

Newsletter April 2019



Here's a round-up of April's races, including the UK's biggest international event, the JK:

- The Welsh Junior Squad had a training day on Pwll Ddu, practising various skills on the intricate slopes of the old mining works.
- South Wales OC held a hilly Welsh League race around Cwm Lickey. [Results](#) and updated [Welsh League Scores](#). The planner made a great route-choice leg across the steep valley on the [Brown course](#). Which way would you go from 6 to 7? Congratulations to the youngsters of SWOC who won this year's Cwpan Y Ddraig, the Welsh Junior Inter-club competition which was incorporated into the event.
- The Easter Bank Holiday weekend brought a glorious heatwave, and of course the UK's biggest international event, the JK. On Good Friday, we had the Sprint around [Aldershot Barracks](#). Results [here](#). Notably our Welsh medallists were: Megan Carter-Davies W21E, Alice Bedwell 2nd W55 and Gill Manning 3rd W70, Richard Barrett 3rd M45, and Alun Jones 2nd M65.
- We moved to the fast Southern forests for the rest of the weekend. The individual races at [Windmill Hill](#) and [Cold Ash](#) made up the [Overall positions](#). Again some podium places for Mark Saunders 2nd M60, Alun Jones 3rd M65L, and Megan Carter-Davies 1st W21E.
- The long weekend ended with a Relay around [Minley Woods](#) on the Monday. Congratulations to Fay Walsh, bringing home her Edinburgh University team to a win on the Women's Trophy. Mark Saunders was part of Bristol OK's winning team in the Veteran Men category and David May part of South London's winning team in Ultra Veteran category. [Relay Results](#).
- Ben Mitchell, Megan Carter-Davies and Fay Walsh headed out to Southern Sweden on the final weekend of April to race in Tiomila, a huge international relay. Fay ran 1st leg for OK Linne 2 (based in Uppsala, where Fay studied last year) and Megan ran last leg for Rajamaen Rykmentti (RR) 1 in the women's relay, and Ben ran 5th leg for RR 1 in the Men's relay. Results are [here](#).

Next up, we have:

- Welsh League Race #4 being hosted by Mid Wales OC at Carneddau on Sunday 12th May. Details [here](#).
- Welsh League Race #5 being hosted by Swansea Bay OC at Kenfig on Sunday 2nd June . Details [here](#). Note there will be a [local race](#) at Oxwich Burrows on the Saturday.
- Mark Saunders is organising a Volunteers Weekend near Aberystwyth on the 22nd/23rd June to tie in with Welsh League at Teifi Pools on the Sunday. More details to come.

Finally, a bit of an insight into how the pro's orienteer! Ahead of the World Championships in Norway, some of the country's past World Champions have been setting challenging route-choices and later saying how they would take on the leg—see [here](#). The terrain may be more rocky and tougher underfoot than the average British forest but hopefully you'll enjoy the thoughts behind why they choose certain routes. The World Championships will be held during 12th-17th August near Halden.

Happy orienteering!