up after an event do you remove the tags from your control sites? If they are left they are despoiling the countryside and can lead to confusion at future events. It also leaves the wrong impression of our sport to non-orienteers.

August brings round the holiday event of the year. 2015 is the twentieth Scottish 6 Days and is combined with the World Orienteering Championships so it will be a very large event. The 6 days started in 1977 after the 1st WOC to be held in Scotland in 1976; it was a low key affair with minimal facilities, hessian screened trenches for loos, no catering or equipment traders and maps that had the control card affixed to the base! 1999 saw the 2nd WOC in Scotland and the introduction of electronic punching.

This year marks the 50th anniversary of SWOA. In September there will be an anniversary buffet supper and in November there will be anniversary events to celebrate. It would be fantastic if every club member supported their club event on the day so that we had a full SWOA turn out. Bookmark November 22nd.

Susan Hateley

CHAIRMAN'S CHAT

With the rise in the number of urban events, we seem to have been orienteering nearly every weekend for the past few months. By the time you read this, the summer relays will be well under way too. I notice nowadays that more clubs take online entries; personally I like that – we usually know at least a week in advance whether we will be going to an event or not, and it guarantees us a map. I see also that entries often stay open very late – which is fine until folk decide to leave it until the last minute to enter (as happened at the recent SW Sprint Championships run by WIM). Please spare a thought for the poor organiser and don't leave it to the last minute, if you don't have to.

I hope to see many of you at the Scottish 6 Days and WOC. I gather that there is a huge entry for S6D – nearly 5000, according to SiEntries. There are several SW names on the Event Team list on the WOC Volunteer webpage and I know there are many more helping in the various teams. Thank you to everyone who has offered to help; I'm looking forward to having a good time.

Don't forget SWOA's 50th Anniversary and the various events that support it, especially the celebratory buffet supper on Saturday 5th September (which will be at Chagford Village Hall – change of venue).

Christine Vince KERNO

SECRETARY'S REPORT

I feel very much post British Orienteering Championships. By that I mean I feel glad we did it but glad it is all over. Many thanks for all the kind words afterwards and for those of you who felt they could have planned, organised and controlled better there are plenty of events for you to be involved with in the future. I learned new lessons about organising and I am sure I am not alone in discovering you can try really hard but there is bound to be something you missed.

So those words of thanks are most welcome and encourage me to go on helping at events. It is often these words of appreciation which are of such high value and often the most easily never said. I urge you to remember the event officials after your orienteering run and make a point of saying thank you. Can't find them on the day? You can email or phone.

Katy Dyer BOK

SWOA Secretary

SWOA 50th ANNIVERSARY BUFFET, 5TH SEPTEMBER 2015

On Saturday 5th September, there will be a buffet supper at Chagford Village Hall (note the change of venue). This will be in the evening after Day 1 of the Caddihoe Chase at Fernworthy.

Our caterer will be Catering 4 U of Plymouth. Please bring your own drinks (tea and coffee will be available). Numbers are limited, so book early to avoid disappointment.

SWOA will be underwriting half the cost; senior tickets will be £5 and junior tickets £2.50.

Tickets will be available via Fabian4 with your Caddihoe entries (numbers are limited).

Would anyone with a dietary restriction please contact Christine Vince before you book your ticket (contact details on the back page).

SWOA ANNUAL GENERAL MEETING (AGM) 2015

The SWOA AGM 2015 will be held on Sunday 20 September at Ibsley Village Hall near Fordingbridge. It will take place after the WIM Galoppen starting about 4pm and last about one hour. There are still some vacancies for elected committee members and representatives from affiliated clubs. Refreshments will be available.

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. Visit the SWOA website for more information on 'What SWOA does' and see this document.

Katy Dyer BOK SWOA secretary

BRITISH SPRINT AND MIDDLE CHAMPIONSHIPS 2018

In 2018 SWOA are hosting the British Sprint and Middle Championships on 1-2 September, and the SWOA committee feel that it is important that the Championships benefit the whole region. Consequently SWOA will take responsibility for these Championships, and as with JK 2010, the financial surplus would be shared amongst the SW clubs according to their volunteer effort.

Venues for these events were discussed at the recent SWOA committee meeting; the final choices must be ratified by the Events and Competitions Committee. Christine Vince will be the coordinator; the committee would like to invite all SW club members to consider applying for the principal posts as soon as possible. Please contact either Christine or Katy Dyer for further information.

COLOUR CODED AWARDS

Congratulations to Lara and Ella May who have attained a colour standard

White Lara Hillier RHOK

Yellow Ella May Rush RHOK/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

ADVANCE NOTICE OF CONTROLLERS' COURSES

SWOA will be arranging several controllers' courses, for both new Grade C and Grade B controllers. It is intended that these will take place this autumn, and that they should be held at venues around the region so that they are available to as many club members as possible.

Candidates are reminded that they need to attend an Event Safety Workshop also before they can be appointed to their new grade of controller.

Please contact either Christine Vince or Katy Dyer for further information

CONGRATULATIONS

Congratulations to the following BOK members who have been selected for the British Orienteering Summer Talent Squad Camp at Badaguish, Cairngorm.

W18 Cecilie Andersen

M16 Zac Hudd and Eddie Narbett

A GOLD medal for Emily Benham in the long event at the European MTBO championships held in Portugal. Emily won silver in the Sprint event.

The following SWOA members have been selected for the Autumn Development Competitions.

Jamie Parkinson (Devon) and Adam Potter (BOK) for the Antwerp International Sprint meeting on 5th & 6th September.

Lucy Butt (SARUM) will be going to the Eurometing in Estonia 24th – 27th September.

Cecillie Andersen (BOK) is heading to Germany for the J.E.C. meeting on 10th – 12th October.

We wish them all Good Luck and an enjoyable and successful time.

Tom Dobra (UBOC) competed in the Tempo Championships in Zagreb and won the WTOC Challenge PreO Class.

UKCC LEVEL 1 COACHING COURSE

I have been asked to arrange a coaching course for SWOA. Would anyone wishing to become a coach please contact me as soon as possible.

Christine Vince (contact details on the back page)

REPORTS

WORLD SCHOOLS CHAMPIONSHIPS 2015: ANTALYE , TURKEY

It is difficult to guess what a World Schools Orienteering Championship is going to be like and nothing that is said is going to prepare you properly. This year our school were lucky enough to represent English schools in both the boys age groups. It was only when we all met up at Manchester airport in our red England tracksuits that it really struck home what we were part of.

The England contingent consists of both select and schools teams at W14, M14, W16 and M16 so with coaches for each team there were 50 of us in total making the trip. Not the best start with a three hour delay on our flight to Istanbul so we missed our connection. A bit of relief that we managed to get rebooked on to the last flight south to Antalya but by the time we were actually heading to bed it was 0245 with instructions to get up at 0700.

Picture a very nice 4 star hotel complex with 750 young athletes plus coaches. Awesome food, free drinks and a pool to die for. Not quite what we expected but very nice to say the least. A change from the village hall or scout hut floor we are all used to.

Day two of our adventure started with the model event, a few hours practice out in the rocky forest and in many ways it was a relief to be out in the hilly terrain. What became apparent was the large amount of rocky ground with the difficulty in running at speed without breaking anything and we wondered whether this was going to be typical of the competition area. After lunch we had to gather for the opening ceremony in the town amphitheatre including a parade down through the town. Thankfully not too many speeches and after dinner we settled down early with a briefing for the long distance race the next day.



Day three: *"My first race wearing an England top and going down to breakfast the nerves started kicking in. With a later start than most I had to wait for the last bus taking me out to quarantine and on arrival it was nice to meet up again with the majority of the team. With the large number of runners I was in for a three hour wait. Time passes slowly. Eventually it was time for my warm up with Ben, a few words with Josh reminding me to stick to the basics and then it was into the starting grid. It was nice to get a minutes planning and I was relieved to see the first four legs were straightforward but then ouch, almost a 1Km leg right up over the mountains. Just enough time to work out that straight(ish) made as much sense as any, scan the later controls and I was off.*

Stone everywhere underfoot but four clean controls calmed the nerves a bit just in time for leg 5. Round the spur, up the valley and then up the 3rd re-entrant, up being the relevant word with it getting harder underfoot as I climbed. Finally reaching the top cutting over the saddle it was down the other re-entrant and there it was. Good route choice I think".

Harry Fox



Getting that first race done took a lot of the pressure off and it was a much more relaxed group back at the hotel that evening going through maps and reviewing courses.

Day four was down as a cultural day. Expecting a visit to some ruins we actually found that to all intents and purposes it was a rest day. A gentle start, a visit to the local town, some time on the beach in the sun and the meeting of the nations in the early evening. A chance to get around the stalls of the competing countries, swop badges and generally mix in and then join in whilst all the nations gave a display (in our case Morris Dancing).

Day Five; The Middle distance race quite high in the mountains and we were now used to the coach travel, quarantine etc. A mixed set of results and runs. After a rather vague and confusing area with numerous terraces not marked on the map the courses went into clearer more defined terrain with good contour features to follow. Plenty of stones to get caught up in but a lot more runnable if you chose your route well.



By the afternoon it was all over and before we knew it we were trying to find our team members for the next day's event "the friendship relay".

Day Six: A really enjoyable day with the relays in Kemer. Although called the friendship relay it was still keenly contested with teams of three from different counties working together and coming over the finishing line holding hands. The scrum at the first control was something else and that was before the coaches joined in with their own race. A great way of finishing off the races.



In the early evening we had the formal closing ceremony at the hotel with great results for the England select teams. The farewell party then followed and we had our instructions to head back at the end which of course we did. We then found that our get up time had been brought forward to 0200 and as it was almost midnight it didn't seem worth going to bed. As the Austrians were also staying up we chatted with them for a few hours before going and clearing our rooms.

Day Seven: This saw the return journey via Istanbul. Much of the time was spent asleep as one airport is very much like another. Before we knew it we were back in Manchester and then heading South on the 250 mile homeward journey.

Looking back at the trip it was a great experience. The World schools event was so different from most other competitions as there is a real social side to them with all the runners from the nations mixing well. Result wise we were placed 7th and 12th which is very much in the middle. As a result we now know what to do to improve our performances and will be doing what we can to do precisely that.

The financial support given to us by SWOA for this event was fantastic and really appreciated and this event was something we will remember all of our Orienteering lives.

Sean Rowe Torquay Boys Grammar School Chairman

ISF WORLD SCHOOLS ORIENTEERING CHAMPIONSHIPS 2015 IN TURKEY

After a long day and flight delays it was good to arrive at 3am at Queens Park Hotel in Tekirova, Turkey on the south coast near Antalya. After a short 3hr sleep we had a filling breakfast ready for the training event held near Tekirova. This was a very nice area to warm us up to the new terrain. It was a mixture of sand dunes and forested area on the coast. It was relaxed and we were allowed to choose how to use our time here. My fellow England athlete and new friend Niamh and I went out together and had a memorable time. I almost stood on a tortoise as we were climbing up on the dry loose soil. Then we managed to get the wrong side of a massive, high crag and had to rock climb down the other side – 'our first criteria to avoid on our course'. Then we ventured out onto the sand dunes and returned back to base along the beach and visited a ruined amphitheatre along the way.

That evening we had the opening ceremony which was amazing. We all had to queue up in alphabetical country order then the procession started. The roads were closed and we had police escorts accompanying us as the civilians were out on the roads watching and cheering us on. It was incredible to see how much effort the town had put into this, and it felt like we were Olympic athletes! At the opening ceremony, in the town amphitheatre, we were welcomed by traditional singing and dancing, by amazingly talented children, a flag procession and speeches. It was wonderful!

The next day was the long distance event at Tekirova. We were all put into quarantine to start with and there was a small warm up area. The first part of the course consisted of many boulders in runnable forest. On control 5-6 there was a massive spur to cross. It was hard to tell which route to choose, whether to go up and over through green hashing or round on the path. For many this was the deciding leg but I was lucky in that I didn't choose the best route but didn't take too long. I was then chased by a Spanish girl for the rest of the course in the craggy area. The run in was tiring but fun with commentary and all teams cheering you. At the end you had to make sure not to be caught by the mic! I was 7th on this day and first in my team so I was really happy!

On the middle day we had a rest day where we were allowed to do almost whatever we wanted. My team and I spent the day sunbathing on the beach and swimming in the sea and pool. We even had a foam party! That afternoon there was a cultural fair where all teams had a stall and were handing out sweets and other traditional food and gifts. We also had to collect and swap badges and loom bands with other people and countries. Having eaten loads of sweets we gulped down the delicious buffet dinner and amazing cakes before heading down to the amphitheatre. It was the cultural show where all the countries performed a dance or show. England's was Morris dancing which was hilarious!!

The next day was the middle distance at Beycik. This was also very bouldery and dry underfoot. Again we were in quarantine but this time we had to wait longer. It was alright though as we had some local primary school children singing to us! The race was very fast and you had to always be concentrating. Almost every control was on a boulder and it was tricky to find the right one. There were some injuries in the team but with strong runs we all managed to do very well, securing our third prize as a team. The final day was very different but my favourite day. It was the friendship event around a nearby town, Kemer. The night before we had to find our teammates. I was with Rikka a girl from Finland and Martus a boy from Slovakia. We had 45 minutes to plan our routes. There were approximately 50 controls that we had to collect between us and 3 meeting stations where you had to meet up with your team and punch together before carrying on with the course. Our first meeting time was planned well and we all arrived at similar times. But the next one Martus and I had less controls and were waiting for Rikka for quite a while, possibly not the best planning. The last meeting point was the final control and then we had to run into the finish holding hands. This was amazing and I felt like I was flying!!

That evening we had our closing ceremony and prize giving. My team, the junior girls, came 3rd in our category so all went up to collect our medals and massive trophy. It was lovely to have a prize for the whole team as we had all done really well. The event was closed with the handing over of the flag to Italy for two years' time, then a great firework display and disco into the night, before another early 1am start the next morning!

Thank you for all the support I received and to all those who helped me to qualify for such a great and once in a lifetime experience!

Lucy Tonge BOK

PLANNING FOR THE OLDER AGE GROUPS – A VERY STRONG PLEA

“Will you still need me, will you still feed me, when I am 64?” Many may remember this line from a well known Beatles song? It could also have said 74, 84 or even 94! For it can be easy to overlook the real needs of our older age classes. When I was 45 I did not really know what it is like to be 75 even though I thought I did. Now that I am 75 I do know what is needed and yet I can still remember what it was like to be 45.

So I am now far more likely to accurately judge what will give enjoyment and satisfaction to older age group competitors. At 45 I could still win the M45 British Championships. Running freely over rough terrain and ascending and descending fairly steep slopes without resorting to survival tactics! Now I am 75 it is really very different. I still have the burning desire to participate but not at the expense of my health and safety. As it happens I still have the physique to cope with the terrain but not the eyesight to go with it. In my case it is severe glaucoma but not glasses with a strong enough magnification that is the issue. Many others wear bi-focal or vari-focal glasses and, like me, will have great difficulty seeing the terrain in front of their feet. So put me on too steep a slope and I have to sit down and slide! This is hardly enjoyable especially if it is frequently repeated throughout my course.

Being very conscious of the dangers to me I have to now take very great care and I try to choose a course that is commensurate with my now more limited abilities. This followed a year or two ago of taking small tumbles if I tried to run over rough ground. So these days it means walking over rather rougher ground. But please note that I can and largely do enjoy the challenge of trying

to beat the planner whilst still getting round the course, even if these days one would have to invert the results of M75S to put me back to where I used to be up until M65L.

This may in a sense seem rather a personal plea, but believe you me I merely use my own experiences to give planners and controllers more of an idea of what is still enjoyable and safe. I accept that at the JK and BOC this can give planners more of a challenge. I will retire, as I did on Day 3 of the JK, when the going is just too difficult due to the nature of the terrain under my feet. So at the JK my club suggested that I take the second leg of the Ad Hoc Relay race on Day 4. This was described as being of "Orange" standard. Navigationally I had no problem but I was badly caught out finding myself on a very steep descent and totally losing control before I could take avoiding action. The consequence lead to my worst injury in 50 years of orienteering. My grateful thanks go to the young fellow who stopped to retrieve my glasses and ensure that I could still move from being head first down a very slippery and steep slope. In some ways I am lucky not to have been more seriously hurt though I obviously suffered concussion and have had to miss the BOC and BRC due to a very badly sprained ankle. I have not experienced anything like it before in my 50 years in orienteering.

Orange courses are open to all comers and in this race all Leg 2 competitors used the same orange course. Those declaring their age in the results varied from 14 to 85. Orange courses are not meant to be either navigationally hard or PHYSICALLY hard. What has happened has happened and it is now best left alone. **However for the future, Planners please stick to the guidelines.** *"Steep descents, whilst acceptable for M/W21, should be kept to a minimum for younger juniors and older veterans."*

If we are to still involve newer and younger competitors as well as the older age groups who do so much to organise, plan and control our courses as well as being volunteers in a wide range of areas then please remember their limitations and their needs!!

Chris James (NGOC) –

Chairman of Events and Competitions on the behalf of E&CC. May 2015.

FIXTURES

July 2015

22nd Level D **BOK Urban & Park Series** Little Stoke, Bristol, [ST615812](#)

Entry times: 1730 - 1900.

Organiser: Charles Daniel, 07774 626850

23rd Level D **NGOC Summer Evening Event** Chepstow

Entry times: 18.30 - 19.30.

Dogs to be kept strictly under control at all times.

Organiser: Judith Austerberry, judithausterberry@hotmail.com

25th Level D **KERNO Summer Series 4** Tehidy, Redruth

Entry times: 16.00 - 17.00. No dogs allowed.

Organiser: Phil Newall, pnewall@wardell-armstrong.com, 01209714266

August 2015

13th Level D **NGOC Summer Evening Event** Park Campus, University of Gloucestershire, Cheltenham, [SO939209](#)

Entry times: 18.30 - 19.30.

Dogs to be kept strictly under control at all times.

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

15th Level D **KERNO Summer Series 5** Camborne College, Camborne

Entry times: 16.00 - 17.00. No dogs allowed.

Organiser: Roger Hargreaves, rogerh9999@hotmail.co.uk, 01872 277320

22nd Level D **NGOC League 7** Rendcomb, Cirencester, [SP018096](#)

Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.

Dogs to be kept strictly under control at all times.

Organiser: Caroline Craig, caroline.craig4@gmail.com, 01242528326

22nd Level D **KERNO Summer Series 6** Lanhydrock, Bodmin

Entry times: 16.00 - 17.00.

Organiser: Peter Morton, petermorton2011@btinternet.com, 01579 363140

29th Level D **NGOC Chairmans Challenge and Barbecue**
Elton Maize Maze, Cinderford, [SO703138](#)
Organiser: Gary Wakerley, gwakerley@outlook.com, 01594 862690

September 2015

5th Level B **DEVON Caddihoe Chase Day 1**
Fernworthy Reservoir, Chagford, [SX659839](#)
Organiser: Alan Simpson, alanjsimpson16@gmail.com, 01364 654167
6th Level B **DEVON Caddihoe Chase Day 2**
Fernworthy Reservoir, Chagford, [SX659839](#)
Organiser: Alan Simpson, alanjsimpson16@gmail.com, 01364 654167

7th Level D **WIM/WSX Monthly Evening Event**
Hyde/Gorley, Hyde Common, Ringwood
For further information contact the club secretary, see inside back page

12th Level D **BOK Saturday Winter Series** Leigh Woods, Bristol, [ST559733](#)
Entry times: 1200 - 1300.
Organiser: David Potter, 0117 970 2860
13th Level C **KERNO Forest League 1** Davidstow, Camelford
Entry times: 11.00 - 13.30
No dogs allowed.
For further information contact the club secretary, see inside back page

20th Level C **WIM Galoppen** Ibsley Rockford, New Forest, Ringwood
For further information contact the club secretary, see inside back page

26th Level D **NGOC League 8** Sheepscombe, Stroud
Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.
Dogs to be kept strictly under control at all times.
Organiser: Judith Austerberry, judithausterberry@hotmail.com

27th Level D **Devon Club Championships Event** Whitchurch Common, Tavistock
Dogs must be under control at all times.
Organiser: Alison Reynolds, yersa@aol.com, 01548 580058

27th Level D **BOK and ASO Score Event** Warmley, Bristol, [ST672735](#)
Entry times: 1000 - 1200. Dogs allowed.
For further information contact the club secretary, see inside back page

October 2015

3rd Level D **NGOC Photo O** Gorsley, Newent
Organiser: Chris James, chrisjames@dalcross.plus.com, 01989 720122
3rd Level D **SARUM Dorset Schools & limited Colour coded event**,
Bulford/ Vernditch - to be confirmed
For further information contact the club secretary, see inside back page

3rd Level D **QO Long-O Day 1** Quantocks, Taunton
For further information contact the club secretary, see inside back page
4th Level D **QO Long-O Day 2** Exmoor, Taunton
For further information contact the club secretary, see inside back page

4th Level D **NWO Four Colour (YOGB)** Fyfield, Marlborough, [SU135710](#)
For further information contact the club secretary, see inside back page

5th Level D **WSX Club Night and Night League**
Queens Park, Bournemouth, [SZ105934](#)
For further information contact the club secretary, see inside back page

10th **Level C KERNO St Ives South of England Orienteering Urban League.** St Ives
For further information contact the club secretary, see inside back page

10th **Level D WIM Informal**
Avon Heath Country Park - TBC, Ringwood
For further information contact the club secretary, see inside back page

11th **Level D BOK Local Event** Moseley Green, Forest of Dean, [SO631087](#)
Entry times: 1000 - 1200. Dogs allowed.
For further information contact the club secretary, see inside back page

11th **Level C Kerno Galoppen** Hayle Towans, Hayle
Entry times: 11.00 - 13.30.
For further information contact the club secretary, see inside back page

18th **Level D QO QOFL1**
For further information contact the club secretary, see inside back page

24th **Level D NGOC League 9** Highmeadow, Coleford, Glos., [SO571128](#)
Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.
Dogs to be kept strictly under control at all times.
Organiser: Joe Parkinson, jr.parkinson@btinternet.com, 01432 358939

24th **Level D BOK Saturday Winter Series** Ashton Court, Bristol, [ST556712](#)
Entry times: 1200 - 1300.
Organiser: Colin Welch, 01275 852893
For further information contact the club secretary, see inside back page

24th **Level D BOK Western Night League** Ashton Court, Bristol, [ST556712](#)
Entry times: Nightfall for one hour. Dogs allowed.
For further information contact the club secretary, see inside back page

25th **Level C WSX Dorset Delight Wareham Forest North, Poole, [SY885915](#)**
For further information contact the club secretary, see inside back page

RESULTS

BRITISH SPRINT

This event was held at the Aldershot Barracks

Champions:

| | | | | | |
|-----|---------------|-----|-----|-----------------|-----|
| M12 | Oliver Tonge | BOK | M75 | Keith Jones | BOK |
| W55 | Alice Bedwell | BOK | W60 | Alison Simmonds | BOK |

Other Winners

| | | | | | |
|--------------|---------------|-----|------|--------------|-------|
| Men's Open B | Adam Potter | BOK | W65B | Sue Hands | WIM |
| M12B | Joe Hudd | BOK | M45B | Paul Gebbett | BOK |
| M50C | Clive Hallett | BOK | M75B | Arthur Vince | KERNO |

2nd Place.

| | | | | | |
|------|---------------|-----|------|--------------|------|
| W14A | Rachel Potter | BOK | W16B | Millie Stagg | BOK |
| M16A | Zac Hudd | BOK | M75B | David Lee | NGOC |

3rd Place

| | | | | | |
|------|-------------|-------|------|-----------------|-----|
| W40A | Jane Stagg | BOK | W50B | Caroline Potter | BOK |
| W55B | Gwen Tanner | BOK | M12A | Jim Bailey | BOK |
| M75A | Arthur Boyt | KERNO | M75B | John Warren | WIM |

BRITISH MIDDLE DISTANCE

The event was held at Park Wood, Bradenham and Naphill, near High Wycombe

Champions

| | | | | | |
|-----|----------|-----|-----|---------------|-----|
| M12 | Joe Hudd | BOK | M50 | Clive Hallett | BOK |
|-----|----------|-----|-----|---------------|-----|

2nd Place

| | | | | | |
|-----|----------------|-----|-----|----------------|-------|
| M55 | Mark Saunders | BOK | W50 | Jackie Butt | SARUM |
| W55 | Jackie Hallett | BOK | W70 | Clare Fletcher | BOK |

3rd Place

| | | | | | |
|-----|-------------|-------|-----|---------------|-----|
| M12 | Jim Bailey | BOK | M45 | Ifor Powell | BOK |
| M75 | Arthur Boyt | KERNO | W55 | Alice Bedwell | BOK |

SW MIDDLE DISTANCE CHAMPIONS

| | | | | | |
|-----|-----------------|-------|-----|----------------------|------|
| M10 | - | | W10 | Jessica Ward | NGOC |
| M12 | Joe Hudd | BOK | W12 | Rebecca Ward | NGOC |
| M14 | Hugo Twigger | DEVON | W14 | Rachel Potter | BOK |
| M16 | Eddie Narbutt | BOK | W16 | Lucy Tonge | BOK |
| M18 | Michael Hallett | BOK | W18 | Chloe Potter | BOK |
| M20 | - | | W20 | Sophie Gordon | UBOC |
| M21 | Clive Hallett | BOK | W21 | Charlotte Bermingham | UBOC |
| M35 | Ben Chesters | SARUM | W35 | - | |
| M40 | Peter Stagg | BOK | W40 | Jane Stagg | BOK |
| M45 | Ifor Powell | BOK | W45 | Alice Bedwell | BOK |
| M50 | Mark Saunders | BOK | W50 | Rosie Wych | QO |
| M55 | Charles Daniels | BOK | W55 | Jackie Hallett | BOK |
| M60 | David Harper | DEVON | W60 | Alison Simmons | BOK |
| M65 | Mike Wimpenny | DEVON | W65 | Katy Dyer | BOK |
| M70 | Ian Peirce | SARUM | W70 | Clare Fletcher | BOK |
| M75 | Tony Noot | BOK | W75 | - | |
| M80 | Lin Callard | NGOC | | | |

SW SPRINT CHAMPIONS

| | | | | | |
|-----|----------------------|-------|-----|----------------------|-------|
| M10 | Harry Bracher Howard | WIM | W10 | Grace French | WIM |
| M12 | Finn Robinson | DEVON | W12 | Zoe Paget | WSX |
| M14 | Ben Stevens | DEVON | W14 | - | |
| M16 | Alexander Buck | SARUM | W16 | Frankie Perren Smith | DEVON |
| M18 | Sean Rowe | DEVON | W18 | Hazel Cutler | SARUM |
| M21 | Tom Butt | SARUM | W21 | Rebecca Ellis | WIM |
| M35 | Ben Chesters | SARUM | W35 | - | |
| M45 | Guillaume Paget | WSX | W45 | Karen French | WIM |
| M50 | Dale Paget | WSX | W50 | Carolyn Dent | SARUM |
| M55 | Christopher Kelsey | BOK | W55 | Jackie Hallett | BOK |
| M60 | Wilfred Taylor | DEVON | W60 | Hilary Pickering | WIM |
| M65 | Tony Hext | QO | W65 | Sue Hands | WIM |
| M70 | Keith Henderson | WI | W70 | Jill Green | DEVON |
| M75 | Richard Brightman | WIM | | | |

SWOA SUMMER RELAYS FOR THE CHAIRMAN'S TROPHY

QO have set their stall out well and truly in the first race of the season in what must be the closest finish to any relay to date. NWO put on a superb event at Lydiard Park, creating a great atmosphere for the 16 teams competing, including one from TVOC. Wessex has had things their own way for six years now, but they did have to work very hard last year to retain the magnificent Chairmans Trophy.

QO, led by Club Captain Chris Hasler, have set out this year with renewed purpose. They entered three teams with their top team “Status QO” hoping for glory. With the format of handicap and different legs being run it was difficult to see exactly who was leading. Coming towards the business end of the relay it looked like TVOC, Wessex and QO were all in with a shout. Wessex last leg runner Roger Crickmore set off on their last leg of over 3k, some 4 minutes before QO set off on their penultimate leg. However this penultimate leg and the last leg for QO were only 1.2k each. Roger was seen entering the finish field and given a rousing reception. However coming to the finish from the opposite direction was Richard Sansbury for QO who dibbed some 2 seconds before Roger. The winning QO team was Richard, Brian Fletcher and Gavin Clegg (ex Wessex!).

Moonraker Relay – 21 June 2014

Wimborne (KKC) deservedly took the Moonraker title with the ultra experienced team of Kirsty Staunton, Chris Branford and Keith Henderson. It looked at one stage like Que Vadis, the Quantock team, was going to run them very close but one control on the spine was missing relegating them to 8th place. Sarum Scarum were second and WIM AKL third showing the importance of having more than one team as this reduced the scores of the following clubs. The Quantock Junior team “Kid Pro Qo” of Elliott Smith, Luke Shopland and Thomas Hasler, showed the seniors how to do it by winning the Junior Relay.

Gavin Clegg Relay Scorer QO

2015 SWOA RELAY SERIES FOR THE SW CHAIRMAN’S TROPHY

Results after two events

| | NWO | Relay | Moonraker | | |
|--------|------|-------|-----------|-------|-------------|
| Club | Posn | Score | Posn | Score | Total Score |
| QO | 1 | 50 | 6 | 44 | 94 |
| SARUM | 8 | 42 | 2 | 47 | 89 |
| WESSEX | 2 | 47 | 12 | 39 | 86 |
| NWO | 4 | 45 | 14 | 37 | 82 |
| WIM | | | 1 | 50 | 50 |
| NGOC | 5 | 44 | | | 44 |



Elliott Smith, Luke Shopland and Thomas Hasler (QO junior Team with Charlotte Thornton (SARUM))

Photo courtesy Gavin Clegg

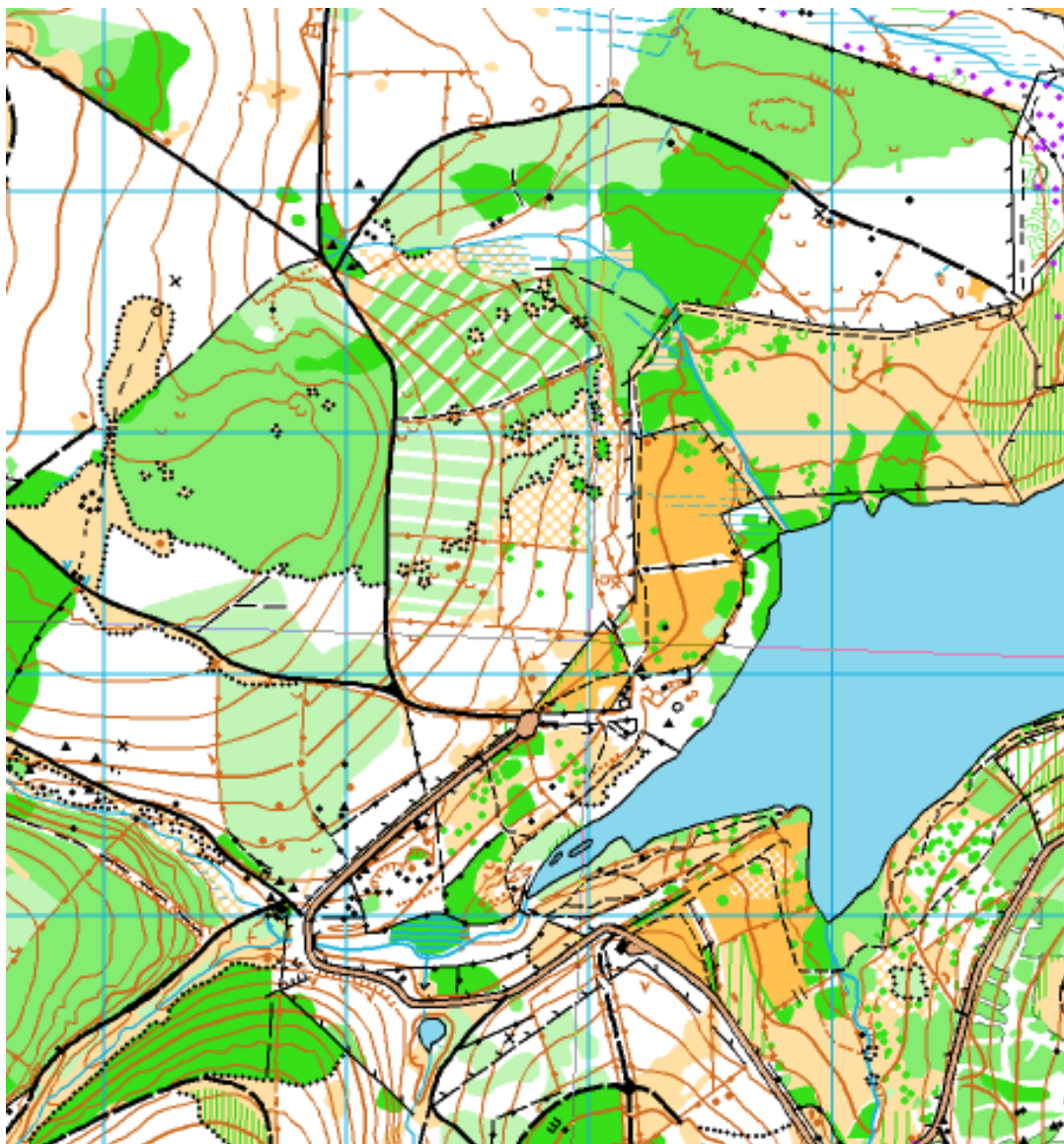
CADDIHOE CHASE 2015

In 1979 the JK was held in Devon, in those days there was a warm up event on Good Friday, an Individual day on the Saturday and the relays on Easter Sunday with the warm down event in QO territory on the Monday.

The individual event was held in Fernworthy, which was also the year that the Caddihoe Chase was resurrected, again at Fernworthy. In the 1970's and 80's the reservoir dried up in the droughts that occurred in the hot summers.

The segment of the new map of Fernworthy is most encouraging. It shows some good orienteering forest terrain. I was the Fernworthy mapper for JK79. A massive felling programme of the post-1919 plantings had been going on for a year or two but there were still enough of the cathedral scale trees remaining to impress the competitors. In the twenty or so years following the event the felling reduced the area to not much better than club event status. But, if you wait around long enough, the dark green becomes light green and the light green turns to white. It is good to see that the cycle of felling, planting and growing seems to have stabilised and Fernworthy is usable for the Caddihoe.

In the map segment there are changes from my original which catch my eye. There are a couple of boulders near the pond next to road round the lake that I sat on at a break in surveying and contemplated that this was the most perfect spot in the whole forest.



They are now marked as brown dot knolls. This must be the result of some 40 years of coniferous leaf fall covering them up. In another patch of white, there is a single prominent boulder. In JK79 the area was not white but more complicated. Peter King, the Planner, used the boulder for an M21E control. The Controller, Peter Robson (SOC), said it was in the wrong place, some critical 15m adrift. We tried to move it but we didn't have the skills of Stonehenge Man. So we covered it with brashings and built a passable boulder from smaller stones and moss in the mapped position.

No-one commented; perhaps their attention was concentrated on the control trestle with flag and punches next to it. As far as I can tell, the new map shows the original boulder, presumably brashing free, in its proper position.

SWOA MEMBERS ON BOF BOARD OF DIRECTORS

David Maliphant, (BOK)

SWOA REPRESENTATIVES ON BOF COMMITTEES and GROUPS:

CHAIRMAN OF EVENTS & COMPETITIONS Chris James. NGOC

EVENT SCHEDULING GROUP Richard Sansbury, QO

MAP GROUP Erik Peckett DEVON

TRAIL O Dick Keighley, WIM

CLUB SECRETARIES:

BOK www.bristolorienteeing.org.uk

David Palmer: 58 Wolfridge Ride, Alveston, Bristol, BS35 3PR

secretary@bristolorienteeing.org.uk 01454 413846

DEVON: www.devonorienteering.co.uk

Steve Perrelle

steveperrelle@blueyonder.co.uk 01803401805

KERNO: www.cornwallorienteeing.org.uk

Adele Newall, Bell House, Tehidy Park, Tehidy, Camborne, Cornwall, TR14 0TH

adelenew@yahoo.com 01209 714266

NGOC: <http://www.ngoc.org.uk>

Caroline Craig. 7 Aysgarth Avenue, Up Hatherley, Cheltenham, Glos. GL51 3RE

caroline.craig4@gmail.com 01242 528326

NWO: www.northwilts.org.uk

Ken Stimson

secretary@northwilts.org.uk

QO: www.quantockorienteers.co.uk

Richard Sansbury, Rose Cottage, Netherclay, Bishops Hull, Taunton, TA1 5ED,

enquiries@quantockorienteers.co.uk 01823 288405

SARUM: www.sarumo.org.uk

Joan Hambleton: The Beeches, Gomeldon Road, Porton, Salisbury, SP4 0JT

Joan

WSX: www.wessex-oc.org

Alan Hooper, 7 Verulam Road, Poole, Dorset BH14 0PP.

ajhooper@iee.org : 01202 746374

WIM: www.wimborne-orienteers.org.uk

Philip Harvey: Drapers Field, Chalbury Dorset BH21 7ER

felixffarquar@hotmail.com Tel: 01258 840126

UBOC: www.uboc.co.uk

Duncan Birtwistle: University of Bristol Orienteering Club University of Bristol Students Union, Queens Rd. Clifton, Bristol BS8 1LN

orienteeing.bristol@gmail.com

SCHOOLS ASSOCIATIONS

ASO

Jo Foster secretary@avonschoolsorienteeers.org.uk

0117 9421572

SWOA OFFICIALS

CHAIRMAN

Christine Vince

3 Back lane, East Coker, Yeovil, BA22 9JN

SECRETARY

Katy Dyer

family.dyer@blueyonder.co.uk

tel: 0117 968 4173

TREASURER

Mark Lockett

marklucylockett@gmail.com

Heathervale, Heathfield, Newton Abbott, TQ12 6RH Tel. 01626 830213

FIXTURES SECRETARY

Richard Sansbury (QO)

fixtures@sworienteeingassociation.co.uk

Rose Cottage, Netherclay, Bishops Hull, Taunton, Somerset, TA1 5ED 01823 288405

COMMITTEE.

Jeff Butt (SARUM), Erik Peckett (DEVON),,

COLOUR-CODED BADGE SCHEME

Anne Donnell (BOK) 0117 9494834
34, Westfield House ,Cote Lane, Westbury – on – Trym. Bristol BS9 3TJ

COACHING

Christine Vince (KERNO) christine.vince2@btinternet.com
3, Back Lane, East Coker, Yeovil, Somerset, BA22 9JN 01935-863429

S.W. JUNIOR SQUAD

Jeff Butt (SARUM) jnbutt@aol.com
Broadacres, The Ridge, Woodfalls, Salisbury, SP5 2LQ. 01725 510546

GALOPPEN

Joff Henley (WSX) joff.henley@gmail.com
07711 797123

RECORDER OF CONTROLLERS

Arthur Vince (KERNO) arthur.vince@btinternet.com
3 Back lane, East Coker, Yeovil, BA22 9JN

SINS

Susan Hateley (DEVON) susan@susanhateley.wanadoo.co.uk or susan1945hateley@gmail.com
35, Daneshay, Northam, Bideford, Devon EX39 1DG 01237 475146

SWOA WEBSITE

www.sworienteeringassociation.co.uk.

Editor Katy Dyer see SWOA secretary

Technical Manager Nathan Fernandes nath@veudesign.co.uk.

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