

14th May 2006 Cwm Lickey District and Welsh League Event

Location	Near Cwmbran. Grid ref- erence ST 277980.
Organiser	Caroline Dallimore 02920842481.
Planner	James Clemence, Controller Pete Nicholson.
Courses available	- Yellow, Orange, Light green, Green, Blue & Brown SI Electronic punching
Start times	- 10.30 - 12.00 Registration - 10.00 - 12.00
Fees	- Seniors - £4.00 Juniors - £1.00 Extra maps - £1. SI card hire £1.
Map	- 1:10,000
The Area	- A steep sided valley with some open moorland. Some old

PROGRAMME OF SUMMER EVENING EVENTS

Usually 3 courses – Short (2km), Medium(4km) and Long

Starts usually between 6 – 7pm, visit www.swoc.org.uk for more directions and further details or phone Frank on 02920712576.

25 May	Pontypool Park	Pontypool Leisure Centre
5 June	St Julians Wood	Off the B4236 between Newport and Caerleon
22 June	Caldicot Castle	Caldicot Country Park, M4, Junction 23
3 July	Pontcanna	Pontcanna Fields and Bute Park, off Cathedral Road, Cardiff
20 July	Wenallt	Castell Coch and Coed y Wenallt woods, north of Cardiff
1 Aug	Bryn Bach Park	Off the Heads of the Valleys road, near Tredegar

Compass sport Trophy
Well done to all Club members who competed at Ludlow. Competition was fierce and SWOC was narrowly beaten into 2nd place by SBOC, we wish them luck in the final.

Our top performers were:
Brown 1st Rhodri Buffet, 3rd Rhys Manning
Blue Women 3rd Carys Morgan
8th Michelle Tinker
Blue Men 4th James Clemence
Green Women 4th Cerys Manning
7th Gill Manning
Green Vets 4th Judith Powell
Green Men 7th Frank Ince
Orange 9th Lizzie Clemence

Summer Events

Running throughout the summer in various places and on various days of the week (see calendar). Suitable for all standards so bring along your friends and family. At present the format is to be decided by the organiser but it is hoped to have a scoring system so that an overall winner can be decided.

Thank you to everyone who provided articles for this edition, especially Alan Mackenzie who gave me his calendar, it certainly makes the Editors job easier! Next Platform due out in July contribu-

Editorial

The warmer weather seems to have encouraged more people out to try orienteering. The recent event at Cosmeston organised by Frank Ince attracted over 30 entries and on the same weekend Clare and Caroline Dallimore were introducing 17 guides to O in Pontypool Park.

Thank you to our 6 organisers for the Summer evening events. The format will depend on the organiser but please come along and support them—details on website.

It has been suggested that the Club O kit should be updated—see inside for details -what do you think?

Finally congratulations to Rhodri Buffet, Lauren Ferrand and Clare Dallimore for qualifying for the final of the Future Champions Cup.

Helpers needed

Please contact Caroline Dallimore (02920842481) if you can help with the Cwm Lickey event on May 14th.

Organiser needed for the VHI event at Merthyr Common on Nov 11/12th.

Sprint race at JK2006

It seemed a good idea at the time; to drive up to Yorkshire early on Good Friday and have a go at the sprint race being held in the attractive grounds of a large country house on the outskirts of Leeds. It is becoming an increasingly popular format, so let's see what all the hype is about.

We arrived in time to see the elites race. Heather Monro ran round her 2.5 km parkland course in just over 11 minutes, winning by a few seconds. Commentary kept spectators advised of how everyone was doing. You could also see a few controls from the finish area. Graham Gristwood then won the elite men's race, completing his 3.3km course in just over thirteen and a half minutes.

Spectators could then have a go and run round the same courses. I knew roughly where the first control was as I had seen where the elites had run, so set off confidently down a path, round a copse and the control should then have been on one of the distinctive trees straight in front. No need to look at the map too closely. Wrong. Things happen very quickly when you are attempting to run faster than normal using a map with a scale of 1:5,000. You need to keep in very close contact with the map all the way round.

As you became accustomed to the faster pace you start to notice where you are losing the odd second here and there through poor technique. You need to constantly think ahead and plan your strategy for the next few controls and you are always out of breath.

The one thing I couldn't understand was why, each time you needed to check the control descriptions, the map was always upside down!! Is this the Murphy's law of sprint-O. Really frustrating.

I eventually finished in about 26 minutes. It was really great fun and I am sure I learnt a great deal. Will I take part next year when rumour has it that a JK sprint race will be held in Bristol – yes.

Finally, I had better mention Rhodri's run or I will be in trouble with our juniors. Rhodri dashed round the 3.3km course in a trifle over 14 minutes, just about good enough to have given him a podium position in the elite race. Now he was sprinting.

Nigel

CALENDAR

May

6th NGOC League Mallards Pike FOD www.ngoc.org.uk

14th SWOC Welsh League Cwm Lickey

17th SBOC Clyne Valley Summer League 1- fortnightly events ending on 16/8
www.sboc.org.uk

21st HOC Titterstone Clee www.hoc.org.uk

24th SBOC Lower Swansea Valley Summer League 2

25th SWOC Pontypool Park Summer Score 1 Kate Balmond www.swoc.org.uk

27/29th Tamar Triple Regional event www.tamartriple.org.uk

31st SBOC Pembrey Summer League 3

June

5th SWOC St Julians Wood Newport Pete Colbert Summer score 2

7th SBOC Craig Gwladys SL 3

17th/18th SBOC Mynydd Preseli Weekend www.sboc.org.uk

21st SBOC Pembrey Bike O

22nd SWOC Caldicot Castle Neil Grant Summer score 3

24th WCH Chase Challenge Day 1 Cycling event

25th WCH Chase Challenge Day 2 Long O www.walton-chasers.co.uk

28th SBOC Broughton Burrows SL 4

July

3rd SWOC Pontcanna, Cardiff, Richard Jones Summer Score 4

5th SBOC The Gnoll Country Park SL 5

12th SBOC Cefn Bryn SL 6

19th SBOC Pembrey SL 7

20th SWOC Wenallt, Cardiff, Nigel Ferrand Summer Score 5

22/23rd Capricorn Trophy Kingsdale weekend event www.thecapricorn.co.uk

August

1st SWOC Bryn Bach Park, Tredegar Adrian Moir Summer Score 6

6th-12th Lakes 5 Day event based at Kendal www.nwoa.org.uk/lakes5

16th SBOC Ogof Ffynon Ddu SL 8

September

9th/10th Peter Palmer Relays for Juniors Sutton Park Birmingham

16/17th Lowe Alpine Mourne Mountain Marathon – weekend event www.mourne2day.com

22/23rd Phoenix Long O weekend event Cheviots www.geocities.com/andrew_nicoll/phoenix.html

1st **October** SBOC Whiteford Burrows Welsh League www.sboc.org.uk

29th **October** HOC Malvern National Event www.hoc.org.uk

November

11th 12th VHI individual & relays Merthyr Common ORGANISER needed.

Recent Results

British Championships

M18L Rhodri Buffet 1st
 M21L Rhys Manning 10th
 W21L Carys Morgan 6th
 W40S Helen Sharp 3rd
 W55L Gill Manning 2nd
 W55S Kate Balmond 2nd
 W 65L Judith Powell 2nd

JK

M18L Rhodri Buffet 1st
 M21L Rhys Manning 4th
 M45L James Clemanace 9th

 W55L Gill Manning 2nd
 W55S Kate Balmond 4th
 W 65L Judith Powell 2nd



Rhodri with his trophies from the JK and British Championships –well done (note the Trimtex top!)

Red O Bottoms

Would anyone be interested in the following leg wear?

Please contact Pete Ribbans

ribbo2@btopenworld.com

The following items are still available at only £4 on a first come first serve basis

Size 5 (approx waist 34")

(1 pair)

Size 6 (approx waist 36")

(2 pairs)

Size 7 (approx waist 38")

(1 pair)

Future and further Events

3,4,5 June 2006 Belgium 3 days Marche en Famenne

9-14 July 5 days France en Gironde Carcans Maubuisson

15-22 July Swiss 6 day event in Zermatt www.sow2006zermatt.ch

5-11 August 2007 Spey 2007 www.scottish6days.com

Electronic Platform

We have been having difficulties in sending Platform electronically because many of the email addresses are out of date. If you wish to receive future issues of Platform by email please can you email nick@dallimore.org.uk with your current address.

Thank you.

O Kit

Pete Ribbans has been looking into the possibility of updating our O tops. The manufacturer has come up with two designs, one in trimtex (1) similar to the new Welsh Junior tops and the other, a more traditional long sleeved top (2). It is now up to members to discuss whether this is required.



The cost would be approx £25-£30 per top.
 See Website for better pictures.

Option 1

Option 2