

**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](mailto:training@emfencing.com)**

Our new secretary e-mail address is: [secretary@emfencing.com](mailto:secretary@emfencing.com)

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## EAST MIDLANDS REGION AGM

### AGM

This years AGM was hosted on the 7th September. The new committee members are as follows: -

Chairman - Ev Van-Gemeren

Vice Chair - Aimee Parsons

Treasurer - Jamie Sala

Joint Secretary - Jamie Sala and Jenna Griffiths

Regional Training Development Officer - Jenna Griffiths

Regional Competition Organiser - Jenna Griffiths

Master Armourer - Ian Toplis

Webmaster - Ian Toplis

Club Reps - Myk Flitcroft, North Kesteven

Jennie Eakin, Fernwood Sword Club

We are still looking for club reps from other clubs in the region.

We are also looking for older junior fencers to become involved with the region. If you have a young fencer who would like to have a Junior Club Rep place on the committee please let us know.

\*\*\* We are still looking for a regional competition organiser and a secretary. It would be great to have some new faces on the committee. \*\*\*

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## **REGIONAL TRAINING DATES:**

October 26th  
November 23rd

Mini session (under 13's) 10am - 12 noon £10  
Senior session (over 13's) 12 noon - 4pm £20  
Senior sparring 4pm - 6pm

If you would like to attend the next regional training session please fill in the [Booking form](#)

**All regional training days are open to any fencer, any age who has completed a beginners' course. The sessions are run at the Lee Westwood Sport Centre, Nottingham Trent University, Clifton Campus, NG11 8NS.**

**If you have any questions about the sessions please contact Jenna on [training@EMfencing.com](mailto:training@EMfencing.com) or [EMcadets@gmail.com](mailto:EMcadets@gmail.com)**

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## **Cadet Winton 2019**

Invitations for this years Cadet Winton will go out at the end of September 2019. Please let us know as fast as possible if you can attend, this gives us plenty of time to select the region teams.

It is a great weekend full of fencing and laughter. For those that don't yet know about the Cadet Winton, it is a regional competition where all the regions in the country get together with teams of 4 fencers and spend the weekend fencing each other. It is normally run at the Millfield boarding school in Somerset.

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## **Cadet and Senior Winton Selection Criteria.**

**Over the last few weeks we have been working on an official selection criteria for both the Cadet and Senior Winton competitions. The official selection process is on the following link:**

**[SELECTION CRITERIA](#)**

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## UPCOMING REGIONAL COMPETITIONS:



### Junior Epee Series.

**Details:**

The series is designed to give beginners and experienced fencers the chance to compete locally. BF membership is NOT required as we have our own insurance so it's ideal for someone who wants to try a competition.

It's open to all U10, U13 and U16 epeeists from any region. We aim to make it as friendly as possible with some fencing parents on hand to give advice to those who haven't been to a competition before.

It also provides some good steppingstones to the East Midlands BYC qualifiers in March.

**Venue:**

Sports hall  
Foremark Hall School  
Milton  
Derby  
DE65 6EJ

**Date:**

Saturday 28th September 2019

**Link to competition:**

[Wingerworth fencing club](#)

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### Alice Ruggles Memorial Epee Open.

**Details:****TBC****Venue:****TBC****Date:**

14th and 15th December 2019

14th will be the individual  
competition

15th will be the team competition



### **East Midlands Beginners and Intermediates competition.**

**Details:**

An East Mids region competition  
aimed at newer fencers.

Beginners' - under 2 years fencing  
experience in any weapon, all 6  
weapons.

Intermediates - under 4 years  
fencing experience in any weapon,  
all 6 weapons.

Juniors (aged between 10 and under  
13 years old) - under 3 years fencing  
experience. Foil and epee only.

**Venue:**

Clifton Leisure Centre  
Southchurch Drive  
Clifton  
Nottingham  
NG11 8AB

**Date:**

January 2020 - TBC

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**British Youth  
Championship Qualifier.****Details:**

The BYC qualifier competition, a youth age group qualifier competition to the British Youth Championships.

**Venue:**

TBC

**Date:**

March 2020 - TBC

**East Midlands Senior  
Championships and GB  
Cup qualifier.****Details:**

Our regional EM senior competition combined with the qualifier for the GB Cup.

First and foremost this is the Senior Championships. The highest ranked eligible fencers will qualify for the GB Cup.

**Venue:**

TBC

**Date:**

April 2020 - TBC



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## John Holt Novice Open.

**Details:**

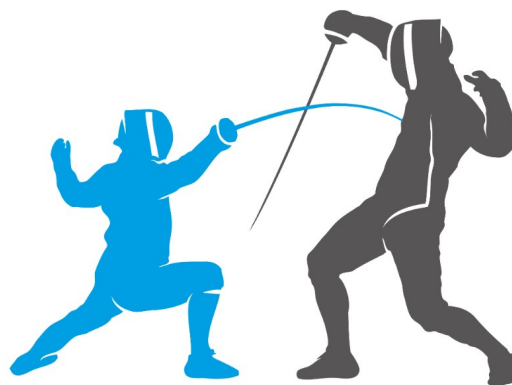
TBC

**Venue:**

TBC

**Date:**

TBC



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## Club Corner:



## Regional training days:

Once a month the East Midlands region put on a training day. It is open to all fencers who have completed a beginners' course.

We have a mini session in the mornings running from 10am to 12 noon, aimed at under 13 year olds. The session consists of a group warm up and footwork, group lesson and sparring on the electrics. The mini session is £10.

The senior session runs in the afternoon from 12 noon to 4pm and is aimed at over 13's, the session consists of a group warm up and footwork, a group

lesson and sparring on the electrics. The senior session is £20.

We cover all weapons with weapon specific coaches. If there is something specific you would like covered please let the coaches know.

The sessions are a great way to meet other fencers within the East Midlands who you don't normally get to spar with.



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## ARMOURERS CORNER:

Foil rewire continued...

Examine the base of the foil point and check that all of the plastic insulator is



out. If not, it should be possible to push the nylon cup out from the base using a paperclip or small screwdriver.

Rotate the blade 90 degrees in the vice, with about 4cms showing above the jaws. Apply a locking resin (such as locknut, but not superglue!) to the thread to avoid the barrel loosening with use.

Thread the blade wire into the barrel base, but do not insert the plastic cup into the foil barrel! Using pliers or an adjustable spanner tighten the base onto the foil blade.

Pull the wire down gently towards the tang, making sure it is parallel to both sides of the barrel base to prevent the insulation being damaged as it passes through the narrow hole. When the wire has fully passed through and the nylon cup is against the top of the barrel base, hold the blade in a vice and push the cup firmly down into the bottom of the barrel base using a point setting applicator or screwdriver. When pushing the cup into the barrel base pull the wire gently to prevent the wire becoming trapped in the point.

Pull the wire straight down the groove and wrap around the tape covering the tang several times, passing the last turn under the tape so that the wire is kept taut in the groove ready for gluing.

Re-assemble the point. The weapon should now be checked for continuity and short circuits before continuing by using an ohmmeter or test box.

Glue the wire into the groove by the shoulder using a small amount of thin super glue and allow to dry.

Part 3 next issue...

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Thank you for reading. If there is anything you would like to see in the newsletter please get in touch:  
[EMcadets@gmail.com](mailto:EMcadets@gmail.com)

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**Our mailing address is:**

EMcadets@gmail.com, training@emfencing.com

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