

A Happy New Year to you all. Many thanks to those who gave up some of their Christmas to organise fun events for the rest of us to run round!

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**

### **Proposed Courses**

*It is likely that DEVON will be running an Organisers' course in the Spring of 2019. Details are not currently available, so please watch the DEVON website for more information.*

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

Grants. All clubs and members are reminded that requests for SWOA grants must be made to the SWOA treasurer before the event.

Helen Kelsey BOK has taken over from Katy Dyer BOK as SWOA Secretary, as of 1<sup>st</sup> January.

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

The discussion on the proposal to change the Galoppen League is ongoing (no changes since the last issue of SINS). 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](mailto:rogerh9999@hotmail.co.uk) as soon as possible. There is a JK progress report attached to the latest SWOA minutes.

## BOF News

**A quick reminder.** If you haven't yet renewed your membership then the easiest way to renew is online. Go to the British Orienteering website [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) and click on the 'Log in' button at the top right-hand side of the screen. If you have forgotten your password click on the 'Forgotten Password' link or contact National Office on 01629 583037. Then click on 'My Settings' button on the left-hand side of the screen. If you prefer you can always pay by cheque or give the office a call.

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 18<sup>th</sup> November will be £70 for both days and £38 for one day. All bookings must be made by 23<sup>rd</sup> 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. No closing date is given, but is likely to be early in February.

World Orienteering Day 2019. This year, events to celebrate World Orienteering Day can be held at any time during the week of 15<sup>th</sup>-21<sup>st</sup> May. More details on the BOF website [here](#).

## Events

- 12<sup>th</sup> January – NGOC League, Woodchester nr Stroud
- 13<sup>th</sup> January – KERNO Forest League, Lanhydrock
- 20<sup>th</sup> January – NGOC Galoppen, Blakeney Hill nr Lydney
- 26<sup>th</sup> January – QO Forest League, Culm Davy nr Wellington
- 27<sup>th</sup> January – BOK Regional, Stockhill nr Priddy
- 27<sup>th</sup> January – BKO Concorde Chase, Long Valley North, Aldershot
- 3<sup>rd</sup> February – WIM Regional, Godshill, New Forest
- 10<sup>th</sup> February – QO Galoppen, Croydon Hill nr Minehead
- 17<sup>th</sup> February – DEVON League, Haytor, Dartmoor
- 24<sup>th</sup> February – KERNO Galoppen, Craddock Moor nr Liskeard
- 3<sup>rd</sup> March – DEVON League, Ashclyst Forest nr Exeter
- 10<sup>th</sup> March – SARUM Saunter, Great Ridge, Fonthill
- 17<sup>th</sup> March – CompassSport Heat, QO, The Slades, Quantock Hills
- 24<sup>th</sup> March – DEVON League, River Dart Country Park nr Ashburton

### **Southern Championships Weekend**

- 30<sup>th</sup> March** – NGOC Middle distance race, Knockalls Inclosure
- 31<sup>st</sup> March** – The Mike Nelson BOK Trot, Moseley Green West and Cannop Ponds South

### **JK 2019**

**19<sup>th</sup> – 22<sup>nd</sup> April 2019**

Entries are now open for the SCOA JK

### **Scottish 6 Days 2019**

**28 July to 3 August 2019**

Entries are now open for Strathearn 2019

## **SWOA OFFICIALS**

### **CHAIRMAN**

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

### **SECRETARY**

Helen Kelsey BOK; email: [kelseys4@tiscali.co.uk](mailto:kelseys4@tiscali.co.uk) ; tel:

### **TREASURER**

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

### **FIXTURES SECRETARY**

Richard Sansbury QO; email: [richard.sansbury@btinternet.com](mailto: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](mailto:jnbutt@aol.com)  
Broadacres, The Ridge, Woodfalls, Salisbury, SP5 2LQ ; tel: 01725 510546

### **COMMITTEE**

Erik Peckett DEVON, Nicholas Maxwell DEVON, Dick Keighley WIM, Katy Dyer BOK

### **REPRESENTATIVE on the BOF Board of Directors:**

Judith Holt DVO

### **GALOPPEN**

Spencer Modica QO; email: [spencer@modicafamily.co.uk](mailto:spencer@modicafamily.co.uk)

### **RECORDER OF CONTROLLERS**

Arthur Vince KERNO; email: [arthur.vince@btinternet.com](mailto:arthur.vince@btinternet.com)

### **SWOA WEBSITE**     [www.sworienteeringassociation.co.uk](http://www.sworienteeringassociation.co.uk).

Editor: Katy Dyer – see SWOA secretary

Technical Manager: Nathan Fernandes; email: [nath@veudesign.co.uk](mailto:nath@veudesign.co.uk)

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