

# ***The West Midlander***

Spring 2019



The Newsletter of the  
West Midlands  
Orienteering Association

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*Cover Photo by Rob Lines (SO):*

*British Orienteering Long Distance M90 Champion Philip Broadhead (WRE)*

## Editorial

Welcome to the Spring edition of the 'West Midlander'.

The 'eagle-eyed' amongst you may have noticed that there is a new logo on the front cover. I was very pleased to be informed by Nick Barrable, the Editor of 'CompassSport' that the 'West Midlander' had been selected as one of the ten best newsletters for 2018.

The main championship season is now over with the JK being held in SCOA and BOC Long Distance and Relays in YHOA. I didn't attend either of the events but I kept a close eye on the results. The JK took place over a very hot Easter weekend and seems to have suffered with a number of problems regarding the results. The EmiTag 'touch free' system was used and there were a lot of disqualifications and subsequent reinstatements particularly at the Sprint event. Final results weren't posted until a few days after the event which must have been very frustrating for the organisers (not to mention the competitors). Hopefully lessons have been learned.

The British Long Distance Championships were held on the same day as the Tour De Yorkshire cycle race and we had one winner from the region who deserves a mention, Phillip Broadhead (WRE). After 15 years away from the sport he made his comeback last year at the age of 92! It just goes to prove that orienteering is a sport for **all** ages. Long may he continue!

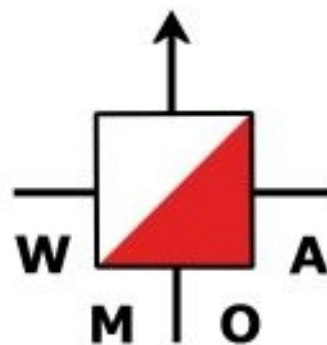
Many of the region's clubs are now holding their Summer evening events and there is also the Scottish 6 Days coming up at the end of July. Plenty to look forward to.

Happy orienteering,

Rod

## Inside this Issue

<b>2</b>	Association Officials
<b>3</b>	Editorial
<b>4</b>	Chairman's Chat
<b>5</b>	Meeting Minutes
<b>7</b>	West Midlands Junior Squad
<b>8</b>	West Midlands Coaching Day
<b>9</b>	West Midlands Schools Championships
<b>10</b>	World Schools Championships
<b>11</b>	Young Volunteer of the Year
<b>12</b>	CompassSport Cup/Trophy
<b>13</b>	Mapping Matters
<b>15</b>	West Midlands Honours Board
<b>16</b>	West Midlands League 2019
<b>18</b>	Fixtures
<b>20</b>	West Midlands Urban League



**WMOA Chairman's Chat****Richard Lewis**

*Richard with grand-daughters  
Harriet and Grace Allinson at  
Telford Town Park*

WOW! What a busy and successful few months WMOA clubs and members have had.

We are lucky in our region to have such dedicated and hardworking volunteers within our clubs.

The last few months have seen the CompassSport Cup and Trophy round organised by OD, the WMOA Schools Championship organised by WCH and coming up we have the Midlands Championships at Brown Clee with HOC in the organising role, this being part of the joint Springtime in Shropshire 3 days organised by WRE and HOC.

Add to these events the WMOA League events and the start of the West Midlands Urban League, then fit in the JK in the South Central area at Easter and the British Long Distance Championships at Arncliffe in West Yorkshire.

We have had plenty of events to compete in and enjoy, not to mention the excellent results our clubs and members achieved.

Special mention to Holly Stodgell (WCH) for being awarded BOF Young Volunteer of the Year and at the other end of the age spectrum, Phil Broadhead (WRE) British Long Distance M90 champion.

However without a mapper we would have no events so congratulations to our editor and mapper, Rod Postlethwaite, on being awarded the Chichester Trophy for his map of City Centre and Central Forest Park (Hanley, Stoke-on-Trent) for POTOC.

**Richard Lewis**



**Minutes of WMOA Committee Meeting 11 March 2019****Great Barr Hotel**

1. **Present:** R.Brandon, R. Collins, B. Elkington, R. Lewis, P. Langmaid, B. Morgan, H. Morgan, S.Parker, R. Postlethwaite, A. Williams.
2. **Apologies:** M. Elkington, I. Gamlen, J. Howell,.
3. **Declarations of Interest:** None.
4. **Acceptance of Previous Minutes:** These were agreed as a true record of the meeting.
5. **Matters Arising:**

‘Shadowing’ at the West Midlands ‘mini’ relay was discussed but no formal decision was made.

It was decided that points should not be awarded to Planners and Controllers in the West Midlands League as compensation for not being able to run in the competition when they were officiating.

6. **Correspondence:**

Kimberly Lunn (OD) requested funding on behalf of her daughters Florence and Tabitha who had been selected to take part in the 2019 World School Championships in Estonia. It was agreed to contribute the normal 15%.

Neil Cameron gave positive feedback about Coaching days.

Harriet Lawson (OD) requested funding for her UK CC Level 2 Coaching Course. It was agreed to contribute 50%. The award will help her with coaching the WMJS.

7. **Treasurer’s Report:**

The Treasurer was on holiday so there was no report.

8. **Fixtures:**

The fixtures schedule is getting crowded with high level events and there has been some discussion about whether Major Championships could be incorporated into existing fixtures.

The Southern Championships scheduled for 31 March have been postponed due to nesting goshawks. Suggested rescheduled dates may clash with events in the region.

9. **West Midlander:**

The newsletter has received an award in the CompassSport Newsletter Awards for 2018. Articles are always welcome.

10. **WMOA Website:**

The website is looking a little dated and a new design is being considered

**ACTION:** Consider what content you would like to see on a redesigned WMOA web site.

11. **Development:**

- A successful Coaching Day was held by Andy Clough (WRE) on 10 March at Lizard Hill with attendees from all the region’s clubs. Andy is willing to hold further courses if suitable venues can be found.
- A Level C Planner’s course is to be held at the John O’Leary Centre, Marquis Drive, Cannock Chase on 30 March.
- An Organiser’s Course is to be held later in the year.

- Bob Brandon is to produce a list of Controllers which will be published in the 'West Midlander'.

#### 12. Events and Competitions Committee:

No report. The next meeting is to be held on 23 March.

#### 13. West Midlands Junior Squad:

See report on page 7.

#### 14. Club Round up:

**HOC:** An Event Safety Course has been held by Andy Hemsted. Preparations are in place for a weekend of orienteering in Redditch with a special wheelchair access course and contactless SI punching. A programme of Saturday and evening events is being prepared.

**OD:** Preparations for the CompassSport Cup/Trophy at Bentley Woods are going well. A full Wednesday Evening Event programme from May - August has been put together with a WOD event being held at Abbey Fields and Kenilworth. As the club's EMIT kit is now reaching the end of its life the club are assessing EmiTag and SIAC kits with a view to replacing the current stock.

**POTOC:** are going to use three POC areas for WOD week on the Wednesday, Thursday and Friday. They are also holding three Urban Score training events during April

**WCH:** have held two successful League events so far with 300+ competitors. The club held its 50th Birthday Party which had attendees from all over the country. There is a full programme of Summer evening events with an event on a brand new area at Stafford Castle on 21 May. The WM Schools Championships are now being held on 11 May at Shoal Hill.

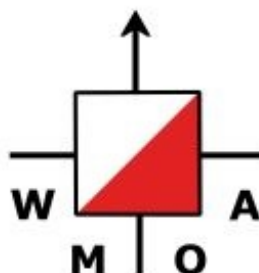
**WRE:** have held three successful Night Street events with two more planned. A League event at Boreatton Park has been held and a Saturday event at The Cockshutt is coming up. Permissions have been obtained for Day 3 of SinS on The Wrekin. Money received for the hiring of equipment at the Trig Point race has been donated to the WM Junior Squad. A full programme of Tuesday evening events from May - August is in place.

#### 15. AOB:

The position of Secretary has not been filled yet. Are there any volunteers?

#### 16. Next Meeting:

10 June 2019.





## West Midlands Junior Squad:

December 2018 to March 2019

### January:

**Coaching Conference:** Kirsten attended the British Orienteering Coaching Conference and had the opportunity to learn about coaching Sprint orienteering and physical training for developing athletes.

**WMJS training:** Elmdon Park.

10 juniors trained on Elmdon Park with an emphasis on Sprint orienteering and physical training.

### February:

**WMJS & EMJOS Training** at Buxton.

5 WMJS juniors joined the East Midlands Junior Squad for a training session with an emphasis on contour interpretation. Most then stayed on to do a Night Event that evening.

**March:** Afternoon training at Badgerslade after the WML event. 11 WMJS juniors took part in this session.

**Saturday 9th March:** Training on Cannock Chase.

A joint training session was held with the Welsh Junior Squad (planned by Mark Saunders).

Participants: Ollie F., Alfie, Holly S., Pippa, Matt, David, Josie, Isla.

Thanks to all the clubs in the region who have supported all the training sessions. Thank you to the WMOA for again donating £1000 towards the running of the squad.

Looking forward, we have a busy schedule of training sessions in March and April. In addition Harriet Lawson is signed up for and has started her UKCC L2 Coaching Course and has already started planning WMJS sessions and working through the qualification. More thanks to the WMOA for funding 50% of the cost of this. If any club has children (second year 12s and above) that regularly run Orange in the West Midlands League who would be interested in joining the Squad please ask their parents to look at the WMJS website to check that they qualify then email us at [wmjsquad@gmail.com](mailto:wmjsquad@gmail.com)

Mel Elkington, Harriet Lawson & Kirsten Strain

**West Midlands Coaching Day 10 March 2019****(Andy Clough WRE)**

Early in the New Year I marked Sunday 10 March as a potential date for some club coaching for members of Wrekin Orienteers. It followed the League Event at Badgerslade and was the week before the Compass Sport Cup/Trophy qualifier at Bentley Wood. So, when the West Midland Development Officer contacted me about delivering coaching for orienteers in the region it was logical to go ahead with the same date.

Lizard Hill and The Gallops is a popular venue for League Events in the region. It is private woodland and access is limited to dates outside the shooting season. The local gamekeeper could not have been more helpful when advising me with dates and access.

The nature of the area being used, and the age and experience of those attending, determines what exercises/activities can be planned. Lizard Hill and its neighbour The Gallops are suffering encroachment from brambles, also at the outset I only had a vague idea about who would be likely to attend. It transpired that we had all ages, abilities and experience!

The main objective I had in mind was to give people the chance to practice skills that they often use in events, but without the pressure of competition. Compass work, pace counting, attack points and relocation are examples. You may know what these terms mean, but how often do you get the chance to practice them?

Two visits to the woods just after the end of the shooting season enabled me to have a look at the map and terrain. Nerves did jangle on a couple of occasions when gunshots were heard nearby. Fortunately it was only the local farmer controlling pigeons on his oilseed rape crop.

Interested orienteers began to contact me following communication between Henry Morgan (WM development officer) and the clubs in the region. Most were keen to let me know what they were hoping to gain from the day which was helpful to me during the preparation of activities.

With heavy undergrowth occupying most of the central area of the map I was limited in the use of the area. Using mini markers and changing the direction of flow of orienteers around the area helped.

The area with most interesting contours is found on The Gallops. A line drawn on the map had to be followed on the ground and the number of mini markers encountered and their location had to be disclosed on returning to the assembly area. This ensured that close contact with the map had to be maintained throughout.

For juniors, an orange standard course was planned for those wishing to move on from yellow. The emphasis here was to encourage use of attack points and simple use of the compass.

Other activities on offer were; relocation in pairs, a corridor exercise to develop compass skill and use of attack points.

Pace counting proved to be the easiest activity to plan and surprisingly received the most positive comments. Two sets of red tape were placed 200m apart along an undulating but straight(ish) forest track. People could walk, jog or run along this route counting every time their right (or left) foot touched the ground. It was then possible to determine the number of paces



taken by each individual to cover 100m. Comments regarding the impact of age on pace counting were heard at several times during the day!

By the end of the day parts of the wood were becoming a little bit familiar due to controls being used for more than one activity. In some instances during the relocation in pairs activity people began to improvise between themselves to make the exercise more challenging!

The twenty five orienteers of all ages, from the region, who attended on the day, were able to take part on their own, in pairs or with a coach.

I must close this item with a note of thanks to Henry Morgan (POTOC), Mike Callow, Tony Callow and Clive Richardson and Debbie (all Wrekin) who gave up their time to come along and assist me on the day.

## West Midlands Schools Championships 2019

The West Midlands Schools Championships were held by WCH at the Shoal Hill on 11 May 2019.



### Team Winners

Primary	Middle	Secondary
Winterfold School	Winterfold School	Kenilworth School

### Individual Results

	Boys		Girls	
<b>Year 11 +</b>	Oliver Flippance	Kenilworth	Holly Stodgell	Walton High
<b>Year 5</b>	Jonah Hearn	Whittington	Grace & Harriet Allinson	St Peter's Bratton
<b>Year 6</b>	Oscar Barnby	Christchurch	Oriana McGibbon	Bablake
<b>Year 7+8</b>	James Thompson	Alvechurch	Isla Prince	Kenilworth
<b>Year 9 + 10</b>	Eoin Hankinson	Kenilworth	Florence Lunn	Kenilworth

## World School Orienteering Championships in Estonia 2019

by Florence Lunn (W16 OD)

After successful selection to represent England at the World Schools Orienteering Championships I was off to Estonia as part of the Select Junior Girls team along with my sister Tabitha.



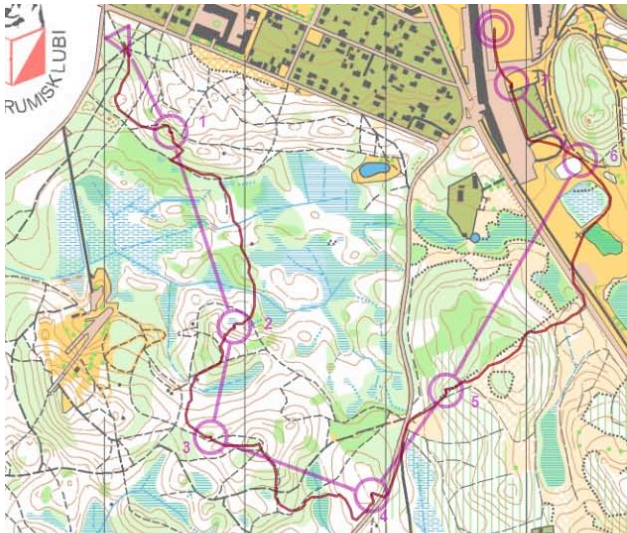
The whole team met at the airport the night before our flights as we had a very early start the next morning. Here we had our first team meeting and the standards and expectations were clearly set out. The next morning we woke up early and headed over to the airport ready to fly to Tallinn Estonia via Frankfurt. We arrived and settled into where we would be staying for the next, very exciting, 6 days. Our first time exploring and getting a feel for the terrain was the Model Area on Tuesday. We went around the forest with our coach, Jane Halliday, and interpreted the beautiful landscape which we were going to race on in the coming days. We also figured out what the start procedure was going to be like so we wouldn't be surprised when we went in. Our first full day ended with the opening ceremony of the Championships and also welcoming all of the 23 countries who were racing along side us.

Wednesday was our first race, the Long Distance. We only had 3.3km and 110m of climb but we all knew it was going to be hard, very technical and quite slow running. I experienced quarantine for the first time though I didn't really know what to expect. It was quite relaxed, and we met some new friends by playing cards which helped settle our nerves. It was a 2.7km walk to the start and we were given 45 minutes to warm up and get ourselves to the start in time. I started the course slowly and steadily as I didn't want to make any mistakes early on and I wanted to get used to the terrain. At number 1 I caught the girl who started 2 minutes before me and I wanted to get away from her as soon as I could. This was where the mistake happened. I was fine until number 3, went in between two buildings and found the stream, I climbed to the top of the bank and followed the stream in the woods but I found myself steering away from the stream, and I had found myself following the wrong side of the bank which cost me a bit of time. The runner I caught had now caught up with me again so I opted for the safer, path route to boost my confidence. I completed the course just 5 seconds behind Tabitha and I had beaten the Austrian I had been trying to get away from. I finished 38th out of 69. We got back and all jumped into the lake and had team meetings discussing how today went.



The next day we explored Tartu and went to the local science museum. We then walked around with an iPad, orienteering around the wet city, getting selfies with strangers and answering questions about Estonia that the iPad was asking us. The course ended us at the University where we set up our stall and let foreigners get to know all about England. We also performed Morris Dancing and watched other traditional dances that other countries performed.

Friday was our last serious competition, the Middle Distance. We had 2.2km and 50m of climb but it was going to be quite technical again. This area was very wet, not just because it rained the day before, but a fair bit of the map was covered in marsh! I managed to have a very clean run, and I came in very happy. I had come 13th out of 72 runners! All of the Junior select girls had better runs than we had on the Long Distance and we managed to pull our team up two positions so that we finished 6th!



*My route for the Middle Distance*

It was only the Friendship Relay to do now, and we found out who was in our teams the day before. I had been put with an Italian boy and a girl from Belgium Flanders. By coincidence I was put with one of our friends from Belgium and we knew each other's strengths and weaknesses.

I had an amazing week in Estonia, experiencing foreign terrain for the first time and making lots of friends from all around the world. It was an experience I will never forget, and, hopefully, I will be able to go in two years time to Serbia!

Thank you very much for all the support, coaching and the financial help the West Midlands has given me.

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## Young Volunteer of the Year 2018



### Winner: Holly Stodgell (WCH)

Holly has started up an after-school orienteering club at her school and is leading the training sessions, providing motivation to the group and setting the training schedule. She has coordinated a group of adults to take on the coaching and getting the group from nothing to Light Green/Green standard is a huge achievement.

*Photo from the British Orienteering website*



## CompassSport Cup/Trophy 2019 Qualifying Round

Area	Cup		Trophy			
Bampton Common (NWOA)	WCOC	2450	SROC	1283	NATO	1215
	AIRE	2418	BL	1275	SOLWAY	1162
	MDOC	1836	CLARO	1226	SELOC	1067
	LOC	1435	NN	1224	ERYRI	795
Dunrod Hill (SOA)	FVO	2470	INT	1281	STAG	825
	ESOC	2402	CLYDE	1272	ECKO	648
	MAROC	484	TAY	1116	ELO	615
			RR	1031	AYROC	351
			INVOC	915	KFO	97
			BASOC	842		
Sherwood Pines (EMOA)	SYO	2450	WAOC	1279	LOG	1249
	DVO	2353	EPOC	1277	HALO	1185
	DEE	2238	NOC	1267	PFO	1159
	CLOK	2221				
	LEI	2190				
	EBOR	1969				
	NOR	274				
Bentley Woods (WMOA)	OD	2471	HOC	1273	SUFFOC	1207
	NGOC	2402	WCH	1265	SMOC	1206
			POTOC	1249	COBOC	284
			WRE	1236		
The Slades (SWOA)	BOK	2465	SWOC	1279		
	DEVON	2422	SBOC	1273		
			KERNO	1262		
			QO	1257		
East Ashdown (SEOA)	SO	2446	GO	1273	MV	1220
	SLOW	2431	SAX	1267	HAVOC	1181
	HH	2332	SOS	1239	CHIG	805
			DFOK	1233	LOK	731
Roundhills (SCOA)	SN	2435	SARUM	1286	BADO	1019
	BKO	2369	WIM	1280	NWO	927
	TVOC	2360	WSX	1252		
	SOC	2323				

Qualifying teams in red.

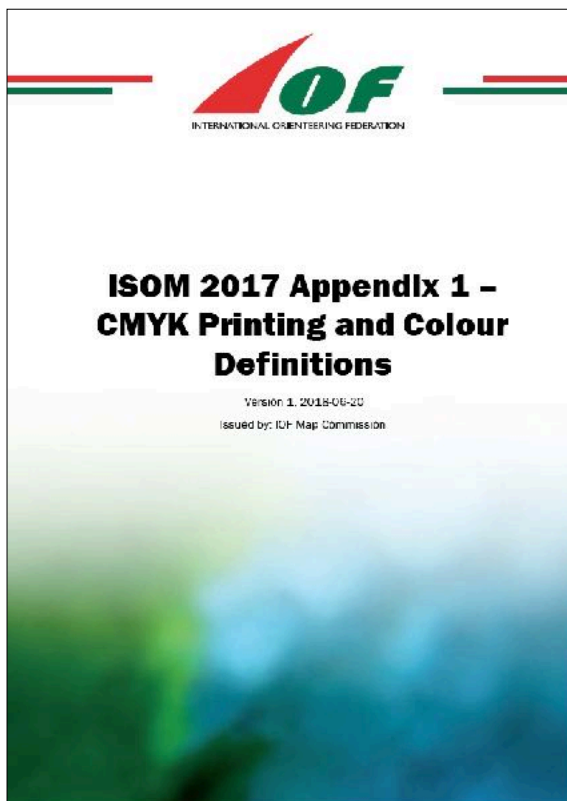
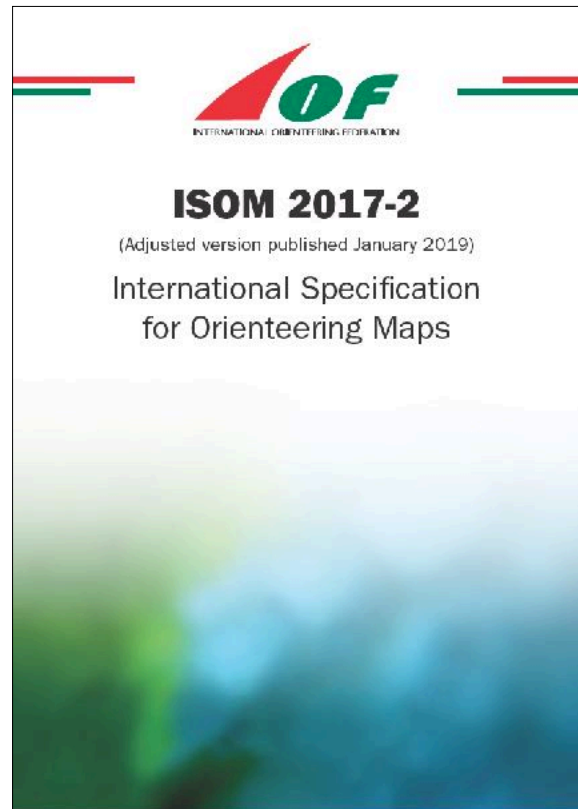


## Mapping Matters

A couple of years ago the International Orienteering Federation Map Commission issued a revision of the International Specification for Orienteering Maps (ISOM) which had been many years in the making. ISOM 2017, as it is known, has been in use since then and the Commission have made a few amendments to the specification. Much of it concerns semantics and slight changes to minimum dimensions but there are a few significant changes.

The removal of symbol 411 Vegetation: Impassable is, perhaps, the most notable. It was introduced in 2017 and was, probably, not used much in this country except for the depiction of hedges - the slightly darker colour making it easier to distinguish in competition. The Prominent Large Tree (417) and Prominent Bush or Tree (418) now have a white mask behind them to aid visibility, particularly in open areas.

There is also the addition of an entirely new symbol 532 Stairway. Whilst not particularly useful in 'normal' forest and moorland areas, it is a useful addition for woods in more urban locations.



Printing technology is improving all the time and ISOM, in the past, focussed on older methods of producing maps such as pen and ink and scribing whereby maps were sent to commercial printers who produced large runs of, typically, 1000 maps by offset lithographic methods. Those days are now behind us and most maps are produced by inkjet and laser printers. This has meant that maps can now (in theory) be up-to-date for every event. Quality of the printing, however, can be very variable from very high quality to, frankly, quite poor. In an effort to address the situation the Commission has issued an Appendix to the specifications which offers guidelines on printing.

It is recommended that mappers download both these documents from the IOF website (URL at the end of this article).



More significant than the ISOM 2017 amendments document is the release of a new Sprint Mapping Specification known now as ISSprOM 2019 to avoid confusion with ISOM. This new version is effective from 1 January 2020.

The specification appears to be aimed more at Sprint maps than Urban maps and the main impact is likely to be the change of scale from 1:5000, with an option for 1:4000 for complex areas, to 1:4000 with an option to enlarge to 1:3000 for older competitors. This change effectively reduces the area of terrain that can fit on an A3 sheet of paper (the maximum paper size allowable).

As with ISOM 2017 there is an emphasis on making the map as legible as possible and there a number of minimum sizes and gaps between features that have been specified.

As far as the symbols themselves are concerned there are changes to the numbering to bring them into line with ISOM 2017 along with changes to the symbols themselves.

In the Landforms section the Prominent Landform Feature (115) is now an open brown triangle replacing the brown cross.

In the Rock and Boulders section the Boulder Cluster symbol (207) is added having been a strange omission from ISSOM 2007.

In the Water and Marsh section the Prominent Water Feature symbol (313) has been changed from a blue cross to a blue asterisk which I think is pretty awful!

In the Vegetation section green dots are now allowed in the Open Land with Scattered Trees (402) and Rough Open Land with Scattered Trees (404) to represent scattered bushes. Most significant is the removal of the old Impassable Vegetation dark green colour which will have an impact on the legibility of uncrossable hedges. Again the Prominent Large Tree (417) and Prominent Bush or Small Tree (418) symbols have a white mask behind them.

In the Man-made Features section there are now two shades of brown which can be used - 30% as standard and 50% where there is heavier 'traffic' (either pedestrians or vehicles). New additions are Paved Area in Multi-level Structures (501.2), which attempts to show ways that can be passed at two levels, and Paved Area with Scattered Trees (501.3). The pale grey Passable wall has been replaced by the conventional wall symbol (513.1) and there is a new symbol (513.2) for a passable retaining wall which can only be seen from one side.

At present the new symbol sets are available in the latest service update for OCAD 2018 but not for earlier versions or for Open Orienteering Mapper, a situation that I assume will be rectified fairly soon.

All mappers should download the new specifications from the following link:

<https://orienteering.sport/iof/resources/mapping/>

## West Midlands Honours Board

### Jan Kjellström Festival - South Central

#### Sprint - Aldershot Garrison 19 April

M21E Will Gardner (OD)

W8o Alison Sloman (HOC)

#### Individual Overall - Windmill Hill and Cold Ash 20/21 April

W50L Lesley Ross (OD)

W8o Alison Sloman (HOC)

#### British Long Distance Championships - Arncliffe and Kilnsey North 6 May

M9o Phillip Broadhead (WRE)

#### British Relay Championships - Middleton Park 8 May

Women's Short      Octavian Droobers      (Kirsten Strain, Helen Elkington, Harriet Lawson)



*Women's Short Relay Winners (Helen Elkington, Harriet Lawson, Kirsten Strain)*

*Photo by Rob Lines (SO)*

**2019 West Midlands League Events**

Jan 13	Beaudesert	WCH	May 12	Park Hall	POTOC
Jan 20	Boreatton Park	WRE	Oct 6	Oldacre Valley	WCH
Feb 3	Hartshill Hayes	OD	Nov 10	Postensplain	HOC
Feb 10	Callow Hill North	HOC	Nov 17	TBA	WRE
Mar 3	Badgerslade	WCH	Dec 1	Brandon Woods	OD
Apr 7	Arrow Valley	HOC	Dec 8	Sherbrook	WCH

**Individual Class Leaders after 7 Events**

M10	Jonah Hearn	WCH	500	W10	Harriet Allinson	WRE	463
M12	Oscar Barnby	WCH	500	W12	Darcy Dunn	WCH	180
M14	Arthur Mitchell	HOC	280	W14	Josie Smart	OD	356
M16	Matt Bambrook	OD	382	W16	Tabitha Lunn	OD	468
M18	Alexander Mitchell	HOC	419	W18			
M20	Sam Leadley	OD	472	W20	Ellie Bales	POTOC	180
M21	Thomas Lewis	WRE	360	W21	Kirsten Strain	OD	191
M35	Robert Rose	HOC	310	W35	Katie Lewis	WRE	297
M40	Stuart Duckworth	WCH	397	W40	Anne Straube	OD	419
M45	Rob Bambrook	OD	477	W45	Melanie Hearn	WCH	480
M50	Clive Richardson	WRE	495	W50	Diane Jacks	WRE	494
M55	Alex Morgan	HOC	469	W55	Melanie Elkington	OD	400
M60	Barry Elkington	OD	463	W60	Jane Stew	OD	230
M65	Jonathan Howell	WCH	453	W65	Hazel Waters	WCH	500
M70	Robert Brandon	OD	500	W70	Susan Hallett	OD	488
					Sheila Carey	OD	488
M75	Peter Carey	OD	475	W75	Jean Rostron	POTOC	200
M80	Derek Turner	WRE	368	W80	Alison Sloman	HOC	499



## The West Midlands League 2019 Positions after 7 Events

1. OD 6851				2. WRE 6117				3. HOC 5700			
A	Tabitha Lunn	W16	468	A	Harriet Allinson	W10	463	A	Alexander Mitchell	M18	419
A	Florence Lunn	W16	387	A	Grace Allinson	W10	380	A	Sebastian Mitchell	M16	344
B	Rob Bambrook	M45	477	B	Steve Parker	M45	382	B	Benjamin Rauffet	M21	343
B	Sam Leadley	M20	472	B	Thomas Lewis	M21	360	B	Robert Rose	M35	310
C	Chris McCartney	M50	472	C	Clive Richardson	M50	495	C	Alex Morgan	M55	469
C	David Leadley	M55	455	C	Ian Hopkins	M50	417	C	Ian Chafer	M50	422
D	Anne Straube	W40	419	D	Diane Jacks	W50	494	D	Kerstin Mitchell	W50	335
D	Lesley Ross	W50	400	D	Katie Lewis	W35	297	D	Marian White	W55	282
E	Robert Brandon	M70	500	E	Derek Turner	M75	494	E	Alison Sloman	W80	499
E	Sheila Carey	W70	488	E	John Broadhead	M60	403	E	Barry Houghton	M70	408
F	Susan Hallett	W70	488	F	Phil Bibby	M65	396	F	Jason Howell	M50	382
F	Peter Carey	M75	475	F	Jeff Haycock	M75	396	F	Robert Scott	M70	382
F	Barry Elkington	M60	463	F	Andrew Clough	M60	393	F	Robert Vickers	M75	372
F	Karin Kirk	W70	454	F	Richard Rogers	M55	391	F	Andy Johnson	M55	369
F	Matt Bambrook	M16	282	F	Tony Callow	M50	356	F	Geoff Trewin	M65	364
4. WCH 5426				5. PTOC 3725				6. COBOC 1409			
A	Jonah Hearn	M10	500	A	Daniel Pigott	M10	162	B	James Thomas	M21	267
A	Oscar Barnby	M12	500	A	Alexander Evans	M16	100	B	Emils Vainovskis	M21	181
B	Stuart Duckworth	M40	397	B	Andrew Rowe	M40	390	C	Ian Gamlen	M50	440
B	David Dunn	M40	325	B	Martin Pigott	M40	300	E	Mick Sadler	M70	359
C	Andrew Yeates	M55	220	C	Jim Cooke	M55	273	E	Richard Burnett	M60	93
C	Mike Musters	M50	153	C	Jonathan Whilock	M50	69	F	Richard Beamish	M65	69
D	Melanie Hearn	W45	480	D	Elizabeth Bales	W55	370				
D	Sally Hughes	W45	200	D	Ellie Bales	W20	180				
E	Hazel Waters	W65	500	E	Henry Morgan	M60	367				
E	Jonathan Howell	M65	453	E	Paul Graetz	M70	340				
F	Chris Boycott	M75	443	F	Gerry Riley	M60	258				
F	Ray Collins	M60	398	F	Austin Farr	M75	244				
F	Euan Barnby	M10	301	F	Dave Bales	M60	243				
F	John Robinson	M65	279	F	Marian Denham	W70	226				
F	Dan Findlay-Robinson	M35	277	F	John Pigott	M70	203				

## WMOA Fixtures

### June to September 2019

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

#### 2019

#### June

1	POTOC Local	<b>POTOC Park Series 1 Longton &amp; Florence Parks</b>	Longton Stoke-on-Trent	<a href="#">SJ910418</a>
4	WRE Local	<b>WRE Summer Series 4 Bridgnorth Town Centre</b>	Bridgnorth	<a href="#">SO715933</a>
5	OD Local	<b>OD Summer Evening Event Rough Close Scout Camp</b>	Coventry	<a href="#">SP264780</a>
6	HOC Local	<b>HOC SEE League Kingsford Forest Park</b>	Kingsford	<a href="#">SO824820</a>
8	OD National	<b>Sprint and Urban Weekend UKOL &amp; WMOA Urban League 3 University of Warwick</b>	Coventry	<a href="#">SP294756</a>
9	OD National	<b>Sprint and Urban Weekend UKOL, UKUL &amp; WMOA Urban League 4 Coventry</b>	Coventry	
11	WRE Local	<b>WRE Summer Series 5 Stanmore Country Park</b>	Bridgnorth	<a href="#">SO740928</a>
12	OD Local	<b>OD Summer Evening Event Brueton Park</b>	Solihull	<a href="#">SP162790</a>
15	POTOC Local	<b>POTOC Park Series 2 Tunstall Park</b>	Tunstall Stoke-on-Trent	<a href="#">SJ865514</a>
18	WRE Local	<b>WRE Summer Series 6 Severn Valley Country Park</b>	Bridgnorth	<a href="#">SO753839</a>
18	HOC Local	<b>HOC SEE League Lickey Hills Country Park</b>	Lickey	<a href="#">SO997753</a>
19	OD Local	<b>OD Summer Evening Event Hartshill Hayes Country Park</b>	Nuneaton	<a href="#">SP317942</a>
22	COBOC Local	<b>Beginners, Families &amp; Schools Event Pype Hayes Park</b>	Sutton Coldfield	<a href="#">SP130922</a>
25	WRE Local	<b>WRE Summer Series 7 Shrewsbury Urban</b>	Shrewsbury	<a href="#">SJ490128</a>
26	OD Local	<b>OD Sutton Park Round the Gates Run &amp; Colour-Coded Event Sutton Park</b>	Sutton Coldfield	<a href="#">SP116924</a>

29	POTOC Local	<b>POTOC Park Series 3 Central Forest Park</b>	Hanley Stoke-on-Trent	<a href="#">SJ886487</a>
<b>July</b>				
2	WRE Local	<b>WRE Summer Series 8 Attingham Park (NT)</b>	Shrewsbury	<a href="#">SJ549102</a>
3	OD Local	<b>OD Summer Evening Event Coundon Hall Park</b>	Coventry	<a href="#">SP312829</a>
4	HOC Local	<b>HOC SEE League Saltwells Nature Reserve</b>	Brierley Hill	<a href="#">SO932869</a>
9	WRE Local	<b>WRE Summer Series 9 Nesscliffe Country Park</b>	Shrewsbury	<a href="#">SJ389198</a>
10	OD Local	<b>OD Summer Evening Event Ryton Pools</b>	Coventry	<a href="#">SP370724</a>
13	OD National	<b>WCH 50th Anniversary Event &amp; WMOA Urban League 5 Tamworth</b>	Tamworth	
16	WRE Local	<b>WRE Summer Series 10 Brown Moss</b>	Whitchurch	<a href="#">SJ562392</a>
17	OD Local	<b>OD Summer Evening Event Whinfield Park</b>	Rugby	<a href="#">SP527746</a>
20	POTOC Local	<b>POTOC Park Series 4 Biddulph Grange Country Park</b>	Biddulph	<a href="#">SJ893594</a>
20	HOC Local	<b>HOC SEE League Barr Beacon Nature Reserve</b>	Bar Beacon	<a href="#">SP060976</a>
23	WRE Local	<b>WRE Summer Series 11 (TBC)</b>	Telford	
24	OD Local	<b>OD Summer Evening Event Oversley Wood</b>	Alcester	<a href="#">SP109567</a>
27	POTOC Local	<b>POTOC Park Series 5 Festival Park</b>	Hanley Stoke-on-Trent	<a href="#">SJ870482</a>
<b>August</b>				
6	WRE Local	<b>WRE Summer Series 12 Haughmond Hill</b>	Shrewsbury	<a href="#">SJ544147</a>
7	OD Local	<b>OD Summer Evening Event War Memorial Park</b>	Coventry	<a href="#">SP322772</a>
13	WRE Local	<b>WRE Summer Series 12a Cardingmill Valley, Long Mynd</b>	Church Stretton	<a href="#">SO442945</a>
14	OD Local	<b>OD Summer Evening Event Itchington Holt</b>	Harbury	<a href="#">SP374588</a>
20	WRE Local	<b>WRE Summer Series 14 Plush Hill, Long Mynd</b>	Church Stretton	<a href="#">SO452969</a>

21	OD Local	<b>OD Summer Evening Event Burton Dassett Hills Country Park</b>	Southam	<a href="#">SP396519</a>
25	POTOC Local	<b>POTOC Score Event &amp; BBQ Brough Park</b>	Leek	<a href="#">SJ986570</a>
27	WRE Local	<b>WRE Summer Series 15 Concorde College, Acton Burnell</b>	Shrewsbury	<a href="#">SJ535023</a>
28	OD Local	<b>OD Summer Evening Event University of Warwick</b>	Coventry	

**September**

8	WRE Local	<b>The John Bennison Long 'O' Long Mynd</b>	Church Stretton	<a href="#">SO451936</a>
21	OD Local	<b>OD Saturday Morning Event National Herb Centre</b>	Warmington	<a href="#">SP410471</a>
22	POTOC Local	<b>West Midlands Relays Whitfield Valley Country Park</b>	Burslem Stoke-on-Trent	<a href="#">SJ887508</a>

**West Midlands Urban League 2019**

Date	Event Venue	Club
6 April	Redditch	HOC
25 May	Shrewsbury	WRE
8 June	University of Warwick	OD
9 June	Coventry	OD
13 July	Tamworth	WCH