

CALENDAR

December

28th SWOC Xmas Score Wenallt Graham Tough Tel 029 20 843539

January

1st NGOC New Years Score Blakeney Hill Lydney SO652087 Mass start 11am

2nd SN National Event Aldershot www.geocities.com/southern.na

8th SLOG Night Score Lydiard Park

15th BOK Night Score Silk Wood ST855 895 R Walker 01275462879

16th BOK Local Silk Wood ST 855 895 B G Lt G O Y W SI Regn 10-12pm

29th NGOC Local Bixslade Coleford O,G&B Regn 12-12.55

30th SWOC Aberdare Welsh League Kate Balmond

February

5th NGOC Night Score Painswick Beacon SO 870118 1hr score starts 18.00

6th NGOC District Mallards Pike SO629092 www.ngoc.org.uk

19th NGOC Local Sallowvallets SO613146 O,G,B Regn 12-12.55

20th SBOC Oxwich Burrows

26th NGOC Night Score Bixslade SO608116 1hr score starts 18.00hrs www.ngoc.org.uk

27th COMPASS SPORT 1st round

March

5th SBOC Midland Night Champs Pembrey

6th SBOC Regional Event Pembrey

12th NGOC Local Parkend

13th SWOC Local Pontypool Park

13th TVOC National Hambledon Woods SU768890

15th BOK Night Cannop Ponds SO608116 1 hr Score

19th-20th Polaris MTBO Brecon Beacons

20th SBOC Local Broughton Burrows

25th-28th JK 25th Training & MBTO

26th Brown Clee Ludlow

27th Cannock Chase Stafford

28th Relays Hopwas Litchfield

April

3rd SBOC Merthyr Mawr Welsh League

10th NGOC Lydney Park

16-17th British Champs Penhale

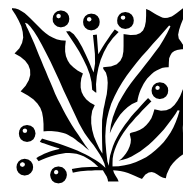
23rd NGOC Blakeney Hill

May

7th NGOC Mallards Pike

15th BOK C3 Mendips Blackdown ST448598

22 SWOC Pwll Du Welsh League



The Platform

Dec 2004

The Newsletter of South Wales Orienteering Club

swoc.org.uk

EDITORIAL

Happy Christmas everyone

As we are looking towards the New Year please note that the Christmas Score event is now being organised by Graham Tough and has changed venue to the Wenallt meeting at Castell Coch car-park Please contact him before Dec 27th so that he has have an idea of number of maps to prepare. .

Graham Tough: Tel 029 20 843539. email: greum@gradyr.freerserve.co.uk

Wenallt Local Event 21/11/04

Things ran smoothly for Frank Ince and his team at the Wenallt event. Only one control gave up and that was quickly replaced by Pete Nicholson who was controller. Mike Down had planned some interesting courses with the blue going right over to the Wenallt where a Medieval battle re-enactment provided an unusual distraction.

RECENT SUCCESSES

KIMM

Long Score-Adrian Moir & Ellie Salisbury 23rd (1st mix)
Med Score-Havard & Claire Prosser 84th (1st family)
Short Score-James Clemance & Ian Smith 3rd
Gill Manning & Barry Breed 188th
Class B Nick & Caroline Dallimore 31st (1st mix vet)

Cwm Lickey Night Score

Fortunately the night was cold and clear giving a fine view of Cwmbran. Judith and Colin Powell had spread the controls well so that no-one managed to reach all of the checkpoints. The intricate pitted area proved to be very challenging for some in the dark. About 20 people entered with Ifor Powell getting the highest score of the night.

Free AA Batteries

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

NORWAY EXCHANGE : OUR TRIP TO VESTLANDET IN AUGUST...

To the nub of the issue:

We need 4 (or 5) : 5-seat cars; to take on the Newcastle-Stavanger ferry; or we shall have to hire cars in Norway at Stavanger airport. Which ain't cheap.

As it is all in school holidays, there is argument for taking full cars on the ferry: leaving Wed ?? August at 1400 from Newcastle; and returning to Newcastle on ?? August....one day shy of 2 weeks.

It would also be possible to fly the Juniors (+ 1 leader) on the Friday (19th?) from Cardiff over Aberdeen to Stavanger; to be met by the cars that go out on the Wednesday. And for the same party to fly back on Bank Holiday Monday (Stavanger-Aberdeen-Cardiff arr 19.45), leaving the cars to come back on the ferry arriving Tuesday afternoon in Newcastle.

Given that Air Wales and Wideroe give group discounts this is probably cheaper than sending full cars on the ferry...with the cabins and extra food costs.

I have sufficient available Leave to take my 9.5 estate on the ferry, and am willing to do so. How many more cars can we raise? Please get in touch with me A>S>A>P>!

I am still asking Bjarte about accommodation in Norway. If we self-catered in "hytter", (there are literally thousands of huts to let in Norway) then the "empty" cars on the ferry also have obvious advantages for provisions....subject to Customs regulations...does anyone know the implications of "foot and mouth" on taking food into Scandinavia?

The events that we intend doing are; The Hordaland (which is centred on Bergen) and the Vestlandet (three regions) Championships. These are on the two weekends in late August which end with our Bank Holiday (it is not a Norwegian holiday).

Both Championships are an individual day and a relay day.

In between there will be a good choice of midweek training events; and it is probable there will be at least one event put on especially for us.

Given the initiative derived from the 100 year shared Jubilee (100 years since home rule for Norway); and 100 years of Caerdydd as a City (+ 50 years as Capital); and the twinned Councils of Hordaland and Cardiff, encouraging exchanges such as ours; we should be well looked after: perhaps even a Civic Reception?

Compass Sport Trophy 2005

The qualifying rounds for the 2005 Compass Cup and Trophy competitions take place on Sunday 27th February. As usual SWOC have entered the Trophy competition and I hope we can get a good turnout so that we can improve on last year's performance and at least reach the final, which is being organised by SELOC near Burnley on 16th October.

Our qualifying event will probably be the QO event at Ramscombe in the Quantocks, but this will not be confirmed until all the entries are in and the draw has taken place.

There are some changes to the courses and age classes, and a major change to the scoring rules. The courses and age classes are as below:

1 Brown	Men Open	(large course)
2 Blue Women	Women Open	
3 Blue Men	M45+, M20-	(large course)
4 Green Women	W45+, W20-	
5 Green Men	M60+	
6 Short Green Vets	W60+, M75+	
7 Light Green	M/W18-	
8 Orange	M/W14-	

Scoring for each course will be 100 points for the winner. For the two 'large' courses scoring will be 100, 99, 98, 97, 96 etc. For the others it will be 100, 98, 96 etc. The club's score will be calculated as the best 13 scores subject to a maximum of 3 from each 'large' course and a maximum of 2 from each of the others.

If I have interpreted the rules correctly, this means that every runner can contribute to the club's performance. Even if you are not in the club's top two or three on your course you may finish quicker than a scoring runner from another club, and therefore reduce the number of points they score.

Please note the date of 27th February in your diaries and try to be available. I will start to sort out entries as soon as the draw has been made and the venue is confirmed. Also note that the committee has agreed that SWOC will pay all entry fees for the CC Trophy.

John Mills

THEIR TRIP TO US AT EASTER:

KARRIMOR 2004 – MEDIUM SCORE EVENT

Claire and I decided to enter Karrimor once we found out it was going to be in the Brecon Beacons. We had previously done the event in 2002 in the Cheviots, so this time, we only had an hour's drive to the start at Dan-y-Ogof. Heavy rain had led to changes to car-parking. So at 8 o'clock on a misty, moisty Saturday morning, Barbara dropped us off on the road near registration. After a short walk to the start, we were off at 8.52 climbing gradually along a track onto the hills. A scan of the map showed that the mid-way camp was at the north-east corner of the map, well away from the start. So we made a conservative route choice to get to camp within 6 hours.

As we reached the first control the mist came down – 15 points in 27 minutes - and then on a compass bearing to the second control – but we had problems finding the sink hole among many others. Getting used to the 1:40000 map was difficult because the detail was not on the map. So after some delay, we cut our losses and went on. The mist cleared and we stayed with a bunch of teams for the next few controls until we reached the north side of Bannau Sir Gaer - after nearly 4 hours. Again the mist descended, and we were on our own going underneath the north escarpment of Fan Brycheiniog. Finding the next control proved difficult but with a number of teams we found it. Onwards to the next control, we overshot by 300 metres, then on to the last 2 controls, and a muddy track to the finish. 240 points on Day 1 seemed a respectable score, although there was a big cluster of teams with 300+ points.

We found a dry bit of the swampy field and camped. We changed, then cooked and rested, watching the teams coming in. It was a long night not helped by the clock change. Eventually at 6 am, we heard the dulcet words of the organiser. It was time for breakfast and then we packed up before starting at the late time of 9.30.

This day, we took more time to plan a route, and then set off catching up teams who had started before us. The first 2 controls were in clear conditions and then it was into the mist once more. On to the 5th control, we needed a sweep search to find the control. After nearly 3 hours we came out of mist, crossed a road and climbed the next ridge. Unlike most teams we then headed away from the finish to take in another control. We dropped down to the next road, and climbed through peat hags to the upper slopes of Fan Gyhirych. Then we had an hour to do the 6 Km to the finish. So we climbed further up the hill onto a track, which took us down through Ogof Fynnon Ddu via the compulsory last control. We reached the finish with 16 minutes to spare, and 280 points – 18th position on Day 2 and 84th overall. That evening we scanned the results and realised we had won the Family prize, beating the second team by 23 minutes – our total scores were the same. We felt good about Day 2, and realised that better planning on Day 1 might have got us further up the results list.

Havard Prosser

I am trying to get the International Affairs Office in Cardiff City Council to look after OUR GUESTS here too.

Their provisional programme is to arrive on Friday evening; have a training event on Merthyr Mawr on the Saturday (closed : since SBOC have an open event there on 03/04...2 weeks before the Penhale Nationals); and then go to Broughton Burrows on the Sunday...an SBOC event.

Sightseeing on the Monday.

Two training events put on by the Junior Squad open to SWOCCIES on the Tuesday and Wednesday (where, is still an open issue); Rest and "CIVIC'S" on the Thursday: including the Welsh-Norwegian Society.

Then on Good Friday travelling to Staffs for the JK Training; and returning after the Relay on Monday to Cardiff, to catch the Tuesday am flight to Stavanger .

Bjarte Eikanger, with whom I am liaising, is the Secretary of Hordaland O -region; and is employed by the Norwegian Sports Federation in that role. One of his main remits is to develop Junior orienteers, he took a party to Tenerife earlier in 2004. He can get EU funding for Junior trips (maybe Kate needs to contact him for more details!), and is hoping to bring a party of @ 20 teenagers (+ leaders?)

He runs for Gular (the Bergen O-Klubb) and there are several other Klubber in the region (including Fana IL).

In Norway O-Klubber are often divisions of the general community sports clubs....so it is Fana Sports Team rather than O-Club; and Gular have other sports divisions as well.

Gular have a tradition of coming to the UK for the Jan Kjellstroem Trophy; but many of the "older" runners now have young families, which has precluded recent trips.

I have asked Bjarte to send me internet i/d's for their Club web-sites: which I shall try to get published as links on the SWOC web-site...so you can have a look at their maps and terrain.

I hope the meeting of WJS and Hordaland Juniors will result in ongoing liaisons: pen-pals for o-maps and event results to begin with; and maybe individual families getting together; as well as occasional more organized activities.

Any comments, further ideas, and provisional (or more than!) expressions of interest to me (or Frank)...my tel/facs. is 02920 515829

my e-post persona is: mikedown@mikedown.plus.com

Hope to see you in the New Year if not over Yule....

skaal

Mike Down