

WELSH ORIENTEERING ASSOCIATION

Annual Report 2014

INTRODUCTION

This Report summarises the activities of the Welsh Orienteering Association during 2014. It takes the form of short reports from the officers of the Association and is presented at the Annual General Meeting for approval.

Chairman's report

2014 was a year dominated by a major event. The JK in South Wales was the one of the largest events that had ever been staged by the WOA with somewhere in the region of 9500 competitor runs over the 4 days. The event could not have gone ahead without significant volunteer effort. Approximately 400 people helped in some capacity over the Easter weekend, many of those from the other side of the border. Days 1 and 2 were ably run by SBOC and SWOC. As a result of their efforts as day organisers Niall Reynolds and Nigel Ferrand are joint recipients of the WOA Volunteer of the year award for 2014.

Despite this taking over much of the efforts there were other important events albeit on a slightly smaller scale. SBOC managed to put on a very successful Welsh Championships on Merthyr Mawr with a further 4 events, 2 by MWOC and 2 by SWOC, in addition to those above to make up the Welsh League for the year.

In the home internationals Welsh did not have its best year with the Juniors and Seniors ending up 4th after long trips to Scotland. The Veterans could not quite maintain their result of the previous year ending up 3rd at the event in the Forest of Dean.

The number of Welsh athletes going on to represent GB at international level is impressive and as a nation we are punching above our weight. Kris Jones was a member of the GB WOC and EOC teams and was on the podium with a 6th place in the sprint at the European Orienteering Championships and part of the GB team that finished in 6th at the World Orienteering Championships sprint relay. Katie Reynolds and Ciaran Allan represented GB at JWOC with solid performances, Katie finishing 30th in the Middle race. Similarly Fay Walsh had a well-earned call up for GB at European Youth Orienteering Championships. Kris Jones was nominated as Orienteer of the year.

On the organisational side the association is still without a secretary and no one has come forward to produce Y Ddraig regularly. The ad hoc emailed editions of the newsletter have been most welcome however. As always the committee would welcome new members with fresh ideas as to how the sport is going to evolve in Wales. Despite that I am always amazed at the amount of activity that goes on in the country despite our limited membership numbers.

The association held 3 committee meetings in 2014 as well as the AGM. One of these was face to face and a further 2 online via Google Hangout. This has proved to be relatively successful with the aim of reducing travelling time (and cost) for committee members. Bob Dredge has the role of British Orienteering council member with the remit of maintaining a 2 way link between Wales and the federation and has been able to provide input from a national level.

The World Championship is being held in Scotland in 2015 and it would be good if this helps to raise the profile of the sport in the UK.

Looking forward locally the association is holding a Volunteer Activity weekend in 2015 and Croeso in SW Wales in 2016 is starting to take shape. I think the greatest challenge we face going forward is getting new people to come along and ultimately get involved in all aspects of the sport, volunteering as well as participating.

Peter Ribbans SWOC

Treasurer's report

WELSH ORIENTEERING ASSOCIATION ANNUAL ACCOUNTS 1 JAN 14 – 31 MAR 15

EXECUTIVE SUMMARY

1. The annual accounts for 2014/15 show an Actual Surplus of £14262 compared to a budget surplus of £5170. The balances of the reserve fund and development fund at year end are as follows:

Reserve: £6000
Development: £32414

2. The current financial situation is good but shows that the position is maintained by the regular infusion of income from CROESO and SCW grants.

Recommendation - That the Annual Accounts for 2014/15 be agreed and submitted to the AGM for approval.

ANNUAL ACCOUNTS 2014/15

3. The Annual Accounts for 2014/15, which are subject to audit, are at Annex A in the format required by the Sports Council for Wales (SCW) and will be presented to the AGM for formal approval in due course. More detailed information about the Actual Income and Expenditure for 2014/15 compared with the amended Budget for that year can be found in Annex B. This shows that the Actual Surplus for the year was £9091 more than the Budget Surplus as summarised below:

	Budget	Actual	Variation
	£	£	£
Income	16450	17220	770
Less Expenditure	<u>-11280</u>	<u>-2959</u>	<u>8321</u>
Surplus	<u>5170</u>	<u>14261</u>	<u>9091</u>

4. The increase in the surplus of £9091 is made up as follows:

	£
Subscriptions	211
Levies	-406
Interest	-200
International Income	416
SCW Grant	750
Officers Expenses	106
Committee Meetings	85
Schools Liaison	100
Training Officials	186
Domestic Events	374
International preparation/Training	1300

International Programme	-431
Club Development Grants	4000
Legacy dev grants write off	2500
Other	<u>100</u>
Increased Surplus	<u>£9091</u>

5. After a transfer from the reserve fund to the development fund in order to keep the reserve fund at a reasonable level, the increased surplus has made the actual and reserve fund balances as follows:

Reserve fund - £6000

Development Fund - £32414

FINANCIAL STRATEGY

6. **Reserve Fund.** The main reasons that organisations need reserves are:

- To fund expenditure pending the receipt of income (e.g. debtors, stocks, temporary loans, cash flow etc).
- To meet unavoidable unbudgeted expenditure and/or loss of budgeted income.

7. In determining what might be an adequate and prudent level of reserves, WOA has used the yardstick common to a number of voluntary organisations: that the minimum level of reserves ought to be at least 25% of its annual turnover, plus a further 25% to provide the facility to make temporary loans to the organisers of major events in Wales pending the receipt of income, making a total of 50%. The balance in the Reserve fund at the year end was 53% of budgeted expenditure for 2014. This was deemed acceptable.

8. **Budgetary Control.** The other principle agreed was that the Association must be self sufficient if it is to continue to remain a viable organisation. In other words, it must contain its expenditure within its income each year, which it has done in 2014. Budgets are controlled during the year to ensure that they are not exceeded without prior authority with regular monitoring reports submitted to the committee.

9. **Development Fund.** The development fund was originally established with the bulk of the Association's share of the CROESO 2008 surplus and has been used to provide grants to the Welsh clubs to enable them to develop orienteering within their areas. The income from CROESO 2012 and JK 2014 has increased the balance in the development fund to a healthy level so that grants to the clubs can be maintained over the coming years.

CONCLUSION

10. Whilst the current financial situation is good, to maintain the position, the Association is reliant on SCW grants and income from CROESO and other major events; it cannot support itself on income from membership subscriptions and levies alone whilst maintaining its current support to the international programme and club development.

Amy Peltor BAOC

Annexes:

- WOA Annual Accounts 1 Jan 14 – 31 Mar 15.
- WOA Actual & Budget 1 Jan 14 – 31 Mar 15.

WELSH ORIENTEERING ASSOCIATION INCOME AND EXPENDITURE ACCOUNT				
	To 31 Dec 2013		To 31 Mar 15	
	Income £	Expenditure £	Income £	Expenditure £
Core Activities				
Administration	63.47	-125.99		-138.46
Membership	2177.90		3054.73	
Training of Coaches		-300.95		
Training of Officials		-90.02		-463.9
Domestic Events		-687.42		-925.53
Schools liaison/projects				
	2241.37	-1204.38	3054.73	-1527.89
Special Projects				
Development Grants (Write off 2014)		-2500		2500
JK 2014 levies			5415.91	
		-2500	5415.91	2500
Performance & Excellence				
International Preparation Training		-274.00		0.00
International Competition		-3359.00		-3931.00
		-3633.00		-3931.00
Totals Before Development Fund Transfers	2241.37	-7337.38	8470.64	-2958.89
Transfers to(-)/from Development Fund	5000		5000	
Totals After Development Fund Transfers	7241.37	-7337.38	13470.64	-2958.89
Deficit(-)/Surplus Before SCW Grant		-96.01		10511.75
SCW Grant		3000.00		3750.00
Surplus/Deficit(-) After SCW Grant		2903.99		14261.75
Reserve Fund Balance @ 1 January 2014		4107.36		7074.35
End of year adjustment - transfer to dev fund				-15336.1
Reserve Balance @ 31 Mar 15		7011.35		6000.00

WELSH ORIENTEERING ASSOCIATION BALANCE SHEET				
	At 31 Dec 2013		To 31 Mar 15	
		£		
Current Assets				
Debtors		792.57		716.80
Investments		0		0.00
Cash in Bank		30859.78		37697.30
		31652.35		38414.10
Less Current Liabilities				
Creditors		-2500		0.00
Net Assets		29152.35		38414.10
Represented by -				
Development Fund		22078		32414.10
Reserve Fund		7011.35		6000.00
		29089.35		38414.10

ACTUAL TO DATE 31 Mar 15

		Revised Budget A	Actual to 31-Mar- 15 B	Variation D
Ser		£	£	£
	REVENUE ACCOUNT			
	Income			
1	Subscriptions	1050	1260.63	210.63
2	Levies	2200	1794.10	405.90
3	Interest	200	0	-200
4	International Income	5000	5415.91	-415.91
5	WOA Development fund	5000	5000.00	0
6	BOF Development Grant	0	0	0
7	BOF Coaching Grant	0	0	0
8	SCW Grant	3000	3750.00	0
9	Total Income	16450	17220.64	0.62
	Less Expenditure			
10	Officers' Expenses	-130	-23.62	106.38
11	Committee Meetings	-200	-114.84	85.16
12	Y Ddraig	0	0	0
13	Schools Liaison	-100	0	100
14	Training Officials	-650	-463.90	186.1
15	Domestic Events	-1300	-925.53	374.47
16	International Preparation Training	-1300	0	1300
17	International Programme	-3500	-3931.00	-431
18	Club Development & Grants	-4000		4000
19	Legacy club dev grants Written off		2500	
20	Club Coaching Grants	0	0	0
21	Other	-100	0	100
22	Total Expenditure	-11280	-2958.89	8321.11
23	Deficit(-)/Surplus for the Year/to 31 Mar 15	5170	14261.75	8321.73
24	Transfer from/to(-) Reserve Fund	-5170	14261.75	-8321.73
25	Net Deficit/Surplus for the Year, to 31 Mar 15	0	0.00	0.00

	DEVELOPMENT FUND			
26	Balance @ 1 January 2014	22078	22078	
27	Transfer to Revenue Account	-5000	-5000	
28	End of year adjustment - from reserve fund		15336.1	
29	At 10 Apr 15	17078	32414.10	

	RESERVE FUND			
30	Balance @ 1 January 2014	7074.35	7074.35	
31	Transfer from/to(-) Revenue Account	5170	14261.75	
32	End of year adjustment - to development fund		15336.10	
33	At 10 Apr 15	12244.35	6000.00	-6244.35

34	TOTAL FUNDS AT 10 Apr 15	29322.35	38414.10	9091.75
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	NET ASSETS			
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35	Current Account	37697.30
36	Investment Account	0
37	Debtors	716.80
38	Creditors	0.00
39	NET ASSETS AT 10 Apr 15	38414.10

HONARARY LIFE MEMBERS 2014:

Enid Bourne, SBOC
Peter Seward, SBOC
Judith Powell, SWOC
John Butler, HALO/SBOC

Renewals: 252
New Members: 74?
Non-renewals: 61

The number of renewals were very heartening and we are delighted with the very significant number of new members. A large number of the non-renewals were previously counted as family members although they may have participated to only a small extent or not at all so family membership was not converted to single membership for each member of the family.

There is a significant and worrying fall in the membership figures for Eryri. Serious thought needs to be put into how to improve participation in North Wales (and therefore club membership) – Mark Saunders, Development Officer, is working with all clubs and continues to do so.

MWOC and SWOC have increased their membership by about 10% - great news. It should be noted that some of the downturn in SBOC figures are due to one family of BAOC members who are now able to join WOA in their own right. Members of service clubs can choose which region of the UK they wish to be associated with.

More ex-pats, too, for the year 2014 – great to see orienteers from other clubs claiming their right to partake as members of WOA.

I was concerned last year that the restructuring of BOF membership, which got rid of inclusive family membership in favour of individual registration of members, would affect our numbers adversely. However, the membership numbers for 2014 reflect a modest increase in the membership overall.

Anne May SLOW

Fixtures Secretary's report

My written report covers the period January to December 2014.

In 2014 the following were staged in Wales,

JK 4 Day Event at Swansea University/Singleton Park, Mynydd Llangynidr, Merthyr Common and Pwll Du hosted by WOA clubs with significant help from English clubs.

Welsh Classic Championships at Merthyr Mawr staged by SBOC

The Cwpan Y Ddraig and Yvette Baker trophy qualifying round for Wales was held at Nash Woods hosted by MWOC.

The Welsh Short Course Championships were held on Kenfig Burrows by SBOC.

The Welsh Middle Distance Championships do not appear to have been held in 2014.

Activities staged in Wales included Welsh Junior Squad training, SBOC club nights, MWOC coaching at Penglais School and Plascrug and ERYRI held several urban events.

WOA and Welsh clubs should be reminded that an orienteering event or activity is only covered by British Orienteering (BO) insurance if it is registered with British Orienteering. If an event or activity is being run by a BO affiliated orienteering club but is not registered with BO then club and the members taking part should ensure they are aware of the insurance arrangements for that event in case the liability arrangements are different.

The BO database shows that 86 (83 in 2013) events took place in Wales in 2014. This is made up of 4 Level A events, 3 Level B events (3 in 2013), 6 Level C events (6 in 2013) and 73 Level D events (74 in 2013). This does not include events held by clubs outside of Wales but run in Wales such as DEE events which are registered with the North West Orienteering Association.

The BO database shows 51 activities took place in Wales in 2014 (44 in 2013).

WOA members should be aware that in other regions of the British Orienteering Federation Area Night Championships, Urban Leagues and Score Championship events are among the types of events that are also staged. Welsh orienteers will not have the chance to take part in these types of events in Wales unless clubs can be supported to stage them.

Participation Figures for events in 2014

	Seniors	Juniors
ERYRI	163	99
MWOC (formerly known as POW)	268	944
SBOC	993	357
SWOC	743	337
Other Events		
JK	7004	2455
JK Trail-O	106	7
TOTAL	9277	4199

Participation figures for previous years.

Category	2010	2011	2012	2013	2014
Senior	2442	2183	9169	2047	9244
Junior	3921	3978	3256	1360	4199
Total	6363	6141	12427	3407	13443

(2012 figures do not include participation figures for SWOC)

(2013 figures do not include participation figures for three club activities held late in 2013)

British Orienteering's Event Scheduling Group held meetings in March 2014 and October 2014 both of which I attended.

David Pal DEE

Mapping Officer's report

ERYRI O.C.

No maps were produced within the year

MID WALES O.C.

New maps were prepared for :
Mynydd Yr Ychen, Ponterwyd
North Road Maze, Aberystwyth
Waunfawr community Hall & Grounds, Aberystwyth
Pen Creigiau'r Llan & Anglers' Retreat, Tal y Bont

Updates were prepared for:
The Arch, Devil's Bridge
Coed Allt Goch, Llanidloes

SWANSEA BAY O.C.

New maps were prepared for:
Blackpill
Port Eynon Burrows

Update was prepared for:
Singleton Park
Clyne Valley

SOUTH WALES O.C.

There has been a change in Mapping Officer and no activity was mentioned.

Robert Griffiths MWOC

Coaching Officer's report

The Junior squad have continued to have regular high quality coaching sessions under the leadership of Mark and Alice but assisted by several other parent coaches and some of the ex squad members. The reward for this is seen in the regularly high number of youngsters being selected for BO/JROS training camps and also selection to represent GB at major international competitions.

Clubs:

3 of the 4 clubs regularly provide coaching:

SBOC: Roger ran 3 intro sessions for newcomers prior to the summer league. Coaching was on offer at the monthly winter club nights and Mark Saunders has been running evening sessions for the older juniors although this has been open to other experienced orienteers

SWOC: Nigel ran 3 coaching mornings for newcomers in the autumn immediately prior to local events and has also done a couple of informal sessions for newcomers. Some of the newcomers have joined the club. Existing club members do not show any interest in coaching.

MWOC: Bill Marlow and Terry have run numerous coaching sessions for schools as part of their schools development work – details in the schools report. Gabriella has run a series of sessions at a local primary schools and a series at the local secondary school. The activities at the secondary school were planned by Megan Carte Davies with assistance from Joe Thomas and Zoe Walsh all of whom had completed the Orienteering Young Leader Award and were able to register their volunteer hours for the Welsh Baccalaureate. In addition they provided a series of summer evening coaching activities in Aberystwyth.

ERYRI: No information

Coach training:

Congratulations to Roger Stein (SBOC), Terry Smith (MWOC) and Gabriella Walsh (MWOC) who all successfully completed their UKCC Level 2 coaching qualification in 2014.

No level 1 or 2 courses were held during 2014 but both are in the Plas y Brenin programme for 2015

Links with British Orienteering

Helena attended the annual Association Coaching Representatives meeting in Birmingham on behalf of the WOA and is also a member of the National Source Group for Coaching.

Helena Burrows LOC

Information Officer's report

The main avenues for publicising the Association's affairs are the web site and the bi-monthly newsletter, Y Ddraig. Without an editor for Y Ddraig during 2014, the association only managed one issue of the newsletter in 2014.

The web site has been maintained throughout the year though little new material has been provided for publication. The major activities of the association, however, can be located on the site where you can find information on the Welsh Championships, the Welsh League and copies of the reports and minutes of the WOA Committee.

The web site has changed little in structure in over 10 years and could well do with a modern re-vamp. We would be pleased to receive any expressions of interest on taking over the roles of webmaster, Y Ddraig editor and/or Information Officer.

Roger Stein SBOC

Schools Liaison Officer's report

Most schools orienteering activities in the 2014-15 year were in mid-Wales, due primarily to ongoing hard work by Bill Marlow and Terry Smith. We are very pleased and proud to report that Bill's extraordinary efforts have come to wider notice this year, with his winning two very prestigious national awards, viz. BBC Cymru Wales Sporting Unsung Hero Award, and the "Points of Light" award from the British Government (with a certificate signed by the Prime Minister!). Huge congratulations to Bill and all those involved for this well-earned recognition! Statistics from Bill's work follow below. More information is given in Appendix 1, where Bill also shares anecdotes of his awards.

mid-Wales Schools Activities 2014-15

Date	Event	Participants	Venue
Autumn 2014	Powys Primary Schools Cluster Championships	1131	(many)
Nov 2014	Primary Schools County Championships - north	246	Gregynog
Nov 2014	Primary Schools County Championships - south	90	Nash Woods
Mar 2015	Powys Secondary Schools Championships	110	Hafren forest
Jun 2015	Inter-County Primary Schools Championships (Powys, Gwynedd, Ceredigion)	109	Y Plas
	TOTAL	1636	

Additional Activities in Mid Wales (Mid-Wales OC) reported by Gabriella Walsh

Megan Carter Davies and I ran an introductory session for Years 4,5&6 from Pontrhydfendigaid School and a brief talk to children from Ysgol Mynach primary school at Devils Bridge. Megan updated the Pontrhydfendigaid School map. They all attended the tri-county inter county primary school orienteering championship competition at Machynlleth Ceredigion also had pupils from Primary schools, Ysgol Cymraeg, Ysgol Plascrug, Ysgol Llanilar, Ysgol Penrhyncoch.

South Wales – East (South Wales OC) by Ian Kennet

I attended BOK/NGOC OCAD training event in Bristol and have updated a few school maps, one new map in production as Raglan school has moved to a new site.

Delivered TOP1 to 70 students at Hartpury College.

We have weekly schools here at the centre, all doing some basic orienteering.

TOP1 planned for the Autumn with some Sport Wales funding.

(Also expanded our Sport Ident kit and that's in regular use at the centre and with British Mountain Bike Orienteering at local events)

South Wales – West (Swansea Bay OC) by Bridget Stein

New maps made in 2014:

11 primary schools in Neath-Port Talbot borough;

1 comprehensive school in Bridgend;

Outdoor Centre of Hampshire County (Brecon Beacons);

Woodland area near Carmarthen mapped for University of Wales Trinity St David PE teacher training.

North Wales by Mair Tomos

Support for Gwynedd schools has continued.

The new site for Ysgol Yr Hendre in Caernarfon was mapped and 4 half day mentoring sessions held at the school with Yrs 5 & 6.

|37 primary schools (492 youngsters) attended three area competitions with the top 10 finishers going on to the Gwynedd Championships. The top 10 finishers from the Gwynedd Champs went on to Machynlleth to the Tri-county Championships.

APPENDIX 1

Report on Mid-Wales by William Marlow

Terry Smith and I (Bill Marlow) have once again been working during the School year with the support and help of Powys Sports Development, namely Katie Hamer and her fellow Community Sports Development Officers, to promote Orienteering for Schools in Powys.

This has tended to be by organising Cluster “Festivals” throughout mid and north Powys in the Autumn Term of 2014. The format generally has been in the shape of lots of different related exercises in the morning under Terry’s guidance, followed by a Cluster Championship in the afternoon for Year 3 & 4 on a White course and Year 5 & 6 on a Yellow with Downloads and Results under my supervision (each school was asked to place their pupils in pairs/age groups/courses on a spreadsheet and so was pre-entered). The children have competed, mostly in pairs or the odd three, and have been exposed to our full Sportident set up (i.e. Dibbers, Si stakes & Units). At Download they were given their tear-off results slip, which included their names, course, school, splits times and total time and current position displayed. Later that afternoon I then uploaded the results on to the Club website for them and their staff to view:- www.mid-wales-orienteers.org.uk

Numbers analysis of participants for Powys Primary Schools Cluster Champs (these took place mainly at the relevant Cluster High Schools, Gregynog or at the Lake, Llandrindod):-

Bro Hyddgen (formerly Bro Ddyfi) = 198;

Newtown & Welshpool = 281;

Builth & Llandrindod = 162;

Llanfyllin & Llanfair Caereinion = 149;

John Beddoes = 99;

Llanidloes = 242.

Total = 1131

Then, in November we then held two County Championships as last year we had held in the “north” and very few from the south entered. Firstly, the South Powys Primary Schools Championships at Nash Woods, Presteigne on 12th November and secondly, the North Powys Primary Schools Championships at Gregynog, Newtown on 19th November.

Finally, the Powys Secondary Schools Championships took place at Hafren forest on 23rd March 2015 – Yr. 7 on Orange Course; Yr.8/9 on a Long Orange and Yr. 10/11 on Light Green).

South – 90

North – 246

Secondary – 110

Total = 446

Grand Total = 1577

Mean per event = 175

An Inter-County Championships for Primary Schools (Powys v. Gwynedd v. Ceredigion) was held in June 2015 at Y Plas, Machynlleth (Organised by Mair Tomos and Bill Marlow, assisted by Terry Smith).

Total = 109.

At the South Powys Primary Schools Championships at Nash Woods BBC Cymru Wales and Claire Summers of BBC Wales Today fame, came to film our event for 4 hours. We had been warned that the filming would take place there a couple of days before the event! This was all as a result of a neighbour of mine nominating me for the BBC Cymru Wales Sporting Unsung Hero Award for 2014. Claire told us during the filming that they had received over 180 nominations, a selection panel had eventually whittled them down to three (these three were all filmed and each was edited and submitted to a further panel of judges). At the North Powys Primary Schools Championships held at Gregynog the following week, unbeknown to me (although Gabriella, Terry and my neighbour all knew a couple of days before the event, but were sworn to secrecy!) Claire came along again, crept up behind me at one point (and did a “This Is Your Life” type scenario) to tell me that I had won!!! This was all then shown on BBC Wales Today the following day and gave us 4 minutes of coverage of interviews etc at Nash Woods and the presentation at Gregynog on their evening programme.

I went down to Cardiff for the Welsh Sports Awards early in December at the Sport Wales HQ to officially receive the award and then up to Glasgow the following weekend to represent Wales at SPOTY! This was an evening to remember for sure.

Finally, in March the British Government awarded me the “Points of Light” award, with a signed letter and certificate from David Cameron!

It has been so pleasing that our sport and MWOC has received such good publicity from it all. At our Regional event at Gwanas , Radio Wales’ Rachel Garside interviewed me and several key members of the Club and was aired a couple of weeks later as a result of the press release from Downing Street.

Bridget Stein SBOC

Development Officer's report

With so much focus on the JK, 2014 was a quiet year for new development initiatives within Wales.

MWOC started a series of club nights, which have been very successful.

SBOC have continued to hold many local evening events including now, more quality street events on proper sprint specification orienteering maps..

SWOC again supplemented their local events with additional coaching and maintained their successful evening street races.

It is hoped that the WOA Volunteers activity day held in 2015 will stimulate ideas for new developments in 2015 and beyond.

Mark Saunders BOK

Welsh Junior Squad report

Another very active year, particular highlights being;

1. Continuing regular training weekends at approximately monthly intervals
2. Enjoyable Pre JK training camp held around the "Heads of the Valleys".
3. The squad putting on a JK Warm up event on Clydach Terrace and training for JK participants on Llagatwg.

Many thanks to SWOC for the loan of their areas.

4. Ciaran Allen and Katie Reynolds represented GB at Junior World Championships .
Megan Carter-Davies represented GB at European Youth Orienteering Championships.

Mark Saunders / Alice Bedwell BOK

Welsh Senior Squad report

This report outlines the activities of the senior team in 2014 and also highlights the achievements of the senior athletes at international events.

The key event for the team is the annual Senior Home Internationals. This year could be argued as one of the best organised Home Internationals in recent memory. The forthcoming World Championships in Scotland in 2015 gave the Scots a great opportunity to continue their preparations for the event and they pulled out the stops in delivering a world class event titled 'Race the Castles'. The 2014 event differed from the norm with the delivery of two weekends of races. The first weekend a set of sprint races in Edinburgh and Stirling (Castles 1+2) and the second weekend the set of forest races with a World Ranking Event at Balmoral (Castle 3) and the Relay at Forvie (Castle 4 – sand castle!) . The development of these races, the link with WOC and the support that was gained from various partners resulted in awesome venues, world class fields and excellent races.

Sprint SHI

As detailed this set of races also included a set of sprint races. These were tagged with the 'Home Internationals' as agreed by the team managers.

The first day was in Edinburgh utilising the old town and the Princess Street Gardens area.

Top result came from Kris Jones in 4th place in the SHI competition (11th overall). The rest of the results in the men's elite competition were Rhodri Buffet 10th place (53rd overall) and Ed Nicholas 11th place (66th overall). In the women's competition Helen Palmer was top Welsh athlete in 5th place (16th overall). The other athletes competing were Katie Reynolds in 9th place (32nd place) and Helen Hanstock in 11th place (35th overall)

Day 2 was held in Stirling with access being secured to Stirling castle which made for a fantastic Sprint area. Kris Jones was once again the stand out performer this time in a much closer race. Kris finished up 3rd (7th overall) only ten seconds from the SHI victory. Rhodri Buffet finished in 10th place (overall 40th=) and Ed Nicholas finished in 11th place (overall 44th). Helen Palmer was once again top Welsh athlete in 7th place (19th place) and Helen Hanstock finished in 9th place (26th overall)

It was very close in the overall standings with Wales just being beaten by Ireland by 69 seconds over a combined close to 3hrs of racing over the two events.

SSHI Overall Results

- 1 Scotland 2:34:25
- 2 England 2:43:25
- 3 Ireland 2:57:39
- 4 Cymru 2:58:28

Ed Nicholas

Welsh Veteran Squad report

Wales had some excellent individual results at the Veteran Home International (VHI) held in the forest of Dean in September 2014, including wins in M45 and W65.

Our overall position was 3rd (England 1st, Scotland 2nd, Ireland 4th) so we retained the Wales/Ireland Stone Wall Trophy.

The 2015 VHI will be hosted by Mid Wales Orienteering Club at the Welsh Champs weekend on 3rd and 4th October at Llynnoedd Teifi/ Teifi Pools. The team is (injury permitting!) complete despite some regular runners having injuries/prior commitments. Plans are well underway by MWOC for a competitive and enjoyable VHI weekend.

Sophie Brown