



Thanks to those who gave feedback on the first newsletter. It was all positive so here is round 2! We've had a variety of events happening this October—international races, mountain marathons, inter-club championships, and plenty more...

October Adventures

- The Welsh Juniors raced at their Home Internationals held near Pitlochry, Scotland—thanks to all who made the journey and competed.
- Fay Walsh (MWOC) made her debut for the GB senior orienteering team at the World Cup in the Czech Republic. The beautiful forest with steep slopes and a maze of sandstone pillars made for some [very tricky orienteering](#). The World Champs is due to be held there in 2021.
- Kris Jones ran for Wales in the Commonwealth Half Marathon Championships in Cardiff, finishing 13th overall (5th Brit) with an incredible PB of 63:55.
- Ben Mitchell (SBOC) and Megan Carter-Davies (MWOC) ran in the 25-manna relay near Stockholm for their Finnish club (Rajamaen Rykmentti). This competition is like the Scandinavian version of the UK's CompassSport Cup, just in relay form. Megan finished first leg 9th and Ben had an epic sprint finish battle on last leg, bringing the team back in 26th, a good result for the club.
- Eryri OC held a Welsh League event at Llechweddgain, an open area near Trawsfynydd. Results [here](#).
- Both Swansea Bay and South Wales orienteering clubs competed in the final of CompassSport Cup, finishing 7th and 10th overall in the 'Trophy' competition for small clubs. Special mention to Ben Mitchell for winning the Brown course overall by 40s.
- The Original Mountain Marathon (OMM) was held in the Black Mountains in the final weekend of October. Several Welsh Orienteers took on this tough weekend of long distance orienteering and camping in rough weather conditions—kudos to all of you and I hope you have just about recovered!
- Finally, wonderful news from Kris Jones and Anwen Darlington, as these two elite orienteers who grew up in the Welsh Junior Squad together have announced their engagement. Congratulations!

Next up

- MWOC are hosting the final event of the Welsh League 2018 on Sunday 18th November. The race will be held at Ynyslas sand dunes, north of Aberystwyth. Details [here](#).
- As of 1st November, you can renew your club membership for 2019. This year's membership will expire on 31st Dec 2018.

Finally I want to include a coaching tip or a short orienteering-related story at the end of each newsletter so if you have any stories to share, send them to information@woa.org.uk. For now though, since we are hitting the dark and gloomy winter days, I thought it would be useful to link this [Elite Athlete Winter Training Series](#) that British Orienteering did last year. There are some good motivational tips there! Happy winter training :)