



Squad News

No.9 Dec 2010

News

The big news is ... the newsletter's back! By popular demand and following a few communication hiccups this autumn, we're going to aim to produce this every 4-6 weeks. The newsletter will provide news but be most important for early warning of events and training, so please make sure you take note of the dates in the right hand column. **Hot news - 15 January training is ON—more from Jeff very soon!!**

ABi and Harry M. have done a great job setting up SWJS on Facebook. This will provide the same early notice of what's going on, plus a place to chat, swap news and ideas or generally brag about how much training you've done. Invites to join this will be issued by Abi or Harry any time now.

The website is being updated too and will be used mainly for pictures, with links to the newsletters.

Training

So far this autumn, the squad has trained at Salisbury track and Bulford in September, Leigh Woods in association with Avon Schools in October and last weekend at Stock Hill. In addition, a number of SWJS athlete have made day trips to the fantastic Team Bath facilities and a group of M/W16s attended the annual Lakeside squads weekend.

If you attend a squad training or a major event, we'd really appreciate a few words by e-mail about your experience, to include in the newsletter.

OBuy

The SWJS OBuy stall has been a huge success over the past year or so, appearing mainly at Avon Schools events and raising around a thousand pounds for SWJS funds.

The shop is partly a service for SW orienteers at local events and partly a fundraiser for the squad. Thanks go to all of you who bake cakes, help on the shop on the day and just hang around the shop to make it the place to be for all juniors. A surprising number of orienteers of all ages are developing a dependency on us for their post-run cake!

I've listed when the shop will be appearing at events. These will mostly be Avon Schools fixtures (as it's based with Pete in Bristol). Second-hand O shoes sell particularly well, so do pass on to us any old kit that you have.

SWJS Christmas Weekend

The weather nearly did for the Christmas weekend again this year, but snow and ice didn't stop 21 athletes making it to Stock Hill, though winter bugs struck down much of the Butt family. The importance of recruiting more M/W14s to the squad was emphasised by the sight of Tom, Isla and Abi all driving themselves to the event—we've a lot of M/W18s in the 2010 squad.

Upcoming Events

+ indicates selection race for tours

- 16 Jan Longleat C/Sport Cup for BOK & Sarum
- 23 Jan SWJS Shop at Tyntesfield ASO event
- 13 Feb Savernake ASO/Galoppen
- 20 Feb Midland Champs: Sheringham, Norfolk c/date: 6 Feb
- 13 Mar Southern Champs: Henley c/d: 30 Jan cheap
- 27 Mar Northern Champs: NW Newcastle c/date: TBA
- 2/3 Apr Triple O Severn c/d: TBA
- 10/11 Apr British Sprint/Middle Champs: West Sussex c/d: TBA

SWJS Training 2011

All dates & locations provisional

- 15 Jan Longleat area
- 26/27 Feb Penhale

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The day's training made the best use of the very runnable, very technical parts of the forest, with a variety of exercises that seemed to work well for everyone. One new idea this time was a short, timed first exercise that we repeated at the end of the day. As well as providing a chance to tune-in to the map and area, I thought the time difference between a cautious run early on and an identical but confident run later might be interesting. I've listed the times below and you might like to think about the causes of the difference for you. Perhaps you made a mistake first time round, or were deliberately slow, or does the difference show the effect of being over-cautious or hesitating through lack of confidence? You decide!

| Confidence Exercise 500m | First run | Second Run | Difference | % Difference |
|--------------------------|-----------|------------|------------|--------------|
| Ellie Stone | 06:50 | 03:00 | 03:50 | 56% |
| Ela Milne | 05:48 | 03:18 | 02:30 | 43% |
| Will Fordyce | 04:50 | 02:47 | 02:03 | 42% |
| Adam Grey | 05:34 | 03:32 | 02:02 | 37% |
| Ed Gow-Smith | 05:15 | 03:30 | 01:45 | 33% |
| Harry Morse | 04:23 | 02:50 | 01:33 | 35% |
| Jess Benjamin | 05:13 | 03:46 | 01:27 | 28% |
| James Haysom | 04:50 | 03:23 | 01:27 | 30% |
| Fraser Smith | 05:40 | 04:15 | 01:25 | 25% |
| Luke Hayward | 03:43 | 03:02 | 00:41 | 18% |
| Isla Simmons | 03:50 | 03:20 | 00:30 | 13% |
| Jack Benham | 03:20 | 02:51 | 00:29 | 15% |
| Ben Maliphant | 03:16 | 02:50 | 00:26 | 13% |
| Harry Butt | 03:50 | 03:32 | 00:18 | 8% |
| Oli Reynolds | 03:11 | 03:11 | 00:00 | 0% |
| Abi Kerr | 04:02 | x | | |
| Guy Horswell | 04:17 | x | | |
| Sophie Davie | 04:36 | x | | |
| Shona Simmons | 05:50 | x | | |

We then adjourned to a hall in Cheddar where, after most of us got lost in the village and visited various car parks and Secret Santa shops, we were welcomed by Christine and Arthur Vince. They laid on a fine meal with nearly 30 people packed round the dinner table in the small hall. Most people then stayed overnight to enjoy a return to Stock Hill with Ben Chesters on Sunday, whilst a small contingent went off to Headless Hill to run and provide the SWJS shop at an Avon Schools event.

Newsletter 10:

We'll aim to publish this after the Jan 15/16 weekend. All comments, contributions and reports much appreciated!

