

# SINS

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South West  
Orienteering  
Association Newsletter

## CONTENTS

<i>Cover Photo</i>	<i>Awaiting fellow club members at British Sprint Championships.</i>
Editorial	Reports
Chairman's Chatt	Fixtures map
Secretary's Chat	Night Orienteering
Colour Coded Award Coordinator	Fixtures
Colour Coded Awards	Results
Congratulations	Galoppen
Ocad Mapping	

### CHAIRMAN'S CHAT

We start a new orienteering year, and you have a new SWOA chairman. Thank you to the faithful few who attended the AGM.

It is fairly easy to see what your club committee does. It can be difficult to see what SWOA does, and sometimes impossible to see what the British Orienteering Board does (their minutes can be impenetrable). However, the South West has over the years had a number of folk working at national level. To name but a few: Roger Hargreaves, Scott Collier, Chris James, Mike Forrest, Neil Cameron; Erik Peckett and Brian Parker at IOF level. I know there are many more who have supported the sport at regional and national level. As a region we have contributed our fair share – and more – and we are grateful to all of you for your time and effort.

This is of course all done by volunteers. We need you all – at every event I go to, I am grateful to the car parking team, without whom there would be chaos before we even get into the forest. The Board has been concerned for some time that there is insufficient support and training for our volunteers; available resources are patchy and some of the resources need updating. Chris James NGOC is currently the chair of the Events and Competitions Committee and he is concerned that, in a few years' time, there will not be enough Grade A officials to run the national events – and it takes time and a lot of experience to grow a new Grade A official. Chris is working, with the Board's approval, to improve the resources for volunteers and to encourage clubs to train more of their members.

As your new chairman, I fully support this initiative and so does the SWOA committee. SWOA is in a healthy financial position and is able to provide grants towards training courses put on by clubs that are open to all SWOA members. The SWOA secretary and I will be providing club secretaries with regular updates on courses that are being arranged.

Christine Vince Chairman

### EDITORIAL

I must apologise to Judith Austeberry (NGOC) for failing to credit her report on Day 2 of the Lakes 5 Days report in the last issue of SINS.

A lot has been happening over the past few months – the galoppen series is underway. NGOC put on an excellent Caddihoe Chase and at the same time the Veterans Home International. A bevy of SW orienteers represented England and Wales. England managed to win the event.

In December four clubs from our region will head to Aldershot for the Compass Sport Cup and Trophy Final. I wish BOK, DEVON, SARUM and WIM good luck for this event and hope that at least one trophy will be heading back to the SW. The SW Juniors have had a busy time and many of them will be heading to Yorkshire to take part in The British Schools Championships and hopefully qualify to represent England at the World Schools Championships in Antalya, Turkey in 2015.

It is with great sadness that I have to report the death of two former orienteers that were well known in the region. Rodney Bennett (Devon) was an active member from the early days of the club, travelling throughout the country to take part in events. He helped in many ways and was joined by his wife Carol and daughter Katie in many events and at social events. We send our condolences to them.

Mike Heath (Wim & BAOC) was one of the people I got to know early in my orienteering career. He enjoyed his orienteering and we met all around the country at events like JK and the Scottish 6 Days. His house was full of orienteering mementoes like framed maps and winners mugs. He wore his JK kit at his funeral and had a map and compass on his coffin. He leaves behind three daughters, Clare, Isabel and Diana. We send our condolences to them.

Susan Hateley Editor

## SECRETARY'S CHAT

I have just been orienteering abroad for the first time and definitely found myself out of my comfort zone. I was in Spain for the Barcelona urban weekend and I do not speak Spanish. Fortunately the Final Details were in English but I still needed to know if I could leave clothing etc. The Details were very easy to read as there was not a lot of detail on the 2 clear pages and actually this was quite refreshing. There was no long list of things I needed to do and things I must not do. The start and finish locations together with the timings, were quite clear. This is a lesson to take on board when writing my next lot of Final Details.

For the event layouts, it was all just like a UK event but with a few more banners and lots of loud music. There was hot sunshine but plenty to drink. The t-shirts were very cheap - just 4 euros if you had entered for 2 days. The goody bag was a bit thin but it is always nice to get one – just like a running race. Talking to the organiser was really useful as I found that his problems were just the same as in the UK eg finding enough volunteers, lots of work over many months, difficulties in getting local permissions, good support from the city council, guarding the control sites. The bag drop for each day was well organised in a marshalled area, with helpers writing your name and race number on a sticky label and sticking it on your bag. The maps were good too and the organisers had obviously had quite a bit of sponsorship. Is this something we clubs need to do more of?

In Barcelona I took the opportunity to promote the British Orienteering Long Distance and Relay Championships 2015 in the Forest of Dean and discovered that this forest is not well known outside the UK. I also found out that the Polish Orienteering Championships is open to all countries so you do not have to be Polish to be their champion (June 2015 near Cracow if you are interested). We have to be UK based to be the British champion; should we be more flexible or have a prize for the top foreign runner?

Now I am back in the UK, back in the autumnal rain and preparing for those mud caked shoes again. But I still really enjoy the sport of orienteering.

Katy Dyer. SWOA Secretary

**NATIONAL COACHING CONFERENCE  
24 / 25<sup>TH</sup> JANUARY 2015  
LYDIARD PARK ACADEMY, SWINDON**

The main topic will be **Sprint Orienteering**

Our principal speaker will be **Kristian Jones SBOC**, member of the Elite Development Squad

Everyone is welcome to attend

Further details will be sent to club secretaries and will appear on the BOF website

Delegate fee for two days = £50.00

SWOA will support each SW delegate with a grant of £50.00

### SECOND APPEAL FOR COLOUR CODED AWARD SCHEME.

Once again I ask for somebody who goes to several of the SWOA events to take on the Colour Coded Award Scheme. As I said before, it is a very undemanding job, but could be much more so if activated by somebody. Now that I only go to local events the Badge Board is not being seen around the region.

**A REPLACEMENT IS BADLY NEEDED.**

Anne Donnell.

### COLOUR CODED AWARDS

Congratulations to the following who have gained their colour badge.

**String. (Purple)** Finlay Anderson IND Isaac Anderson IND

**Yellow** Hannah Nicoll BOK/Nailsea

**Orange** Yvette Paget WSX

**Green** Jim Bailey BOK/KSODA

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) and £1 for Juniors (20 & under) or £2 for Seniors (21 & over). These prices are subsidised by S.W.O.A. If applying by post please make cheques payable to S.W.O.A. and enclose a stamped addressed envelope. Send to me at 34, Westfield House, Cote Lane, Westbury – on – Trym. Bristol BS9 3TJ. . Sorry no E-mail.

Anne Donnell BOK

## CONGRATULATIONS

Three members of the South West Represented Great Britain at the European Youth Championships in Belgium at the start of October. They did very well.

Lucy Butt (SARUM) Adam Potter (BOK) and Ben Maliphant (BOK) took part in the W/M 20 class.

## BASIC MAPPING COURSE AVON RIDING CENTRE – 11 OCTOBER 2014

Creating a modern orienteering map requires a wide range of skills. OCAD is a very powerful computer program, but is not intuitive to use. Good quality base maps, on-line photography and most recently LIDAR contour data can be accessed online, downloaded and used to produce increasingly accurate maps, but you need to know where to look for them as well as their individual strengths and weaknesses. Much can be done sitting at a desk, but you still need to survey and check the map in the field and here too more advanced techniques such as GPS and rangefinders can improve the efficiency of a survey. Finally, good design is required to produce maps that are not merely accurate, but legible and easily usable on the run.

The surge of interest in urban events has led quite a number of orienteers to try their hands at mapping and at some point many people want reassurance that they are doing things as efficiently as possible, and need to be taught the more advanced techniques. In March 2014, Thomas Gloor from the OCAD software house gave a presentation in Bristol about OCAD11, the latest version of the program, which demonstrated its immense potential to skilled users, but rather went over the heads of those less experienced mappers who attended the course. To fill the gap BOK and SWOA sponsored a basic mapping course in early October with Erik Peckett, Dudley Budden and Trevor Crowe as the instructors. The course was aimed at people with some experience of mapping, and included instruction on: use of base maps, basic surveying techniques, geotagging maps, and some drawing techniques. 17 people attended and with three instructors those with some knowledge and specific queries managed to get a lot from the day. Some novice mapmakers came and it became clear that this group struggled more with the concepts – indicating just how much there is to learn as one moves from beginner to expert.

Perhaps most surprising was to discover just how much enthusiasm there was for this type of course. The course was considerably oversubscribed and as a result of contacts made before or after it, we should easily be able to fill another formal course, probably designed this time for novices. It's also clear from feedback that individual needs vary widely, and that formal courses are an inefficient way for the more experienced users to advance their skills – one can be at both too low or too advanced a level to benefit from a full-day course. So, We are therefore also looking at the possibility of holding informal evening tutorials dealing with specific topics.

At the moment about thirty people from across the Southwest and South Wales have been in touch with me and I shall keep them in touch with developments. If anybody else is interested in learning about mapping and would like to know more as things develop please be in touch with me.

Chris Johnson  
chrisjhjohnson@mac.com

## REPORTS

### WUOC

This past summer has been one of my busiest and most exciting. It kicked off with the Junior World Orienteering Championships in Bulgaria - my last ever JWOC. I was obviously nervous; I had high expectations. I wanted a medal and had trained the whole year previously - and the years before that; all with this goal in mind! I even gave up alcohol half a year before - ignoring friends' disbelief and doubt. The first race I ran (the Sprint on the Monday) went to plan, I was happy with the 26th position! 53rd was my previous best in the sprint and I realise I am not fast enough to get a medal in this discipline. Instead I have the strength in terrain so I was ready and prepared for the long. This however turned out to be the most disappointing, heart breaking race I've ever run in. It just didn't work out for me, who knows why - maybe it wasn't my day! I had map issues early on, and some mistakes early on as well meant it was hard to re-motivate myself. At the end I was devastated after the hour and a half of abusing my body and mentally telling myself I was weak and useless!

With the teams support and chocolate I managed to pick myself up and tried again in the middle (after qualifying the day before into the A final). Again it just didn't seem to work. I could pinpoint a whole range of excuses to it but have found it easier to just accept it and move on. The relay followed suit for the team: although having a good performance myself, it was irrelevant.

So although it didn't really go to plan and I am still finding myself reflecting on it with mixed emotions and I only had a week before the world university championships! This was in Czech Republic and I found this much more enjoyable as I had reduced all expectation on myself and was going to try and find enjoyment in my orienteering again!

I definitely managed this (thank goodness!) and loved all the races! My favourite race was the middle distance where I came 17th. Although a little annoyed with the position as I know I could have done better, I was happy that this gave some confidence which I seem to have lost over the earlier competitions. The rest of the week I was really happy with; my racing was strong and I seem to have cracked my preparation which I was incredibly unsure of after junior worlds. This gives me confidence for the final junior race I have in October - where I am travelling to Belgium for the Junior European Cup. After my disappointing results at JWOC I am aiming for a podium here!!

After this I will enter the Senior age category which is exciting but also I have my doubts as I know how much harder senior competition is. Although I'm aware of this I am still going to set myself the goal of getting into the WOC team, especially as it is in Scotland – which would be an awesome experience to run in!

These goals and achievements of mine wouldn't have happened without the support - which I've received from a young age - from the South West. Being part of the South West Junior Squad was the beginning of it: having the support and acknowledgment within the regional squad was where I began to thrive on competition and orienteering. The following support throughout my junior levels and whilst I've been at university has remained strong, with the ties I made as a youngster with coaches and staff helping me out with advice as I grow up! Thank you so much for everything!

Lucy Butt (SARUM)

### KEELE UNIVERSITY – BRITISH SPRINT CHAMPIONSHIPS

It was 50 years (almost exactly) since I first arrived at Keele University as a new undergraduate. I have to confess that it is now essentially unrecognisable. The entrance used to be a simple T-junction with a porter's lodge by the main road. Now there is a roundabout and "Keele University" imposingly built into a retaining wall and the road on to the campus is one that did not exist previously.

As we drove on to the campus I was amazed to see so many new buildings, especially where there had once upon a time been green fields. Gone were the Nissen huts (in which I'd been accommodated for my first two years) and even the Students' Union was a totally new building, though still on the same site. The assembly was by the Students' Union which now has a lovely open circular area (formerly a traffic roundabout) with imposing statues in the centre. This is where it was all happening on Saturday – bib collection, start lists, results, etc. and lots of orienteers congregating. Parking was all very close and the venue was perfect for such an event.

The starts – both for the prologue and the final – were really close by and the finish was on the slope in front of the Library (the original building!) with good visibility from the assembly arena. It was a bit of a shame that the prologue and final races had to be swapped round (because of a wedding) as I think the Prologue was just a bit more technical. I found there were some legs which came up so quickly that my brain could hardly keep up with my (slow) legs!

I was delighted to find myself unexpectedly in the A final and fully expected to be last of the 12 runners – no disappointment there! By the afternoon my brain was weary and my legs were even wearier but I love the sprints simply because they require 100% concentration and forward planning. I thought both courses were excellent and found no fault with the map. Thank you, POTO, for a great event.

Afterwards, Ricky and I went to have a cup of tea with my former Classics tutor and his wife, with whom I've been in touch over the years but hadn't seen for a very long time. It was a relief to find that they had not changed nearly as much as the campus!

Charlotte Thornton      SARUM

### **BRITISH MIDDLE DISTANCE CHAMPIONSHIPS**

The day dawned sunny and warm, a day for sunbathing and picnicking, not thrashing around. On arriving at the venue for the Middle Distance Championships, Bereton Spurs on Cannock Chase,, we were ushered into a lovely field. It accommodated car parking and assembly. There was plenty of room for both and all the facilities had room to spread out. Having Birch with us we were pleased that we could erect her small tent out of the way of the route to the start and the finish where she could do plenty of people watching but not be a nuisance.

The walk to the start was a gentle uphill walk/warm up of a kilometre, passing through some of the bracken and undergrowth that had been described in the final details and allowed us to get a flavour of the area. It ran parallel to the route to the finish for some courses and the odd body to be observed hurrying through the woods.

The start was in a lovely sunny spot, a junction of a couple of rides. Open spaces were generally covered in bracken and as they often looked alike it was easy to become disorientated and with lots of controls on most courses it was difficult to maintain concentration at times.

My concentration was broken into on two occasions. As I have to walk because of knee problems, I am an easy target. On the first time, a lady asked me where she was and as I had just passed her control it helped me locate my own control, a matter of feet away from where I was, but behind some vegetation. On the second occasion a teenage girl rushed up to me in floods of tears "Could you take me to my control 3." as she thrust her map at me. I looked at her map and saw that we were about a kilometre from her control back in the direction I had come from. I replied that I could not take her, which produced even more tears and loud sobs. It took several minutes to calm her down and I pointed out a route she should take to get to the control and an attack point. She then cheered up and went the way I had suggested. Needless to say it took me several minutes to get myself back on track! After that the course went reasonably well although it was a lot more physical than i was expecting, especially as I have got very unfit recently.

Susan Hateley      DEVON

### **A SCANDINAVIAN SUMMER**

*From BOK News*

The whole Hanstock family went to the Swedish O Ringen before Fiona and Dave went to the Faroe Islands while the more junior members of the family went on the the Lakes 5 Days.

Dave and I went further north to the North Atlantic Orienteering Championships, held this year in the Faroe Islands. We flew from Stansted direct to the Faroes and stayed for a week in Tórshavn, the capital town and the location for the 3 Day event. There is, as yet, no Faroese O club, so the competition was organised by a combination of the local athletics club, an orienteer from Greenland and one from Iceland, who came over to run the SI system. The organisation was a little ad-hoc at times, but with an entry of around 50 in total, it wasn't really an issue and made for a very friendly atmosphere. The majority of competitors were from Denmark or Norway, there were a few local juniors, plus 4 from GB (ourselves and Judith and Colin Powell), one from Switzerland and a couple from Australia!

The 3 days started with a sprint race around Tórshavn, preceded by an Opening Ceremony held by the harbour, with a welcoming speech by the Mayor. Hosting NATLOC was clearly big news and we had local TV and radio coverage. The race (on a 1:5000 map) took us from the garden in front of the Parliament, up the hill to the park (containing a plantation of which the Faroese are very proud, as there are no natural woods on the Islands) then back down to the harbour peninsular containing a tightly packed jumble of the town's oldest turf-roofed buildings, including the PM's office! This was followed by a banquet held in an old warehouse, with more speeches, a performance by a local choir and traditional Faroese food: dried fish, whale meat and smoked blubber to start, fish soup, then rhubarb pudding. We were clearly honoured guests and were made to feel very welcome.

The 2<sup>nd</sup> race was a score event on the island of Nólsoy, requiring a 20 minute ferry trip from Tórshavn. The previous day had been sunny and clear and we had a wonderful view of Nólsoy from our hotel window, but we woke up to find the island had disappeared in sea fog. The fog and drizzle persisted all morning, which was rather a shame, especially as the sun came out as soon as we arrived back in Tórshavn. The final day was a long distance race on the moorland above the town and again we woke up to thick fog. The area was tussocky moorland, a little like this year's JK areas, but with boulders as big as houses and streams

running across open rock. The fog definitely made the navigation more challenging and again, the sun broke through as soon as we finished.

How did we do – there were only two adult classes, Long (advertised mistakenly as for those under 60, but meant under 50) and Short. Dave entered the Long and found himself competing against Jörgen Mårtensson, a former World Champion! I had less stiff competition on the Short and almost made the podium.

Fiona Hanstock BOK

## **SLOVENIA 5 DAY EVENT – some of our best orienteering ever!**

*From The Devon Orienteer*

Over the years, Carol and I have orienteered across the world. From Australia to the Yukon, New Zealand to Greenland, Finland to Spain and many countries in between, we have competed with a similar range of success (winning and coming last!).

The last few years have seen us cut-back on our sporting travel, partly because of my decreasing fitness and a new knee, and partly because our eldest grandchildren live in San Francisco, where O'ing is rare to non-existent. We still enjoy events, but for us to go to a multi-day requires it to offer something extra-special.

So this spring saw the Slovenia 5 day (also called the OO Cup) being advertised, just as I began to feel slightly fitter. The maps on their website just said – YOU MUST RUN ON US. Karst landscape, mountain pastures and intricate contour detail, together with some gorgeous photos just added up to an extremely tempting package for both of us. When we realised that our daughter Helen, husband Ian and little Theo (just over 1) wanted to come too, then it made for an ideal family holiday together.

Entries; flights from Heathrow to Ljubljana; two hired cars (for flexibility); and a comfortable, if compact, apartment were booked and we were on our way to what proved to be one of the best events we have ever been to.

Slovenia is a very attractive country – more like Austria than anywhere else, but with its own charm. And 4 of the 5 days were held on what they call 'Planina' - the high alpine plateau. They were a mixture of open pasture (often very stony and slow run), scattered trees (well mapped but difficult to follow sometimes); steep slopes with many cliffs; few paths; and pretty rough forests with steep-sided 'dolines' or sink holes, many contours deep. The maps made the ground look faster than it proved to be, and mistakes proved expensive. It was the sort of terrain where accuracy was paramount, and speed just a luxury.

With the family having split times, we could all look after Theo either before or after our runs, and the little chap thoroughly enjoyed the event's friendly atmosphere: lots of pop music and a wonderful (free) crèche with Lego, books, hula-hoops et al. – not that he conquered the hula-hoops! What a wonderful service to provide for families, and with about 1000 competitors each day there were plenty of children from all over the world (especially Scandinavia).

So how did we get on?

Day 1 proved to be the easiest terrain of the week, being mostly the open pasture land of the famous Velika Planina. I made a 5 minute mistake on control 1 (missed it by 5m when I looked right not left!), but then, after a strong talking to, went round as efficiently as I could. 3.3km in 53 mins = 16m/km, finishing 7<sup>th</sup> (of 16). Not bad for my first serious event in 3 years. Carol also found the area trickier than it appeared, and finished 7<sup>th</sup> (of 16).

Day 2 was on another gorgeous Planina with a farm/pub as the event centre, but with terrain that was much slower and more technical. This time we both concentrated like mad and Carol had a smooth run finishing a comfortable 1<sup>st</sup>. I also had a great run except for one major mistake (the story of every Orienteer?). The area had the typical Karst depressions (dolines) – very much like the JK day 2 this year, but in forest. I came out of control 4 on a bearing across a big depression. As it turned out to be full of bramble/nettles I took a small tumble and decided to get out fast; unfortunately I came out 90 degrees off line and then decided my compass was wrong! A parallel error 200 metres away from where I should have been and 12 minutes lost sounds like a disaster. But no, I came 4<sup>th</sup>! Others had made bigger mistakes than me – except for the leading 3 who were obviously in a different league. My confidence returned and I began to enjoy myself!

Day 3 was the 'short day' down in the valley. A postage stamp map, many paths and short courses sounds like the formula for a sprint, but..... then you have the dolines! Some were three contours deep, so getting in, out or round them had to be planned. That was my 'cleanest' day – no major mistakes and goodish route choices, but I wished I could still run. I finished 4<sup>th</sup> (the top 3 could run!). Carol had a messy run but still managed to finish 3<sup>rd</sup> and go into the overall lead. This was a day where mistakes were very costly.

Day 4 was billed as the 'difficult' day. Though based as for day 1, the courses used the northern part of the map which was mostly forest with cliffs and boulders. Our courses missed the hardest bits but were still major challenges. Ian and Helen on the longer courses said it was tough but fair – and a great map! (See website listed below) One of the problems was to sort out what was one of the rare paths and what was a line of cliffs! This was Carol's disaster day, and I made a mistake in the same area. We had coped with the technically difficult forest legs, but came unstuck in a vague area of scattered trees on the fringe of the pasture and forest.

I must have lost 5 mins at least, and Carol won't tell me how much she lost! Suffice it to say she nearly lost her overall lead, coming 5<sup>th</sup>, but I came 4<sup>th</sup> again (behind the same three).

So Day 5 was set to be interesting. Carol had to defend a narrowing lead; I was 4<sup>th</sup> overall but with 5<sup>th</sup> and 6<sup>th</sup> just minutes behind me (the first three were almost/over an hour ahead!). The area was day 2 revisited, but again a different part of the map, so we knew what to expect. With a slight wobble (say 1 mins worth) at number 5 and a wrong route choice into 11 (perhaps another 2 mins,) I had a clean run, and enjoyed hearing my little grandson calling me in at the end. I was 3<sup>rd</sup> on the day, but I was uncertain where I was to come overall, and how had I managed to beat one of the top three Finns? Well it proved the third overall had his disaster run, and lost 30 mins to me; however he still beat me overall. Those behind me had also done less well, so I found myself 4<sup>th</sup> virtually unchallenged. As for Carol, she had an untidy day, and was beaten into 2<sup>nd</sup> overall by another Finn.

After my physical problems of last year (most notably a replacement knee operation) I was delighted to have finished all 5 days; and then to find an event where running did not matter too much and navigation was at a premium; and in the most glorious of scenery; and have the pleasure of a family holiday; it was 'one of the best events we have been to', and we hope to go again.

For more details, photos of the area and map samples, go to [www.oocup.com](http://www.oocup.com) – the event is held every year, and the country holds many events at other times too. Their mappers, planners and organisers are top-class.

PS, for the ornithologists, I put my slight wobble on day 5 down to seeing a Capercaillie on that leg – it waddled in front of me for several metres - long enough to be certain of its ID. The mapper later confirmed he had seen it in that area too – a thrill and a rare sighting of an endangered alpine bird.

John and Carol Pearce      DEVON

## WHAT DID YOU DO LAST SUMMER?

*From The Devon Orienteer*

If you go to a big event like the Scottish 6 Day you see attractive leaflets for multi day events overseas. In 2013 we picked up the one for the Swiss 6 Day based in Zermatt next to the Matterhorn. They described some of their days with inspiring titles like, the breathtaking day, the icy day and the heavenly day. What names would you give to some of our events? So we booked and along with over 4800 others made our way to the area. It seemed expensive to enter but when you realise you get a full travel pass up all the mountain for the 8 days including the Kleine Matterhorn at 3883m it seems very good value. I did wonder if as a non orienteer coming to events it would have been cheaper to enter than pay the full rate travel costs. The rides up on the gondolas also look attractive if you are used to some of the long walks and climb at the Lakes 5 Day. So what was the verdict?

It was certainly a good week but everything is not as rosy as the publicity makes out. The weather was disappointing and we only saw the Matterhorn on 2 out of 8 days. High Swiss Alpine in cloud could equally be a more runnable version of Dartmoor. It does not help being able to find out these days that meanwhile the weather in Devon is superb.

We live in Devon at 15m above sea level. Our accommodation was at 1450m and the events went up to nearly 3000m. This has consequences. First, bubbles appear in your compass. The good news is they disappear returning home. The local versions are expensive. Secondly the lungs do not like this thinner air. If you could afford it getting there a week early to acclimatise would help as during the week breathing seemed to get a little better. Whilst the rides on gondolas and trains up are good the organiser may decide to walk you down 130m to the start and finish. The walk back up after the Day 2 event, the first long event, was as cruel as any walk up at a Lakes 5 Day event.

The assembly areas were adjacent to mountain restaurants by the transport or elsewhere. There was the luxury of a few proper toilets along with portaloos. They could have had more portaloos as the queues were long. The mountain restaurants were solid and welcoming in the rain but the organisers did not want you to use them as changing rooms. No shelter tentage was available unless you brought your own and there was limited shelter outside the buildings. If you had an early start (think 8am) it could be quite cold changing in the drizzle although once running you warmed up. The warm clothing we had with us was well used; the sun cream was not.

The transport system coped brilliantly with getting all the competitors to events on time. This was alongside all the other visitors. On the Ice Day starting at 2900m (Trockner Steg) the Super Gondola up the mountain broke down in the afternoon. They opened up another cablecar but it meant a 90 minute queue in an inhospitable concrete cable car station or as many did walking down a 700m section of cableway not working. Fortunately this day was the one sunny event day.

Turning to the events we had:

Day 1 - Sprint Event in Zermatt (conditions rain)

A chance to see the old and new town (exactly how far up the steep hillside they could build new tourist accommodation), dodge the Far eastern tourists and the electric taxis.

Days 2 and 3 Schwarzsee and Gornergrat (cloudy with showers)

Long events on open Swiss Alpine pasture at 2800m with some more complicated bit of contour and rock features. It was not as challenging as say Holne Moor but much more runnable



Day 4 Gruensee (cloudy)

A middle distance event and our first entry into some woodland for part of the course. There was a lot more rock to negotiate as well. This was our best day and I think most enjoyable because of the variety of terrain and it was a lower event at 2300m.

Day 5 Trockner Steg (sun)

This was the high altitude event at 2900m (postponed from Day 3 due to adverse weather) and thankfully the sun shone racing below the Matterhorn. The terrain is devoid of paths, grass and comprises a mixture of rock, rubble, morrain (the glacier came down to here until recently), marshes and some snow. Thank goodness for the brightly coloured first aid tents on the courses! How do you tell if the snow is just over a re entrant or a stream? Listen for the water flowing. Nicholas's brain succumbed to the altitude such that he reached control 2 before realising he had seriously overrun control number 1. His worst day.

Day 6 Leisee (rain)

The location is a small tarn where you get chocolate box views of the Matterhorn reflected in the water. Not today and the rain fell. The area was an extremely steep sided wooded slope (with some slippery rock) with some cruel legs of very steep climb testing the lungs again and steep descent in dark forest where if you struggle to read the map clearly errors are severely punished. Vivienne wisely opted out of this event which was physically the most challenging.

Nicholas and Vivienne Maxwell

## HOW TO AVOID STRICTLY AND X-FACTOR ON SATURDAY NIGHTS....

*From The Legend*

Some people look forward to the onset of autumn with its dark Saturday evenings slumped on the sofa watching Strictly and X-Factor. Well, I am not among them. Instead, I look forward to the dark evenings because it means the start of the night orienteering season. Those precious extra hours of darkness are beloved of that rare breed: night orienteers.

Why sit cosily indoors, when you could be out doing battle with the elements and hostile terrain? Surely, it's much more fun to dash around a forest trying to find control flags in the blackness of night? It is a very special feeling to be alone in a dark forest with just the moon for company in your pursuit. It is exciting, too, when your lamp lights up the eyes of a nocturnal creature. Is it me or the animal that is more startled? The thrill and relief of successfully finding a control is always much greater at night. After your run, it is off to the nominated "pub of the night" for a sociable discussion of route choice and failings over a pint and a pie. What's not to like?

In spite of all this, night O is very much a niche activity amongst orienteers. A typical event will attract between 20 and 40 hardy souls. I really don't understand why others don't try it.

Night O offers extra challenges not found in the daytime. These begin even before you start your run. Spotting O signs to direct you to the dark parking area and then identifying the right Registration car is harder. Getting ready in the dark and strapping on your lamp can be a struggle, too. Of course, navigation is a little trickier at night and mistakes are more costly, so it's important to keep good track of where you are, and this often means sticking to safe routes and safe attack points.



There is one essential piece of kit required for night orienteering, and that, of course, is a decent light. Although it is possible to compete and have fun even with a relatively dim torch, you would struggle to find many controls. It really helps to have a proper bright light. In recent years, super-powerful LED lights have become available and the cost of these had dropped dramatically. There is now a baffling array of different options, but for value for money (i.e. £s per lumen) I would recommend the type that I use - a T6 CREE LED bike light, which has about 1000 lumens of light, meaning it is extremely bright. It effectively turns night into day! It can be mounted either on a bike or on the supplied head strap. This kind of light is used by many in my cycling club and by many night orienteers, too. The website [7dayshop.com](http://7dayshop.com) is reliable and sells it for only £24, although the same or similar light can be found even cheaper on some other sites.

When eventually I return home from my night adventure, covered in scratches, mud and sweat, the wife and kids glance up from the X-Factor and stare at me in their usual bemused way. "Why do you do it?" Because I love it.

Come on, give it a go!

Greg Best (NGOC)

## THE SW JUNIORS AT THE INTER REGIONAL ORIENTEERING CHAMPIONSHIPS IN THE LAKE DISTRICT IN SEPTEMBER

This is The Competition for the SW Junior Regional Squad. Each region takes a turn hosting the event. The North West Orienteering Association (in the guise of NWJS) hosted it this year over the last weekend in September. The Lakes were going to be a technical challenge for some who had not orienteered in this area before.

The Team consisted of Millie Stag and Lucy Tong, from BOK, Frankie Perran Smart and Meg Somers from Devon in the W14; Flurry Greirson and Dom Walker, from Devon and Zak Hudd and Joe Hudd from BOK ran in the M14. We took six W16s; Dulcie Greirson and Emily Keenan from Devon and Sophie Anderson, Jess King and Chloe Potter from BOK and Beckie Whitingham from Wimbourne, 4 ran in the W16 category and 2 in the W18. Alex Buck from Sarum, Eddie Narbett from BOK, Jonty Eaton Hart and James Dean from Devon and Fraser Smith from Wimborne were the M16s (One ran M18 on each day) Cecilie Anderson from BOK and Ellie Stone from Devon were in the W18s and Harry Butt from Sarum, Michael Hallett from BOK and Grey Greirson from Devon were the M18s.



Day one, Saturday, the individual races were on held on the rocky wooded slopes of the Graythwaite Estate, a fantastic orienteering area – the Lakeland Orienteering Club would say one of the very best in England. The terrain is technical throughout, with good variety. It is also tough and physical, so physical fitness was tested as well as technical ability. All courses visited the western slope with wonderful runnable orienteering. They also visited the challenging central area of forest. This is low visibility conifer plantation, hiding complex rock and marsh terrain. The M/W18 and M16 courses also visited the eastern slopes with some great terrain, but also extremely rough in places. Bracken was bit of an issue slowing progress on some who chose open areas as a route choice. Safe routes, good attack points and steady compass work were essential to navigate successfully around the challenging courses.



The W14s had a 3km course and 145m of climb, Lucy gained an excellent 3<sup>rd</sup> place in 35 mins, Meg achieved 8<sup>th</sup>, which was very good at her first event like this, completing it in 40.43 minutes, Millie was 10<sup>th</sup> in 42.48 and Frankie also her first time in the area did well completing the course in 54.19 & was 20<sup>th</sup>. The M14s had 3.7km with 190m of climb, Flurry an excellent run coming 6<sup>th</sup> in 40.27minutes, Joe Hudd was next in for the SW in 44.45mins (12<sup>th</sup>) Dom, who was also in the Lakes for the first time, was 33<sup>rd</sup> with a time of 94.44mins Zak completed the course 31.28mins but unfortunately miss-punched on the spectator control so could not score for the team.

Emily was first of the W16s back coming 11<sup>th</sup> and completing the 3.6km with 155km of climb with a more technical challenge 54.56mins. Chloe was 14<sup>th</sup> coming in in 59.50mins, Dulcie 17<sup>th</sup> in 63.44mins and Jess King 28<sup>th</sup> in 81.42 mins. The M16 course was 4.5km with 215km of climb, Eddie Narbett was 8<sup>th</sup> in 52.06mins, Alex Buck was 18<sup>th</sup> in 64.28mins, Jonty was 23<sup>rd</sup> in 78.59 mins and Fraser was 32<sup>nd</sup> in 146.02mins.

On the W18 course of 4.7km with 255m of climb, Cecilie was 4<sup>th</sup> and took 56.14mins, Sophie (running up) was 18<sup>th</sup> in 91.28, Ellie was 19<sup>th</sup> in 92.08 and Becky was 23<sup>rd</sup> in 147.12mins. On the M18 course of 5.9km with 360m of climb, Michael was 10<sup>th</sup> in 67.32mins, Grey was 15<sup>th</sup> in 76.12mins, Harry 17<sup>th</sup> in 85.47 mins and James (running up) was 27<sup>th</sup> with 119.56mins.

At the end of the day Scotland held a narrow 5 point lead over North West, with Yorkshire & Humberside and South West squad close behind.





Everyone stayed overnight at Ulverston Victoria high School, on the sports Hall floor! We all got some sleep but someone, from Wales I believe, was snoring for much of it! We were all well fed in the evening and for Breakfast so had plenty of energy for the Relays the next day! Sunday was the Relay Day at Roanhead near Barrow which is an area of technical sand dunes. The organisers had cleverly set up the start, handover point and finish on the inside of a massive sand dune crescent. The crescent sand dune could be climbed to view the mass of dunes and marshes beyond in the competition area. A few controls

were visible from here making the relay competition an excellent spectator event as well.

The SW and most other regions had 4 teams. The race starts with a mass start of the W16 followed by the M16.

All courses are gaffled, which means that although the courses are all the same length they will have some controls the same and some different to the others in the race. It makes it very exciting but also means there is more chance of runners miss punching by going to an incorrect control.

There is one from each age group in each team. W16,14 & 18 and M16,14,18 the order for each.

Chloe, Lucy and Cecilie were 5<sup>th</sup> overall; Emily, Millie and Ellie were 12<sup>th</sup>. The other two girls team both had a miss punch among the team!! Ahh! They all put in a good performance.



The boy's relay team of Eddie, Zac and Michael finished 7<sup>th</sup>, Jonty, Jo and Grey were 12<sup>th</sup> overall. James, Dom and Fraser finished 20<sup>th</sup> and the other team of Alex, Flurry and Harry, had a miss punch on the last leg, they would have finished 8<sup>th</sup>! That is the nature of the sport and why it is so important to check control descriptions numbers!

Overall Scores	Individual	Relay	Total
Scotland	256	264	520
North-West	251	258	509
Yorkshire	211	222	433
South West	194	198	392

The SWJS were at the Devon Galoppen and will be at every other Galoppen this season so come and say hello, enjoy their cakes and donate any old orienteering gear so that it can be sold on to support the squad. They will have a bit of a clinic to help those of you that want to review your course and more info if you are interested in getting involved.

## FIXTURES

### November 2014

29th Level D NGOC **Western Night League** Painswick Beacon, Painswick, [SO870117](#)  
Entry times: From 18.00 or when it gets dark. Dogs to be kept under control at all times.  
Organiser: Caroline Craig, caroline.craig4@gmail.com, 01242 528326

30th Level D NWO **Four Colour (YOGB)** Cherhill, Calne, [SU047693](#)  
Organiser: Christopher Young  
*For further information contact the club secretary, see inside back page*

30th Level D **Quantock Orienteers Forest League 3** Staple Hill, Taunton, [ST245159](#)  
Start times: 1100 - 1300  
Organiser: Chris Hasler, 01823 338921

### December 2014

1st Level D **Wessex Club Night & Night League** Broadstone Recreation Ground, Poole  
*For further information contact the club secretary, see inside back page*

6th Level D **Devon League Event No.3** Uphams Plantation, Woodbury Common, Exmouth, [SY042862](#)  
Entry times: 11.30 until 13.30. Dogs must be under control at all times..  
Organiser: Patrick Devine-Wright, patrick@devinewright.com

6th Level D DEVON **Devon/Cornwall Night League** Uphams Plantation, Woodbury Common, Exmouth, [SY042862](#)  
Entry times: 16.30 - 18.00. Dogs must be under control at all times..  
Organiser: Tim Gent, 01395 276815

6th Level D NGOC **Training Event** Woodchester, Stroud, [SO797015](#)  
Entry times: Starts from 12.00 - 14.00. Dogs to be kept under control at all times.  
Organiser: Pat MacLeod, pat\_macleod@btinternet.com, 01594 528128

6th Level D **Quantock Orienteers After Dark 2** Great Wood, Taunton, [ST168376](#)  
Dogs allowed.  
Organiser: Jim Mallinson  
*For further information contact the club secretary, see inside back page*

6th Level D **KERNO Night Series 3** Tehidy Woods, Camborne, [SW640437](#)  
Entry times: 18.00-19.00. No dogs allowed.  
Organiser: Adele Newall, adelenew@yahoo.com, 01209 714266

7th Level C **Kerno Galoppen** Lanhydrock, Bodmin, [SX087641](#)  
Entry times: 10.30-13.30. No dogs allowed.  
*For further information contact the club secretary, see inside back page*

7th Level D **BOK Local Event & ASO League** Blaise Castle, Bristol, [ST558787](#)  
Entry times: 1000 - 1200. Dogs allowed.  
Organiser: Jonathan Hurford, 01179 735931

20th Level D NGOC **League 4** Bixslade, Coleford, [SO590101](#)  
Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.  
Dogs to be kept under control at all times.  
Organiser: Alan Richards, alanthecaver@googlemail.com, 01249 715609

26th Level D **WIM Canter** Ringwood North Forest, Ringwood, [SU121088](#)  
Entry times: 11am mass start. Dogs must be on a short lead at all times.  
Organiser: Karen French, karen.e.french@virgin.net, 01202 814958

27th Level D **QO Christmas Event** Blackborough North, Taunton, [ST101084](#)  
Organiser: Bill Vigar, 01823 680679

28th Level D **Devon Christmas Novelty Event** Parke National Trust Property, Bovey Tracey, [SX805786](#)  
Entry times: 10.30 until 11.15 for 11.30am mass start.  
Dogs must be under control at all times..  
Organiser: Tim Gent, [timgent528@btinternet.com](mailto:timgent528@btinternet.com), 01395 276815

### January 2015

1st Level D **Sarum New Years Day Score event** Everleigh, Tidworth  
Organiser: Liz Yeadon, [liz.yeadon@btinternet.com](mailto:liz.yeadon@btinternet.com), 07990 734576

1st Level D **NGOC New Years Day Score** Blakeney Hill, Blakeney, [SO666066](#)  
Entry times: Mass Start 11.00. Dogs to be kept under control at all times.  
Organiser: Stephen Robinson, [stephen\\_robinson@ntlworld.com](mailto:stephen_robinson@ntlworld.com), 01594 841743

4th Level D **Quantock Orienteers Forest League 4** Croydon Hill, Minehead, [SS973419](#)  
Start times: 1100 – 1300  
Organiser: Roger Craddock, 01823 323850

4th Level D **NWO Four Colour (YOGB)** Ashdown, Lambourn, [SU283822](#)  
Organiser: Andrew Law  
*For further information contact the club secretary, see inside back page*

5th Level D **Wessex Club Night and Night League** Poole Town Centre Urban, Poole  
*For further information contact the club secretary, see inside back page*

10th Level D **BOK Western Night League** Wye Valley Forests, Forest of Dean, [SO517060](#)  
Entry times: Nightfall for one hour. Dogs allowed.  
Organiser: Ifor Powell, 0117 947 0229

10th Level D **KERNO Night Series 4** CUC Tremough, Penryn, [SW768349](#)  
Entry times: 18.00-19.00. No dogs allowed.  
Organiser: Gavin Henderson, [gavinhenderson123@gmail.com](mailto:gavinhenderson123@gmail.com), 01326 378278

11th Level D **BOK Club and ASO Event** Wye Valley Forests, Forest of Dean, [SO517060](#)  
Entry times: 1000 - 1200.  
Dogs: Must be under control as there are farm animals in the vicinity..  
Organiser: Alan Honey, 01453 899976

11th Level C **WIM Galoppen** Moors Valley Country Park, Ringwood, [SU107062](#)  
Entry times: 10.00am - 12.30pm starts - courses close 2.30pm.  
Dogs allowed but must be on a short lead at all times.  
Organiser: Trevor Bridle, [trevorbridle@btinternet.com](mailto:trevorbridle@btinternet.com), 01258 454811

18th Level C **NGOC Galoppen** Coopers Hill, Gloucester, [SO884137](#)  
Dogs to be kept under strict control at all times.  
Organiser: Roger Edwards  
*For further information contact the club secretary, see inside back page*

18th Level D **Devon League Event No.4** Five Tors, Tavistock  
Entry times: 10.30 until 12.30.  
Dogs must be under control at all times.  
Organiser: Graham Dugdale, [graham210351@talktalk.net](mailto:graham210351@talktalk.net), 01626 852944

21st Level D **BAOC Military League South** Everleigh, Tidworth

24th Level D **NGOC Western Night League** Knockalls Enclosure, Coleford, [SO550125](#)  
Entry times: From 18.00 or when it gets dark. Dogs: Dogs to be kept under strict control at all times.  
Organiser: Paul Taunton, [paul.taunton@tesco.net](mailto:paul.taunton@tesco.net), 01594 529455

24th Level D **DEVON Devon/Cornwall night Event** Virtuous Lady, Yelverton  
Dogs must be under control at all times.  
Organiser: Paul Glanville, [glani@msn.com](mailto:glani@msn.com), 01822 617713

25th Level D **BOK Club and ASO Event** Tyntesfield, Bristol, [ST506715](#)  
Entry times: 1000 - 1200.  
Organiser: Louise Tonge, 01761 472352

25th Level C **Penhale South - Forest League 5** Penhale Sands, Perranporth, [SW769548](#)  
Entry times: 10.30-13.30. Dogs allowed.  
Organiser: Richard Bown, [jeanniebown@yahoo.co.uk](mailto:jeanniebown@yahoo.co.uk), 01726 843491

31st Level D **NGOC Training Event** Cranham, Gloucester  
Entry times: Starts from 12.30 - 14.00.

Dogs to be kept under control at all times.

## February 2015

1st Level C **QO Galoppen** Ramscombe, Taunton, [ST165377](#)

Start times: 1030 - 1300

Organiser: Steve Robertson

*For further information contact the club secretary, see inside back page*

2nd Level D **WIM/WSX Monthly Evening event** Bournemouth University and Slades Farm, Bournemouth

Entry times: 6.00pm - 6.45pm courses close 7.45pm.

No dogs allowed.

Organiser: Christopher Branford, [candl.branford@btinternet.com](mailto:candl.branford@btinternet.com), 012584 53716

4th Level D **BAOC Military League South** Bulford Ridge, Bulford Ridge

7th Level D **NWO Four Colour (YOGB)** Copse Wood (TBC), Marlborough

No dogs allowed.

*For further information contact the club secretary, see inside back page*

7th Level D **BOK Saturday Winter Series** Bathampton, Bath, [ST779642](#)

Entry times: 1130 - 1230.

Organiser: Peter Stagg, 01225 758095

7th Level D **SARUM Dorset Schools, Wessex Night league & limited Colour coded event**, Vernditch Woods, Salisbury

Organiser: Charlotte Thornton

*For further information contact the club secretary, see inside back page*

7th Level D **BOK Western Night League** Bathampton, Bath, [ST779642](#)

Entry times: Nightfall for one hour. Dogs allowed.

*For further information contact the club secretary, see inside back page*

14th Level D **Wessex Informal and Night League** Holton Lee, Poole, [962913](#)

*For further information contact the club secretary, see inside back page*

14th Level D **NGOC League 1** Painswick Beacon, Painswick, [SO870117](#)

Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.

Dogs to be kept under strict control at all times.

Organiser: Simon Denman, [swdenman@gmail.com](mailto:swdenman@gmail.com)

14th Level D **DEVON Devon/Cornwall Night Event** Plym Woods, Plymouth

Dogs must be under control at all times.

Organiser: Steve Edmonds, [pedmonds@plymouth.ac.uk](mailto:pedmonds@plymouth.ac.uk), 01752 406519

15th Level C **WIM Winter Warmer** Hale Purlieu, New Forest, Fordingbridge, [SU190185](#)

Entry times: 10.30am - 12.30pm starts - courses close 2.00pm.

Dogs allowed but must be on short lead at all times.

Organiser: John Warren, [johnandbarbarawarren@yahoo.co.uk](mailto:johnandbarbarawarren@yahoo.co.uk), 0142 54 74861

15th Level C **KERNO Forest League 6** Mount Edgcumbe, Torpoint, [SX450525](#)

Entry times: 10.30-13.30. No dogs allowed.

Organiser: Mark Lockett, [marklucylockett@gmail.com](mailto:marklucylockett@gmail.com), 01626 830213

21st Level D **NGOC Western Night League** Minchinhampton Common, Stroud, [SO858012](#)

Entry times: From 18.00 or when it gets dark.

Dogs to be kept under control at all times.

Organiser: John Fallows, [john@greyeye.co.uk](mailto:john@greyeye.co.uk), 01684 290256

22nd Level D **BOK Club Event** Silk Wood - Westonbirt Arboretum (TBC), Tetbury, [ST856897](#)

Entry times: 1000 - 1200. Dogs allowed.

Organiser: Karen Crawford

*For further information contact the club secretary, see inside back page*

28th Level D **NGOC Training Event** Crickley Hill Country Park, Cheltenham, [SO935163](#)

Entry times: Starts from 12.30 - 14.00.

Dogs to be kept under control at all times.

*For further information contact the club secretary, see inside back page*

## RESULTS

### BRITISH SPRINT CHAMPIONSHIPS

#### Champions:

M14	Zac Hudd	BOK	M55	Mark Saunders	BOK
M75	Arthur Boyt	KERNO	M85	Richard Arman	WSX

#### Silver Medal:

W70	Jill Green	Devon	M12	Joe Hudd	BOK
M50	Clive Hallett	BOK			

#### Bronze Medal:

M55	Gavin Clegg	WSX	W35	Sally Callard	WIM
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#### Other 2<sup>nd</sup> Places:

M45B	Paul Gebbett	BOK	M75B	John Warren	WIM
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#### Other third places

M75B	Alan Yeadon	Sarum
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#### Other top 10 places:

##### 4<sup>th</sup>

M Open C	Richard Cronin	NGOC	W50A	Alice Bedwell	BOK
W55A	Jackie Hallett	BOK	M35B	Tommie Grover	BOK
M70B	Roger Hateley	DEVON			

##### 5<sup>th</sup>

W14A	Rachael Potter	BOK	W40A	Jane Stagg	BOK
M12A	Harry Stagg	BOK	M70A	Ian Pierce	Sarum
M75A	David Lee	NGOC			

##### 6<sup>th</sup>

W16B	Sofie Anderson	BOK	W50C	Caroline Potter	BOK
W50A	Alison Simmons	BOK	W65B	Liz Yeodon	Sarum
M16A	Eddie Narbett	BOK	M70B	Richard Thornton	Sarum

##### 7<sup>th</sup>

W55B	Victoria Wimpenney	Devon
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##### 8<sup>th</sup>

W10A	Edith Stagg	BOK	M40B	James Buck	Sarum
M50B	Alan Honey	BOK	M50C	Robert Hick	WSX

##### 9<sup>th</sup>

W65A	Sue Hands	WIM	W Open A	Cecilie Anderson	BOK
M16A	Alexander Buck	Sarum	M40A	Peter Gebbett	BOK

##### 10<sup>th</sup>

W16A	Chloe Potter	BOK
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### British Middle Distance Championships

#### Champions

M20	Adam Potter	BOK	M50	Clive Hallett	BOK
M55	Mark Saunders	BOK	M85	Richard Arman	WSX
W55	Jackie Hallett	BOK	W80	Barbara Warren	WIM

#### Bronze Medal

M14	Harry Stagg	BOK	W65	Sue Hands	WIM
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#### Other top 10 places:

##### 4<sup>th</sup>

W10	Bryony Stagg	BOK	W18	Cecilie Anderson	BOK
W50	Alice Bedwell	BOK			

5 <sup>th</sup>					
M14	Joe Hudd	BOK	M55	Peter Maliphant	BOK
M70	Ian Pierce	Sarum	M75	Arthur Boyt	Kerno
6 <sup>th</sup>					
M20	Ben Maliphant	BOK	M45	Paul Gebbett	BOK
W16	Chloe Potter	BOK	W35	Sally Callard	WIM
W40	Jane Stagg	BOK	W55	Alison Simmons	BOK
7 <sup>th</sup>					
M16	Alexander Buck	Sarum	M75	David Lee	NGOC
9 <sup>th</sup>					
M16	Eddie Narbett	BOK			
10 <sup>th</sup>					
M35	Ian Hargreaves	Kerno	M65	Mike Wimpenny	Devon

### SW CHAMPIONS

	M		W	
10			Bryony Stagg	BOK
12	Jim Bailey	BOK	Rebecca Ward	NGOC
14	Joe Hudd	BOK	Meg Sommers	Devon
16	Zac Hudd	BOK	Emily Keenan	Devon
18	Michael Hallett	BOK	Chloe Potter	BOK
20	Ben Maliphant	BOK		
21	Adam Potter	BOK	Caroline Craig	NGOC
35	Ben Chesters	Sarum		
40			Jane Stagg	BOK
45	Paul Gebbett	BOK	Tessa Stone	Devon
50	Clive Hallett	BOK	Alice Bedwell	BOK
55	Mark Saunders	BOK	Alison Simmons	BOK
60	Chris Moncaster	Kerno	Sue Gard	QO
65	Tom Lillicrap	Devon	Katy Dyer	BOK
70	Ian Pierce	Sarum	Jill Green	Devon
75	Arthur Boyt	Kerno	Gaye Callard	NGOC
80			Barbara Warren	WIM
85	Richard Arman	WSX	Pat Grenfell	BOK

### OVERALL SW WINNERS OF THE TWO DAY CADDIHOE CHASE

	M		F	
10			Bryony Stagg	BOK
12	Jim Bailey	BOK	Rebecca Ward	NGOC
14	Flurry Grierson	Devon		
16	Zac Hudd	BOK	Emily Keenan	Devon
18	Michael Hallett	BOK	Chloe Potter	BOK
20	Ben Maliphant	BOK		
21			Caroline Craig	NGOC
40	William Kromhaut	QO	Jane Stagg	BOK
55			Alison Simmons	BOK
65	Tom Lillicrap	Devon	Katy Dyer	BOK
70	Ian Pierce	Sarum	Jill Green	Devon
75	Robert Teed	NGOC		
80			Barbara Warren	WIM
85	Richard Arman	WSX	Pat Grenfell	BOK



## JUNIOR INTER REGIONAL COMPETITION

The following Juniors represented the SW at the Inter regional event held over the weekend of 27<sup>th</sup> & 28<sup>th</sup> September. The South West did very well and were 4<sup>th</sup> overall after the individual and relay events.

M14		W14	
Flurry Grierson	Devon	Frankie Perran Smart	
Joseph Hudd	BOK	Meg Sommers	Devon
Zac Hudd	BOK	Millie Stagg	BOK
Dominic Walker	Devon	Lucy Tonge	BOK
M16		W16	
Alex Buck	Sarum	Dulcie Grierson	Devon
Jonty Eaton Hart	Devon	Emily Keenan	Devon
Eddie Narbett	BOK	Jess King	
Fraser Smith		Chloe Potter	BOK
M18		W18	
Harry Butt	Sarum	Cecilie Andersen	BOK
James Dean	Devon	Sofie Andersen	BOK
Grey Grierson	Devon	Ellie Stone	Devon
Michael Hallett	BOK	Becky Whittington	

## BRITISH SCHOOLS ORIENTEERING SCORE CHAMPIONSHIPS

The British Schools Score Championship was held at Arrow Country Park, Reddich in the West Midlands on Saturday 11<sup>th</sup> October.

The South West had a good showing with several schools fielding teams that did well:

Primary Boys	4 <sup>th</sup>	Kingswood Prep School
Lower Sec. Girls	2 <sup>nd</sup>	Redland High School for Girls
Lower Sec. Boys	1 <sup>st</sup>	Torquay Boys Grammar School
	3 <sup>rd</sup>	Kingswood School, Bath
Upper Sec. Girls	4 <sup>th</sup>	Gordano
Upper Sec. Boys	1 <sup>st</sup>	Torquay Boys Grammar School

## GALOPPEN TABLES 2014/15

	Age	Sarum	Devon	Total	No
<b>. BROWN</b>					
1 Chesters (Ben) SARUM	M35	952	1000	1952	2
2 Newall (Phil) KERNO	M50	713	654	1367	2
3 Parkinson (Jamie) DEVON	M21	1000	0	1000	1
4 Hallett (Clive) BOK	M50	0	980	980	1
5 Welch (Colin) BOK	M55	525	447	972	2
6 Grierson (Grey) DEVON	M18	0	932	932	1
7 Bown (Mark) BOK	M21	916	0	916	1
8 Hallett (Michael) BOK	M18	0	884	884	1
9 Hargreaves (James) BOK	M21	866	0	866	1
10 Kromhout (William) QO	M40	0	843	843	1
11 Gebbett (Paul) BOK	M45	839	0	839	1
12 Owen (Matthew) BOK	M45	0	825	825	1
13 Sansbury (Richard) QO	M45	0	810	810	1
14 Atkins (Matthew) DEVON	M40	0	762	762	1
15 Stimson (Doug) NWO	M21	760	0	760	1
16 Burley (Mark) BOK	M21	747	0	747	1
17 Cronin (Richard) NGOC	M21	711	0	711	1
18 Horsler (Steven) WIM	M45	697	0	697	1
19 Rimes (Andy) QO	M50	0	696	696	1
20 Rowe (Sean) DEVON	M18	0	693	693	1

	Age	Sarum	Devon	Total	No.
<b>. BLUE</b>					
1 Parkinson (Rob) DEVON	M55	1000	1000	2000	2
2 Fletcher (Brian) QO	M40	978	877	1855	2
3 Butt (Jeff) SARUM	M50	801	713	1514	2
4 Newall (Adele) KERNO	W50	716	660	1377	2
5 Mullins (David) SARUM	M65	674	655	1330	2
6 Chesters (John) DEVON	M60	634	561	1194	2
7 Knipe (Matthew) QO	M50	524	475	999	2
8 Pige (Christophe) NGOC	M40	985	0	985	1
Suba (Peter) WSX	M40	976	0	976	1
9 Andersen (Cecilie) BOK	W18	0	975	975	1
10 Paget (Dale) WSX	M50	941	0	941	1
11 Austerberry (Judith) NGOC	W40	922	0	922	1
12 Harrison (Christopher) NGOC	M55	907	0	907	1
13 Lillicrap (Tom) DEVON	M65	0	881	881	1
14 Buck (Alexander) SARUM	M16	0	870	870	1
15 Peirce (Ian) SARUM	M70	843	0	843	1
16 Dennis (Nick) BOK	M50	828	0	828	1
17 Simmons (Alison) BOK	W55	0	811	811	1
18 Thompson (Leon) SARUM	M40	808	0	808	1
19 Simmons (John) BOK	M60	0	805	805	1
20 Hallett (Jackie) BOK	W55	0	802	802	1

	Age	Sarum	Devon	Total	No.
<b>. GREEN</b>					
1 Hext (Tony) QO	M65	636	896	1532	2
2 Trayler (John) QO	M70	590	705	1295	2
3 Mullins (Denise) SARUM	W60	601	498	1098	2
4 Kite (Mike) WIM	M65	590	460	1050	2
5 Chesters (Ruth) DEVON	W60	512	510	1022	2
6 Falconer (Jason) WSX	M40	1000	0	1000	1
7 Bowles (Ella) DEVON	W55	0	1000	1000	1
8 Grierson (Dulcie) DEVON	W16	0	993	993	1
9 Naylor (Robert) DEVON	M45	0	988	988	1
10 Butt (Jackie) SARUM	W50	0	953	953	1
11 Calland (Sally) WIM	W35	945	0	945	1
12 Pickering (Kevin) WIM	M60	893	0	893	1
13 Snow (Tom) DEVON	M16	0	890	890	1
14 Orton (John) NWO	M60	889	0	889	1
15 Reynolds (Michael) NWO	M65	833	0	833	1
16 Simpson (Alan) DEVON	M70	0	831	831	1
17 Andersen (Sofie) BOK	W16	0	777	777	1
18 Whittingham (Rebecca) WIM	W16	0	776	776	1
19 Raynsford (Richard) BOK	M65	0	772	772	1
20 Hargreaves (Roger) KERNO	M65	0	762	762	1

	Age	Sarum	Devon	Total	No.
<b>. SHORT GREEN</b>					
1 Thornton (Charlotte) SARUM	W65	790	424	1214	2
2 Thornton (Richard) SARUM	M70	599	504	1103	2
3 Hambleton (Peter) SARUM	M70	1000	0	1000	1
4 Grierson (Flurry) DEVON	M12	0	1000	1000	1
5 Hands (Sue) WIM	W65	983	0	983	1
6 Hasler (Thomas) QO	M12	499	448	947	2
7 Arman (Richard) WSX	M80	524	375	899	2
8 Harvey (Victoria) NGOC	W45	891	0	891	1
9 Crockett (Mike) QO	M75	823	0	823	1
10 Hills (Roger) WIM	M80	711	0	711	1
11 Mays (Deborah) WIM	W50	685	0	685	1
12 Hambleton (Joan) SARUM	W70	664	0	664	1
13 Green (Jill) DEVON	W70	0	632	632	1
14 Alexander (Frances) NGOC	W70	624	0	624	1
15 Cross (Gillian) WIM	W65	606	0	606	1
16 Vigar (Bill) QO	M75	0	585	585	1
17 Dawson (Adrian) SARUM	M55	565	0	565	1
18 Green (Roger) DEVON	M70	552	0	552	1
19 Hughes (Ann) DEVON	W70	0	490	490	1
20 Modica (Angela) QO	W40	0	472	472	1
	Age	Sarum	Devon	Total	No.

### . LIGHT GREEN

1 Horsler (Sarah) WIM	W14	1000	0	1000	1
2 Grierson (Peter) DEVON	M50	0	1000	1000	1
3 Somers (Meg) DEVON	W14	0	864	864	1
4 Walker (Dominic) DEVON	M14	0	820	820	1
5 Owen (Alice) BOK	W40	0	573	573	1
6 Snow (David) DEVON	M50	0	441	441	1
7 Taylor (Helen) DEVON	W55	0	321	321	1

### . ORANGE

	Age	Sarum	Devon	Total	No.
1 Shopland (Luke) QO	M14	1000	775	1775	2
2 Whittingham (Darren) WIM	M12	852	619	1471	2
3 Daniels (Jan) QO	W55	677	544	1221	2
4 Smith (Elliot) QO	M14	0	1000	1000	1
5 Modica (Isabella) QO	W12	0	813	813	1
6 Owen (Guy) BOK	M10	0	479	479	1
7 Oxenham (Jan) SARUM	W65	421	0	421	1

### . YELLOW

	Age	Sarum	Devon	Total	No.
1 Horsler (Elizabeth) WIM	W12	1000	0	1000	1
2 Mathers (Natalya) NWO	W10	522	0	522	1
3 Thirkell (Janet) SARUM	W45	472	0	472	1
4 Pickering (Hilary) WIM	W60	397	0	397	1
5 Thirkell (Alice) SARUM	W10	351	0	351	1
6 Thirkell (Matilda) SARUM	W10	242	0	242	1

The top 20 people are listed in those classes where there were 20 or more participants. A full listing can be seen at the South West Website. This can be found at:

[www.sworienteeringassociation.co.uk](http://www.sworienteeringassociation.co.uk)

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**The deadline for copy is 2<sup>nd</sup> January 2015**

### **SWOA MEMBERS ON BOF BOARD OF DIRECTORS**

Scott Collier (KERNO). David Maliphant, (BOK)

### **SWOA REPRESENTATIVES ON BOF COMMITTEES and GROUPS:**

CHAIRMAN OF EVENTS & COMPETITIONS Chris James. NGOC

EVENT SCHEDULING GROUP Richard Sansbury, QO

MAP GROUP. Bill Brown, WSX

TRAIL O Dick Keighley, WIM

### **CLUB SECRETARIES:**

**BOK** [www.bristolorienteeing.org.uk](http://www.bristolorienteeing.org.uk).

David Palmer: 58 Wolfridge Ride, Alveston, Bristol, BS35 3PR

[secretary@bristolorienteeing.org.uk](mailto:secretary@bristolorienteeing.org.uk) 01454 413846

**DEVON:** [www.devonorienteering.co.uk](http://www.devonorienteering.co.uk)

Steve Perrelle

[steveperrelle@blueyonder.co.uk](mailto:steveperrelle@blueyonder.co.uk) 01803401805

**KERNO:** [www.cornwallorienteeing.org.uk](http://www.cornwallorienteeing.org.uk)

Roger Hargreaves: 7, Coldrose Court, Truro, TR1 2LE

[rogerh9999@hotmail.co.uk](mailto:rogerh9999@hotmail.co.uk) 01872 277320

**NGOC:** <http://www.ngoc.org.uk>.

Caroline Craig. 7 Aysgarth Avenue, Up Hatherley, Cheltenham, Glos. GL51 3RE

[caroline.craig4@gmail.com](mailto:caroline.craig4@gmail.com) 01242 528326

**NWO:** [www.northwilts.org.uk](http://www.northwilts.org.uk)

Ken Stimson

[secretary@northwilts.org.uk](mailto:secretary@northwilts.org.uk)

**QO:** [www.quantockorienteers.co.uk](http://www.quantockorienteers.co.uk)  
Richard Sansbury, Rose Cottage, Netherclay, Bishops Hull, Taunton, TA1 5ED,  
[enquiries@quantockorienteers.co.uk](mailto:enquiries@quantockorienteers.co.uk) 01823 288405  
**SARUM:** [www.sarumo.org.uk](http://www.sarumo.org.uk)  
Carolyn Dent, 11 Green's Court, Salisbury, SP1 2SX  
[carolynldent@yarhoo.com](mailto:carolynldent@yarhoo.com) 01722 334497  
**WSX:** [www.wessex-oc.org](http://www.wessex-oc.org)  
Alan Hooper, 7 Verulam Road, Poole, Dorset BH14 0PP.  
[ajhooper@iee.org](mailto:ajhooper@iee.org) : 01202 746374  
**WIM:** [www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)  
Philip Harvey: Drapers Field, Chalbury DorsetBH21 7ER  
[felixffarquar@hotmail.com](mailto:felixffarquar@hotmail.com) Tel: 01258 840126  
**UBOC:** [www.uboc.co.uk](http://www.uboc.co.uk)  
Duncan Birtwistle: University of Bristol Orienteering Club University of Bristol Students Union, Queens Rd. Clifton, Bristol BS8 1LN  
[orienteering.bristol@gmail.com](mailto:orienteering.bristol@gmail.com)

## SCHOOLS ASSOCIATIONS

**ASO**  
Jo Foster [secretary@avonschoolsorienteers.org.uk](mailto:secretary@avonschoolsorienteers.org.uk)  
0117 9421572

## SWOA OFFICIALS

### CHAIRMAN

Christine Vince  
3 Back lane, East Coker, Yeovil, BA22 9JN

### SECRETARY

Katy Dyer [family.dyer@blueyonder.co.uk](mailto:family.dyer@blueyonder.co.uk)  
tel: 0117 968 4173

### TREASURER

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

### FIXTURES SECRETARY

Richard Sansbury (QO) [fixtures@sworienteeringassociation.co.uk](mailto:fixtures@sworienteeringassociation.co.uk)  
Rose Cottage, Netherclay, Bishops Hull, Taunton, Somerset, TA1 5ED  
01823 288405

### COMMITTEE.

Peter Brett (DEVON) ,Jeff Butt (SARUM),  
Erik Peckett (DEVON), Christine Vince (KERNO),

### COLOUR-CODED BADGE SCHEME

Anne Donnell (BOK) 0117 9494834  
34, Westfield House ,Cote Lane, Westbury – on – Trym. Bristol BS9 3TJ

### COACHING

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

### S.W. JUNIOR SQUAD

Jeff Butt (SARUM) [jnbutt@aol.com](mailto:jnbutt@aol.com)  
Broadacres, The Ridge, Woodfalls, Salisbury, SP5 2LQ. 01725 510546

### GALOPPEN

Joff Henley (WSX) [joff.henley@gmail.com](mailto:joff.henley@gmail.com)  
07711 797123

### RECORDER OF CONTROLLERS

Arthur Vince (KERNO) [arthur.vince@btinternet.com](mailto:arthur.vince@btinternet.com)  
3 Back lane, East Coker, Yeovil, BA22 9JN

### SINS

Susan Hateley (DEVON) [susan@susanhateley.wanadoo.co.uk](mailto:susan@susanhateley.wanadoo.co.uk)  
35, Daneshay, Northam, Bideford, Devon EX39 1DG 01237 475146

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

Editor Katy Dyer see SWOA secretary  
Technical Manager Nathan Fernandes [nath@veudesign.co.uk](mailto:nath@veudesign.co.uk),

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