

OUR OSCARS FOR 2013

ORIENTEER OF THE YEAR—Katie Reynolds, SBOC

Katie Reynolds from Swansea Bay is the Welsh Orienteering Association's Orienteer of the Year for 2013. After a solid domestic season she was selected to represent Great Britain at the Junior World Orienteering Championships held in the Czech Republic in July. Katie is a stalwart of SBOC and was a key member of the Welsh Junior Squad for many years. Her running speed - she is also a fine steeple chaser - brought home many a relay team. As well as her own racing, she has latterly helped on training camps - control hanging etc. She is currently studying at Edinburgh University. Some previous successes are: 2012 - GB team in EYOC, and Welsh Champion, 2008 British Champion - W14, 2005 British champion—W12.



Katie runs into 3rd place ,
W20E, in last year's JK Sprint.



VOLUNTEER OF THE YEAR— Peter Ribbans, SWOC

Pete has taken on the role of WOA Chair following a period when the WOA ship was rudderless. He has quickly brought it under control and there now seems to be a direction for WOA to follow.

Pete competing at Croeso 2012.

Welsh success at the JIRCs!

Elen Norris, ERYRI, reports:



This year the Welsh Junior Orienteering Squad had one of their most successful ever JIRCs with Wales coming 4th in the overall standings. Also, the girls' Welsh relay team of Fay Walsh, Elen Norris and Megan Carter-Davies came first, winning the girls relay race, the first time ever Wales have achieved this!

This year the JIRCs was held in South Dorset, organised by Wimborne Orienteers. For the individual competition

we travelled to Gore Heath, situated just west of Bournemouth. Gore Heath has a variety of vegetation; some of the forest is very runnable, ensuring some fast times.

The courses included a spectator control situated in a depression at the top of a hill, creating a good cheer from fellow squad members! Well done to Megan Carter-Davies who performed best in the Welsh team, coming 3rd in the W18 course! Also, I think we

should thank William Thomas and Quinlan Silk for running up as M14 from M12.

The relays were held on God's Hill near the New Forest on the Sunday. Traveling to the event I spotted many donkeys and the famous New Forest ponies (which we were warned about beforehand), I also saw a deer out on my leg of the relay! It was a very cold day but spirits were high as the anticipation of who would win the relays was looming. As the M16s lined up at the start line you could feel the competitive tension building up. They set off to a rousing cheer and were soon out of sight. The girls set off 15 minutes later, to an equally rousing cheer. God's Hill includes some very runnable

forested areas but mostly was an open heathland. The run-in from the last control was a straight stretch of short, enabling some impressive sprint finishes!

When Megan came round the corner to the finish control it was hard to believe that we were about to win. Fay and I quickly joined her on the run-in accompanied by the Welsh flag and a loud cheer. Crossing the line Megan said 'Are we 3rd then?' only to be answered with Fay and I screaming that we were FIRST!

It was a very enjoyable weekend made even better with the success of the whole team! I think the Welsh Junior Orienteering Squad are looking forward to competing at the JIRCS' next year!



Welsh League 2013—THE WINNERS!

TOP THREE LEAGUE POSITIONS –

for full results go to <http://www.woa.org.uk/2013.htm>

JUNIOR (W)

1	Megan Carter-Davies	W18	POW	502
2	Fay Walsh	W16	POW	484
3	Lowri Butterworth	W16	SBOC	340

JUNIOR (M)

1	Charlie Jenkins	M18	SBOC	425
2	Sam Mitchell	M18	SBOC	399
3	Patrick Jones	M18	SBOC	379

SENIOR (W)

1	Christine Farr	W35	SWOC	350
2	Clare Dallimore	W21	SWOC	203
3	Jenny Green	W20	SBOC	155

SENIOR (M)

1	Ben Mitchell	M20	SBOC	408
2	Sander Vaher	M21	SBOC	310
3	Ben Doherty	M21	SBOC	158

VETS (W)

1	Eunice Carter	W45	POW	378
2	Gabriella Walsh	W45	POW	376
3	Kate O'Sullivan	W45	POW	324

VETS (M)

1	Fraser Stephens	M45	SPLIT	277
2	Nick Silk	M45	SWOC	241
3	Clive Thomas	M45	POW	240

SUPERVETS (W)

1	Margaret Reynolds	W50	SBOC	510
2	Alice Bedwell	W50	BOK	485
3	Gill Manning	W60	SWOC	424

SUPERVETS (M)

Welsh League 2014

Results (press on name in blue for link to webpage)

1: 9 Feb SWOC Level C [Kingswood](#)

2: 1 Mar SBOC Level C [Kenfig Burrows](#) SDOC (Welsh Short Distance Open Championships) - (will not count)

3: 2 Mar SBOC Level B [Merthyr Mawr](#) Welsh Championships

Future Events

The following events should all take place as planned, but could still be subject to change at short notice. Before travelling, you are advised to seek confirmation from the organiser that the event is on.

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

4: **18 Apr** SBOC Level A [Swansea University](#) JK 2014 Day 1 (Sprint)

5: **19 Apr** SWOC Level A [Merthyr Common](#) JK 2014 Day 2 (Mid/Long)

6: **20 Apr** SWOC Level A [Llangynidr](#) JK 2014 Day 3 (Long)

7: **11 May** MWOC Level C [Nash Woods](#) Cwpan Y Ddraig & Yvette Baker Trophy
Welsh Qualifier

8: **4 Oct** SWOC Level C [Pwll Du](#)

9: **5 Oct** SBOC Level C [Pembrey Burrows](#)

10: **16 Nov** MWOC Level C [Llynnoedd Teifi](#) (illustrated below, courtesy of MWOC website)





The Orienteering Foundation

The 'O' Foundation is an independent Charity established to support Orienteers and Orienteering.

It makes grants at the discretion of the Trustees to encourage

- the enhancement of events
- innovation
- or the alleviation of hardship.

In the recent past it has made grants to support

- National Schools teams to attend The World Schools' Championships
- The Ward Junior Home internationals
- Junior Inter- regional competition.
- Junior regional squad training overseas and in the British Isles.

The Trustees are committed to widening the support they can give to the Orienteering community beyond junior participation.

To sustain the present level of activity and to widen the scope of the Foundation's support requires money. The Orienteering Foundation fund-raising Campaign is gradually accumulating much needed capital to make increasing grants possible.

CAN YOU, WILL YOU HELP US?

For further information contact:

The 'O' Foundation administrator, Viv Macdonald

(viv.macdonald@btinternet.com)

or visit the British Orienteering Website

(www.britishorienteering.org.uk)



JUNIOR SQUAD TRIP TO SWEDEN 2013



Emily Thomas, MWOC

It was my first time visiting and orienteering in Sweden and I really enjoyed it.

We flew from Liverpool and travelled along the famous Copenhagen 2 kilometre bridge into Sweden, arriving at our big hut a few hours later. The hut was excellent and we could play football outside. But the downside was a few of us had to sleep in the shower changing rooms because there were too many of us! Every night we had some great food cooked by Eunice and her team of helpers (thank you!).



Niall Allen and Stuart Lewis approaching the last control in one of the races

Our coaches, Mark and Alice, were great. I learnt a lot because the areas were much harder to orienteer in and when I came back to Wales I noticed a difference in my skills/reading the map.

The areas we orienteered in were very rocky, quite rough and had some huge marshes. We entered a few sprint races which were great fun and the prizes were crazy. There were clocks, candles and Kris even won a barbeque which he donated to the local Bredaryds O Club.

We went swimming in a lake almost every day and, at the end, we even managed to find one with a diving board. We came back to hot saunas and 'Abs like Slabs' hosted by Kitty.

The rest day was entertaining as we went into Varnamo followed by an evening of laughing at the go-pro videos. The two highlights were 'Patrick Cam' and the boxing match between Niall and Stephen. It was a great experience and I can't wait to (hopefully) go again!



Tour participants proudly showing off their prizes from one of the Swedish races we attended - and yes, Mark did win a green bucket!

A video was compiled by Niall Allen which gives a good flavour of the tour. Have a look!



www.youtube.com/watch?v=Rz_nBifNtFg&feature=youtu.be



Easter 2014 sees “the JK” come to Wales again, 16 years after the last time when it was held in and around Dolgellau. This time it’s based in South Wales, with the Swansea, Merthyr Tydfil and Blaenavon districts hosting the four races – one more race day since the 1998 JK.

The 1998 JK remains the largest event ever held in Wales with some 3326 competitors on the start line. Many of you will remember that mid-April snow ruined the second individual day and many of the courses had to be cancelled – the first, and we trust last, time this has happened at a JK! But it was a truly excellent competition despite this.

A very healthy entry is expected this year too as there are over 2800 entries currently on the list, over 500 of them attracted from overseas as well. There’s a large entry from Welsh clubs too, but mostly from experienced competitors and with not so many newcomers.

So, if you feel that “the JK” is too serious for you, don’t worry – it caters for all as its “festival” description implies. It’s not too late to enter as the closing date is March 30th, so why not give it a go? There may not be another opportunity “on your home patch” for another 16 years after all!

Find out more from <http://www.thejk.org.uk/jk2014>

CURRENT WELSH CHAMPIONS—2014

MERTHYR MAWR, 2nd MARCH 2014

M10	-	W10	Hannah Thomas	MWOC
M12	Harry Thomas MWOC	W12	Carys Lock	SBOC
M14	Quinlan Silk SWOC	W14	Catrin Skym	MWOC
M16	William Reynolds SBOCW16		Ellen Norris	ERYRI
M18	Niall Allen DEE	W18	Megan Carter-Davis	MWOC
M20	Sam Mitchell SBOC	W20	-	
M21	Rhys Manning SWOC	W21	Clare Dallimore	SWOC
M35	Dai Wilson LVO	W35	Sian Mitchell	HH
M40	Richard Barrett BAOC	W40	Jenny Heming	ERYRI
M45	Ifor Powell SWOC	W45	Tessa Stone	DEVON
M50	James Clemence SWOC	W50	Margaret Reynolds	SBOC
M55	David Watkins BADO	W55	Bridget Stein	SBOC
M60	Alun Jones TVOC	W60	-	
M65	David May SLOW	W65	Gill Manning	SWOC
M70	Frank Ince SWOC	W70	Judith Powell	SWOC
M75	Tony Noott BOK			
M80	Peter Seward SBOC			

SHORT DISTANCE

OPEN CHAMPION:

(Kenfig Burrows, 2nd March 2014:
The course was voided this year, so
no open champion)



*David May, SLOW/SWOC,
M65 champion*

CHANGE OF IDENTITY FOR POW!



Mid Wales Orienteering Club

As of 1st January 2014 the Club logo and acronym has been changed from POW to MWOC. This change now reflects the name of the club as it has been known for over the past number of years.

We hold events across most of Mid Wales, including Montgomeryshire, North Ceredigion and Radnorshire.

<http://www.mid-wales-orienteurs.org.uk/>

In the photo, Gabriella Walsh, Chairman, Clive Thomas, Events Organiser, and Mike Kay, enthusiastic orienteer and helper at many events.



THE CURRENT MEMBERSHIP OF WOA

	NEW	RENEWED	TOTAL
ERYRI	7	36	43
MWOC	9	40	49
SBOC	1	86	87
SWOC	17	74	91
SPLIT	0	7	7
TROT			0
BAOC	1	8	9
RAFO	1	0	1
EX-PAT	8	30	38
TOTAL	44	281	325

Senior Squad Report

1. Senior Home Internationals

The senior team competes once a year as a group at the Senior Home Internationals. The 2013 SHI was held in Ireland with the Relays taking place in Carnawaddy and the Individual races on Carlingford Mountain.

Results from the **Relay** can be found here <http://www.orienteering.ie/result2?oaction=fullSIRelayResult&id=2135>

Wales Men 1 were in good contention for a podium with Kris Jones coming back 1st on first leg but eventually finished 4th.

Results from the **Individual** can be found here <http://www.orienteering.ie/result2?oaction=fullSIResult&id=2137>

Stand-out performance was Kris Jones winning the M21. In the women's class Cerys Manning finished an excellent 4th in W21.

The big challenge of the weekend was a broken ankle to Wales Captain Ed Nicholas at the Relay. The team managed to re-organise hire cars and ensured there was no significant issue with the weekend.

Wales ,unfortunately, finished 4th overall and for the first time in some while slipped behind Ireland. A combination of bad luck and missing key individuals resulted in this unfortunate outcome.

The 2014 SHI will be held in Scotland as part of the Race the Castles week. A good chance for further individual glory and a team effort to avenge this year's defeat by the Irish.

2. Senior Wales GB Results in 2013

Wales had two representatives at WOC 2013 with Kris Jones making his debut in the Sprint and Helen Palmer competing in the Middle Distance. In a

team that is 13 in size this continues to be a good level of representation (for comparison Scotland 6; England 5; Northern Ireland 0)

Kris made an excellent debut finishing 16th in the Sprint and certainly he has a good long senior career ahead of himself. Helen Palmer continued her good performances in what was her 6th WOC finishing in 27th in the Long.

In the Orienteering World Cup Helen Palmer represented GB in New Zealand in January 2013. Illness unfortunately prevented her from delivering a good result. Helen also competed at the season-ending World Cup final in Switzerland.

3. Representation at British Senior Squad Level 2014

The two representatives at WOC, Kris and Helen, are both members of the British Orienteering Elite Development Squad and are joined by Anwen Darlington.

Aims of the Senior Squad

Although not stated (*in any documentation—Ed*), I would like to detail what I believe the aims of the Senior Squad are:

1. To ensure that we have a competitive team at the Senior Home Internationals
2. To support wherever possible Welsh athletes in Great Britain Teams and Squads
3. Support the transition of athletes from the Junior Team/Squad to the Senior Team/Squad

The Squad continues to have a number of athletes who are world level athletes and we commend their performances and efforts. There continues to be a challenge in the strength in depth with non full teams/low strength teams attending the Senior Home Internationals. There remains work to be done to continue the great work done by the Junior Squad and transfer athletes into the Senior Team.

Ed Nicholas, Manager of the Senior Squad

Welsh Veteran Orienteering Team

Wales produced its best ever result at the Veteran Home International (VHI) in Norfolk on 5th/6th October 2013, finishing in second place to England and ahead of Scotland and Ireland.

There were some very strong individual performances and the team dominated with first and second in both the M40 and W50 classes, and a first in the W40 class.

Priorities for 2014 are:

- Order new team kit as several newer team members do not have Welsh O kit. This is probably best done in collaboration with the Welsh senior and junior teams.
- Develop the potential for even better performances through arranging an O training week-end for existing and potential future team members.

Under the traditional arrangements of each home nation hosting the VHI in rotation Wales would be due to host in 2014. WOA has agreed to concede and England will host the VHI in the Forest of Dean on 14/15 September 2014. We understand WOA will host the VHI in 2015 and look forward to this being confirmed soon.

Sophie Brown and Andrew Kelly, Managers, Veteran Team



*Andy with the Stonewall Trophy—
Wales beat Ireland. (again)*

Veteran Home International 2013

Overall Points

Winner	England win the Wooden Trophy	277
Second	Wales	178
Third	Scotland	149
Fourth	Ireland	118

Individual Competition

Winner	England win the Rosebowl Trophy	149
Second	Wales	98
Third	Scotland	89
Fourth	Ireland	76

Relay Competition

Winner	England win the Quaich Trophy	128
Second	Wales	80
Third	Scotland	60
Fourth	Ireland	42

Wales v Ireland

Winner	Wales win the Stonewall Trophy
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A DATE FOR YOUR DIARY!
(nothing like being prepared!)
Remember the great week in
2012 in Aberystwyth?



Well...

End July 2016...

CROESO 2016

IN

SOUTH WALES

GET READY for a great week!