

Congratulations to those selected for the World Schools Orienteering Championships in Estonia (25 April – 05 May 2019). They are Tom Perry, Flurry Grierson, Oliver Tonge and Jim Bailey, plus for the Senior Boys School Team, Torquay Boys Grammar School.

Congratulations too to those who did well at the Southern Championships; I hope you had your climbing legs on that day! So, I gather, did the winners of the British Night Championships. More details below.

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

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.

Proposed Organisers' Courses

It is likely that DEVON will be running a Level C/D Organisers' course on 02 January 2019; also a Level B Organisers' course on 20 March 2019. Further details will appear on the DEVON website in due course.

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 27th November 2018 at the Corner House Hotel TA1 4DQ in Taunton. The next meeting will be on Wednesday 13th March 2019.

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.) PLEASE NOTE that coaches wishing to attend must request a grant IN ADVANCE for their delegate fee to be paid by SWOA.

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

Galoppen League

An update on the proposal to change the Galoppen League from September 2019. Thank you to those who have responded to the email sent out to club chairmen and secretaries. Some interesting comments have been made; the most pertinent query the number of scores to count in order to win one of the colours.

- The Galoppen League as currently configured has 9 events (one per club); therefore the best five scores represent one more than half.
- If SW clubs register up to two Regional events each year for the League, then there could be 18 events; if so, the number of counting events would have to be $(\text{half} + 1) = 10$.
- So winning contenders would have to race at 10 events, not five as at present.
- With up to 18 events, there could very well be clashes between Regional League events; although these would not be additions to the calendar, it is very full already.

Further comments please to your own committee.

JK 2021

JK 2021 is coming to the SW! We have made most of the senior appointments. However, we need Team Leaders for various tasks so, if you are interested, please contact Christine Vince or Roger Hargreaves on rogerh9999@hotmail.co.uk as soon as possible.

Southern Championships 2018

Winners

M12A – Ben Perry DEVON	W12A – Lyra Medlock WSX
M20E – Harry McMurtrie DEVON	W35L – Tereza Maria Rush BOK
M45L – Peter Ward NGOC	W55L – Alice Bedwell BOK
M55L – Clive Hallett BOK	W60L – Jackie Hallett BOK
	W70L – Sue Hands WIM
	W75 – Clare Fletcher BOK

British Night Championships 2018

Winners

M50 – Ifor Powell BOK	W35 – Tereza Maria Rush BOK
	W45 – Karen Crawford BOK
	W55 – Alice Bedwell BOK
	W60 – Alison Simmons BOK
	W70 – Charlotte Thornton SARUM

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. Prices after 18th November 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.

SWOA will pay the delegate fee for any SW Licensed Coach who wishes to attend, but you must apply in advance for a grant for this (from Mark Lockett, SWOA Treasurer).

BOF Orienteering Annual Awards 2018 – Nominations now open! British Orienteering is looking for nominees for our 2018 awards and wants to recognise and reward some of the great work being done across the sport of orienteering by our clubs, coaches, mappers and volunteers of all ages. There is a new category – **Volunteer of the Year**. Nomination forms are available on the BOF website, under the News item.

Event Report by Oliver Tonge BOK on the Deeside Training Camp 2018

This summer I was lucky enough to get selected for the Deeside training camp. 17 athletes were selected from across the country from their results across the major events this year. I really enjoyed the week, spending time with my friends and getting to know new people. I feel as if I really benefitted from the training and advice given.

On the first evening we took part in an obstacle course carrying jugs of water filled to the brim, tied to one another by the wrist. This was especially entertaining as we all tried to make it down the slide. Later in the evening we did a high scale micro sprint where the control descriptions were necessary. Controls were placed in clusters, on different sides of trees, under benches, halfway up trees, on both sides of a wall; not a single person made it around without mis-punching!

Each day of training, the junior coaches had planned exercises that focussed on each aspect of PDP – Plan, Direction, Picture. In the morning we had training exercises – the most difficult of these being a windows exercise over the tough terrain of Scolty, trying not to get distracted by the multitude of bilberries in my path. These made up for the long uphill walk to the base point of the morning. Other areas posed other problems such as thick gorse and head high bracken which proved very difficult especially on the map memory exercises. The afternoon often involved a highly competitive competition with the winner receiving a yellow jersey to wear for the whole of the next day. My favourite areas were the Sand dunes of Balmedie and Thorphantrick which proved more runnable and this resulted in some high paced relays, including a 4 man one at Thorphantrick where the other teams would aim to tag you and stop you and make you switch tops. As you can imagine this caused a lot of laughter as Scots were made to wear England tops and coaches made to wear tight fitting small ones.

After training each day we had time to have fun and mess about in the River Dee (freezing) and on one day the North Sea (freeeeezing). At Balmedie we did some team challenges including races up and down the biggest sand dune found, including both a stylish ascent and descent. This involved one team doing the conga up, another leapfrogging up, and teams rowing, rolling and swimming down the sand dunes. All these challenges scored all important points for the weeks point board where the teams battled out to gain wacky prizes. Credit must go to the coaches who found an ingenious way of collecting the controls in – awarding points for them and getting us to do the job for them. On the afternoon of the 'rest' day, we went to the Aberdeen lido and stayed in the 30-degree sea water for over 2 hours before a BBQ in the evening.

As tradition, throughout the week there was the Sprint race, Night race and Classic race. The sprint event was held on the second evening around Templars Park – the area we were staying at. The 1:3000 scale and short legs made it hard to balance speed and navigation. After a night practise the previous night, we all attempted the night event at Crathes; I was lucky enough to be wearing the yellow jersey for this event which allowed me to stand out as a nice target in the distance. We were rewarded by nice crumble when we eventually made it back to the accommodation.

The Classic event was on Glen Dye and was split into two parts – the first part being made like a middle distance, and the second like a long. This was a nice area with a reasonable amount of runnability, a nice contrast to the other areas throughout the week. Despite the steep hill coming at the end of a long leg towards the end of the course, I really enjoyed the course as it gave us a variety of intricate detail to tackle and a few route choice legs.

We finished off the week picking bilberries for a crumble, and getting very little sleep before an early start for the flight the next day.

I would like to thank BOK and SWOA for helping to fund the trip and giving me such a valuable experience.

Oliver Tonge BOK

Events

- 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 Club Championships, 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
- 12th January – NGOC League, Woodchester nr Stroud
- 13th January – KERNO Forest League, Lanhydrock
- 20th January – NGOC Galoppen, Blakeney Hill nr Lydney
- 26th January – QO Forest League, Culm Davy nr Wellington
- 27th January – BOK Regional, Stockhill nr Priddy
- 27th January – BKO Concorde Chase, Long Valley North, Aldershot
- 3rd February – WIM Regional, Godshill, New Forest

JK 2019

19th – 22nd April 2019 – SCOA

SWOA OFFICIALS

CHAIRMAN

Christine Vince KERNO; email: christine.vince2@btinternet.com
3 Back Lane, East Coker, Yeovil, BA22 9JN ; tel: 01935 863429

SECRETARY

Katy Dyer BOK; email: family.dyer@blueyonder.co.uk ; tel: 0117 968 4173

TREASURER

Mark Lockett KERNO; email: marklucylockett@gmail.com
Heathervale, Heathfield, Newton Abbott, TQ12 6RH ; tel. 01626 830213

FIXTURES SECRETARY

Richard Sansbury QO; email: richard.sansbury@btinternet.com
Rose Cottage, Netherclay, Bishops Hull, Taunton, Somerset, TA1 5ED
tel: 01823 288405

COLOUR-CODED BADGE SCHEME

Anne Donnell BOK; no email
34, Westfield House, Cote Lane, Bristol BS9 3TJ ; tel: 0117 9494834

COACHING & ASSOCIATION VOLUNTEER COORDINATOR

Christine Vince KERNO

SW JUNIOR ORIENTEERING SQUAD

Jeff Butt SARUM; email: jnbutt@aol.com
Broadacres, The Ridge, Woodfalls, Salisbury, SP5 2LQ ; tel: 01725 510546

COMMITTEE

Erik Peckett DEVON, Nicholas Maxwell DEVON, Dick Keighley WIM, Helen Kelsey BOK

REPRESENTATIVE on the BOF Board of Directors:

Judith Holt DVO

GALOPPEN

Spencer Modica QO; email: spencer@modicafamily.co.uk

RECORDER OF CONTROLLERS

Arthur Vince KERNO; email: arthur.vince@btinternet.com

SWOA WEBSITE www.sworienteeringassociation.co.uk.

Editor: Katy Dyer – see SWOA secretary

Technical Manager: Nathan Fernandes; email: nath@veudesign.co.uk

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