

SOUTH WALES ORIENTEERING CLUB



We hope you enjoy your membership of SWOC. This factsheet is designed as an introduction to the club and signpost to sources of further information.

Welcome

We are a family friendly Club based in the South East Wales area. Founded in 1975, our membership covers all ages from 8-80+ with members competing at a level to suit their own fitness and experience. The Club hosts approximately 25 races per year across the parks, streets, forests and mountains of South East Wales. All members are welcome whether you want to run competitively individually, as a team, improve your navigation for another sport or just get outside and explore new places.

Membership

Membership is annual and done through the British Orienteering website and runs from January. Membership for the first year is £5 for juniors and £15 for adults.

The Benefits of joining SWOC:

- Discounted entry fees to SWOC events and many

- other orienteering clubs
- Membership of a proud and progressive club
- British Orienteering membership
- Insurance during club events
- Access to experienced coaches and opportunities for development
- Competition at your own level
- A warm friendly culture
- A chance to meet others who share your interests and aspirations

Social

After the evening events a pub/café is usually nominated for food and post-race route analysis.

Improving your performance

SWOC hold formal coaching before many of the Saturday Series events suitable for all abilities including beginners. The club also aims to hold one coaching weekend away per year. To get in contact with a

club coach, contact the welfare officer. Juniors who are confident completing an orange standard course may be selected to attend Welsh Junior Orienteering Squad training weekends.

Better Orienteering is a web project to help newcomers start orienteering, existing orienteers improve and a great source of training advice.

<https://betterorienteering.org/>

Team Competitions

SWOC enters relay teams for the British Championships and the inter-club Compass Sport Trophy. Clubs with larger teams do better so every member of SWOC is encouraged to participate, whatever their experience. The qualifying round is held in spring with the final in autumn. Entry fees are subsidised by the club.



Staying in touch... www.swoc.org.uk



@SWalesOrienteeringClub



@SouthWalesOC

Events/races

Events are intended to be races but you do not have to run. You can choose to take part at a level to suit your skill and fitness. Events range from small local races (level D) to large international competitions (level A). Most local races are entry on the day.

SWOC events can be broadly split into five groups and are all listed on the website www.swoc.org.uk

Saturday Series – held roughly once a month the format is usually 3 or 4 courses of different lengths and standards suitable for novices and experienced runners. Often there is coaching alongside these events.

MapRun – Our winter one hour street O series.

Park Series – Summer evening races in the parks, traffic free perfect for juniors and novices with a longer urban course for the more experienced.

Welsh League (Level C)– We organise 2 races per year that form part of the league with a larger range of courses on offer to cater for all ages. There are overall series prizes presented annually.

Level A / B events – Every few years SWOC will help to organise large national competitions such as the British Championships, JK International Orienteering Festival or CROESO 5 day competition.



Junior's enjoying a summer Park Series Race

Volunteers

All our events are organised by volunteers. Large events require the assistance of many volunteers. Key roles are the Organiser, Planner (designs the courses) and Controller (checks the competition is fair). There is also an ongoing task of creating and updating maps. Don't be surprised if you are asked if you can help at an event. There are many different roles and you will join an experienced team who will explain what to do.

Coaching & Welfare

The Club is committed to improving the standard of its coaching and regularly sponsors coaches in their pursuit of higher levels of qualification. All Club coaches have as a minimum a Level 1 Coaching Assistant qualification. All members should make themselves familiar with our Code of Conduct and welfare policy.

Permanent courses

If you cannot make it to organized events there are a number of permanent courses set up available to download from the website.

Our neighboring clubs Swansea Bay (SBOC), Mid Wales (MWOC), North Gloucester (NGOC) and Bristol (BOK) frequently hold events within easy reach of South Wales. You can search for nearby events at <https://map.oobrien.com/>

Committee and AGM

The AGM is held in September, all members are encouraged to attend – its your club!

Secretary: Nick
secretary@swoc.org.uk
Chair: Anne
chair@swoc.org.uk
Fixtures: Pete
fixtures@swoc.org.uk
Welfare: Clare
welfare@swoc.org.uk

Staying in touch

During the year there are lots of events and activities to tell members about. We use a number of methods to ensure that members, athletes, volunteers and parents are kept informed and get involved. The club website is the main source of information for all Club information, news, etc. — <http://www.swoc.org.uk> From time to time, emails will also be circulated to all Members.