

SINS

No. 292

September 2015



Flags at Darnaway



South West
Orienteering Association Newsletter

CONTENTS

World Flags at Darnaway during the Scottish 6 Days

Editorial

Chairman's Chat

Secretary's Report

SWOA Notices

Colour Coded Awards

Controllers Course

Congratulations

Event Reports

Fixtures

Results

Anniversary Celebrations

Basic Mapping Course

EDITORIAL

A big thank you to all those who have sent in reports about events. Your efforts are greatly appreciated and I hope that you will continue to support your newsletter.

Congratulations to all those of you who took part in the Scottish 6 Days and all of you who helped at the World Orienteering Championships that ran alongside. Perhaps I should have put that the other way round. The 6Days, piggybacked on the WOC. It was interesting to see so many people from overseas at the event and gave the whole week a very international feel.

Congratulations to Ruth Holmes, formally of QO who represented Great Britain at WOC .and to Tom Dobra (UBOC) who represented Great Britain at the WTOC.

The new season gets underway and this year sees a very important milestone in SWOA as it celebrates 50 years of orienteering. I do hope that you have pencilled in in your diaries the weekend of 21st and 22nd of November . So far 7 of the 9 clubs have organised events over that weekend. I hope that we all will be attending to celebrate this Golden Anniversary.

I am afraid I have not been orienteering that long although my first event was in 1968 when at Leicester University, followed up in 1969 attending an introduction to the sport for school teachers held by Henbury Rutters at Blaise Castle. I then took the sport to Withywood School in 1970/71 where we had quite a following, visiting areas like Leigh Woods, Ashton Court and the Mendips near Cheddar. Our final event, before I moved back to Devon was the SW championships at Castle Neroche in 1971.

For those of you who communicate by email please note that I have changed my email address: susan1945hateley@gmail.com. I can still receive material at my old address but cannot reply.

Susan Hateley

CHAIRMAN'S CHAT

Thank you to everyone from the SW who volunteered at the World Championships. From my own experience, there were no "small" jobs; every task was essential to the good running of WOC, and many people gave up much time to help. It is likely to be another 15 years before WOC comes back to the UK, by which time many of us will no longer be in a position to help, so it was a chance not to be missed. By all accounts it was a very successful World Championships – no protests, and no obvious problems (though there was much scurrying behind the scenes...).

As we enter a new orienteering season, SWOA hopes to run more training courses. If you would like to improve your volunteering skills, please think about attending an appropriate course. If you cannot find what you want, please tell Katy Dyer or me (or your Club Volunteer Coordinator if you have one) and we will do our best.

The SWOA AGM is on 20th September after the WIM Galloper – so many of you will be at that event! You know what's coming next ... there will be tea (and cake, I hope) for the attendees. SWOA currently has a very healthy bank

account, and we want to spend this money to the benefit of our clubs. You should ALL be interested in where your levies go; so come along, say your piece if you wish, and influence our spending for the next year.

I look forward to seeing you all at the Caddihoe Chase weekend.

Christine Vince KERNO

SECRETARY'S REPORT

I do hope that you all enjoyed your summer and if you were in Scotland I am sure that you experienced some fantastic orienteering. Judging from the times published, I think some people found it tough going. There was the opportunity to see action in the World Orienteering Championships too. Watching the experts can be a double edged sword – it inspires you or depresses you!

As the new season starts here in the South West, there are plenty of events for us to try, from the most informal club event to the more formal Level B events like the November Classic. I for one will be doing a little more controlling this season. I am pleased to see that clubs are planning to put on Controllers' courses both Level C and Level B. The South West needs more controllers and you are invited to consider being a Controller. Talk to people in your club about this important event job.

I hope to see you at the SWOA AGM after the WIM Galoppen on Saturday 20 September 3.30pm. Please note that the AGM will be held on the event barn and not in Ibsley Village Hall (see separate GM note in this SINS). I would like to encourage you to attend. SWOA is there to support your club, voice your concerns to BOF, timetable south west events eg national and Galoppen, and provide generous grants for training and courses for all orienteers young and old. Come and find out.

Katy Dyer BOK SWOA Secretary

SWOA ANNUAL GENERAL MEETING (AGM) 2015

The SWOA AGM 2015 will be held on Sunday 20 September in the event barn at the WIM Galoppen near Fordingbridge. The car park field is at SU 166108 post code SP6 2PT. For further travel information see the WIM Galoppen flyer. The AGM will not be held in the Ibsley Village Hall which is not now available.

The AGM will take place after the WIM Galoppen starting at 3.30pm 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

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. (This is for the second time of asking.)

Christine Vince (contact details on the back page)

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 if you are interested; we expect more information to be available after the next SWOA meeting.

ADVANCE NOTICE OF CONTROLLERS' COURSES

WSX are organising a Grade C Controllers' course on 3rd October at Moors Valley Country Park. The tutor will be Katy Stubbs and the course is open to all club members. This course has been advertised to all club secretaries; further information from them or from Julie Astin WSX; applications for a place to Julie Astin please. See notice in this edition of SINS

WIM are organising a Grade B Controllers' course on 7th November at Moors Valley Country Park. The tutors will be John Warren and Andrew Yeates. Further information and applications for a place to John Warren WIM please.

SWOA will be arranging several other controllers' courses, for both new Grade C and Grade B controllers, in the Bristol and Somerset areas. These are likely to take place next Spring. Please contact either Christine Vince or Katy Dyer for further information on these courses.

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

COLOUR CODED AWARDS

There have been no applications for Colour Coded Awards this time.

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



SW members watching the finish at Day 3 of the Scottish 6 Days (Darnaway)

LEVEL C CONTROLLER'S COURSE
Saturday, October 3rd
Moors Valley Country Park, near Ringwood, Hampshire
9am – 4.30pm

Course Instructor: Katy Stubbs (BKO)

Course Fee: FREE

Course Objectives:

“To provide existing planners and organisers with an overview of the role and responsibilities of a Level C controller and other main event officials. To understand what the British Orienteering rules, appendices and guidelines include, particularly those that apply to Level C and D events.”

Course Agenda:

The role of the Controller

How to control an event:

Early contacts with the Organiser and Planner

Reviewing draft courses

Preparation for checking control sites

Practical Exercise: checking taped sites

Finalising the paperwork

Checking arrangements with the Organiser

Checking controls

On the day

After the event

Need for diplomacy

Who can attend?

Anyone FROM ANY CLUB can attend however to be appointed a Level C controller at a minimum you must have completed the following:

- Organisation of a British Orienteering registered event at least once in the previous 10 years.
- Plan 3 events, at least one at level C and one within the previous 5 years.
- Attend a British Orienteering Level C controller's course.
- Attend an Event Safety workshop
- Be appointed by the relevant Association

What to bring?

2015 Rules, Appendix B and E (can be downloaded from the British orienteering website).

Clothing suitable for outdoor controlling of sites and equipment you would normally use.

IF YOU WOULD LIKE TO ATTEND THIS COURSE, OR NEED MORE INFORMATION, PLEASE CONTACT
JULIE ASTIN ON
julie.astin@hotmail.co.uk

CONGRATULATIONS

WIM and WSX combined forces to hold the Harvester Relays this year when it looked as if it would not take place, so they compressed the length of time that it would normally take to put on this prestigious event. The event was held at the Rushmore Estate in Dorset on the 27th & 28th June with over 200 competitors running in either the 7 man A race or the 5 man B race.

In the B competition BOK won the Devilla Trophy (handicap) and Devon the Happy Harvester Trophy (junior).
The BOK team – Scared of the Dark: Zac Hudd, Michael Hallett, Joe Hudd, Ben Shardlow and Eddie Narbett.
The Devon Team – Devon Farming Community: Jonty Eaton Hart, Grey Grierson, Harry McMurtie, Christian Grierson and Flurry Grierson.

The Yvette Baker Trophy was held at Nottingham University on the 5th July. Three teams represented the SW – BOK, Devon and WIM. There were some excellent results from the teams and the final scores were as follows:

1 st Devon	877
3 rd BOK	868
WIM	486

The best 9 competitors for each team counted in the overall score, with a maximum of 4 people from each course or a maximum of 3 from each class. Both BOK and Devon had sufficient competitors to field two teams each. WIM had a total of 7 competitors which rather handicapped them.

Ruth Holmes, a former member of QO represented Great Britain at the World championships in Scotland in the individual Sprint event held in Forres

Flurry Grierson (Devon) has been selected to represent England for the Junior Home International in Northern Ireland in the Autumn

Stop Press Emily Benham (SARUM) has won the World Series in the MTBOC. At the World Championships held in the Czech Republic in the region of Liberec, Emily gained a bronze medal in the Sprint race.

REPORTS

WORLD TRAILO CHAMPIONSHIPS

One email on a Friday morning at the end of a busy week suddenly brightened up my month: against all my expectations, I had been selected for the World TrailO Championships (WTOC)! Little over two years since I first discovered TrailO, I was now frantically booking flights to Zagreb, Croatia, for 19-28th June for what was to become a very special experience. I came home with two medals, although not the ones I went for!

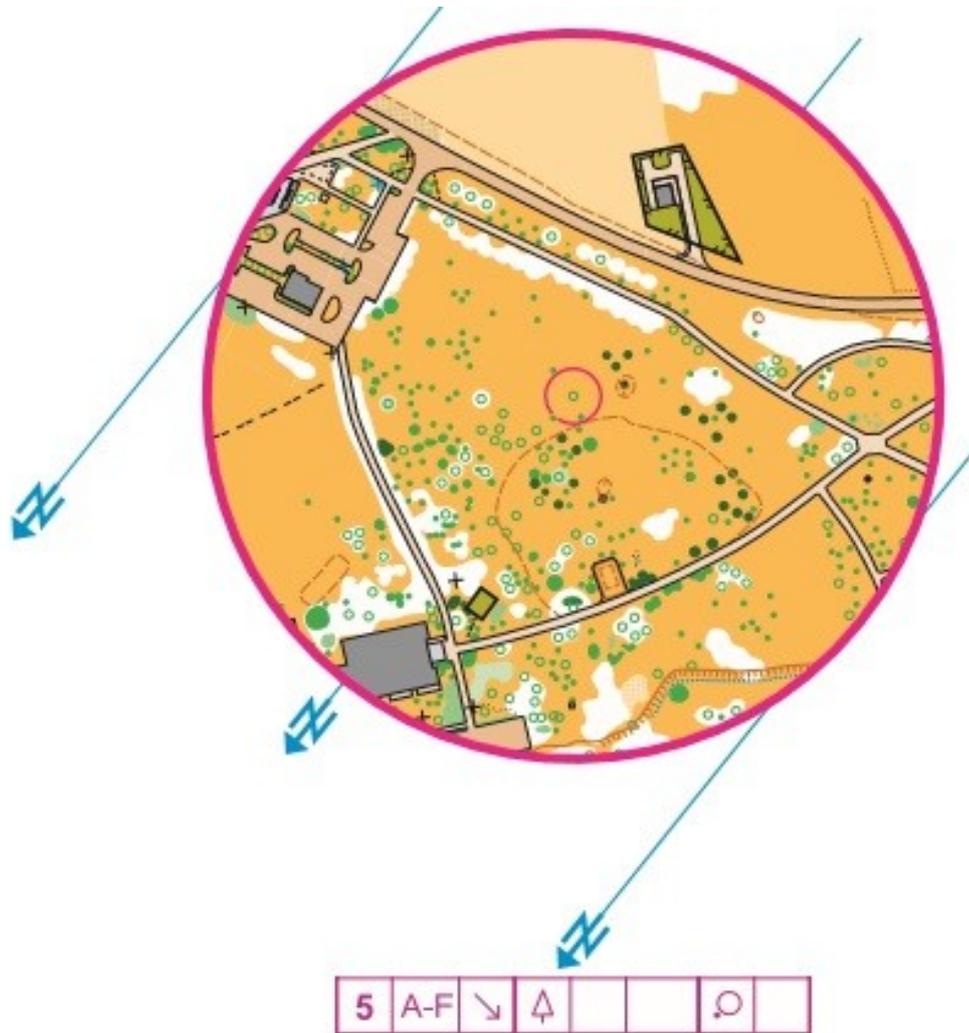
First of all, here is a quick guide to TrailO for the uninitiated. TrailO, short for trail orienteering, is one of the four disciplines of orienteering (the others being FootO, MTBO and SkiO) which requires observation of the terrain to decide which, if any, of a set of kites are in the correct place as marked on the map. Since it was developed for the less mobile, you must not leave the paths, adding significant extra challenge to interpreting the map and the terrain. Within this, there is PreO (precision orienteering) which is the classic version, as per BTOC 2015 at Staple Edge Wood, whereby you may wander up and down the paths, with the winner having the most correct answers. On the other hand, TempO is fast (5s per answer for the top elites!) requiring observation from a fixed point, sat in a chair – the fastest time wins with a 30s penalty per wrong answer.

My week away commenced in style with rolling off the bus at Varaždin, relatively near the Slovenian and Hungarian borders in the north, to win a sprint race (not TrailO I know, but I ought to start on a high) involving a marshal yelling at me to jump over a 2m high gate. Before you think that's a typo, it was marked as a crossable gap, but clearly someone had forgotten the key for the padlock! This was part of a three-day bank holiday weekend for the 10th Memorial of the 7th Guards Parade "Puma" competition consisting of MTBO (earlier in the year), FootO and TrailO. I also ran some middle races (perhaps better described as short forest with only 11 and 17 controls) on Sunday and Monday mornings finishing 3rd and 8th to earn a silver medal for the FootO.

The TrailO competitions which took place in the afternoons served as an excellent warm up for the main event to come later in the week. After Saturday's sprint was a TempO around a castle on a good course, although somewhat spoilt by an afternoon weather front. PreO competitions, also as part of the European Cup in TrailO (ECTO), were held on Sunday and Monday. Sunday's was in a karst area full of large depressions, requiring careful contour interpretation; Monday was around the town and woodland of Varaždinske Toplice. Overall, I was 54th having been 34th, 64th and 84th on the respective days. Nonetheless, by this point I was ready for WTOC itself.

Monday evening saw the opening ceremony, with a wide selection of performances from dancing to judo by members of the organising club, OK Vihor, at which I was honoured to bear the Union Flag. There were excellent model events on Tuesday and Friday, clearly demonstrating the terrain and course style. As a new face, I was only selected for the TempO, with qualifying on Thursday around the park at Karlovac. Unfortunately, I couldn't concentrate as well as I would have liked in the heat completing 28 problems in 432.5s (312.5s + 4 wrong answers), leaving me out of the final in 53rd place. John Kewley (MDOC) was the only GB to qualify, coming home 27th at Friday's final.

The afternoon continued on a similar note with an intense but easy sprint around the town; nearly mispunching left me with an error of 1:40 and just out of the medals. Nevertheless, I always enjoy sprints not on university campus, because the view gives one more thing to be distracted by. The day concluded with a quick trip to the Dobra River and the compulsory sauna.



TempO5 – Map of the 5th control of the TempO, viewed from the path at the bottom (NW part of map).

Straddling the TempO was two days of PreO on the Wednesday and Friday. Not selected for the team, I entered the public “challenge” competition which is held on the same course, but with different timed controls (used for tie-breaks). Day 1 was in woodland on the edge of Zagreb which had been reduced to mud by rain, making life especially hard going for the Paralympic class. Despite this, the course was testing but fair and I scored 24/26, leaving me in the lead after day 1 and with a higher score than anyone in the selected GB team. All the pressure was now on to deliver at Blato golf club. On another superb course of open grassland, copses and strange contour features in glorious sunshine, I was nearly clean at 25/26, only failing to recognise the kite was on the wrong part of the hill on the penultimate control. Overall, I won the spectator competition with a score that would have put me 4th in the world!



Tom during the relay.

Copyright: Joaquim Margarido,

The conclusion to a memorable week was a banquet on Saturday night with dancing where the band outlasted most of the crowd, followed by a relay demo event on Sunday morning for a new format due to be introduced next year. Although two problems were voided due to errors in the control descriptions, which was a shame after an otherwise perfect WTOC, having a mass start and a course over a confined

area created an enjoyable buzz. I brought my team, GB1 with John Kewley (MDOC) and Ian Ditchfield (MVOC), home on leg 3 timed professionally with 10s to spare and only one error on leg 1 to come 6th overall. This was a fitting end to an enjoyable time with just my medal presentation to round it all off! I'll be back for more next year and do try some TrailO yourself; at the very least, it will improve your map reading.



Tom on the podium with gold in the public PreO. Copyright: Anne Braggins

Tom Dobra (UBOC)

SCOTTISH SIX DAYS

DAY 1 ACHAGOUR

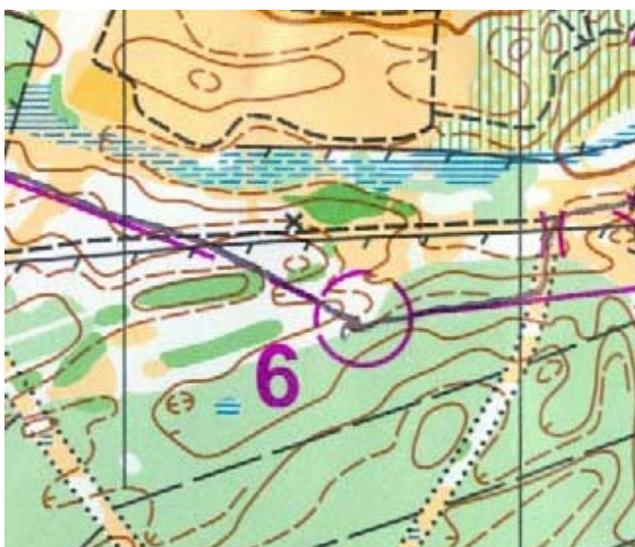
We were returning to the Scottish 6 Days for the first time in 20 years and were looking forward to the technical and physical challenge.

On the first day at Achagour we were easily parked in a field adjoining the assembly area – only a short way from the start. What could be better? Walking to the start was through a bog – an indication of what was to come!

I began with a poor route choice as I decided to follow the power line to a relevant path. What I had failed to notice was the blob of dark green between the two – which involved a battle through gorse, bog and a stream crossing!

Numbers 2 and 3 were in the archery target area. This was particularly challenging if a) you weren't sure which target you were on and b) if you couldn't decide which was an elephant track or which a designated path. Here I met many people milling backwards and forwards and generally going round in circles.

By this time I had opted to go paths as much as possible as I had learnt that some of the green was quite thick and prickly.



My other problem was the actual interpretation of the map. My number 6 (see picture) was designated a re-entrant and on the map looked like quite a big re-entrant. On the ground, in the appropriate place, I then saw what I would have called a gully and on the off chance decided to go up to it – happily to locate my control!! The mapped power lines were definitely a bonus, especially on some courses and to some controls.

The day was dry, with sunny spells and when the sun came out it was very hot. Consequently the flies were quite a nuisance – especially if you dared to stop. We enjoyed meeting up with people from other clubs and would like to thank all those who put in so much work and time to put on the Scottish 6 Days in the shadow of the World Championships – no easy feat to pull off.

Two major lessons I learnt over the week a) Not to forget my stick next time for those steep slippery slopes and b) to book our accommodation MUCH earlier to avoid long distance car journeys each day.

Pat Hart

SARUM

Day3 DARNAWAY (EAST)

Darnaway is famed in orienteering and was used for Days 3, 4 and the World Championship Relay. Narrow roads and volume of traffic were a problem but the car park, the Arena, starts and finish were close. The weather behaved and a gentle stroll on level ground took us to the start. The courses were middle distance which was a blessing after the rigours of the previous days. A clean forest floor with a great map and clear contour features ensured a good day. Visibility was excellent so many people enjoyed their runs. It was still possible to make errors but that was due to the individual, not the terrain or fight.

For many it was one of the best orienteering experiences. Aren't we fortunate to have the opportunity to go on private land..

David Lee

NGOC

Day 4 DARNAWAY (WEST)

"Complex glacial moraine with a mix of deciduous and coniferous tree cover, plus some rough open areas. Predominantly clean open forest, but with some slower and low visibility areas." After completing our daily toilet queue dance, we ventured off up the very steep hill to the off string course which was very challenging and great fun. We happily munched the prize of jellybeans and a stick of shortbread and returned to the van to wait for Rich to return and to play the compulsory games of Uno whilst waiting.

After a short while he appeared doing the sole less shoe wiggle to demonstrate his desperate need for new shoes! His glasses had also been pinged away by a roaming branch but luckily he had re-located those otherwise this run could have won the most expensive run award!

I then set off to the start via the finish (no, that wasn't the organiser's plan!). Having thought that I had a very disastrous run it turned out that everyone else in my class did as well so I didn't do too badly in the end.

Our day ended with a fantastic geocaching bike ride around Cannich, a delicious noodley van tea and a plastic cup of vin rouge. Thanks to all of the organisers, planners and general volunteers-we had an amazing time....

Becca, Rich & Lottie Jackson NWO.

Day 5 GLEN AFFRIC (NORTH)

Day 5 was the last day of WOC 2015, so the athletes were using the highly acclaimed northern side of Glen Affric whilst the 6 day competitors had been promised a challenge on the south side. They weren't kidding!

Unlike the north side, the south was mainly mixed commercial forest with some large felled areas, much brashing and many fallen trees. Needless to say, the going was tough from the outset with a steep sided stream crossing for most competitors. My M50L was some 7.3km long with 280m climb, not too long I hear you say, but given that I was an early starter, battering through the terrain really did prove a challenge!

Without going into detail, it was a LONG run and I use this word loosely, as it was one of those courses where you just can't get going. I think on my GPS track I did around 8.8km without any real errors as such other than just being very slow.

Was it enjoyable? For me, yes, as I'm not in it to win, I'm there to compete and enjoy a sport I love. Was it fair? I'm less sure on this one as later starters did get a massive advantage of some fairly substantial elephant tracks through the grot.

Finally, was it as good as north side which we did on the last day? Not a chance – this really was a classic area and no wonder they kept it for WOC.

Phil Newall

KERNO

Day 5 – GLEN AFFRIC SOUTH

With a 2 hour drive to the event arena and a 3km walk to the start the day started early for the first Wimborne runners. There was a lot of concern amongst the organisers about the car parking, due to the heavy rain in the preceding day/night (what it rains in Scotland I hear you all say!) and it was only confirmed at 22:00 the night before that the event would in fact go ahead.

On arrival at the arena it started to rain again so a quick establishment of the club tent was in order.

Having spoken to people who had run there before we all knew it was going to be tough, but not to the extent that it was. The map on first impressions indicated white runnable forest for the most with lots of intricate contour detail, but the reality was different. It was extreme under foot, at knee height, waist height and head height. The presence of lots of very large windblown trees and years of brashings meant it was a very different proposition. In fact there was no part of your being that was not physically assaulted by the forest at some point.

Getting round the courses was demanding with times ranging between 64mins and 188mins for the 7km long 300m climb M50L course, with an average time of 104mins. This was more than an orienteering course with most routes course requiring some level of skill in mountaineering, bog snorkelling, canyoning, limbo dancing and hurdling, sometimes all at once. As one of our group said your route choices was “compromised by luck”.

Having said all of that I had my best “run” of the week, but I suspect that was because everyone else slowed down to my pace rather than me improving mine!

I would like to propose that the Royal Marines use Glen Affric as the final proving ground for those training to become commandos!

Andrew French Wimborne Orienteers

Day 6 GLEN AFFRIC (SOUTH)

Day 6 at the Scottish 6-days Championships provided another opportunity to compete on terrain used for a WOC event, this time in Glen Affric (North). It promised a lot after a more physical area south of the valley on Day 5, not used by (or fit for) WOC competitors. For the 41 Devon participants (of the 53 who did pre-register for the 6-days), and not including those on colour coded courses, 19 had their best run of the week on Day 6, including me. Perhaps it took a few events to get used to the more technical terrain than we are used to in the south west or perhaps we were just more determined to finish with a good performance.

This was my 6th or 7th 6-days since 1993 and my usual approach, on top of an increase in training and studying maps of other complex areas, is to head off (too) fast. A 'hope for the best' moment somewhere around the course usually leads me to become completely unstuck without the usual linear features to relocate from, and a 10-20 min error (or 2 or 3...). After experiencing a stage 1 hamstring strain in mid-June I had two attempts to start running again, and realised I would struggle to compete with my usual approach. I did quite a lot of cycle training which was fine but no running or technical training, and I even missed the Devon Relays. So, as a 'new' M60, with a compression band around my thigh I walked/jogged the first 3 days in Scotland and hit every control, ending with less frustration than usual and was probably not much slower. After watching the WOC Relays on a big screen at Darnaway I decided to push harder on my Day 4 run in the lovely forest. I hit the first 6 controls and was in 10th, and 1st Brit, but in usual fashion I had a 'hope for the best' moment and completely blew it.

After giving my hamstring a day to recover (missing Day 5) while serving as a stand-in car parking volunteer in Glen Affric it was Day 6 at Glen Affric North (or Glen Africa, we noticed for the String course on the 3 km uphill walk to the start). After a 1.75hr drive from our accommodation (staying with 15 Kerno members) near Nairn I was keen to register a reasonable 4th day for the rankings despite the strapped thigh. With good run-ability in the mixed forest for course 32 I only had two small errors but was glad to finish the 5.3k in 67 min just outside the top third for M60L, and giving an overall 73rd out of 175 (33 of 92 from the UK) competitors who completed at least 4 days. The big screen technology was still in place at the finish from the previous day's WOC event to capture runners at the finish. I had almost dropped to M60S the week before and was glad I had got around the longer course; By taking it slower the week was very enjoyable and I probably did just as well.

For those less competitive orienteers after a long queue on Day 1 to register for the week the colour coded courses were certainly more challenging than usual. But by Day 6 most Devonians had really advanced their skills and were navigating with little or no reliance on the usual handrail features such as paths.

It was a shame for at least 12 from Devon who had to miss the final event. A flu bug spread through those camping and using the two Devon minibuses from Day 3 onwards, and injury affected others.

But what a great week, with no runs in the rain (for me anyway), and overall superb organisation of the combined WOC and 6-Days event with apparently over 800 volunteers. I also had a chance to spend 2-3hrs helping Roger Hargreaves and Kerno members to prepare the change-over fencing for the WOC Relays in the TV covered magnificent setting in front of Moray House, Darnaway, and watch Ospreys watching all the unusual activity from their tree top. The downside was lots of travelling on some days and over an hour to get into event car parks on 2 days due to the challenge of accommodating a record 6000+ competitors for the 6-days after a wetter than usual summer.

Adrian Taylor DEVON

THE SCOTTISH 6 DAY 2015

Highland 2015 – Inverness

The events were equally divided between areas to the east of Inverness and those to the west.

We had opted to find a cottage at Balnain near Drumadrochit on the west bank of Loch Ness. The accommodation was a superb one with the very helpful owners next door. Joining us were Sandy Cowan KERNO, Gill's brother, along with Peter & Sue Morton also from KERNO. We had spent the previous week at another cottage at Erchless Castle, very near the venue for Day 2 in Strathfarrer. Originally we had thought that we had booked Erchless Cottage for the S6D but the owners had already let it to other orienteers. We particularly wanted it as it had been Gill and Sandy's grandfather's office 100 years earlier. Sadly it turned out to be a little rough around the edges especially compared to the second cottage at Balnain.

Travelling to and fro around or through Inverness was a nightmare. The local papers were forecasting a summer of traffic gridlock chaos and not just due to the S6D. Nairn to the east of Inverness also proved a nightmare especially when there was a road accident totally blocking the main A96 in the centre with no easy way around. How fortunately we had the OS 1:25,000 and Chris as a "Sat Nag"! He may not be allowed to drive but can still read maps on the move.

Day 1 was at Achagour near Forres to the east of Inverness. It was a rather wet and boggy area especially after all of the rain in the worst summer for 35+ years in those parts. Gill struggled round but it was too much for Chris trying to identify gooseberry bushes, areas of thicket, in a flattish area of forest and marsh. The Assembly and parking areas were fine with plenty of space to move about and meet folk.

Day 2 was nearer to our base in Strathfarrer to the west of Inverness. The parking was in fields along the old tree lined entrance drive to Erchless Castle, with a narrow right hand turn into the field that proved rather difficult for camper vans to negotiate holding up S6D traffic and locals on the main road. Chris did not even go to the event and Gill enjoyed it, but again had very wet feet, from the continuous bog!

Days 3 & 4 were a total contrast within the Darnaway Estate between Nairn and Forres. This was in beautiful beech forest where joy of joy we had dry feet! The car parking and Assembly area were all in front of the castle - the scene of the classic race in WOC 76. Getting in and out proved a slow process though otherwise fine. The Castle made a fantastic backdrop to Assembly with the flags from all the competing countries blowing in the breeze.

Days 5 & 6 were to the west of Inverness in Glen Affric, the site of races in WOC 99. The area for Day 5 was in the worst forest experienced for many years, with dark green covering much of the map with sitka spruce, that horrible scratchy stuff that Chris was familiar with 45 years ago before the days of re-drawn maps. Chris retired after getting totally stuck in felled trees only yards from a main track. Gill again struggled round having joined two other older ladies to form a forest battering party taking it in turns to fight through sitka spruce. Even the finish was difficult to

find, manned by two young lasses holding a kite up and shouting “over here”. After punching, the competitors from that finish, which was one of several, were given a map to relocate to assembly. The route partly followed the final legs of some of the junior courses?!

Day 6. Though back on Glen Affric it was on the opposite side of the glen from the area used for Day 5, and the Classic race of the World Championships. It was noticeable how the field had shrunk significantly perhaps thanks to the terrors of the Day 5 area.

Sadly one felt that the 2015 Highland S6D was perhaps one of the poorer S6D series in memory. It might be due to the attempts to keep the event linked with the World Championships and/or due to the largest ever number of entries at roughly 5,500 stretching the organisation to breaking point as a result. Many thanks to the 800 volunteers, both members, friends and non-orientees, who worked so tirelessly for both WOC and the S6D. The important thing was that it did all take place and that the World Championships met expectations. Such a combined effort may not happen again as future World Championships may not be staged as a single series event and the possibilities of Sports Council grants could well be a thing of the past. We look forward to Deeside 2017 which should return to a more manageable affair with smaller numbers and no alternative event to stage simultaneously.

Chris and Gill James (NGOC)

HELPING AT WOC 2015

Chris and I originally volunteered to help with WOC almost a year ago and with many other volunteers had meetings with our Team Leaders, Elizabeth Furness being ours, during the JK in the Lake District. We were to be involved with what was called Athletes’ Services and it was agreed that Chris and I would share two hour shifts, from 3 – 5 pm, in the arenas rather than in Eden Court Theatre Complex in Inverness.

However just before leaving home in July, we received a request from Elizabeth asking if we could please spare the time to come in on the Thursday prior to the event to help with accreditation and handing over athlete passes to their managers and also to media and guests. We arrived at 9.30am, collecting our uniform of a blue T-shirt and name badges, and left just after 1pm, having found it an interesting experience with unfamiliar languages. Other volunteers were very busy taking and replacing photographs in some instances where requested ones had not arrived so it was impressive to see just how quickly this was resolved. Also dealing with Team enquiries and changes to entry times etc.

Friday, our first official day for helping was in the WOC tent in Forres for the Sprint Heats. We arrived earlier than our allotted time to find that although tents were already there, the loo block was still awaited – it arrived just as crowds were building up. We had little to do there, but sorted out maps and got to know our fellow volunteers rather better, as well as catching up with old friends. Fortunately athletes were unaware of any concerns!

We had to return to Eden Court on the Saturday to collect our own 6 Day bibs, etc and our WOC passes enabled us to beat the orderly queues by getting in before the official opening time. There was also a very good coffee shop in the Theatre entrance which we would use too and meet the family. I popped through to WOC Office and was immediately given a small job, putting updates into Team pigeon holes, which only took a few minutes. We then went on to Nairn for the Opening Ceremony and Sprint Race. Assembly was in a large park near the sea front, which had ample space for spectators standing on banks, the big screen and our many tents. Unfortunately some gazebos were badly wind damaged so unusable. We spent our time sorting out maps for Team officials, VIP guests and the media from various countries as well as going between tents with enquiries which we were unable to answer ourselves. Local people were very impressed with the organisation and the big screen which kept us all in touch with how the athletes were proceeding. We left whilst racing was still in progress and it was fascinating seeing unobtrusive officials watching each control from a discreet distance to ensure no irregularities took place. It also brought back memories of my childhood swimming off Nairn beach with my cousins and Aunt.

On Sunday we were again in Forres for the Sprint Relay which took place in Grant Park - a great venue, for spectators and locals to see what was happening. Our group was split into two, with some volunteers on map sales and the rest of us on enquiries – the two tents being rather far apart – all good exercise. We had a good view of the big screen and also saw the pre-runners coming through as they tested the courses and ensured that all was operating correctly.

Monday and Thursday were rest days for the WOC athletes, though some took part in the 6 Days competition. Tuesday was the day of WOC Middle Distance and Wednesday the Relay races with Assembly in a superb setting in front of Darnaway Castle, home of the Earl of Moray, and where the Highland "O" Fest also took place. The Earl also kindly opened the Castle Gardens for people to enjoy. Again our time was spent running errands, counting out maps for delivering to Media and VIP guests and helping athletes and Team Managers. Friday was held in Glen Affric, with a few problems for athletes, when a minibus went into a ditch on single track road, which meant athletes who had taken kit with them to the start, did not receive it back for some time, and the day was very windy and cool. All in all a very interesting and challenging week for us all.

Chris and Gill James (NGOC)

FIXTURES

Downloaded 14th August with selected edits by Richard Sansbury

September 2015

12th Level **DBOK Saturday Winter Series**. Leigh Woods, Bristol, ST559733
Entry times: 1200 - 1300. Organiser: David Potter, 0117 970 2860

13th Level **CKerno 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 **CWIM Galoppen** Ibsley Common, New Forest, Ringwood, SU166108
Entry times: 10.30am - 12.30pm starts - courses close 2.30pm.
No dogs allowed.
Organiser: John Warren, johnandbarbarawarren@yahoo.co.uk, 01425 474861

26th Level **DNGOC League 8** Sheepscombe, Stroud, SO914123
Registration 11.30 - 13.00. Starts 11.30 - 13.30.
Dogs to be kept strictly under control at all times.
Organiser: Greg Best, greg@abbeyhotel-cheltenham.com, 01242 516053

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

27th Level **DBOK and ASO Score** Warmley, Bristol, ST672735
Entry times: 1000 - 1200. Organiser: Anne Draper, 01454 619163
Dogs allowed.

October 2015

3rd Level **DNGOC Photo O** Gorsley, Newent, SO678258
Dogs to be kept strictly under control at all times.
Organiser: Chris James, chrisjames@dalcross.plus.com, 01989 720122

3rd Level **DQO Long-O Day 1** Quantocks - Wilmot's Pool, Taunton, ST156381
Start times: 12.00 - 13.00 Organiser: Rosie Wych, 01823 451942
Dogs allowed.

4th Level **DQO Long-O Day 2** Exmoor: Brendon Village Hall, Lynton, SS765481
Start times 9.30-11.00 Organiser: Rosie Wych, 01823 451942
Dogs allowed.

4th Level **DNWO Four Colour (YOGB)** Pewsey Down (to be confirmed), SU112634
For further information contact the club secretary, see inside back page

5th Level **DWSX Club Night and Night League** Queens Park, Bournemouth, SZ105934
Organiser: Peter Suba

10th Level **CKERNO St Ives Urban (SEOUL)**
For further information contact the club secretary, see inside back page

10th Level **DWIM Coaching and Informal** Avon Heath Country Park, Ringwood, SU125034
Entry times: 1.30pm - 3.00pm. Organiser: Andrew French, andrew.t.french@btinternet.com, 01202 814958
No dogs allowed.

11th Level **DBOK Local** Moseley Green, Forest of Dean, SO631087
Entry times: 1000 - 1200. Organiser: Geoffrey Ellis
Dogs allowed.

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

17th Level **DNGOC League 9** Highmeadow Woods, 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

18th Level **DQO Forest League 1** Triscombe Stone, Bridgwater, ST163359 (to be confirmed)
Start times 11:00 - 13:00. Dogs allowed.
For further information contact the club secretary, see inside back page

24th Level **DBOK Saturday Winter Series** Ashton Court, Bristol, ST556712
Entry times: 1200 - 1300. Organiser: Colin Welch, 01275 852893

24th Level **DBOK Western Night League** Ashton Court, Bristol, ST556712
Entry times: Nightfall for one hour. Organiser: Colin Welch, 01275 852893
Dogs allowed.

25th Level **CWSX Dorset Delight** Wareham Forest North, Poole, SY885915
Organiser: Julie Astin, julie.astin@hotmail.co.uk, 01202 429756

31st Level **DQO After Dark 1**
Details to be confirmed
For further information contact the club secretary, see inside back page

November 2015

2nd Level **DSARUM Wessex Night League** Salisbury City, Salisbury
Organiser: Charlotte Thornton, thorntoncev@gmail.com, 01722 320872

7th Level **DNGOC League 10** Trellech Common, Monmouth
Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.
Dogs to be kept strictly under control at all times.
Organiser: Dave Austin, dna100@gmail.com

8th Level **CDEVON Galoppen and Devon League No.1** Haytor, Bovey Tracey, SX767773
Entry times: 11.05 until 13.00. Organiser: Wilfrid Taylor, l.taylor@madasafish.com, 01626 859365
Dogs must be under control at all times.

8th Level **DNWO Four Colour (YOGB)** Fyfield Down, Marlborough, SU135710
For further information contact the club secretary, see inside back page

9th Level **DWIM/WSX Monthly Evening**

Shillingstone Church Hall near Blandford Forum, Dorset, ST824114

Entry times: 6.00pm - 6.45pm courses close 7.45pm.

No dogs allowed.

Organiser: Richard Keighley, mail@jrkeighley.co.uk, 01258 860935

14th

Level DNGOC **Western Night League** Sallowvallets, Coleford, Glos.

Entry times: From 18.00 or when it gets dark.

Dogs to be kept under strict control at all times.

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

14th Level **DQO After Dark 2**

Details to be confirmed

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

15th Level **CSARUM Galoppen & SCOA League** Foxbury Woods, nr West Wellow, Hants, SU302169

Start times: 10:00 - 12.30

Pre-entry preferably by Fabian4.co.uk, closing date November 8th.

Entry on the day while maps last.

Sorry - no dogs

Organiser: Pat Hart, b.hart@tiscali.co.uk, 01794 390593 (before 9pm please)

21st Level DWIM **SWOA 50th Anniversary Event**

Moors Valley Country Park, Ringwood, SU107057

Entry times: 1.00 - 3.00pm starts - courses close 4.00pm

Followed by Night event at dusk - course closes at 6.00.

Dogs allowed but on short lead only please.

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

21st

Level DNGOC **Western Night League** Parkend Walk, Parkend, Glos.

Entry times: From 18.00 or when it gets dark.

Dogs allowed, but to be kept under strict control at all times please.

Organiser: John Fallows, john@greyeye.co.uk

22nd Level **DKERNO Forest League 3** Polly Joke, Newquay

Entry times: 11.00 - 13.30. No dogs allowed.

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

22nd Level **DDEVON SWOA 50th Anniversary and Devon League Event 2**

Killerton National Trust property, Exeter, SS977001

Dogs allowed but must be under control at all times please.

Organiser: Helen Taylor, ahjkd@fsmail.net, 01395 274152

22nd

Level DBOK **SWOA 50th Anniversary** Durdham Down, Bristol, ST573748

Organiser: Jonathan Hurford Dogs allowed.

22nd

Level DNGOC **SWOA 50th Anniversary** Parkend Walk, Parkend, Glos.

Dogs allowed, but to be kept strictly under control at all times please.

Organiser: Gary Wakerley

22nd

Activity **NWO SWOA 50th Anniversary** Hardenhuish Park, Chippenham, ST907744

Organiser: Ken Stimson, kenstimson@btinternet.com, 01793 535759

22nd

Activity **QO SWOA 50th Anniversary** Long Run Meadow, Taunton, ST219248
(to be confirmed)

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

28th **Level DNGOC League 11** Blakeney Hill, Blakeney, Glos.

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

Dogs allowed but to be kept strictly under control at all times please.

Organiser: Kim Liggett, kimliggett@sky.com, 01594 839341

28th

Level DDEVON Devon & Cornwall Night Event

Venue to be confirmed

Dogs allowed but must be under control at all times please.

Organiser: Paul Glanville, glani@msn.com, 01822 617713

29th **Level CBOK Galoppen** New Beechenhurst, Forest of Dean, SO603121

Entry times: 1000 - 1200.

Dogs allowed.

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

December 2015

5th **Level DNWO Night Event** Cherhill, Calne, SU047693

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

6th **Level DDevon League Event No.3** Core Copse, Sidmouth

Dogs allowed but must be under control at all times please.

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

6th **Level DNWO Four Colour (YOGB)** Cherhill, Calne, SU047693

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

6th **Level DQO Forest League 2** Ham Hill, Stoke Sub Hamdon, Yeovil, ST477167

(to be confirmed)

Start times 11:00 - 13:00. Dogs allowed

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

7th **Level DWSX Club Night and Night League**

Boscombe Chine and Gardens, Bournemouth, SZ108912

Organiser: Ian Sayer

12th **Level DNGOC League 12** Knockalls Inclosure, Coleford, Glos.

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

Dogs allowed but to be kept strictly under control at all times please.

Organiser: Tom Mills

12th **Level DBOK Saturday Winter Series**

Bathampton Down & Bushey Norwood, Bristol, ST779642

Entry times: 1200 - 1300.

Organiser: Ted McDonald, 01225 423873

12th **Level DWIM Informal and Mountain Bike Orienteering**

North Ringwood Forest by Ebblake, Verwood, SU107077

Entry times: 1.30pm - 3.00pm. Courses close at 4.00pm.

Dogs allowed but on short lead at all times.

Organiser: Christopher Branford

13th **Level CKerno Forest League 4** Craddock Moor, Liskeard, SW262712

Entry times: 11.00 - 13.30. No dogs allowed.

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

26th Level DWIM **Boxing Day Canter**
Moors Valley Country Park - East Side, Ringwood, SU124063
Entry times: 11am mass start.
Dogs allowed, but on short lead at all times.
Organiser: Karen French

27th Level D**Devon Christmas Novelty** Escot Park, Ottery St Mary, SY084976
Dogs allowed, but under control at all times.
Organiser: Roger Green, roger-green@blueyonder.co.uk, 01392 278512

January 2016

1st Level DSARUM **New Years Day Score**
Copehill Down (To be confirmed), Tilshead
For further information contact the club secretary, see inside back page
1st Level DNGOC **New Years Day Score** Crickley Hill Country Park, Cheltenham
Entry times: 18.30 - 19.30.
Dogs allowed, but to be kept strictly under control at all times.
Organiser: Judith Austerberry, judithausterberry@hotmail.com

1st Level D**QO Forest League 3** Wind Down, Bridgwater, ST221342
(to be confirmed)
Start times 11:00 - 13:00. Dogs allowed
For further information contact the club secretary, see inside back page

RESULTS

Scottish 6 Days

1st
M10A Guy Owen BOK M14B Jack Forrest Devon

2nd
M65L Graham Wilding Devon

3rd
M50L Clive Hallett BOK M40S Brian Fletcher QO
W75S Chris Brown NGOC

4th
M70S Dudley Budden BOK

5th
M75L Arthur Boyt Kerno

6th
M55I Mark Sanders BOK M75S Alan Yeadon Sarum
W55L Jackie hallett BOK

7th
W60L Alison Simmons BOK W70L Carol Pearce Devon

8th
M16B William Meadows Devon M35L Ben Chesters Sarum
M35S Simon Brandford WIM M70L Ian Peirce Sarum
W18L Cecillie Andersen BOK W55L Alice Bedwell BOK
W80 Barbara Warren WIM

10th

M35S Richard Jackson

NWO

W35S Jo-Anne Purchase QO

SWOA 50TH ANNIVERSARY

November 2015 is the 50th Anniversary of the formation of SWOA

Lets have a party

To celebrate all 9 Clubs that now form SWOA have been asked to put on "Try Orienteering" or "A Come and Try it Event" on the weekend of 21st and 22nd November 2015

The spread of the events over the whole of the South West may just attract publicity just by the novelty of the idea.. Who shall we invite?

Let us suggest that all Club members make an effort to come. Go now and put it in your diary.

Members could bring Family members that do not usually come. Wives, Husbands, Partners and Children, Aunts, Uncles and Grandparents would be a good start.

How about friends from work or the local Hash House Harriers.

It might help to invite local schools especially those close to the venue of your Clubs event.

How about the land owners both private or public such as Forestry Commission and National Trust to whom we owe a great debt of gratitude for their support and help. Just a letter to the individual land owners could show our appreciation of their efforts. Get them to put the invitation in their staff magazines

Local publicity: The local newspapers would again be a good start. Any ideas or examples would be most welcome.

Does anyone have contacts with local radio or TV?

Events already scheduled Full details will be found in the Club web sites and SWOA Fixtures list

Saturday 21st November 2015

Wimborne and Wessex WIM/WSX Moors Valley Country Park

Sunday 22nd November 2015

KERNO Poly Joke Newquay

DEVON Killerton Exeter

NWO Hardenhuish Park Chippenham

NGOC Parkend

BOK Bristol

QO Long Run Meadow Taunton

SARUM to be confirmed

The Party - well some tea and cake might be a start. KERNO do a very nice Tea Tent after events Pauline Olds might give you a clue.

Erik Peckett - Possibly the longest inhabitant - unless you know better.
(DEVON)

BOK & SWOA BASIC MAPPING COURSE Saturday 21st November 2015 AVON RIDING CENTRE KINGS WESTON ROAD BRISTOL BS10 7QT

A one-day course designed to help novices improve their knowledge and skills of OCAD mapping.

Time: 0930 to 1630.

Facilitators: Dudley Budden and Trevor Crowe.

Target Audience: Anyone interested in learning or revising the basics of OCAD mapping.

The course will be aimed at novices and relatively inexperienced mappers. More experienced mappers seeking to extend their skills will be welcome, but may gain less from the day.

Topics Covered: The contents of the course will be determined by the perceived needs of those attending, but will probably include:

OCAD – Beginning a map project. Use of drawing tools. Legibility. Tips for efficiency.

Base maps – finding them and using them, including: OS, LIDAR, aerial photography and other sources.

Geotagging a project.

Creating the final map – Layout, titles, printing, use of club templates.

Surveying – if time and weather permits, there will be a session on the basics of surveying, although this is not the prime objective of the day.

Technology The aim is for the whole day to be very interactive. Although not essential, it would be highly desirable if registrants could bring a copy of OCAD on a computer. It may be possible to supply a limited number of laptops to those without appropriate portable technology. OCAD is designed to run on PCs; the organiser can advise anyone wanting to run OCAD on a Mac. OCAD does not work on tablets.

Course materials Sample map files and a simple course summary will be distributed beforehand.

Cost: £7. Max registrants 16. Cost will cover meeting venue, hot drinks and light refreshments. Please bring your own lunch.

Registration Contact the organiser:

Chris Johnson Home – 0117 9701561,

Mobile - 07850 214456

e-mail: Please use BOK Ask-Me contact e-mail:

<http://www.bristolorienteeing.org.uk/user/184/contact>

Previous courses have been over-subscribed, and you are recommended to reserve a place as soon as possible.

SWOA MEMBERS ON BOF BOARD OF DIRECTORS

David Maliphant, (BOK)

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