

Welcome to the new season of orienteering; I hope you all enjoyed your summer orienteering, whether at home or abroad.

The Galoppen League has now been renamed the SW Orienteering League; you can expect to see postcards advertising the League at the various events in the SW. The trophies for last year's League will be presented at the first event this year – namely on 13<sup>th</sup> October at the DEVON event at Whitchurch Common, at 1pm.

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

## Courses

Introductory Organiser's Course (QO) run by Alan Simpson, Saturday 7<sup>th</sup> September at Staplegrove Village Hall

Event Safety Workshop (QO) run by Dick Keighley, Saturday 7<sup>th</sup> September at Staplegrove Village Hall

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

Level C Controller's Course (DEVON) – Saturday 16<sup>th</sup> November at Ilington Village Hall

## Colour Coded Awards

SWOA is very grateful to Anne Donnell BOK who has looked after our Colour Coded Badge Awards for many years. She would now like to pass this job on, and we wish to thank Jolyon Medlock WSX who has offered to take over from Anne. Jolyon can be contacted at [jolyonmedlock@hotmail.com](mailto:jolyonmedlock@hotmail.com) .

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 email Jolyon with 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).

Jolyon Medlock WSX

### **SWOA News**

The last SWOA committee meeting was on 20<sup>th</sup> August at The Corner House Hotel TA1 4DQ in Taunton. The next meeting will be on Tuesday 8<sup>th</sup> October, venue to be announced.

The SWOA AGM will be on Saturday 28<sup>th</sup> September, after Day 1 of the Caddihoe. The venue is Burrator Discovery Centre. Please check the event details – the time is likely to be 5pm.

Erik Peckett has decided, after very many years of service on the SWOA committee that, due to health reasons, he will no longer be standing for the committee. Erik has served a number of terms as SWOA chairman, the last in 2006. A vote of thanks to Erik for all the years of service that he has given was supported unanimously by the committee.

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, will be standing down after seven years' service. Steve Robertson QO has offered to be the new Treasurer. Arthur Vince will also be standing for election to the committee. An item of business at the first meeting of the new committee will be a revision of the budget.

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.

### **Scottish 6 Days – SW results**

M16A	1 <sup>st</sup>	Jim Bailey BOK
W60L	1 <sup>st</sup>	Alison Simmons BOK
W60L	2 <sup>nd</sup>	Jackie Hallett BOK

### **BOF News**

The BOF Club and Members' Conference will take place in Leeds on Saturday 16<sup>th</sup> November. Details on the BOF website.

## Lagganlia Tour 2019

Tour report from Guy Owen BOK:

About 10 days ago, I boarded an early morning flight on course for Inverness. I was off to Lagganlia, for a week of orienteering training (and racing) in some of the best areas of Scotland. As soon as I arrived on the Lagganlia campus, there was only one thing I wanted to do: sleep!

After a relaxing 5 hours of nap time I was woken up to the sound of suitcases being wheeled across the gravel outside. Everyone else was arriving. After lots of smiling and saying "Hello", all 25 of us sat at the dinner table and gorged ourselves on the most delicious spag bol I had had in a long time.

Throughout the week we ran in some great areas, (my favourite being Loch Var) and had the best minibus journeys ever. The main focus of the week was on bearings and pacing (the two main things I needed to work on anyway). The coaches gave us a variety of different activities to help us improve these skills. We did control picks, window courses, peg races, balloon races and even trained one day on a 1:1,500 map. It was exhausting.

Luckily, we all got to have a half day rest, when we had some free time in Aviemore. We also got to swim in a loch and do the famous 'rings'. The rings are 7 metal hoops dangling off a large metal wire, suspended above a pond. Not very many people got across, but I managed it first try!!!

But none of this was the highlight of my week. That had to be the last night. It is Lagganlia tradition for all the children to run away in the middle of the last night and for the coaches to come after them. So, at 11 o'clock I met my little group of friends at the girls' lodge. We all escaped through the fire exit and ran off into the darkness. By 12, we started to see lights shining through the woods, so all of us dived into the grass and managed to go un-noticed. At 12:30 we thought that it was getting a bit boring so decided to run straight through the middle of the campus singing "Shake it Off". We then got chased through the wood by all the coaches and all got caught. It was hilarious!!

Despite all the fun I had through the week, I also learned a lot. Lagganlia has been a huge step in my orienteering progress and I hope I can use the skills I have learned in future events.

I am really grateful for the amazing support that I received from SWOA. Thank you everyone!

## EYOC – July 2019 – Belarus

Tour report from Flurry Grierson DEVON:

I was very excited about my selection for the EYOC in Belarus. After the World Schools in Estonia, I kept up the momentum of my training and felt that I was the fittest I had ever been.

The first race was the long distance – a change from the usual order of sprint, long then the relay. I travelled out on Wednesday and then spent Thursday analysing the model map and working out what tactics would work best in the race. The forests of Eastern Europe are notorious for being extremely hard to run through in the Summer; however, the maps in Belarus were almost entirely green. With only one day of relevant training I went into the long distance very nervous; I made too many mistakes at the start of the course but managed to have a really good second half, clawing my way back up the results into a respectable 24th, best on the day for GB and a testament to how foreign the terrain was for us.

The relay came next and I felt far more prepared knowing my team also had a good chance of getting on to the podium. Unfortunately, David Bunn on first leg made mistakes and mis-punched. However, this was unknown to me and I had the best relay performance of my life taking the team down 8 places. The map this time was far nicer with less dense forest and lots of enjoyable contour detail, which made the orienteering extremely technical. This gave me confidence in myself for the sprint the next day.

The sprint took place in the old town of Grodno, the city in which we had been staying in the previous days. My race went well apart from getting caught out by a control being on the other side of the fence which cost me a few places. Despite the mistake it was a great race through the old streets and alleyways in 30° heat.

I came away from EYOC more experienced in varied terrain and excited to carry on my training for next year when I hope to come back and race in the top year of M18. I am also looking forward to JWOC 2020 training in Turkey in August and the Junior European Champs in France in September.

## Events

8<sup>th</sup> September – KERNO Forest League 1, Mt Edgcumbe Country Park

**British Sprint and Middle Championships**  
**Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> September 2019**

Sprints at Loughborough University  
Middles at Chinley Churn, Chapel-en-le-Frith

21<sup>st</sup> September – City of London Race

22<sup>nd</sup> September – NWO Urban Event, West Swindon

28<sup>th</sup> / 29<sup>th</sup> September – DEVON Caddihoe Chase, Burrator

6<sup>th</sup> October – WSX Dorset Delight, Holmsley Camp Site

13<sup>th</sup> October – DEVON SW League, Whitchurch Common

**Presentation of the Trophies for the 2018/19 League at 1pm**

27<sup>th</sup> October – SARUM SW League, Sidbury Hill tbc

3<sup>rd</sup> November – November Classic, Bramshaw

## **SWOA OFFICIALS**

### **CHAIRMAN**

Christine Vince KERNO; email: [christine.vince2@btinternet.com](mailto:christine.vince2@btinternet.com)  
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### **SECRETARY**

Helen Kelsey BOK; email: [kelseys4@btinternet.com](mailto:kelseys4@btinternet.com) ; tel: 01278 723246

### **TREASURER**

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### **COLOUR-CODED BADGE SCHEME**

Jolyon Medlock WSX; email [jolyonmedlock@hotmail.com](mailto:jolyonmedlock@hotmail.com)

### **ASSOCIATION VOLUNTEER COORDINATOR**

Christine Vince KERNO

### **ASSOCIATION COACHING REPRESENTATIVE – vacant**

### **SW JUNIOR ORIENTEERING SQUAD**

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### **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 DEVON; email: [spencer@modicafamily.co.uk](mailto:spencer@modicafamily.co.uk)

### **RECORDER OF CONTROLLERS**

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

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