



# Welsh Junior Squad & SWOC

## Pwll Ddu Regional Event

### May 8th



# The Platform

The Newsletter of South Wales Orienteering Club

April 2005

swoc.org.uk

## EDITORIAL

## JK Successes

- Venue** Pwll Du near Blaenavon, South Wales .  
Parking at Whistle Inn. SO 230103 - £1.00.  
Signed from jct of B4246 and B4248 in Blaenavon
- Map and terrain** Scale: 1:10000; 5m contours. Open moorland with much intricate contour detail as a result of extensive mining activity.  
Voted Compass Sport readers' favourite area at the Welsh 6 Day
- Courses** JM/W 1 to 4; JM5L/M/S; JW5L/S; M/W 21-70L/S; M/W 21N  
Colour coded courses: White, Yellow, Orange, Red and Light Green.  
A free String course will also be provided.
- Times** Starts 10:00 to 13:00 Courses close 15:00
- Fees** Pre-entry: Seniors £7.50 Juniors/Students £3.00 **Closing date: 23<sup>rd</sup> April**  
Internet entries [www.fabian4.co.uk](http://www.fabian4.co.uk) or follow link [www.swoc.org.uk](http://www.swoc.org.uk)  
Postal entries – on standard BOF form to Matthew Jones, 375 Gower Rd, Killay, Swansea .SA2 7AH 01792 528578 before 21:00 please.  
Cheques payable to Welsh Junior Orienteering Squad  
Limited entry on the day: Badge: Seniors £9.00 Juniors/Students £4.00  
Colour coded: Seniors £5.00 Juniors/Students £3.00
- E-Punching** Sportident will be used on all courses. Dibbers available for hire on the day.  
Seniors £1.00, Juniors 50p
- Facilities** Good Food and Beer at Whistle Inn. Toilets. First Aid. O Traders. Also visit t Blaenavon Book Town or free trip down a Coal Mine – at Big Pit.
- Dogs** Dogs under strict control in Car Park and Assembly, BUT NOT allowed on courses
- Safety** Competitors take part at their own risk and are responsible for their own safety
- Final Details and Results** The final details and the results will be posted on the SWOC website - [www.swoc.org.uk](http://www.swoc.org.uk). Copies can also be obtained by sending 2 stamped and addressed envelopes to Matthew Jones – as above.
- Officials** Organiser: Kate Balmond SWOC – 01495 791454  
Planner: Rhodri Buffett Controller: Mark Saunders (BOK)

It was great to see so many SWOCies at the Compass sport cup and JK. Once again your help will be needed for the various events that the club will be staging this year. On the Calendar page I have included provisional dates for the Swansea Bay Summer Series, a staggering 10 events some of which are fairly close. We are hoping to put on at least 3 Summer Score events. More will be added to the list if anyone is prepared to organise them.

The next major SWOC event is the **Welsh Champs Regional Event at Llangynidyr , Oct 9th**. Please keep this date free as lots of help will be needed.

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

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

Congratulations to Cerys Manning for her outstanding performance at the weekend. Gill Manning was also fastest on the W55L course. The SWOC Ladies team of Kate Balmond, Gill Manning and Judith Powell came third in the 165+ category and Mike Down achieved 2nd place with an “ad hoc” Norwegian team.



## Norwegian Visit To Cardiff

14 Norwegians arrived in Cardiff via Stansted on Wednesday night to stay at various houses in the area. Thursday dawned bright and sunny and the visitors accompanied by Kate Balmond, Rhodri and Mark Saunders embarked on a whistle stop tour of the Millenium Stadium and the Castle before meeting the deputy Mayor Delme Bowen at the Mansion House. After a quick lunch at the Norwegian Church it was down to the serious business of training. Fortunately the heavy showers had stopped by the time they reached the Wenallt and the controls didn't seem to provide any problems. There was just time for a quick swim at Cogan - the slide was a great novelty, before fish and chips and a video at Mike Downs house.

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

If you fancy a trip to Norway and can arrange your own transport and accomodation.

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.

More details from Mike Down

## CALENDAR

### April

23rd NGOC Local Blakeney Hill, Blakeney. SO/652087. Eddie McLarnon, 01242 673079.£3.00/£1.00. O, G & BI Regn 12.00-12.55. www.ngoc.org.uk

### May

7th NGOC Local Mallards Pike, Cinderford. SO/629092. Andy Stott, 01291 689471. £3.00/£1.00. O, G & BI Regn 12.00-12.55. www.ngoc.org.uk

**8th SWOC/Welsh Junior Squad Regional Event. Pwll Du, Blaenavon. SO/230103.**

**Kate Balmond, 01495 791 454 www.swoc.org.uk**

28th-30th WM Springtime in Shropshire Weekend

28th - Day 1 Regional Event. Bury Ditches, Bishop's Castle. SO/310846.

29th - Day 2 Regional. Rorrington/Mitchells Fold, Nr Bishops Castle. SO/302976.

30th - Day 3 Regional Event. Corden/Lan Fawr, Nr Bishops Castle. SO/302976.

More details at www.sins.org.uk/

### June

1st SBOC Summer League 1 Kilvey Hill (south) Roger Stein 01792 371450

8th SBOC Summer League 2 The Gnoll Neath Roger Stein

12th POW Local Hafren Forest, Llanidloes. SN/871897. Anne Wilson, 01974 282640  
www.mid-wales-orienteers.org.uk.

12th BOK Adams Avery/ASO Relays. Purdown, Bristol. ST/620775. Dave Urch, 01275 857330. Fees TBA. EPS-SI. String course.

17th SBOC Summer League 3 Penmaen

19th SBOC 2x2 Relays Cefn Bryn Gower The Swards 01554 771807

22nd SBOC Summer League Clyne Gardens Pete Seward 01792 204643

29th SBOC Summer League Pembrey Roger Stein

### July

**5th SWOC Summer Score St Julians Wood**

6th SBOC Summer League Craig Gwladys Roger Stein

13th SBOC Summer League Cefn Bryn East Roger Stein

20th SBOC Summer League Pembrey

**21st SWOC Summer Score Pontcanna**

27th SBOC Summer League Mynydd Mawr woodland park Tumble Roger Stein

24th POW District Event. Plynlimon, Ponterwyd. SN/775899. Mike Kay, 01970

820421.£4.00/£2.00. Dogs on leads in Car Park only. www.mid-wales-orienteers.org.uk

### August

10th SBOC Merthyr Mawr Roger Stein

**12th SWOC Summer Score Cosmeston**

17th SBOC Kilvey Hill (north) Roger Stein

21st POW Local Craig Twrch, Lampeter. SN/646483. Anne Wilson, 01974 282640  
www.mid-wales-orienteers.org.uk.

24th SBOC Ogof Ffynon Ddu Roger Stein

### September

25th POW Local Gilwern Hill, Llandrindod Wells. SO/080569 Anne Wilson.

17th-18th Caddihoe Chase Weekend

### October

**9th SWOC Regional Event Llangynidyr organiser Adrian Moir**

**FIRST ISSUE OF SWOC RANKING LIST FOR 2004/05 –  
Events from Sept 04 to 13 Mar 05 – Issued 15 March 05**

Pos	Name	Class	Total Points	Counting Events	Events included
1	Judith Powell	W60	2583	10	Llangattock 12 Sep 04
2	Jill Manning	W55	2571	10	Caddihoe 18/19 Sep 04
3	James Clemence	M45	2515	10	Twin Peaks 25/26 Sep 04
4	Rhys Manning	M21	2469	10	Painswick 25 Sep 04
5	Holly Bryant	W14	2453	10	BokTrot 3 Oct 04
6	Lauren Ferrand	W16	2397	10	Mynydd y Gaer 10 Oct 04
7	Frank Ince	M60	2349	10	Pen Rhiw Wen 17 Oct 04
8	John Mills	M55	2204	10	Haugh Woods 24 Oct 04
9	Michael Bryant	M16	2202	10	Symonds Yat 30 Oct 04
10	Alan Mackenzie	M55	2108	10	Nov Classic 7 Nov 04
11	Noelle Bryant	W45	2089	10	WCH 7 Nov 04
12	Jeff Bryant	M45	1985	10	Allean South – 14 Nov 04
13	Sue Colbert	W55	1932	10	Fylingales 14 Nov 04
14	Nigel Ferrand	M45	1864	10	Wennallt 21 Nov 04
15	Peter Colbert	M50	1801	10	Bulford 28 Nov 04
16	Jane Ritchie	W45	1735	10	Birnam 28 Nov 04
17	Kevin Bush	M45	1661	10	Sheepscombe 4 Dec 04
18	Clare Dallimore	W18	1613	7	Cannop Ponds 5 Dec 04
19	Helen Sharp	W40	1583	8	Ash Ranges NE 2 Jan 05
20	Graham Tough	M60	1541	8	Silk Wood 16 Jan 05
21	Caroline Dallimore	W50	1496	7	Broadstone Warren 16 Jan 05
22	Gareth Buffett	M55	1409	7	Concorde Chase 23 Jan 05
23	Nick Dallimore	M50	1204	5	Bixslade 29 Jan 05
24	Lyndon Sutton	M55	1174	8	Cwmdare 30 Jan 05
25	Jeffrey Colbert	M21	1096	5	OO Trophy 30 Jan 05
26	Peter Ribbans	M45	1021	6	Mallards Pike 6 Feb 05
27	Kate Balmond	W55	1006	5	Bovington Ranges 13 Feb 05
28	Cerys Manning	W20	998	4	British Night Champs 19 Feb 05
29	Michelle Tinker	W21	850	5	Oxwich 20 Feb 05
30	Rhodri Buffett	M18	840	3	QO (CST) 27 Feb 05
31	Havard Prosser	M55	803	4	Midland Night Champs 5 Mar 05
32	Carys Morgan	W21	755	4	Pembrey 6 Mar 05
33	Nyall Meredith	M45	732	5	Hambleton NE 13 Mar 05
34	Lizzie Clemence	W14	633	3	
35	Vladimir Kuznetsov	M45	595	3	
36	Neil Grant	M50	589	3	
37	Alun Morgan	M60	563	3	
38	Peter Nicholson	M55	548	3	
39	James Medley	M16	544	4	
40	Jane Clemence	W35	463	3	
41	Colin Powell	M65	376	2	
42	Richard Howells	M45	341	2	
43	Barbara Prosser	W55	324	2	
44	Hywel Butts	M21	283	2	
45	Holly Morris	W12	198	1	
46	Mike Down	M50	117	1	
47	Richard Jones	M35	114	1	
48	Jonathan Dallimore	M16	109	1	

Please let me have details of any missing results John Mills (john.w.mills@btinternet.com)

## Portugal O Meeting 2005

February 4<sup>th</sup> and I am boarding a Ryanair flight to Porto with Pat & Richard Pay from my old club Wrekin. The cheap flights, £30 return, and the low cost of car hire have tempted us to Chaves in Northern Portugal for my first international event of the year. Arriving at Chaves by midday we managed to track down the Event Centre and get directions to the Training Event, “You can’t miss it”, we are told in excellent English, “There are signs”. Sure enough we could not miss the Training Event once we got there, but getting there involved a certain amount of trial and error with the unsigned route finding. Happily the remaining days were all very well signed from Chaves. Training events are especially important in new countries, as mapping conventions differ, and land use practices can create a whole new range of route choice considerations. Fields appear in the middle of forests, vineyards can only be crossed in one direction, boundaries between woodland and fields may involve an unexpected vertical drop of 4 metres etc.

I did my first Portugal O meet last year and discovered a very good international entry. In my age class it was of course retired people from Scandinavia and Switzerland where winter is a closed season for Orienteering. In other age classes cheap flights attract working people for an extended weekend. There was a small Scottish O Tours group there among others.

The competition itself was four days, every day to count. Day 1 was a middle distance event in Carvalhelhos on well contoured mixed woodland and rough open. Courses had some excellent route choices and after one difficult control when I lost too much time, I was very happy to come in first in 51:33 minutes for my 3.4k and 180m course. Day 2 at Montalegre was a World Ranking Event and my early start meant that I set off along a hard frozen riverside path just 3 minutes ahead of my nearest rival. Unhappily she caught me when I encountered the only mapping complaint I found in the whole 4 days. From then on it was a serious hard head to head chase. I could not shake her off. I had hoped that on the long leg, where there was good route choice, she might try another route, but no such luck. Even when I eventually went brain dead and took a wrong turn she stayed there behind me, following me as I returned to the course, getting left behind a bit when I weaved through some thick deciduous forest, only to storm past me on the long run in. I discovered afterwards that she was a Marathon runner who had done a 3:41 marathon last year so I guess I never really stood a chance. Wandering around the assembly area later I was greeted by the Finnish winner of M55L at Croeso and his wife who was third in W55L. They recognized me and told me how much they had enjoyed their first visit to Wales and said they

### Portugal contd...

would definitely come to our next event. The Terrain on day 3 was a mixture of woodland and small fields scattered over a principal valley with surrounding hills. I had not orienteered on terrain like this before and I found it mentally very challenging. The fields were small and used for varied small agriculture, small patches of vineyards mixed with grassland or ploughed patches, and generally unfenced so you ran in and out of forest. This day I set off 3 minutes behind my rival and was not happy to see her shortly before control 2, standing on a track looking a bit puzzled. The prospect of another hard chase loomed. Happily she didn't appear after me and she came seriously to grief on control 8 so that I went into the final day in a commanding position. This was a matter of great relief to me as the final day was a town sprint round the old part of Chaves. This was great fun but it would clearly favor a runner, and in the end I was well pleased to be only a minute down on her for the final stage. The old part of Chaves was a maze of narrow streets (far too narrow for vehicles in places) with old castles, odd squares and bits of public gardens. The finish was in a square in front of an imposing public building and we scurried round the old town to the bemusement of the local residents. I cannot visualize ever being able to organize a street sprint O in a British town of any sort.

Prizegiving was held in the local sports stadium early in the afternoon. It was extremely well attended by an enthusiastic audience cheering their club's successes, and generously and equally enthusiastically applauding us old timers. Orienteering is a young sport in Portugal so there are few older Portuguese orienteers, which makes the excellent courses provided for the annual influx of overseas competitors very commendable. Weatherwise we were blessed with dry days and sunshine, although the air temperature was generally very low as the areas were over 1000 metres high. By midday it had become warm but soon cooled down again. Unhappily hotels are not geared for visitors in cold weather and we found ourselves shown to freezing cold rooms. Fortunately they had quite good individual room controlled warm air heating systems so by turning it up to 30 for the first night I managed to get my room warmed up. On the cost side the hotel cost 40 Euro for a twin room with breakfast and our evening meals elsewhere cost about 10 Euro a head including a bottle of wine so it is a cheap country to visit. Next year the Portugal O meet is nearer Lisbon from 25-28 February. The 4-day event will be followed by a training camp on March 1-3, and then a 2-day event March 4-5. I hope to be there.

Judith Powell

This is the mountain bike version of the KIMM, 2 days with an overnight camp carrying all your kit with you. I had done the event before but only as a pair with Caroline. I hadn't done any long distance events for several years but as it was to be in the Beacons I felt I should come out of retirement and give it a go. They also now allow solo entries so I didn't have the problem of finding a partner. I tried to do some long training rides in Jan & Feb but was restricted by the cold weather and snow on the tops. In the event it was the heat rather than cold that was the problem.

The format is a 7hr score on the Sat with 5hr score on the Sunday. The same control sites are used for both days but with different points. You find out the grid references for the control sites a couple of days before the event but only get the values and campsite GR after you start. They actually encourage the use of GPS, you could download the control sites straight from the web site. However navigation isn't usually a problem as all the controls are on bridle paths or forest tracks.

The event centre was Brecon High School and we had to do a loop of the playing fields before collecting the checkpoint values and heading out. The forecast was good with early fog but warm later, so kit was down to the minimum and even as a solo I wasn't carrying much more than 5kg + water. The campsite was at Dolygaer by Pontstill reservoir. It was clear in advance from the checkpoint sites that the choice would be either a trip up Llan-gorse Mountain and the Black Mountains followed by the climb behind Talybont up over the edge of Merthyr

Common or a long loop west, over Sarn Helen, down into the forestry to the west of Ystrefellte and then back over the mountain into the Taff valley and up to Dolygaer on the Taff trail. The distances and points totals seemed similar but the west route seemed more flexible and avoided the long climb over the pass from the Usk valley at the end of the day. The only risk of going west was that once you started you were committed with no quick way to the campsite if you ran out of time. Because of this and also that I really didn't know how fit I was I decided to miss out a couple of low point controls near the beginning which were off my route, a decision I would later regret. 5 hrs out I was totally knackered but had covered most of the difficult ground and it was just a matter of will power and painful plodding up the last few hills before getting into the campsite with 20min to spare just in time for the second half of the Wales Ireland match. First day results showed me 1st vet & 6th overall, much better than I had expected. The camp was warm, dry & flat, very unusual for Polaris.

Sunday dawned hot & sunny and wasn't going to be enjoyable. My legs had stiffened up towards the end of the first day and hadn't improved overnight. I thought this was just overuse but it turned out to be pulled muscles. Cycling anywhere was going to be painful. I took a route roughly the reverse of the day before as the alternative would be some steep climbing in the Black Mountains which I didn't think I could do. In the end I finished with 30min to spare but without any more check points close enough to do. I didn't think it would be enough to keep my position and it wasn't. I ended up 2nd veteran but only by 1 point & 8th overall.

Nick Dallimore.

## **It's never too old to .....improve. contd**

god no, what if I go wrong there? – its okay just ignore them. The control is by the red van- aim for that. Try to keep running – it IS flat.” Thankfully spot on for next control , but then find myself in the brambles- “should I detour – No get going don't waste time. Keep going –not long now.”

Last control , great I know where that is- aim for the people- can I keep running- must. And thankfully the flat run in. I was very tired and realised why Gill had looked exhausted- for the first time in many years I had given my all to finish with a respectable time and not to let my team down. Judith then did a wonderful run to bring us home in 3<sup>rd</sup> place. A podium finish was like a dream.

The moral of my story is for you all-

YOUNG and OLD. I hadn't realised that in recent years – I had not approached events with the positive – I can win attitude, concentrate and go for it. I didn't realise that I could “run” for that distance – as long as I kept telling my legs to run. ( It is much easier to walk / jog) I haven't been that committed for ages. SO thank you to Gill and Judith , without whose consistent excellent results , they would not have scared me so much to call for drastic measures.

I am now going to try and get that bit fitter so that I can keep improving. I hope my confessions will make you all challenge your bodies- If you finish without being exhausted- Have you really tried? Even Kay and Dave Seward- who were cheering for me – said they had never seen me run so fast and kay told Dave to shut up in case he put me off.

Kate Balmond

## **It's never too old to .....improve.**

A big thank you to John Mills , because without him and all of the SWOCies who didn't want to compete in the JK Relays, I wouldn't have been able to fulfil a dream.

But first , the nightmare. Two days before the JK , I found out that John had put me to run the middle leg of the W165+ relay, between Gill Manning and Judith Powell. Now I immediately thought that an error had been made and I 'phoned John just to check. Alas, the only other contender was Jane Ritchie and she wasn't keen to swop places with me. So the scene had been set, no pressure- just real terror. The worst part to compound problems was that I had been entered to run the long course for both days as the boys put it- “ Its not worth going just to run the short”, - who said anything about running?

So JK Day1, had a lot of climb- with myself choosing long detours to try to avoid it. Now , I needed to be sensible here, if I attempted to run on day 2 , then would I have enough in the thin pins for the relays??? So I took a conscious decision to amble around and try to have a clean round and so saving the legs for my big day. I finished with only a mere glow.

Sunday night loomed and I woke in the night having a nightmare- what if I got lost etc, etc,? I had reasoned that in the gym I can just about keep going for 3km , if no climb – so it might be possible to have a reasonable run and not let my team down too badly. I had reconciled myself to the fact that Gill was quite likely to come back in the lead, as she had won both JK days. So I must just concentrate and go for it.

Gill did come back first, looking absolutely shattered, my legs felt solid and I needed some slow deep breaths to relax, she tagged me and off I went. “ Ignore the rest, Attack points, run wherever you can- don't take detours- direct route,” all the things to think of. Mind blank for No 1-“ what if I cant find it. Don't be silly- look at the map , concentrate.” Not bad- slowly it dawned on me that nobody had overtaken me- or perhaps they had chosen a better route.

Help! 2/3 way round course and a female has caught up seems right age to be in my class. I get to control first and then she starts to overtake me on the path. I start to walk, so does she ( it is uphill) . THEN I think,” she's not going to beat me now ,” so I command the legs to run- well they sort of managed a faster stagger and I manage to overtake her. Spectator control coming up-“ Oh