



2019 has been off to a good start with some great local events – thank you to all of our volunteers for setting these up. Also this month:

- Mark Saunders & Alice Bedwell held a great day of Welsh junior training in New Beechenhurst, in the Forest of Dean. There were various skills exercises for the juniors to take on including a corridor course, pairs map memory and a fun relay at the end of the day. Several stayed overnight locally to compete in the [NGOC event at Blakeney Hill](#).
- Congratulations to Tom Wood, ERYRI, who made his debut running for Wales in XC. The race was the Celtic Cup held in Belfast.
- This seems like a good time to mention the results of the UK Orienteering League of 2018. We had several Welsh Orienteers who finished top 3 in their age class: M21 1st Ben Mitchell, M35 2nd Rhys Manning, M45 3rd Richard Barrett, W21 3rd Megan Carter-Davies, and W55 3rd Alice Bedwell. Congratulations all.

As we move into Spring, it's time to get organised for bigger events! Entry dates are beginning to fly at us so here are our relevant ones:

[Welsh Championships](#) – Early entry deadline Sunday 3rd Feb (be quick!). To be held in Nash Woods by MWOC on Sunday 3rd March near Presteigne – see extra article for details.

[Welsh League 2019 #1](#) – Online entry deadline Sunday 11th Feb. To be held on Mynydd-y-Garn, Brecon Beacons by SBOC on Sunday 17th Feb. (Entry on the day will be very limited so do enter in advance).

[The JK](#) – Cheaper entry rates until Sunday 24th Feb so get those in soon. This is one of the UK's biggest events of the year with 4 races over the Easter Weekend, 19th-22nd April, and will be held in Surrey this year.

Finally, I'd like to introduce those who have not yet seen them to a series of videos which have been produced by South London Orienteers and the GB team. There is one introductory video and 8 training videos aimed towards newcomers and juniors. Each video focusses on a specific orienteering skill. Here are the links so far:

[Introduction](#), [Setting the Map](#), [Using the Compass](#), [Attackpoints](#), [Aiming Off](#), [Large Contour Features](#)

There are 3 left in the series yet (Route Choice, Intricate Contours, Simplification) and these will be released weekly at 5pm Friday.

Happy February!