

WELSH ORIENTEERING ASSOCIATION

Annual Report 2019 – (Draft November 2020)

INTRODUCTION

This Report summarises the activities of the Welsh Orienteering Association during 2019. It takes the form of short reports from the officers of the Association and is presented at the Annual General Meeting for approval.

Chairman's report

When I look back at my annual report for 2019 I am most proud of all the work that I see clubs putting in to produce high quality activities and races for us all to attend. It takes a huge effort to achieve this and clubs are to be highly commended for all they continue to do.

During 2019 three National Level events were hosted by MWOC, SBOC and BAOC respectively. MWOC hosted the 2019 Welsh Orienteering Championships at Nash Woods, Presteigne and provided a quality event both in organisation and competition. I certainly came away with new appreciation of an area I thought I already knew. It would not be an early spring event in Wales without some spectacular mud in the presentation area after the race. SBOC hosted the 2019 Senior Home International and included a Welsh League race on the first day. This competition brought the best senior orienteers from England, Scotland and Ireland to Wales for two days of tough competition on the sand dunes of Gower. I have since seen many comments about the excellent organisation and competition from outside of Wales which frequently noted how much had been done with so few volunteers. BAOC hosted the 2019 Southern Night Championships at Caerwent towards the end of 2019. This area appears to have been ideal for this type of competition with as safe a boundary as possible.

Late in 2019 PARCOURS affiliated to the Welsh Orienteering Association (WOA). The club previously concentrated on developing orienteering in the South West of England and it is to be hoped that we will all obtain benefit by their affiliation especially if it results in more members joining WOA.

The Welsh Orienteering Association website states that *WOA is the governing body of the sport in Wales, and a constituent association of the British Orienteering Federation; it encourages, develops and controls the sport of orienteering throughout Wales.* Our most valuable asset is also our only reason for existing-our members. I witness on a regular basis the skills and enthusiasm of our members. It is our members along with non-member volunteers who are the real source of development of the sport in Wales by identifying and mapping new areas and putting on the activities and races that the public face of our sport. I would like to take this opportunity to thank you all for doing this.

Some of our members will also have something that is very valuable to WOA- a small amount of spare time. This along with some enthusiasm is all WOA needs to fill the vacant roles we have. The skills required to undertake these roles are often the skills members already have but WOA will support members whenever this is needed. Please contact me to spare WOA a small amount of your valuable time by volunteering for any of the following roles:

Secretary
Fixtures secretary
Schools liaison officer
Trophy officer

The commitments in time are small but each role is essential in ensuring Welsh orienteering continues to develop, with the ultimate goal of increasing membership numbers and the opportunities to take part in our great sport while reducing the overall volunteering load on each of us.

WOA committee are working to produce the documents required in our role as a National Governing Body. The committee is active in trying to support clubs in increasing members and to develop as they feel best. Please contact them if you have any queries, they will continue to do all they can to support clubs affiliated to WOA and their

members. Reports from other WOA committee members will follow in due course; please read them and let me know your thoughts and comments and do contact me to volunteer for the vacant committee and advisor roles.

David Pal
Wrekin Orienteers and member of Welsh Orienteering Association
chair@woa.org.uk

Treasurer's report

ACCOUNTS 2019-20

Jean Lochhead (EPOC)
Treasurer

| WELSH ORIENTEERING ASSOCIATION | | | | | | | | |
|--|---|--|--|-----------------|-----------------------|-----------------|-----------------|----------------------|
| Income & Expenditure Account for the year to 31 March 2020 | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | 31st March 2020 | | 31st March 2019 | | |
| Income | | | | £ | £ | £ | £ | |
| Membership subscriptions from BOF | | | | | 498.60 | | | 516.60 |
| Membership Subs Ex Pats | | | | | 113.40 | | | 149.40 |
| Levy (clubs outside Wales) | 1 | | | 68.60 | | | | 110.95 |
| Levy Welsh Clubs | 2 | | | 1,700.30 | | | | 1,851.50 |
| Croeso Levy from WOA Clubs | 3 | | | - | | | | - |
| Croeso BOF Levy 50% refund | 3 | | | - | | | | - |
| Sport Wales Grant | | | | | <u>2,500.00</u> | | | <u>2,500.00</u> |
| Total Income | | | | | 4,880.90 | | | 5,128.45 |
| Expenditure | | | | | | | | |
| Administration | 4 | | | 86.00 | | | | 61.20 |
| Web Host & Domain name | | | | 82.78 | | | | 82.78 |
| Audit Fee | 5 | | | 100.00 | | | | 150.00 |
| Welsh Champs Expenses | | | | - | | | | 227.00 |
| Welsh "O" League | | | | 126.50 | | | | 203.00 |
| Event Expenses - Senior Home Internat. | | | | 43.57 | | | | - |
| Engraving | | | | <u>50.75</u> | <u>489.60</u> | | <u>107.00</u> | <u>830.98</u> |
| | | | | | 4,391.30 | | | 4,297.47 |
| Special Projects | | | | | | | | |
| Volunteer Training Weekend | 6 | | | 1,391.00 | | | | - |
| Performance and Excellence | | | | | | | | |
| Development inc Mapping, Coaching, Publicity | | | | 587.65 | | | | 972.08 |
| Grants for International Competition | 7 | | | 881.80 | | | | 1,037.54 |
| Veterans Home International | 8 | | | 1,000.00 | | | | 894.00 |
| Senior Home International | 8 | | | 888.00 | | | | - |
| Junior Home International | 8 | | | - | <u>4,748.45</u> | | <u>1,100.00</u> | <u>4,003.62</u> |
| Deficit/Surplus for year | | | | | <u>-357.15</u> | | | <u>293.85</u> |

Notes to the Income & Expenditure Account for the year ended 31 March 2020:

1. Levy clubs outside Wales using WOA areas & maps.
2. Levy Welsh clubs using WOA areas.
3. CROESO Not applicable this year. The date of the next CROESO is unknown but it will not be in 2020.
4. Administration - Secretarial Expenses, Website costs are shown separately.
5. Audit Fee - Sport Wales accounts independent verification.
6. Volunteer Training Weekend – Aimed at event officials subjects included Mapping, Planning, Organising, Publicity and promotion.
7. Grants for International Competition:
Financial Assistance for Welsh participants at: World Orienteering Championship in Norway.
World Cup Switzerland
World Cup China

| WELSH ORIENTEERING ASSOCIATION | | | | | | | |
|---|---|------------------|--|------------------------|-------------------------|------------------------|-------------------------|
| Balance Sheet as at 31 March 2020 | | | | | | | |
| | | | | 31st March 2020 | | 31st March 2019 | |
| | | | | £ | £ | £ | £ |
| Current Assets | | | | | | | |
| Debtors | Clubs levy | | | | 1,700.30 | | 1,851.50 |
| | Paid in advance Plas Dolau | | | | - | | 675.00 |
| | Cash at bank | | | | <u>37,570.27</u> | | <u>37,151.22</u> |
| | | | | | <u>39,270.57</u> | | <u>39,677.72</u> |
| Less Current Liabilities | | | | | | | |
| | Creditors | | | | 100.00 | | -150.00 |
| | Net Assets | | | | <u>39,170.57</u> | | <u>39,527.72</u> |
| Represented by: | | | | | | | |
| | Reserve Fund | b/f 1.4.19 | | | 39,527.72 | | 39,233.87 |
| | Surplus for year ended | 31.3.20 | | | -357.15 | | 293.85 |
| | | | | | <u>39,170.57</u> | | <u>39,527.72</u> |
| Allocated to: | | | | | | | |
| | Development Fund 1/3 | Accumulated Fund | | | 13,056.86 | | 13,175.91 |
| | Reserve Fund to assist clubs with future events | | | | <u>26,113.71</u> | | <u>26,351.81</u> |
| | | | | | <u>39,170.57</u> | | <u>39,527.72</u> |
| Certified to be in accordance with the books, documents and explanations given to me. | | | | | | | |
| | Signed: | | | | | Dated: | |

Membership Secretary's report

WOA MEMBERSHIP REPORT FOR 2019

| STATUS REPORT - WOA MEMBERSHIP 2019 | TOTAL | ERYRI | MWOC | SBOC | SPLIT | SWOC | BAOC | RAFO | EX-PAT |
|--|--------------|--------------|-------------|-------------|--------------|-------------|-------------|-------------|---------------|
| Number of Honorary members (incl expat) | 4 | | 1 | 2 | | 0 | | | 1 |
| Number of NEW members (new to WOA, incl expat) | 70 | 7 | 11 | 24 | | 23 | | | 5 |
| Number of RENEWALS (incl expats) | 240 | 33 | 39 | 58 | 6 | 57 | 2 | 1 | 44 |
| TOTAL | 314 | 40 | 51 | 84 | 6 | 80 | 2 | 1 | 50 |
| Number (incl expat) who DID NOT RENEW 2019 | 82 | 20 | 8 | 21 | 0 | 23 | 1 | 0 | 9 |

| EXPATS (included in above figures) | |
|--|-----------|
| no R - who have renewed in 2019 | 44 |
| no N - who are new in 2019 | 5 |
| no of H - Hon | 1 |
| no who have not renewed who were members last year | 9 |
| TOTAL | 50 |

| | 2018 | | |
|---|-------------|---|---|
| | TOTAL | M | F |
| HONORARY MEMBERS <i>(included in club totals below)</i> | 4 | 3 | 1 |

| | 2019 | | |
|--|-------------|---|---|
| | TOTAL | M | F |
| | 4 | 3 | 1 |

| | | | |
|----------------------|-----------|-----------|-----------|
| <i>ERYRI SENIORS</i> | 28 | 15 | 13 |
| <i>ERYRI JUNIORS</i> | 26 | 13 | 13 |
| ERYRI - TOTAL | 54 | 28 | 26 |
| <i>MWOC SENIORS</i> | 29 | 17 | 12 |
| <i>MWOC JUNIORS</i> | 12 | 10 | 2 |
| MWOC - TOTAL | 41 | 27 | 14 |
| <i>SBOC SENIORS</i> | 57 | 34 | 23 |
| <i>SBOC JUNIORS</i> | 22 | 13 | 9 |
| SBOC - TOTAL | 79 | 47 | 32 |
| <i>SWOC SENIORS</i> | 65 | 40 | 25 |
| <i>SWOC JUNIORS</i> | 15 | 10 | 5 |
| SWOC - TOTAL | 80 | 50 | 30 |
| <i>SPLOT SENIORS</i> | 5 | 2 | 3 |
| <i>SPLOT JUNIORS</i> | 0 | 0 | 0 |
| SPLOT - TOTAL | 5 | 2 | 3 |
| <i>RAFO SENIORS</i> | 1 | 1 | 0 |
| <i>RAFO JUNIORS</i> | 0 | 0 | 0 |
| RAFO - TOTAL | 1 | 1 | 0 |
| <i>BAOC SENIORS</i> | 3 | 1 | 2 |
| <i>BAOC JUNIORS</i> | 0 | 0 | 0 |
| BAOC - TOTAL | 3 | 1 | 2 |
| <i>EXPAT SENIORS</i> | 41 | 26 | 15 |
| <i>EXPAT JUNIORS</i> | 13 | 5 | 8 |
| EXPAT - TOTAL | 54 | 31 | 23 |

| | | | |
|--|-----------|-----------|-----------|
| | 20 | 13 | 7 |
| | 20 | 9 | 11 |
| | 40 | 22 | 18 |
| | 30 | 19 | 11 |
| | 21 | 13 | 8 |
| | 51 | 32 | 19 |
| | 61 | 36 | 25 |
| | 23 | 17 | 6 |
| | 84 | 53 | 31 |
| | 65 | 41 | 24 |
| | 15 | 7 | 8 |
| | 80 | 48 | 32 |
| | 6 | 3 | 3 |
| | 0 | | |
| | 6 | 3 | 3 |
| | 1 | 1 | |
| | 0 | | |
| | 1 | 1 | 0 |
| | 2 | 1 | 1 |
| | 0 | | |
| | 2 | 1 | 1 |
| | 37 | 25 | 12 |
| | 13 | 5 | 8 |
| | 50 | 30 | 20 |

| | | | |
|-------------------------|------------|------------|------------|
| TOTAL SENIORS | 229 | 136 | 93 |
| TOTAL JUNIORS | 88 | 51 | 37 |
| TOTAL MEMBERSHIP | 317 | 187 | 130 |

| | | | |
|--|------------|------------|------------|
| | 222 | 139 | 83 |
| | 92 | 51 | 41 |
| | 314 | 190 | 124 |

Overall membership has not significantly changed since 2018. SBOC and SWOC have maintained their membership with new membership replacing those who did not renew. ERYRI showed a significant number of non-renewals, but

these were mainly Juniors who had joined and had not continued their membership. MWOC increased their membership by 10, (20% approx.).

All clubs make great efforts to attract participants in our sport, and seem to get good interest for such events as the urban and park races. However, translating that interest into membership seems to be very hard. Countrywide schools orienteering, which chiefly depends on keen teachers prepared to take groups to weekend events, does not translate into club membership. Efforts are being made by various clubs to resolve this dilemma, and it will be very interesting to see how well SBOC will succeed with their project of attracting school children and also parents to the sport.

Anne May
WOA Membership Secretary

Fixtures Secretary's report

My written report covers the period January to December 2019. This will be my last report as I indicated at the WOA AGM in June 2018 that I am standing down at the latest by the end of May 2020.

In 2019 the following were staged in Wales:

Welsh Classic Championships held at Nash Woods, Presteigne staged by MWOC.

The Cwpan Y Ddraig and Yvette Baker trophy qualifying round for Wales was held at Cwm Lickey hosted by SWOC.

The Senior Home International Individual and Relay races were hosted by SBOC on the Gower at Broughton Burrows for the individual race and Whiteford Burrows for the relay race.

The Southern Night Championships were hosted by BAOC at Caerwent Training Camp which provided a weekend of orienteering alongside events held in the Forest of Dean hosted by South West England clubs.

Activities staged in Wales included Welsh Junior Squad training, ERYRI club nights and SBOC once again held their annual introduction to orienteering events. SWOC staged a series of evening races throughout the year. MWOC held a coaching series in the first half of the year.

WOA and Welsh clubs are reminded that an orienteering race/event or activity is only covered by British Orienteering (BOF) insurance if it is registered with British Orienteering. If an event or activity is being run by a BO affiliated orienteering club but is not registered with BO then the club and the members taking part should ensure they are aware of the insurance arrangements for that event in case the liability arrangements are different. Urban events have further rules to follow to be covered by BO insurance including where competitors under 16 years of age can run. **At the earliest opportunity when registering a race or activity the relevant officials should be added to the BOF database to ensure that the named individuals receive the appropriate protection from British Orienteering's insurance.**

The BOF database shows that 66 (76 in 2018) events took place in Wales in 2019. This is made up of 0 Major events (1 in 2018), 4 National events (4 in 2018), 8 Regional events (6 in 2018) and 54 Local events (65 in 2018). This does not include events held by clubs outside of Wales but run in Wales such as DEE events and NGOC events which are registered with the North West Orienteering Association and South West Orienteering Association respectively.

The BOF database shows 32 activities took place in Wales in 2019 (26 in 2016, 33 in 2017, 19 in 2018).

The figures vary each year depending on the commitments of each club. The change in number of activities staged might be for several reasons. Firstly clubs change may change their priorities from year to year, secondly reclassifying activities as Local races which slightly alter the number, to better reflect the status of the race/activity and thirdly a failure to register an activity due to the low level of involvement perceived. Welsh Junior Squad training may be registered as an activity to whichever club the lead coach belongs to as long as the coach is a member of a club that is affiliated to the Welsh Orienteering Association.

Breakdown of race categories per club

| | Major | National | Regional | Local | Activities |
|---------------|----------|----------|----------|-----------|------------|
| MWOC | 0 | 1 | 2 | 6 | 11 |
| ERYRI | 0 | 0 | 2 | 1 | 5 |
| SWOC | 0 | 0 | 2 | 23 | 9 |
| SBOC | 0 | 2 | 2 | 24 | 6 |
| BAOC | 0 | 1 | 0 | 0 | 0 |
| PARCOURS | 0 | 0 | 0 | 0 | 1 |
| TOTALS | 0 | 4 | 8 | 54 | 32 |

Participation figures for 2019 & previous years.

| Category | 2015 | 2016 | 2017 | 2018 | 2019 |
|-----------------|-------------|--------------|-------------|-------------|-------------|
| Senior | 2303 | 8609 | 2910 | 2877 | 3008 |
| Junior | 1190 | 3091 | 1558 | 1271 | 1187 |
| Total | 3493 | 11700 | 4468 | 4148 | 4195 |

(2015 figures do not include participation figures for eight club activities)

(2016 figures do not include participation figures for two club activities)

(2017 figures do not include participation figures for one club activity)

(2019 figures do not include participation figures for two club activities)

2016 included Croeso 2016 held over five days in South Wales

Breakdown of participation figures from British Orienteering database

| | Members | Non-Members | Non-Paying |
|---------------|----------------|--------------------|-------------------|
| Senior | 2407 | 591 | 10 |
| Junior | 560 | 618 | 9 |
| Total | 2967 | 1209 | 19 |

Members are those who are members of British Orienteering, non-members are usually participants new to the sport mainly participating in introductory activities while non-paying mainly refers to runs by members who have volunteered to help at a race and may have received up to a 100% payment discount for their run in acknowledgement of their efforts.

British Orienteering's Event Scheduling Group held meetings in March 2019 and October 2019 both of which I attended.

David Pal, WRE

Mapping Officer's report

2019 Mapping

The following mapping reports have been received :

| | NEW | UPDATED (includes ISOM2017 & Geo-referencing) | EXTENSION | URBAN STREET MAP |
|--------------------------|--------------|--|-----------|---|
| ERYRI ORIENTEERS | | | | Bangor Bethesda Conwy Colwyn bay Llanfairfecan Llandudno Junction Llandudno, Penrhyn Bay Rhos-on-Sea. |
| MID WALES O. C. | Elan Vallley | Hafod Parc Natur Penglais Allt y Crib Ynys Las Coed Mawr Coed Allt Goch | | |
| SWANSEA BAY O.C. | | Nicholaston Burrows Broughton Burrows Whiteford Burrows Pembrey Country Park Clyne Valley Country Park | | |
| SOUTH WALES O. C. | | Kingswood Gwaelod Y Garth Wenallt (complete re-survey) Castell Coch/Fforest Fawr Ty'n y Coed Caerphilly | | PARK SERIES Porthkerry (re-survey) Llanishen (new) |
| Total | 2 | 16 | | 11 |

Robert Griffiths, WOA Mapping Officer, 2nd April 2020

Coaching Officer Report 2019

MWOC

Terry Smith and Bill Marlow with assistance from Gabriella Walsh held three well attended Powys Family Day's. Gabriella Walsh ran a series of 6 linked coaching sessions making use of Pwll Crwn which was mapped by Robert Griffiths. This is a small easily accessible varied woodland site midway between a cluster of primary schools and worked really well for an introduction to orienteering. Coaching assistance was provided by Robert Griffiths, inspiring elites Joe Thomas & Fay Walsh and club member and parent Sue Lee. An introduction to coaching session was held at Y Plas in Machynlleth as part of the Dyfi Biosphere Outdoor Health project. An additional 6 participants were registered but were unable to attend due to an accident resulting in a road closure. Informal coaching support was also provided at all club events by coaches and experienced club members. Coaching support was also provided to Sarah Horsler and Aberstwyth University Orienteering club.

| Coaching | | Participation 2019 | | | |
|------------|--|--------------------|---------------|-------------------|-------------------|
| | | Senior Member | Junior Member | Senior Non-member | Junior Non-member |
| 26/02/2019 | Powys Family Day | | | 38 | 92 |
| 11/05/2019 | WJS Training | 3 | 9 | | |
| 30/05/2019 | Powys Family Day | | | 22 | 58 |
| 13/06/2019 | Coaching Series 1 | 1 | 1 | | 3 |
| 20/06/2019 | Coaching Series 2 | 1 | 2 | 1 | 4 |
| 27/06/2019 | Coaching Series 3 | 1 | 1 | | 3 |
| 04/07/2019 | Coaching Series 4 | 1 | 2 | 1 | 4 |
| 11/07/2019 | Coaching Series 5 | 3 | 1 | 3 | 3 |
| 18/07/2019 | Coaching Series 6 | 3 | 3 | 3 | 7 |
| 29/10/2019 | Powys Family Day | | 3 | 32 | 71 |
| 27/11/2019 | Dyfi Biosphere Outdoor Health Coaching session | | | 4 | |
| | | 13 | 22 | 104 | 245 |

SBOC

4 session coaching series in March/April. Lead by Steve Quinton Level 2 Coach assisted by experienced members of the club at each session. A fee was charged to attend, which was paid up front and for this we offered free membership for the year and free entry to 3 SBOC events.

Sessions were well attended and 5 families and 3 individuals became members. Of these, 3 of the families and all of the individuals attended events regularly.

We ran two Intro Events to give newcomers a chance to orienteering in terrain before the start of the Summer League. We also held a refresher coaching session before our first Winter League event in October. This was well attended by various existing members and people from other clubs.

None of the families renewed for 2020, but we suspect that this is due to no suitable events being available for them to attend, many had also expressed a desire to attend the 2020 coaching session to improve their skills, this was cancelled due to Covid.

SWOC

SWOC coaching is delivered by Nigel Ferrand with assistance from Mark Saunders, Alice Bedwell, Anne May and other experienced club members. Several Saturday afternoon coaching sessions were held in 2019. Coaching support was provided at local events and the Cardiff Park Series events in the evenings.

Current Welsh Coaches

| | UKCC Level 2 | UKCC Level 1 | Coach Level 3 | Coaching safely in remote areas |
|--------------|--|--|----------------------|--|
| ERYRI | Jim Wood | | | |
| MWOC | Gabriella Walsh Terry Smith | Gabriella Walsh Terry Smith Steve Walsh Robert Griffiths Eunice Carter Clive Thomas | Bill Marlow | * * |
| SBOC | Steve Quinton Margaret Reynolds Roger Stein | Diana McClure Ben Mitchell Roger Stein Matt Jones | | * |
| SWOC | Nigel Ferrand Mark Saunders Alice Bedwell | | | * * |

Information Officer's report

I focussed on two main activities which were regular newsletters to the WOA membership and sharing things on social media. I think these are well-received and helps communication with our membership, other orienteers and prospective members. I have provided some data insights below.

During our AGM in 2019 we agreed to have a new WOA website developed. I was tasked with leading this however I was not making much progress on it. (Please note following our virtual meeting in Summer 2020 I am now working on a specification for the new website).

1. Newsletters

Newsletters were sent monthly. In May we started using Mailchimp to do this which means we can now see analysis of how these were received. I split the email into sections of 'What's been happening', 'What's next' and 'Finally,' where I'd include a fun link/activity/article etc. at the end of the newsletter. Also photos throughout with credits in the footer.

May2019: 60.2% opened the email, 13.5% clicked on links within the email.

June2019: 63.3% opened, 6.3% clicks

July2019: 61.8% opened, 12.6% clicks

Sept2019: 62.2% opened, 22.5% clicks

Oct2019: 61.9% opened, 11.4% clicks

Nov2019: 54.5% opened, 23.9% clicks

Dec2019 was merged with Jan2020.

So roughly 60% of the membership appear to read these Newsletters, at least partially.

2. Social Media

Here is an outline of our social media reach and engagement. Reach is the number of users who have viewed the post, while engagement is the number of people who have clicked on and/or reacted to the post.

Facebook - Welsh Orienteering Association page

01/01/2019: 82 followers

First posts of 2019:

Youtube video - Think Fast Run Hard - 10/01/2019 - 63 people reached, 4 engagements

Kris Jones GB Cross Country - 12/01/2019 - 93 people reached, 19 engagements

Youtube video - Think Fast Run Hard - 19/01/2019 - 54 people reached, 15 engagements

31/12/2019: 127 followers

Last posts of 2019:

Welsh League Newborough race report - 03/11/2019 - 123people reached, 26 engagements

Welsh League Final details - 04/12/2019 - 118 people reached, 15 engagements

WOA League tables - 05/12/2019 - 120people reached, 118 engagements

People reached and engagements appear to have increased between the start and the end of the year as more people followed the page.

Most popular posts:

World Cup Laufen race report - 436 people reached, 275 engagements

SHIs report - 465 people reached, 244 engagements

These were shared to other pages (4 times each).

Instagram - @welshorienteering - Welsh Orienteering Association page

12 posts and more stories during the year.

First 3 posts:

Mynydd y Garn Welsh League - 16/02/2020 - 29 likes

Welsh Champs - 13/04/2020 - 15 likes

Anwen doing Dragons Back Race - 24/05/2019 - 31 likes

Last 3 posts:

SHIs - 08/09/2019 - 43 likes

British Sprint & Middle Champs - 28 likes

World Cup Laufen - 01/10/2019 - 38 likes

Most popular posts:

SHIs - 08/09/2019 - 43 likes

World Cup Laufen - 01/10/2019 - 38 likes

Welsh Squad spectating WOC2019 - 15/08/2019 - 37 likes

Development Officer's report

After the enjoyable weekends in 2015 and 2017, another very successful "Volunteers Activity Weekend" was held at Plas Dolau near Aberystwyth in June 2019. Every member of WOA was invited along and in the end we had more than 26 attendees (a significant proportion of the WOA senior membership). Amongst other things sessions were held on Event Planning, Event Organisation and Club Night activities. Pat McLeod gave us an introduction to the Phone App, MapRun with a practical demonstration round Aberystwyth. Phil Conway of British Orienteering lead a session on the BOF youth strategy. There were also opportunities for Orienteering training at Nant yr Arian (thanks Joe Thomas) and a Welsh League event on Sunday at Teifi Pools. Many thanks to everybody who helped with the weekend. Great feedback was received (although complaints were received about the tooth breaking qualities of the meringues).

SBOC received a WOA development grant to support them in their development and recruitment initiative - a coaching course over four weeks specifically aimed at beginners. It was successful over the year: 7 families turned up and most completed the four weeks. Some of the beginners ran in SBOC's Summer and Winter Leagues and the SHI weekend on the Gower. Two of them were volunteer helpers at the SHI weekend. 11 adults and 11 juniors joined SBOC.

SBOC put in a bid for WOA support for a schools initiative working with Swansea..... this bid was approved but has been in abeyance until 2021.

SWOC continued its summer Park Series which had its' highest number of participants yet, attracting families with young children and M/W21s. Starting to see some participants moving to our "proper" orienteering events and even one potential committee member.

Mark Saunders SWOC/BOK

Welsh Junior Squad report 2019

The following activities were held in 2019

Jan 19th/20th - Forest of Dean training on the Saturday followed by NGOC event. Staying at Soudley Village hall.

Feb 9th/10th – 2 days training in the South Wales sand dunes. Staying at Bryn Village Hall. Mar 9th training on Cannock Chase prior to attending Northern Champs in Yorkshire. Only a handful of Welsh Youngsters. Joined by some juniors from the West Midlands, to make the training day worthwhile. Thanks to the Stodgell family for putting us up.

Apr 13th/14th - A training day on Pwll du prior to Welsh League and Cwpan Y Ddraig race at Cwm Lickey on the Sunday. Very few juniors for the latter – not enough for any club to have a full team. Training made viable / enjoyable by having some BOK adults along as well.

May 11th/12th - A training day at Aberedw rocks on Saturday followed by Welsh League at Carneddau. Staying at Llyswen village hall. Numbers enhanced by a group of Youngsters from North Wales, who all seemed to enjoy the weekend, tho' most of them were very young.

August 10-18th - Summer training camp to Fredrikstad in Norway. Including spectating at the World Championships and taking part in some of the spectator races. A very enjoyable week, made viable/ fun by including a number of Bristol OK youngsters.

Sept 7th – parents and other helpers provided the catering for the SHI on the Gower as a fund raising activity for the squad. A significant sum was raised – helps make our foreign training camp affordable. A particular thank you to Eunice Carter who stepped in at the last minute to organise all this.

Sept 28/29th Junior Inter Regional Championships in Yorkshire. Alice and myself were at a wedding so many thanks to Jim Wood, Kerina Lake and Anthony Raven for taking the youngsters.

Oct 12th/13th Junior Home International in Northern Ireland.

Nov 16th – Training day at Fforest Fawr near Cardiff

Nov 23rd/24th – Training weekend at Hawkshead in the Lakes for M/W 16s, alongside youngsters from all the other Junior Squads. Just 4 welsh youngsters this year.

Dec 7th – Training day at Soudley in the Forest of Dean.

We are concerned by our reducing numbers. We try to make dates as convenient as possible – arranging days to fit in with Welsh League events – train on the Saturday, race on the Sunday. We are also more and more inviting juniors from elsewhere - BOK, NGOC, West Mids. That helps with the numbers and keeps things fun – much more fun for everyone training in a group of 15/20 rather than just 5 or 6.

So to re-emphasise. Our training is open to any Welsh youngsters. Generally we can arrange exercises for all standards - Yellow/Orange and upwards. Parents are welcome to come along / take part or not as they wish. If you want to know more – or just be included in our mailing list – email us Markandalice@btinternet.com

Mark Saunders / Alice Bedwell BOK/SWOC

Veteran Home Internationals 2019. Team Manager Report.

My first year as team manager for the Wales Veterans was a great experience, and I was proud to occupy that role. Wales fielded an almost full team for the VHI in 2019, heading to Scotland in October. We kicked off on the Saturday with the relay races at Binning Wood, at East Linton, and on Sunday the individual races were held on the Pentlands, just south of Edinburgh. This reversal of the normal order of service for the VHIs meant that the individuals could be combined with a Scottish League event, but it does spoil the fun of the competition somewhat; always more entertaining to finish with the relay.

The excellent and somewhat maze-like Binning wood provided a good challenge for some of us, whilst others stormed through. The weather was great and Wales did ok, getting 10 points on Ireland. Weather stayed dry up on the Pentlands on the Sunday, and Wales held on, widening the gap and winning their competition (let's face it, there are two competitions here), beating Ireland, whew. Competition was, as always, tough, and whilst the men's races put a brave face on it, it was the women who brought up the places and won us the ultimate prize. Our best placings were Alice Bedwell, 2nd, and Margaret Reynolds, 3rd in the W55 age-group. However, the result is overwhelmingly a team effort every single runner needed to do what they did to gain the edge on the Irish. We had some new runners in our team, Adam McCreadie, Adrian Moir, Chris Virgo, Gill Lock and Diana McClure all getting their first "caps" for Wales. A big thank you to all of you, old timers and first timers, as the weekend was great company and fun. I should add that the accommodation provided a great talking point; enough said.

The total points were as follows: England 283, Scotland 226, Wales 119 and Ireland 103.