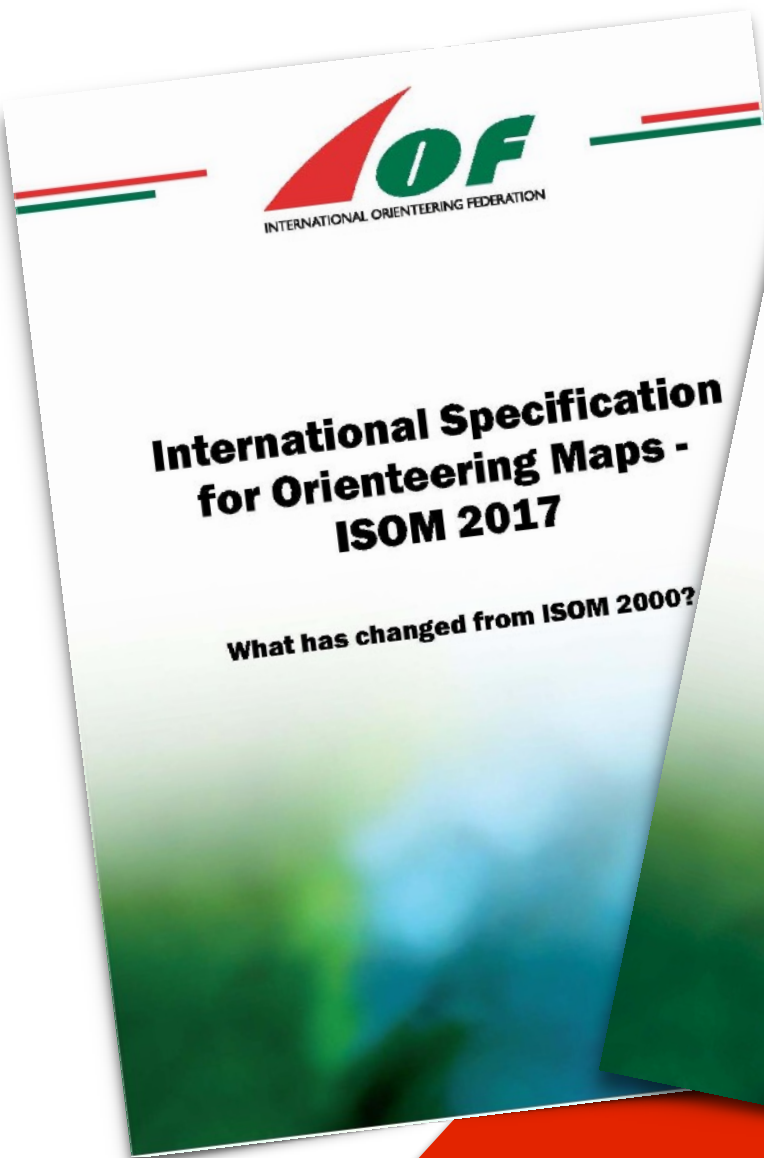
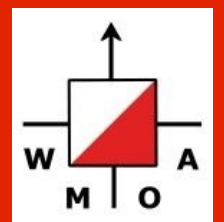


# *The West Midlander*

Spring 2017



The Newsletter of the  
West Midlands Orienteering Association



### Association Officials

Chairman	Ray Collins (WCH)
Vice-Chairman	Richard Lewis (WRE)
Secretary	Delia Kingsbury (WRE)
Treasurer	Ian Gamlen (COBOC)
Fixtures Secretary/Rep.	Allan Williams (WCH)
Newsletter Editor	Rod Postlethwaite (WRE)
Coaching Rep.	<Vacant>
Colour Badge Awards	Hilary Simpson (OD)
Controllers' Co-ordinator	Bob Brandon (OD)
Data Privacy Officer	<Vacant>
E-mail Tree Co-ordinator	<Vacant>
Junior Squad Co-ordinator	
League Results Co-ordinator	Lesley Ross (OD)
Webmaster	Andrew Johnson (HOC)

### Club Representatives

British Orienteering	Vacant
COBOC	Ian Gamlen
HOC	Marian White
OD	Barry Elkington
POTOC	Henry Morgan
WCH (rotating)	Ray Collins
WRE	Richard Lewis
WYEVENT	Kyla Da Cunha
All Committee/Officials	

Website: <http://www.wmoa.org.uk>

## Editorial

Welcome to the, somewhat belated, Spring edition of the 'West Midlander'.

Due to a fairly long holiday abroad, I have missed a lot of the major events during the championship season but the one I would really liked to have gone to was the WOW weekend incorporating the Midland Championships at Bentley Woods. By all accounts the forest was in prime condition and the weather was good too!

The SinS Weekend is almost upon us and the weather forecast is also good. Permissions for Day 2 were withdrawn at the last minute after all the preparations had been put in place. Thankfully our neighbours, MWOC, stepped in and offered us the use of Nash Woods to save the day.

Meanwhile, an important event in the orienteering world has occurred that most of you will not have heard of - the release of a new Mapping Specification. Ah, I hear you say, I didn't know there was one! It's an important document which specifies what should appear on the map and what shouldn't and I recommend that everyone who takes part in orienteering should read it - it might help you to know what you're looking for! I have written an article outlining what's new in the specification (see Page 9). Although it is operational now, I would suspect that you are not likely to see many maps using it until next year.

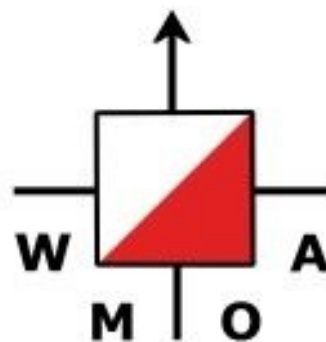
There are lots of low-key Summer events on the fixture list to look forward to before we get back to the more serious business of the West Midlands League in the Autumn.

Happy Orienteering

Rod

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Copy date for the next issue: 1 July 2017

## WMOA Chairman's Corner (May)

Ray Collins



Chairman Ray

Photo by Richard Lewis (WRE)

Did you attend the JK this year? It was a very enjoyable event with several plus points. There was parking very close to the assembly area on all days, good areas for orienteering and warmish, dry weather on every day. Next year it is our turn and we will have the added-bonus of very little travelling between the areas as we intend, fingers crossed, to have a local JK. Make sure that you are available at the end of March 2018 to help out at the WMOA JK, our chance to, once again, to show how good we are at staging a major event.

Several West Midlanders did very well at the JK in the Sprint races, in the overall results and in the relays but as the results are only by course it is impossible to find out who

finished where. Well done to everybody who won a prize or did better than they hoped for even if I cannot give you a name check.

I write this just before the British Long Distance Championships in the Lake District which has a good weather forecast and great areas so a fantastic weekend to look forward to.

Last weekend we were down in Wiltshire and I had a terrible time.....let me explain. We drove down on Saturday morning and stopped off at Barbury Castle, an Iron Age hill fort, and Avebury for a wander through history and arrived in good time at Amesbury for the Urban race. This race had a timed-out road crossing and the programme clearly stated that there were different controls for the out and back legs. Alas, your chairman punched the wrong one on the first crossing and was disqualified. I did have a good run but you do have to get the correct controls in the right order!

After staying the night at my sister's house in Swindon we went to the Sunday event in Savernake Forest. I started well but control 10 turned into a fiasco. It had an easy approach and relocation point but I had five attempts at the control and only finally saw it out of the corner of my eye as it was so well hidden. Six minutes lost and in all that time not a single other person turned up to show me where it was. I carried on and on the way to number 13 I felt a twang in my right calf followed by a pain. After a minute or two, as I was near the finish, I completed the course and then had a look at my leg. It looks OK and does not feel bad so I intend to 'give it a go' this week at the British Championships.

And finally, SinS is rapidly approaching at the end of the month. A great event that deserves your support. A big thank you to WRE and HOC for once again putting on the event.

Ray Collins

**Minutes of WMOA Committee Meeting 13 March 2017 Great Barr Hotel**

1. **Present:** R. Collins, B. Elkington, I. Gamlen, A. Johnson D. Kingsbury, R. Lewis, H. Morgan, R. Postlethwaite, M. White.
2. **Apologies:** R. Dredge, M. Elkington, K. Strain, A. Williams, A. Yeates.
3. **Declarations of Interest:** None.
4. **Acceptance of Minutes:** The minutes published in the Winter edition of the 'West Midlander' were accepted as a true record.
5. **Matters Arising:** None.
6. **Correspondence:**

Mike's 'e News' (Jan) - forwarded to clubs and WMOA committee.

Information about a BOF organised UKCC Level 1 Coaching Course at Bewdley, 22-24 February; and an Event Safety Course in January 2017 put on by R. Collins had been circulated to clubs.

**7. Chairman's Report:**

Once again I must congratulate OD on retaining the Laurie Bradley Trophy and the West Midland League Trophy. In the LBT they were the only team with 25 runners whilst in the WML most of their counters scored the maximum score of 500 points and they are leading so far this year after 5 events. Once again, I urge all other clubs to unite and halt the OD juggernaut!

At the recent British Night Championships held at Great Tower Wood the WMOA had 2 champions, Sheila Carey and Alison Sloman and 2 podium positions in Iain Stamp and Mike Baggott (as far as I can see). Congratulations to them.

In the CompassSport Cup/Trophy last Sunday, superbly organised by POTO, OD reached the final in the large club competition whilst in the small club trophy competition new 'small club' Walton Chasers won through to October's final by just two points from POTO.

JK2018 marches ever closer but entries are down this year to below 2400 perhaps due to the amount of travelling involved. Next year with our very 'local' event we hope for many more entries.

Access is becoming a problem throughout the region. Chasers are in the process of signing a new agreement with the County Council that will result in a shorter 'O' season and the closure of many of our car parks which have been designated as heathland even though they are actually grass; whilst SinS still only has two days organised. Perhaps clubs need to talk to each other so that we can have a united front and save out sport.

**8. Treasurer's Report:**

Ian Gamlen presented the financial update. The total combined funds available were £3710 (WMOA £1157 and WMJS £2552). Separation of the the WMOA and WMJS accounts is in hand. The latter generate their own income and control their own expenditure, the only financial link between them is the £1k per annum contribution from WMOA to WMJS. I. Gamlen is to be an authorised signatory on the WMJS account and M. Elkington has agreed to be the Treasurer.

The year to date deficit was slightly less than that shown as additional levies had been received. It was anticipated that levy income would be less than predicted for the year and the committee would need to be prudent with expenditure.

WMOA has a turnover of about £3500 per annum. There is a need to consider a future funding structure for WMOA and this is to be discussed at the next meeting. I. Gamlen stated that the £1000 per annum for WMJS may not be sustainable in the future. Options are to increase the levy or, possibly, introduce a WMOA levy/membership that would be used to support WMJS directly. It was agreed that the £1000 contribution to WMJS should be protected as far as possible.

WMOA has opened a new internet bank account and the savings account, which was giving very little interest, has been closed.

**ACTION: ALL** to consider possible funding models in reparation for discussion at the next meeting.

## 9. Fixtures:

### a) JK Update:

R. Collins read out an update from A. Yeates:

- Day 3 assembly will be at the Scout Camp. There are safety concerns about a road crossing and the organisers are working on securing a car park.
- Day 2 - an Organiser is still required.
- Competition areas are being mapped by Dave Peel.
- Permissions to use the reserve areas of The Ercall and Lizard Hill had been refused.
- HOC are organising the reserve Sprint event. B. Elkington commented that there needed to be more thought about how to use reserve areas to ensure that the effort expended was worthwhile.
- BOF has agreed to underwrite the event funding. R. Dredge will retain control of the finances although the money will be handled through the BOF account. The Major Events Manager would be available to the organising team if needed. No agreement had yet been signed between BOF and WMOA. The above represents quite a change in the BOF position and was welcomed, although there was still uncertainty about the terms of the funding, particularly in relation to the previously immovable BOF auditor position and how this would be signed off.

Distribution of any potential surplus from this event was discussed. It was reported that this had been aired at a JK Organisers meeting where the split of 30% to WMOA and the remaining 70% equally split between 7 clubs had been proposed/agreed. I. Gamlen had circulated a number of options for consideration. Options 1 (as above) and 3 (weighted for club size) both had merit, with some clubs preferring option 1 and some option 3, but without real disagreement of either approach. Given the strong steer of the JK Organiser in favour of option 1 this was formally accepted through this meeting.

### b) Review of Laurie Bradley Trophy Event:

POTOC had reported that the format trialled this year, whereby runners did not have to be 'shoehorned' into age classes, had been much easier for those doing entries on the day; although they felt there was a need to review the scoring system to make it equitable, whilst encouraging participation and keeping the event competitive.

**ACTION:** Clubs were asked to discuss this so that reps could feed back and discuss at the next WMOA meeting.

**c) Policy for League courses to be won should there be insufficient maps for the correct course:**

At a recent League event there had been insufficient Short Green course maps for a small number of competitors who had entered towards the end of the registration period. It had not been possible to recycle maps at that point. The competitors had been advised to run up to Green, but had then not scored the anticipated points for the League. This had been sensibly resolved with points appropriately awarded on this occasion, but the question remained as to what guidance should be given to competitors if a similar situation should arise at a future event.

The priority should be to recycle maps. Should there be a similar occurrence, which is very rare, then adopting a pragmatic approach to awarding points, as had happened on this occasion, is advised. HOC reported that they were trying to use Fabian4 for pre-entry for more events as this reduced map wastage - they still have some EOD maps available and numbers are known, so that registration do not over-sell a course.

**d) ESG Meeting feedback from A. Williams:**

- We are reminded that Associations are supposed to approve Planners and Organisers for Level B events
- A host is still needed for the Yvette Baker Trophy Final in 2018 (1 July). Only courses up to Green are required so a small area would do. Any volunteers for this to talk to A. Williams.

A. Williams had also circulated the Course and Age Class alignments for WMOA Urban League events and this had been passed to A. Johnson for inclusion on the website.

**10. West Midlander:**

The next edition will be produced in May - articles are always welcome.

**11. Website:**

A. Johnson gave an update regarding the number of visitors to the website and Twitter followers.

**12. Development:**

R. Collins had run an Event Safety Course in January that had been attended by one person from HOC, two from WRE and several from WCH. It was known that there were still a couple of people in each of WCH and POTOC who were in need of event safety training.

OD are hoping to train their juniors to update their park maps. The idea had come from Finland where juniors are paid to do mapping. R. Postlethwaite was asked if he would consider a simple Mapping Course to train OD juniors to do updates - this was feasible provided that a venue was found with a projector available and a nearby park. The training would use the Open Orienteering Mapper programme as this is free and obviates the cost of OCAD licensing.

**World Orienteering Day:** It was noted that the timing had changed relative to last year. For 2017 it is 24/05/17. OD are planning an Urban event at Abbeyfields and Kenilworth; POTOC have an event two weeks earlier; Wye Ventures have an event at Ross on Wye Leisure Centre, SinS is 2 days later.

**13. Events and Competitions Committee:**

There had been a recent meeting, but B. Elkington had not been able to attend and no minutes had been published. An update will be provided at the next meeting.

**14. West Midlands Junior Squad:**

Several training sessions have taken place in the past few months.

In January twelve of the squad trained on Birchen Edge (near Baslow). Coaching was led by Kirsten and the EMJS & YHOA squads joined us. She was helped by parents and ex-squad member Nathan Lawson.

18 February saw a return to Hartshill Hayes and 6 members of the squad trained with the East Midlands Juniors. Kirsten was again assisted by parents. On the same weekend SHUOC held a Sprint training weekend for over 16 year olds which Ellie Bales attended and had great fun as well as improving her Sprint tactics.

On 11 March eleven members of the squad went to Burton Dassett to practice contour reading. Fundraising is being organised by Tracy Craig and our last fundraising event was a cake sale on Sunday at Park Hall. Thank you to all who supplied cakes, helped with the stall and those who bought them.

Many thanks to all the parents for helping with the coaching and Nathan Lawson for catching a bus to Baslow to help out in January.

New members for this year are: Florence & Tabitha Lunn (OD), Catherine Bailey (HOC), Alex Evans (POTOC) and Jacob Oxtoby (OD).

We are in the process of opening our own bank account with Lloyds Bank.

**15. Club Round up:**

**COBOC:** Due to organise the Peter Palmer Relays in Sutton Park. They are holding a small Urban event in April and will put on the Sutton Park Gates run.

**POTOC:** The club is reapplying for Clubmark and has noted that the requirements have changed.

**HOC:** SinS is dominating.

**OD:** Their WOW weekend had already reached the 'low forecast' for entries.

**WRE:** No specific update. SinS had lost the new area mapped for Day 2 - the landowner had withdrawn permission due to a council dispute. A replacement area was being sought.

**WCH:** The Chillington Hall event had been very wet. They are holding an Urban event in June but need an Organiser. The club has recently lost many members and are trying to rebuild.

**Army:** A number of events are in the pipeline: Kingsbury Water Park jointly with OD, Tern Hill on 10 May; NGOC are offering assistance at Birdlip Hill.

**16. AOB:**

- a) BOF feedback: R. Dredge had circulated British Orienteering Board Meeting key messages from Feb 2017. There were no queries in relation to this.
- b) R. Postlethwaite asked if clubs could include him on their distribution lists for club magazines.
- c) R. Lewis reported that he had attended very good First Aid Course A2E. The tutor, Cara Allinson, creates real scenarios outdoors. It is a two day course that is relevant to orienteering.
- d) M. White sought clarification about finding an external Controller. The first step is to ask locally to see if a Controller is available. If none are forthcoming then seek assistance from Bob Brandon. It was queried whether clubs might be able to provide a contact person to whom enquiries about Controller availability could be addressed. A list of Controllers had been published in the 'West Midlander' in Summer 2014, and probably needs updating. It was also noted that club Chairpersons and Secretaries should have access to the BOF database and be able to provide their own club lists.

**17. Next Meetings:**

Dates for 2017 were set as 12 June, 11 Sept, 16 Oct (AGM) and 11 Dec.



## Mapping Matters

### International Specification for Orienteering Maps (ISOM) 2017

One of the great strengths of orienteering is that you can pick up a map anywhere in the world and be able to understand the symbols and, therefore, effectively be able to compete on a level footing. It wasn't always thus. In the early days of orienteering, topographic maps produced by national mapping agencies (i.e. Ordnance Survey or equivalent) were used and varied considerably in scale depending on what was available. In the very early part of the 20th century 1:100000 maps were actually used so orienteering then was very much different to the sport we know today.

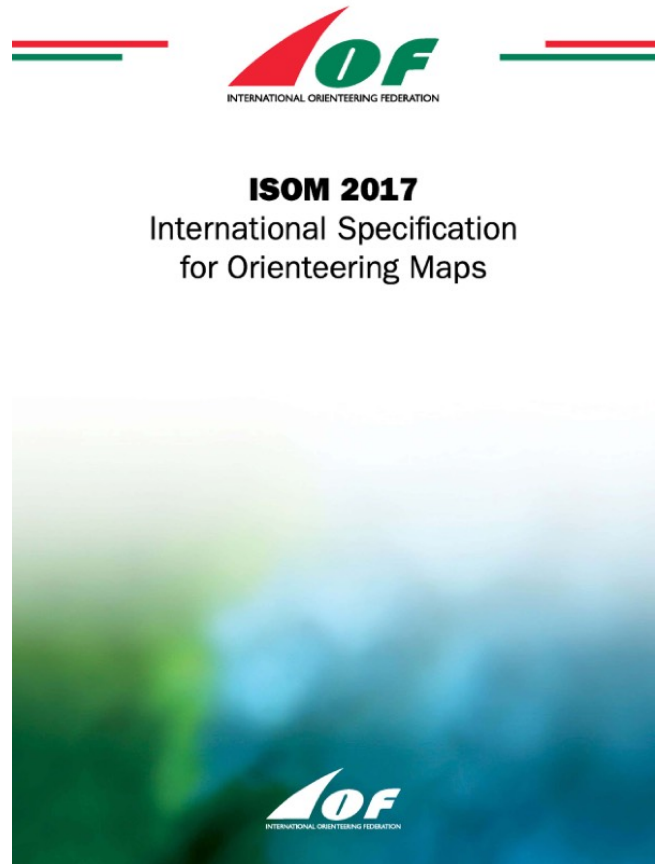
The official maps could be quite old and bear little resemblance to the terrain so, starting in the 1950s, orienteers started to add missing details or even redraw these maps. The symbols, however, varied from country to country and, when international competition started, gave home runners a distinct advantage.

The International Orienteering Federation was formed in 1961 and, by 1969, produced the first international orienteering map specification and was the work of Jan-Martin Larsen (NOR), Christer Palm (SWE) and Ernst Spiess (SUI). This first version was a little different to today's specification in that it was for four colour maps (black, brown, blue and yellow) and was designed for drawing using pen and ink and Letratone screens.

In 1975 the specification was revised and green was added to the list of colours. Subsequent revisions were made in 1982, 1990 and 2000, the one currently in use. Part of the IOF Map Commission's remit is to periodically revise the specification to meet the demands of the sport as it evolves and technology improves. Since 2010 the commission has been working on the revised specification and now it has finally been ratified by the IOF. British Orienteering Map Advisory Group has not yet made an announcement as to the date when all maps must be made using the specification but it would be sensible to gradually phase its implementation so that by the start of 2018 all new maps should utilise it.

**What has changed?** The answer is nothing too radical but a gradual refinement of ISOM 2000.

**Symbols:** There are three entirely new point symbols - a brown open triangle for a landform feature (this should be used for platforms as the previous solid brown triangle was a BOF only symbol), a blue asterisk for a special water feature (*a rather horrible looking symbol in my opinion, ed.*).



**Landforms:** The brown form line has been made thinner to improve clarity There are now two densities for the broken ground symbol which are dependent on runnability.

**Rock and Boulders:** A new symbol for a giant boulder replacing the old rock pillar symbol, though I doubt whether this will get much use in the West Midlands! There is also a new symbol for a trench (typically an old war time rocky trench) consisting of two parallel black lines. Stony ground, like the broken ground symbol, also has density symbols, though this time there are three levels of runnability.

**Water and Marsh:** To align with the Sprint specification, ISSOM 2007, there is a new symbol for shallow water and the old blue circle for a special water feature has been changed to a blue square to avoid an issue for colour vision impaired runners with the green circle.

**Vegetation:** A number of symbols have been changed to align the specification with ISSOM 2007. An extra shade of green has been added for totally impassable vegetation; open and rough open land with scattered trees can now have green dots as well as white to indicate the presence of scattered bushes; a green dashed line can be used for a distinct vegetation boundary though this should only be used in very rocky areas (note: the black dot symbol and the green dash symbol should not both be used on the same map); The green circle and green dot are now defined as a prominent tree and prominent bush respectively.

**Man-Made Features:** The narrow ride now includes a coloured background to indicate runnability. The railway symbol has been changed to the one used in ISSOM for the sake of consistency between the two specifications. Buildings can now be 100% Black or 65% Black (probably the best usage of the 65% symbol is where the map contains an urban section with many houses) and there is now the addition of a grey canopy symbol. The Firing Range and Grave symbols are now obsolete, the latter to reflect that the cross symbol only refers to Christian graves and not those of other faiths.

**Technical Symbols:** The distance between Magnetic North lines is now 300m in the ground regardless of the final printed map scale.

**Overprinting Symbols:** The overprinting symbols behave exactly the same as map symbols and are a strict enlargement from a 1:15000 map. The Out of Bound purple symbol is now cross hatching as opposed to vertical lines

### Further Reading:

The new ISOM 2017 can be found here:

<http://orienteering.org/resources/mapping/international-specification-for-orienteering-maps-isom-2017/>

as can a list of the differences between the new specification and the old 2000 specification.

OCAD has produced a symbol set for OCAD 12 and 11 which can be downloaded here:

<http://ocad.com/blog/2017/04/international-specification-for-orienteering-maps-isom-2017-symbol-sets-for-ocad-12/>

There are also instructions and a CRT (Cross Reference Table) on this page to help you convert your maps from the old specification to the new but there can be issues with this conversion process if you have used the BOF issued symbol sets and also if you have created any of your own symbols.

(Please note that the random screens for Broken Ground and Stony Ground will, unfortunately, only work properly in OCAD 12).

At present there is no complete symbol set for use with Open Orienteering Mapper.



## CompassSport Cup/Trophy 2017 Qualifying Round

The West Midlands Round of the CompassSport Cup/Trophy took place on 12 March at Park Hall hosted by POTO. OD qualified for the Cup Final at the expense of HOC. WCH qualified for the Trophy Final by the narrow margin of 2 points from POTO.

The Final will take place on 22 October at Virtuous Lady near Plymouth hosted by DEVON Orienteers. Good luck to Droobers and Chasers!

Area	Cup		Trophy					
Cold Ash (SCOA)	SN	2431	BKO	2178	SARUM	1285	BADO	1248
	TVOC	2403			GO	1275	NWO	1131
Cringle Moor (NEOA)	CLOK	2439	EBOR	2243	CLARO	1285	NN	1226
	AIRE	2416			NATO	1278	EPOC	872
Ashridge (SEOA)	SO	2414			SUFFOC	1258	DFOK	1073
	HH	2387			SAX	1250	CHIG	1044
	SLOW	2377			SMOC	1249	HAVOC	1023
	WAOC	2042			SOS	1243	LOK	722
				MV	1236			
Burwell (EMOA)	SYO	2445	LEI	2251	LOG	1290		
	DVO	2357	NOR	343	HALO	1284		
	NOC	2315						
Tentsmuir (SOA)	FVO	2459			INT	1276	ELO	938
	MOR	2389			MAROC	1257	CLYDE	937
	INVOC	1870			GRAMP	1254	STAG	540
					BASOC	1199	ECKO	261
				TAY	1148			
Park Hall (WMOA)	OD	2446			WCH	1273	SELOC	1118
	DEE	2418			POTO	1271	COBOC	540
	HOC	2314			WRE	1256	ERYRI	384
Simpson Ground (NWOA)	LOC	2468			SROC	1286		
	MDOC	2398			BL	1284		
					PFO	1237		
					SOLWAY	1231		
Cwm Lickey (WOA)	BOK	2473			SBOC	1287		
	NGOC	2373			SWOC	1277		
					MWOC	1262		
Moors Valley (SWOA)	DEVON	2463			WIM	1290	QO	1245
	SOC	2198			WSX	1260	KERNO	841

Qualifying teams in red.

## Planning Colour Coded Courses for the West Midlands League

**Introduction:** Colour Coded events provide competition for orienteers of all abilities. Courses are designated by colour, where each colour represents a course with a certain level of technical difficulty and approximate length (generally the darker the colour the longer and harder the course). This ensures a consistency of course standards between events so that someone entering an Orange course one weekend will be able to enter an Orange course the following weekend confident that the physical and technical standards will be similar.

A youngster would be expected to start on either the White or Yellow course, whilst an adult novice could sensibly begin with the Orange course.

(Competitors on the White and Yellow courses should have the opportunity to look at their courses, and even discuss them with their parents or teachers, before they start. This can be achieved by giving them their maps at registration or in the pre-start area.)

**Courses:** A West Midlands League Event should offer the courses shown in the table below:

Course	Technical Difficulty	Min - Max Length (km)	Approx. course length ratio (Black = 1.00)	Expected time for most competitors (mins)
White	1	1.5 - 2.0	0.14	15 - 35
Yellow	2	2.0 - 3.0	0.22	25 - 45
Orange	3	2.5 - 3.5	0.25	35 - 60
Light Green	4	3.0 - 4.0	0.30	35 - 60
Short Green	5	3.0 - 4.0	0.30	40 - 70
Green	5	3.8 - 5.0	0.39	45 - 75
Blue	5	5.5 - 7.5	0.56	55 - 90
Brown	5	8.5 - 12.0	0.85	65 - 105

**Notes for Planners:** For the Colour Coded scheme to be successful it is essential that a course designated as a particular colour must be of the appropriate length and difficulty. Adhering to the above table is essential in ensuring that standards are comparable across all West Midlands League events, and between these and larger Regional and National events.

The definitions of the levels of Technical Difficulty are explained in 'Appendix B: Course Planning' of the British Orienteering Rules. Some areas can only provide orienteering of technical difficulty 4 for the Short Green course and above. In this case courses up to and including Light Green must still be planned to the correct technical standards as outlined in Appendix B. They should not be made technically easier just to make Light Green easier than Short Green at that particular event. Unfortunately the limitations of such areas means that Short Green and above will by necessity be easier than the maximum technical difficulty allowed.

The time range shown is that which the majority of the competitors who usually run that course should take to complete it. Thus it would not be unusual for someone running below their normal colour to complete the course considerably faster. Similarly, someone may choose to run above their normal colour (e.g. for a longer training run) and consequently take considerably longer than the time shown.

The lengths of the courses needed to achieve the expected finishing times will vary according to the physical and technical difficulty of the terrain. The length ranges shown are actual course lengths, ignoring height climb, and generally course lengths should not be outside them.

For easy areas the course lengths will be towards the top end of the range. For difficult or more physical areas the course lengths will be towards the bottom end of the range. The lengths for

each course should normally be at a similar position within the range to provide a steady progression.

e.g. if Short Green = 3.3 km; Green = 4.3 km; Blue = 6.2 km; Brown = 9.5 km; that is fine.

However if : Short Green = 3.6 km; Green = 4.2 km; Blue = 7.0 km; Brown = 8.6 km; then something is probably wrong.

On smaller areas it may not be possible to plan a Brown course of the correct length without undue repetition. In such circumstances it is better not to try and do so. Brown course competitors run on the Blue course, with the correct calculations for league points being sorted out afterwards.

The process of working out what the course lengths should be is based on a notional Black course, a colour which is not used in the West Midlands League. If it did exist it would be planned such that an Elite standard M21 competitor would finish the course in between 65 and 70 minutes. This is equivalent to them running the Brown course in around 55 to 60 minutes, so provided that you have an idea of a top M21's speed from previous events on the area (or somewhere similar) this gives you the required course length for the Brown. All other course lengths can then be scaled accordingly.

Course Length Ratios, which refer to course lengths which are 'corrected' for height climb by adding 0.1 km for every 10m of climb, are a useful check that courses are right in relation to each other. These are taken from the BOF Guidelines where the Black course is allocated a course length ratio of 1.00. It will often be the case that the nature of the terrain forces the course lengths away from the precise course length ratios given above, but don't stray too far. However, for courses of Technical Difficulty 1, 2 and 3 it is more important that the course is of the correct technical difficulty than the correct length.

**West Midlands Colour Coded Badges:** These are an incentive scheme for newcomers, particularly children, as they move up from the easiest courses on to more difficult ones.

The Colour Coded courses included in the scheme, in increasing order of difficulty, are White, Yellow, Orange, Light Green, Green, Blue and Brown, and badges can be obtained on each of these.

Colour Coded Badges are particularly important for Juniors as they are used for selection into the West Midlands Junior Squad. (see: <http://www.wmoa.org.uk/aboutjuniors.html>)

The easiest way to obtain Colour Coded Badges is by taking part in West Midlands League events. A competitor qualifies for a Colour Coded Badge by achieving the Colour Coded Standard for that course on three separate occasions at these events.

A White Colour Coded Standard is achieved by anyone who successfully completes the White course. For courses other than White the Colour Coded Standard is calculated using whichever of the following two methods gives the larger number of qualifiers:

- The time that is achieved by at least 50% of those who started the course, which includes those who retire or are disqualified.
- 150% of the winner's time.

The Colour Coded Standard time for each course is often included in the final results, but if not can be easily calculated using the above.

Juniors who have obtained the three required standards should automatically receive the appropriate Colour Coded Badge, but if this doesn't happen then they should contact Hilary Simpson of Octavian Droobers at her e-mail address.

## Midland Championships 2017 Bentley Woods

This year's Midland Championships were held at Bentley Woods on 26 March in what, I believe, was very good weather (I was out of the country at the time so could not, unfortunately, attend). The event was part of the WOW (Warwickshire Orienteering Weekend) with a West Midlands Urban League event being held on the Saturday at Rugby.

Bentley Woods is a beautiful area, especially at the time of the year and the Championships benefitted from including the northern area around Merevale Lake which added a more physical element to the event.

Congratulations to all the winners.

### Midland Champions 2017

<b>M10</b>	George Rennie	LEI	<b>W10</b>	Tilly Flippance	OD
<b>M12</b>	Jake O'Donnell	DVO	<b>W12</b>	Daisy Rennie	LEI
<b>M14</b>	Charlie Rennie	LEI	<b>W14</b>	Rachel Duckworth	DVO
<b>M16</b>	Oliver Lunn	OD	<b>W16</b>	Sarah Duckworth	DVO
<b>M18</b>	Finn Lydon	LEI	<b>W18</b>	Ellie Bales	POTOC
<b>M20</b>	Nathan Lawson	OD	<b>W20</b>	Helen Ockenden	CUOC
<b>M21</b>	William Gardner	OD	<b>W21</b>	Kirsten Strain	OD
<b>M35</b>	Andrew Powell	OD	<b>W35</b>	Liz Heaton	LEI
<b>M40</b>	Stephen Chafer	LEI	<b>W40</b>	Helen Chiswell	DVO
<b>M45</b>	Alistair Landels	OD	<b>W45</b>	Tanya Taylor	LOG
<b>M50</b>	Robert Campbell	WAOC	<b>W50</b>	Lesley Ross	OD
<b>M55</b>	Michael Muggeridge	HAVOC	<b>W55</b>	Claire Bushnell	WCH
<b>M60</b>	Adrian Pickles	WRE	<b>W60</b>	Janet Cronk	WAOC
<b>M65</b>	Roger Edwards	LEI	<b>W65</b>	Hazel Waters	WCH
<b>M70</b>	Barry Houghton	HOC	<b>W70</b>	Hilary Palmer	NOC
<b>M75</b>	Brian Morris	WRE	<b>W75</b>	Hilary Simpson	OD
<b>M80</b>	Donald Moir	LEI	<b>W80</b>	Alison Sloman	HOC

## West Midlands Honours Board

### British Night Championships - Greta Tower Wood 25 February

W70 Sheila Carey (OD)

W80 Alison Sloman (HOC)

### British Long Distance Championships - High Dam 6 May

W75 Hilary Simpson (OD)

W80 Alison Sloman (HOC)

### British Relay Championships - Summer House Knott 7 May

Men's Short Octavian Droobers (Robert Gardner, Alistair Landels, Alistair Powell)

### Jan Kjellström Festival - Sussex

#### Sprint - Brunel University 14 April

W70 Sheila Carey (OD)

W80 Alison Sloman (HOC)

#### Individual Overall - Ambersham Common and Holmbush 15/16 April

W70L Sheila Carey (OD)

W80 Alison Sloman (HOC)

M70S Russ Fauset (HOC)

#### Relays - Pippingford Park 17 April

Ultra Veterans (M/W 210+) Octavian Droobers (Mike Hampton, Sheila Carey, Barry Elkington)



Second right: Alison Sloman (HOC) on the podium at the JK in Sussex

Photo by Rob Lines (SO)

## West Midlands Schools Championships 2017



The West Midlands Schools Championships were held by WRE at the Severn Valley Country Park on 13 May 2017.

### Team Winners

Primary	Middle	Secondary
Oakridge Primary	Winterfold House	Kenilworth School

### Individual Results

	Boys		Girls	
<b>Year 11 +</b>	Alfie Bullus	Warriner	Jessica Parker	Bridgnorth Endowed
<b>Year 5</b>	Enys Lloyd	St Andrews Primary	Caitlin Saunders Rebecca Miles	Oakridge Primary
<b>Year 6</b>	Arthur Mitchell	Heathfield Knoll	Bethan Taylor	Winterfold House
<b>Year 7+8</b>	Peter Markham	Ash Green	Florence Lunn	Kenilworth
<b>Year 9 + 10</b>	Alex Mitchell	Heathfield Knoll	Amy Mitchell	Walton High

## West Midlands Urban League 2017



Full results and tables can be found on the UK Urban League website at:

<http://urbanleague.nopesport.com/scoring/>

Date	Event Venue	Club
25 March	Rugby	OD
2 April	Shrewsbury	WRE
4 June	Heath Hayes	WCH
10 December	Castle Vale	HOC



## The West Midlands League 2017 Positions after 5 Events

1. OD 5041				2. WRE 4440				3. HOC 4237			
A	Finlay Flippance	M12	400	A	Harriet Allinon	W10	227	A	Arthur Mitchell	M12	213
A	Josie Smart	W12	400	A	Molly Parker	W10	225	A	Alexander Mitchell	M16	173
B	Chris McCartney	M45	474	B	Jeremy Lewis	M45	180	B	David Aldridge	M35	93
B	Tom Jeffries	M45	300	B	Adrian Griffiths	M45	167	B	Robert Rose	M35	80
C	David Leadley	M50	362	C	Ian Hopkins	M50	438	C	Alex Morgan	M50	380
C	Richard Steel	M50	223	C	Clive Richardson	M50	400	C	Adrian Bailey	M50	337
D	Lesley Ross	W50	300	D	Delia Kingsbury	W50	281	D	Marian White	W55	160
D	Kirsten Strain	W21	195	D	Sharron Richardson	W45	199	D	Kerstin Mitchell	W50	156
E	John Bowman	M75	321	E	Brian Morris	M75	500	E	Alison Sloman	W80	400
E	Lin Page	W60	316	E	Lawrence Jones	M60	396	E	Geoff Trewin	M65	386
F	Felix Lunn	M16	395	F	Jane Howsam	W65	305	F	Russ Fauset	M70	381
F	Oliver Lunn	M16	384	F	Adrian Pickles	M60	300	F	Robert Vickers	M75	377
F	Finlay Flippance	M16	349	F	Peter Howsam	M65	282	F	Barry Houghton	M65	372
F	Robert Brandon	M65	313	F	Derek Turner	M75	277	F	Lesley Brown	W65	365
F	Elizabeth Urquhart	W60	309	F	Martin Gibbons	M65	263	F	Andrew White	M60	364
4. WCH 3732				5. POTO C 2330				6. COBO C 1228			
A	Holly Hughes	W18	400	A	Ellie Bales	W18	160	B	Benjamin Rauffet	M21	278
A	Alfie Spencer	M16	160	A	Alexander Evans	M14	88	B	Emils Vainovskis	M21	100
B	Tom O'Boyle	M21	267	B	Graham Pigott	M35	262	C	Ian Gamlen	M50	336
B	David Brown	M40	241	B	Robert Holdway	M21	200	D	David Arnott	M70	281
C	Neil Adams	M55	192	C	Jim Cooke	M55	143	E	Mick Sadler	M65	132
C	Mike Musters	M50	152	C	Gerry Riley	M55	68	E	Richard Burnett	M60	101
D	Sally Hughes	W45	400	D	Elizabeth Bales	W50	190				
D	Mary Adams	W55	275	D	Ianka Petrova-Evans	W50	100				
E	Jonathan Howell	M65	389	E	Marian Denham	W70	251				
E	Ray Collins	M60	264	E	Jean Rostron	W75	200				
F	Alison Yeates	W50	240	F	Martin Pigott	M40	196	7. WYEVEN T 407			
F	Iain Stamp	M35	200	F	Dave Bales	M60	163	A	Afriar Karney	M10	100
F	Hazel Waters	W65	200	F	Peter Yoxall	M70	134	A	Aidan Collinson	M14	80
F	Michael Barnby	M35	178	F	Richard Pigott	M35	89	C	Andrew Collinson	M50	80
F	Simon Webb	M40	174	F	Judy Douglas	W70	86	D	Michaela Da Cunha	W50	80
								F	Vivienne Karney	W10	67

## 2017 West Midlands League Events

Jan 15	Postensplain	HOC	Sep 24	Oldacre	WCH
Jan 22	Brandon Wood	OD	Oct 8	Sutton Park (TBC)	COBOC
Feb 5	Badgerslade	WCH	Nov 12	Titterstone Clee	HOC
Feb 19	Nash Woods	WRE	Nov 19	Telford	WRE
Mar 5	Chillington Hall	WCH	Nov 26	Rawnsley Hills	WCH
<del>Jun 18</del>	<del>Dudmaston</del> CANCELLED	<del>HOC</del>	Dec 3	Hay Wood	OD

## Individual Class Leaders

M10	Adam Brown	WCH	100	W10	Tilly Flippance	OD	232
	Afrian Karney	WYEVENT	100				
M12	Finley Flippance	OD	400	W12	Josie Smart	OD	400
M14	Nathan Chapple	OD	282	W14	Pippa Smart	WCH	287
M16	Felix Lunn	OD	395	W16	Molly Parker	WRE	80
M18	Alfie Bullus	OD	100	W18	Holly Hughes	WCH	400
M20				W20			
M21	Benjamin Rauffet	COBOC	278	W21	Kirsten Strain	OD	195
M35	Graham Pigott	POTOC	262	W35	Zoya Alhaswani	WCH	80
					Claire Stamp	WCH	80
M40	David Brown	WCH	241	W40	Julia Allinson	WRE	160
M45	Chris McCartney	OD	474	W45	Sally Hughes	WCH	400
M50	Ian Hopkins	WRE	438	W50	Lesley Ross	OD	300
M55	Neil Adams	WCH	192	W55	Mary Adams	WCH	275
M60	Lawrence Jones	WRE	396	W60	Lin Page	OD	316
M65	Jonathan Howell	WCH	389	W65	Lesley Brown	HOC	365
M70	Russ Fauset	HOC	381	W70	Sheila Carey	OD	300
M75	Brian Morris	WRE	500	W75	Jean Rostron	POTOC	200
M80	John Riley	WRE	300	W80	Alison Sloman	HOC	400

## WMOA Fixtures

### June to August 2017

Please note all Fixtures are correct at the time of publishing. Please check club websites for further details.

#### 2017

##### June

3	HOC Local	<b>HOC Summer Series Rock Coppice</b>	Bewdley	<a href="#">SO766735</a>
4	WCH Regional	<b>WCH Urban League Event Heath Hayes</b>	Cannock	
6	WRE Local	<b>WRE Summer Series Shawbury Heath</b>	Shrewsbury	
7	OD Local	<b>OD Summer Evening Event University of Warwick Campus</b>	Coventry	<a href="#">SP296754</a>
10	POTOC Local	<b>POTOC Leisure and Training Event Central Forest Park</b>	Hanley, Stoke-on-Trent	
11	HOC Local	<b>HOC Local Event Worcester Woods</b>	Worcester	<a href="#">SO875430</a>
13	WRE Local	<b>WRE Summer Series Haughmond Hill (TBC)</b>	Shrewsbury	
14	OD Local	<b>OD Summer Evening Event Hillfield Park</b>	Solihull	<a href="#">SP138780</a>
15	HOC Local	<b>HOC Summer Series Cannon Hill Park</b>	Edgbaston	<a href="#">SO067840</a>
20	WRE Local	<b>WRE Summer Series Lyth Hill</b>	Bayston Hill	
21	OD Local	<b>OD Summer Evening Event Coombe Abbey Country Park</b>	Coventry	<a href="#">SP404790</a>
22	HOC Local	<b>HOC June Jaunter Clent Hills Country Park</b>	Halesowen	<a href="#">SO939805</a>
24	POTOC Local	<b>POTOC Leisure and Training Event Florence and Longton Parks</b>	Longton, Stoke-on-Trent	
27	WRE Local	<b>WRE Summer Series Bridgnorth</b>	Bridgnorth	
28	COBOC Local	<b>Round the Park Run plus 'O' Clifford Road Youth Centre</b>	Sutton Coldfield	

##### July

4	WRE Local	<b>WRE Summer Series Madeley Court</b>	Madeley, Telford	
5	OD Local	<b>OD Summer Evening Event Rough Close Scout Camp</b>	Coventry	<a href="#">SP264780</a>

6	HOC Local	<b>HOC Summer Series Callow Hill</b>	Bewdley	<a href="#">SO750740</a>
8	HOC Local	<b>HOC Summer Series Sanders Park</b>	Bromsgrove	<a href="#">SO953707</a>
8	POTOC Local	<b>POTOC Leisure and Training Event Festival Park</b>	Hanley, Stoke-on-Trent	
11	WRE Local	<b>WRE Summer Series Telford Town Park</b>	Town Centre, Telford	
12	OD Local	<b>OD Summer Evening Event Bructon Park</b>	Solihull	<a href="#">SP162790</a>
15	HOC Local	<b>HOC Summer Series Queslett</b>	Birmingham	
18	WRE Local	<b>WRE Summer Series The Ercall</b>	Wellington, Telford	
19	OD Local	<b>OD Summer Evening Event Itchington Holt</b>	Warwick	<a href="#">SP369557</a>
20	HOC Local	<b>HOC Summer Series Arrow Valley Country Park</b>	Redditch	<a href="#">SP065677</a>
23	OD Local	<b>OD Summer Event Warwick Town 'Photo O'</b>	Warwick	
25	WRE Local	<b>WRE Summer Series Whitchurch</b>	Whitchurch	
26	OD Local	<b>OD Summer Evening Event Memorial Park</b>	Coventry	<a href="#">SP322772</a>
<b>August</b>				
8	WRE Local	<b>WRE Summer Series Brown Moss</b>	Whitchurch	
9	OD Local	<b>OD Summer Evening Event Cawston Grange (TBC)</b>	Rugby	<a href="#">SP469735</a>
13	POTOC Local	<b>POTOC Leisure Score Event &amp; BBQ Park Hall Country Park</b>	Longton, Stoke-on-Trent	
15	WRE Local	<b>WRE Summer Series Twemlows Wood</b>	Whitchurch	
16	OD Local	<b>OD Summer Evening Event Tudor Grange Park</b>	Solihull	<a href="#">SP144794</a>
22	WRE Local	<b>WRE Summer Series Cardingmill Valley</b>	Church Stretton	
23	OD Local	<b>OD Summer Evening Event Ryton Pools Country Park</b>	Coventry	<a href="#">SP370724</a>
29	WRE Local	<b>WRE Summer Series Plush Hill</b>	Church Stretton	
30	OD Local	<b>OD Summer Evening Event Burton Dassett Country Park</b>	Southam	<a href="#">SP396519</a>