

WELSH ORIENTEERING ASSOCIATION

Annual Report 2018

INTRODUCTION

This Report summarises the activities of the Welsh Orienteering Association during 2018. 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

I started in this position at the beginning of June 2018, my predecessor Peter Ribbons having finished his time in the role a couple of years earlier and the position having remained vacant in the intervening period when it proved impossible to recruit a volunteer to take on the role. The Welsh Orienteering Association (WOA) has continued to function during this time due to the effort of the rest of the WOA committee and in particular WOA secretary Roger Stein. This should be borne in mind by the membership of WOA as Roger indicated at the last WOA AGM his intention to stand down by the next AGM.

During 2018 the four Welsh orienteering clubs, ERYRI, Mid Wales Orienteering Club (MWOC), Swansea Bay Orienteering Club (SBOC) and South Wales Orienteering Club (SWOC) hosted a number of significant orienteering races. The 2018 British Night Orienteering Championships were successfully hosted by SWOC and SBOC bringing the elite of British orienteering to South Wales to experience our challenging terrain in February 2018. ERYRI had to prepare twice to host the 2018 Welsh Championship weekend, the first time being postponed in March by adverse weather when all the preparations had already been made, and subsequently being staged in much more pleasant weather in September 2018. SWOC hosted the 2018 Veteran Home International weekend of individual and relay races when the best of Welsh veteran orienteers competed with those of England, Scotland and Ireland on two challenging areas near Blaenavon. Wales produced their best result for years by finishing second to England overall, slightly assisted by the Scottish team experiencing a number of last minute injury drop-outs. This should in no way diminish the excellent achievements of the Welsh veteran orienteering team who by finishing with 175 points finished 21 points ahead of Scotland.

Wales was also represented by our Senior and Junior orienteers at their respective Home Internationals, both maintaining their performances comparable to those achieved in recent past years. The Junior team also took part in the Junior Inter-Regional Championships.

At club level there are a number of club competitions such as the Compass Sport Cup & Trophy, the Yvette Baker Trophy and the Peter Palmer relay which have seen Welsh clubs travel to, and orienteers excel, and their performances are recognized and celebrated.

The major races described earlier are only a small part of the activity that Welsh clubs staged in 2018. None of this activity would take place without the huge volunteer effort of many members of the Welsh orienteering clubs along with our neighbouring clubs and friends. There is very little professional involvement in the sport of orienteering at this time so it reflects well on the members of Welsh orienteering clubs that the sport remains accessible to so many through their efforts to stage the activities and races.

I see my role as Chairman of the Welsh Orienteering Association to gently steer the sport in the direction that the membership wishes. The WOA committee will continue to work hard to assist Welsh clubs and members to enjoy the sport of orienteering. Please read the rest of this annual report and I welcome your comments and thoughts.

David Pal (WRE)
WOA Chairman

Treasurer's report

ACCOUNTS 2018-19

The accounts show that WOA finances are in a healthy situation and the accumulated fund is the result of two very successful international multiday competition in 2012 and 2016. Such funding is needed to sustain the development of orienteering in Wales over the coming 4 years.

Audited accounts appear at the end of my report.

BUDGET 2019-20

Summary:

It is proposed that subscriptions and levies remain at the same level for 2020/21 as for 2019/20.

Subscriptions

It is proposed that membership subscriptions should remain at the current level for 2020/21. The current levels of subscriptions and levies are generating a satisfactory income and will be reviewed again in future budgets.

It is therefore recommended that membership subscriptions for 2020/21 are:

Seniors	£3.00
Juniors	£1.20

Levies

Levies can be varied by the committee at any time (and do not have to be agreed at the AGM) but it has been practice to implement any changes from 1 January. It is proposed that levies remain the same for 2020/21 as for 2019/20.

It is therefore recommended that levies for 2020/21 are:

Seniors	£0.70
Juniors	3 juniors for 1 senior

Jean Lochhead (EPOC)
Treasurer

WELSH ORIENTEERING ASSOCIATION Income & Expenditure Account for the year to 31 March 2019

WELSH ORIENTEERING ASSOCIATION Notes to the accounts for year ended 31 March 2019

WELSH ORIENTEERING ASSOCIATION Balance Sheet as at 31 March 2019

YEAR	WOA MEMBERSHIP					
		MS	MJ	FS	FJ	total
2010	393	no of "New" in 2017 who did not renew in 2018:				
2012	360	12	5	6	3	26
2013	313	no of "Renewals" in 2017 who did not renew in 2018:				
2014	326	16	9	8	7	40
2015	325	New in 2018				
2016	310	19	14	21	12	66
2017	317					
2018	317					

The total membership number remains steady at 317.

There were 66 New Members in 2018,

There is a significant increase in the number of new female members, up from 14 in 2017 to 21 senior women, but a significant decrease in the number of new male seniors!

Junior membership: a couple more female juniors joined in 2018 than did not renew, while the number of new male juniors matches the number not renewing.

Of 47 New Members in 2017, only 26 renewed for 2018. Of those who had WOA membership in 2017, 40 did not renew for 2018. 24 juniors did not renew, 8 of whom were new members in 2017.

A total of 66, or just under 21% did not renew membership.

Because of the new data protection regulations, I do not have membership details prior to 2017, since we have no legal reason to keep details of those who are no longer current members.

However, in the future, it would be interesting to keep track of the percentage of non-renewals and try to learn the reasons for non-renewal. If anyone has information on reasons for non-renewals, I would be very interested to hear them.

Anne May (SWOC)
WOA Membership Secretary

Fixtures Secretary's report

My written report covers the period January to December 2018.

In 2018 the following were staged in Wales,

The British Night Championships were staged at Merthyr Mawr Warren, Bridgend followed by a National Level race at Pembrey Forest, Llanelli. The joint hosts were SBOC and SWOC. Both events were included in the British Orienteering UK Orienteering League.

Welsh Classic Championships held at Newborough Forest, Newborough, Ynys Mon staged by ERYRI.

The Cwpan Y Ddraig and Yvette Baker trophy qualifying round for Wales was held at Margam Forest North hosted by SWOC.

The Veteran Home International Individual and Relay races were hosted by SWOC at Pwll Du, Blaenavon for the individual race and Clydach Terrace for the relay race.

The Welsh Middle Distance Championships does not appear to have been held in 2018.

Activities staged in Wales included Welsh Junior Squad training, ERYRI club nights and SBOC once again held their annual introduction to orienteering events. SWOC staged a series of evening races throughout the year.

WOA and Welsh clubs are reminded that an orienteering race/event or activity is only covered by British Orienteering (BOF) insurance if it is registered with British Orienteering. If an event or activity is being run by a BOF affiliated orienteering club but is not registered with BOF then the 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. Urban events have further rules to follow to be covered by BOF insurance including where competitors under 16 years of age can run. At the earliest opportunity when registering a race or activity the relevant officials should be added to the BO database to ensure that the named individuals receive the appropriate protection from British Orienteering's insurance.

The BOF database shows that 76 (72 in 2017) events took place in Wales in 2018. This is made up of 1 Major events (0 in 2017), 4 National events (4 in 2017), 6 Regional events (8 in 2017) and 65 Local events (60 in 2017). 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 19 activities took place in Wales in 2018 (42 in 2015, 26 in 2016, and 33 in 2017).

The figures vary each year depending on the commitments of each club. The change in number of activities staged might be for several reasons. Firstly clubs change may change their priorities from year to year, secondly reclassifying activities as Local races which slightly alter the number, to better reflect the status of the race/activity and thirdly a failure to register an activity due to the low level of involvement perceived. Welsh Junior Squad training may be registered as an activity to whichever club the lead coach belongs to as long as the coach is a member of a club that is affiliated to the Welsh Orienteering Association.

Breakdown of race categories per club

	Major	National	Regional	Local	Activities
MWOC	0	0	2	10	4
ERYRI	0	1	2	7	6
SWOC	1	2	2	21	6
SBOC	0	1	0	27	3
TOTALS	1	4	6	65	19

Participation figures for 2018 & previous years.

Category	2014	2015	2016	2017	2018
Senior	9244	2303	8609	2910	2877
Junior	4199	1190	3091	1558	1271
Total	13443	3493	11700	4468	4148

(2015 figures do not include participation figures for eight club activities)

(2016 figures do not include participation figures for two club activities)

(2017 figures do not include participation figures for one club activity)

2014 included the Jan Kjellestrom International Event held at Easter in the Swansea and Tredegar areas. 2016 included Croeso 2016 held over five days in South Wales

Breakdown of participation figures from British Orienteering database

	Members	Non-Members	Non-Paying
Senior	2544	286	47
Junior	783	487	1
Total	3327	773	48

Members are those who are members of British Orienteering, non-members are usually participants new to the sport mainly participating in introductory activities while non-paying mainly refers to runs by members who have volunteered to help at a race and may have received up to a 100% payment discount for their run in acknowledgement of their efforts.

British Orienteering's Event Scheduling Group held meetings in March 2018 and October 2018 both of which I attended.

David Pal (WRE)
Fixtures Secretary

Mapping Officer's report

South Wales Orienteering Club

Ty'n y Coed	new map
Cefn Onn	new map
Clydach Terrace	resurvey and new map
Cardiff	updated maps for park series

Swansea Bay Orienteering Club

Broughton Burrows	Updated to ISOM 2017 and geo-referenced
Cefn Bryn	Updated to ISOM 2017 and geo-referenced
Carn Goch	Updated to ISOM 2017 and geo-referenced
Margam Forest North	Updated to ISOM 2017 and geo-referenced
Graig Fawr	Updated to ISOM 2017 and geo-referenced
Merthyr Mawr	Updated to ISOM 2017 and geo-referenced

Mid Wales Orienteering Club

Nash Wood	Updated to ISOM 2017 and geo-referenced
-----------	---

Eryri Orienteering Club

Newborough Forest	Updated to ISOM 2017
Llecnweddgain	Updated to ISOM 2017
Waun y Llyn	Terrain updated to ISOM 2017
Cwm y Fynon	Terrain updated
Bangor Street	Updated and split into 2 maps

Robert Griffiths (MWOC)
Mapping Officer

Coaching Officer's report

ERYRI

One active UKCC L2 Coach (Jim Wood). Others qualified (most under old system, but need to be re-registered with BOF): being reviewed. One member wants to attend UKCC L2 training but is awaiting the opportunity (Bill Teahan).

Junior Residential Coaching.

WJOS Training Camp Gower, 17/18 Feb 18: Jim Wood, with Tom & Philip Wood, Freddie Kingland, Maddie Bunn.

WJOS Training Camp Lake District, 3-6 Apr 18: Tom Wood, Freddie Kingsland.

JROS Training Camp, Gothenburg, 19-27 Aug 18: Tom Wood.

JIRCs, 29/30 Sep 18: Jim Wood, with one new W18 (Lois Lee), plus beginner M16, W16 & M14, plus four others.

(WJOS Training Day, Newborough, 4 Nov 18: Mark & Alice, Jim Wood, plus Freddie Kingsland, Maddie & Holly Bunn, Scott & Luke Williams, Lois Lee, Awel Davies)

JROS Training Camp ('Hawkshead'), 1/2 Dec 18: Scott Williams.

Other Junior Coaching (Jim Wood).

Primary School Denbigh:

Feb 18, x45 Years 5 & 6. Two PE sessions.

Sep 18, x28 Year 5. Two PE sessions.

Primary & Secondary School Denbigh, at Dee OC Schools' League:

17/18 League: 3 Feb 18, Event 4: 5 Secondary, 4 Primary.

17 Mar 18, Event 6 (Relays): 5 Secondary, 6 Primary.

2 May 18, Event 5 (Primary School Champs): 8 Primary (Holly Bunn 2nd Girl).

Overall Places: Freddie Kingsland 1st Yr 7 Boy, Maddie Bunn 1st Yr 8 Girl.

18/19 League: 22 Sep 18, Event 1: 3 Secondary, 6 Primary.

13 Oct 18, Event 2: 2 Secondary, 6 Primary.

1 Dec 18, Event 3: 1 Secondary, 6 Primary.

Current Overall League Places: Freddie Kingsland 1st Yr 8 Boy, Maddie Bunn 1st Yr 9 Girl

Three more events planned.

Cadet Unit:

23 May 18: Coaching for 30 cadets, also 'World Orienteering Day'.

Individual Sessions:

20 Sep 18, Open Moorland Training: 2x M16's.

23 Sep 18, Open Moorland Training: M14, W12, plus family.

Come & Try It Events: coaching provided to new runners (seniors and juniors).

- Event on behalf Flintshire CC, to 'open' new POC (Waun y Llyn), 18 Jun 18. One new W16.
- Summer Weekday Evening Series, Apr – Jul 18. Clare Dallimore (SWOC). Aimed at local fell & mountain running community. 12 new members.
- Winter Weekday Evening Urban Series, Nov 17–Mar 18 & Nov 18–Jan 19 (to continue until Mar 19). For runners & club members.

MWOC

Coaching is delivered by Bill Marlow, Terry Smith, Gabriella Walsh, Robert Griffiths assisted by Kate O'Sullivan, Clive Thomas and Steve Walsh. Coaching support is provided at all local events, this has been important for supporting the increase in numbers of newcomers attending events. Bill Marlow and Terry Smith have provided coaching support at Schools Orienteering events including the North and South Powys and Inter County Championships. 25/2/18 Nant yr Arian Coaching activity attended by 16 parents and juniors led by Robert Griffiths and Gabriella Walsh

10/6/18 Come and Try It event at Gregynog for 26 members of Dolly Mixtures Running club

1/7/18 Come and Try It event at Gregynog 9 participants parents and juniors

12/7/18 Sarn School Coaching session for 40 pupils delivered by Bill Marlow.

14/8/18 Coed Allt Ddel coaching activity Robert Griffiths for 11 club members.

18/10/18 Club Committee members collectively joined in the British Orienteering Live Webinar on Developing your club.

Fay Walsh completed her UKCC Level 2 coaching award in December 2018.

SWOC

SWOC Coaching is delivered by Nigel Ferrand with assistance from Mark Saunders, Alice Bedwell, Anne May and a few others. Several Saturday afternoon coaching sessions held in 2018.

Coaching support was provided at local events and the Cardiff Park Series events in the evenings.

SBOC

Coaching help is provided to individuals/families on an ad-hoc basis at the Summer League events. Main coaching for SBOC members is via the Welsh Junior Squad sessions. And some seniors and older juniors help out at the sessions. In addition Mark Saunders runs a training/coaching session most Thursday evenings which is open to all.

Current Welsh Coaches

	UKCC Level 2	UKCC Level 1	Coach Level 3
ERYRI	Jim Wood		
MWOC	Gabriella Walsh Terry Smith	Steve Walsh Robert Griffiths Eunice Carter Clive Thomas	Bill Marlow
SBOC	Roger Stein		
SWOC	Nigel Ferrand Mark Saunders Alice Bedwell		

Gabriella Walsh (MWOC)
WOA Coaching Officer

Information Officer's report

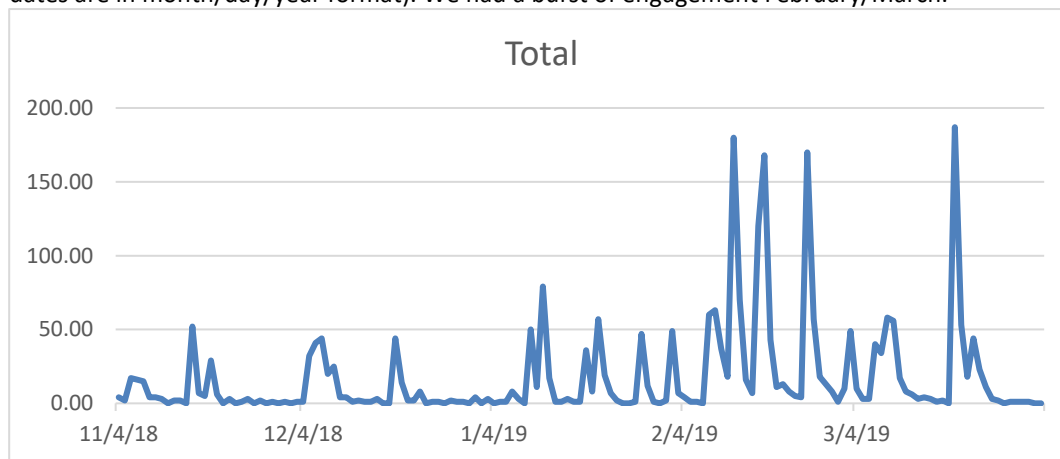
As WOA Information Officer since September, I have mostly been focussing on social media and producing a monthly newsletter to send out to the membership.

For the monthly newsletter, I have been creating an A4 side with news from the biggest events (regional or larger, not so much local level), reminders of what's coming up and a something fun to end e.g. an interesting video or link to an article. Anne May has then been forwarding this out to the membership list. I have had a lot of positive response about this simple format – mostly comments that people are enjoying being kept up to date and positive comments about the length of the document (if it was longer they would be less inclined to read it).

In terms of social media, Clare Dallimore had previously set up a Facebook page. Currently the administrators of the page are myself, Clare Dallimore, Mark Saunders and Ben Mitchell. This basically replicates what is being said in the newsletter in more regular posts throughout the month. Again, it tends to cover regional or larger events and less of the club level. In stats, we have 93 'page likes'. (See below for some extra analysis on posts)

We also now have an Instagram account, @welshorienteering. This is less active than the Facebook page and I am currently the only person who posts on this. This can easily be changed. The email used for this account is information@woa.org.uk. In stats, we have 61 followers in Instagram and have published 7 posts. The page is public to view.

Facebook: These are our "daily hits" which for each day shows the number of hits on WOA content (note Facebook dates are in month/day/year format). We had a burst of engagement February/March.



The top 5 viewed posts were a link to the article "10 reasons why Orienteering is the best sport ever", a link to Kris Jones / SLOW's intricate contours video, pictures of Ben Mitchell setting out controls ahead of Mynydd-Y-Garn, Fay Walsh winning British Night Champs, and a link to Kris Jones's fast running article "Add some variety to your running".

Megan Carter-Davies (MWOC)

Development Officer's report

Mark Saunders (BOK/SWOC)

Welsh Junior Squad report

JHI Results (6/7 Oct. 2018 – Perthshire)

	Individual	Relay	Overall
Scotland	87	56	143
England	66	48	114
Ireland	33	22	55
Wales	29	16	45

Mark Saunders / Alice Bedwell (BOK/SWOC)

Welsh Senior Squad report

SHI Results (8/9 Sept. 2018 – Hurstwood, near Burnley)

	Individual	Relay	Overall
England	27	30	57
Scotland	23	17	40
Ireland	12	14	26
Wales	12	8	20

Clare Dallimore (SWOC)

Welsh Veteran Squad report

The 2018 VHI took place on home turf hosted by South Wales Orienteering Club on the weekend of 29th/30th September.

Wales finished in an impressive 2nd position in both the individual and relay events (England 1st, Scotland 3rd, Ireland 4th).

The individual took place on the technical open area of Pwll Du, Blaenavon in perfect weather. There were some excellent performances by Welsh team members including impressive class wins by Jill Manning in W65 and Alun Jones in M60, a silver for Alice Bedwell in W55 and bronzes for Rhys Manning in M35, Richard Barrett in M45, Davis May in M65, Heather Heppenstall in W35 and Sian Mitchell in W40.

The relay took place on Clydach Terrace, Brynmawr. Margaret Reynolds led the women, men, women (WMW) team home first on leg one, motivating us to believe in what we could achieve. The Welsh team put in a solid performance with best results for Jill Manning, Richard Barrett and Heather Heppenstall 3rd, closely followed by Margaret Reynolds, Ifor Powell and Sian Mitchell in 4th position. Sam Healy, debuting for Wales, impressed all by pulling up 2 positions on the final leg.

VHI Results (29/30 Sept. 2018 – Blaenavon, South Wales)

	Relay	Individual	Overall
England	128	156	284
Wales	74	101	175
Scotland	64	90	154
Ireland	44	72	116

Sophie Brown (AIRE)
Veteran Team Manager

Schools Liaison Officer's report

WOA Orienteering in Schools 2018 Annual Report (collated in April 2019 by Bridget Stein SBOC)

North Wales – Mair Tomos

Schools mapped: -

Other activities: (

3 area competitions and then the Gwynedd Championships attracting a total of 565 youngsters. The best from Gwynedd then going on to the Inter-Counties between Powys and Ceredigion. There is good support from the Gwynedd Sport for Life team and the schools are still enthusiastic about orienteering.

Mid-Wales – Bill Marlow

Schools mapped: -

Other activities:

Terry Smith and myself (Bill Marlow) have once again worked during the School year in conjunction with the Powys Sports Development (namely, Katie Hamer and her fellow Community Sports Development Officers), to promote Orienteering within Schools in Powys. The striking thing this school year has been the direct effect budget cuts from Powys CC to Schools has directly affected what we do. Although not to us, Orienteering for most schools is low on their priority list in terms of funding the extortionate cost of coaches to various venues. This has meant that we have not held any Cluster events during the autumn of 2018 (due to financial restraints imposed on the Schools) and we are merging the South and North County Championships in to the County Championships at Gregynog in 2019, (near Newtown) but will be without any support from Powys Sports Development (financial and staffing-wise).

The astronomical cost of Coach Hire added to tight School Budgets will undoubtedly severely affect the numbers participating, although other external factors have come in to play. We will wait and see!

In March 2018 we held the South Powys Primary Schools Championships at Nash Woods, Presteigne (16 March 2018). The North Powys Primary Schools Championships due to take place at Gregynog, Newtown was originally set for February, but due to inclement weather conditions was delayed several times and it was then re-scheduled for 30 April.

South – 90

North – 372

Total = 462

We held an Inter-County Primary Schools event in Hafren Forest on 22nd June (Powys v. Ceredigion v. Gwynedd) for Year 3 & 4 (White Course) and Yr. 5 & 6 (Yellow Course). 66 children took part.

South Wales (West) – Bridget Stein

-

South Wales (East) - Ian Kennet

TOP1 courses last year. 3 delivered to students at Hartpury College, 36 participants.

Introductory orienteering is delivered weekly at Gilwern and Hilston sites. Usually on site but also off site in parks, castle grounds, similar open spaces.

Mostly primary, all different schools, circa 3 sessions weekly, each session circa 30 participants for circa 2/3 hours. Annually circa 3000 participants.

MTBO, all adult, 12 events a year. Getting circa 40-50 riders to each event. Event areas from Forest of Dean, Brecon Beacons, Black Mountains, Wentwood, Wye valley.

School for mapping is Raglan primary. I've got a dxf file. It's a new build school so good ground plans. Done an initial walk around, but I lack Ocad skill. Willing and keen to learn.