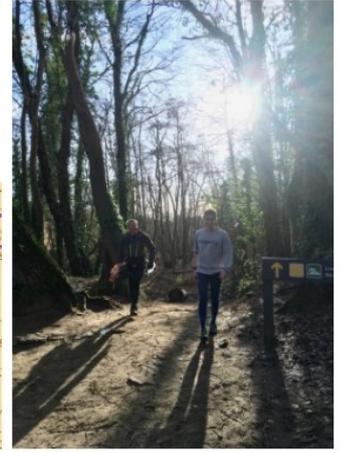
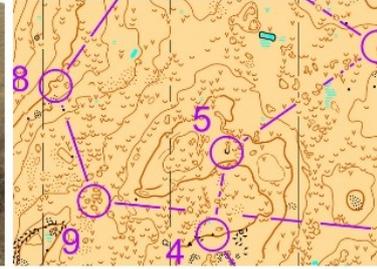




Newsletter Feb 2019



February has been an exciting month with a lot of great orienteering (potentially helped by some glorious weather!).

- The Welsh Juniors met on Kenfig Dunes near Port Talbot for some quality training. There were exercises such as the 'Control Pick' to practice direction changes and 'Attackpoints' where the aim was to pick out a big feature to simplify getting to the control. Thanks to Mark Saunders and Alice Bedwell for organising this. Many stayed overnight locally for SBOC's well-attended event on Merthyr Mawr. [Results](#) and [courses](#).
- The first race of the 2019 Welsh League was held on Mynydd-Y-Garn, Brecon Beacons. Planned by Ben Mitchell, the terrain and [courses](#) lived up to their expectations, and post-race comments included some regarding it as the trickiest orienteering they've done this millennium. Results [here](#).
- Huge congratulations to Fay Walsh (MWOC) taking her first senior title at the British Night Championships. This year the race was held on Muir Of Dinnet near Aberdeen. This was another [challenging area](#) with plenty of rock and contour detail, and tough conditions underfoot. Results [here](#).
- As well as SBOC's big races as above, the rest of Wales has also seen good participation as we move into Spring. SWOC have had consistently good numbers in attendance to [their recent events](#), MWOC saw publicity-boostered numbers on the Yellow and Orange courses at [Nant-Yr-Arian](#) and Eryri have been holding a successful [Night Street-O series](#) with up to 60 runners a time.

So far, a great start to 2019 for Welsh Orienteering. Coming up in March, we have:

- The [Welsh Championships](#), being hosted by MWOC on the 3rd of March in Nash Woods, near Presteigne. This mixed woodland with steep slopes is sure to be testing. Good luck all!
- Our nearest Compass Sport Cup Heats are being held on the 17th of January at [Bentley Woods](#) (OD) and [The Slades](#) (QO). Ask your club for more information.
- Pre-entry for the [JK](#) closes on 24th March 2019.

Finally to end the newsletter with some more helpful skills to focus on, here are the links to the rest of the videos made by South London Orienteers and GB Squad athletes: [Alice Leake on Route Choice](#), [Kris Jones on Intricate Contours](#) and [Ralph Street on Simplification](#).

Happy orienteering!