



- ★ **SWOC Annual Awards 2006** ★
- ★ Best Male Rhodri Buffet ★
- ★ Best Female Jill Manning ★
- ★ Most Improved Member Lizzie Clemance ★
- ★ Contribution to the Club Havard & Barbara Prosser ★
- ★ Well done to Rhodri Buffet, Clare Dallimore, Rhys Manning and Carys Morgan for selection to the Welsh Team at the Senior Home International in Sheffield. ★



AGM News

The AGM held after the Aberdare event was well attended. The new membership structure was outlined. Basically you will need to take your BOF membership card to events so that you can get the discounted entry fee. The next committee meeting will be held on January 9th. Everyone welcome.
Thank you to everyone who provided articles for this issue.

Parc Cwm Darren Event—Organiser, Planner and Controller needed

Those of you who have studied the publicity material for the British Champs will have noticed that the club has been nominated to organise an informal event at Parc Cwm Darren on Bank Holiday Monday. The Club Chairman was approached to see if SWOC would be prepared to organise such an event and unfortunately BOF assumed that we would agree and the publicity material was produced.

In order for the event to go ahead the planned Welsh League event on April 1st will now probably take place on May 7th. We have yet to find anybody to organise plan or control it. Any offers??

Don't forget the Xmas Score event at Cosmeston on Saturday 30th December-details inside, free entry for members!!



Nadolig Llawen ac Blyddyn Newydd dda

Editorial

Well done to everyone who helped at the VHI weekend especially the organisers, planners and controllers. The whole weekend ran smoothly despite the weather and people were very complimentary.

Once again we are looking for volunteers for events in 2007, please help if you can so that the burden is not always on the same people.

**Compass Sport trophy
1st Round will be on
18th Feb –we need you!!**

The Western Night League (WNL)

Night events are great fun and certainly make you concentrate!

Details of the western night leagues can be found at www.westernnightleague.org.uk

[westernnightleague.org.uk](http://www.westernnightleague.org.uk)

They run from November till March usually on a Saturday night.

WNL events are a 1 Hour score format with penalties for lateness, starting at nightfall. Entry Fees £4 seniors, £1 juniors. For novices, approx 25% controls will form a yellow standard course. Best 6 of the events to count for the overall final rankings.

Western Night League New Changes 2006/7

In order to encourage participation, pairs will be eligible for the handicap competition. Scores from the last two seasons can be used to establish handicaps, where appropriate. Otherwise the first three events will be used to establish a WNL handicap.

The "Average Personal Handicap" (used for calculating scores) remains at 51.5%. This was the average handicap of active Orienteers in the 2005/6 season.

NEW -WNL Team Event

A Team Competition will be established in 2006/7, the details are:

The competition to take place over the last 5 events of the WNL calendar. Teams of 3 units (individuals or pairs) to be declared prior to the first eligible event.

To be eligible, all participants must have WNL handicaps, mixed club teams welcome.

At each event the aggregate handicap scores of the three team members will form the Team Score.

The best 3 events from 5 will be used to determine the winning team.

The Team Event will run alongside the normal Individual competition and the Individual Handicap competition.

Thank you to Lauren and Nigel Ferrand who were organisers of the SWOC night event at Pontypool Park Disappointingly there were only 14 competitors but even the more popular venues have only been getting 25 entrants. The introduction of a new Team category is an attempt to increase participation.

Helpers needed

Helpers are needed for the Welsh League event at Draethan on Feb 11th. Please contact Nick Dallimore if you are available. 02920842481

First ISSUE OF SWOC RANKING LIST FOR 2006/07 – Events from Sept 06 to 10 Dec 06

Pos	Name	Class	Total Points	Counting Events	Events included
1	James Clemence	M45	2207	9	3 Sep 06 Cleve Hill
2	Lizzie Clemence	W14	1908	8	16/17 Sep 06 Caddihoe Chase
3	Alan Mackenzie	M55	1829	10	24 Sep 06 JH1
4	Peter Colbert	M50	1707	10	30 Sep 06 Minchiphampton
5	Graham Tough	M60	1591	8	1 Oct 06 Whiteford Burrows
6	Sue Colbert	W55	1580	10	8 Oct 06 Cwmclare
7	Frank Ince	M60	1399	6	14 Oct 06 Worcester Beacon
8	Carys Morgan	W21	1220	6	21/22 Oct 06 Twin Peaks
9	Clare Dallimore	W18	1211	5	22 Oct 06 Bogendreip
10	Caroline Dallimore	W50	1202	6	29 Oct 06 Malvern Hills
11	Nigel Ferrand	M45	1097	6	4 Nov 06 Haresfield
12	John Mills	M55	1051	6	12 Nov 06 Merthyr Common
13	Holly Bryant	W16	956	4	12 Nov 06 Dalguise
14	Jeff Bryant	M45	871	5	19 Nov 06 Dalemainin
15	Jamie Sutherland	M35	830	5	26 Nov 06 Moseley Green
16	Lauren Ferrand	W18	818	4	26 Nov 06 Winterfold
17	Peter Ribbans	M45	790	4	3 Dec 06 Margam Park
18	Michael Bryant	M16	774	5	3 Dec 06 SHI
19	Judith Powell	W65	746	3	10 Dec 06 Gregynog
20	Kate Balmond	W55	589	3	
21	Kevin Bush	M45	581	4	
22	Noelle Bryant	W45	570	3	
23	Gareth Buffett	M55	563	3	
24	Jane Ritchie	W45	531	3	
25	Jill Manning	W55	500	2	
26	Alun Morgan	M60	442	3	
27	Michelle Tinker	W21	440	2	
28	Nyall Meredith	M45	403	4	
29	Lyndon Sutton	M55	376	2	
30	Ian Kennett	M40	322	2	
31	Mike Down	M50	295	2	
32	Rhodri Buffett	M18	260	1	
33	Nick Dallimore	M50	223	1	
34	Vladimir Kuznetsov	M45	218	1	
35	Havard Prosser	M55	210	1	
36	Neil Grant	M55	200	1	
37	Rhys Manning	M21	200	1	
38	Penny Bickle	W21	159	1	
39	Mark Andrews	M35	155	1	
40	Tessa Lewis	W35	155	1	
41	Adrian Moir	M45	142	1	
42	Richard Jones	M35	106	1	
43	Alex Kennett	M10	106	1	
44	Hywel Butts	M21	103	1	

CALENDAR

December

16th BOK WNL Stock Hill Mendips ST 546523
30th **SWOC Xmas Score Cosmeston** www.swoc.org.uk

January

1st NGOC New Years Day Score event 11am mass start
Symonds Yat SO5731181 www.ngoc.org.uk
14th NGOC Galoppen Mallards Pike NSO651127 www.ngoc.org.uk
27th NGOC Western Night League. Parkend, Lydney. SO608079.
Start From 18.00 or dark. 1 Hour Score event. www.ngoc.org.uk

February

3rd NGOC Local Moseley Green, Lydney. SO666061.
O, G & Blue. Starts/Regn. 12.00-12.55. www.ngoc.org.uk
4th DEE Regional Event, Delamere Trophy. Delamere Forest, Chester.
Internet entry via website CD: 12/01/07. www.deeside-orienteeing-club.org.uk
4th BOK District Worlebury Woods, Weston super Mare. ST326626.
11th **SWOC Welsh League Draethan N. Dallimore** www.swoc.org.uk

March

3rd ERYRI Park Race & Welsh Short Champs. Faenol, Bangor.
4th ERYRI Welsh Championships. Bryn Engan, Capel Curig.
10th BOK Western Night League. Moseley Green, SO632082. Start 1
hour after nightfall www.westernnightleague.org.uk/
11th BOK District Event Warmley Forest Park, Bristol. ST672735.
£5.00/£2.50. EPS-SI www.bristolorienteeing.org.uk
18th **Compass sport Trophy 1st Round** Walcombe, Wells Entries
will be through Club Captains.
24th NGOC Local Event Kidnalls, Lydney. SO634032.
O,G & Blue. Starts Regn. 12.00-12.55. www.ngoc.org.uk
25th POTO/DEE Regional Event. Weston Heath & Bury Walls, Mar
ket Drayton. SJ561286.

April

6th JK Sprint Race Bristol University
7th JK Individual Speech House, West Forest of Dean
8th Jk Individual Speech House, East
9th JK Relays Caerwent Chepstow
29th BOKtrot

May

5th –6th British Champs Pwll Ddu
7th **SWOC Welsh League Parc Cwm Darren not confirmed**
26-27th Springtime in Shropshire

For the over 40's

Old Father time 5 mile race round Pontcanna Fields, 31st December.
Organised by Les Croupiers R C pm start from Llandaf Rugby Club. Enter
on the day £6.00 www.lescroupiersrunningclub.org.uk

SWOC NOVELTY SCORE EVENT Saturday 30th December

AT COSMESTON COUNTRY PARK, PENARTH

Cosmeston Country Park Visitor Centre, signed off the B4267 just south of Penarth.

Facilities – Café, Toilets etc.

Registration 10.15 – 10.50, please arrive early so as to give the organiser chance to close registration and man the start!

Mass start 11.00 prompt.

This will be a novelty score event with age handicaps applied to your score (see website)

Free to SWOC members, otherwise £3 seniors, £1 Juniors.

Training Runs

Would anyone like to go running with Mike Down in the Dinas Powis area? He has several routes available and would like to run at weekends and evenings in the summer. Apres run saunas also available!

Norwegian Update

After their successful trip to Cardiff Last Easter the Juniors from Norway have decided on a return visit. They intend to come over for the JK and fit in some training in the South Wales area. Mike Down would like some help with setting up training and possibly may be looking for families to host some of the juniors.

To contact Mike mikedown@mikedown.plus.com

BOC 2007 - Join the SportIdent Download Team (Individual Day only)

If anyone is interested in joining the download team for BOC 2007 please let me know. There will be 2 shifts, so you will have plenty of time to run as well.

We will be using Michael Napier's MERCS system, and he will take overall responsibility for SportIdent download over the 2 days. It will be a useful opportunity to see how MERCS operates in comparison to Stephan Krämer's OE2003/MT2003 software.

Adrian Moir adrian.moir@btconnect.com

SBOC / SWOC Inter- Club League

At the end of last year the idea of an inter-club competition between SBOC & SWOC was floated. Then all went quiet; there are 3 reasons for this:- The first Welsh League event wasn't staged until May. This was the first set of data to try out the scoring system, Results from the second league, in the required format, didn't reach me until September and I've been busy with other things. The final results for 2006 are:-

<u>Cwm Lickey</u>	<u>Totals</u>	<u>Brown</u>	<u>Blue</u>	<u>Green</u>	<u>Lt Green</u>	<u>Orange</u>	<u>Yellow</u>
SWOC	181	32(2)	98(9)	51(3)	0(0)	0(0)	0(0)
SBOC	173	48(4)	32(3)	11(2)	20(1)	42(3)	20(1)

The number of Scoring Competitors in each club: - SWOC 17; SBOC 14. Number Counting=14

<u>Preselli</u>	<u>Totals</u>	<u>Brown</u>	<u>Blue</u>	<u>Green</u>	<u>Lt Green</u>	<u>Orange</u>	<u>Yellow</u>
1. SBOC	178	38(2)	40(2)	40(2)	20(1)	20(1)	20(1)
2. SWOC	106	14(1)	56(4)	22(3)	14(1)	0(0)	0(0)

The number of Scoring Competitors in each club: - SBOC 28; SWOC 9. Number Counting=9

<u>Whiteford</u>	<u>Totals</u>	<u>Brown</u>	<u>Blue</u>	<u>Green</u>	<u>Lt Green</u>	<u>Orange</u>	<u>Yellow</u>
1. SBOC	291	78(6)	69(5)	34(2)	42(3)	34(2)	34(2)
2. SWOC	225	22(2)	118(13)	85(5)	0(0)	0(0)	0(0)

The number of Scoring Competitors in each club: -SBOC 28; SWOC 20. Number Counting=20

<u>Merthyr Common</u>	<u>Totals</u>	<u>Brown</u>	<u>Blue</u>	<u>Green</u>	<u>Lt Green</u>	<u>Orange</u>	<u>Yellow</u>
1. SBOC	196	38(2)	62(5)	34(2)	0(0)	42(3)	20(1)
2. SWOC	188	0(0)	103(10)	85(5)	0(0)	0(0)	0(0)

The number of Scoring Competitors in each club: - SBOC 15; SWOC 17. Number Counting=15

<u>Margam Park</u>	<u>Totals</u>	<u>Brown</u>	<u>Blue</u>	<u>Green</u>	<u>Lt Green</u>	<u>Orange</u>	<u>Yellow</u>
1. SBOC	206	34(2)	75(4)	37(2)	20(1)	20(1)	20(1)
2. SWOC	118	32(2)	52(6)	20(1)	0(0)	0(0)	14(1)

The number of Scoring Competitors in each club: - SBOC 18; SWOC 11. Number Counting=11

Accumulative Totals 1. SBOC 1044 2. SWOC 818

Congratulations to SBOC. At least I cannot be accused of weighting the scoring system in favour of SWOC. SWOC's "weakness" seems to be that the majority of its members run Blue and very few on the Yellow/Orange/Lt Green; on these latter courses SBOC are picking up the max. points whereas the corresponding SWOC runners are at the lower end of the points available on the Blue course. SWOC needs to get more juniors. I leave to your imagination on how best to do this!

Next year I'll try and get the results published regularly in The Dragon after each event.

The first event is SWOC's District event on February 11th at Rudry.—Graham Tough.

a planners tale contd

with the map. A long walk back to the car and I realised that I would not be able to put out any more that day.

Saturday morning started bright and early with a telephone interview with Radio Wales at 6.10am (ouch!). Back to bed for an hour before loading the car with the kit for the day. Rendezvous with the controller at 10am at the bottom of the bridleway. The 3 trips each to put out most of the remaining stakes and flags were uneventful but very physical and my left shin was starting to hurt by the time we finished at about 4pm. 45 minutes to get home, shower and off to Brecon for the (very enjoyable) VHI meal. After picking up spare dibbers and SI units. I got home about 11pm and programmed up a clear station to ensure empty dibbers and got to bed by 11.30.

Sunday morning was another early start as I was meeting the controller at 6.45. Sensibly I took my car to the top of the bridleway as we had permission to park 2 vehicles there on the day of the event. There were 2 blocks of SI units to be put out each for the VHI (approx 36 in total) and we were on the area at 7.15. My first block went reasonably well apart from one control that had blown over in the night and lost its flag. A quick call to the controller as I had left my spare flags in the car. By the time I had got out to my 2nd block of controls my shin was really sore and I was hobbling. Halfway round I got a call from the controller. 'Do you know where the blank maps are for the start lanes?' Oh **** they are at home, having failed to put them in the pile of kit for the Sunday on Saturday evening. Finally got the last unit in place at 9.15, 15 minutes before the first VHI competitor started, but the work was not yet over. There was the small matter of 16 controls units (8 each) to put out for the Orange, Yellow and Light Green courses. I hobbled back and then round my share of the remaining controls only to find a missing flag from one of the more visible controls. This time I had a spare so replaced it. I got to the next control to find a further missing flag but with the lack of a 2nd spare assembled the unit without it. Finally all the controls were in place. Back to the car to pick up a blank flag for the Orange course control. A bit academic really as by the time I got back to put it out, a number of competitors had already been through the control.

I went back to the finish to allow Barbara Prosser a break before her replacement arrived. This gave me time to have a chinwag with people I knew and get some feedback from them on the courses (predominantly complimentary). Once reinforcements arrived at the finish I was keen that we got in as many controls as possible especially the most visible ones, as kids on motorbikes were going up and down the main track. Further hobbling and with the assistance of the controller plus Richard Dearden and Tessa Hill from HOC we got in 40 out of 68 controls on the day. Absolutely wrecked!!

Caroline Dallimore offered to collect some controls in the week. (This offer was very much appreciated as yours truly was struggling to walk from the train station to the office on the Monday morning.) Various emails ensued and Caroline ably assisted by Claire and Nick collected in all the remaining controls during the following week. The only thing to do was to go away, so disappeared to Prague the following Saturday for a 4 day break.

A lot of hard work, totally knackered, but the positive comments I received on the day and subsequently did make it worthwhile. Just don't ask to do it me again in too much of a hurry.

Pete Ribbans

Newport to Merthyr Common – A planners tale.

Deep in the mists of time (December 2005 SWOC Committee Meeting) I agreed to plan the individual for the VHI plus a Welsh league event to run alongside, having not planned anything significant for quite some time.

Time moved on and by the middle of June an email arrived from Pete Colbert. The mapper had completed 95% of the map but due to a family bereavement could not finish the remainder straight away. A quick look confirmed sod's law, one of the two remaining pieces still to be mapped was the area earmarked to be used for the Orange and Yellow courses, but the part finished did look easier to read than the previous version. I decided to make my first visit to see how the map shaped up and was very pleased. Back home to do so more armchair planning whilst waiting for the final map. The map duly arrived by the end of July and planning began in earnest.

Two glorious sunny days in early September saw me taping control sites, sending draft courses to the controller Phil Jenkins and receiving plenty of constructive comments. Are the courses too long (the original M35/Brown was 11k) so yes they would have been, have we got the course ratios right according to the guidelines and so on. By the end of September the courses were very close to their final version.

The club had invited Phil Jenkins and Havard Prosser the organiser to the committee meeting on the 17th October to see whether everything was on schedule about a month before the event. That day I was not feeling 100% and realised that I would not be able to make the meeting. The following day I visited the doctor who diagnosed that I had Cellulitis above my right eye and would not be back in work in a hurry. I was off work for 8 days but towards the end of this period I was feeling a lot better and was able to do all the 'fiddly bits', cutting the lines and circles where features were obscured and adding the control descriptions to the artwork. This was completed and sent to the printers on Wednesday 1st November. The proof maps arrived two days later.

On inspection of the proofs I identified some minor corrections to the control descriptions. I agreed these with the controller and Emailed to revision back to the printer on the Saturday. I gave him a quick call on the Monday just to confirm that everything was OK only to find that the email with the final course numbers had arrived, but no sign of the one containing the revised course overprints. I left work early to send the Email again and get the revised maps to be sent back as PDF files before the printer left for the day at 6pm. The following day I gave the go ahead to print and arranged for the maps to be delivered to work.

The maps duly arrived Wednesday morning and I proceeded to start bagging that evening. I soon realised that the supposedly A3 map bags were not all A3, most being slightly too short. A call to Kate Balmond the club equipment officer, who said she had some more which would be OK. I arranged to meet halfway to collect the remaining map bags. I got them home only to find these were no better than the previous bags. A conversation with the controller ensued and we decided the best solution was to fold the top of the map to fit. At 1am I called it a day with about 80% of the maps bagged. At this point I was thinking that the quote from the printers to bag for 16p per map was a bargain. Only 45 minutes work was needed the next day to complete the bagging process.

I had booked Friday off work as contingency in case of bad weather on the Saturday and took the opportunity to start putting out controls. I started with the 10 most remote, putting out the SI unit, flag and stake. The first four were easy and then the mist rolled in. Navigation became more difficult and some relocation became necessary as I struggled to maintain contact

Pos	Name	Class	Total Points	Counting Events	Events included
1	Rhodri Buffett	M18	2840	10	Merthyr Common 11 Sep 05
2	Jill Manning	W55	2803	10	Caddihoe Chase 17/18 Sep 05
3	James Clemence	M45	2726	10	JHI 24 Sep 05
4	Judith Powell	W65	2704	10	Sheepscombe 24 Sep 05
5	Lauren Ferrand	W18	2501	10	SHI 1 Oct 05
6	Carys Morgan	W21	2482	10	Welsh Champs 9 Oct 05
7	Clare Dallimore	W18	2478	10	CC Trophy 16 Oct 05
8	Frank Ince	M60	2446	10	Fownhope Park 23 Oct 05
9	Lizzie Clemence	W14	2387	10	Leith Hill 23 Oct 05
10	Alan Mackenzie	M55	2343	10	Cranham 30 Oct 05
11	John Mills	M55	2286	10	Nov Classic 6 Nov 05
12	Holly Bryant	W16	2119	10	Kyloe/VHI 13 Nov 05
13	Graham Tough	M60	2085	10	Broughton Burrows 20 Nov 05
14	Rhys Manning	M21	2080	9	Mallards Pike 26 Nov 06
15	Noelle Bryant	W50	2043	10	Cannop Ponds 27 Nov 05
16	Penny Bickle	W21	2010	10	Haugh Woods 8 Jan 06
17	Caroline Dallimore	W50	1926	8	Silk Wood 8 Jan 06
18	Michael Bryant	M18	1915	10	West Woods 15 Jan 06
19	Nigel Ferrand	M50	1887	10	Concorde Chase 29 Jan 06
20	Jeff Bryant	M45	1860	10	Symonds Yat 4 Feb 06
21	Sue Colbert	W55	1849	10	Wim 5 Feb 06
22	Peter Ribbans	M45	1819	10	Moseley Green 18 Feb 06
23	Nick Dallimore	M50	1785	7	Burnham Beeches 19 Feb 06
24	Peter Colbert	M50	1746	10	Welsh Champs 5 Mar 06
25	Kate Balmond	W55	1668	7	WCH 12 Mar 06
26	Adrian Moir	M45	1651	9	WSX 26 Mar 06
27	Jane Ritchie	W45	1649	10	TAY 26 Mar 06
28	Gareth Buffett	M55	1621	8	BOC 1 Apr 06
29	Kevin Bush	M45	1621	10	Croft Castle 9 Apr 06
30	Vladimir Kuznetsov	M50	1558	7	JK 15-16 Apr 06
31	Lyndon Sutton	M55	1363	10	Triple O 30 Apr 06
32	Jane Clemence	W35	1360	9	FCC 6-7 May 06
33	James Medley	M16	1151	6	Cwm Lickey 14 May 06
34	Michelle Tinker	W21	932	4	Titterstone Clee 21 May 06
35	Neil Grant	M55	909	4	Tamar 27-29 May 06
36	Helen Sharp	W40	879	5	Presceli Hills 18 Jun 06
37	Richard Howell	M45	551	4	Lakes 6-12 Aug 06
38	Peter Nicholson	M55	502	3	TAY 13 Aug 06
39	Alun Morgan	M60	410	3	MAROC 20 Aug 06
40	Colin Powell	M65	386	2	
41	Mike Down	M50	255	2	
42	Jonathan Dallimore	M18	229	1	
43	Tessa Lewis	W35	197	1	
44	Havard Prosser	M55	195	1	
45	Cerys Manning	W20	180	1	
46	Carys Wycherley	W14	170	1	
47	Nia Wycheley	W16	170	1	
48	Kate Ince	W50	82	2	
49	Richard Jones	M35	73	1	
50	Nyall Meredith	M45	72	1	
51	Clare Grant	W50	119	1	
52	Stephen Farnworth	M35	226	1	
53	Emma Farnworth	W10	260	1	
54	Rachel Farnworth	W35	256	1	
55	Ian Kennett	M40	169	1	

Final Club Ranking List 2005—6

Compiled by John Mills, any missed results to him please.