

OUR OSCARS FOR 2012

ORIENTEER OF THE YEAR –JEAN LOCHHEAD

(EPOC and long-time WOA Member)



Winner of W65 Sprint course in Goslar at the World Masters Orienteering Championships held in the Harz Mountains, Germany, July 2012.

She beat 79 other W65A finalists, winning by 25 secs over her nearest rival!

The photo shows Jean, after her victory, manning a road crossing on Day

6 of Croeso 2012.

VOLUNTEER OF THE YEAR—DAVID BRODIE, POW

*Co-ordinator of the very successful
Croeso 2012.*

Dave's award was presented to his partner (and major assistant at Croeso), Rose Phillips, in February, by Robert Griffiths, POW, as Dave is currently working in China.

Photo: David, with the tools of his trade—radio, clipboard, at Croeso



THE AGM OF THE WELSH ORIENTEERING ASSOCIATION

WILL TAKE PLACE ON SUNDAY, JUNE 16TH AT 2:00 PM
IN LLANDRE CHURCH HALL, CEREDIGION SY24

<http://www.streetmap.co.uk/map.srf?x=262492&y=286909&z=115&sv=262492,286909&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=737&ax=262492&ay=286909&lm=0>

All invited! Tea and biscuits from 1:30 pm provided by WOA. Come and chat in comfort after the event on Carn Owen (a short drive from the event to the hall).

Motions or amendments to the constitution should be sent to secretary@woa.org.uk by 26th May at the latest. A copy of the AGM agenda and a copy of the Treasurer's report and financial statement will be available on the WOA website by 1st June.

WOA VACANCIES— YOUR ASSOCIATION NEEDS YOU!

Please contact secretary@woa.org.uk if you are able to help.

CHAIR PERSON - The job: chair the meetings, liaise with the Sports Council, work with the treasurer to prepare the application for funding from the sports council, collate & feedback Welsh views to BOF and other bits and pieces as required, write an annual report for the AGM. (one nomination received!)

SECRETARY—After 5 years, Anne May is stepping down from this post. Secretarial tasks: minute-taking, organisation of WOA committee meetings—possible venue, preparation of Agenda, notification to committee and clubs—not too onerous! Requirements: a computer with a wp package, access to email.

TECHNICAL OFFICER—After 5 years, David May is stepping down from this post. He has organised Planners' and Controllers' courses and kept WOA up to date on technical issues.

****WEBSITE MANAGER/INFORMATION OFFICER**—"publicise the affairs of the Association, Welsh orienteering and Welsh orienteering events

****Y DDRAIG EDITOR**—any offers? Two editions per year are desirable—one in Autumn after the summer events and one in Spring, to inform members of the AGM and to report on events in Wales.

(**The jobs of Website manager/Information Officer and Y Ddraig Editor could be combined as they are all essentially to publicise Welsh orienteering.)

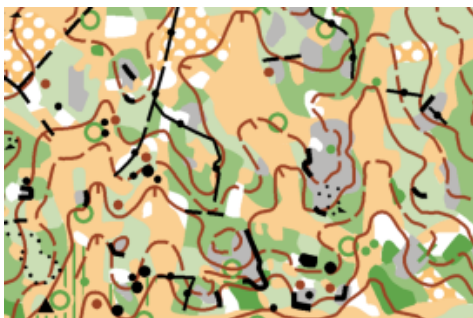
MEMBERSHIP SECRETARY—to keep records on Membership of WOA clubs and liaise with British Orienteering on membership matters.



JUNIORS IN PORTUGAL, William Reynolds, SBOC

The first thing I remember was stepping out of the plane to scorching heat in February!! We then had a long drive to our hall in Idanha-Nova. We arrived quite late and it was freezing, so everybody slept in their clothes to stay warm.

Day 1 was again very hot and so the Welsh Squad sat outside to eat our breakfast, consisting of cereal and some sort of jelly yoghurts that we



had almost every day. The first run was a complex area with a lot of marshes, greenery and rocks.

It was quite technical so I took it slowly, finishing 4 minutes behind Joe (Thomas). We then had lunch which we bought from a Super-Marché and got ready for the night sprint. The night sprint was very fast and I managed to come 8th, first of the M16 of the club Sugarloaf.

Day 2 was almost the same as the

first day but it wasn't as warm. I did a bit better but still came quite low down the list of M16. At the end of the race Joe and I did the same thing as we did the day before - buy lunch and walk around until it got dark.

Day 3 was very windy and not very sunny so we ate our breakfast inside. Then we drove to a new area which was very rocky and hilly. I had a very bad run in which Joe caught me up 12 minutes by number 2. We went around together for the rest of the course helping each other until number 8. We were in the right place but we just missed it and we were looking for it for 15 minutes. That was the worst day I had so far.



Then we went up to do a sprint in Monsanto (On a high cliff lies a village known as the most Portuguese

JUNIORS IN PORTUGAL (continued)

village in Portugal. Ed).

We parked down the bottom of the hill and walked 30 minutes to the top. It was very windy still but the house blocked any sunlight that would have reached us, leaving us very cold.

The Monsanto sprint was very complex and one mistake could cost you the run. I had quite a good run but my SI card didn't register in the download so I was told to go to the event centre when we got back to Idanha-Nova. Joe and I went there only to find it was locked. SO I had to settle for a mis-punch. I was quite annoyed as I had had a decent run.

Day 4 was in the same area so I was determined to do well. Joe started a bit ahead of me so I wanted to catch him. On my way to number 1 I saw Joe walking back to the start, Turned out he picked up the M18 map instead of the M16s. I finished the course with only a few mistakes. I was counting down the time until Joe came in because before Day 4 he was beating me by 12 minutes overall. It took longer than I expected but I saw him hobbling in and I knew something went wrong.

Overall the POM hadn't been as good as I would've liked. But there were still 2 more events at the end of the week. So after the event we drove down south near Fuiguiera Defoz.

We stayed in little cabins which was very nice. I was in a cabin with Fay, Megan, Joe, Katie and Gabriella. We were the only ones without ant-infested houses. That night was pancake night so our group made the pan-



cakes for everybody.

The next day was a rest day so we went to Nazare. All the boys went off into town while me, Katie, Ben, Joe, Megan, Fay and I stayed on the beach.

The next time we saw the boys they were walking down the street with 50cm wide pizzas. Being orienteers, it wasn't a very good diet. We decided to get 1 between 6 and took it down to the beach where we played football and went into the sea. In the football the teams were the South North, Mid and England. Obviously the South won.

The next 2 days were training and model events, taking breaks to go to the beach. On the Saturday was the first event. It was a fast area with lots of paths and lots of sand and I had a very good run coming 3rd in the M16s. We went back to our cabins and got ready for another race, this time it was a night sprint. I had a very good run coming 2nd and only 1 minute down on the person who won every day of the POM and the 2 weekend courses. The next day was my worst run of the week. I had put myself in a good position the day

JUNIORS IN PORTUGAL (continued)

before, maybe even getting a medal, but Michael Hallett had taken 6 minutes out of me by number one and then 13 minutes by number 2. It was not the start I was hoping for. All through the course I kept making mistakes, coming quite far down the results and finishing 6th overall, somehow. It was a miserable day and I just wanted to go.

Leaving the nice warm weather behind, we got back to England and it

was freezing. I just wished I could stay in Portugal. I got back at 1 in the morning with school the next day!! I didn't mind, the week had been really fun and my runs were ok. I would like to thank Mark, Alice, Gabriella, Clive Thomas and Clive Hallett for a brilliant week and a great experience.

William Reynolds

Welsh League 2013

Results <http://www.woa.org.uk/2013.htm>

(press on name in blue for link to details of event)

1. 24 Feb SWOC Level C [Cwm Lickey](#)
2. 17 Mar NGOC Level C [Symonds Yat](#) Cwpan Y Ddraig & Yvette Baker Trophy Welsh Qualifier

Provisional Events

The following events should all take place as planned, but could still be subject to change at short notice.

You are advised to seek confirmation from the organiser that the event is on, before travelling.

Please check the [WOA Fixtures List for more information.](#)

3. 16 Jun POW Level C [Carn Owen](#)
4. 22 Jun SBOC Level C [Broughton Burrows](#)
5. 1 Sep SBOC Level C [Ogof Ffynnon Ddu](#)
6. 22 Sep SWOC Level C [Llantrisant Forest](#)
7. 13 Oct ERYRI Level B [Newborough Forest](#) Welsh Championships

More events may be added to the League later in the year.

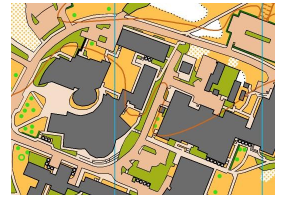


WELSH JUNIORS AT THE JK!



This year, the JK orienteering festival was based in southern England near Reading at the end of March. The JK is held annually and attracts visitors of many nationalities, as well as hosting some of the main selection races to represent Great Britain.

It began with a sprint race on Good Friday around Reading University. Although it was a difficult area to get lost in, it provided plenty of opportunity for route choice around the typical campus buildings. Most of my controls went fine, however I lost chance of a podium place after messing up on my number 5. I'm still pleased to have come 4th though!



Day 2 was a classic race for most, while the Elites had a middle race. Held at Hambleden, low undergrowth and quite a technically simple area allowed for fast courses, apart from the large, sloping hills, of course! Many competitors came in with very quick times. Rhodri Buffet had a cracking run coming 3rd on M21E. I also managed to have a clean, fast run with the pressure of a chasing start (my main competition was starting 2 minutes behind me). With only a slight mistake on control 2, where I was too far up the hill, I came in with a time of 34:55, putting me into 2nd place on the W18/20 elite course. Other good Welsh results include Matt Jones coming 2nd on the M21L course and Katie Reynolds 5th, Cerys Manning 7th and Anwen Darlington 9th on their respective courses too. Thankfully, the rain held off until after everyone was beginning to leave resulting in quite a nice day and clean O-shoes for Day 3!

Easter Sunday housed the individual courses at Cold Ash. Undulating slopes and a lot of change in vegetation led to these long races being more technical than the courses at Hambleden, and more streams meant a bit of mud too! My run was quite messy in the sense that I wasn't very accurate in some parts when I should have been. I came 5th though, with a time of 74:53 on my 8.3km course (would have liked 60 minutes or so!) but I was pleased to get around with my hurting hip. Overall, I came 3rd in W18E with my results from day 2 and day 3 combined so I was quite content with that! We had some brilliant results with Welsh Junior Squad coach, Alice Bedwell, winning on W50L, Matt Jones 2nd on M21L and Ciaran Allen 4th on M18E.

We returned to Hambleden on the Monday for the relays. With the Club tents fitting nicely between the run-in and the spectator control, the set-up provided some exciting races. I was in POW's intermediate women's team, SuperPOWers, with Fay Walsh and Emily Thomas. Fay came in with a quick time and I didn't

WELSH JUNIORS AT THE JK! (contd)

have to wait long in the start pen before Emily came in 2nd on our middle leg! So I went out and had as good a run possible with my injury and maintained Emily's good result, placing our team in 2nd place, POW's first relay podium place in a long time! Many of the other welsh teams had good results too such as William, Harry and Gwenllian Thomas (not all of the same family) taking 4th place in the mini relays. Special congratulations must go to Katie Reynolds for being selected for JWOC 2013. Good luck, Katie!
So now we can look forward to JK 2014 in South Wales!

CURRENT WELSH CHAMPIONS—2012

M10			W10	Ronja Becker	SWOC
M12	Quinlan Silk	SWOC	W12	Gwenllian Thomas	POW
M14	Joe Thomas	POW	W14	Ellen Norris	POW
M16	Niall Allen	ERYRI			
M18	Ciaran Allen	ERYRI	W18	Katie Reynolds	SBOC
M20			W20		
M21	Kris Jones	SBOC	W21	Anwen Darlington	ShUOC
M35	Chris Lewis	SBOC	W35	Julia Becker	SWOC
M40	Ifor Powell	SWOC	W40	Jenny Heming	ERYRI
M45	Mark Saunders	BOK	W45	Gill Lock	SBOC
M50	David Watkins	BADO	W50	Margaret Reynolds	SBOC
M55	Alun Jones	TVOC	W55	Caroline Dallimore	SWOC
M60	Neil Grant	SWOC	W60	Gill Manning	SWOC
M65	Brian Hughes	HOC	W65	Jean Lochhead	EPOC
M70	Frank Ince		SWOC		
M80	Peter Seward	SBOC			

SHORT DISTANCE OPEN CHAMPION: Kris Jones, M21 (SBOC)

WELSH CHAMPIONSHIPS 2013

Come and challenge the champions! The event, organised by ERYRI, our club in North Wales, will be held on Sunday, 13th October 2013... at Newborough, Anglesey.

WELSH YVETTE BAKER TROPHY

by Megan Carter-Davis

On Saturday 16th March, we had a Welsh Junior Squad training at New Beechenhurst with several different exercises in the morning and a fun peg relay in the afternoon with more competition from some the Bristol Juniors and South London Orienteers, who were also training there.

However the main event was on the Sunday. It was the Welsh Yvette Baker Trophy heat in which all the Welsh clubs have a team of juniors who race to get as many points as possible. The event was held at Headless Hill with a galoppen event held by NGOC. Being a really steep area with lots of tree cover, it became very slippery and physically challenging after recent rains making the going tough. Although as juniors reappeared from finishing their courses, it was apparent that there were two main contestants in the competition: POW and SBOC, whilst ERYRI and South Wales had few competitors. A couple of hours passed by with muddy orienteers cleaning themselves up and lingering about the results until the prize giving came around. SBOC was just about on par with the number of top spots they had compared to POW so it was quite an exciting build up and then, it was announced that POW had won marginally, SBOC coming 2nd, so now Mid Wales Orienteers will represent Wales in the Yvette Baker Trophy at the beginning of June in Grantham. Thanks to NGOC for organising the event.

	Yellow	Orange	Light Green	Green
1st	Harry Thomas	Quinlan Silk	Patrick Jones	Megan Carter-Davies
2nd	Tom Butterworth	William Thomas	Alastair Gardner-Smith	Sam Mitchell
3rd	Tom Carter-Davies	Emily Thomas	Callum Carter-Davies	William Reynolds