

October was a busy month. We had the first two Galoppens, with DEVON at Golden Dagger and with SARUM at Hamptworth. Also a KERNO event on Hardhead Downs and the BOF Club and Association Conference in Birmingham. By the time you read SINS, we will also have had the November Classic, this year on Hampton Ridge.

For those who like their events a bit longer, the last weekend in October saw the usual staging of the OMM. On the Medium Score course, the first Vets were Rob Parkinson DEVON and John Croome; the first Vet Mixed team was Angela and Spencer Modica QO. On the Long Score course, Adrian Moir and Ellie Salisbury (Fabian4) were the first Vet Mixed team. Nick Barrable and Richard Robinson were 5th on the Elite course. There were various other SW orienteers who figured in those results; well done to everyone.

SWOA has had its first committee meeting after the AGM and the summer break, so there is some news there too.

Please send news of your training courses, publicity for future events, and anything else from clubs that needs to be seen across the region, to :
christine.vince2@btinternet.com

Christine Vince KERNO

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Courses

Introductory Planners' course

DEVON are running an Introductory Planners' course on Wednesdays 07 and 15 November 2018. This is open to all SWOA club members. For further details, see the DEVON website.

Organisers' course

DEVON will be running an Organisers' course, which covers level C/D events (local /regional); this will take place on Wednesday 02 January 2019. This is open to all SWOA club members. For further details, see the DEVON website.

Colour Coded Awards

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). Badges cost £1.50 for Juniors (20 & under) or £2.50 for Seniors (21 & over) – please note the change in price, as SWOA has ordered some new badges (these prices are subsidised by SWOA). If applying by post, please make cheques payable to SWOA and enclose a stamped addressed envelope. My address is: 34, Westfield House, Cote Lane, Bristol BS9 3TJ. Sorry no E-mail.

Anne Donnell BOK

SWOA News

A SWOA committee meeting was held on Tuesday 9th October 2018 at the Corner House Hotel TA1 4DQ in Taunton.

The budget for the year was approved; the bank balance is healthy.

The BOF Major Event Conference will be held on 10 November 2018 in Swindon; SWOA will pay the delegate fee for SWOA-registered Grade A Controller delegates' fees (if not funded by a Major Event).

The BOF Coaching Conference will be held on 12/13 January 2019 at the University of Nottingham. SWOA will pay the delegate fee for SWOA Licensed Coaches. The travel fees are expected to be paid by clubs. (Details in BOF News below.)

SW Middle Distance Championships 2019 – no club has yet come forward to stage this event. SWOA will be hosting the British Night Championships in 2022. Offers to Richard Sansbury, Fixtures Secretary, please.

SWOA Fixtures Secretary: would anyone like to take on this interesting post? Richard Sansbury is willing to train up a replacement.

Galoppen League

SWOA are considering a proposal to change the Galoppen League from September 2019.

- it is to be renamed as the SW Orienteering League
- SW clubs are encouraged to register up to two Regional events each year for the League, via Richard Sansbury, Fixtures Secretary
- the best five scores to count for each competitor
- competitors will need to run in at least three different clubs' events to qualify

This proposal will be sent formally to all club chairmen and secretaries for consideration by the club committees. So, comments please to your own committee.

JK 2021

JK 2021 is coming to the SW! We are about to appoint the Day Organisers so, if you are interested, please contact Christine Vince or Roger Hargreaves on rogerh9999@hotmail.co.uk as soon as possible (or you will lose your chance).

BOF News

The **National Coaching Conference** will take place on 12th/13th January 2019, at the University of Nottingham. The conference will feature a range of workshops and physical exercises aimed at supporting you in your coaching. The keynote speaker will be Emil Wingstedt, who is a current Halden SK coach and has worked with the GB squad on a number of occasions; his input has been incredibly valuable. He won the 2005 and 2006 Sprint World Orienteering Championships and finished third on the long distance in 2003. He is Relay World Champion from 2003 with the Swedish team, as well as having a silver medal from 2007, and bronze medals from 2004 and 2006. The conference is a great opportunity to learn from experienced coaches and peers from across the sport and you are encouraged to book early to avoid disappointment. **Book before 18th November to get the early bird price of £65 for both days or one day for just £35.** Prices after that date will be £70 for both days and £38 for one day. All bookings must be made by 23rd December. You must provide your own accommodation.

An **Orienteering Foundation Coaching Day** has been arranged for Saturday 10th November 2018 in the Lake District. The day will be planned and organised by experienced coach Derek Allison, and take place in the technical terrain of Dale Park, part of the Graythwaite Estate (as used for day 5 of the recent Lakes 5 Day). It is open to both self-organised groups of any age, led by their own qualified coaches, as well as individual adult participants coached by Derek himself. See <https://www.orienteeringfoundation.org.uk/coaching-day-nov-2018> for further details. Pre-booking is required; information supplied by Neil Cameron.

Events

- 11th November – KERNO Forest League, Mount Edgcumbe
- 17th November – NGOC League, Cranham nr Gloucester
- 18th November – WIM Galoppen, Inside Park, Blandford St Mary
- 24th November – Southern Night Championships, nr Guildford
- 25th November – DEVON League, Holne Moor
- 2nd December – KERNO Forest League, Truro
- 2nd December – QO QOFL, Great Breach and Combe Hill, nr Taunton
- 8th December – NGOC League, Standish Woods nr Stroud
- 9th December – BOK Local, Sandford and Lycombe Hill, nr W-S-M
- 15th December – NWO Informal Urban Christmas event, Kingshill nr Swindon
- 16th December – DEVON League, Mutters Moor, Sidmouth
- 16th December – East Midlands Championships, nr Ollerton
- 26th December – WIM Boxing Day Canter, Moors Valley Country Park (E side)
- 30th December – DEVON Christmas Novelty Event, Haldon Country Park nr Exeter
- 1st January – SARUM New Year's Day Score, Foxbury, Wellow
- 1st January – NGOC New Year's Day Score, Brierley nr Cinderford

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