

# SINS

No. 293

November 2015



South West  
Orienteering Association Newsletter

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## EDITORIAL

I am very sad to announce that Barbara Warren BEM died in her sleep on Friday 23<sup>rd</sup> October 2015. She will be missed by all who knew her and our condolences go to John and family. The funeral is yet to be arranged.

After 11 years it is time for new blood to take over SINS and so this will be my last edition. Unless someone steps forward this will be the end of the Newsletter which has been going for nearly all of the 50 years that SWOA has existed. It has had several notable editors, Arthur Vince and Noel and Geraldine Gould, to name a few. As I no longer travel to events at the other end of the area, it is getting difficult to make a fair balance of reports. Any volunteers will be able to ask for help.

I would like to thank all those who over the years have contributed to SINS whilst I have been editor, I have valued all your articles.

Are you ready to help celebrate the 50<sup>th</sup> Anniversary of SWOA? It would be great to get a full turn out of members for each club. Make sure you have someone to take fliers to the SARUM galoppen on 15<sup>th</sup> November when they will be celebrating the 50<sup>th</sup> anniversary.

I hope you will all enjoy a Happy Christmas and a very healthy, good orienteering year in 2016.

Susan Hateley

## CHAIRMAN'S CHAT

First of all, Susan Hateley is standing down as editor of SINS magazine, and I would like to thank her for editing the magazine for the last 11 years. She has done an excellent job in that time, moving the magazine from a printed copy, distributed by post and by hand at events, to one that is now available online. We shall miss Birch's unique view of orienteering, and we wish Susan and Roger well. There is an advertisement for a new editor elsewhere in SINS. The committee would like SINS to be online only; not only would this save the £800 budgeted for this year, but the new editor would not have to get it printed and distributed. Clubs are asked to print copies for their members who want one.

Where were you all on 20<sup>th</sup> September? I know there were lots of you at the WIM galoppen ... but none of you could make the effort to come to the SWOA AGM which was held afterwards in the barn. There were five SWOA members and two visitors from SCOA, that was all. Do you not care that we are spending thousands of pounds of your money? It seems not – no-one is taking any interest in what your regional committee is doing.

On a lighter note ... I have been asked to mention loos. Most clubs have enough in the kitty these days to pay for loo hire, and I must admit that I cannot recall being at a loo-se end at any recent events. (There was an occasion when the loo was delivered very late, so the early arrivals had to make do with a large tree and dodge the lurking brambles.) Could clubs make sure that there are enough loos (and loo paper!) at the larger events please.

Christine Vince KERNO

## SECRETARY'S REPORT

I am constantly impressed and very grateful to SWOA clubs for providing me with such an excellent selection of orienteering events this Autumn and Winter. Now that the wind has changed and the low pressure systems blow in from the Atlantic, I love the changing colours in the woods and on the hills. I controlled an event recently in the Forest of Dean and the scenery was just wonderful and contrary to the moans from one or two people, the bracken really was beginning to crumple and wither. To me the cooler months are still the 'orienteering' months and route choice becomes a little more of a reality.

Clubs are putting on training courses for their volunteers and for the first time I am going to learn about mapping. SWOA members and clubs wishing to put on and attend courses can apply for grants from SWOA. The good news is that the grant for SWOA sponsored SWOA/CLUB courses has been raised to £100. Thank you to all club members involved in putting on volunteer training – you are laying the foundations for future events at all levels.

I hope you enjoy your orienteering.

Katy Dyer BOK SWOA Secretary

## EDITOR REQUIRED FOR SINS MAGAZINE

After 11 years, Susan Hateley is stepping down as Editor; her work has been much appreciated. As she herself has said to me, this is a good opportunity to make some changes and to have a fresh approach.

The new editor will have a free hand; however, the chairman wishes to see six editions of SINS each year, available online via the SWOA website. There is the opportunity to start a SWOA Facebook page that would provide an up-to-date news service. This would cover forthcoming events, post-event reports, committee notices and anything else of immediate interest.

Please contact either myself or Katy Dyer if you would like to be editor and/or run a SWOA Facebook page.  
Christine Vince, SWOA chairman

## UKCC LEVEL 1 COACHING COURSE

I have been asked to arrange a coaching course for SWOA. Would anyone wishing to become a coach please contact me as soon as possible. (This is for the second time of asking.)  
Christine Vince (contact details on the back page)

## COURSES

Kerno are organising a course for **Organisers/Event Safety** on 30<sup>th</sup> January 2016 at Poltair. Any one interested should contact Adele Newell. See contact details on the inside back cover. Kerno are also hoping to hold a course for Planners in 2016. The date is to be arranged.

## COLOUR CODED AWARDS

Congratulations to the following:

White Isabelle Halsey RHOK Lucy Thomas RHOK

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. My address is: 6, York Gardens, Clifton, Bristol BS8 4LL. Sorry no E-mail.

Anne Donnell BOK

## SWOA GRANT AWARDS

SWOA is very pleased to be able to offer financial support to clubs and club members. The SWOA Treasurer Mark Lockett has designed a new Grant Application Form for applicants.

SWOA members especially our juniors have been very active and from August 2014 to August 2015 and SWOA is proud to be able to give grants totalling £4315; this included 13 athletes attending the World Schools Orienteering Championships.

SWOA has also made grants of £1143 to support clubs putting on courses and to support individuals attending training and conferences. Details of all grants awarded up to August 2015 can be found in the minutes of the SWOA AGM 2015 Appendix 5 on the SWOA website.

At the SWOA meeting 30 September 2015 the following grants were approved:

Meg Somers DEVON. Lagganlia 2015

Lucy Tonge BOK. Deeside 2015 tour

Cecilie Andersen BOK. Cairngorm talent development camp 2015

Eddie Narbett BOK. BOF Training Camp 2015

Eddie Narbett BOK. JROS Stockholm training camp 2015

Chris Johnson BOK. BOK/ASOA mapping course 21st November 2015

Jamie Parkinson DEVON. Senior Home Internationals 2015

Flurry Grierson DEVON. Ward Internationals 2015

## NEW SWOA/CLUB COURSE GRANT

**The grant for SWOA sponsored SWOA/Club volunteer training courses has now been raised to £100.** This was agreed at the SWOA committee meeting 30 September 2015. Please contact the Treasurer for a grant form. All SWOA/Club courses need to be open to and advertised to all SWOA clubs. A notice should be in the previous edition of SINS and the course flyer sent to the SWOA secretary for posting on the SWOA website.

Katy Dyer

SWOA secretary

## BARBARA WARREN

**8<sup>th</sup> July 1934 – 23<sup>rd</sup> October 2015**

I first met Barbara and John at the Boxing Day Canter at Uddens Drive in 1976 when they were looking for a way to get fit. The family thoroughly enjoyed the event and the atmosphere and Barbara said that within two hours their lives had changed for ever.

Things took off rapidly from that first event from buying the right gear and travelling all over the country and eventually abroad in pursuit of the new found enthusiasm. It progressed to becoming a family way of life with regular competitions and event preparation enjoyed by Barbara, John and their children Richard and Alison.

In 1981 with a sense of trepidation, Barbara took over the reins as editor for the club magazine 'Waffle'. Barbara would invite, persuade, demand, badger or even plead with club members to write something for 'Waffle'. In those early days there were no computers and it was a question of typing up all contributions onto Gestetner masters and then run off by hand at A4 size. Barbara continued as editor of this much loved and informative magazine for 30 years. A true labour of love.

Barbara was always fully involved in all club events and activities and her memories included sitting for hours putting hundreds of paper maps into plastic bags ready to be heat sealed for JK 97. At JK 97 Barbara was one of a team led by Cris Tween to work on enquiries for 3 days. They were based in a freezing, windowless hall while competitors were complaining of the blazing sun and heat. She remembered holding hundreds of control cards up to the light to check punch marks, calculating the elapsed time and deciphering unreadable names. Other memories of her orienteering life included listening to the tops of trees breaking off in a blizzard at the Southern Championships in the New Forest and ploughing across open heathland as lightning was striking all over the purple heather of Helmsley Moor.

Barbara for many years looked after the club strip, often taking the stock of O tops and trousers to events for club members to buy. She was also to be seen at all WIM events manning Registration and Enquiries.

Many of you will have seen Barbara's article under 'Know Your Class Leader' in the August 2015 edition of Compass Sport and this could have been written as her own obituary.

Barbara mentioned that she had derived as much pleasure from the 'helping' aspect of orienteering as from the competitive. Barbara was always there supporting John in his roles as controller, organiser, planner and mapper, always willing to help and do whatever was needed.

Competitively Barbara took part in all the major events over the years including events in Sweden and Switzerland. In 1985 she won W50 on the limestone pavements of Ogor Ffynnon Ddhu and in 1986 she ran with Nikki Crawford and Jenny Thompson to win the W45 relay at the BOC. Barbara also in 2013 earned herself a place on the podium at the Scottish 6 days event. In 2014 she won the British Middle W80 class on Cannock Chase and just this year won the W80 class at the British Championships in the Forest of Dean. In 2000 Barbara was diagnosed with Parkinsons Disease but over the past 15 years she has been an inspiration to us all in not letting that deter her in any way from continuing to compete at events.

Barbara particularly enjoyed the Scottish Six Day Events and many club members will have fond memories of her hospitality at the Warren accommodation during these events.

Barbara was born in Birmingham and married John in 1963 after meeting on a Youth Hostel holiday in Northern Ireland. Prior to moving south to Ringwood they both taught and enjoyed the great outdoors in Derbyshire for 3 years. Before taking up orienteering they had always enjoyed walking, mountains and travel, with Barbara also playing Badminton which she continued until she was diagnosed with Parkinsons.

They travelled extensively in Europe especially in Spain and Norway. In 2009 Barbara and John organised a trip on the Hurtigruten along the Norwegian coast. This was a voyage they had done before and particularly enjoyed and it was a great pleasure for Madeleine, Richard Brightman and myself to join them on this holiday.

Barbara was also a founder member of the Ashley Heath Women's Institute and led regular walks for members. In addition she worked for 38 years in the Oxfam shop at Ringwood and in 2013 was awarded the British Empire Medal for her services. On the day of the announcement BBC South came to the shop to interview and film her. The medal was presented by the Lord Lieutenant of Hampshire in Winchester and this was followed by a Garden Party at Buckingham Palace in June 2014. A true highlight for her and very much deserved.

In 2013 Barbara and John celebrated their Golden Wedding with a memorable day with all the family on a canal boat near Stratford on Avon.

We have all lost a true friend who will be sadly missed and our thoughts at this time are with John, Alison, Richard and their families.

Trevor Bridle (WIM)

## **EVENTS AS SOMETHING OLD & SOMETHING NEW – FOCUS AUTUMN 2015 WHERE ARE WE GOING?**

Can we keep doing more of the same?

Orienteering, as we know it, is in grave danger of almost dying out. One only has to look at the entries or results of the Major Competitions, or indeed most Events and Competitions, to see that there is a strong bias towards the over 50s with very small numbers especially in the 18 – 34 age groups. There are few Officials to be found from these age groups even up to the age of 50. Clubs are responsible for Level D “Local” events and Associations for Level C “Regional” ones. However, for the Levels A & B National Events there are some serious future issues to be addressed that need our urgent attention NOW!

- There will soon be insufficient level A qualified and experienced Officials unless we all take action.
- Our use of “Best Terrain” for Level A events is under severe strain because:
  - a) Many Regions have very little
  - b) There is a potential overload on those Associations having this best terrain unless other Associations are willing to be more flexible in operating outwith their own Regional boundaries
- We seem to find difficulty in agreeing to standard procedures and keeping to them.

All of this is happening while other challenging activity sports such as Triathlon, Trail Running and Cyclocross appear to be attracting a clear and steady upsurge in popularity and participation.

There is no doubt that many of our longstanding members would wish to see that we maintain our Events and Competitions only as they are currently formulated. However, there may be a way to maintain the sport we love and simultaneously build for the future.

### **The Present as Something Old**

There are actions that Associations will hopefully agree to undertake:

- The lead in encouraging Volunteer Development with Clubs in their Region and across Regional Boundaries based upon Clubs driving Volunteer Development within their own Club.
- Organise and run training courses to enable the upgrading of Officials for:
  - Event Safety, Organisers, Planners, Controllers & Co-ordinators
- Work through their Regional Fixtures Secretaries and the E&CC Event Scheduling Group to encourage Inter Regional collaboration in staging Major Level A & B Events for the future

The Federation will be:

- introducing the Volunteer Organiser Training Project that is already well into the preparation phase and promises to deliver a modular training package which will be owned by Orienteering and which will train our Organisers and our trainers. The aim is to create an Organiser training programme, deliverable by many and to a common standard, which fits well with our other training packages (perhaps being delivered in the future alongside the Event Safety Workshop?) and which makes it easier for our current and future Organisers to continue delivering safe and high quality events.
- Seeking Volunteers to develop similar courses for all other Officials based upon the template or format developed for Organisers
- Seeking collaboration of all Associations and Clubs to enable the View to be achieved

### **The Future as Something New**

Here is a possible E&CC View for Something New that merits some brainstorming:

#### **A View for Events & Competitions in British Orienteering 2025**

#### **Orienteering as a modern upbeat sport like Trail Running, Triathlon & Cyclocross**

What do sports such as Triathlon appear to have that is attracting an upsurge in membership and participation?

- Recognition
- Demanding and meaningful events with stiff competition
- Prestigious races with dynamic and vibrant prizes
- Entry fees, selection criteria and volume of participants which encourage professionalism
- Simplicity of rules and guidelines (inevitably simpler than O can ever be)
- An attractive image
- Good press coverage
- 

### **Fresh Thinking**

There is a need to bring in a fresher and younger approach to our Orienteering organisation. There is a drastic need to simplify what we do. We need to discover more about the organisation and governance of sports like Triathlon.

Crucially, we need to face the realities of a potential and substantial reduction in our Sport England funding from early 2017.

While Clubs and Regions will always be responsible for running their own events, National Level events and responsibilities require serious funding. Membership fees could be more commensurate with those of other sports thereby throwing off the image of a 'cheap' sport. The nature/quality of the experience at events needs to be marketed in a better way. Entry fees need to be raised in order to afford better facilities such as worthy prizes and arena facilities especially to allow for better socialising.

For example, Winter events would benefit if arranged with the availability of an indoor facility including toilets – even if there was then a short drive to and back from the terrain. Much more priority should be given to having the start not too far from parking for the families and short courses and the finish close to an arena or to other facilities such as a cafe or sports centre to give a sense of occasion – even if the planning is compromised a little.

### **A Start**

A few thoughts:

- Aim in due course to become self-financing as an organisation
- Reduce age class competition to say Junior, Intermediate, Senior & Veteran with Juniors needing stepwise development, through the colour-coded system.
- Reduce colour coded courses to say max. 10 colours and use for all events; age classes can be attached to colours for just UKOL events it is then up to the competitor whether to compete on the 'right' colour course for them covering competitiveness, inclination, fitness, frailty etc.
- Review Senior & Junior Membership Fee levels for all members covering Club and Federation.
- Re-organise some Associations into Club Area Groups that are well defined and agreed
- Organise all events by Club and Club Area Groups
- Reduce levels of competition to Club, Club Area Group and National
- Review Levies covering these three levels of competition
- Maintain present Board and Steering Groups
- Develop clear, simple and modular training programmes to enable us to recruit more volunteers and develop them along a Club, Club Area Group and National pathway
- Employ specialists paid for through Fees and Levies (e.g. a Mapping Officer (p/t))
- Award prizes that winners will cherish and use eg attractive 'O' tops or other gear

### **In The Interim**

We are all committed to making our sport of Orienteering as successful as possible. However, I hope I have started the thinking on how to make progress and build our sport while maintaining the best of what we already have. We have the opportunity to continue our Club, Regional and National activities while simultaneously developing our organisation into a better shape for the future by learning from other successful sports.

The future is not bright if we choose to stand still and change nothing but, working together, we can harness the best of our past and the prospects of our potential future by following the lead of other sports which have already made some tough decisions and shown us some potential ways forward.

### **Conclusion**

"Something New" requires a younger and fresher approach. I appeal to those in favour of "Something Old" to give fresh thinking to the sport we enjoy. We all need to encourage our younger members to try things out and not to block them through quoting the

past. We also need to take account of the many people who are not yet members but who would enjoy our sport, if they knew we were here.

Of course one must state what is being offered, and why, in order not to produce surprises.

Perhaps "Sprint Orienteering" might have taken off quicker if the true nature of Urban and Park Orienteering had been better sold and understood instead of making members feel that they couldn't sprint!

The choice is ours – let's take it.

Chris James – Chair E&CC ([E&CCchair@britishorienteering.org.uk](mailto:E&CCchair@britishorienteering.org.uk))

## REPORTS

### DEESIDE REPORT

After the last day of the Scottish 6 days we set off to a little village hall in Kiltarlity. We started the tour on the village green playing some risky icebreaker games with eggs. We started our first coaching lesson with some blind sprints! These were hard but taught us the valuable lesson of having lots of confidence.

On Sunday we made our way across to Aberdeen where we stayed in a remote scout campsite (but thankfully we weren't camping) and had a quite relaxing day as we were all shattered!! Having said that we did do a micro sprint around the campus making sure we were all concentrating on reading our control descriptions. We were also able to have an archery competition and do a pair's assault course involving cups of water! Each day we had a lesson and today it was about training given by WOC athlete Charlotte Watson.

The main focus for the week was 'Plan, Direction, Picture' and the next day we were focusing on the 'Plan' part on an area called Glen Dye. We had a great day training trying different activities including 'Talk O's' and map memory. Our lesson for that day was about contours. This involved us making sand castles on a dune and pretending we were a haggis which can supposedly only contour! That evening we went night orienteering in a peg relay around the campus. It was my first Night O and I was very nervous. But it was actually really fun and although most of us mis-punched it was great!

On Tuesday we went to Cambus O'May and were concentrating on the 'Picture' part. This involved us planning what we thought the control circle would look like, we had to simplify and hang controls for partners. That evening we had a lesson about simplification and got some more Night O tips because that evening we had another night event. This time however it was not around the campus but in a forest. Luckily I was able to go round in a three! We had a good time and managed to get all the controls but were out for the longest!

The next day was meant to be slightly easier, however training on sandunes was the morning exercise, followed by dune Olympics. We had a competition on the most stylish descent, fastest relay and best team ascent! It was great fun and afterwards we enjoyed relaxing in a saltwater lido and bought highly calorific sweets and chocolate to recover! That evening we attended a local event at Crathes to try and put our training into practise!

On Thursday we went to another forest called Birsemore. The main focus for this day was pressure. It was a boiling hot day and we all had a good time going round in groups and hanging controls for the others to find! After lunch we ran a short course back to the minibuses. As everyone was shattered and hot, we headed back via the River Dee and stopped off to swim. It took me hours to get in and when I did I was straight back out – dodging the midges! After dinner we had a lesson about TCUP. This stands for 'Thinking Clearly Under Pressure'. We were told about some tactics for the Tour Champs the next day and how to minimise pressure.

The last day - Tour Champs at Scolty. We were quarantined before the race and started at 4 minute intervals. It was a really tricky first control which took lots of us a long time. I did muck it up a bit but eventually found it. The first part of the course was a middle distance challenge so there were many controls in a small, rocky and hilly area. We had been told that we would definitely know when the race turned into a long distance. Sure enough when we looked at the map and saw a 2km leg across many hills, everyone was unsure where to go. They timed how long we took to plan that leg. I chose to go on a route that zigzagged across the line and weaved round the hills and minimised the climb. I think it was quite a good route as I came second on that leg out of the girls. There were only a few controls after this near the finish. Overall I completed the 6.2km course in 83 minutes. I came second in the middle and the long so all the training paid off! Unfortunately it was raining so we decided not to do a relay and headed back to the campsite. We had a really great last night with dinner, prize giving and lots of chatting into the early hours of the morning.

I thoroughly enjoyed my two weeks competing and training in Scotland. I was exhausted afterwards but feel I have learnt many new ideas and techniques to improve my orienteering. I am looking forward to putting these all into practise over the forthcoming season.

I'd like to thank all the coaches at Deeside for a fantastic week. I am also very grateful to BOK and SWOA for all their support and encouragement this year.

Lucy Tonge      BOK

## ANTWERP SPRINT ORIENTEERING WEEKEND 2015

Belgium may well be best known for its beer, chocolate and lack of contours, but if the organisers of the inaugural Antwerp Sprint Meeting have their way it will soon be remembered for its urban orienteering too.

The promise of excellent new areas and substantial prize money (€500 for the elite class winner) was enough to attract some of the best sprint orienteers in the world to the weekend event in early September. Alongside the WOC finalists and JWOC gold medallists there was also a motley group of young British orienteers, myself included, who had been selected by BOF to go and get a taste of senior international orienteering.

We arrived in Antwerp on a grey, drizzly, Friday evening after surviving the free-for-all nature of Belgium's roads in rush hour. The traffic improved over the weekend but the weather remained stubbornly dull. The armed police officers stationed directly outside our hostel were a slight cause for concern until we realised they were more interested in looking after the Synagogue at the end of the road, not us. A short leg stretch took us round the block to the nearest park before food and bed.

Saturday consisted of two sprint races, with the times to be added to the 'middle-distance-urban' on Sunday to determine the overall results for the weekend. This format adds an extra dimension to sprint orienteering, where it's often worth taking a few risks and pushing yourself to the limit in the hope of getting a quick time. Consistency over the two days was crucial. However, as my first race in GB kit (borrowed kit, I should add, as this was certainly not a proper debut) I hadn't managed to get this into my head. So I set off at full pace to the first control, around the corner and across a grass play area. It didn't take long to discover that the previous night's rain had made the grass fairly damp, and that shoes with some sort of grip might have been useful. Unfortunately I didn't then realise that I should really slow down a little, and whilst trying to stop and contort my hand into such a position that I

could punch the control (stupid EMIT...) my feet went from under me and I ended up on the floor. Not a great start, but at least it was a soft landing. The same can't be said of the wet gravel around the third control, on which I managed to fall over again and start my weekend's collection of scrapes and bruises. After this point I was a little more careful with my footing, though not with the navigating, and whilst I was eventually nearly two minutes down on the winner I was mainly just pleased to finish without breaking anything. Whilst I'd taken my EHIC I didn't really want to use it.

The break between the two races wasn't particularly long but gave me enough time to clean up my knees, knock some sense into my head and change into some better shoes. As it turned out, the second race was almost entirely urban so the change of shoe wasn't necessary. Whether it was down to staying on my feet or having a little more composure, I don't know, but I had a better run and went back to the hostel a slightly happier man.



Sunday's race around Antwerp's old town was a return to a more familiar standard urban setting. An irregular street pattern, varying from narrow alleyways to wide boulevards interspersed with the odd tricky housing estate made for a varied race. When not dodging pedestrians, trams or police cars there was also the odd tricky control description to look out for (which I invariably missed) or small passageway to spot. Despite c.99% of the course being on tarmac I still managed to find the one bit of grass and fall over on it, this time cutting a nice hole in the opposite knee to Saturday. Fortunately I waited until the penultimate control to do so, and managed to hobble down the run in to record a reasonably quick time.

*Photo Credit: [OSportFoto](#)*

The post-race raffle featured some ridiculously generous prizes (up to €1000) and whilst a few Brits were lucky enough to find their number drawn out of the hat the big prizes remained firmly on the wrong side of the channel.

Having made the trip to Belgium we decided to stay for an extra few days. The local club had kindly provided maps of some local towns and Chris Smithard had planned us some interesting training. Whilst the navigational challenges posed by these areas might not have been up to the same standard of most UK areas, the complexities of negotiating Belgium's roads with a pixelated Google Maps screenshot and no internet connection more than made up for it. Some of the planning was actually quite good though, and we were even joined by Yannick Michiels (5<sup>th</sup> at WOC) for a first hand demonstration of how it should be done.

All in all a very busy few days, lots of orienteering, and a few important lessons learnt. Many thanks to SWOA for their contribution towards the cost of the trip, and to Ed Nicholas and Chris Smithard for giving up their time to organise the whole thing.

Jamie Parkinson Devon



## CADDIHOE CHASE 2015 FERNWORTHY FOREST September 5<sup>th</sup> & 6<sup>th</sup>.

When you have not orienteered for a while it is with some fear that you approach the Start boxes. As usual there was a plan to keep the brain clear and focussed whilst expending lots of energy and I am, of course, in complete denial of my advancing years despite the depressing heart and blood circulation news from my older siblings.

**Day 1.** Short Green 3.6km and 100m. Control 1 was a hide on a slope of open forest, which I thought I could get at from the forest road and use pacing. I left the road too soon and was too high. Control 2 was left of (as I read it) a track junction but in fact was further to the left than I thought and I had to go back for it. So far - not so good. Controls 3 and 4 OK, yes and 5 too - though the brushings were a bit rough. Control 6 was brilliant and I was spot on only to fail at the next control where I stopped pace counting and got mixed up in root stocks and stuff.

Control 8 on the earth bank junction was more tricky than I had anticipated as the west/east aligned earth bank was pretty low and not easily visible from the forest track. But I was not the only one to be confused here. Control 10 apparently in the middle of light green plantation was easier than I thought. Controls 11 and 12 OK but the long run to the Finish got the better of my tired brain. I had just assumed that the Finish would be very close but the tapes seemed to go on. I do not seem to learn the lesson that the last control is not the Finish.

**Day 2.** Short Green 3.7km and 95m climb. After a comfortable night in my prehistoric but very functional orange cotton Vango tent I was ready for the second day. I anticipated that we would be out on the hill side and I would be skipping lightly over the heather. I was wrong. My route to Control 1 required lots of back breaking doubled up running, a good bit of running round in circles and a bit of luck. Control 2 and 3 were better and it was interesting to hear of the other routes people had taken to Control 3. Control 4 and 5 required significant scrambling and I was glad of my Scottish mountain legs. Controls 6 and 7 were OK but I went direct to control 8 via the vertical drop into the stream bed. I learned later that there was a much better way via the road!!

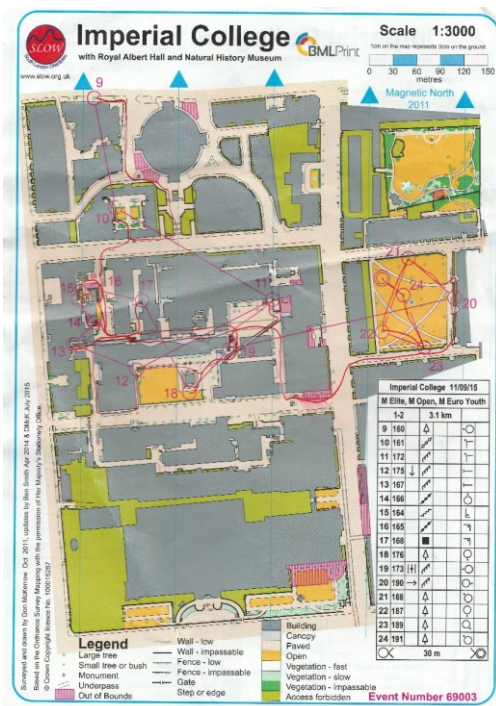
Control 9 had me confused as the description said a gully, the map showed a gully but the ground showed a clear well marked path running between earth banks. To create more confusion there was an elephant track leading off from the path and I am sad to say that this is what I followed. With my enthusiasm beginning to wear thin and my legs asking me if I was there yet, I took a circuitous route (ie a very long route) to control 10 which I thought looked more like an earth bank than a hill, on to the last control and then another long run to the Finish.

So I think it is true to say that my orienteering skills had taken a serious downward plunge on the second day. Was I tired or too old or too out of practice or suffering some allergic reaction to the mould spores in my old tent? There was nothing wrong with the courses which were well designed, made good use of the area and quite tough especially as the going underfoot was sometimes challenging. The other day I found some old but very useful coaching notes and after reading them through I saw who had written them – it was me! I shall try to put into practise what I really know already.

Thank you DEVON for a great weekend.

Katy Dyer BOK W65

## LONDON CITY RACE WEEKEND, 11-13 SEPTEMBER 2015



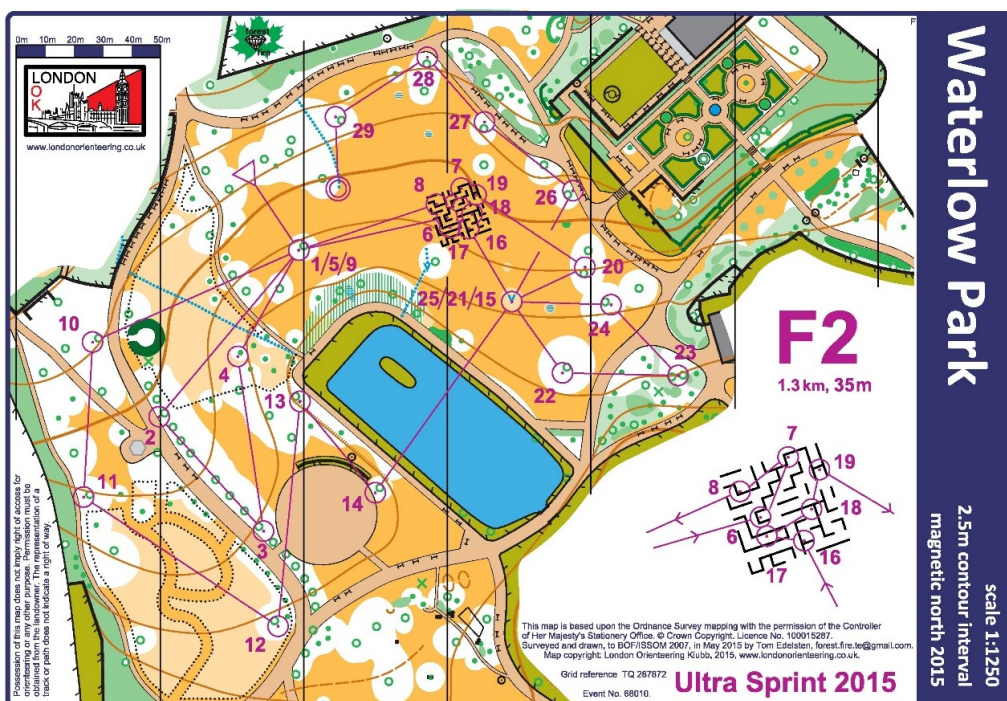
Having really enjoyed the London City Race 2 years ago round Canary Wharf, I decided to give it a go again this year. The main race around Wapping was complemented by a sprint at Imperial College and an Ultrasprint around Waterlow Park in Highgate.

The sprint at Imperial College wasn't your usual sprint; it also involved multi-level areas and was being held at night. The first few controls were straightforward enough round a park, but then it got interesting. Control 5 saw a long leg which took us into the middle of the College buildings, and the next leg looked short, but further inspection of the map revealed that it was on a higher level. The next few controls took the course out to the Royal Albert Hall, before taking us back into the complex multi-level section. As the light was fading by this point it became apparent why a headtorch was necessary, as the map would have been very difficult to read otherwise. Annoyingly I ended up in the right place for control 13, but then looked up and saw I was on the wrong level! Luckily the steps were close by so I didn't lose much time compared to some people. The rest of the course was fairly steady, as we had a control pick in the park before coming into the finish. I ended up in mid-table, with a time of just over 40 minutes.



On Saturday we headed to Wapping for the 8<sup>th</sup> running of the London City Race, the first to be held in this part of the city. I had an early start (partly to avoid the crowds), but the starts had to be delayed for everyone when last minute checks revealed a couple of the gates marked as crossable were shut, resulting in frantic changes to the map being made. I had a shaky start, as it was difficult to see a route to the first control, but got going fairly quickly after this. From here, the course headed into the old part of the city, and one of the legs gave a chance to run past the Tower of London, while trying to find a way past an OOB road through the underpasses. The course got trickier at this point, as there were a few legs that looked simple but a look at the control descriptions revealed that it was on the other side of a wall, making the route choice more complex. I ended up finishing in 82 minutes.

Sunday saw the Ultrasprint held at Waterlow Park in Highgate. Unlike a normal sprint, this event saw everyone run 3 prologue courses of about 1km (30 controls on each course), with the fastest 4 in each class qualifying for one final and the rest of us having a mass final. Mispunches resulted not in a disqualification, but a 30 second penalty for each control missed. This stressed the importance of careful navigation, especially when many features had different controls on both sides, and there were no control descriptions on the map. Each course also had the added complexity of a maze section with a huge number of controls in.



On my first run I took it steady, getting the hang of the format and getting round in just under 9 minutes. The second run was probably my best, as I took 7½ minutes. The final prologue run wasn't quite as good, as I made a couple of slight mistakes but still got round in just under 8 minutes. We then had a wait as the maze was rearranged for the finals. These saw everyone following a

similar course but with lots of butterfly legs. The class finals gave the rest of us a chance to see where they went, but not for long as some of the winners came in with winning times of under 5 minutes.

Then it was time for the mass final. This saw 4 people starting every 15 seconds, so it became very busy very quickly, especially in the maze where queues started to develop at some of the controls! I managed to get round my 1.5km course in just over 10 minutes, losing a little bit of time going to the wrong control in the maze at one point, but still coming in the top 20 in my final (out of about 50). It was a fun way to end a good weekend, one which I would highly recommend!

Chris Garrett     DEVON



Maze in Waterloo Park (courtesy Chris Garrett)

### **DAY 3 DARNAWAY EAST** *From the Devon Orienteer*



I had an ok run, but the best bit of day 3 was doing the string course with my 2 year old grandson Theodore. The String course started and finished in the garden to the side of Darnaway castle. Theo is an old hand at string courses (which he calls the 'beep-beeps') and – suitably equipped with his dibber and a very nicely produced map - visited the clear station and launched himself onto the course.

The thin red line soon left the garden and plunged down a steep slope, at the bottom of which we could see the WOC outside broadcast vans parked, waiting for the Relays to start. Here the control was beside an enormous rootstock.



While there were plenty of control points along the string itself, there were also a number of off-string controls – for those who felt a bit more confident in their map-reading skills. Theo of course punched everything he came across, whether beside the string or not!



Back up the slope via a long flight of steps to the highlight of the entire course – a control beside a superior sort of Wendy house. Theo loved this, and went in and out several times, punching the control each time as he did so.



One of the off-string controls was a rather scary (I thought) tree, painted with eyes and huge red lips but it didn't seem to bother Theo, who then pushed on round the remaining controls and managed a sprint finish along the herbaceous border.



At Download, his splits print-out was very long indeed – with all the string controls, most of the off-string controls and about eight punches at the Wendy house! He was duly congratulated by the organisers and handed a pencil and a very nice shortbread biscuit. Later that evening when his daddy got home and asked if he's been to the String course, Theo very proudly announced, "I did it!"

Carol Pearce (DEVON)  
(Theo's parents were busy with the radio controls for the World Championships)

## FIXTURES

### November 2015

9th Level D **WIM/WSX Monthly Evening event**  
Shillingstone Church Hall, near Blandford Forum, Dorset, [ST824114](#)  
Entry times: 6.00pm - 6.45pm courses close 7.45pm. No dogs allowed.  
Organiser: Richard Keighley, [mail@jrkeighley.co.uk](mailto:mail@jrkeighley.co.uk), 01258 860935

14th Level D **NGOC Western Night League**  
Highmeadow Woods, Coleford, Glos., [SO560130](#)  
Entry times: From 18.00 or when it gets dark.  
Dogs to be kept under strict control at all times.  
Organiser: Richard Cronin, [richardccronin@gmail.com](mailto:richardccronin@gmail.com), 07814 342696

14th Level D **QOAD 2** Castle Neroche, Taunton, ST277161  
Registration between 17.00-17.45 and starts from 18.00-18.45  
Organiser: Judy Craddock 01823 323850

14th Level D **Kerno Night Event**  
National Trust Lanhydrock, Bodmin, [SX088646](#)  
Entry times: 17.30 - 18.30. No dogs allowed.  
Organiser: Richard Smith

15th Level C **SARUM Galoppen**  
**(celebrating 50 yrs of SWOA!) & SCOA League**  
Foxbury Woods, nr West Wellow, Hants [SU302169](#)  
Registration from 9.30, start times 10:00 - 12.30p.m  
Pre-entry preferred by [www.fabian4.co.uk](http://www.fabian4.co.uk), before November 8th.  
Organiser: Pat Hart, 01794 390593

21st Level D **DEVON SWOA 50th Anniversary CATI event**  
Knightshayes National Trust property, Tiverton, [SS960153](#)  
Entry times: starts 1pm until 2pm. Dogs must be under control at all times.  
Organiser: Helen Taylor, [ahjkd@fsmail.net](mailto:ahjkd@fsmail.net), 01395 274152

21st Level D **WIM/WSX SWOA 50th Anniversary Event**

Moors Valley Country Park, Ringwood, [SU107057](#)

Entry times: 1.00 - 3.00pm starts - courses close 4.00pm Followed by Night event at dusk - course closes at 6.00.

Dogs on short lead.

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

21st Level D **NGOC Western Night League**

Parkend Walk, Parkend, Glos.

Entry times: From 18.00 or when it gets dark.

Dogs to be kept under strict control at all times.

Organiser: John Fallows, [john@greyeye.co.uk](mailto:john@greyeye.co.uk), 07971 782729

22nd Level C **Kerno Forest League 3**

Polly Joke & Cubert Common, Newquay, [SW781594](#)

Entry times: 11.00 - 13.30. No dogs allowed.

Organiser: Dan Alsop, [danalsop@yahoo.co.uk](mailto:danalsop@yahoo.co.uk)

22nd Level D **BOK SWOA 50th Anniversary Orienteering Experience**

Ashton Court, Bristol, [ST557718](#)

Dogs allowed.

Organiser: Jonathan Hurford

22nd Level D **NGOC 'SWOA 50' Celebration Event**

Parkend Walk, Parkend, Glos., [SO593081](#)

Entry times: Registration and Starts 11.30 - 13.30.

Dogs to be kept strictly under control at all times.

Organiser: Gary Wakerley

22nd Activity **NWO SWOA 50th Anniversary**

Hardenhuish Park, Chippenham, ST907744

Organiser: Ken Stimson, [kenstimson@btinternet.com](mailto:kenstimson@btinternet.com), 01793 535759

22nd Activity **QO SWOA 50th Anniversary**

Long Run Meadow, Taunton, ST219248

Organiser: Judy Craddock, 01823 323850

28th Level D **NGOC League 11**

Blakeney Hill, Blakeney, Glos.

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

Dogs to be kept strictly under control at all times.

Organiser: Kim Liggett, [kimliggett@sky.com](mailto:kimliggett@sky.com), 01594 839341

28th Level D **Devon & Cornwall Night Event**

Burrator, Yelverton, [SX508702](#)

Entry times: After dark (about 6pm).

Dogs must be under control at all times..

Organiser: Paul Glanville, [glani@msn.com](mailto:glani@msn.com), 01822 617713

29th Level C **BOK Galoppen**

New Beechenhurst, Forest of Dean, [SO623149](#)

Entry times: 1000 - 1230. Dogs allowed.

Organiser: Charles Daniel, 0117 584104

**December 2015**

5th Level D **NWO Night Event**

Cherhill, Calne, [SU047693](#)

Organiser: Rebecca Jackson, [beccajackson868@gmail.com](mailto:beccajackson868@gmail.com), 01793 710868

6th Level D **Devon League Event No.2**

Core Copse, Sidmouth

Entry times: 10am until 12am.

Dogs must be under control at all times.

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

6th Level D **NWO Four Colour (YOGB)**

Cherhill, Calne, [SU047693](#)

Organiser: Rebecca Jackson, [beccajackson868@gmail.com](mailto:beccajackson868@gmail.com), 01793 710868

7th Level D **WSX Club Night and Night League**

Boscombe Chine and Gardens, Bournemouth, [SZ108912](#)

Organiser: Ian Sayer

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

12th Level D **NGOC League 12**  
Knockalls Inclosure, Coleford, Glos.  
Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.  
Dogs to be kept strictly under control at all times.  
Organiser: Tom Mills  
*For further information contact the club secretary, see inside back page*

12th Level D **BOK Saturday Winter Series**  
Bathampton Down & Bushey Norwood, Bristol, [ST779642](#)  
Entry times: 1200 - 1300.  
Organiser: Ted McDonald, 01225 858664

12th Level D **WIM Coaching and Informal**  
North Ringwood Forest by Ebblake, Verwood, [SU107077](#)  
Entry times: 1.30pm - 3.00pm Courses close at 4.00pm.  
Dogs on short lead at all times.  
Organiser: Philip Harvey

13th Level C **Kerno Forest League 4**  
Craddock Moor (Minions), Liskeard, [SW262712](#)  
Entry times: 11.00 - 13.30. No dogs allowed.  
Organiser: Peter Morton, petermorton2011@btinternet.com, 01579 363140

13th Level D **QO Forest League**  
Ham Hill, Yeovil, [ST477167](#)  
Start times from 11.00 to 13:00  
Dogs allowed.  
Organiser: Chris Hasler 01823 338921

26th Level D **WIM Boxing Day Canter**  
Moors Valley Country Park - East Side, Ringwood, [SU124063](#)  
Entry times: 11am mass start.  
Dogs on short lead at all times.  
Organiser: Karen French, kefrenchie@btinternet.com, 01202 814958

27th Level D **Devon Christmas Novelty Event**  
Escot Park, Ottery St Mary, [SY084976](#)  
Dogs under control at all times.  
Organiser: Roger Green, roger-green@blueyonder.co.uk, 01392 278512

### January 2016

1st Level D **Sarum New Years Day Score**  
Copehill Down, Tilshead (to be confirmed)  
*For further information contact the club secretary, see inside back page*

1st Level D **NGOC New Years Day Score**  
Crickley Hill Country Park, Cheltenham  
Entry times: 18.30 - 19.30. Dogs to be kept strictly under control at all times.  
Organiser: Judith Austerberry, judithausterberry@hotmail.com

1st Level D **QO Forest League Wind Down, Bridgwater**  
Start times from 11.00 to 13:00 Dogs allowed.  
Organiser: Jeff Pakes, 01823 321900

3rd Level D **NWO Four Colour (YOGB)**  
Webb's Wood, Brinkworth, [SU037858](#) (to be confirmed)  
Organiser: Andrew Law, andrewlaw456@gmail.com, 01793 731472

4th Level D **WSX Poole Town Night League and Club Night**  
Poole Town Centre, Event centre "Just Bean Ground" Cafe, Poole High Street. Grid Ref. SZ011904  
*For further information contact the club secretary, see inside back page*

9th Level D **BOK Western Night League**  
Stockhill, Wells, [ST545523](#)  
Entry times: Nightfall for one hour. Dogs allowed.  
Organiser: Tommi Grover, 01179 470229

10th Level C **Devon League Event No.3**  
Dogs under control at all times.  
*For further information contact the club secretary, see inside back page*

10th Level C **BOK & ASO Orienteering**  
Stockhill, Wells, [ST545523](#)  
Entry times: 1000 - 1200.  
*For further information contact the club secretary, see inside back page*

16th Level D **NGOC League 1**

Bixslade, Coleford, Glos.

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

Dogs to be kept strictly under control at all times.

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

16th Level D **WIM Coaching and Informal**

Hurn Forest, St Ives, Dorset, [SU108023](#)

Entry times: Coaching session at 1.30pm for all abilities followed by Informal from 2.30pm Courses close 4.00pm.

Dogs on short lead at all times.

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

17th Level C **Kerno Forest League 5**

National Trust Trelissick, Truro, [SW835397](#)

Entry times: 11.00-13.30. No dogs allowed.

Organiser: Elizabeth Brunyee

23rd Level D **BOK Saturday Winter Series**

Goblin Coombe, Bristol, [ST459654](#)

Entry times: 1200 - 1300.

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

23rd Level D **NGOC Western Night League**

Standish, Stroud, Glos.

Entry times: From 18.00 or when it gets dark.

Dogs to be kept under strict control at all times.

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

24th Level C **NWO Galoppen**

West Woods, Marlborough, [SU153663](#)

Organiser: Rebecca Jackson, [beccajackson868@gmail.com](mailto:beccajackson868@gmail.com), 01793 710868

30th Level D **Devon & Cornwall Night Event**

Saltram National Trust Property, Plympton, [SX525559](#)

Entry times: 18.00 - 19.00.

Dogs must be under control at all times.

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

31st Level D **QO Forest League**

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

**February 2016**

1st Level D **WIM/WSX Monthly Evening event**

Potterne Park, Verwood, Verwood, [SU094075](#)

Entry times: 6.30pm - 6.45pm courses close 7.45pm.

No dogs allowed.

Organiser: Andrew French, [andrew.t.french@btinternet.com](mailto:andrew.t.french@btinternet.com), 01202 814958

6th Level D **Sarum Saturday event & Wessex Night League**

Vernditch Woods, Salisbury

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

7th Level C **BOK Trot & ASO Orienteering**

Brierley, Forest of Dean, [SO624152](#)

Organiser: Richard Rossington, 01179 620924

13th Level D **NGOC League 2**

Cranham and Coopers Hill, Gloucester

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

Dogs to be kept strictly under control at all times.

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

13th Level D **Wessex Night League**

Upton Country Park, Poole, SY992929

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

14th Level C **Devon League Event No.4**

Hound Tor, Bovey Tracey

Dogs: Dogs must be under control at all times..

Organiser: Graham Dugdale, [graham210351@talktalk.net](mailto:graham210351@talktalk.net), 01626 852944

20th Level D **NWO Four Colour (YOGB)**  
Copse Wood, Marlborough, [SU281618](#) (to be confirmed)  
Organiser: Robert Buckby, robert\_buckby@hotmail.com, 01249 320819

20th Level D **BOK Western Night League**  
Moseley Green, Forest of Dean  
Entry times: Nightfall for one hour. Dogs allowed.  
*For further information contact the club secretary, see inside back page*

20th Level C **UBOC British Universities & Colleges Individual Championships**  
Moseley Green, Forest of Dean, [SO631087](#)  
*Further details to be confirmed*  
*For further information contact the club secretary, see inside back page*

21st Level C **Kerno Forest League 6**  
Penhale South, Newquay, [SW769549](#)  
Entry times: 11.00-13.30. No dogs allowed.  
Organiser: Richard Bown, jeanbown@gmail.com, 01726 843491

21st Level C **UBOC British Universities & Colleges Relay Championships**  
*Details to be confirmed*  
*For further information contact the club secretary, see inside back page*

21st Level C **WIM Regional**  
Turf Hill & Millersford, New Forest, Ringwood, [SU214178](#)  
Entry times: Starts 10.30am - 12.30pm.  
Dogs on short lead at all times.  
Organiser: Christopher Branford, candl.branford@btinternet.com, 012584 53716

27th Level D **BOK Saturday Winter Series**  
Blaise Castle, Bristol, [ST558787](#)  
Entry times: 1200 - 1300.  
*For further information contact the club secretary, see inside back page*

28th Level C **QO Galoppen**  
St Audries, Quantock Hills  
*For further information contact the club secretary, see inside back page*

29th Level D **Wessex Night League and Club Night**  
Brownsea Island, Poole, SZ032877  
Organiser: Eric Whapples  
*For further information contact the club secretary, see inside back page*

## RESULTS

### SW Long Champions

M10	Arthur Brooke	WSX	M12	Tom Perry	Devon
M14	Flurry Grierson	Devon	M16	James dean	Devon
M18	Michael hallett	BOK	M20	Christopher Garrett	Devon
M21	Christian Grierson	Devon	M35	Ben Chesters	Sarum
M40	William Kromhout	QO	M45	Peter Ward	NGOC
M50	Clive Hallett	BOK	M55	Andy Creber	NGOC
M60	Chris Moncaster	Kerno	M65	Graham Wilding	Devon
M70	Ian Peirce	Sarum	M75	Arthur Boyt	Kerno
M80	Lin Callard	NGOC	M85	Richard Arman	WSX
W10	Jessica Ward	NGOC	W12	Elizabeth Horsler	WIM
W14	Meg Sommers	Devon	W18	Dulcie Grierson	Devon
W21	Rebecca Ellis	WIM	W40	Judith Austerberry	NGOC
W50	Hana Skuckova	Devon	W55	Jackie Hallett	BOK
W60	Alison Simmons	BOK	W65	Katy Dyer	BOK
W70	Carol Pearce	Devon	W75	Val Livsey	Devon



### **Caddihoe Chase**

M10	Arthur Brooke	WSX	W10	Jessica Ward	NGOC
M12	Tom Parry	Devon	W12	Rebecca Ward	NGOC
M14	Flurry Grierson	Devon	W14	Meg Sommers	Devon
M16	James Dean	Devon	W16	Dulcie Grierson	Devon
M18	Michael Hallett	BOK	W18	Emily Keenan	Devon
M20	Christopher Garrett	Devon	W40	Jane Stagg	BOK
M45	Peter Ward	NGOC	W45	Karen Crawford	BOK
M50	Clive Hallett	BOK	W50	Robin Carter	Devon
			W55	Jackie Hallett	BOK
M60	Chris Moncaster	Kerno	W60	Alison Simmons	BOK
M65	Graham Wilding	Devon	W65	Katy Dyer	BOK
M70	Ian Peirce	Sarum	W75	Val Livsey	Devon
M80	Lin Callard	NGOC			

### **Compass Sport Final**

At the Compass Sport Final held at Helsington Barrows, Kendal on 18<sup>th</sup> October BOK came 4<sup>th</sup> in the Cup event and WIM were 7<sup>th</sup> in the Trophy.

Well done to all those who made the long journey up to the Lakes for the event.

## **SWOA 50<sup>TH</sup> ANNIVERSARY**

### **November 2015 is the 50<sup>th</sup> Anniversary of the formation of SWOA**

#### **Lets have a party**

To celebrate all 9 Clubs that now form SWOA have been asked to put on "Try Orienteering" or "A Come and Try it Event" on the weekend of 21<sup>st</sup> and 22<sup>nd</sup> November 2015

The spread of the events over the whole of the South West may just attract publicity just by the novelty of the idea..

Who shall we invite?

Let us suggest that all Club members make an effort to come. Go now and put it in your diary.

Members could bring Family members that do not usually come. Wives, Husbands, Partners and Children, Aunts, Uncles and Grandparents would be a good start.

How about friends from work or the local Hash House Harriers.

It might help to invite local schools especially those close to the venue of your Clubs event.

How about the land owners both private or public such as Forestry Commission and National Trust to whom we owe a great debt of gratitude for their support and help. Just a letter to the individual land owners could show our appreciation of their efforts. Get them to put the invitation in their staff magazines

Local publicity: The local newspapers would again be a good start. Any ideas or examples would be most welcome. Does anyone have contacts with local radio or TV?

Events already scheduled Full details will be found in the Club web sites and SWOA Fixtures list

### **Sunday 15<sup>th</sup> November 2015**

SARUM Galoppen and Anniversary Event

### **Saturday 21<sup>st</sup> November 2015**

Wimborne and Wessex WIM/WSX Moors Valley Country Park  
DEVON Knightshayes, Tiverton

### **Sunday 22<sup>nd</sup> November 2015**

KERNO Poly Joke Newquay  
NWO Hardenhuish Park Chippenham  
NGOC Parkend  
BOK Ashton Park Bristol  
QO Long Run Meadow Taunton

The Party - well some tea and cake might be a start. KERNO do a very nice Tea Tent after events Pauline Olds might give you a clue.

Erik Peckett - Possibly the longest inhabitant - unless you know better.  
(DEVON)

## SWOA RELAYS 2015

WIM were deserved winners in 2015, finally breaking the six year stranglehold of neighbours WSX. QO ended up second again but a little closer this year. Next summer could be very interesting as QO suffered a couple of unfortunate incidents this year plus some of their more experienced runners were away over the summer. The same applies to WSX who only managed to score in three races this year. SARUM completed the podium in third. BOK of course would be major contenders if they managed to get to enough races. Well done to QO who fielded a team in all six races.

Gavin Clegg      Relay Scorer

### GALOPPEN WINNERS 2014/2015

At the Caddihoe Chase weekend Christine Vince SWOA chair presented the trophies for the top male and female winners of the Galoppen League 2014/2015. Many congratulations to all the winners who were:

Brown: top male and overall winner (again!) – Ben Chesters SARUM M35

Brown: top junior – Michael Hallett BOK M18

Blue: top male and overall winner (with maximum points) – Rob Parkinson DEVON M55

Blue: top female and top junior – Cecilie Andersen BOK W18

Green: top junior, top male and overall winner - Joe Hudd BOK M12

Green: top female – Rachel Dennis BOK W45

Short Green: top male and overall winner – Peter Hambleton SARUM M70

Short Green: top female and nine events – Charlotte Thornton SARUM W70

Short Green: top junior – Thomas Hasler QO M14

Light Green: top female, top junior and overall winner – Meg Somers DEVON W14

Light Green: top male – Harry Stagg BOK M14

Orange: top male, top junior and overall winner – Luke Shopland QO M14

Orange: top female – Ruby Owen BOK W12

Yellow: top male, top junior and overall winner – Ira Thompson BOK M12

Yellow: top female – Edith Stagg BOK W12

Brown: nine events – Colin Welch BOK M55

Green: nine events – Tony Hext QO M65

Short Green: nine events – Richard Thornton SARUM M70

We are all very grateful to Joff Henley WSX who has worked really hard on the Galopen results and scoring. He is now taking a well earned rest and the new Galoppen scorer is now Spencer Modica QO.

### GALOPPENS 2015/16

15 <sup>th</sup> November	SARUM	Foxbury Woods
29 <sup>th</sup> November	BOK	New Beechenhurst
24 <sup>th</sup> January	NWO	West Woods
28 <sup>th</sup> February	QO	St Audries
3 <sup>rd</sup> April	WSX	To be announced
10 <sup>th</sup> April	NGOC	Danby Lodge

## SWOA MEMBERS ON BOF BOARD OF DIRECTORS

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 Erik Peckett DEVON

TRAIL O Dick Keighley, WIM

### CLUB SECRETARIES:

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