

## CALENDAR

### 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. Nyll Meredith, [www.swoc.org.uk](http://www.swoc.org.uk)**

20th SBOC District Event & Welsh League. Broughton Burrows SS415925 Phil Jenkins, 01639 830065. £4.00/£2.00. [www.sboc.org.uk/](http://www.sboc.org.uk/)

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

26th BOK Night League 1 hr Score Canop ponds SO608116 Andy Creber 01291624679

27th BOK Cannop ponds SO625100 Howard Thomas 01225334611

### December

3rd Informal Nine Wells SO594132 Y Lt G B 12.30-1400 Carol Stewart 01242 514988 [www.ngoc.org.uk](http://www.ngoc.org.uk)

17th Night League Blakeney SO667067

**27th SWOC Xmas Score Draethan Nick Dallimore 02920842481**

### January

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

7th BOK Night League Silk Wood Tetbury ST855895 Ifor Powell 01179470229

21st Western Night League Cleeve Hill SO980267 Eddie McLarnon 01242 673079

28th NGOC Informal Bixslade SO608116 Bob Teed 01291 625048

29th BKO National Concorde Chase

### February

4th NGOC League 4 Symonds Yat FOD [www.ngoc.org.uk](http://www.ngoc.org.uk)

**11th SWOC Night Score Pwll Du Kate Balmond [www.swoc.org.uk](http://www.swoc.org.uk)**

**12th SWOC Local Wenallt Pete Colbert [www.swoc.org.uk](http://www.swoc.org.uk)**

19th NGOC League Blakeney FOD [www.ngoc.org.uk](http://www.ngoc.org.uk)

19th SBOC provisional local Kilvey Hill

### March

4th SBOC Welsh Short Champs Pen Rhiw Wen

5th SBOC Welsh Champs OFD

**12th SWOC Cwmdare ORGANISER NEEDED**

### May

**14th SWOC Welsh League Cwm Lickey ORGANISER & PLANNER needed**

### November

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

### AGM Round up

Briefly, the following items were discussed;

Club funds were healthy and the new club tent has been a great success being easier to put up and lighter to carry. A new club flag is to be ordered to really put SWOC on the map.

The chairman thanked Nyll Meredith who has stepped down as Fixtures Secretary after many years of service. Nick Dallimore now takes over the post, the remaining Committee stayed the same however the post of development officer remained unfilled.

As Membership has declined slightly it would be a good time to fill this post if anyone is interested.

It was decided to give free runs to SWOC members at all local events. Non members will still pay £3 & £1. Colour coded and Welsh League events will remain at £4 & £1 with FREE runs for helpers.

Congratulations to the following for winning Club Awards;

Top Senior—Judith Powell

Top Junior—Holly Bryant

Most improved Member—Michael Bryant

Contributed Most to Club—Adrian Moir

### SOAPBOX

Well done to everyone who ran in the Compass Sport trophy, as a small club we did well.

At the latest committee meeting the Calendar for the year was discussed. Once again volunteers are needed to if events, are to go ahead. Don't leave it to the same old people. Perhaps if we had more local events we could attract a few new members.

After a major publicity drive HOC had over 200 participants at their local park events. Is there anyone out there who would take on the development role for SWOC?

### WELSH CHAMPIONSHIPS WEEKEND

Thank you to Adrian Moir, Kate Balmond and their teams of helpers for organising events over this weekend. There have been numerous e-mails of thanks from various competitors who enjoyed the challenging terrain.

### Stop Press

The SBOC St Davids Weekend Regional event in March 2006 will now include the Future Champions Cup and also the Welsh Champs. There will be a short race at Pen Rhiw Wen and a badge event at OFD.

Thank you to everyone who provided articles for this edition, it certainly makes the Editors job easier!

Next Platform due out in Jan, contributions to [caroline@dallimore.org.uk](mailto:caroline@dallimore.org.uk)

## The long-long O

For a pair that normally runs M45S and have been orienteering for fewer years than most W10's, the thought that we should enter, and then even run, a long O was perhaps a bit optimistic. Anyhow, during one of the many rain breaks in Norway, the conversation got round to the Dartmoor Long O in early October.

Realism struck and we eventually entered the medium course (only 17km and 500m of climb).

After a period of not so intensive training that would have involved plenty of long hill runs if Steve hadn't pulled a calf muscle and Nigel hadn't been so busy at work, we found ourselves in the primary school car park in Princetown unloading our supplies.

In addition to our normal O stuff we had energy gels, energy tablets, energy bars and energy drinks, non of which we actually used, (we just carried them round for a bit of extra weight training). What we did consume, when we remembered, were the jelly babies. The green ones in particular had a great flavour.

At the start line we were presented with two laminated, double sided, A3, 1:15,000 maps. Our initial, and as it turned out, our only problem, was how to use a thumb compass with a laminated map that refused to fold. (Answer; with difficulty)

The sun came out on the way to the first control and thereafter the time flew past as we jogged (well, walked up the steepest hills) our way round from control to control looking at the views and talking about really important issues such as why Swansea City were having such a good start to the season. (answers on a postcard to SBOC)

Just over two hours later we were both surprised to realise that we only had two controls to go and forty minutes later (long way between controls) we arrived at the finish, exhausted but well pleased with our efforts.

A really enjoyable three hours.

The best bits, the views and a meal and a couple of pints in a pub afterwards; the worst bit, the two kilometre run downhill to the finish and undoubtedly our muscles in a couple of days time.

A big thank you to the weather for being so kind (the last time I was on that part of Dartmoor was 30 years ago when I ended up walking from Two Bridges to Oakampton on a compass bearing due to absolutely zero visibility) and to Devon OC for such a well planned and executed event.

Nigel Ferrand – SWOC  
Steve Jones - SBOC

Pos	Name	Class	Total Points	Events	Events included
1	Judith Powell	W60	2906	10	Llangattock 12 Sep 04
2	Jill Manning	W55	2893	10	Caddihoe 18/19 Sep 04
3	Cerys Manning	W20	2824	10	Twin Peaks 25/26 Sep 04
4	James Clemence	M45	2820	10	Painswick 25 Sep 04
5	Rhys Manning	M21	2685	10	BokTrot 3 Oct 04
6	Holly Bryant	W14	2618	10	Mynydd y Gaer 10 Oct 04
7	Frank Ince	M60	2606	10	Pen Rhiw Wen 17 Oct 04
8	Lauren Ferrand	W16	2523	10	Haugh Woods 24 Oct 04
9	Michael Bryant	M16	2475	10	Symonds Yat 30 Oct 04
10	Jeffrey Colbert	M21	2453	10	Nov Classic 7 Nov 04
11	Alan Mackenzie	M55	2442	10	WCH 7 Nov 04
12	Nick Dallimore	M50	2397	10	Allean South – 14 Nov 04
13	Clare Dallimore	W18	2390	10	Fylingales 14 Nov 04
14	John Mills	M55	2352	10	Wennallt 21 Nov 04
15	Caroline Dallimore	W50	2313	10	Bulford 28 Nov 04
16	Nigel Ferrand	M45	2297	10	Birnam 28 Nov 04
17	Kate Balmont	W55	2280	10	Sheepscombe 4 Dec 04
18	Gareth Buffett	M55	2245	10	Cannop Ponds 5 Dec 04
19	Sue Colbert	W55	2239	10	Ash Ranges NE 2 Jan 05
20	Noelle Bryant	W45	2216	10	Silk Wood 16 Jan 05
21	Carys Morgan	W21	2208	10	Broadstone Warren 16 Jan 05
22	Havard Prosser	M55	2144	10	Concorde Chase 23 Jan 05
23	Graham Tough	M60	2129	10	Bixslade 29 Jan 05
24	Jeff Bryant	M45	2122	10	Cwmdare 30 Jan 05
25	Malcolm Graham	M35	2098	10	OO Trophy 30 Jan 05
26	Rhodri Buffett	M18	2052	8	Mallards Pike 6 Feb 05
27	Lizzie Clemence	W14	1983	10	Bovington Ranges 13 Feb 05
28	Jane Clemence	W35	1953	10	British Night Champs 19 Feb 05
29	Jane Ritchie	W45	1936	10	Oxwich 20 Feb 05
30	Peter Colbert	M50	1857	10	QO (CST) 27 Feb 05
31	Lyndon Sutton	M55	1747	10	Midland Night Champs 5 Mar 05
32	Kevin Bush	M45	1724	10	Pembrey 6 Mar 05
33	Peter Ribbans	M45	1674	10	Hambleton NE 13 Mar 05
34	Helen Sharp	W40	1583	8	Broughton Burrows 20 Mar 05
35	Nyall Meredith	M45	1474	10	Big Wood 20 Mar 05
36	Adrian Moir	M40	1437	8	JK 26/27 Mar 05
37	Barbara Prosser	W55	1408	8	Merthyr Mawr 3 Apr 05
38	Morven Graham	W12	1345	9	Lydney Park 10 Apr 05
39	Michelle Tinker	W21	1299	7	BOC 16 Apr 05
40	James Medley	M16	1098	7	Surrey 5-O 29 Apr – 3 May 05
41	Vladimir Kuznetsov	M45	975	5	Pwl Ddu 8 May 05
42	Peter Nicholson	M55	930	5	BOKTrot 15 May 05
43	Alun Morgan	M60	779	5	SINS 28-30 May 05
44	Richard Howells	M45	709	4	Scottish 6 Days 31 Jul to 6 Aug 05
45	Neil Grant	M50	589	3	
46	Rhona Graham	W10	449	3	
47	Colin Powell	M65	376	2	
48	Hywel Butts	M21	283	2	
49	Holly Morris	W12	198	1	
50	Ellie Clemence (W6)	W10	160	1	
51	Tessa Lewis	W35	120	1	
52	Mike Down	M50	117	1	
53	Richard Jones	M35	114	1	
54	Jonathan Dallimore	M16	109	1	

## KIMM 2005 Eastern Lakes

Several SWOCies made the long journey ( 7+ hours )up to Pooley Bridge for this years KIMM. Due to various injuries I had teamed up at the last minute with Jill Manning for my first Short Score event.

The weekend weather forecast seemed to vary from very wet to sunny during the days before the event and changed depending which channel you were watching. We should have realized that the beautiful red sky on Saturday morning was an indication of things to come.

Due to our unplanned late arrival on Friday evening we left registration until Saturday morning. Race headquarters were at a caravan park with plenty of toilets and hot showers! Administration was fantastic at usual and we started uphill to the start just as the heavens opened. As Jill had done previous score events we had decided that we could probably cover about 16 Km in the 5 hours available and had a piece of string to use as a guide (unfortunately she dropped it on the way to the start resulting in a minor panic but it was found).

We were hoping that we would be able to plan out route to take in some of the more scenic parts of the area but one glance at the map made it obvious that we would have to be superwomen to get around the end of Haweswater in the allotted time. That left us with a virtual direct route to the campsite picking off as many controls as possible on the way. In the end we managed to get 200 points and were glad to have plenty of time to reach the finish which was uphill. The campsite was quite exposed and we should have opted to hide amongst the gorse bushes on the lower slopes rather than the wall in the higher field.

The evening is quite long when you arrive at camp at 3pm and unfortunately the rain set in making socializing difficult. People were still coming off the hill by torchlight at 8pm.

It was a memorable night, one of our carbon fibre tent poles snapped in the gale at 12am and after a temporary repair with an aluminium tube and strapping snapped again an hour later! We packed our sacs ready to make a quick exit if required but by clever use of a crepe bandage and a tent peg managed to rig an internal guy which held until morning. I can't say we slept much though!

The next day we had a 40 minute walk to the start and as we suspected there was very little route choice, basically back the way we came. We opted to brave the driving rain and gales and take the high route to High Street. We managed to collect 190 points coming 96th overall (4th Female).On both days we covered about 18Km which was further than expected. A very enjoyable weekend!!

Next year the event will be called the OMM (Original Mountain Marathon) and will be held in Scotland -see you there!

Lots of reports and pics on [www.sleepmonsters.co.uk](http://www.sleepmonsters.co.uk)

Short Score Havard & Claire Prosser 20th 3rd P/C

Long Score Adrian Moir & Ellie Sainsbury 28th 1st Mix

*Caroline*

## SWOC Role of Honour 2005

### British Championships

Cerys Manning 1st W20E

Jill Manning 1st W55L

Judith Powell 1st W65L

Lizzie Clements 2nd W14B

Relays M/W55 2nd Jill Manning, Gareth Buffet, John Mills

Womens Short 3rd Cerys Manning, Carys Morgan, Lauren Ferrand

### JK

Cerys Manning 1st W20E

Jill Manning 1st W55L

Judith Powell won Day 2 W65L

Relays W165 3rd Jill Manning, Judith Powell, Kate Balmond

**Cerys Manning came 1st in Future Champions Cup and went on to represent GB at the World Junior Championships.**

### Club Members representing Wales

Juniors Holly Bryant, Michael Bryant Rhodri Buffet, Lizzie Clemence, Clare Dallimore, Jon Dallimore Lauren Ferrand, Jamie Medley.

Seniors Rhodri Buffet, Clare Dallimore, Carys Morgan

Veterans James Clemance, Jill Manning, Frank Ince

### MISSING

A water carrier, can you all check your sheds and garages and let Kate know if you find it.

## 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)