

Captain's Report – SLOW AGM 2025  
*Eloise Lardet*

The year has flown by as my first year as club captain. SLOW have had a successful 2025 with a good presence at all the major relay competitions. The new club WhatsApp community has helped with smooth communications leading up to and on the day of team events. I hope the forms have made it simpler and easier to sign up for relays as well. If anyone has any feedback, I'm also happy to listen!

Going forward into 2026, I'd like to continue our great participation in major competitions and encourage anyone of all levels to consider taking part! Relays are a great opportunity to socialise with the club, and I have tried to be helpful in facilitating car shares and club accommodation for some of the major events.

Some highlights of the year:

Last year's club champs were a success with 37 entries. We are hoping to continue this trend with our upcoming club champs on 7<sup>th</sup> December – get your entries in soon! Tom and Abi are the reigning Open course champions – will they retain their titles? Come along for some friendly competition and festive cheer! New M/W60 categories, and of course the junior title to compete for.

In February we had a close competition in the CSC heats in Epping Forest with Hertfordshire and Southdowns Orienteers to qualify for the final. We went on to bring a strong team of 29 runners all the way up to the northeast coast on the lovely sand dunes of South Gare to compete in the final in September and came 5<sup>th</sup> – our best result since 2018!

A short summary of other events:

- British Champs, Lake District (March)
  - 4 teams
- JK Relays, Leeds (April)
  - 6 teams
- Harvester Relays, Kent (June)
  - Full A and B team competing, keeping up tradition of SLOW competing at every single Harvester since it started
- British Sprint Relays, Norwich (August)
  - 6 teams
  - Bronze in Elite (Vinh, Himmy, Michael, Daniela)
  - Bronze in Ultravets (Don, Diane, Alan)

Coming up in 2026:

- 22/2/26 Compass Sport Cup regional, Chobham Common.
- 1/3/26 British Relays, South Wales.
- 6/4/26 JK Relays, Trossachs (Scotland).
- 21/6/26 Harvester Relays? (No host yet).
- 28/6/26 British Sprint Relays, Bristol.
- 18/10/26 CSC Final, Pippingford Park (assuming we qualify).