



East Midlands Region

England Fencing

Regional Newsletter

Bringing the regions clubs' closer together. If there is something you would like to see in this newsletter please don't hesitate to get in touch with us on our new e-mail address:

training@emfencing.com

Our new secretary e-mail address is: secretary@emfencing.com

GOOD LUCK!

Good luck to all the EM fencers who are competing in the Cadet Winton over the 15th and 16th December!

Good luck to all the EM fencers competing abroad for GBR over the Christmas Period!

CONGRATULATIONS!

Earlier this year Ian Toplis from Foiled Again and Radcliffe Sword Club passed his Level 3 foil and epee coaching award.

Myk Flitcroft from Fernwood Sword Club passed his L1 foil coaching award.

The end of November saw three of the East Midlands region members sit a referee qualification.

Ian Toplis, Jenna Griffiths and Myk Flitcroft all passed their L2 foil with

partial passes in the epee and for lan sabre as well.

Congratulations all of you what a fantastic achievement!

REGIONAL TRAINING DATES:

January 19th 2019
February 16th 2019
March 9th 2019
April 13th 2019
May 11th 2019
June 8th 2019

All regional training days are open to any fencer, any age who has completed a beginners' course.

UPCOMING REGIONAL COMPETITIONS:

ALICE RUGGLES MEMORIAL OPEN.

An open Epee competition. All proceeds from the event will be passed on to the Alice Ruggles Trust. More details here
<http://www.alicerugglestrust.org/>

WHEN:

15th and 16th December 2018
Saturday 15th - individual event
Sunday 16th - Team event

WHERE:

Danielle Brown Sports Centre, University of
Leicester, LE1 7RH

Online entry:

Individual open:

<http://allentries.co.uk/competitions/view/ARM-18>



Team event:

<http://allentries.co.uk/competitions/view/ARM-18-T>



BRITISH YOUTH CHAMPIONSHIP QUALIFIER.

WHEN:

Sunday 20th January 2019

WHERE:

David Ross Sports Village
University of Nottingham
Beeston lane,
Nottingham,
NG7 2RD

Full details to follow soon.

East Midlands Beginners, Intermediates and Junior competition.

Run by Radcliffe Sword Club.

WHEN:

Saturday 6th April 2019

WHERE:

Clifton Leisure Centre, Southchurch
Drive, Clifton, Nottingham, NG11
8AB



Full details to follow soon.

Club Corner:



Radcliffe Sword Club:

It has been a very busy year for members of Radcliffe Sword Club. They have been out and about attending various competitions, from Beginner/intermediate and Novice competitions to opens including the Irish open and the LPJS circuit with some great results! Jenna took silver at the first GB cup event in the summer and Joshua Hemmings has finished 3rd in the U13 BF LPJS rankings with Ethan Dakin taking 1st in the U11 BF LPJS rankings.

RSC are running the Leadership in fencing course in January which is now fully booked. Ian Toplis passed his Level 3 foil and epee coaching qualification.

Jenna Griffiths and Ian Toplis qualify as level 2 foil referees with partial passes in epee just needing to do the practical side.

RSC would like to take this opportunity to invite other clubs to join them for friendly team matches during club nights.



Chilwell Blades:

Chilwell fencers went to open competitions all over the country this Autumn, including Cocks Moors Woods, Shropshire where Anna Hills won a bronze medal in epee, Bedford, the Welsh Open, and the Civil Service comp CSSC National Champs. Ailsa Selman and Sophie Duxon both won a bronze medal in

the GB cup competition this year. In addition, seven junior club members chose fencing this year for the sport element of their D of E bronze award. The members also achieved 9 silver and 6 gold BAF foil awards. The club still had time left over to reinstate pirate night at the Chilwell Halloween evening.

ARMOURERS CORNER:

FOIL MAINTINANCE

Regular cleaning maintenance and testing of your weapon is the best way to ensure its optimum performance and lifespan. Trapped dirt can cause damage to the inside surfaces of the point and may result in off target lights coming up and a worn spring can cause it to fail weapons check at a competition. In general it is recommended that you check your foil points before each competition or around every 1000 hits (10-15 training sessions). To properly look after your foil point you will need: a point (watchmakers) screwdriver, a magnet, tip tape or electrical insulation tape, point cleaning fluid or alcohol, a 500g test weight, a foil bodywire and a test box. If you just want to clean the point without testing it you will only need the first three items in the list above.

Stay tuned for part two! How to clean your foil tip.

We would like to wish you all a very **Merry Christmas** and a **Happy New Year** from all of us on the East Midlands Region committee.

Our mailing address is:

EMcadets@gmail.com, training@emfencing.com

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