

The West Midlander

Newsletter of the West Midlands Orienteering Association

No. 3

July 2008

Editorial

What a busy period it has been? We've had the British Champs, the WM Relays and a National Event at Brown Clee since the last newsletter. With the summer now here, the overseas events and other multi-day events come to the fore. CROESO will be the big event for many I know. The West Midlands League takes a break now till September with OD leading the competition at this stage. WCH is hot on its heels and it is too early to discount a late charge from HOC.

The Birmingham University academic year has ended and soon only graduation ceremonies will remain before the campus becomes very quiet. Before that happens, the University is having a Staff Wellbeing event on 9th July at which, for the second year running, orienteering will be featured as one of the activities. A mini-course of 7 controls using SI punching and an extract of BUOC's University campus map will give staff a chance to try the sport out in an environment with which they are already familiar. By using the equipment we take for granted at our events we hope to give newcomers a sense of the sport being accessible and fun rather than a dark art of specialist equipment and clothing. With no requirement to run, the event aims to show that getting out for a walk with some purpose is possible for everyone. Another objective of demonstrating the sport at events such as this is that it may help negotiations in future if BUOC feels it is able and interested in hosting a Sprint event on the campus. Tony Callow and members of HOC will be helping to put on this event.

A data privacy compliant version of the newsletter will be available as a PDF file on the WMOA web site. You will need Acrobat

Reader to view this file. To receive an e-version of this newsletter instead of paper, please send your full name, club and email address. Thanks.

Carole Sparke (HOC)

**Last date for copy in the next issue is:
20th September 2008
Publication should be on:
28th September at WCH's Oldacre
event**

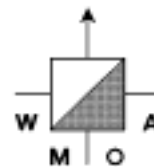


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West Midlands Orienteering Association Officials

Chairman and BOF Council Rep:	Henry Morgan (POTOC)
Vice Chairman:	Ray Collins (WCH)
Secretary:	Chris Morris (OD)
Treasurer:	Barry McGowan (HOC)
Fixtures Secretary:	George Chambers (HOC)
West Midlander and Handbook Editor:	Carole Sparke (HOC)
<i>Other contacts:</i>	
BOF Coaching rep:	Cath Williams (WCH)
BOF Mapping rep:	Colin Spears (HOC)
BOF Rules rep:	Barry Elkington (OD)
Colour Badge Awards:	Hilary Simpson (OD)
Controllers Co-ordinator:	George Chambers (HOC)
Data Privacy Officer & Emailtree Co-ordinator:	John Bennison
Junior Squad Co-ordinator:	Elizabeth Furness (OD)
Webmaster:	David Williams (HOC)
WM League:	Lesley Ross (OD)
Regional Development Officer:	Tony Callow (WRE)

Night League Co-ordinator and Officials Development Co-ordinator: Vacant positions.

NB: In accordance with WMOA's data privacy policy, contact details are not published with the downloadable version of this newsletter. Contact details are in the Handbook supplied to members each year. The current edition is also available to members by email.

National and West Midlands O club web sites

British Orienteering Federation page:	West Midlands OA page:
http://www.britishorienteering.org.uk/	http://www.wmoa.org.uk/
http://www.coboc.org.uk/	http://www.octavian-droobers.org/
http://www.harlequins.org.uk/	http://www.sisyphus.demon.co.uk/POTOC/
http://www.walton-chasers.co.uk/	http://www.wrekinorienteers.co.uk/
http://students.bugs.bham.ac.uk/buoc/	http://www.uwoc.co.uk/

Chairman's chat – Henry Morgan

(Due for publication in the April newsletter).

I am sure you are all aware that orienteering is an excellent excuse for visiting other parts of the country and other countries. It is an all inclusive sport, where there are no limits as to who can take part. I do not know of any other sport where, when you park your car, on one side you have a competitor in the autumn of their life and on the other, a family, with a baby in a back-pack! Both sets of participants will hopefully have a very enjoyable time on their chosen course, whether they wish to be competitive, or are only out for a leisurely stroll.

We, as a sport, seem to be having more and more pressures put upon us before an event can take place. In the past few years, we have been inundated with more paperwork and possible restrictions than I think the sport has ever experienced. Risk assessments, CRB's, Children and Vulnerable People Policies, environmental audits and recently EU Habitat Regulations, just to highlight a few. Fortunately, we still have a large number of people who are prepared to give up their time and energies to keep the events coming.

We in the West Midlands OA have a very full programme of club activities, from club trainings to GB selection races. The supremacy of our clubs has changed over the years. WCH was the club to beat in the league, relays, Sports Club of the Year etc. Now, OD seems to be the one to catch, witness Laurie Bradley New Year's Day Score Event, CompassSport Cup and Yvette Baker Trophy, for the past 2 years. This swing can only be good for the region. It can inspire other clubs, like HOC with MADDO, to initiate new ideas to get members; WRE and POTOOC with schools participation; COBOC, with only a few members, continually being involved with Peter Palmer Junior Team Relay.

I hope those of you who travelled South to the JK had a great time. I might well have seen you there.

I shall not be seeing you at the British Champs this year. I know it is a good area, but it just does not fit into my diary. I also hope that lots of you turn up at the West Midlands Relays on 1st June, on Cannock Chase. I am sure Andrew Waters and his team will put on a great event.

Chairman's chat – Henry Morgan

(Due for publication in the July newsletter).

Unfortunately the last Chairman's Chat file, for the last West Midlander, disappeared into some black hole between myself and the Editor. I did not check with her whether she had received the file and she did not have the time to chase me up. I would normally have had a chat with Carole and other people at the JK weekend. For those of you who were there, or who have read the reports, most of the chattering going on was knees and teeth. How more club tents and banners were not damaged by the strong winds, hailstorms and snow blizzards, I will never know. Although the weather was poor, the orienteering was good. I personally did not enjoy the relay area. Quite a few members of the WMOA appear well up in the results.

We have had a number of WMOA members picked, to represent their countries, for the Home Internationals this year. There is a fuller list later in the newsletter.

Two more of our region's clubs have been accredited with 'ClubMark'. I know that POTO has been fulfilling all of the requirements for quite a while, but we were short of juniors attending our planned coaching sessions. I think this now shows any outside agencies, that the Region is fully prepared and keen to participate in schemes involving juniors and schools. Hopefully this will make our Region more attractive if / when such agencies are looking to grant money for an initiative.

I hope you have all booked your entries for the multi-day events taking place over the next few months. I hope you all enjoy yourselves, wherever and whatever you are doing this summer.

Minutes of the WMOA Committee – 9th June 2008

Present: Henry Morgan (Chairman - POTO), George Chambers, Barry McGowan, Carole Sparke, Robert Vickers (HOC), Brenda Morgan (POTO), Barry Elkington (OD), Ray Collins, Cath Williams (WCH), Mike Price (WRE), Tony Callow (WRE/RDO).

The meeting opened at 7.32pm. (B. Morgan as secretary in the absence of Chris Morris).

1. Apologies for Absence: Chris Morris (OD), Peter Christopher (WCH)

2. Declaration of interests: None.

3. Minutes of the previous meeting:

- Item 10: The dates listed (October 5th and 6th) should have read October 4th and 5th.
- Item 10: Names to be supplied (delete bu).
- Item 13: A review from the Event Structure Review (not the Rules Group).
- Accepted as a true record with the above corrections.

4. Matters arising

- None.

5. Correspondence

- HM reported on the Development Committee on the 4th June chaired by Ed Nicholas. As HM was in Israel, CM circulated the committee for someone else to attend. No one was able to attend but 5 delegates attended from other regions. Hopefully, we can attend other meetings, possibly on Saturdays.

6. Chairman's Report

- HM apologised that there was no Chairman's Chat in the West Midlander - it was lost in a "black hole" between HM and CJS on the JK weekend. This time, there will be 2 reports.
- HM attended the English Orienteering Association AGM. The amount we pay, per adult, to EOA, from the region depends on BOF money. It will be 45p (or 65p to cover any shortfall).

- Home Internationals: England won the Junior, Senior and Veteran competitions in 2007. HM asked who from the West Midlands was representing their country? This information needs publishing in the West Midlander. **Action: CS**
- Lesley Ross (OD) is on the Senior Selection Panel of the EOA; Chris Morris is the secretary.
- The international team is changing kit from a sweatshirt to a fleece.
- HM expressed the hope that the West Midlands Relays went well (he understood the uphill finish was a killer). RC presented the awards in the absence of HM.
- Ruth Lockley (HOC) offered to plan a coaching afternoon, on the day before, if any WMOA club had a Level 1 event (National level). She needs 12 months' notice. CW said BOF has coaching days 3 times a year, at large events, organised through BOF and Vicky Thornton. The last one was 07/06/2008.
- HM wished the Junior Squad luck at the Inter-Regional event in the NE on 28th/29th June.
- Wrekin and POTOOC have now gained ClubMark. This should be in the West Midlander and the national magazine, plus photo.

7. Treasurer's report

- Levies in excess of budget (£500), otherwise running in accordance with forecast. There is £4800 in the bank at the moment.
- CS made a suggestion that Birmingham University (BUOC) should apply for money for a banner to advertise itself at events, as it needs a bit more exposure to become more visible, as orienteering is not a priority sport (at the University). BUOC needs a minibus or sponsorship. It should apply to Tony Callow. **Action: BUOC**
- BE stated that BOF levies had definitely changed. BMcG to deal with this for the next meeting. West Midlands should set an example by counting Juniors as a half person to reduce levies. **Action: BMc**

8. Event Officials

- GC brought up the request from OD regarding Sheena Williams (WCH). Could she be upgraded to a Grade 2 controller to control the Compass Sport Cup final at Sutton Park? After some discussion, the meeting said no. BMcG volunteered as controller for the event on 19th October 2008.
- HM asked if a relatively new member of POTOOC, who had been in the forces, could be a controller. BE said it should be listed on his BOF membership card.
- Tony Callow (RDO) reported that lots of people had shown interest in the courses for officials. After much discussion about possible dates, the meeting eventually suggested Saturday, 4th October and Sunday, 9th November 2008.

9. Fixtures

- GC gave out fixtures lists. BE pointed out corrections. OD C4 is 14th September, not 28th September (**Editor - this was corrected by BE after the meeting to confirm the OD event is on 28th and WCH's event is on 14th Sept**). WCH is to host the West Midlands Championships (Midlands Champs? – JB) on 13th December which is designated a National Event. Therefore the POTOOC C4 District event had been moved to 29th November.
- OD is to stage the 2011 Midlands Night Championships.
- West Midlands Relays - change OD to WRE for 2009 and WRE to OD for 2012.
- HOC will have an event at Fownhope on 18th October 2009.

10. Coaching

- CW had been to a BOF Coaching Committee meeting. The West Midlands list, from BOF, gives licensed and unlicensed coaches. Some people need to renew First Aid or CRB qualifications.
- For the Midlands Championships on 13th December 2009 there is the possibility of a coaching day on the 12th December.
- The Junior weekend at Lakeside (usually the last weekend in November) has been cancelled due to lack of BOF funding (cutbacks), so there won't be a weekend in its normal format. It is up to the region to find accommodation, food and transport, or possibly to get RDO money. BOF should have asked the regions, as Juniors need to meet one another.
- Incentive schemes - BOF needs to know what the region does. Clubs to let CW know of any club-specific colour coded badge awards, Galoppens, leagues etc.

Action: CW and all clubs

11. Reports from British Orienteering committees

- BE reported that we are now back to 20 years ago, with 3 levels of events proposed:
Level 1: British Championships, JK, British Schools, Yvette Baker finals, Compass Sport Cup finals and Area Championships. These are fixed date events to be set by BOF first.
Level 2: Badge events, sprint races, middle distance races and urban races. These events have their dates set next.
Level 3: District and local events. The Region decides dates and levels. Dates for these are set last. A 50 mile limit was suggested between events.
- This proposed event structure will be published by the end of the summer.

12. Junior Squad

- CW reported that Peter Guillaume (OD) and Iain Embrey (UWOC) were coaching, with Liz Furness (OD) as Manager. There are 24 juniors in the squad, with 18 going to Sweden. To be selected for the squad, juniors should be light green standard, either M/W14 or a good M/W12. Some juniors have been to the last two BOF coaching days.

13. Event officials

- No report.

14. West Midlander

- CS reported that the next issue will come out on the 13th July (OD event), copy date is 30th June. CS is to stand down as Editor at the AGM. She has offered to help someone take it on. She will carry on with the Handbook but needs information from all clubs on time.
- HM has done 3 years as Chairman, so another will need to be elected at the AGM, unless HM is asked to do a 4th year.
- Dave Williams - is he willing to continue as Webmaster?

Action: RV

15. AOB

- GC reported that there was a large number of late entries for the WM Schools Championships. He would like to record his thanks to Alan Halliday (Print5). TC said it was a good event.

- RDO Tony Callow – Any club with any imaginative plans for juniors doing more sport outside school should send a bid to the RDO. It could be a series of 8-10 one hour sessions after school, or as a school club. BE said he thought it was better to do mid-week sessions from 6.30 - 7.30 May to August. He got 90+ and concentrated on only a few schools. TC said clubs could apply for money for sports displays.
- RC said the British Championships on 1st/2nd May 2010 were all being organised by WCH with some help from POTO and WRE.
- BM and HM had a moan about the British selection weekend. POTO and WRE help was not used fully. TC said one problem was poor advertising. This was not a closed event. BM reported a comment from a teacher in POTO that the event was too expensive for juniors.

16. Next meetings

13th October (AGM) and 8th December 2008.

The meeting closed at 10.00pm.

West Midlands Relay Championships 2008

The relays were hosted by WCH on Rawnsley, Cannock Chase. It wasn't quite a white wash by OD but didn't it do so very well???

Mini-relay	OD Comets (Stephen Elkington, Heather Rogers, Ella-Rose McCartney)
Junior Women	OD Sharks (Rachel and Julie Emmerson, Amy Oliver)
Junior Men	OD Jets (Alastair Gardner, Harrison McCartney, Hamish Rogers)
Intermediate Women	OD (Harriett Batten, Helen Elkington, Emma Kettley)
Intermediate Men	OD (William Gardner, Matthew Elkington, Matthew Halliday)
Open Women	OD (Amy Sarkies, Sophie Kirk, Jane Halliday)
Open Men	WCH (Michael Barnby, Mikey Hopkins, Iain Stamp)
Senior Women	OD (Liz Phillips, Elizabeth Furness, Jill Emmerson)
Senior Men	WCH (Andrew Yeates, Ian Hughes, Ian Turner)
Veteran Women	WCH (Marlene Palmer, Seonaid Dudley, Sue Lynch)
Veteran Men	OD (Bruce Bryant, Richard Gardner, Barry Elkington)
Super Vet Men	HOC (Colin Spears, Barry McGowan, John Pearson)
Super Vet Ladies	OD (Sue Bicknell, Greta Greenall, Karin Kirk)
Ad Hoc	HOC (Nigel Cousins, Laura Clough, Lester Hartmann)

Useful additions to the British Orienteering web pages

Browsing the British Orienteering web pages this weekend I see that Barry Elkington's (OD) excellent course planning articles (first published in CompassSport) are now available as PDF files to download from here: <http://www.britishorienteering.org.uk/event/planners.php>. Hopefully Barry will gradually write and publish guides for the remaining colours.

Recently updated, the major events Organiser's Handbook has also been made available: <http://www.britishorienteing.org.uk/downloads/documents/MajorEventsHandbook.pdf>
There is useful information in here for those of us organising smaller events as well.

An area that still looks to be under development (and under developed!) is the Event Volunteer's page at: <http://www.britishorienteing.org.uk/developing/volunteers.php>
There is nothing here yet about Organisers at anything other than Level 3 and Planners are only mentioned at Levels 1 and 2. Doesn't bode well for our Major Events....

Training courses for event officials in the West Midlands

On the topic of training our event volunteers, you will see in the minutes of the June WMOA Committee meeting that the region is looking to hold some event official training days. Two dates have been identified (Saturday 4th October and Sunday 9th November 2008) and our RDO Tony Callow is working on the possible courses. Clubs have been asked to let Tony know what training club members are seeking. There is a good number of people wanting both planner and organiser courses. Tony is also looking at First Aid courses. Some coaches need a one day course and others a two day course. One possibility that is being looked at is whether a First Aid course on the Saturday could be tailored so as to fulfil one day of the two day course and also provide a one day course in its own right. Watch this space...

If you are interested in some training - let your club know NOW. And if you can help deliver that training, Tony wants to hear from you (as Tony is not delivering the training, just helping organise the venues - he's going to be banging on club doors soon...

Championships roundup

JK 2008 relay winners at **Eridge Old Park on 24th March 2008** included two sets of OD Juniors and the WCH Veteran Ladies. Owing to the availability of only provisional results when the March West Midlander went to press, the WCH team missed out on a mention last time.

Junior Relay M/W 40-

OD Hurricanes (*Matthew Elkington, Harrison McCartney, William Gardner*)

Mini Relay M/W 12-

OD Sharks (*Alastair Gardner, Penny Oliver, Julie Emmerson*)

Veteran Women 165+

WhiCH Bits (*Elizabeth Clayton, Jane Christopher, Hazel Waters*)

Winners at the **British Individual Championships 2008** in Culbin Forest on 19th April included Andy Simpson (OD) on M35L with Rachel Emmerson (OD) on W12A, Cath Williams (WCH) on W35S, Sheila Carey (OD) on W60L, Jane Christopher (WCH) on W65L and Val Dugmore (HOC) on W65S.

In the **British Relay Championships 2008** in Culbin Forest, Moray Scotland on 20th April there was a winning OD team in the M/W12 class (made up of Rachel and Julie Emmerson and Hamish Rogers). But it was a close thing! OD Sharks only had a 2 second winning margin over MOR Harriers.

Welsh Champion Brian Hughes (HOC) successfully defended his M60 title on 2nd March 2008 at Cefn Bryn (Gower), Swansea.

Scottish Champion Colin Spears (HOC) successfully defended his M70 title on 24th May 2008 at Tullochroisk, Kinloch Rannoch. Suzette Spears went along for the journey and finished 1st in W65S, so a successful family weekend.

Dave Gittus (WRE) has once again been in action for the Great Britain team at the **European Trail-O Championships in Ventspils, Latvia, on 27th/28th May 2008**. Dave finished in overall 6th position in the Paralympic Class. His success was followed up by a great team performance. The team of John Crosby, Karen Darke and Dave Gittus finished 4th in the Paralympic Class and 8th in the Open Class.

The **ARDF British Championships** were held in the Forest of Dean over the weekend of 10th/11th May 2008. Victories resulted for David Williams (HOC) in the 3.5MHz class and Robert Vickers (HOC) in the 144 MHz class.

And on the International scene, the **Interland** competition in Holland on 2nd March 2008 included three members from OD. Lesley Ross did especially well, running up in the W21 class. Sophie Kirk (W16) was 3rd in W18, Lesley Ross (W40) was 8th in W21 and Sheila Carey (W60) was 2nd in W60.

Congratulations to Mark Stodgell (WCH) who has been selected for the **European Mountain Bike Orienteering Championships** in September 2008 to be held in Lithuania. A seventh place at the British MTBO Championships in Dumfries, Scotland over the weekend of 28th/29th June secured his place in the British team.

BUOC and UWOC committees 2008 - 2009

Exams are over (and hopefully the exam results are what everyone hoped for). Although the long vacation beckons, the new committees are already in place and planning for Freshers' events in the autumn.

	UWOC
President:	Rob Buckby
Captain:	Matt Rooke
Secretary:	Aaron Madley
Treasurer:	Chris Rye
Coach/Fixtures:	Iain Embrey
Webmaster:	Ben Saxby

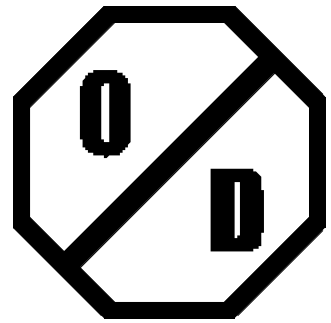
BUOC
Julia Makhover
Alexandra (Alex) Emms
Jo Webster

OCTAVIAN DROOBERS

<http://www.Octavian-Droobers.org>

The Orienteering Club for
Warwickshire and Coventry

Affiliated to the British Orienteering Federation



Wednesday / Saturday events July - September 2008



Details: The Octavian Droobers Wednesday evening events offer courses suitable for everyone from the absolute beginner to the experienced orienteer. Start times are from 6.30pm to 7.30pm. Just turn up on the night. Cost: Seniors: £2.50 (£2.00 if you have your own EMIT card); Juniors: £1.00. **For further information on any of the events just telephone the Organiser.**

**Wednesday
16th July** **Memorial Park, Coventry.**
OS Map grid reference SP 322 772 on sheet 140.
Entrance to the Park is off the A429 Coventry to Kenilworth road by the junction with Beechwood Avenue.
Organisers: Matt and Jo Halliday

**Wednesday
23rd July** **Stratford Street Event and Barbeque.**
OS Map grid reference SP 203 545 on sheet 151.
For the street event, entrance to the Pay & Display car park is at the south end of Clopton Bridge (opposite side of the River Avon to the Royal Shakespeare theatre). BARBEQUE after the street event at 181 Loxley Road, Stratford.
All welcome - bring something to cook, a salad, and something to drink.
Organisers: Trevor and Hilary Simpson -

**Wednesday
30th July** **Swift Valley, Rugby.**
OS Map grid reference SP 505 775 on sheet 140.
From Junction 1 of the M6 head south towards Rugby on the A426. The event will be signed from the 2nd roundabout; where you turn right onto a minor road for half a mile to the car park.
Organiser: Bob Brandon

**Wednesday
13th
August** **Borough Hill, Daventry.**
OS Map grid reference SP 585 622 on sheet 152.
Borough Hill is signposted from the A425 Ring Road on the east side of Daventry. From the south west take the A45 ring road round the south of Daventry then the A425. From the east and south leave the M1 at junction 16 and take the A45 to Daventry then the A425 Ring Road. From the north leave the M1 at junction 18 and take the A428 towards Rugby, first left, then first left again onto the A5. At Kilsby take the A361 to Daventry, then onto the eastern Ring Road. If in doubt head for the radio mast on top of Borough Hill, visible from miles around.
Organiser: John Ward -.

Wednesday
3rd
September

Oakley Wood and Ashorne Hill.

OS Map grid reference SP 310 589 on sheet 151.

The event will be signposted off the B4100, half a mile south of Junction 13 of the M40. The B4100 is the extension of the A452 from Leamington and Junction 14 of the M40 (the old A41). Those using the M40 from the north will need to leave the motorway at junction 14 as junction 13 is a one-way junction. The car park is 500 yards south along the minor road, signposted Ashorne Hill Management College.

Organiser: Mike Hampton

Saturday
13th
September

Woodcote, Leek Wootton.

OS Map grid reference SP 284 693 on sheet 151.

NOTE: Saturday start times are 10.30 to 12.00. Just turn up on the day.

Parking at the Police Headquarters. Leek Wootton is on the old road between Kenilworth and Warwick. From the middle of the village the Police HQ is signed down the road alongside the Anchor pub. Take the second entrance on the left.

Organiser: Peter Guillaume



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V-J FALCON STUD #	£67.95	MOSCOW 2C	\$ £27.95	AS-ILVES 'O' TROUSERS from	£16.95	CODED CLIPPERS – 10	£19.95
V-J INTEGRATOR	£59.95	MOSCOW 3C	\$ £30.95	ARIES 'O' TROUSERS	£14.95	CONTROL FLAG	£3.25
V-J INTEGRATOR STUD #	£69.95	MOSCOW 3T	\$ £32.95	V-J PROTECH GAITERS	£17.95	TRAINING MARKER	£2.55
V-J TWISTER STUD #	£69.95	MOSCOW MAGNIFYING LENS	£12.95	ARIES PROTECH GAITERS new	£16.95	TIMEX 30-MEM WATCH	£34.95
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INOV-8 FLYROC	£64.95	SILVA 5 JET	\$ £54.95	RON HILL TRACKSTERS	£13.95	SPORTident e-CARD	£22.00
INOV-8 MUDCLAW *	£64.95	SILVA 6 SPECTRA	\$ £54.95	RON HILL TREK	£19.95	E-CARD DESC. HOLDER	£3.00
INOV-8 MUDCLAW 330 'O'	£64.95	SILVA 1S JET	£59.95	RON HILL V ILOFT THERMAL	£14.95	MILA HALOGEN SET 4.5Ah	£130.00
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ACTIVE TEE-MENS	£9.95	ACTIVE TEE WOMANS	£9.95	ENERGY RUNNING SET	£39.95	CLUB TOPS	from £29.95

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Tel: 01952 813 918 Fax: 01952 825 320 E-Mail: ian@ultrasport.co.uk

Potteries Orienteering Club Events

Tuesday 29th July **Ramshaw Rocks, Leek.** **OS Map 119 SK 026 637.**

NOTE: THIS IS A MID-WEEK EVENING EVENT

Follow the A53 from Leek towards Buxton. About 4 km after the turning to Upper Hulme village, turn right into the car park of the Winking Man pub. Car Park £1.

Registration from 17.15. Start times 18.00 - 19.15. Cost: Seniors: £4.00 / Juniors: £1.00 (SI Hire 50p). Courses: Yellow, orange, light green, green and blue.

Organiser: John Piggott

Sunday 17th August **Festival Park, Stoke on Trent.** **OS Map 118 SJ 871 481.**

From A500/A53 intersection at Etruria, follow A53 towards City Centre/Hanley. Take the first exit at the roundabout under the flyover onto Festival Park and the third exit at the next roundabout. Park on Morrison's supermarket car park at end of this road. Event assembly is near the left hand corner of the car park.

Organiser: Jon Millward

Saturday 20th Sept **Ladderedge Country Park** **OS Map 118 SJ 972 551.**

Follow A53 from Stoke on Trent towards Leek. At the bottom of a long, steep, hill and 1.5k from the village of Longsdon, turn left into the lane immediately before the Ladderedge Country Park car park sign. Park tightly as space is limited. Overflow car park - continue along the A53 for 300 metres and turn right onto Barnfields Industrial Estate.

Organiser: Barbara Farr

Directions: Events will be signposted close to the area (white triangle over red triangle).

Registration: 10.00am to 11.30am. **Cost: Adults £3. Juniors, Students £1.50**

POTOC members of BOF: Adults £2. Juniors, Students £1

Group Leaders: To ensure sufficient maps are available, please contact POTOC in advance.

For all further details, contact:

Barbara Farr

Geoff Hollins



Please note: Whistles are now mandatory at all WMOA events.

POTOC Website: <http://www.sisyphus.demon.co.uk/POTOC/>

ClubMark

Great news - POTOC has now been awarded ClubMark status which means we now have 5 out of the 6 open clubs in the region qualified. That's an 83% success rate - how many other regions can claim that I wonder. So what can we as a region do to help COBOC achieve this goal and make it 100%?



ORIENTEERING FIXTURES

From July - October 2008

The senior/adult fees published in this list are the full fees. British Orienteering National senior/adult member's fees will be discounted by £2.00 on production of a valid membership card. For Local British Orienteering senior/adult members, the fee will be discounted by £2.00 on production of a valid membership card at Regional and District events held within the region stated on the membership card. Junior fees are as shown in the event information and are not subject to any levy charges and discount is not available. For Level 5 (Local) events the member discounts do not apply; there is one fee for seniors and one fee for juniors.

NB: The fixture pages are blank. As this fixture list becomes out of date very quickly, it is excluded from the downloadable version of the newsletter. A current fixture list is always available via the link on the WMOA website.

WMOA AGM – October 2008

Advance notice to book the date in your diary. The WMOA AGM is on 13th October 2008 at the Great Barr Hotel. The Agenda will be in the September newsletter but please start thinking ahead about topics that you would like to raise and let your club representative or the WMOA Chairman/Secretary know. Some volunteers will be needed this year as some committee members have now done their stint. Henry Morgan will be stepping down as Chairman after his 3 year contribution. The Newsletter Editor has done a double stint (6 years at the keyboard) and needs a break before RSI sets in so there is an opportunity here for some fresh ink and ideas for the newsletter and handbook.

The WMOA Handbook is much appreciated by those that are involved in running the regional activities. It's not a difficult or time consuming publication to prepare as most of the information is now available from the Internet, the British Orienteering office or via the club and regional magazines which is a really big perk of the Editor's post (although it would be even easier if winners of big competitions (or their club captains) were not so shy about emailing to let the Editor know!). I've thoroughly enjoyed reading the magazines from other clubs; MEROC's autumn newsletter had tales of red tape at one of their smaller events which reached me via the NGOC newsletter (it should have been entitled "It shouldn't happen to an organiser" I think). Anyway - I digress. Even though the Internet is the source of much of our up to date information, the Handbook provides a portable collection of local, regional and national contact information (I know a number of people who keep copies in the car and by the phone as well as in their O folders) and is a collection of valuable resources (suppliers, event support, mappers etc). So we really should try to keep it going.

West Midlands Junior Squad – Elizabeth Furness (WMJS Manager)

We took advantage of the British Orienteering Coaching Day in June to have a squad session on Corndon and Stapeley where, despite many of the juniors being in the middle of exams we had 14 enjoying a variety of exercises.

Congratulations to those selected to represent the West Midlands at the Junior Inter Regional Championships. CLARO put on this event on 28th/29th June 2008 at Feldon, Richmond (individual) and Rossmede, Warcop (relays). We had good courses on fast areas and exciting relays with lots happening all the time. Overall our West Midlands Juniors came 5th (out of 12 regions) which bodes well for the future as several of the team were running up (M/W12s running M/W14 and a W16 as a W18). Many thanks to Mel Elkington for driving and providing first aid cover and to Jules and Becca Simpson who drove the minibus.

M14	10th/37	Matthew Elkington (OD)
	21st	Jamie MacKenzie (HOC)
	23rd	Guy Ross (OD)
	28th	Hamish Rogers (OD)
M16	9th/33	Alex Roberts (HOC)
	17th	Tom MacKenzie (HOC)
	23rd	William Gardner (OD)
	24th	Ben Ross (OD)
M18	8th/35	Robert Gardner (OD)
	23rd	Duncan Leeson (HOC)
W14	9th/33	Julie Emmerson (OD)
	18th	Rachel Emmerson (OD)
	25th	Amy Oliver (OD)
W16	4th/36	Sophie Kirk (OD)
	11th	Harriett Batten (OD)
	24th	Emma Kettleby (OD)
	26th	Helen Elkington (OD)
W18	11th/31	Sophie Thomas (WCH)
	23rd	Heather Hartmann (HOC)
Mens Relay	6th/30	Alex Roberts, Matthew Elkington, Robert Gardner
	15th	Tom MacKenzie, Jamie MacKenzie, Duncan Leeson
Womens Relay	11th/28	Sophie Kirk, Julie Emmerson, Sophie Thomas
	19th	Helen Elkington, Amy Oliver, Harriet Batten
	20th	Emma Kettleby, Rachel Emmerson, Heather Hartmann
Ad Hoc	2nd/30	Hamish Ross
	3rd	Guy Ross
	4th	Ben Ross

Congratulations to Sophie Kirk (OD) and William Gardner (OD) on their selection for GB Summer Tours. For Sophie this is her first Tour and she is going to Uppsala - a great achievement. William is building on his experience from Lagganlia last year and going to Badaguish. Matt Halliday (OD) has continued his consistent form, achieving excellent results in the Future Champions Cup Final and selection for the Junior World Championships (JWOC) - an outstanding achievement for a first year 18.

In August, 18 of the juniors and 8 adults (coaches + cook) will be going to Mariestad, Sweden for a week. The Mariestad club, and Roland Svensson in particular, continues to make sure we have great areas to develop our technical skills in as well as time to relax at the lakeside club hut. This year we have been offered two new areas - but we have to use them before the 16th August as that is when the hunting season starts!!

West Midlands League 2008

Latest results are available via the WMOA web site <http://www.wmoa.org.uk/league.html>
Please let Lesley Ross (OD) know if there are any errors or omissions.

Event	Date	Club	Venue
6	14th September	OD	Oversley
7	28th September	WCH	Oldacre
8	12th October	HOC	Brockhampton
9	26th October	WCH	Hednesford Camp
10	23rd November	WRE	Haughmond Hill

At the half way stage of the League, OD is ahead with a 300 point lead and HOC is trailing somewhat in third place, 600 points adrift of second placed WCH. There is still time for a change round as it's the best 5 events out of 10. Congratulations to Hamish Rogers (OD) in M12, Ian Turner (WCH) in M45 and Alison Sloman (HOC) in W70 who have achieved the magic 500 points from 5 events.

Club	Points	Club	Points	Club	Points
OD	5410	HOC	4405	POTOC	2504
WCH	5108	WRE	3552	COBOC	1472

John (Jock) Hutton - WYE M50

Jock passed away at St. Michael's Hospice, Hereford on Sunday, 30th March 2008, aged 52. The funeral took place at Holmer church on Friday, 11th April 2008. A very popular man and a proud Scot, Jock was piped in, draped in the Scottish flag, to a very warm and moving send off from his comrades and family in a packed church.

In the days when WYE was fully operational Jock was often abroad with his work so that he was unable to play much of a part in the club's organisation at that time. Recently he was more at home in Hereford and took part in many local events especially MADO and NGOC. His wish was to see once more a successful orienteering club based in the county. Every time I met him he asked for an update on this possibility as he wished to be a part of it. He last competed late in 2007 but was already being overtaken by cancer. We will miss him and the contribution that he would have willingly made. WYE was his club and to the last Jock declined to join another, being for several years the only WYE participant in events.

Chris James (Co-ordinator, WYE)

WMOA members at Home Internationals in 2007

The following are congratulated on their selection for Home Internationals during 2007.

Junior Home International: Meelmore Lodge, Northern Ireland, 29th September 2007

Selection	Representative	Result
M16	Matt Halliday (OD)	3rd on M16A
M16	Robert Gardner (OD)	7th on M16A

Senior Home International: Mynydd Llangynydr, 20th October 2007

Selection	Representative	Result
M20	Iain Embrey (OD/UWOC)	6th on M20
W20	Tessa Hill (HOC/BUOC)	1st on W20

Veteran Home International: Errochty, Scotland, 17th November 2007

Selection	Representative	Result
M55	Andy Hemsted (HOC)	4th on M55L
M60 Reserves	Mike Hampton (OD)	
W40	Lesley Ross (OD)	3rd on W40L
W45 Reserves	Jane Halliday (OD)	

Veteran Home International 2008 selections

Congratulations to these West Midlands members who have been selected for the Veteran Home International later in 2008.

M35	Andy Simpson (OD)	Reserves: Jason Howell and Richard Dearden (HOC)
M55		Reserve: Andy Hemsted (HOC)
W40	Lesley Ross (OD)	Reserve: Elizabeth Clayton (W45) (WCH)
W45		Reserves: Elizabeth Clayton (WCH) and Jane Halliday (OD)
W50		Reserve: Judith Guillaume (OD)
W60		Reserve: Sheila Carey (OD)

Mapping matters – Colin Spears (HOC)

Congratulations to Peter Jones (WRE) on being awarded the 2007 Bonington Trophy for services to mapping. The trophy, provided by Chris Bonington, contains a fragment of rock that Chris brought back from the summit of Everest. Peter has been part of the WRE mapping team since he first helped with the survey of the Long Mynd in 1980 and has been involved with the surveying of most of their maps, either as part of a team or on his own. Since 2000, Peter has added cartography to his repertoire and is now producing all WRE maps. Bearing in mind most WRE areas, his efforts not only require a good understanding of the requirements of an orienteering map, but also say a great deal on his fitness and ability to scramble through pretty tough and hilly terrain.

In recent years the Map Group have been assailed with requests for maps at ever increasing scales. This is contrary to the nature of the sport of orienteering that is a running sport where a map is read to select the fastest route for a competitor between controls. We are told that without an enlarged map, the older competitors cannot see sufficient to make those choices.

The deterioration of eyesight with age can start from the age of 40 onwards and is a loss of the ability to focus on objects at short range. This makes it difficult to see details on a map without some form of aid, often a lens or a pair of half-lensed reading glasses from UltraSport or Boots. I feel that these are only compromise solutions to a problem that should be corrected by a visit to the optician. I don't receive complaints from orienteers who have been long term spectacle wearers. Many, including several in the map group, well over 50, are able to read a properly surveyed 1:10,000 map without any problem. I suspect that a reason is that the reading glasses are only part of the solution and a visit to the optician is what is required.

There are various means of providing correction, half lenses being one but also bifocals and varifocals. Some runners use pairs of contact lenses with one correcting for near vision for map reading and the other for distant viewing. One of my club members uses contact lenses based on the Fresnel lens principle that gives three planes of focus allowing the brain to sort out which information is required. These all require an eye test and an optician's input and advice and that comes at a cost. However, eye tests are free once you are over 60 and the benefits of good vision will help in more than just your orienteering, it might even make you a safer driver!

Doug Peel receives Special Contribution to Sport award

Doug Peel (WCH) has won Stafford Borough Council's award for a special contribution to sport. He was awarded the prize at an awards evening at the end of February. The summary of his fantastic contribution is:



"Doug's involvement in orienteering goes back to 1971 as a competitor and official. He has always been a Walton Chaser and has been heavily involved in the club from the outset. He has twice been club chairman, has mapped Cannock Chase and is still Chasers' mapping guru. He is now Walton Chasers' honorary president in recognition of his contribution to the club. Nationally he has been Chairman of the Fixtures Committee, an international coach, personal coach to two Walton Chasers international athletes, Chairman of the National Coaching Committee and senior coach of the British Junior Squad. He has organised a day of the orienteering World Cup when it came to the UK, and was an indispensable member of the organising team for the two major multi-day national events to have come to Cannock Chase in the last few years."

Bob Dredge (WCH) was also at the awards ceremony, having been nominated for the Sports Performer of the Year (Male) category.

OCTAVIAN DROOBERS

<http://www.Octavian-Droobers.org>

The Orienteering Club for Warwickshire and Coventry

Affiliated to British Orienteering

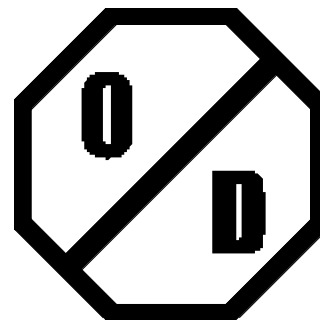
District and WM League Event

at

Oversley Wood

on

Sunday 28th September 2008



**Special
note for
Schools**

In addition to the usual West Midlands League courses there will also be a Score Event course available as preparation for the British Schools Score Championships which take place on Saturday 11th October.

Travel:

Oversley Wood is adjacent to the A46 Alcester to Stratford-upon-Avon road (formerly the A422), approximately 1 mile east of Alcester. Approaching from Stratford, turn right off the A46 signed to Oversley Green. This is followed by a left turn along a minor road to the wood. Approaching from the A46/A435 roundabout at the southern end of the Alcester bypass, turn left off the A46 signed to Oversley Green. This is followed by a left turn along a minor road to the wood.

Car Park:

At the entrance to the forest. Grid reference SP 111 567 on OS sheet 150.

Times:

Registration from 10.00 to 12.00. Starts from 10.30 to 12.30.

Entries:

On the day only. All Juniors £2.00.
National British Orienteering Members, and Local West Midlands Members £5.00.
Local Members of other Regions and all non-BOF members £7.00.

**Electronic
punching:**

The EMIT electronic punching system will be used. EMIT cards will be available for hire on the day if you don't have your own. (Hire fee for all competitors £1.00).

Courses:

White, Yellow, Orange, Light Green, Green, Blue and Brown.

Terrain:

A mixture of coniferous and deciduous woodland with some hills and some paths.

Map:

1:10,000, with 5m contours. Cartography by Mike Hampton.

Organiser:

To be confirmed. (Check the OD web site for details nearer the date).

Planner:

Andy Emmerson

Controller:

Sue Hallett