

The West Midlander

Autumn 2016



The Newsletter of the
West Midlands Orienteering Association

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Cover Photo: David Williams (HOC) finishing the World Sprint Radio Orienteering Championships in Bulgaria.

Editorial

Welcome to the Autumn issue of the newsletter.

Summer is over and the dark days are approaching which means that the orienteering season is upon us though I doubt it really closes with all the holiday events available at home and abroad.

Walton Chasers held the postponed West Midlands Relays at Shoal Hill and this time the weather was perfect. The sun shone, which made the event a much more sociable affair with people encouraged to stay on after their runs.

The Urban League concluded at the weekend with the final two events being held at Warwick and Great Malvern. The committee are going to look at the course combinations for the competition ready for next year.

The League also reaches its conclusion in the next few weeks and it's really a question of who will finish as runners-up to Droobers who are so strong across all the age groups.

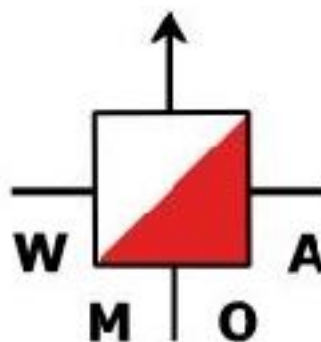
At the AGM, Barry McGowan stepped down as Treasurer after a number of years in the post and, unfortunately, there has been nobody to replace him. If you are willing to take over the task please contact Ray or Delia. Meanwhile a big 'thank you' to Barry for all his hard work over the years.

Happy Orienteering

Rod

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Copy date for the next issue: 14 January 2017

WMOA Chairman's Waffle

Ray Collins



Chairman Ray

Photo by Richard Lewis (WRE)

Welcome to Autumn. Now that September has gone I have noticed a sharp drop in temperature and we have put our central heating on a few times to keep us warm. It will soon be back to muddy car parks and soggy socks.....the joys of Winter.

Last Sunday saw the West Midland Relays at Shoal Hill courtesy of Walton Chasers. The winners of the trophies were nicely spread around the region with a maximum of three being the biggest bag and only COBOC being empty handed at the prize giving. The only disappointment of a lovely sunny day was that only 43 teams entered the event. Where were the rest of you? Make a promise to yourself now to support future West Midland events.

A couple of weeks ago I attended the Major Events Conference in Loughborough with several other West Midlanders who are all involved in JK2018. My main memory of the day is how many Level A events (JK, BOC and Regional Championships) were nearly cancelled at the last minute due to one factor or another. Events that I thought had been 'cast in stone' a year or two before the big day seem to hang on a knife edge until the very day of the event. We should all give our heartfelt thanks to Co-ordinators and Organisers for their perseverance and patience.

Over the next few weeks there are four more League events to come. You could make a vital difference to your club's final position behind OD so please try your best to run at some/all of these races and achieve 5 scores for the year, the maximum allowed. These events are put on for your pleasure, so please attend them. Do note that the event scheduled for The Ercall has a new venue - make sure that you turn up to the correct venue.

By the time you read this another AGM will have passed. The composition of your new committee is published elsewhere in this edition. If you have any issues about orienteering in the West Midlands please let a member of the committee know and it will be discussed at a committee meeting. It is always better to put your issue in writing so that it is remembered as a word, at any time, is most likely forgotten.

The BOF EGM about membership fees and event levies is due to take place on Saturday 29 October in Birmingham. It would be good if many West Midlanders attended to put forward their ideas about the correct levels of fees and levies. There are two BOF proposals to be discussed but, knowing orienteers, several more ideas will materialise on the day. Do not vote leave this time!

See you in a forest somewhere,

Ray Collins

Minutes of WMOA meeting on 12 September 2016, Great Barr Hotel

1. **Present:** T. Craig, B. Elkington, G. Hardy, A. Johnson, D. Kingsbury, B. Morgan, H. Morgan, M. White, A. Yeates.
2. **Apologies:** R. Collins, M. Elkington, R. Lewis, R. Postlethwaite, K. Strain, A. Williams.
3. **Declarations of Interest:** None.
4. **Minutes:** These were accepted as a true record subject to points of clarification requested by B. McGowan which are included in the Treasurer's and JK sections below. It should be noted that given the time lapse between the meeting and the request for clarification being received, the dialogue during the meeting cannot be recalled.
5. **Matters Arising:** Nothing that is not covered elsewhere on the agenda.

6. Correspondence:

Request from Walsall Community Living Directory for WMOA details to be updated.

Information from Walsall Council about their Healthy Community Resilience Programme and grants - forwarded to WCH, COBOC and HOC.

Mike's eNews - forwarded to WMOA committee.

Notification of date and venue, and venue change for the BOF EGM - see later.

7. Chairman's Report:

Sitting here in a very warm and sunny Deeside in Scotland, walking up and down many Munros this week, the time has come to review life since our last meeting. Firstly, my apologies for not being here tonight - this is due to very complicated internal politics at Walton Chasers.

Over the Summer lots of West Midlanders have travelled abroad to various 'O' events. A large number went south to the French 5 Day and, as many or even more, went North to the World Masters in Estonia. Both were very challenging events. Christine and I went to Brittany, France for the French Championship week which was a very good event. Alas, we were the only West Midlanders there although 'old boy' John Embrey (now DEE) did very well.

I have been looking at forthcoming events in the region and whilst September and October have a good number of events both November and December are very quiet (see list below):

18 Sept	OD	Score
2 Oct	WCH	WMOA Relays
9 Oct	OD	WM Urban League 4
22 Oct	HOC	WM Urban League 5
23 Oct	HOC	WM League 9
30 Oct	WCH	WM League 10
6 Nov	WRE	WM League 11
20 Nov	OD	British Schools Score
4 Dec	WCH	HOC League 12
1 Jan	POTOC	Laurie Bradley Score

I hope you have all noted the new date (2 October) for the Relays which take place just before the AGM.

I am happy to stand again for the Chairmanship at the AGM.....but if there is a keen volunteer I will not stand in their way.

8. Treasurer's Report:

Following on from the previous meeting, B. McGowan wished to emphasise that the accounts show that WMOA made a substantial loss over the last year and that the finances are precarious. He also stated that he did not recognise some of the figures reported in the June Minutes. Re - BOC 2016, his understanding was that this event made a surplus of about £6000 and that this might yield approximately £700 for WMOA - less than had been budgeted for.

Levies had yielded £1503, slightly higher than budgeted, whilst expenditure had been slightly higher than anticipated. There had been an overall deficit of £726, with closing funds of £1262.

Aside from SinS the only major event next year is the Midland Championships. The budget for 2016/17 is based on an anticipated deficit of £500.

A motion for debate at the AGM was proposed to increase the WMOA levies: *With effect from 01/01/17 to reduce the 50p band to 100 only competitors from 180, to give an income for the year to 31/08/17, including SinS, of £2300.*

This was discussed and a modified proposal agreed as the motion to be put to the AGM:

*As of 1 January 2017 the WMOA levies for **all** events would be as follows:*

Juniors free

First hundred competitors levy = 50p per head.

All additional competitors levy = £1 per head.

Other options were discussed for saving money. It was agreed that the mileage rate paid for attending the meeting would be reduced to 20p per mile. The proposal for clubs to fund the travelling expenses of committee members was not supported. It was felt that WMOA should fund its own running costs and this proposal would not find favour from those clubs whose members travel a long distance to WMOA meetings.

9. Fixtures:

There was a request from A. Williams for somebody to attend the next National Scheduling meeting on Saturday 15 October in Birmingham. A WMOA Fixtures meeting is scheduled to take place a few days later.

It was felt that a WMOA Club Fixtures Rep. would be better able to contribute to this meeting as they would be familiar with the local scheduling issues.

ACTION: D. Kingsbury to advise A. Williams of the above.

The format of the WMOA League scoring was discussed again; supporting information had previously been circulated by WRE. Their proposal was that more than half the events should count towards league scoring, so that the chances of two people scoring maximum points in the same age class were much reduced. B. Elkington had also circulated data from L. Ross showing that there wasn't a particular drop off of competitors between 5 and 6 events. L. Ross had also confirmed that the software would be able to cope with changing the League format, but would need some reprogramming, which was possible.

The following proposal was put to the committee: *With effect from 1 January 2017 the number of events that would count towards League points would be 50% of events plus one.*

This was carried by a majority.

JK2018 Update:

B. McGowan again expressed his deep concerns about the potential financial risks of hosting the JK without a BOF Partnership Agreement. He was of the opinion that the costs of running the event would be roughly fixed, the risk comes from uncertainty about the level of entries. If entries were significantly lower than anticipated the event would sustain high losses which would be borne by WMOA alone. (This re-iterated his position from the previous meeting, prior to which he had circulated a document to the committee outlining his viewpoint).

It was confirmed that auditors would no longer permit BOF to enter into Partnership Agreements. It was established that a contract with BOF had not yet been produced, or signed.

ACTION: A. Yeates to request R. Dredge to obtain a Contract/Agreement for JK2018 from BOF for consideration by WMOA committee.

Organisation (A. Yeates):

BOF had agreed that Day 2 could be a Middle Distance event for all competitors.

Discussions about environmental OOB areas on Beaudesert were still ongoing. The time is fast approaching when a decision will need to be made about sticking with this area, or using The Wrekin/Ercall, although Beaudesert will be suitable for Relays regardless of the OOB restrictions. The areas need to be confirmed as this is needed to apply for World Ranking Event status for the races.

A. Yeates will be seeking the first meeting of JK Officials in a month or so as it will be critical to issue the Mapping tender. He believed he had the right resources in place for his organising team provided he could fill the remaining key roles. Several key posts need filling, particularly from OD.

ACTION: B. Elkington to follow up.

Mark Stodgell is co-ordinating SI boxes across the Region and an Equipment Manager is needed to work with the organisers for items such as marquees, toilets, etc. A Map Adviser is also required.

The colour assigned to the JK logo for 2018 is 'Old Gold'.

A. Yeates is attending a Major Events Conference next week.

Event	Preferred Plan	Reserve Plan	Organiser	Planner	Controller	IOF Adviser
Sprint	MOD Stafford	MOD Stafford	D. Craig	R. Collins	Mark Dyer	Mike Forrest
Middle	Brereton Spurs	Brereton Spurs	OD	OD	Dick Towler	
Long	Brereton & Beaudesert	Wrekin & Ercall	A. Griffiths B. Morgan	A. Pickles H. Morgan	Mike Chopping	Mike Forrest
Relays	Beaudesert	Brereton Spurs	L. Brown	HOC	Allan Williams	

Simon Thompson is another possible IOF Adviser.

There is a 2 year agreement with SI to provide an entries to results processing service for JK2017 and 2018.

10. West Midlander:

R. Postlethwaite had requested any articles that he could use for the 'West Midlander' - he has one report for the next edition so far.

11. WMOA Website:

The website is fairly static apart from posting results. The number of Twitter account followers had doubled and a JK2018 Twitter account had been set up. A. Johnson was keen to get hold of recent photos of orienteers in action. It was suggested that he approach Wendy Carlyle (AIRE) who takes images at events and is usually happy for them to be used provided that she is acknowledged.

12. Development:

H. Morgan had nothing to report as he had not received any requests for training. He asked clubs to encourage younger members to become Planners and Controllers. A. Johnson advised that the Army also run training courses and civilians can attend if there are unfilled spaces. There was some discussion about where the training requirements were defined for Level C Planners and Organisers.

One imminent mandatory requirement to satisfy BOF Insurers is that **club committees must ensure that officials appointed for all events from the beginning of 2017 have had Event Safety training.** Details of people who are so trained are accessible on the BOF website - a few people in each club should be able to access the relevant area.

R. Postlethwaite had held the 2 part Beginners' Mapping Course for Chasers on 2 and 9 July attended by 11 people (10 WCH and 1 POTO). He is happy to hold further courses for clubs provided they can arrange a venue with a room, a projector and some form of terrain nearby.

The BOF AGM and Club and Association Conference are now to be held at The Priory Rooms, Quaker Meeting House, 40 Bull Street, Birmingham, B4 6AF on 29 October, with the EGM starting at 11am. Orienteers are encouraged to attend.

13. Events and Competitions Committee:

B. Elkington further reinforced the requirement for all officials to have received Event Safety training as above.

A Major Events Conference was being held the following weekend.

There is a change in course entry policy at major events, aimed mainly at 21-35 year olds who are not experienced orienteers and find that their age class course is way beyond their physical abilities. There will be an option for them to run a Short Green, Green or Blue course (aligned to an existing age class course), however the entry fee will be the same as for entering an age class course. Participants will still be eligible for ranking points. This is an option for people to still compete competitively and encourage participation.

14. West Midlands Junior Squad: June - September 2016 (Melanie Elkington & Kirsten Strain):

This Summer saw Julie Emmerson & Harrison McCartney represent GB at JWOC. Nathan Lawson will be representing GB at JEC. At Lagganlia Oliver Flippance, Felix Lunn, Oliver Lunn and Alex Mitchell had a very good weeks training and hopefully have learned a lot.

Ellie Bales (POTO) and Felix Lunn (OD) will be making their debut running for England at the Junior Home International in October. Harrison has also been selected.

In June some of the squad took the opportunity to spend the day training at Swinley with the South Central squad.

Saturday 3 September 2016 saw the WMJS training on Hartshill Country Park with the East Midlands and South Central Juniors - many thanks to all involved in land access/permission, planning and coaching, etc.

Florence & Tabitha Lunn have both been invited to join the squad as they have successfully gained their Orange Badges and have run some Light Green courses.

On the weekend of the 26/27 September 2015 the Junior Inter Regional Championships are to take place in Aberdeen .The team fly up on the Saturday and back on the Sunday. Coaches have been booked by the Organiser for transporting the teams for the weekend.

The final team is as follows:

M18	(Brown)	Harrison McCartney
M16	(Blue)	Alfie Bullus, Sam Leadley, Ewan Lloyd, Alex Mitchell.
M14	(Light Green)	Oliver Flippance, Felix Lunn, Oliver Lunn, Alfie Spencer.
W18	(Blue)	Heather Craig, Holly Hughes, Heather Rogers.
W16	(Green)	Ellie Bales, Megan Colclough.
W14	(Light Green)	Holly Craig , Pippa Smart, Holly Stodgell.

Accompanying them will be Kirsten Strain, Tracy Craig and Gareth Lloyd.

We are still looking for clubs to offer training sessions for the squad. Please could committee members ask their clubs to put on a session for the squad in order to keep it going.

If any club has children (second Year 12s and above) who regularly run Orange in the West Midlands League and would be interested in joining the squad please ask their parents to look at the WMJS website to check that they qualify and then email us.

Any offers please send by email to: wmjsquad@gmail.com

15. Forthcoming AGM:

The Chairman, Vice-Chairman, Secretary and 'West Midlander' Editor had indicated their willingness to continue for the next year. The Treasurer was expecting to stand down and the intentions of the Fixtures Co-ordinator were unknown. H. Morgan reminded the meeting that he would be stepping down as Controller's Co-ordinator at the AGM.

A discussion point for the AGM had been raised at the previous meeting about the age class fit with the five course format used for the WM Urban League. This would be an opportunity for review the course structures prior to next year's competition.

16. AOB:

A. Johnson reported that the Military League Central had written to all EMOA and WMOA clubs thanking them for their assistance in running events on Wednesdays and seeking support to run Wednesday afternoon events into the future. It is helpful just to allow the military to run on a mapped area and have permissions in place, which need to be specific. The Army events are classed as training and it is a requirement that they have to have permission from private landowners to train on their land.

Army events do not appear on the BOF fixtures list but can be found on the BAOC website. They run Northern, Central and Southern Leagues and events typically have courses of Long Orange, Green and Blue. Civilians are welcome to attend. A. Johnson and other Army orienteers can assist with permissions on military areas, but levies have to be paid for each civilian runner.

A. Johnson was keen to stage an Army team Core Championship in the Midlands Area.

17. Next Meeting:

AGM: Monday 10 October.

Next ordinary meeting 12 December.

West Midlands Orienteering Association

Income and Expenditure Account
Year to 31/08/17As at 09/09/16 including possible
BOC 2016 receipt

	31/08/16 ACTUAL	Yr to 31/08/16 BUDGET	Yr to 31/08/17 BUDGET	31/08/15 ACTUAL
Income				
Levies General	1503.50	1450	1100	2030
SinS 2015	0.00	0	1200	1239
(from 1.1.17 juniors + first 30 free, adults 31-130 50p rest £1)				
BOC/BRC May 2016	700.00	1500	0	0
BANK INTEREST	0.00	0	0	11
ADVERTS IN W.MIDLANDER	0.00	0	0	0
COURSE INCOME	0.00	0	0	0
TOTAL	2203.50	2950	2300	3280

Expenditure

WEST MIDLANDER	E-only	0.00	0	0	-22
JUNIOR SQUAD	Full year	-1000.00	-1000	-1000	-1000
DONATIONS Juniors		-543.00	-400	-500	-631
OFFICER EXPENSES		-41.00	-75	-75	-21
COMMITTEE MEETING EXPENSES		-706.75	-600	-600	-641
ENGLISH O'ING COUNCIL	Due July , less overpaid by mistake LY	-211.00	-500	-400	-534
COURSES	Organisers (LY risk)	-142.74	-100	-100	-157
SUNDRY	Badges & web hosting	-165.50	-150	-150	-66
Coaching course subsidy	K Strain	-120.00	0	0	0
UNIVERSITY LEVY REBATES	No events held	0.00	0	0	0
TOTAL		-2929.99	-2825	-2825	-3072

SURPLUS/(DEFICIT) -726.49 125 -525 208

WM Junior Squad

INCOME	4648.31			1015
ANNUAL GRANT FROM WMOA	1000.00			1000
EXPENDITURE	-4027.67			-4390
SURPLUS/ (DEFICIT)	1620.64			-2375

Total Funds

	TOTAL	WMOA	JUNIOR
OPENING FUNDS	2327.68	1988.51	339.17
SURPLUS/ (DEFICIT) as above	894.15	-726.49	1620.64
CLOSING FUNDS	3221.83	1262.02	1959.81

Represented By:

		%
CURRENT A/C	1662.07	51.59
Debtor re BOC 16	700.00	
SAVINGS A/C	859.76	26.69
TOTAL	3221.83	78.27

BOC 2016 based on adjusted figures supplied of surplus of £6226 (from an income of £43300) of which one third to WMOA split 3 ways to WMOA, OD and HOC

NB: BOC 2010 had a surplus of £19661 (from income of £45000) one third £6554 to WMOA, £1000 retained by WMOA and the rest distributed to all clubs on basis on input.

The Junior World Orienteering Championships (JWOC) July 2016

By Julie Emmerson (OD)



JWOC 2016 was based at Scuol in the Engadin region of Switzerland. This was my last year as a Junior and I had been focusing on the competition for a long time. Unfortunately, I had a far from ideal preparation with a year packed full of injuries and a minimal amount of totally injury-free training time. I did my best to get fit despite the injuries with lots of cross training, but approaching JWOC I was far from where I had expected to be in terms of fitness at the start of the season.

We arrived a few days before the first race to do some relevant training and acclimatise to the altitude. Last Summer many of the team attended a training camp in the area so we already knew what to expect and just needed to re-familiarise ourselves with the terrain.

The first race was the Sprint. It was an extremely tough race due to the heat, the very steep slopes and also the altitude.

Training hadn't gone to plan this year with the biggest problem being my inability to do much hill training, so I knew I would struggle on the hills and I did find this course physically difficult. The tiredness, no doubt, affected me mentally as well and I made a couple of mistakes. It may not have been a great race but I was reasonably happy with it given my level of fitness.

Fortunately, the event took place quite early in the day so I could then enjoy the Silverstone Grand Prix, the Wimbledon final, the end of the European athletics and the Euros final. So a not bad day after all.....

The next race was the Long Distance which I didn't run since the GB selectors only selected athletes for 2 out of the 3 individual races and, after the tough year I have had, it did make sense for me not to run the Long.

After a rest day, it was the Middle Distance Qualifier. I made some small mistakes early on but then settled down and nailed the trickiest section of the course before a couple of little 'wobbles' towards the end. There was plenty to be improved on but it was a good solid qualification race and I didn't have to push too hard to comfortably qualify for the A Final.

The following day was the Middle Distance Final which was my principal JWOC target. I won't go into details but I made possibly the biggest mistake I have ever made approaching the second control and it turned into a total disaster. I still don't understand just what happened but I'll look at it again once I get over the emotional turmoil. That was effectively 'race over'. Even though I produced some good times on the later legs there was no coming back.

However the championships ended on a high for me in the Relays. I was sent out on the last leg for GBR1 in 7th place, right behind the pack of SWE1, SUI2 and GBR2. On the first 'gaffle', SWE pulled ahead and I dropped the other two. What I didn't know was that FIN1, with the Long Distance champion on last leg, had started not long after me and had the slightly shorter 'gaffle' on number 3 so she overtook me without me realising. We had a long leg about half way through, crossing a track towards the end. When I came out on to the track, I realised the Swedish runner had taken too high a line and was now just ahead of me and I saw the Finnish runner some way ahead, having taken a lower line. After that I tried to stay with SWE1 for as long as possible but I could not hold her on the climbs and she gradually pulled away. Running through the spectator control I was in 6th place (the final podium position) and I knew I had to keep pushing around the final loop. I had no idea what sort of gap was behind and I was tiring fast so it was really tough to keep focused. I

managed to navigate cleanly around that last loop and even overtook the Hungarian team ,HUN1, somewhere although I didn't see her, to run into the finish in 5th place. That is the best result ever by a GB Girl's team which is amazing! The only teams to beat us were Switzerland 1, Finland 1, Norway 1 and Sweden 1, who are, without a doubt, the strongest orienteering nations.

As this was my last JWOC, I am very disappointed with the individual results, but I can't say I'm really all that surprised after all the setbacks this year. However it is such a relief to be able to finish my Junior career on a high with such a great result in the Relay.

I have been fortunate to represent GBR at four successive JWOCs and they have all been a fantastic experience for me. Funding has always been a challenge and I would like to take this opportunity to again thank OD and the WMOA for their generous financial support over the last four years.



From left to right: Sarah Jones, me, Megan Carter-Davis



CompassSport Cup/Trophy 2016 Final

Cup		Trophy	
FVO	2366	INT	1264
SYO	2324	CLYDE	1250
BOK	2313	EPOC	1247
DEE	2161	SROC	1233
OD	2116	RR	1196
AIRE	2088	SARUM	1192
SO	2036	POTOC	1143
HH	2002	SELOC	1142
ESOC	1976	SOS	1135
		SBOC	1125

The Final of the CompassSport Cup/Trophy took place on 16 October at Tankersley Woods in South Yorkshire. The two Midlands clubs, OD and POTOC, put on a good show but were unable to challenge very strong Scottish teams FVO and INT respectively.

West Midlands Relays 2016

A Mini Relay	M/W 12	OD	Josie Smart, Tabitha Lunn, Florence Lunn
B Junior Women	W42-	WRE	Cathy Block, Emily Coupe, Molly Parker
C Intermediate Women	W54-	WCH	Gemma Cairns-Smith, Holly Stodgell, Holly Hughes
D Open Women		WRE	Katie Lewis, Jessica Parker, Rebecca Coupe
E Senior Women	W130+	POTOC	Marian Denham, Barbara Farr, Clare Baron
F Veteran Women	W165+	WRE	No Finishers
G Super Veteran Women	W200+	OD	Sue Hallett, Sheila Carey, Sue Bicknell
H Junior Men	M42-	OD	Oliver Lunn, Oliver Flippance, Felix Lunn
I Intermediate Men	M54-		No Entries
J Open Men		WCH	James Bennett, Emily Garside, Iain Stamp
K Senior Men	M130+	WRE	Tony Callow, Richard Pay, Adrian Pickles
L Veteran Men (Long)	M165+	WCH	Allan Williams, John Robinson, Mark Garside
L Veteran Men (Short)	M165+	HOC	Mike Baggott, Geoff Trewin, John Pearson
M Super Veteran Men	M200+	OD	Bob Brandon, Keith Wildis, Gerry Spalton
N Mixed Ad Hoc		HOC	Alison Sloman, Barry McGowan, Sue Howarth



Ladies Open Winners: Jessica Parker, Rebecca Coupe and Katie Lewis (WRE)

The West Midland Relays were held by WCH at Shoal Hill on 2 October.

The event was originally going to be held on 22 May but the wet Spring meant that the car park field was waterlogged and unusable.

Shoal Hill has been used twice before for the relays in 1996 and 2004 and provides good, fast running but the myriad of paths and holly bush makes the orienteering tricky if you aren't careful.

Kelvin Dawson planned some good courses - Thanks Chasers.



Three generations of WRE: Richard Lewis, his daughter Julia Allinson and granddaughters Grace and Harriet

World Championship Amateur Radio Direction Finding - Albena, Bulgaria, September 2016

David Williams (HOC) 2016 M50 World Sprint Radio Orienteering Champion

'Sprint orienteering but with a lot more to do while you are running, more information to process and then remember and quite a lot of extra thinking needed as well, oh and there are no control kites - just the SI unit on a stake, hidden in the vegetation'. Kind of really like a very hard thing to do on a hot and sunny Monday morning.

Skiing has Downhill, Super Giant Slalom, Giant Slalom and Slalom and just the same there are four disciplines in Radio-Orienteering: Classic 2m, Classic 80m, FoxOring and Sprint, with this last being the newest, first contested in 2011.

We don't get much opportunity to train for Sprint in the UK - our first attempt in 2013 was mostly thwarted by equipment failure but subsequently we have held 4 races. So nearly all of our learning has been in international competition, my very first being the European Championships where I finished in 26th position in M40 - but as only 3 runners are permitted per nation this isn't as good as it might seem. I've sort of been getting better, my championship results being 26/11/8/16 and in 2015 4th position - 2 seconds off a medal. Robert Vickers (HOC) was similarly close in M70 just being pipped to 4th place. Our ARDF chairman, Bob Titterington (LEI) described this as 'Double Disaster' in his report. Grrrr....

Sprint ARDF: How does it work?

At the start you receive a map. On this are marked the start, the finish and a spectator control - that's all. In the terrain there are 10 radio transmitters: a SLOW set and a FAST set (it's the speed of the Morse code - yes you need to decode Morse while running). You seek the slow first and then the spectator control, the fast and then the beacon. Each set transmits on a different frequency with retuning necessary on the transition from slow to spectator, then again for the fast and finally for the beacon (which transmits from the end of the finish corridor). On M50 I had to seek 2,4,5 on the slow and all the fast transmitters so that is 10 things to find in total.

Like orienteering it is a time trial - competitors start at two minute intervals, distance is ~3km with a target winning time of 15 minutes. So that is 5 minutes per km but they've not told you where any of the controls are and you are not going to see the SI unit until you are within 5 metres or so.



To make it more challenging, each transmitter sounds for just 12 seconds in every minute – first number 1, then numbers 2, 3, 4, 5 and back to number 1. With medals won and lost by seconds you have to keep this sequence in mind. It's no good just running to the loudest if you are going have to stand around for a minute, or run straight past it and then need to double back.

When a transmission starts you have to sweep your receiver round to get the bearing, then pressing the 'sense' button work out the actual direction (is the control at 90 degrees or 270 degrees for example) and then start running. During the rest of the minute you keep running, keep looking for the control, keep reading the map and keep listening to the other 4 transmitters, trying to build up a picture of where they might be. It is helpful if you can track of how far you have travelled in the minute since you last heard each transmitter and then do mental trigonometry and store all the answers away. And then there is some strategy - which order should I try and take the controls? It is like Score orienteering in this respect.

Watching other competitors can help - after visiting the spectator control (the 'S' on the map) I saw someone running West along the path at the foot of the slope - so there has to be a transmitter up there - but it is rough open, no trees from which to hang the 4m transmitter aerial - so it must be way away in the far green or white forest. If I run hard towards that control I can 'split' all the others - to my left and to my right - without wasting time in the slower terrain. I heard 2 and 3 and 4 and then 5, now behind me (so leave it to last) and then 1 just as I was 20 metres away from its location - great - no time wasted. Then run North - 2 is ahead, 3 is ahead and a bit East so this is the one to go for, yes 4 comes on and it is now to the North West, correct choice.

I found 3 while 4 and then 5 were transmitting so I didn't get a new bearing on 4. Then up came 2 and I headed toward it for 5 seconds but..... I'm not going to get close this transmission and shall have to hang around for a minute, so switch to 4.

3 sounds, 4 sounds and I am close enough to see it, turn to where mental trig tells me 2 should be, 5 sounds, 1 and then I see 2. So that is 5 x 12 seconds rather than 7 x 12 seconds.....24 saved,

got the sequence right. 5 is just a mad dash West with a slight stumble finding the way through the green. I head for where I remember my first bearing pointed, to the West of the path - and there it is - and then sprint to the beacon and... the finish corridor, including a 15 metres of ascent all on soft sand.



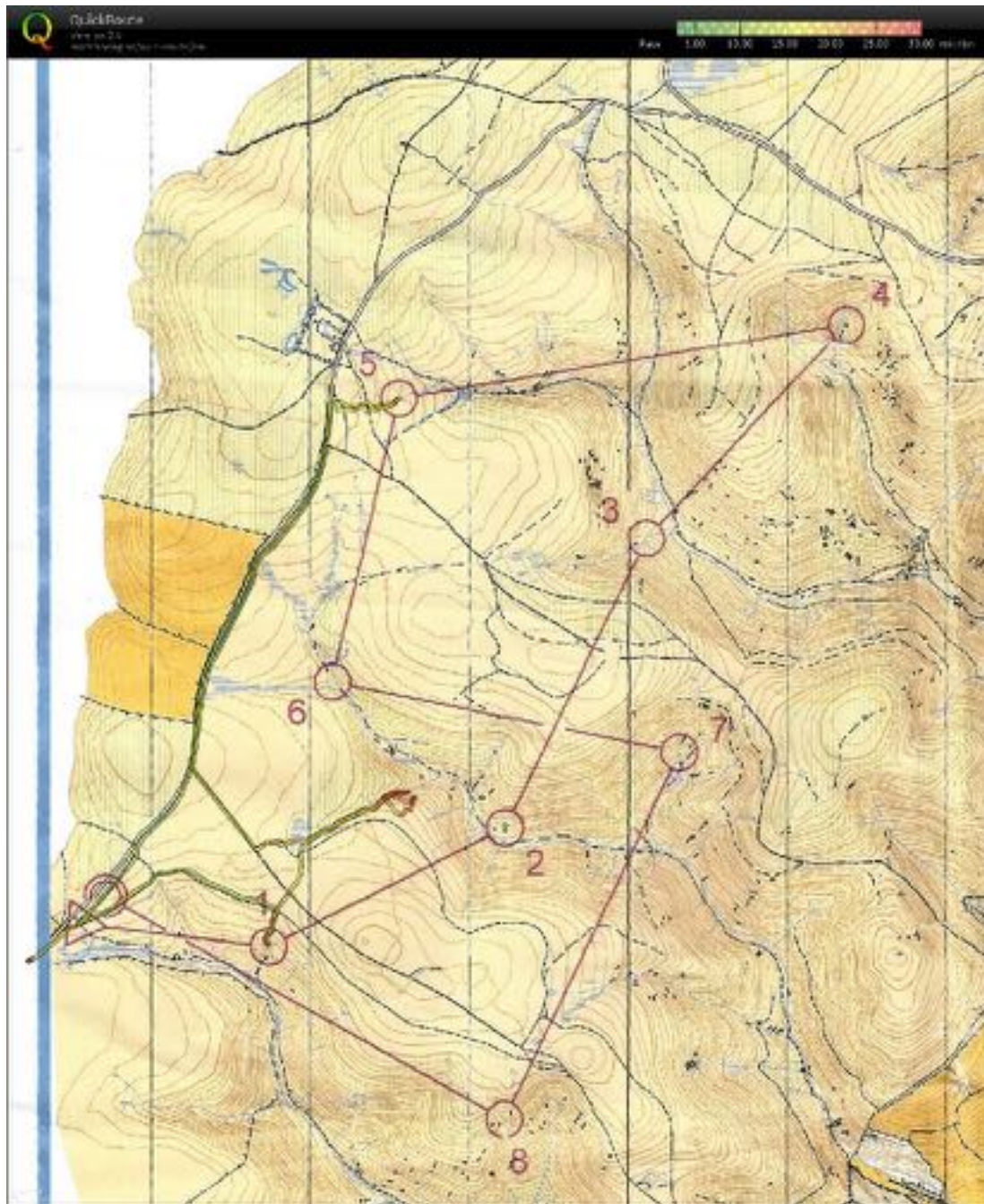
At this point I think I have had quite a good run - "keep running, don't miss a place because you didn't try on the run in". At the finish the computer announces my position and someone hands me a beer - first place and very few still in the terrain. Jiří Mareček, reigning world champion and designer/constructor of my receiver is still to finish. In the end Jiří was 4th 57 seconds down with second place competitor, Viktor Romanov (RUS) 15 seconds behind me. Viktor won Gold in FoxOring and the two classic races so doesn't look too pleased at the medal presentation. The Russian team is well funded and, winning a gold medal gets you an uplift to your pension. For the Chinese - win and you get to chose your high school or university - some motivation!



If you want to try Radio Orienteering there are two races remaining this season - 26 November and 11 December, both near London. Robert Vickers and I will be attending and you are welcome to share our transport.

Long Mynd Long 'O' 11 September 2016

Steve Nightingale (HOC)



Anybody who even thinks about Long 'O' on the Long Mynd needs their head examining. Anybody who actually attempts it should seek a second opinion!

There was a time in my early 40s where I could blast round a Brown in 90-100 minutes as an average orienteer. I did only one Long 'O' during this period, a one-off HOC event combining Himley - Baggeridge - Cotwell End (with a 1km road run in between the latter) and returning via the first two, about 18km in total. I managed that comfortably then but I have no record of the time. This lasted for a few years before age forced me to drop to the Blue, and then the Green. In the last eight years I've had a couple of bad injuries and also a medical problem which means that I'm happy to get round a Short Green course in less than an hour. I find my energy levels fall fast if I go over 65 minutes, when I make a lot of mistakes or when I run the Green in a physical area.

I have done the Long Mynd Long 'O' Short course about 3 or 4 times, all in recent years, and the course lengths were around 8.5-10.5km (straight line route) starting from Gogbatch and Wild Moor. The advertised climb has usually been in the 600m range but if the planning allows, sensible detours can get this down to about 350m at the cost of doing 15km. I can remember having one of these and beating 3 hours with another not quite giving the detour option on so many legs and taking a fair bit over 3 hours and being worried for my safety towards the end, even teaming up with Pete Jones of WRE who was in an equally sorry state as we nursed each other to the end. The only way I can contemplate doing these courses is taking it slowly, definitely walking any climb, and often the flat, and avoiding climb like the plague. In my forties I could use the standard 'O' formula of 10m climb = 1 minute but that has now deteriorated to at least 2 minutes with severe climb almost stopping me dead in my tracks. Paths are few and far between but should be used if at all possible, off path is a mixture of bracken, bilberry and heather with occasional marshes thrown in for good measure. The trick is to try and pick up barely visible, unmapped, narrow sheep tracks even if they are not directly on course as they can often allow running as opposed to a very slow walk. I take at least a 1 litre bladder pack of hydration, this last time with energy supplements added, and a bumbag of energy food as I am going to be out for a very long time (for me).

And then there was the Short this year..... I haven't got the exact advertised climb as it was only on the whiteboard and not on the map or loose control descriptions but it was something like 875m which got the alarm bells ringing before I even started. I took it very easy on the way to 1, not just because I know I'm going to out for a **VERY** long time, but looking way far ahead on the course to plan climb alleviation routes. Sadly, I couldn't see any apart from some mitigation on 3-4 but still entailing a very steep 100m climb into 4 at the end. I knew in my heart, therefore, that I would not be able physically to complete the course, you just have to look at the map with so many legs having both very steep ascent and descent that the contour lines are practically touching.

Got 1 without having to lose too much height into the control. Climbed out and battled my way towards 2. Even the faintly mapped path I used partway to 2 was barely visible on the ground, more of a wide sheep track hidden amongst 4ft high bracken. Finally it was time to strike off downhill, cross the valley, pick up the faint path on the other side (which others told me they never found) to finish with a short steep climb into 2. Unfortunately, the more I descended it steepened and the bracken got higher. I ended up stopping trapped on a steep slope with dense bracken up to my nipples, footing definitely not visible on uneven partly rocky ground. After my outing last year where I fell over an overhang in Cardingmill Valley and tore my bad shoulder even more, it was time for a retreat. Back up the hill until I could actually walk, and headed off for a nearby wet gully which didn't seem so steep on the map. It wasn't so bad to start off with, with an indistinct path just to the side of the gully but you had to just get into the water in the end as the sides got so steep. The gully bottom was small sharp rocks and it just got steeper. Footing visibility started to disappear as well in the marsh grass.

Retreat number 2 and no viable alternative route visible. I already knew I physically couldn't complete the course and I'd already been out over 40 minutes and only got one control!

Time to live another day. Climbed back out with plenty of time to kill as my lift, Ian Hopkins, had entered the Medium and I knew he would be gone for some time if his climb was anything like mine. So I carried on and did one of the less 'climb challenged' controls at the far end of my course before retiring to the Finish. Even then I took 100 minutes and did 6.5km 160m actual.

I wasn't the only one to struggle, none of my usual rivals I spoke to before I left made it past 2, so I have huge admiration for anybody who completed their course at this event.

I can't say I was surprised to see when the results went up that over half of the competitors had retired on my course!

West Midlands Junior Squad

As part of the West Midlands Junior Squad fund raising efforts we ran a 'Dates in the Diary' type raffle. In total, 210 days were sold, from which we gave £100 in prizes and £110 to the squad. The dates were drawn at the West Midlands Relays on 2 October and the prizes given out as follows:

1st	17 July	Gracie Wilson c/o Neil Woodley (POTOC)
2nd	6 November	Lucy (or so I thought) Bullus c/o Alfie Bullus (OD), it seems it's Lulu the dog's birthday)
3rd	1 January	Heather Craig (WCH)

Thank you to everybody who took part and we will be doing the same again next year.

Easy Fundraising - Could you please consider making any on-line purchases via Easy Fundraising in aid of the WMJS?

visit: www.easyfundraising.org.uk

West Midlands Urban League 2016



Full results and tables can be found on the UK Urban League website at:
<http://urbanleague.nopesport.com/scoring/>

Date	Event Venue	Club
2 May	Tamworth	WCH
15 May	Whitchurch	WRE
3 July	Leek	POTOC
9 October	Warwick	OD
22 October	Great Malvern	HOC

Class Winners

Junior Men (M12-)	Peter Markham James Thompson Lewis Oxtoby	OD HOC OD	Junior Women (W12-)	Sarah Darley Josie Smart Rose Taylor	GO OD HOC
Junior Men (M16-)	Oliver Flippance	OD	Junior Women (W16-)	Ellie Bales Caitlin Irving Rachel Potter Pippa Smart	POTOC WCOC BOK OD
Open Men	Kristian Roberts	WCH	Open Women	Sal Chaffey	DVO
Veteran Men (M40+)	Chris McCartney	OD	Veteran Women (W40+)	Delia Kingsbury	WRE
Super Veteran Men (M55+)	Adrian Pickles	WRE	Super Veteran Women (W55+)	Margaret Willdig	OD
Ultra Veteran Men (M65+)	Paul Graetz Mike Godfree	POTOC DVO	Ultra Veteran Women (W65+)	Liz Godfree	DVO

The West Midlands League 2016 Positions after 8 Events

1. OD 6907			2. WRE 6210			3. WCH 5890		
A	Florence Lunn	W12 495	A	Jessica Parker	W16 200	A	Holly Hughes	W18 491
A	Oliver Lunn	M14 490	A	Molly Parker	W14 175	A	Henry Webb	M14 326
B	Liam Chapple	M45 416	B	Adrian Griffiths	M45 476	B	Matthew Mardling	M45 386
B	David Dunn	M35 404	B	Steve Parker	M45 451	B	Allan Williams	M45 373
C	David Leadley	M50 500	C	Clive Richardson	M50 481	C	Neil Adams	M55 354
C	Richard Steel	M50 372	C	Richard Pay	M50 471	C	Mark Garside	M55 329
D	Liz Phillips	W50 400	D	Diane Jacks	W45 500	D	Mary Adams	W55 458
D	Jill Emmerson	W50 377	D	Delia Kingsbury	W50 444	D	Sally Hughes	W45 385
E	Barry Elkington	M60 500	E	John Riley	M80 500	E	Ray Collins	M60 500
E	Peter Carey	M70 500	E	Roy Lindsell	M70 478	E	Jonathan Howell	M60 444
F	Sheila Carey	W70 500	F	Rod Postlethwaite	M60 421	F	John Robinson	M65 444
F	Hilary Simpson	W75 500	F	John Broadhead	M60 417	F	Hazel Waters	W65 400
F	Finlay Flippance	M12 485	F	Jeff Haycock	M70 400	F	Christine Collins	W55 338
F	Felix Lunn	M14 485	F	Brian Morris	M75 400	F	Simon Webb	M40 337
F	Sue Hallett	W70 483	F	Peter Howsam	M65 396	F	Alison Yeates	W45 325
4. HOC 5689			5. PTOC 3108			6. COBOC 1638		
A	Catherine Bailey	W12 393	A	Ellie Bales	W16 200	B	Benjamin Rauffet	M21 383
A	Arthur Mitchell	M10 385	A	Enys Lloyd	M14 100	B	Emils Vainovskis	M20 270
B	Robert Rose	M35 236	B	Robert Holdway	M21 300	C	Ian Gamlen	M50 416
B	David Aldridge	M35 178	B	Graham Pigott	M35 180	D	Yvonne Feasey	W50 80
C	Alex Morgan	M50 499	C	Gerry Riley	M55 297	E	Mick Sadler	M65 305
C	Adrian Bailey	M50 357	C	Jim Cooke	M50 127	E	Richard Burnett	M60 105
D	Marian White	W55 320	D	Ianka Petrova-Evans	W45 92	F	Ruth Lockley	W60 79
D	Katherine Atkins	W35 300	D	Claire Alcock	W35 70			
E	Alison Sloman	W80 500	E	Marian Denham	W70 430			
E	Geoff Trewin	M65 455	E	Paul Graetz	M65 300			
F	Mike Baggott	M65 432	F	Jean Rostron	W70 255			
F	Russ Fauset	M65 428	F	Henry Morgan	M60 251			
F	Barry McGowan	M65 416	F	Peter Yoxall	M70 178			
F	Andrew White	M60 409	F	Judy Douglas	W70 178			
F	Robert Scott	M65 381	F	Dave Bales	M60 150			

2016 Events

Jan 10	Lickey Hills	COBOC	Jun 19	Sandwell Valley	HOC
Jan 24	Hartshill Hayes	HOC	Oct 2	Sheal Hill	WCH
Feb 7	Chasewater	WCH	Oct 23	Castlemorton Common	HOC
Feb 14	Longdon	HOC	Oct 30	Gentleshaw Common	WCH
Feb 21	Lizard Hill	WRE	Nov 6	Bury Ditches	WRE
May 8	Mansty Woods	WCH	Dec 4	Dymock Wood	HOC

Individual Class Leaders after 8 Events

M10	Arthur Mitchell	HOC	385	W10	Tilly Flippance	OD	400
M12	Finley Flippance	OD	485	W12	Florence Lunn	OD	495
M14	Oliver Lunn	OD	490	W14	Pippa Smart	WCH	257
M16	Sam Leadley	OD	424	W16	Ellie Bales Jessica Parker	POTOC WRE	200 200
M18	Harrison McCartney	OD	100	W18	Holly Hughes	WCH	491
M20	Emils Vainovskis	COBOC	270	W20			
M21	Benjamin Rauffet	COBOC	383	W21	Katie Lewis	WRE	380
M35	David Dunn	OD	404	W35	Katharine Atkins	HOC	300
M40	Simon Webb	WCH	337	W40	Sharron Richardson	WRE	361
M45	Adrian Griffiths	WRE	476	W45	Diane Jacks	WRE	500
M50	David Leadley	OD	500	W50	Delia Kingsbury	WRE	444
M55	Neil Adams	WCH	354	W55	Mary Adams	WCH	458
M60	Ray Collins Barry Elkington	WCH OD	500 500	W60	Lin Page	OD	435
M65	Geoff Trewin	HOC	455	W65	Hazel Waters	WCH	400
M70	Peter Carey	OD	500	W70	Sheila Carey	OD	500
M75	Brian Morris	WRE	400	W75	Hilary Simpson	OD	500
M80	John Riley	WRE	500	W80	Alison Sloman	HOC	500

WMOA Fixtures

October 2016 to January 2017

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

2016

October

29	OD Level D	OD Sprint and Urban Warwick University Campus	Coventry	SP297766
30	WCH Level C	WCH Middle Race - WMOA League 10 Gentleshaw Common	Gentleshaw	

November

6	WRE Level C	WRE Event - WMOA League 11 Bury Ditches	Bishops Castle	SO333840
12	OD Level D	OD Local Event Coombe Abbey Country Park	Coventry	SP404790
16	OD Level D	OD Local Night Event Memorial Park Park	Coventry	SP322722
17	HOC Level D	HOC NSL (Night Street League) Worcester	Worcester	SO846543
19	OD Level B	World Schools Selection Race Sutton Park	Sutton Coldfield	
20	OD Level B	British Schools Championship Sutton Park	Sutton Coldfield	
24	HOC Level D	HOC WEE (Winter Evening Event) Walton Hill	Halesowen	SO944802
26	POTOC Level D	POTOC Leisure and Training Event Downs Bank	Stone	SJ900365
26	COBOC Level D	COBOC Night Sevens Clifton Road Youth Centre	Sutton Coldfield	

December

1	HOC Level D	HOC NSL (Night Street League) Wombourne	Wombourne	SO864931
4	HOC Level D	HOC Event - WMOA League 12 & WM Champs Dymock Forest	Ledbury	SO679274

8	HOC Level D	HOC WEE (Winter Evening Event) Walsall Airport	Walsall	SP041992
11	HOC Level D	HOC Club Champs Highgate Common	Wombourne	SO836895
11	OD Level D	OD Club Champs Itchington Holt	Bishop's Itchington	SP369557
14	COBOC Level D	COBOC Santa 'O' Clifton Road Youth Centre	Sutton Coldfield	
18	WRE Level D	WRE Club Champs Boreatton Park	Baschurch	SJ401239
26	WCH Level C	Boxing Day Score Event Hednesford Camp		
27	OD Level D	OD Christmas Relays Rough Close Scout Camp	Coventry	SP264780

2017**January**

1	POTOC Level C	Laurie Bradley New Year's Day Score Bathpool Park	Stone	SJ900365
4	OD Level D	OD Local Night Event Burton Dasset Country Park	Southam	SP396519
7	OD Level D	OD Local Event Kingsbury Water Park	Tamworth	SP205958
12	HOC Level D	HOC NSL (Night Street League) Ledbury	Ledbury	SO708376
15	HOC Level C	HOC Event - WMOA League 1 Postensplain	Bewdley	SO739790
19	HOC Level D	HOC WEE (Winter Evening Event) Hartlebury Common	Stourport	SO825714
21	WRE Level D	WRE Night Event (tbc)		
22	OD Level D	OD Event - WMOA League 2 Brandon Wood	Coventry	SP386762
25	COBOC Level D	COBOC Night Street 'O' Clifton Road Youth Centre	Sutton Coldfield	