

## CALENDAR

### September

7th SBOC Local Sprint Event. Singleton Park, Swansea. Phil Jenkins, 01639 830065  
10th NGOC Local Score Event & Chairman's Challenge. Bixslade, Coleford, Glos.  
SO/608116. John Fallows, 01684 297743. johnfallows@compuserve.com £3.00/  
£1.00. Mass Start 14.00. 1 Hour Score event. www.ngoc.org.uk

#### **11th SWOC Local Event. Merthyr Common.**

Wed 14 SBOC DIY Score Event @ ClyneValley Country Park, Swansea Roger  
Stein 01792 371450

17th-18th Caddihoe Chase Weekend , W Dartmoor.

### October

**Sat 8 SWOC Welsh Short Open Championship (handicap) Event Pontypool  
Park, Gwent. SO/285006.-Kate Balmond, 01495 791 454 rhodri@rbuffett.  
freeserve.co.uk**

**Sun 9 SWOC Mynydd Llangynidr Regional event and Welsh Championships  
adrian.moir@btconnect.com**

#### **Sun 17th Compass Sport Cup, Burnley.**

Sun 23 HOC Fownhope Wood Mordiford SO/573372 District Event www.  
harlequins.org.uk

29th NGOC League 2 Cranham Glos www.ngoc.org.uk

### November

12th NGOC Informal Parkend SO608079 Y Lt G B 12.30-14.00 Nick Davis 01594  
530048

**13th SWOC Local Event. Mynydd Y Gaer.Nyall Meredith, 029 2084 3178 nyall.  
meredith@btinternet.com**

20th SBOC District Event & Welsh League. Pant Mawr, Glyn-neath. SN/908144.Phil  
Jenkins, 01639 830065. phil@pjenkins.freeserve.co.uk £4.00/£2.00. EPS-SI. Dogs on  
lead in Assembly Area (due to sheep). www.sboc.org.uk/

26th NGOC League 3 Mallards Pike SO629092 O G B Greg Best 01242 516053

### December

3rd Informal Nine Wells SO594132 Y Lt G B 12.30-1400 Carol Stewart 01242  
514988 www.ngoc.org.uk

17th Night League Blakeney SO667067

### January

1st NGOC New Years Day Score event 11am start Standish SO838087 Alan Brown  
01242 580096

21st Western Night League Cleeve Hill Eddie McLarnon 01242 673079

28th NGOC Informal Bixslade SO608116 Bob Teed 01291 625048

## Newest Member

Thought we might have a mention of SWOC's youngest member after meeting young Carys Sharp (dob 21/4/05) on Sunday. She had just slept her way round a yellow course with dad Richard, whilst mum Helen did the Green. I am told it was her third event! She has a lovely line in smiles, Mum & Dad tell me she does crying and waking up in the night well too.

## Don't Forget

Compass Sport Cup Sunday 16th Oct, This is our big chance to win back the Compass Sport Trophy. ( we were winners in 2002 & 2003) We need as many runners as possible especially Juniors!! Please confirm with John Mills that you will be running, there should be lifts available for those without transport.

## Next Event—Merthyr Common Local

Ideal training for Welsh Camps. Maps will have all controls and 3 different length courses suggested. Because of the terrain no easy / childrens courses will be offered Registration from 10am. Parking at the end of the Trefil rd. See website for final details.

Thank you to everyone who provided articles for this edition, it certainly makes the Editors job easier!  
Next Platform due out in Nov, all contributions to caroline@dallimore.org.uk

## EDITORIAL

By the time you read this members on the Norwegian Exchange should have returned. Thanks to Mike Down who thought up the trip and to Kate Balmond who helped him organise it. Thank you to all of the organisers of the Summer Informals on the whole they were well supported. Congratulations to Gill Manning who was our only medal winner at the Scottish 6 Days (2nd W55). Helpers are needed for our Welsh Champs weekend 8/9th Oct. Please keep the date free!

## **SWOC Norwegian Exchange**

14 members of SWOC and 15 Welsh Juniors and families travelled to Norway as part of the Bergen exchange. We flew from Stansted to Bergen early on Friday morning after leaving Blaenavon at 4 am. It was raining when we arrived. Our first map training was in the evening in an area that looked awful. We had a steep climb up to the start and I was surprised that it was not as difficult as it looked if you went slow enough although the juniper bushes were extremely prickly. We returned on Saturday to do a line course and re-location exercises (very important in Norway!). The views from the top of the hill were spectacular. In the afternoon we travelled into the centre of Bergen and went up in the funicular to a totally different area which is used for skiing and had lots of paths with pockets of forest in between. Running here was much easier and we did a course using only boulders for controls.

On Sunday once again we travelled into the centre of Bergen but this time took a cable car up to the top of the mountain. It had been raining in Bergen but we were above the clouds on the mountain in bright sunshine. We did a new exercise hanging controls and it was surprising how hard it was to get exactly the right feature. The map was open and it was difficult to work out which rocky features had been mapped. If it had not been so sunny navigation would have been a lot more difficult. In the afternoon we did a 3x2 relay which was great fun and some people finished the day with a swim in one of the many lakes.

On Monday we went to the Mayors office where we were given lunch and then went on to Grieg hallen—Bergens Concert Hall. There was time for shopping but everything was about twice the price as in the UK. In the evening we did a sprint race on a 1:3.300 map. It was great fun and I got totally lost and we all got very wet in the marshes. We then travelled on to our next hut Fanna IL which was south of Bergen.

Tuesday we went to an area by the sea for a simplification exercise using maps we had drawn ourselves the night before. It was surprising how little detail we needed. Then we went swimming. The sea was very clear but cold with lots of jellyfish. In the afternoon we had planned to visit Grieg's house but we were short of time as we had to travel to an evening event on the island of Askøy. The event used a 1:7500 map on an area of mixed birch wood & open ground. I only did a 3km course but found it hard because of the rough undergrowth and the odd scale of the map.

Wednesday we had a lie in and packed our bags. We then travelled to a hill to do a first leg relay exercise in preparation for the weekend. It was good fun but very wet as it was raining and one of the marshes was called 'bottomless' in Norwegian. We did another event that evening. This one was on a 1:5000 map and was the easiest so far. We then went into the mountains to the Varregs club hut. This was very nice and the juniors had or own lounge area.

Thursday we trained on an area next to the hut. It was hilly with semi-open and marshes. We did the Mannings Marsh Madness using marshes as attack points. Luckily these marshes weren't as deep as the ones earlier in the

week. After some more exercises we did a clock relay which Kris & I won! Friday was our rest day before the competition on Saturday. We had a choice of sightseeing, stay in the hut or walking up to the snow on the nearest mountain. 15 of us decided to walk up whilst Rhodri, Rhys Matt ran up. It was very pretty but cold and the top was in cloud.

The event on Saturday was a half hour drive along Hardanger Fjord which was very pretty. Norwegian weekend events often have afternoon starts on Sat and morning starts on Sun to give people time to travel. We put up the SWOC tent and changed Scandinavian style in the tents rather than in the cars. We had a 30 min walk up to the start which was on the slopes of the fjord. The D17 course was 4.5km with 100m climb (it was downhill to the finish). I went slowly but managed to mess up 2 controls. I got within 100m but wasted 30min finding them. I finished in 1:30 which could have been shorter but I was happy to have got round in the torrential rain. Not everyone did so badly and Delyth (W12) won the D14 class.

Sunday was the relays & my team with Jenny & Alice had problems. Alice had the cold which was going round so wasn't running. It's just as well she didn't want to run as I set off on the second leg just as the winners were finishing. I had a much better run and found all of the controls OK although I was running through deep mud because it had rained so much. Other relay teams had some success, Rhodri finished his leg just behind the leader who was in the Norwegian National Team. The D 13-16 team of Anwen, Delyth & Lauren were 2nd and the H 13-16 team of Ben, Mike & Kris were 3rd.

The tour was very successful and enjoyable and the terrain very challenging. It rained for 10/11 days but was beautiful sunshine on the other day. The whole of the Junior Squad would like to thank Kate, Mike & Mark who arranged it and all of the parents and coaches who came.

Clare

## **Future and further Events**

24 Feb-2 April Training Camps Portugal more details [www.coc.pt.org](http://www.coc.pt.org)  
15-17 April 3 Jours du Sud Ouest Carcans Maubuisson France  
3,4,5 June 2006 Belgium 3 days Marche en Famenne  
9-14 July 5 days France en Gironde Carcans Maubuisson  
6-12 August Lakes 5 day based at Kendal [www.nwoa.org.uk/lakes5](http://www.nwoa.org.uk/lakes5)  
5-11 August 2007 Spey 2007 [www.scottish6days.com](http://www.scottish6days.com)

I have the entry details for the French and Belgium events if anyone is interested  
Caroline

## SWOC's big event of the year Welsh Championships 2005

+ Free runs for helpers

SWOC is hosting the Welsh Championships this year, it forming part of our Regional Event on Mynydd Llangynidr on Sunday 9th October. In a new format, it is combined with a Welsh Short Open Championships on Saturday at Pontypool Park. The Saturday event is being organised by Kate Balmond and the Welsh Junior Squad as a fund raising event.

The Mynydd Llangynidr map has been updated by Vladimir Kuznetsov. Kevin Bush and Jane Ritchie are the planners and Dudley Budden is our controller from BOK (Bristol Orienteering Klub). Graham Tough with his wealth of experience in all SI matters is responsible for the SI equipment and download (on both days), and for colour coded entry on the day on Sunday. The Clemence family are organising the string course. Judith Powell (Safestart) is processing the manual entries and Fabian4 the online ones.

So that just leaves me (the organiser) and you (my on the day helpers - thank you in advance). Since we are a small club, and it will hopefully be a large event, we will need everyone available.

The roles on offer are:

Start, Finish, Colour Coded Registration / SI Hire  
Download, Control Collecting.

If you are able to help please send me an email [adrian.moir@btconnect.com](mailto:adrian.moir@btconnect.com) with your preferred job (if any). All helpers will receive a free run (on the Sunday only). If you wish to run on Saturday and are helping on Sunday, then please enter online for Saturday only. For those helpers who have already entered online for Sunday, I will organise a refund for you.

The Welsh Junior Squad are trying to make some profit from Saturday's event to start re-building their fund. Sadly the high levies together with a low entry fee for the Saturday will not allow for free runs on this day.

If you are not available to help on Sunday, please email me anyway just to save me a phone call.

It should be a great day & I hope you have some success at becoming the Welsh Champion in your class (trophies for the top 3 on Long/A and 1st on Short/B). The last time I had any success was 1st on M21S in 1991!!!

Adrian Moir (Sunday Organiser)

Home: 01874 730534 Mobile: 07775 781549.

## ENTRIES—WELSH CHAMPIONSHIPS WEEKEND

On line entry (both days) at [www.fabian4.co.uk](http://www.fabian4.co.uk). for championship and colour coded courses

Postal Entries on SEF (+2 SAE): Safestart (Welsh Championships 2005), 22 The Willows, Raglan, USK., NP15 2HB, 01291 690702. CD: 30/09/05.

Day 1: £4.00/£2.00 Student £2.

Day 2: £7.50/£3.50 (inc Studs) +£1. SI Hire per day.

Chq: SWOC. EPS-SI.

Day 1 Short Race: 2 Courses - Championship & Easy. BOF course length ratios applied to times to give handicap position. M21 expected winning time 20-25mins on Champ course of 3.5-4km. 1400-1600 Open start times.

Day 2 Lim Colour Coded courses - Light green, orange, yellow, white & String course

Dogs on lead in car park only because of sheep.

Late entries online only (subject to map availability) +£1/50p. CC £4.50/£2 - online entry to reserve premarked map (sub/avail or 23:50 on 8th). CC EOD (master map system if all premarked sold online). [www.swoc.org.uk](http://www.swoc.org.uk).

## Scottish 6 Days

For those who didn't go, you missed one of the better multiday events I have been to. The weather was almost uniformly nice. The event centre a spectacular castle with beautiful grounds and a good campsite with an onsite bar and entertainment laid on (including Status Quo on the Sat night).

The areas were a mixtures of all sorts of Scottish woodland with only 1day with any amount of open ground and that only on the longer courses. The underfoot going was pretty rough on few days but only couple had significant bracken. The organisation was as usual very good. SWOC results were -

Rhys Manning M21E 39/50  
Jeff Colbert M21S 17/100  
Malcolm Graham M35S 7/51  
Adrian Moir M40L 51/92  
James Clemence M45L 16/135  
Kevin Bush M45L 121/135  
Peter Colbert M45S 59/80  
Nick Dallimore M50L 24/128  
Gareth Buffett M55L 94/142  
Lyndon Sutton M55L 137/142  
Graham Tough M60L 68/93

Alan Mackenzie M55S 36/76  
Morven Graham W12B 9/22  
Lizzie Clemence W14B 5/28  
Lauren Ferrand W16A 32/50  
Clare Dallimore W18A 14/40  
Jane Clemence W35S 39/49  
Jane Ritchie W45L 71/79  
Caroline Dallimore W50L 18/71  
Gill Manning W55L 2/83  
Susan Colbert W55L 79/83  
Kate Balmond W55S 15/47