



Michael Napier Excels with Four British Champion Titles!

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*Michael Napier en-route to becoming the 2023 British Sprint M70 Champion.
(Photo: Jane Armstrong)*

NOC member Michael Napier took advantage of the British Sprint and Middle Distance championships held in Northern Ireland in May to add to his other successes this year.

Michael now holds no less than four M70 British Champion titles:

- ☐ British Night Champion
- ☐ Long Distance Champion
- ☐ Sprint Champion
- ☐ Middle Distance Champion.

Many congratulations to Michael for his outstanding achievements.

Let's not forget Hilary Palmer's continued domination in the W75 class. Hilary also added the Sprint and Middle Distance titles to her 2023 collection, continuing the trend she started last year!

These are highlights in a month that has seen strong performances from a number of other NOC members summarised in this issue.



(Photo: Mick Lucking)

*Hilary Palmer & Michael Napier - 2023
British Sprint & Middle Distance
Champions*

New Members & Member Achievements:

A very warm welcome to two new members this month:

- Jan Golen
- Mark Camm

We look forward to meeting you both at an event soon.

Congratulations to Robert Orgill who achieved the 5 Star Navigation Challenge recently. Read more about the [incentive schemes managed by British Orienteering](#).

Recent Results:

British Sprint & Middle Distance Championships - 6 & 7 May 2023

A small team made the trip to Northern Ireland at the beginning of May to take part in the British Sprint and Middle Distance Championships. Here's a quick summary of performances:

British Sprint Championships:

- ☐ Michael Napier – M70A Champion
- ☐ Hilary Palmer – W75A Champion

Podium finish for Anthony Squire (2nd – M45A) and a top ten finish for Mick Lucking (8th – M65A).

John Palmer also finished a strong 3rd place in the M75B final.

British Middle Distance Championships:

- ☐ Michael Napier – M70 Champion
- ☐ Hilary Palmer – W75 Champion

Top ten finishes for Anthony Squire (6th – M45) and Mick Lucking (8th – M65).

Once again, many congratulations to Michael and Hilary for their outstanding achievements.



Ant Squire receiving his British Sprint medal



*Mick Lucking taking part in the British Sprint Championship 2023
(Photo: Jane Armstrong)*

Dishley – EM Urban League

This event in the East Midlands Urban League saw some impressive NOC performances. Podium places for:

- ☐ Andrew Ridgway (1st – MSV)
- ☐ Ed Cochrane (2nd Men's Open)
- ☐ Hilary Palmer (2nd – WHV)
- ☐ Robert Parkinson (2nd – MUV)
- ☐ Patrick Squire (2nd – MHV)

Top ten finishes too for Patricia Wong (5th – WV), Tricia Neal (5th – WHV) and Kevin Lomas (7th – Men's Open).

Bevercotes Pit Wood – Local NOC Event

Many NOC members took advantage of this Saturday event. Many thanks to all those involved in taking the time to put this event on including; Dave Cooke (permissions), Andrew Ridgway (course planning and map updates), Hilary & John Palmer for organising the event as well as those who helped manage tasks on the day. Without your help we simply wouldn't be able to put on events.

MapActive Course – June & July: Helpers Required Please!

Stage 1 of the MapActive course starts on the 10th June which will be followed by Stage 2 commencing on the 1st July.

Many participants have signed up and are spread across a wide range of ages.



Whilst all the training plans and associated events have been prepared, we really need some additional helpers for the face-to-face coaching element on the Saturdays. It will help to provide reassurance to newcomers as they become familiar with core orienteering skills.

If you can spare a few hours on one or more of the Saturdays please let Hilary know at coaching@noc-uk.org.

Take a look at the [MapActive course brochure](#) for details of dates and an outline of the course.

Club Seminar on Event Organising

Have you ever been curious to know just what it takes to organise a local orienteering event?

A number of committee members are planning to host a seminar outlining the process so that members have a greater awareness of how orienteering clubs function. The seminar is primarily for background information.

If you are interested, please drop an email to Development@noc-uk.org with your preferred day and time of day; the team will then try to arrange a date/time that suits the majority of responses.

Latest East Midlands Newsletter (#287) now available

Get up to date with the latest regional orienteering news.

This issue includes current EM forest and urban league tables, awards and prize winners, EMJOS report, fixtures as well as important operational and member news. Plus a few brain teasers too!

View and download the [EMEWS#287](#) pdf.