

Newsletter March 2019



With 5 weekends packed into the month and each of those featuring big events, March has been a busy month!

- Firstly the Welsh Championships – Mid Wales OC organised and planned the races and nature provided the proper Welsh weather. Huge congratulations to all our new Champions and well done all who took part. [Results are here](#), and the updated Welsh League 2019 scores are [here](#). Many thanks to Mid Wales OC for hosting this event. Along with our champions, we also presented trophies for WOA Orienteer of the Year, Tom Wood, and WOA Volunteer of the year, Jim Wood, both ERYRI.
- Swansea Bay OC and South Wales OC headed to the Quantocks to battle it out in the [Compass Sport Cup heat](#). It was a tight battle with SWOC winning overall by just 6 points! The Final will be held in October.
- This year's [BUCS Championships](#) were held near Stirling. Ben Mitchell (University of the West of England) came 3rd in the Men's individual race and Fay Walsh (Edinburgh University) came 6th in the Women's individual race. In the relay, Joe Thomas ran last leg for his Sheffield University team finishing 9th place in the Men's class, while Fay had a stormer to take the fastest leg time and bring her team home for the victory in Women's class.
- As part of various UK orienteering leagues, several Welsh orienteers headed to the Spring in Sheffield weekend, with a [sprint/urban race](#) on the Saturday and the Northern Championships at [Wharncliffe](#) on the Sunday.
- There was also a similar Lake District Spring weekend with a lovely Middle Distance race in one of the UK's most technical areas, [Haverthwaite Heights](#). Along with this was a selection [sprint](#) race for the Juniors on the Saturday at Lancaster University, and a classic on [Hampsfell](#) on the Sunday ([video!](#)). A lot of navigating around rocks!

What's coming up in April?

- The [next Welsh League event](#) will be held in Cwmlickey, Pontypool, on Sunday 14th April. On the Saturday 13th, there will also be Welsh Junior training on Pwll Ddu, near Blaenavon in South Wales. If you are interested, please email Mark Saunders / Alice Bedwell at Markandalice@btinternet.com.
- The final [British Championships](#) entry deadline is the 21st April. These races will be held in Yorkshire on 4-6th May.
- British Orienteering will hold their AGM on the 19th April after the JK Sprint. If you are a British Orienteering member, you should have received an email with a link to vote by proxy on various items being discussed at the AGM. This proxy vote is open until 5pm on Wednesday 17th April.

And to round off this month's newsletter, we feature Kris Jones who has been writing various articles for [Fast Running](#). He has written an [especially good one](#) for enticing your friends to try orienteering, or at least to understand what our wonderful sport is really about! Kris is one of Fast Running's 'Class of 2019' so you can expect more blog posts here throughout the year.

Happy orienteering & good luck to all competing at the JK over Easter Weekend!