

The Platform – November 2009

What a busy time it has been for SWOC

It has been a busy couple of months for SWOC. We successfully held the Welsh Championships and Welsh Short. Plenty of great comments on the courses and the organisation. Just a shame we had so many no shows.

We also had plenty of medalists: well done to you all.

We have also had the first two of our training mornings. Both have had good turnouts and all who attended seemed to learn a bit and enjoy themselves. Two more mornings are planned over the coming months.

Then there was the CompassSport Trophy. Well over 20 members travelled to a not very technical area in Northamptonshire for the final. All put in good runs and we finished 8th in the end. Good to see so many juniors scoring points.

Less successful have been the club runs with only a handful turning up. We will keep them going for another couple of months and see if interest improves. Finally, good to see so many at the first winter street League event at Blaenavon. Great map and great food at the pub afterwards.

Welsh Champions

Well done to all our Welsh Champions. On the long courses

- M45 James Clemence
- W10 Isobel Moir
- W50 Noelle Byant
- W60 Gill Manning
- W65 Judith Powell

On the short courses there were also wins for Mark Andrews, Holly Bryant and Morven Graham.

Apologies if I have missed anyone

Compass Sport Trophy Final



Twenty six members traveled to Fineshade on the Leicestershire and Northants border for the Compass Sport Trophy Final on 16th October

There had been much speculation as to whether the terrain would match the occasion. Whilst the planner did a good job and the organization was top rate the terrain had few technical challenges on the longer courses. (see map extract)

Never-the-less everyone enjoyed themselves and there were some great performances, particularly from some of the juniors.

We finished 8th in the end. The final was won by FVO from Scotland.

Our scorers on the day were:

James Clemence—Blue Men
Sue Colbert—Green Vets
Rhys Manning—Brown
Gareth Buffett—Green Men
Stuart Lewis—Orange
Mark Andrews—Brown
Malcolm Graham—Brown
Morven Graham—Light Green
Nigel Ferrand—Blue
Jane Ritchie—Green
Rhona Graham—Orange
John Mills—Blue
Helen Sharp—Green

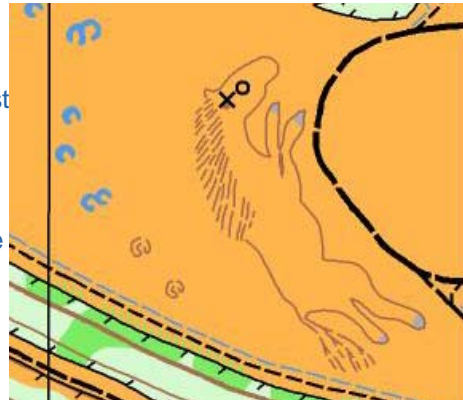
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Parc Penallta

How many of you noticed that the last two controls at the Welsh Short were on the eye and tail of the largest earth sculpture in Britain?

The juniors also had a control on one of the hoof prints.

Well done to all who took part. Jill Manning was the winner on handicap, a few seconds ahead of Clive Hallet of BOK.



35th Anniversary

You should receive with this edition of Platform a flier for our 35th anniversary celebrations.


Highlight is a 4 course medieval banquet on 6th February at Cardiff Castle. We need a minimum of 35 attendees for the event to go ahead so please fill in the form and return to Caroline with your payment as quickly as possible.

For anyone travelling from afar, there is a local event at Clydach North on the Sunday, and we are hoping to have some kind of race before the meal on the Saturday.

Blaenavon Street Race -WSL 1

The competition is on to see who will claim the 2009/10 Winter Street League crown. Can Nick defend his title or will World Masters bronze medalist Alice Bedwell improve upon her second place of last year.

A superb new map, to the latest sprint specification, had been drawn by Rhodri, who then left to go back to uni, leaving Kate to plan and organise.

On the night about 20 Orienteers turned up and ran round the streets of Blaenavon, in the rain, trying to find controls and answer questions such as 'how much is the fine for dog fouling?' or 'what is the name of the house at number 20?'.


At the end of one dead end alley, a local resident who had emerged from his house to see what the commotion was, was heard to say 'there is nothing down there of interest'. The response 'yes there is, there's a telegraph pole with a number on.

On the night, the winner on handicap was Mark Saunders.

Summary results overleaf. A copy of the map is on our routegadget site.

For November, we move to Cardiff on Tuesday 17th November and you can probably expect a more basic, and, in the dark, possible an easier map to read.

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Blaenovan
11/02/2009

Pos.	Name	Class	Club	Time		Handicap	Handicap Points	League points
				Penalty	Pts			
1	Mark Saunders	m50	BOK	10	370	1.33	492.1	100
2	Alice Bedwell	W45	BOK	0	310	1.54	477.4	99
3	Nick Dalimore	M50	SWOC	0	350	1.33	465.5	98
4	Caroline Dalimore	W50	SWOC	0	270	1.62	437.4	97
5	Nigel Ferrand	M50	SWOC	0	320	1.33	425.6	96
6	Gareth Buffet	m60	SWOC	0	265	1.54	408.1	95
7	Dai Richards	M45	SBOC	20	300	1.21	363.0	94
8	Simon thomas	M16	SBOC	0	270	1.33	359.1	93
9	John Mills	m55	SWOC	0	225	1.41	317.3	92
10	Tessa Lewis	w40	SWOC	0	205	1.47	301.4	91
11	David Notting	m21	IND	0	290	1.00	290.0	90
12	Robert Smith	m21	IND	0	265	1.00	265.0	89
13	Janor	W40	IND	10	155	1.47	227.9	88
14	Emily and Stuart Lewis	w14	SWOC	0	105	2.00	210.0	87
15	Pete Ribbans	m50	SWOC	0	0	1.33	0.0	

Club expenses

Just a reminder that if you are claiming expenses you need to send your claim to the Club treasurer.

Current mileage rate is 21p. This is based on BOF's current rate.

New design for Club tops

Pete Ribbans is seeking ideas for the design of the next generation of SWOC tops.

If we have any budding designers out there can you please send your ideas to Pete. If we get enough we will include in the next edition of the Platform.

Rumblings from a half empty pint

In most sports when you take part in a league, there is a sense of excitement when you first see the fixture list for the coming season. Which will be the difficult fixtures, what are you looking forward to most? You are also keen to see the updated tables after each fixture has been completed.

Why is orienteering so different?

You do not have a clue at the start of each year which events will form the Welsh league. They seem to change at will as the season progresses, sometimes including random events outside Wales.

The quality of the areas can vary from great to pretty ordinary.

The results are updated on a very ad hoc basis. As a result nobody takes the Welsh League seriously and nobody is interested in the results.

Why not just have say 6 quality events in Wales, advertise and promote as a league with fliers produced at start of each year. Someone checks that the areas are of suitable quality before the fixtures are announced, and someone gets the league tables updated within a few days of the events taking place. Finally, a consistent format for each event - Nigel



Wenallt coaching morning, a few smiling faces

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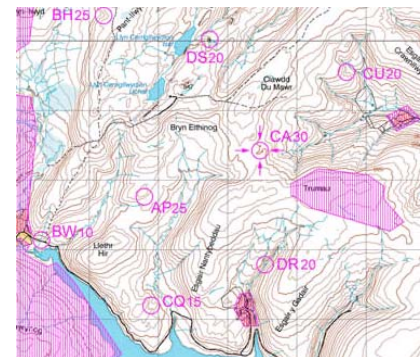
My First OMM – Elan Valley, Mid Wales (24th/25th October 2009) – Rhys Manning

I went to bed on Thursday evening thinking I could relax over the weekend having decided to pull out of the OMM due to an injury to my partner. However, Charles Daniel (BOK) had other ideas and phoned me on Friday afternoon to persuade me to run with him due to an unfortunate late withdrawal of his partner.

On the Friday evening I stayed at home in Llangynidr along with a number of other orienteers. We stuffed up on pasta, potatoes and cake and discussed tactics. Charles arrived quite late in the evening so we quickly packed our sacks and went off to get some sleep.

Saturday morning was an early start and a drive to the Royal Welsh Show Ground in Builth Wells which acted as the event centre. From there we registered, jumped on a bus and were off to the start. After 30 minutes or so we pulled over and were ordered off. It was a short steep walk to the start and someone, obviously knowing the area had put a sign up saying “you think these are tussocks”. We waited in the rain for what seemed like hours but was probably only about 45 minutes before we were off! We dashed off and then promptly stopped as we were on the medium score course (6 hours day 1, 5 hours day 2) and needed to plan a route!

Having looked at the map and planned a route that involved a sophisticated method of a measured piece of string we were off, full of enthusiasm, especially as the weather forecast was good and the terrain underfoot was very runnable. However, the area was lulling us into a false sense of security. Although it was relatively good under foot for the first 10km or so it quickly changed and just as I was starting to feel tired we entered into much rougher terrain. The tussocks were huge and without the advantage of finding a route where another pair had been they were very tough and slow going. We ended up trudging through the tussocks, desperately looking for routes where we could actually run and get back on track in terms of timing for our route. With 3 hours remaining of our allotted time we managed to get to the far end of our planned route. This provided us with a 15km track run along a reservoir back to the finish with a number of controls we could leave the track to get.



Although the track was relatively flat and easy underfoot compared with what had come before it was fairly demoralising as it seemed to go on and on with a large number of inlets that were not immediately obvious adding additional distance. We struggled on, running on a diet of jelly babies and dried fruit and soon had the finish in site. We were within our allocated time but it was going to be tight. Our last control involved a run uphill against what seemed like every other competitor coming the other way, still, with the finish less than a 1km away adrenaline took over and we finished with 5 minutes to spare.

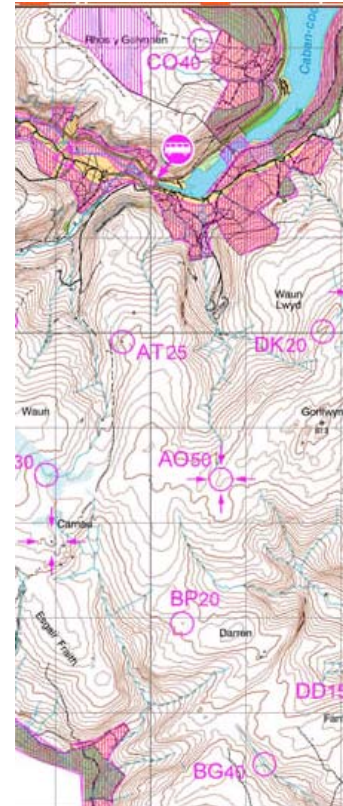
During the day the weather had varied from rain to bright sunshine and then just as we finished back to rain again! This meant putting the tent up in the wet which we managed to do fairly quickly before jumping inside, changing and trying to warm up a bit! There wasn't a huge amount to do on the campsite apart from eat and sleep. I was exhausted and decided to rest initially. The rain then eased off and eventually stopped so I ventured over to Mum's tent and found out how she'd got on. I scrounged a cup of coffee before heading back to my tent for some food, then it was off to bed. Even though the weather wasn't too cold it was very windy and as a result I was pretty cold overnight. Regular time checks and little sleep meant I could hardly wait to get going for day 2!

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My First OMM- CONT

Having had a breakfast of dried cereal and fruit bars we were off to the start. We were passed by my mum and auntie who were running late for their start (blaming a large toilet queue) although they just about made it in the end. We were off soon after arriving and having discussed possible sites for controls and how far we could manage on the 2nd day during the previous evening we promptly ignored all that and the piece of string measuring our maximum distance and set off to get the 50 pointer! Day 2 was much more runnable in general although the first part of our plan involved using a path run to get us out into the terrain and backfired a little bit with the path being more of a bog! Luckily it became a bit more hard standing after a few kilometres and the gradient improved so we soon started to make up time. Few other teams appeared to pick our route which was nice. However, that didn't last all day and we were soon back running in trains of people. This made the navigation fairly straight forward although it would have been very difficult if any mist had come down. Fortunately it didn't and we plodded on. With an hour or so left it became apparent we couldn't get anymore points and we were going to be within the 5 hour time limit so we didn't have to rush. This suited me as I was starting to suffer with a very painful right ankle and generally sore back from the pack. A 4km decent to the river valley was the climax to the route before we were provided with drinks and soup at the finish before boarding the bus back to the event centre.

The bus journey back was fairly quiet with people generally exhausted from their escapades. I, along with everyone else I would imagine stiffened up horribly on the bus and was grateful of the warm meal back in Builth Wells! It was then back in the car and home to one of Dad's roast dinner which was great!



Overall it was an enjoyable experience and something I'm glad I've completed. I was nowhere near fit and still completed some 30km on day 1 and 25km on day 2 so I was fairly pleased finishing in the top 30 overall. It was totally different from what I was expecting though and I think the volumes of people took me by surprise, making it feel more like I was running around a mountainous park in London at times, rather than a remote location in the heart of Wales. This goes against the ethos of the mountain activities I've been use to growing up and takes away part of the adventure element of the event in my opinion. Still, it was good fun and something well worth trying next time the event is in Wales if you haven't competed in the OMM before.

Rhys Manning

There were plenty of other SWOC members taking part. Well done to all. Apologies to those I missed. Some great runs, Clare and Adrian's stand out.

Competitor	Class	Position	Time
Clare Dallimore	B course	21	9 hrs 51 mins
Nick and Caroline Dallimore	B course	61	10 hrs 52 mins
Rhys Manning	Medium Score	30	n/a
Carys Morgan	Medium Score	153	n/a
Jill Manning	Short Score	86	n/a
Helen Sharpe	Short Score	101	n/a
Adrian Moir	Long Score	16	n/a
Alan stone & Hayden Griffiths	Long Score	92	n/a



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SOUTH WALES ORIENTEERING CLUB

Welsh League Event

Pwll Du - Blaenavon

Sunday 6th December 2009

TERRAIN – Pwll Du was used for the British Orienteering Championships in 2007 and for Croeso in 2008. It is an area of former spoil heaps, producing complex contours features. Ideal for a great technical challenge. A fast, open, technical terrain.

Courses - Yellow, Orange, Light Green, Green, Blue, Brown

Start times – 10.30 to 12.00

Entry on the day only – although please try and email the organiser if you intend to come so we can get an indication of map numbers

Cost Seniors £5.00 (+£2 if not BOF member), Juniors and Students £2.00

Map 1:10,000 as used at Croeso 2008, Pre-printed maps on waterproof paper

Event Centre – Parking at the Whistle Inn SO230103

Organiser – Kate Balmond member@rbuffett.freereserve.co.uk

Further details on www.swoc.org.uk

SWOC diary

Date	Day	Event	Location	Official
2009				
11-Nov	Wednesday	Run	Llandaff Fields	
17-Nov	Tuesday	Winter street league 2	Danescourt	Nick Dallimore
21-Nov	Saturday	Coaching morning 3	Heath Park	Nigel Ferrand
24-Nov	Tuesday	Run	Llandaff Fields	
05-Dec	Welsh Juniors	Training	South Wales	
06-Dec	Sunday	Welsh League	Pwll Du	Gill M/ Kate B
09-Dec	Wednesday	AGM and run	Maindy Pool	n/a
16-Dec	Wednesday	Winter street league 3	Llandaff North	Alan Stone
28-Dec	Monday	Xmas Score	Pontcanna Fields	Need organiser
2010				
09-Jan	Welsh Juniors	Training	Cannock	
10-Jan	Welsh Juniors	Training	Sutton Park	
13-Jan	Wednesday	Run	Llandaff Fields	
16-Jan	Saturday	Coaching morning 4	tba	Nigel Ferrand
19-Jan	Tuesday	Winter street league 4	Newport	Pete Ribbans
24-Jan	Sunday	Compass Sport Trophy	tba	
26-Jan	Tuesday	Run	Llandaff Fields	
07-Feb	Sunday	Local	North Clydach	Ian Kennett
10-Feb	Wednesday	Run	Llandaff Fields	
17-Feb	Wednesday	Winter street league 5	Penarth	Frank Ince
20-Feb	Welsh Juniors	Training	FOD	
21-Feb	Welsh Juniors	Training	FOD	
06-Mar	Welsh		POW	
07-Mar	Welsh		POW	
16-Mar	Tuesday	Winter street league 6	Canton	James Clemence
13-Mar	Welsh Juniors		Gower	
14-Mar	Welsh Juniors		Gower	
20-Mar	Saturday	Llangattock	Western Night	Clare Dalimore
21-Mar	Sunday	Llangattock	Welsh League	Planner needed
01-May	Saturday	British Champs	Cannock	
02-May	Sunday	BOC relay	Cannock	
26-Jun	Welsh Juniors	Jircs	Sennybridge	
27-Jun	Welsh Juniors	Jircs	Sennybridge	
11-Sep	Saturday	JHI	Scotland	
10-Oct	Sunday	Welsh League	tbc	All officials needed

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Money Matters – Nigel Ferrand

Its that time of year again when we have to produce the annual accounts. A summary of our last year is included below. The more detrailed version will be available at the AGM, or ask one of the committee.

Highlights this year were spending considerable sums on new equipment, including the new si and the club banner. This was funded partly through event profits, and in particular, our share of creoso profits and our Clydach middle race, and partly from mapping profits and reserves.

Our reserves are still healthy at just over £7,400.

It also looks like we made a good profit from our Welsh Championship weekend.

Summary Accounts

Year ended 31 August	2009	2008
Income		
Events	2,408	879
Membership income	487	444
Mapping income and other	1,585	790
	4,480	2,113
Expenditure		
Equipment	4,591	34
Compass Sport Trophy	369	266
Website	99	90
Other	247	32
	5,306	422
(Deficit) /surplus in year	(826)	1,691

Balance sheet

Net assets represented by Cash	7,450	8,276
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Rab Mountain Marathon Sept 26th/ 27th 2009

Caroline Dallimore

After an enjoyable Highlander MM the Les Croups off road team of Tim and Graeme, Nick and myself were keen to do another event – the Rab fitted the bill. It was to be held “somewhere in the North”, therefore easy to get to and would be a good warm up event for the OMM in October.

A week before the event it was announced that we would be heading for the Howgill fells near Sedbergh. Lifts were arranged, hotels booked and then disaster struck, Nick wrecked his legs and couldn't run. Despite emailing around no one wanted to be my partner- I 'm not that bad really!

Rather than miss the event I decided to try the Solo class which is an option at the Rab and Nick came along for the fun of it (and did most of the driving).

The experience was brilliant despite not having a sherpa to carry my tent and cooking stuff as well as all of the normal kit.

My plan for the weekend was to get to the overnight camp in the 6 hours allowed and find as many control points on the way without getting too lost or tired. It took a little while to get used to the map scale on Sat (comment from Nick later – Where on earth were you going at the start!!).



Caroline starting her long run up one of the hills (or was she just map reading at the start?)



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Fortunately the weather was hot and sunny and the ground was either runnable or vertical. I couldn't resist one detour to a high scoring point which involved a brilliant run down a gentle spur and then a not quite so brilliant run back up again, but it was worth it for the view!

Amazingly I was in joint 1st position with 3 others in the Female over 40s (Solos and Pairs) after Saturday so there was no pressure on Sunday especially when we woke to find the cloud down!

After the usual steep climb up out of the camp I kept low to avoid the cloud. I made good progress and with 5 hours to fill decided to add an extra loop, this almost ended in disaster as it was a long way back to the finish! Luckily the last two controls were taped so it was a case of switch off the brain and leg it, I reached the finish with 5 mins to spare!

After our free meal at the legendary Wilfs, we headed for the M6 and had an uneventful trip back to Cardiff.

Conclusion- The Rab is a well-organised friendly, low-key event (only 500 competitors). It has a score format so you decide how many or how few of the controls you want to visit and how you get to them (the prizes are good too!).

Definitely one for the calendar next year! - Caroline



Not a bad view !!



No experience necessary

Mass start at 7.00 p.m.

Take part at own risk (you will cross roads)

Adults £2.00, Students/Juniors £1.00

Full details on <http://www.swoc.org.uk>

21 Oct – Blaenavon

17 Nov – Danescourt, Cardiff

16 Dec– Llandaff North, Cardiff

19 Jan – Newport

17 Feb – Penarth

16 Mar – Canton, Cardiff

For more information see (swoc.org.uk) or email nigel.ferrand@virgin.net

Orienteering is a fun, adventurous activity that is suitable for all fitness levels, ages and abilities