

October

10th SWOC Mynydd y Gaer Local John Mills (john.w.mills@btinternet.com)
3rd BOKTrot Regional Moseley Green FOD SO629092 **NOTE SWOC AGM**
16th NGOK Col Coded Ninewells Coleford SO593132
17th SBOC District Welsh League Pen Rhiw Wen Roger Stein 01792 296122
24th BOK Long O???
Oct 24th WM HOC Regional Event. Haugh Wood, Nr Hereford. SO/590365.
30th NGOK Col Coded Symonds Yat SO573118 01594 510444
30th BOK Night Mosely Green FOD 01453 890856

November

14th BOK Col Coded Blaise Castle Bristol
14th POW Local Event. Coed Allt Goch, Llanidloes. SN/952851. Anne Wilson, 01974
282640 hills@globalnet.co.uk
21st SWOC Welsh League Wenallt Frank Incefrank@ince1.freerserve.co.uk

December

4th SWOC Night event Cwm Lickey Judith Powell
5th BOK District Cannop Ponds ??FOD Howard Thomas 01225 334611
18th BOK Night Ashton Court Bristol 01179623288
19th BOK Yoxter Mendip 0117 9684173
28th SWOC Xmas Score Cwmdare Nyall Meredith

January

1st NGOC New Years Score Blakeney Hill Lydney SO652087 Mass start 11am
2nd SN National Event Aldershot www.geocities.com/southern.nav
29th NGOC Local Bixslade Coleford O,G&B Regn 12-12.55

February

5th NGOC Night Score Painswick Beacon SO 870118 1hr score starts 18.00
6th NGOC District Mallards Pike SO629092 www.ngoc.org.uk
13th SWOC Col Coded Welsh League Dare Valley (Provisional)
19th NGOC Local Sallowvallets SO613146 O,G,B Regn 12-12.55
26th NGOC Night Score Bixslade SO608116
27th COMPASS SPORT 1st round

March

Mar 6th SBOC Regional Event Llanelli
13th TVOC National Hambledon Woods SU768890
26th-28th JK
26th Brown Clee Ludlow
27th Cannock Chase Stafford
28th Relays Hopwas Litchfield

EDITORIAL

It was good to see that SWOC had 36 club members entered at Croeso, this is approximately half our membership!!! I hope everyone enjoyed the event. The ranking list shows that 55 members entered at least one event, Alan McKenzie breaks the record this year with a total of 44 events completed!!
It's back to mundane things now such as the AGM< mark your diaries now and make a big effort to attend. The Committee is always open to new ideas for club events and any offers of help.
Come along on Oct 3rd and have your say!!

Llangynydr Local Event 12/11/04

Approximately 15 brave souls and a couple of dogs battled with the elements at this local event. Orange, Lt Green and Blue courses were on offer. Although the sun shone occasionally the gale force wind and lashing rain made a cags essential. Thanks to the Manning family for organising it. The next local event is 10th October with John Mills doing the organisation.

RECENT SUCCESSES

Congratulations to Cerys Manning and Rhodri Buffet for winning their Classes at the Junior Home International in the Lake District.
Cerys has had a busy summer representing Britain in the Junior World Championships. She has also been included in the British team for the Junior European Cup which takes place on Oct 11/12th in Epping Forest—Good Luck!
Well done to all the SWOCies who featured in the Prize giving at the Welsh Championships, there were too many to mention them all here!!
We also have a fair sprinkling of 'oldies' who have been selected to run in the Welsh Team at the Veterans Home International in N Ireland. These include:
James Clemance M40
Nick Dallimore M45
Jill Manning W50
Judith Powell W60

CROESO

Thank you to everyone who helped on Day 6 of Croeso. Nigel even had the weather organised. Feedback was generally excellent. Apart from Clare being caught by a leftover army booby-trap snare the day ran smoothly! The Army expressed their sympathy but said she was just lucky the smoke grenade wasn't still attached.

Saunders 2004

I didn't hesitate to agree to entering the Saunders when asked by a friend from the running club—then the doubts set in, she was in peak condition having just completed the Paris marathon and was more than 10 years younger!! Would my navigation-erratic at the best of times -be up to it?

The 2 day event is held in the Lake District on the first weekend in July with competitors carrying all they need for the overnight camp. As first timers we opted for the Harter Fell Course which had a total straight line milage of approx 30Km.

After completing several long training runs in blazing sunshine our thoughts turned to kit, we would never need those gloves and hats would we. Having completed several Polaris events I was definitely aiming for a light sac. Angies boyfriend was aghast when I produced bubble wrap for sleeping on and plastic cups!! In the event we only just crammed everything in with both of us carrying about 10lbs.

I had opted to take 1:25,00 Harveys maps as we were only provided with a 1:40,000 map and some latecomers had to manage with a black and white photocopy!!

Race Day Dawned and things didn't look too hopeful with gales and plenty of rain forecast. *It was a miserable start. Full wetty's head to toe we walked the 10 minutes to the start and as we sat down in the pouring rain to mark off our check points trying desperately not to smudge the map we looked at each other and said "what are we doing here?" We decided to start and went up the first of many mountains The Old Man of Coniston. At the top visibility was almost zero and the wind was so fierce that we were blown off our feet but the worst was the pain and cold from the sleet which whipped across any uncovered skin. We couldn't even hear each other speak (this may have been a good thing!).*

Our day didn't get much better, on Swirl How a lens from my glasses blew away and it was half an hour before we could find anywhere sheltered enough to stop to find my spare ones. After 9 hours we reached the midway camp to find that of the 144 starters in our class only 49 had completed the course.

The next day—you guessed it, it was raining once again, but by the time we reached the first peak the sun was peeping through. We opted for the pretty route up Great Carrs via Swirl How to Wetherlam rather than taking the more direct route through the bracken which would have repeated the previous days route. The views were stunning *"The second day was shorter but just as hard (especially as our legs were like jelly) the last check point seemed like the longest and the end seemed like it would never come but we made it and finished as 3rd female team. It was an amazing experience, the course was described to have crossed the highest and wildest part of the Lake District. It was meant to be a fell running weekend but we didn't do a lot of running on the first day as conditions didn't allow for it."* We had such fun that we have both signed up for the KIMM with our partners. Surely the weather can be no worse in October???

Angella Davison and Caroline Dallimore

Quantocks Long O

With the children away at the JHI for the weekend and as part of training for the KIMM we thought we would do the Quantock Long O. We entered the long course as a pair— 21 Km 21 controls. Unfortunately it was the hottest day in September on record and the planner thought he had better make up for the good path network by adding in more climb than usual. The event was based around Holford on the NE edge of the Quantocks. Controls were pretty easy to find and route choice was the main challenge especially given the steep terrain with numerous indenting valleys. We started in fairly runnable forest but then moved to a greener area of the map with where we decided to keep to paths after a disastrous 20min fight through rhododendron bushes on a 'short cut!'

It was hot! and wearing Tracksters against the reputed tick plague didn't help! I kept looking enviously at the families picnicking in the shade who clearly thought we were completely mad. Both of us had got through our 21 camelbacks by the time we made it to the manned check point (14) and decided to call it a day at (17) which was close to the event centre as we needed to be back in Cardiff by 5pm. Even with missing the last 4 controls we had been out for 5 hours and covered 25Km with 1,000m of climb.

We later found out that almost everyone on the long course retired with only 5 runners completing it! - Caroline Dallimore.

Free AA Batteries

Numerous part used batteries ex SI
Units are available free from Nick
Dallimore or Graham Tough.

Ranking List Info

For information only, I have two extra columns showing the total number of events each competitor has completed and the average number of points they gained at these events. However the ranking list is still ordered on the best 10 results.

Please let me have details of any missing results.

John Mills (john.w.mills@btinternet.com)

**Minutes of the South Wales Orienteering Club
Annual General Meeting held on 19th October,
2003 at Hopton Hill**

1 Present:

Frank Ince, Peter Colbert, John Mills, Judith Powell, Colin Powell, Graham Tough, Alan MacKenzie, Vladimir Kuznetsov(part), Libuse Karnikova.

2 Apologies for Absence:

Pete Ribbans, Adrian Moir, Jane Richie, Kevin Bush, Nyall Meredith

3 Minutes of 2002 AGM:

Previously circulated by email – taken as read and agreed except that Jill Manning had been omitted from the elected committee members.

4 Matters Arising: None

5 Reports of the Officers: A report by the Secretary had been previously circulated by email: no Treasurer's Report or Membership Secretaries Report were available – to be circulated later. It was reported that it had been successful year for the club's juniors and Cerys Manning had won W20 at the SHI on the previous day by 8 clear minutes.

With regard to mapping, Peter Colbert reported that minor updates had been carried out during the year. A mention was made of the open day at Ruperra woods which was mainly a PR exercise.

6 Election of New Committee

The following were unanimously elected

Chairman:	Pete Ribbans	Fixtures:	Nyall Meredith
Treasurer:	Nigel Ferrand	Development:	vacant
Secretary:	Frank Ince	Platform editor:	Caroline Dallimore
Membership:	Adrian Moir	Other:	Judith Powell, Richard
Club Captain:	John Mills		Jones, Kevin Bush, Nick Dallimore, Jane
Mapping:	Pete Colbert		Richie, Jill Manning.
Equipment:	Kate Balmond		

7 2004 Club Fees

The secretary proposed that these remain at 2003 levels (passed unanimously).

8 2003 Event Fees

The committee proposed that these remain as 2002 and this was passed unanimously, i.

e. Local events : £3 & £1 Colour coded and gallopen : £4 & £1

Dibber hire: 50p

9 Club Trophies

The following were awarded – Top Senior – Judith Powell, Top Junior – Cerys Manning, contribution to club – Peter Ribbans, most improved member – Lauren Ferrand.

10 Any Other Business

1. An organiser was needed for the St Julians score event on 28th Dec – ask at next committee meeting.
2. An organiser is required for the string course at the SWOC CROESO day – again, carry forward to next committee meeting.
3. It was reported that DEE have an annual club dinner where people who have planned, organised or controlled during the past year receive a half-price meal. Should we consider something similar? Committee to consider.

Final SWOC Ranking List 2003 –2004

Pos	Name	Class	Total Points	Counting Events	Average of all events	Total Events	Events included
1	Cerys Manning	W18	3121	10	287	19	Llangynidr – 6 Sep 03
2	Judith Powell	W60	2981	10	266	25	Merthyr Common – 7 Sep 03
3	Jill Manning	W55	2931	10	250	25	Aire Nat event – 13 Sep 03
4	Rhodri Buffett	M16	2920	10	275	19	Aire Badge event – 14 Sep 03
5	Rhys Manning	M21	2760	10	236	26	Caddihoe Chase – 20/21 Sep 03
6	James Clemence	M40	2657	10	247	22	VHI – 27 Sep 03
7	Frank Ince	M60	2546	10	235	21	Sarum Saunter – 28 Sep 03
8	Colin Powell	M65	2544	10	251	11	JHI – 5 Oct 03
9	Clare Dallimore	W16	2504	10	234	18	Bucklebury – 5 Oct 03
10	Lauren Ferrand	W16	2504	10	220	22	Croft Castle – 12 Oct 03
11	Alan Mackenzie	M55	2483	10	199	44	SHI – 18 Oct 03
12	Jonathan Dallimore	M16	2447	10	231	13	Hopton Woods – 19 Oct 03
13	Kate Balmond	W50	2431	10	205	20	Ringwood – 26 Oct 03
14	Gareth Buffett	M55	2391	10	222	15	Nov Classic – 2 Nov 03
15	Noelle Bryant	W45	2372	10	208	17	Tinto – 2 Nov 03
16	Jeffrey Colbert	M21	2349	10	199	19	Postenplain – 9 Nov 03
17	Nick Dallimore	M45	2349	10	225	13	Long Valley – 9 Nov 03
18	Holly Bryant	W14	2345	10	209	19	Pembrey – 16 Nov 03
19	Helen Sharp	W40	2290	10	191	24	Cwm Lickey – 30 Nov 03
20	Graham Tough	M60	2286	10	206	21	SOLOS3 Tay – Nov 03
21	Sarah Bayliss	W35	2284	10	224	11	Ashridge – 11 Jan 04
22	Nigel Ferrand	M45	2262	10	194	21	Mallards Pike – 18 Jan 04
23	John Mills	M50	2254	10	205	19	Gore Heath – 25 Jan 04
24	Sue Colbert	W55	2251	10	175	27	GO Nat Event – 1 Feb 04
25	Michael Bryant	M16	2146	10	192	18	Symonds Yat - 7 Feb 04
26	Peter Colbert	M50	2079	10	181	25	Chiltern Challenge 8 Feb 04
27	Caroline Dallimore	W45	2059	10	187	14	Concorde Chase – 15 Feb 04
28	Jeff Bryant	M45	2007	10	173	18	Dudmaston Hall – 15 Feb 04
29	Neil Grant	M50	1962	9	218	9	Parkend – 21 Feb 04
30	Michelle Tinker	W21	1947	10	195	10	Whiteford Burrows – 22 Feb 04
31	Jane Ritchie	W45	1885	10	157	22	British Night Champs – 28 Feb 04
32	Lizzie Clemence	W12	1867	10	173	17	JOK Sprint – 29 Feb 04
33	Peter Ribbans	M45	1774	10	177	10	Big Wood – 29 Feb 04
34	Kevin Bush	M45	1713	10	151	24	Tentsmuir – 29 Feb 04
35	Carys Morgan	W21	1558	7	223	7	Cwm Lickey – 7 Mar 04
36	Peter Nicholson	M55	1425	7	204	7	Touch Estate – 7 Mar 04
37	Adrian Moir	M40	1409	7	201	7	WCH CompassSport Trophy – 14 Mar 04
38	Nyall Meredith	M45	1187	10	100	13	British Champs – 20 Mar 04
39	Alan Hartley	M21	1073	7	153	7	Dorset Delight – 28 Mar 04
40	Barbara Prosser	W50	1054	6	176	6	Bixslade – 3 Apr 04
41	Jane Clemence	W35	1027	10	99	13	Wrekin – 4 Apr 04
42	Vladimir Kuznetsov	M45	944	4	236	4	JK – 10/11 Apr 04
43	Havard Prosser	M55	871	4	218	4	Breakneck Bank – 18 Apr 04
44	Clare Grant	W45	830	6	138	6	Mallards Pike – 24 Apr 04
45	Alun Morgan	M60	751	6	125	6	Crich Chase – 25 Apr 04
46	Lyndon Sutton	M50	531	4	133	4	0007 Nat Event - 2 May 04
47	Alison Stevens	W35	436	2	218	2	Standish Woods – 8 May 04
48	Jane Ince	W14	372	3	124	3	Collingbourne – 23 May 04
49	Nadine Jones	W12	283	2	142	2	Holme Fell – 23 May 04
50	Kate Ince	W50	278	4	70	4	Scot Champs – 29 May 04
51	Lee Jones	M35	243	3	81	3	Tamar Triple – 29-31 May 04
52	Richard Howells	M45	199	2	100	2	BEOC – 12/13 Jun 04
53	Morven Graham	W10	170	1	170	1	JIRC – 26 Jun 04
54	Rhona Graham	W10	170	1	170	1	Merthyr Mawr – 21 July 04
55	Holly Morris	W12	166	1	166	1	Croeso – 15 – 21 Aug 04 White Rose – 28/29 Aug 04