

Good luck to all our juniors going off on summer tours. Have a good time, and make the most of the opportunity.

Well done to the GB TrailO Relay team who won a Bronze medal in Portugal. Tom Dobra was a member of that team, supported by SWOA and BOK.

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

(Note: there will not be an edition of SINS in August.

Courses

First Aid Courses (BOK) – Saturday 6th July in Winscombe, Saturday 3rd August in Bristol

Planner's Level B/C Course (BOK) – Saturday 5th October at Henbury Village Hall

Introductory Organiser's Course (QO) run by Alan Simpson (date and venue tbc)

Event Safety Workshop (QO) run by Dick Keighley (date and venue tbc)

Level C Controller's Course (DEVON) – Saturday 26th October (venue tbc)

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

The last SWOA committee meeting was on Tuesday 11th July 2019. The next committee meeting will be on Tuesday 20th August at The Corner House Hotel TA1 4DQ in Taunton.

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

Mark Lockett, the SWOA Treasurer, wishes to stand down after seven years' service, so the committee are looking for a replacement. SWOA's main expenses are tour grants and volunteer courses. The costs for these will rise, and the bank balance has slowly gone down, so the chairman suggested that an item of business for the next meeting should be a discussion on raising the levy (which has not changed for a number of years).

Promotion of the SW Regional League. SWOA will have some postcards printed to advertise the League; these will go out to clubs for distribution at events.

The committee agreed to change from Age Classes to Urban Age Categories for the SW Sprint Championships, to take effect for the 2020 Championships.

The committee agreed that the SW Championships would be better attended if they are National (Level B) events, preferably with UKOL status and also part of a weekend of events. Clubs will be encouraged in future to consider this when bidding to hold a SW Championship event.

The most recent update to the BOF Rules has included in Appendix C (pages 80 to 83) the requirement to make Regional Associations responsible for appointing officials at National events. Those officials already appointed will continue in their roles; any officials selected from now on for National events should be considered by the SWOA committee before being appointed.

A very pleasing number of SW juniors are being selected for summer tours and it was agreed that all who are involved in the running of the SWJOS should be congratulated and thanked for their hard work.

WIM has opened a couple of POCs (Permanent Orienteering Courses) and the opening of the Nothe Park Course in Weymouth attracted 180 people (following on from the Beat the Street initiative) and, as each control has a QR code, anyone can download the map and record their result using the OrientO app – this also shows that there have been 100 runs recorded since the launch in April.

Midlands Championships, Brown Cleve – SW results

M18E	1 st	Flurry Grierson DEVON
M40L	1 st	Ben Chesters DEVON
M55L	1 st	Clive Hallett BOK
M60L	1 st	Rob Parkinson DEVON
W14A	1 st	Lyra Medlock WSX
W60L	1 st	Jackie Hallett BOK

BOF News

From the CEO:

The JK seems so long ago and it feels like that was the last time we saw the sun.

A huge vote of thanks must go to the hundreds of volunteers who put in many hours of work during the weekend and the months and years beforehand, without them there would be no JK.

The time the organisers spent planning the event could be seen with great arenas and excellent parking adjacent to the start and finish and a smiling and happy volunteer team. However, we cannot avoid the disappointment felt by all in the

issues around the results. We must apologise again for this and we are taking steps to avoid you having a similar experience in the future.

Like you, I am looking forward to next year's JK being organised by the North East Orienteering Association with the sprint event at Stockton riverside and forest races around the North York Moors.

BOF News:

insurance implications for non-member participation. **The club and its officials will be covered for public liability insurance regardless of the non-members situation.** However, non-members will be covered only for the first three events that they attend (at any club); after that, they will participate at their own risk and it should be made clear when they enter that this is the case. Clubs must keep a list of attendees.

BOF has received a request from a member who uses a registered assistance dog. If organisers could, as part of their discussions with landowners, find out if they would allow assistance dogs and publish this on their final details it would be most helpful to those that require this form of assistance.

All of the above was taken from the CEO's newsletter on the BOF website; the full transcription can be read there.

World Schools Orienteering Championships Estonia 2019

Event report from Oliver Tonge BOK:

At the end of April, I attended the World Schools Orienteering Championships in Estonia, after performing well at the selection race last November. It was a great experience – not only the areas and the different terrain, but also all the athletes from different countries whom we met and the opportunities that were offered.

The event was based around Otepää, a small town specialising in cross-country skiing. We stayed in one of the few hotels here, along with many other countries who joined us in the evenings to play beach volleyball, football and swim in the lake even when it hailed. On one occasion, we were able to christen the sauna after one of our swims, as it had only finished being built whilst we were there.

The competition consisted of a Long Distance, Middle Distance and Friendship relay; the long and middle scores were combined for the team event. On our first

full day in Otepää, we were able to go around a model event, and gather information about the terrain and mapping. The vegetation seemed very variable throughout the week and path options seemed the quickest. On the long distance I used this advice and had a good run, taking the paths wherever possible and bearing off into the woods to find the control. In the terrain, I used the features and the hills to help navigate; it was very important that I stayed in contact with the map at all times. Towards the end of the Long Distance, we were greeted with the steeper hills of the ski slopes and had to cross underneath the ski jump. I made a few mistakes on my course due to a couple of poor route choices, and this ultimately pushed me down into 7th, only 1 second off 6th and 3 seconds off 5th – if only I hadn't dropped my dibber whilst descending one of the steep hills on the way to the final control, I would have been on the podium!

I didn't perform as well as I would have liked on the middle distance, a steeper, faster course than the long distance. I made a couple of early mistakes and some misjudgements of vegetation which made the difference.

Our team did really well in the combined event, with the top three scores from each race giving the total score. We came 1st and won our category, the only England team on the podium and were the only team in the competition to beat a Swedish team.

On the Friendship relay, we were paired up with 2 people, each from a different country and had to split up a score course between us, meeting at different points. I was with a guy from Estonia and a girl from Brazil. The mass start of 800 people was really fast and it was a great way to end the orienteering.

When we weren't orienteering, on the rest day, we visited a science museum, and went around Tartu, before assembling together in a massive sports hall for a cultural evening. Here we got to experience the cuisine and traditions from each country along with a traditional dance. We did England proud with our Morris dancing. On the last night, there was a closing ceremony where awards were given and a last night party with the winning band from Estonia's Got Talent.

Thank you very much to BOK and SWOA for helping to fund this incredible opportunity and to the coaches – especially Melanie Elkington and Ben Chesters. I would recommend it for any juniors.

Events

7th July – SARUM Moonraker Relays, Warminster

14th July – WIM Furrow Hopper Relays, Ringwood

14th July – NGOC League, Knockalls Enclosure, Forest of Dean

21st July – WSX Hardy Relays, Holton Lee, nr Poole

18th August – NGOC League 8, Tewkesbury Town

1st September – NGOC League 9, Hereford City

1st September – DEVON League 1, Haldon Forest

8th September – KERNO Forest League 1, Mt Edgcumbe Country Park

British Sprint and Middle Championships

Saturday 14th and Sunday 15th September 2019

Sprints at Loughborough University

Middles at Chinley Churn, Chapel-en-le-Frith

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