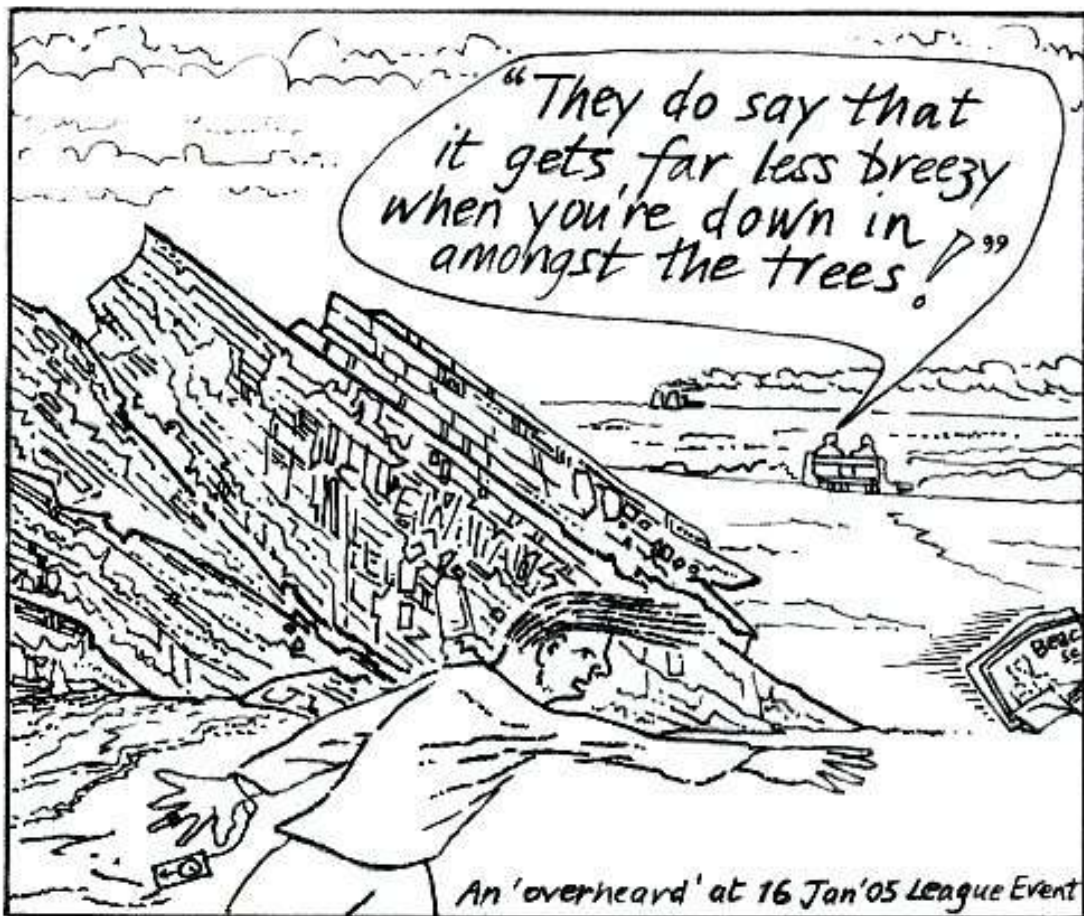


EMEWS 203

The Newsletter of
the
East Midlands Orienteering Association

January - February 2005



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EMEWS

EMEWS is the newsletter of the East Midlands Orienteering Association. The views expressed in this newsletter are not necessarily those of the East Midlands Orienteering Association, nor of the Committee..

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Copy Date for next issue: **Apr 4th 2005** Contributions are always welcome but especially by e-mail (mikegardvo@aol.com) or on 3.5" IBM PC format discs.

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Chairman's Piece - John Bennett

A happy new year to all our readers, and I hope Santa was kind. I'm not one for new year resolutions, although maybe I could suggest a couple? I didn't orienteer for several weeks before Christmas, as I struggled to shake off one of those bugs that troubled many of us. So come the new year I was like a coiled spring waiting to get out into the forests again (albeit a pretty rusty one!). To improve my fitness I vowed to get to as many events as possible, and there was LOG's first ever foray into the Compass-Sport Cup to train for too!

Byron's Walk was first up, but I hadn't been there for a few years and my memories of the area weren't particularly good. There was nothing I could put my finger on, but brambles featured somewhere in the memory banks. But how wrong I was, I found the wood to be very pleasant with lots of chances to run straight as opposed to long tedious track runs. The same thing happened at Beacon Hill the next week. I hadn't been for ages and I remembered it as "OK but very small and you just keep going up and down the same hill". But I was wrong again! The map had been extended a lot since my last visit, and although not a big area I thoroughly

enjoyed my trundle round the brown, often through lovely open forest.

"...challenge any pre-conceived ideas you might have about areas from previous visits..."

So I suppose this rambling means that I am urging you to challenge any pre-conceived ideas you might have about areas from previous visits. Forests do change over time, some areas get worse but many improve, and they are well worth another look. Maybe someone could do an article for a future EMEWS on the life cycle of the bramble? I used to think that they just got thicker, but I can think of several areas where they appear to have "died-off", totally changing the feel of a forest.

My second suggested resolution is to try different types of orienteering. It may seem odd (it does to me), but some folk won't try any form of orienteering apart from standard "cross-country". For me the variety offered by short racing, long O, score events and relays is one of the many attractions of our sport; let alone the delights of "Norwegian", "street", "corridor" or "window"! There is even fun to be had with night orienteering, although it isn't for me, so go on take a chance, you might surprise yourself.

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Membership - Just a little reminder. Those of you who have not renewed your BOF membership are reminded that you should do so as soon as possible. After all you would not want to miss an edition of EMEWS would you?

EMOA Committee Meeting Report - January 18th 2005

Momentoes for East Midland Championships - Draft certificates were passed round to be given out at the East Midland Championships. Thanks to Rex Bleakman.

Junior Inter-Regional Championships - It was confirmed that EMOA will host the JIRC at Carsington and Sherwood Pines.

Correspondance Members - EMOA needs to nominate people to act as correspondence members in support of a number of BOF committees. Based on the volunteers these will be:

International - John Palmer

Junior - Pauline Olivant

Elite - John Palmer

Senior - this committee is not yet up and running, so for now any correspondence will come through EMOA Secretary Bob Alderson. We will need a nominated rep once the committee is active.

Courses - The Controllers and Planners courses advertised by Ernie Williams in the last EMEWS have sufficient attendees to go ahead. However, there are still places for more attendees. The Organisers course so far only has one attendee. Clubs were encouraged to see if they could get additional attendees.

Fixtures - It is highly recommended that clubs ensure their events are registered before planning starts as officials will not be covered by BOF Insurance unless the event has been registered.

Volunteer regions are being looked for to host the following events; Junior Team Relay (4th Sept), Senior Home International (2006), British Schools Score (Oct 2006), Compass Sport Cup Final (Nov 2006) and Yvette Baker trophy Final (2006).

The 2007 program may be subject to change. The Welsh OA are due to host the British but they are unsure about this. The North East are still considering whether they can host the JK. East Anglia are considering whether they can host the British Nights.

The committee agreed to check with clubs and agree a date for next year's East Midlands Champs as soon as possible.

Committee Reports - There were no committees held since the last EMOA Committee.

Electronic Punching - A long discussion took place on the approach EMOA should take. At present we have 100 (approx) units and a proposal was put forward to get 30 more and split them in to 2 batches to make them more accessible. The question was whether the investment was worth it? Are we likely to move to EMIT in the near future? If so, should we purchase SI equipment now? It was agreed an article should be put in EMEWS asking for the competitors feedback.

DVO Request for Assistance - DVO have been working with Derbyshire County Council to set up a coaching initiative within which they would employ someone for 2 days a week. If orienteering puts up so much money, then the Council will match this, and then

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~~this total will be matched by central government funds. DVO was looking to the coach to help develop orienteering in the area with defined measures which would also meet the requirements of the Council. The person employed would actually be employed by BOF (otherwise DVO has to set itself up under lots of legislation for employing people) but would have a clear job description within the Derbyshire area.~~

DVO requested additional funding to assist them for the initial 3 year period that they need to commit to. It was agreed that this was the sort of development that we should be encouraging so EMOA agreed to provide backup funds as necessary.

East Midlands Relay - Do you want to have an East Midlands Relay competition? NOC had volunteered to host an East Midlands inter-club relay competition, similar to what was held in other regions, and were willing to change the format of their Little John provide relays to make this work. However, they needed feedback on whether other clubs wanted to take part in such an event.

What do members think? Do we want a relay competition between the clubs in the East Midlands? It could be a social occasion as well. Please let the EMEWS editor you're your views on whether we should have a relay competition.

Checklist for Badge and National Events - A checklist for badge and national events is now available on the BOF website under the Members, Rules section at <http://www.britishorienteering.org.uk/asp/makepage.asp?PID=REGULATION>

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SportIdent vs Emit comparison

At the East Midlands committee meeting there was discussion about whether we should purchase additional SI units for the region, or is there a chance that EMIT is the way we should go, so withhold our investment for now. It was agreed to ask for your feedback as consumers. **What do you want?** Should East Midlands consider switching to EMIT? Should we have both?

I have created a short article trying to highlight the relative benefits of each system:

Benefits of SI:

- Punching is easier for the competitor with SI units.
- With EMIT clocks are in every e-card, and there is no guarantee they all keep the same time.
- The SI card has no battery, while EMIT card's potentially have a shelf life.
- SI cards are cheaper for the competitor to buy.
- SI provides positive feedback to the competitor when they punch.
- On a survey of competitors who had used each system in 1998 SI scored 4.6 out of 5 while EMIT scored 2.7 out of 5.

Benefits of EMIT:

- EMIT has a back up card which can be inspected if a control unit fails to work.
- EMIT units are lighter to take out in to the forest.
- EMIT units don't need programming.
- With EMIT can see on card whether have punched correct site.
- Vandalism of an SI unit in the forest is costly, while EMIT units don't have the computing functionality in them, so are cheaper.

Summary

At present in the UK we have one or two regions and clubs choosing EMIT, while the majority are sticking with SI. However, SI is harder work for organisers and potentially, if vandalised or stolen, the units are costly to replace.

We must avoid getting in to a position where an orienteer is put off taking up the sport (or even put off the sport) because of the cost of having to buy 2 different tools to be able to punch at events. So, at least as a region we need to go one way or the other.

What are your views? Those of you who have tried both systems, which do you prefer and why? Please let the EMEWS editor know your views.

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Get to Know Your EMOA Committee - David Olivant

What is your role on the committee? Map representative - also member of the BOF Map Group.

When and how did you start orienteering?- March 1981 - but I did take part in an event at Budby in March 1966.

What has been your favourite orienteering area / event? In the GB - Lake District areas like High Dam, Bigland and Greythwaite. Abroad - Swedish O-Ringen - everyone should go at least once, also Lowe Alpine Mountain Marathon. In terms of EMOA, then Longshaw.

What has been your least favourite orienteering area / event? Can't think of one.

What other hobbies / sports do you take part in? There are other sports?!

What is your job when not orienteering? IT Manager - Government Office for the East Midlands.

Is there anything else you would like to tell us about yourself? Not at present.

Letters to the Editor - Coaching

In the last EMEWS I noted that the BOF Coaching committee had discussed coaching and wondered why people don't attend coaching events. I received the following reply (although the person asked to remain anonymous).

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A few of the reasons are:

Lack of time

District events can be used to coach yourself for major events if you identify and learn from mistakes, and make a point of using new techniques / ideas picked up from discussions with other orienteers or from magazine articles. Some orienteers can probably learn more this way than others.

Coaching doesn't have the same pressure of competing that an event does - navigating whilst running under the pressure of a competition is much more difficult than just navigating. Coaching can too easily lose focus.

Coaching is too much like school, with a 'teacher' telling you what to do (how many coaches are also teachers???), and then telling you off if you get it wrong, which is not how I want to learn. A controversial comment perhaps, but it is one impression I got from a coaching event (which was not in the East Midlands).

Response from EMOA Coaching Representative, Hilary Palmer:

Anon's personal thoughts on why s/he doesn't find 'coaching sessions' useful is a personal view and I'm sorry that s/he was 'told off' by a coach as in my experience the debriefing which we do after an exercise would try to focus on the positive aspects or on how to improve any shaky skills. Here are a few points as to why I found coaching helped me when I started orienteering and started improving and why I think coaching is useful:

- There are many different navigation skills used when we orienteer and coaching exercises which are set up to practise specific skills help to focus on just that skill and try to get so that one can have confidence through repeated practising that 'I can use an attack point and follow a bearing to that pit' or ' I can read contour shapes and I have confidence that I can follow that particular re-entrant'
- If skills are practised over and over they become automatic and the orienteers knows when to use a particular skill instead of stumbling into the area and hoping the control will pop up
- In a competitive situation and when doing everything faster it is even more likely that skills are used in a sloppy way - all the more reason to have the confidence based on practice.
- Competitive situations can be simulated in a coaching situation so that the athlete can learn to concentrate and not be distracted
- Being able to practise in different types of terrain helps athletes when they encounter similar challenges in major events eg sand dunes, complicated contours etc.

- Qualified coaches will also be able to help plan training programmes, practise visualisation skills etc. Remember an orienteer needs to have strong physical, mental and technical skills.
- A club or squad coaching session can also be an enjoyable social experience for the group, especially if this is a club/squad weekend away

I am sorry ANON does not have the time and inclination and is happy to self coach but the EMOA club coaches are happy to help others to improve - and I don't think we are all 'teachers'!!!

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East Midlands Champs - Notes for Juniors

The East Midlands Champs are at Longshaw on 6th March.

To be eligible for the East Midland Champs trophies, juniors should enter the following courses:

M10 on JM2,	W10 on JW2
M12 on JM3,	W12 on JW3
M14 on JM4	W14 on JW4
M16 on JM5M	W16 on JW5S
M18 on JM5L	W18 on JW5L
M20 on JM5L	W20 on JW5L

Note 1: If there is no East Midlands competitor on one of the courses listed above then the best competitor of that age on the course below (e.g. no W10s on JW2 then the champion would be the best eligible W10 on JW1) would be declared the East Midland Champion.

Note 2: Juniors who do not have confidence on one of the courses listed above can still enter a different (easier) JM or JW class but would not be eligible for East Midland Championships except in the case described in Note 1 above.

Note 3: In all classes (senior and junior) members of DVO, LEI, LOG and NOC are eligible for the East Midland Championships.

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Selections

The following have all been picked to represent England for the Interland match in Belgium in February:

Peter Hodgkinson (NOC), Hilary Palmer (NOC) and Pauline Ward (DVO).

Also selected as reserves are Andrew Llewellyn (NOC) and Rose Hodgkinson (NOC).

East Midlands League

The current League table below shows the first 3 events of the series (results

still awaited from Harlow Woods). The rest of the series is planned to be:

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January 30 th		DVO	Jun 5 th	DVO	Kedleston Park
Whitesprings			Oct 2 nd	DVO	Carsington
Feb 6 th	LOG	Stapleford	Oct 23 rd	LEI	Old Dry Hills
April 10 th	LEI	Twyford	Oct 30 th	NOC	Thieves Wood
April 24 th	DVO	Crich Chase	Nov 6 th	DVO	Stanton Moor
May 15 th	DVO	Bow Woods	Nov 27 th	LOG	Bourne Woods
May 22 nd	LEI	Grange Woods	Dec 4 th	NOC	Sherwood
			Dec 18 th	NOC	Walesby

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Out and About - Blidworth and Surrounds

This year's Midland Champs are being held at Blidworth, so I thought you might like a little information about the surrounding area.

The first mention of Blidworth is in the Domesday Book (although the village is believed to be much older than this), where it states that before the Conquest the Archbishop of York had a manor at Blidworth. At the time of Domesday, Archbishop Thomas had "five villains having two carucats and one Mill which was in Ludham. Pasture Wood three leuc. long and one broad". Calverton was a berue of this manor and both in the Confessors time were valued at 40 Shillings.

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The village was originally surrounded by Sherwood Forest. In 1532 the Forest Register recorded that there were 128 red deer in Blidworth, and 15 were 'of antler'. Blidworth was at that time 'fenced and gated against the Deer'.

Blidworth is frequently referred to in connection with the Robin Hood legend. It is said that Maid Marian lived in the parish prior to her marriage. On the parish boundary at Fountindale is 'Friar Tuck's Well', which is near a moated area on which the Friar was supposed to have his home. Many years ago a simple footbrige spanned the moat, and it is thought that this could be the place where Robin Hood and Friar Tuck disputed right of way. As it is close to a route that ran through the forest for hundreds of years, the claim is not completely improbable. Will Scarlett is reputedly buried in Blidworth churchyard.

The church at Blidworth would have originally been a wooden structure, but was replaced by one of stone during the Saxon period. It was known as the Chapel of St Lawrence until the time of Richard III (1483-1485), when a tower was built onto "The church of St Mary". Its full dedication is St Mary of the Purification.

The tower is the only remaining part of the old church, as the original structure fell down in 1736, after being in a 'bad state of repair' for some time. The rebuilding work was carried out by Rhodes of Barlborough, and the arcade of five arches were supposedly the design of a pupil of Christopher Wren. The repaired church was re-opened in 1740, and the church was further enlarged in 1839.

St Mary's church is also the location of the annual Rocking Ceremony. The origins of the ceremony go back at least 400 years, to a service known as 'The Presentation in the Temple'. The custom had to be revived in 1842 by the then Vicar, J. Lowndes, after a lapse of 150 years, and again in 1922. The male child born in Blidworth parish nearest to Christmas day is rocked in a beautiful flower-decked cradle at a special service on the first Sunday in February.

As well as the village, nearby is Papplewick Pumping Station.

This is Britain's finest Victorian Water Works and the only one in the Midlands to be preserved as a complete working water pumping station. Papplewick Pumping Station was built between 1882 - 1884 to supplement the water supply for the growing city of Nottingham.

In the main building there are two massive beam pumping engines, thought to be the last built by the famous firm of James Watt & Co. of Soho Works, Birmingham and London. These two 140hp. Engines lifted water from the 200 foot deep well, dug into the sandstone subground and pumped the water into the reservoir that supplied Nottingham. These beams engines worked for 85 years and ceased regular operation in 1969, when electric pumps were fitted in the pilot well near the main gate. These automatic electric pumps saved the manpower required to stoke three of the 6 Lancashire boilers that feed steam to the two beam engines.

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Open to the Public on Sunday afternoons in February from 1pm to 4pm but will not be in steam.

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Courses for Event Officials (BOF Controller C3, BOF Planner P3, and BOF Organiser O3) in the EMOA Region in 2005

A reminder that courses for Organisers, Planners and Controllers were advertised in the last EMEWS. Please volunteer.

Organisers Course - Evening of Wednesday 13th April 2005

Planners Course - Wednesday 2nd / Saturday 5th March 2005

Controllers Course - Wednesday 2nd / Saturday 5th February 2005