

**EASTERN
AREA
NEWSLETTER**

August

2011

Eastern Area Women's team win bronze at National Teams, full report on page 10.



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Vote in the 2010-2011 British Judo Player Awards

This year two Eastern Area players have been nominated for the Player of the Year Awards (Senior Male – Colin Oates, VI Player – Lesley Reid). *Get your votes in before 26th August!*

<http://www.britishjudo.org.uk/home/PlayerAwards.php>

CHAIRMAN'S REPORT

Here we are halfway through the year and I don't know where the time goes. Once again I have to congratulate my son Colin on his Bronze in the Bucharest World Cup - this has pushed him up to no. 31 in the World Rankings, his next big test is the World Championships in Paris in August.

We are entering Ladies' and Mens' teams at the National Teams Championships in Sheffield this year; unfortunately there is no Cadet category this year and we do not have enough players for a Junior team but I look forward to the Area being able to do so next year with Mark Purlant and David Oates looking out for likely players at the Area Squad sessions. These sessions are becoming highly popular - the last being run by Leslie Reid, our VI World Games Silver medallist. The session raised over £170 for Lesley's Paralympic campaign, many thanks to the clubs who supported this session.

We are still not getting enough players for the Dan Gratings - please encourage your players to support them, the next is on the 8th October at Breckland Leisure Centre.

*Submitted by Denise Oates
Area Chairperson & Competition Controller*

SECRETARY'S REPORT

Since the last newsletter we have seen some fantastic success at competitions. Colin Oates has followed up his European bronze medal with another bronze at the Bucharest World Cup in the U66kg category in June and then bronze in July at U73kg in Hamburg, Germany where he was using this European Cup as a training event prior to the World Championships in France in August. Colin is now ranked no. 34 in the World. Lesley Reid has been in unstoppable form leading up to the European VI Championships later this year, winning both the London International & Kent International Championships.

Jono Drane and Kane Chandler both gave fantastic performances at the British Open in May, Jono also took silver at Kent International and Kane silver at the West of England Open. In July, the area entered a mens' and womens' team into the National Teams Championships where the men finished 5th and the womens' team which was a mixture of experience and youth picked up a fantastic bronze medal.

In June, we saw fine performances from six of our young players from 3 area clubs (Blackdog, Kumo & Saffron Walden) where Leo Lavender (U42kg), Niamh Sargeant (U36kg), Caitlin Sargeant (U40kg), Laura Westlake (U44kg), Ruth Denham (U63kg) & Sophie Morgan (O63kg) all became Kent International Champions in group A.

In order for events to run we need a core of competition officials – there is a shortage of these both nationally and at area level. The area is now starting a program where clubs will be able to borrow area clocks etc in order to train members of their clubs on how to use them. No formal Judo qualification is required and moves are now being made to involve younger players in the officiating side of Judo.

Please do not hesitate to contact either myself or Denise Oates directly if you would like to know more about becoming a competition official or if your club would like to borrow area equipment to start to train your members within your club. The area plans to hold courses for competition officials as soon as we have

enough interest to run a course. If your club has 6 or more wishing to qualify as a competition official, it may be possible to run a course at your venue.

Lastly, good luck to Colin Oates at the World Championships in August. If you wish to watch the action as it happens there should be a live stream available through <http://www.intjudo.eu/>.

*Submitted by **Michelle Camp**
Area Secretary*

NORWICH PREMIER JUDO CLUB GAIN CLUBMARK AWARD

Norwich Premier Judo Club have followed the success of their football counterparts as they celebrate a promotion of their own having been awarded Sport England's Clubmark.

The Clubmark scheme is a set of national standards for National Governing Bodies of Sport to adopt and their affiliated clubs to meet. The scheme recognises and accredits clubs that are committed to providing safe, effective and child friendly environments for young people.

Norwich Premier has been running for over 40 years and has recently moved to a permanent dojo in Heathgate, in the centre of Norwich. The club has developed strong links with the local community including their partner school Notre Dame, who come down to the club once a week to do judo as part of their extra-curricular programme. Links have also been established with the University of East Anglia, Active Norfolk, the County Sports Partnership and the club delivers a judo programme with Leicester Tigers RFC.

As one of the largest clubs in the Eastern region, Norwich Premier have a fast-rising junior section and an ever-popular adult class.

Andrew Wilesmith, British Judo's Regional Development Officer, said "Norwich Premier is an excellent club and the Clubmark award just proves that they are working well and have been making some excellent links. Well done to coaches Nigel Thompson, Dave Horton-Jones and the rest of the club."

*As reported on the **BJA website***



AREA SQUAD TRAINING SUCCESS

IBSA World Games silver medallist Lesley Reid inspired the Eastern Area's next generation of judoka as the guest coach for squad's training session on Sunday 29 May.

Reid, 49, who was spotted in a 2008 talent search, took bronze at the VI World Championships in her first British selection last year and took silver at the IBSA World Games in April after giving up to 45 kilos to her heavyweight rival in the final.

The session attracted 30 promising young players who were from Norfolk, Suffolk and Cambridge.



The morning session began with Lesley teaching the players the value of ashi-waza (foot techniques such as sweeps) and covered a variety of different techniques.

After a brief break the players returned to the mat in the afternoon to focus on transitions and gave players the opportunity to demonstrate their newly-acquired skills in randori (free practice).

Over a four hour session the players involved really impressed squad coaches David Oates and Mark Purllant with their attitude and work ethic.

David Oates said: "This was an ambitious session in terms of getting children to concentrate for four hours but we had nobody on the mat complaining or flagging, they all got stuck in and worked hard throughout the session."

*As reported on the **BJA website***

IT'S A KNOCKOUT

Organised by Rotary Club of Stamford St Martin's.

Thomas Deacon Judo Club agreed to take part in this Rotary Club fund raising event to both help the fund raising efforts of the Rotary Club, to raise the profile of Judo and the club in this area and to have a great fun day.

24 teams, mainly from local companies, took part in the knockout competition - we were the only sports club taking part. The rotary club raised £8000 from the event which will be distributed to the charities that they support. As well as raising the £35 per team member sponsorship funding the organisers required, the team was successful in also raising sponsorship funds for the club; from this the team will give £50 to the BJA Trust Fund.

The knockout was in two sections, first the dry section which consisted of 5 games creating much hilarity for the spectators, then in the second half it got very wet and slippery with five more games. The team got

very wet with much muttering, screaming and falling over, our team played it joker in this section as they worked valiantly to complete the course successfully in a very good time.

At the half way stage of the competition the team was placed next to last, the team members responded and they finished a credible fourth with very few points between first and fourth places - a good result for the first attempt and the team are muttering about a return next year as they want the first place.

The Team: Simon Dodge (Captain), Sarah Dodge, Jemma Deaton, Gavin Dodge, William Lovell, Thomas Lovell, Adam Clarke, Jami Platt and James Beer.

The team and their supporters had an enjoyable and great fun day.

*Submitted by **John Dearden***

Area Director of Examiners

BRITISH JUDO AT THE SUFFOLK SHOW

For the first time British Judo was represented at the Suffolk Sport Village at the Suffolk Show. The annual event that attracts hundreds of thousands of people over two days is one of the highlights of the calendar within the county and one of the largest county shows in the country. For the past few years Suffolk Sport, the County Sports Partnership have had an area in which to demonstrate and deliver sport and physical activity. Last year the Suffolk Sport Village won the coveted Attraction of the Year last year at the show. This year it was bigger and better than ever and received the London 2012 Inspire Mark.



As a result of the increase in size and also the close relationship British Judo has with Suffolk Sport meant that judo was offered a chance to become one of the key sports in the village. With a large marquee and mat area, along with a second demo area and key slots in the main demo tent, judo had a great opportunity to showcase itself to around 70% of the population of Suffolk. There was a detailed schedule of demonstrations, Come and Try opportunities as well as the Judo Challenge which allows people of all ages to learn 12 movements, techniques and falls to give them an idea of what judo is like. On successful completion those that did it would get a prize. We also had randori sessions that demonstrated the variety within the sport. One of the most positive things about the day was all the sessions and delivery was lead on by the clubs in the county. Whilst it was organised by British Judo it was delivered and promoted by the clubs and they were empowered to publicise their club. The Thursday also saw Nicole Nunn come in and unveil Judo Fit to the Suffolk public at the biggest stage of all, the lunchtime main stage. Once again using

the clubs as part of the demo the Judo Fit demonstration was met by interest and smiles from the public with the question 'where can we do this?'. There was also a guest star on the mat as London 2012 mascot Mandeville came on to take part in the Judo Fit demo, thus giving the sport and demo even more coverage. Over the course of the two days we had over 250 get on the mat and give the sport a try, an opportunity they probably wouldn't have had otherwise. There was also a lot of interest and questions about the sport, so it was a great opportunity to dispel any myths about the sport and to highlight the excellent club infrastructure there is in Suffolk. Andrew Wilesmith, Regional Development Officer for the East said "it was a fantastic couple of days, the hard work the clubs put in to make the day a success meant it ran smoothly. Without the support of the local clubs these events either wouldn't happen or wouldn't be as successful as this one was. It was great to get Mandeville on the mat and also ensuring that parents, adults and children know what the sport is all about". A special thanks goes to the Suffolk Enjoy Judo team in Dave Martin and David Oates for their hard work and also to Hollesley Judo Club, Felixstowe Judo Club, Ipswich Judo Club and Kumo (Crowfield) Judo Club for their fantastic work over the two days.

*Submitted by **Andrew Wilesmith**
Regional Development Officer*

JOHN KEITH A BRIEF HISTORY OF EVENTS - MOSTLY CENTERED AROUND JUDO

John Bruce Keith, born 21st November 1928

1934 First became interested in Judo from listening to tales about the Far East when he was about 8 when he made friends with a marine that was staying nearby. John would listen in wonder as the man told stories about the Far East and other places he had been, mostly about Jujitsu. One day as the man was walking towards John he was jumped by 2 red caps, he watched as he sent both men into the air and that was it, John was hooked.

1945 Joined the Navy as a boy seaman. He wrestled and boxed for his ship, winning them many honours despite being the smallest and youngest competitor.

1946 London Budokwai, under the teaching of Yukiotani and the founder of Judo in Britain Gunzi Koizumi.

He stood nervously outside the club on his first visit when a short, squat old Japanese man invited him in. This was his first meeting with Koizumi, whom John described as the civilised one of the group, who came from Japan to introduce Judo to the West. Koizumi was John's type of man; strong, confident, approachable but above all a real teacher, in the true sense of the word. Koizumi had time for his pupils. The other Japanese thought Koizumi's approach to be 'airy fairy'; their methods were totally opposite. If a pupil did not understand something, there was little time spent on instruction but they would proceed to bury their pupils into the ground with vicious, body crushing actions time after time. The net result was pupils either learned, despite what they had been shown and accepted the beatings, gave up judo because of the beatings they received or learned not to ask questions! John saw this as no way of teaching and so he adopted the teaching methods of Koizumi.

1948 Started a club in his adopted home town, Wisbech. After two venues, the club finally settled in a loft over cattle holding pens, on slaughter house premises. The stairs were soon broken by the cattle milling below. The club then became exclusive by virtue of 'if you can't climb the rope, you can't join'. The mat was an old lorry canvas stretched over newspapers and compact sawdust.

1950 Started police and Judo clubs.

1951 Worked and lived in Dagenham and joined the Budokwai, also instructing at Romford.

1958 With a few enthusiasts, started the Eastern Area but it quickly became his responsibility as others rejected the commitment and responsibilities.

1960 Became a recognised coach.

1961 Although not formally teacher trained, approved as an Education Authority Teacher by Education Inspectors after watching him teach. Was awarded the CCPR (Central Council for Physical Recreation) "Masters Certificate". Taught, as part of income in schools through the Fens, Judo, Wrestling, Boxing, Archery and Gymnastics. Managed to get Judo into most schools curriculum and accepted as a "safe" sport.

1962 Became the recognised Area coach (a job he had been doing since 1958).

1964 Saw him gain his 1st Dan; a long time after some of his pupils!

1967 Recognised as a provisional National Referee; although one of the most established figures in refereeing for many years previous.

1970 2nd Dan.

1972 Refused honorary 3rd Dan.

1973 Accepted honorary 3rd Dan Area's only senior examiner.

1975 Retired from schools and as Area Coach to allow younger men in.

1976 Became Area Director of Examiners - responsible for organising all the exams in the area, providing all the examiners and officials for them.

In his spare time he trained and passed private pilot of light aircraft and then went on to further qualifications and to perform flight checkouts of other pilots and cross channel checkouts.

1979 Became Area Coach again on a temporary basis after the current Coach had resigned, this lasted 3 years.

1980 Crashed whilst test flying a Microlight Aircraft due to poor design/materials, spiralling to the ground from 200ft he walked away from the crash. Despite a large financial interest in Microlights he was foremost in pushing for Civil Aviation Authority control on Microlight safety. Succeeded in getting some Microlights grounded including the ones he had invested in.

1983 At the age of 55yrs, saw his job as a meat haulier disappear. To make matters worse he lost all his capital investment in the Microlight business. 55years old, no money, no job - time to give up? Not at all.

He retrained himself for a new career; in a very short time he became a qualified driving instructor, operating a successful and prosperous Driving School. It is typical of the man however, not to rest there. He took driving award after driving award, test after test and became the highest qualified driving instructor in the Fens, then in the county, he is the holder of the highest driving award in the country.

1985 Accepted honorary 4th Dan.

*Submitted by **Stewart Collings**
Area Committee Member*

COMPETITION REPORTS

British Open – 14th & 15th May 2011

We had 2 players competing at the British Open this year at K2, Crawley. At -73's Jono Drane of Kumo Judo Club took a first round loss against Jack Brysz (POL) and unfortunately did not progress further, whilst at -81's Kane Chandler of Cambridge University Judo Club had a first



round bye facing a first fight against Michele Ambrosio (ITA) in the second round which he won. His next fight saw him against Benjamin Muennich (GER) – who went on to win a bronze medal, where he took a loss. In the repechage, Kane was drawn against Tom Reed, ranked no.2 in GBR where he took a loss.

London International – 4th & 5th June 2011

With 18 players from the Area receiving medals at London International in June this year at the London Soccer Dome, a list of the competitors and their result follows:

NAME	CLUB	CATEGORY	RESULT
ALEXANDER RIJKSEN-SALMAN	BLACK DOG	GROUP 1 U27	BRONZE
RYAN RIJKSEN-SALMAN	BLACK DOG	GROUP 1 U34	FIFTH
HARRY PARKS	BLACK DOG	GROUP 1 U42	FIFTH
IMOGEN RANNER	MELBOURN	GROUP 1 U44	SILVER
JAMES BASEY-FISHER	BLACK DOG	GROUP 1 U46	FIFTH
CALLUM CURTIS	BLACK DOG	GROUP 1 U55	SILVER
ALEX VASEKIN	HAPPIDOJO	GROUP 1 U66	BRONZE
JACK PURLLANT	BLACK DOG	GROUP 2 U34	BRONZE

ELORA PAROCKI	BLACK DOG	GROUP 2 U57	FIFTH
GEMMA MOORE	KUMO	GROUP 3 U63	SILVER
EMMA REID	MELBOURN	GROUP 3 U70	SILVER
EMMA REID	MELBOURN	YOUNG WOMEN U70	FIFTH
JONO DRANE	KUMO	SENIOR MEN U73	FIFTH
JEMMA THOMAS	FIGHTING FIT	SENIOR WOMEN U52	GOLD
NATASHA COLLINS	COMBERTON	SENIOR WOMEN U52	SILVER
LESLEY REID	MELBOURN	SENIOR WOMEN O78	GOLD
DAVID OATES	KUMO	MASTERS MEN U66	SILVER
LESLEY REID	MELBOURN	MASTERS WOMEN U+O78	GOLD

Kent International – 25th & 26th June 2011

Gaining another 12 medals at Kent International at Crystal Palace a couple of weeks later, a list of competitors from the Area and their result follows:

NAME	CLUB	CATEGORY	RESULT
ALEXANDER RIJKSEN-SALMAN	BLACK DOG	A U27	BRONZE
BEN LAVENDER	BLACK DOG	A U38	SILVER
LEO LAVENDER	BLACK DOG	A U42	GOLD
ROSS MCKENZIE	SAFFRON WALDEN	A U50	BRONZE
NIAMH SARGEANT	KUMO	A U36	GOLD
CAITLIN SARGEANT	KUMO	A U40	GOLD
KIMBERLY RIJKSEN-SALMAN	BLACK DOG	A U40	BRONZE
LAURA WESTLAKE	SAFFRON WALDEN	A U44	GOLD
RUTH DENHAM	BLACK DOG	A U63	GOLD
SOPHIE MORGAN	BLACK DOG	A O63	GOLD
JONO DRANE	KUMO	SENIOR U73	SILVER
NATASHA COLLINS	COMBERTON	SENIOR U52	GOLD

Bucharest World Cup & Hamburg European Cup

At U66kg's Colin Oates of Kumo Judo Club won a bronze medal at the Bucharest World Cup in June this year and fighting up at U73kg's again took a bronze at the Hamburg European Cup in July. Colin's next competition will be the World Championships in August, good luck Colin!

National Team Championships – 9th July 2011

At this year's National Teams, held at EIS Sheffield, the Eastern Area entered a mens' team and a women's team as follows: U66kg Daniel Melling, U73kg Jono Drane, U81kg Kane Chandler, U90kg Arunas Miseckas, O90kg Neil Langworthy/Will Lovell, U52kg Natasha Collins, U57kg Michelle Brunning/Jemma Thomas, U63kg Gemma Moore, U70kg Emma Reid, O70kg Lesley Reid. After losing their first fights against the West, the mens' team fought on and picked up a deserving win against London finishing second in their pool, losing out to the Combined Services in the quarter-finals. The women also finished second in their

pool, taking a win against London and a loss against Scotland. This brought the team to the semi-finals where they took a loss against the Midlands - who went on to take the Gold, finishing with a bronze medal.



Eastern Area Senior Open (ranking event) – 13th August 2011

NAME	CLUB	CATEGORY	RESULT
JONO DRANE	KUMO	U73	BRONZE
KANE CHANDLER	CAMBRIDGE UNI	U81	SILVER
NICK WILLIAMS	IPSWICH	O100	FIFTH
JEMMA THOMAS	FIGHTING FIT	U52	SILVER
NATASHA COLLINS	COMBERTON	U57	GOLD
GEMMA MOORE	KUMO	U63	FIFTH
EMMA REID	MELBOURN	U70	SILVER
NATASHA WATERHOUSE	COMBERTON	U70	BRONZE
LESLEY REID	MELBOURN	O78	GOLD

RANKING LISTS

IJF World Rankings:

Senior Men

U66kg - No. 34 – Colin Oates, Kumo

EJU Senior European Cup Rankings:

Senior Men

U66kg – No. 8 - Colin Oates, Kumo

Home Country Domestic Rankings:

Senior Men

U73kg - No. 11 – Jono Drane, Kumo

U81kg - No. 7 – Kane Chandler, Cambridge Uni

U90kg – No. 8 - Arunas Miseckas, Thomas Deacon

U90kg – No. 31 – Gary Chandler, Cambridge Uni

U90kg – No. 37 – Ian Forrest, Thomas Deacon

U100kg – No. 22 - Vladimir Vasekin, Happidojo

U100kg – No. 22 – Neil Langworthy, Police

Senior Women

U52kg – No. 6 - Jemma Thomas, Fighting Fit

U57kg – No. 10 – Natasha Collins, Comberton

U70kg – No.14 – Emma Reid, Melbourn

O78kg – No. 3 - Lesley Reid, Melbourn

Junior Men (U20)

U90 - No. 9 - Andrew Pickerill, Littleport

U100 - No. 8 - Will Lovell, Thomas Deacon

Junior Women (U20)

U63kg – No. 10 - Emma Reid, Melbourn

O78kg – No. 7 - Samantha Buckell, Hollesly

Cadet Boys (U17)

O90kg – No. 5 – Ben Green, Happidojo

Cadet Girls (U17)

U63kg – No. 3 - Emma Reid, Melbourn

CLUB NEWS

NEWS FROM BLACK DOG

Black Dog judo club



I am very pleased to say that the club continues to grow and develop outside of my expectations.

We now have 3 National Schools medalists with Callum Curtis who won gold, Elora Parocki and Andrew Morgan who both won bronze. This adds to our previous 3 National Championships medals from last year. There are also a good number of players who are now very close to medalling at such national events.

We have attended a good number of events (often with different players), and we continue to support all Eastern Area events. Two of the most recent were Thomas Deacon and Ipswich. At Peterborough we took 3 gold's, 1 silver and 1 bronze and at Ipswich (19 players took part from Black Dog) 2 gold, 5 silver and 7 bronzes – these were both tough competitions but brilliant to see in our area. We have also had some excellent success outside of the area at the London International and other similar competitions. The club is now looking forward to the Kent International and also supporting the red and yellow belt event at Thetford and Littleport in July.

We are a competitive club – in the last 3 months, the club members have achieved 20 gold's, 19 silver's and 20 bronzes in competitions outside of the club, and I believe strongly that the kids should be able to take part in competitions if they want to. My opinion is that taking part in a competition is where you use the skills that you learn at the club, but it is also important not to place too much emphasis on individual results and to reassure when things don't go well. It is great to see more area clubs taking part competitively and hopefully we will now be running our own competitions for all to take part in, helping to develop the area.

Jack has continued to train at England squad sessions. He has now been joined by 3 club mates who were invited to train at the Redbridge excel, which we do once a month. These sessions are not only great for the players themselves but also for me as well, where current coaching techniques, ideas and practices are there to be seen.

The club is now also hoping to forge links with a top Dutch club and trips are in the planning stages. We are also planning more fun sessions, which we now hold regularly during holidays.

As I have already said we have always supported area events. It is a shame that not more clubs do, but I am interested why they don't. In my role as an Area Squad coach (which is very much about bringing clubs and players together more) I am really interested in learning more about how we can dispel myths, politics and understand concerns to simply help our junior players' development. As a coach I am there to give opportunities, guide, and reassure the players I am involved with, whether they are from my club or not.

More can be found about Black Dog at our Facebook site or at www.blackdogjudo.co.uk.

Submitted by Mark Purlant

NEWS FROM COMBERTON AND ANGLIA RUSKIN

June 4th saw the opening of the dojo at Comberton Village College. Forty people attended the opening session that was led by former World and European Champion Craig Fallon as well as four times European Champion and seven times world medallist Karina Bryant. They took time out of their busy training schedule to drive from Camberley Judo Club where they train full-time.

The first session was for all the participants and was based upon basic movement patterns that are common to all judo techniques. The duo focussed upon posture and movement and emphasised the importance of these basics in order to progress.

For the second session participants were split into two groups. Karina worked with the younger ones focusing on O-Goshi, which she has used in international competition many times. Craig took the more experienced players and showed them a new way of controlling their opponents with their arms when doing various throws.

They swapped over and Craig took the younger ones, he asked them to demonstrate their favourite throws and gave them tips on improving whilst Karina showed the older ones a hold down on the floor (in judo if you pin your opponent on their back for 25 seconds you win).

After lunch all the participants warmed up before a light randori session before finishing off the day there was a chance to ask Karina and Craig some questions about their training, their judo and life in general as a high performance athlete.

With the new facility Comberton Judo Club will be able to vastly increase the number of sessions they deliver, hopefully to around 12 sessions per week. They will be able to provide judo for everyone from beginners to international competitors and from 5 years to any age.

This event was well supported from outside the area and from Cambridge University.

Moving forward

Comberton Judo club will be running open randori sessions for juniors and seniors on Wednesday evening, free of charge to anyone in the area from September 2011. Through its link with Anglia Ruskin the club already has very strong randori sessions with quite a few Dan grades including England squad players.

The club will also host BJA courses such as TOCs and coaching awards as well as randori sessions open to the whole area on 5-6 Sundays per year. The aim is to improve the standard of competitive judo around Cambridgeshire and give people the chance to attend high quality randori sessions on a regular basis.

From September 2012 the club will also be in a position to provide full-time training. We will be employing a full-time coach as well as a strength and conditioning coach through Comberton Village College and Anglia Ruskin University. Players can come to Comberton sixth form or Anglia Ruskin University and train full-time around their academic study. All players that enter the full-time training environment will remain members of their club and compete for their club. Comberton is not interested in poaching players, only in improving the current standard of judo in the surrounding area. If local players move into the sixth form to train full-time Anglia Ruskin students from around the country will join them to make a larger training group. We hope to eventually have around 30 full-time judo players, which will take time but is achievable. This would mean that when someone travels on a Wednesday night for randori they're guaranteed a large enough training group to make it worthwhile.

Currently the only place in the UK you can properly train full-time and be in full-time education is the University of Bath. Our aim is to provide British Judoka with another option. People will be able to train full-time from age 16 years. With support from the Anglia Ruskin unit for Sport and Exercise Sciences they will receive physiological support, performance analysis, nutritional support and psychological support.

Anyone interested in the open randori sessions, full-time training or coaching opportunities at Comberton should contact Bob via email at combertonjudoclub@yahoo.com.



This is a very quiet period for Anglia Ruskin as most students have just completed their exams and have now gone home for the summer.

Next year is looking good. We already know of one England player we have recruited and two other Dan grades but we are very likely to have recruited more. I am sure we will find out at our freshers fair in September.

We have also secured funding from sportivate for two six-week beginners classes that we will use to try and boost our recreational membership.

September will also mark the preparation phase for our pre-BUCS training. BUCS will be tough in 2012 as reigning champions other universities will be gunning for us but we're prepared as we can be considering our full-time training is not up and running yet.

We are also preparing for the next block of the European Judo Union level 4 and 5 coaching awards. This will be based upon physiology and will be a very tough block academically for the students. This course is still quite small but we have had interest from around 80 coaches since our marketing campaign at the European championships in Turkey. So we're hoping to have around 20 people start next Easter.

Submitted by Bob Challis

FELIXSTOWE JUDO CLUB

Well done to BJA Instructor Andy Adams, who was recently presented with his Black belt at the club.

There was success for Felixstowe JC at the Ipswich Age Banded competition in May with Max Unwin, James Trivett, Kyan Wong and Ben Caldwell all coming away with bronze medals.



Several FJC members were in action at the recent Suffolk Show at Trinity park, Ipswich. As well as taking part in the main judo demonstration in the Suffolk Sport Village they were part of the team of Judoka that helped to man come & try Judo sessions and challenges throughout the two days at the British Judo zone.

Submitted by Dave Martin

LITTLEPORT NEWS & RESULTS

1. **NAGE-NO-KATA COACHING COURSE – 2nd APRIL**

Littleport Coaches, Ray Taylor, Ros Edwards and Laura Tuck all attended the above course at Thetford, led by Tina & Dennis Penfold and co-ordinated by John Deardon. All 3 received an attendance certificate and agreed that the course was well delivered and intuitive. Unable to attend Katame-No-Kata on the Sunday because of other commitments, all 3 said they would attend future courses and encourage other club members to attend as knowledge gained was invaluable.

2. **PROMOTIONS ACHIEVED BY LITTLEPORT JUDO CLUB MEMBERS**

April 2011 - Thomas Robertson to 3rd mon, Oscar Smith to 4th mon, and Noah Aldous to 5th mon.
June 2011 - Harry Welchman promoted to 7th mon, orange belt.

3. **JUNIOR OFFICIAL QUALIFICATION**

Harry Welchman recently achieved promotion to 7th and had already attended a course to prove his capability as a referee so is now qualified as a Junior Official at Level 1.

4. **LITTLEPORT JUNIOR AGE BANDS INVITATION – 10th JULY 2011**

This event is for 8 to 11 year olds up to 9th mon and for 12 to 15 year old mon grades.
This article was submitted prior to the event date so Report and Results will be published in the next newsletter.

5. **2011/2012 EVENTS AT LITTLEPORT LEISURE CENTRE**

2011 Junior Age Bands Invitation (8 to 11 and 12 to 15 year olds) on Sunday 10th July.
2011 Youth and Senior Open, 'level 3 point scoring' with competitive Dan Grading on Sunday 27th November 2011.

2012 Mini Age Banded Invitation, (8 to 11 year olds), on Sunday 11th March 2012.
 2012 Junior Age Banded (8 to 11 and 12 to 15 year olds) on Sunday 1st July 2012.
 2012 Youth & Senior Open, level 3 point scoring, on Sunday 25th November 2012.

More details and entry forms will be available at <http://www.littleport-judo.org>,
<http://www.bjaeasternarea.co.uk> or <http://www.britishjudo.org.uk>.

Littleport Judo Club welcomes all officials, (senior and junior, experienced and trainee), to its events. If you are interested in officiating at Littleport, please contact me or Ray Taylor as I can only invite referees and table officials I am aware of and for whom I have a current postal or e-mail address.

Submitted by Ros Edwards

Secretary & Coach of Littleport Judo Club

NEWS FROM PETERBOROUGH

Thomas Deacon U20 Championships Results – 24th April 2011

GROUP 1 BOYS U12 YEARS

Category U30 Entry 4	1 Blake Gulaidi-Barber, Ealing 2 Declan Whyte, Pinewood 3 James Widman, Pinewood 3 Kai Solley, Parkwood	Category U46 Entry 3	1 Harrison John, Pinewood 2 Artjom Jurkjan, Boston 3 Ryan Wilcock, Pinewood
Category U34 Entry 10	1 Mason Gulaidi-Barber, Ealing 2 Daniel King, Pinewood 3 Artois Belolipceves, Thomas Deacon 3 Archie Platt, Pyrford	Category U50 Entry 4	1 James Ryan, Lordswood 2 Jack Hutchinson, The Parks 3 Thomas Martin, Ipswich 3 Cameron Charles, Pinewood
Category U38 Entry 5	1 Samuel Perry, 2A's Judokwai 2 Christopher Wynne-Joyce, Renzoku 3 Jake Popplewell, Parkwood 3 Thomas Rees, Harlow	Category U55 Entry 1	1 Luka Kliutic, Ealing
Category U42 Entry 5	1 Toby Williams, Kettering 2 Ali Abdelaal, Ealing 3 Jacob Aldridge, Newbury 3 Tom Lichter, Pinewood		

GROUP 2 GIRLS U12

Category U32 Entry 1	1 Holly Eccles, Pinewood	Category U44 Entry 1	1 Lauryn Osborne, Higashi
Category U36 Entry 2	1 Amy Adams, Pinewood 2 Lucy Paton, Long Eaton	Category U48 Entry 4	1 Bethany Kingston, Newbury 2 Chelsea Harben, Saffron Walden 3 Lucia Calgagni, Higashi 3 Georgina Hull, Kettering
Category U40 Entry 2	1 Eva Thomas, Pinewood 2 Chloe Nunn, Harlow	Category U52 Entry 1	1 Chrissie Webb, Pinewood

GROUP 3 BOYS 12-15 YEARS

Category U34 Entry 3	1 2 3 3	Jack Purllant, Black Dog James Bree, Higashi Matthew Westgate, Lincoln Academy	Category U55 Entry 4	1 2 3 3	Jack Evan, Worcester 83 Jason Bull, V & E Christopher Platt, Kettering William Mallinkrodt, Pinewood
Category U38 Entry 4	1 2 3 3	Sam Blair, Pinewood Jasper Lavender, Black Dog Adam Deaton, Lincoln Academy Charlie Biggs, Shudan	Category U60 Entry 6	1 2 3 3	Henry Geary, Bedminster Ben Roberts, Pinewood Thomas Webb, Moberly Kieran McMahon, Pinewood
Category U42 Entry 6	1 2 3 3	Keiran Davin, Moberly Brayden Quinn, Dartford Charlie Geary, Bedminster Christopher Corrigan, Ealing	Category U66 Entry 2	1 2	Jamie King, Wimbledon Guiliano Miranda, Moberly
Category U46 Entry 7	1 2 3 3	Tommy Ryan, Pinewood Fraser White, Cheltenham Danny Irving, Ford George Laws, Pinewood	Category U73 Entry 2	1 2	Ben Halls, Stowmarket Daniel Varey, Ealing
Category U50 Entry 10	1 2 3 3	Ian Roberts, Kettering Jamie Fowler, Iruka Charlie Jackson, Ford Alex Jackson, Bishops Stortford	Category O73 Entry 1	1	Thomas Seelig, Wellingborough

GROUP 4, GIRLS 12-15 YEARS

Category U32	1	Hollie Dann, Shudan	Category U52	1	Shannara Harrild, Parkwood
Entry 1			Entry 1		
Category U36	1	Freya Harrild, Parkwood			
	2	Kiera Bateman, Pinewood			
Entry 2					
Category U40	1	Jenny Roberts, Pinewood	Category U57	1	Elora Parocki, Black Dog
	2	Morgan Cullum, Newbury		2	Natalie Streeton, Shudan
	3	Olivia Spellman, Pinewood		3	Claire Pizzey, Iruka
Entry 6	3	Victoria Kerr, Saffron Walden	Entry 3		
Category U44	1	Rebecca Burnett, The Parks	Category U63	1	Rebecca Coxon, The Parks
	2	Lannina Solley, Parkwood		2	Gemma Moore, Kumo
	3	Jade Eccles, Pinewood		3	Ruth Denham, Black Dog
Entry 4	3	Ivela Edwards, Lincoln	Entry 5	3	Lucy Gray, 2A's Judokwai
Category U48	1	Leah Blair, Pinewood	Category U70	1	Natasha Gregory-Waterhouse, Comberton
	2	Jennifer Smith, Lordswood			
	3	Kirsty McEwan, Ludlow			
Entry 5	3	Leanne Jones, Spiritual Warrior	Entry 1		
			Category O70	1	Sophie Morgan, Black Dog
			Entry 1		

GROUP 5, YOUNG MEN

Category U55	1	Liam Rowles, Moberly	Category U73	1	Ramone Alexander, Moberly
	2	Reg Isaac, Lincoln Academy		2	Matthew Kavanagh, Ford
	3	Adam Gammer, JSC		3	Glen Miller, London
Entry 6	3	Dominick Mathurin, Moberly	Entry 6	3	Matthew Sallis, Pinewood
Category U60	1	Ben Jones, Pinewood	Category U81	1	David Logan, Moberly
	2	Richard Jackson, Ford		2	Ashley Mathias, Bristol
	3	Sam Barker, Bishops Stortford		3	Daniel Taylor, Renrukan
Entry 6	3	Jake Barker, Bishops Stortford	Entry 4	3	Daniel Ross, Stowmarket

Category U66	1 2	Adam Conroy, Moberly Kyle Clark-Harewood, Moberly Abdurahman Mohamed,	Category U90	1	Richard Clark, Thomas Deacon
Entry 5	3 3	Thomas Deacon Matt Hammond, Cheshunt V & E	Entry 1		
			Category O90	1 2	Ronnie Plumb, Redbridge William Lovell, Thomas Deacon
			Entry 2		

GROUP 6, YOUNG WOMEN

Category U52	1 2 3	Shannara Harrild, Parkwood Zara Canfield, Senshu Phoebe Harris, Ealing	Category U70	1 2	Holly Fielding, Southlands Natasha Gregory-Waterhouse, Comberton
Entry 3			Entry 2		
Category U63	1 2 3	Laura Tapping, Pinewood Rebecca Coxon, The Parks Dominique Brown, Pinewood	Category O70	1	Victoria Palmer, Higashi
Entry 4	3	Hannah Potter, Higashi	Entry 1		

NEWS FROM SAFFRON WALDEN JUDO CLUB

Due to the venue hire we couldn't hold the interclub competition we had planned to in June, we now plan to hold it as an end of year event or in early 2012. We will keep you posted!

SWJC supported the area squad training session run by Lesley Reid on the 29th May, all players thoroughly enjoyed the event and are looking forward to the next one.

We are also in the process of creating a new club website at www.saffronwaldenjudoclub.org which will be updated regularly, please visit for news and updates or for more information about SWJC.



Listed below are our member's competitive achievements since the last newsletter:

8th May – Ipswich Age Banded – 9 players entered

Silver - Laura Westlake

Bronze - Victoria Kerr, Tristan Harris, James McKenzie

22nd May – Kumo Interclub – 6 players entered

Gold – Millie Crompton, Ned White, Tristan Harris, James McKenzie

Silver - Harley Camp

Bronze – Ben Crompton

19th June – HSJA Schools Championships – 7 players entered

Gold – Tristan Harris

Silver - Victoria Kerr

Bronze – Ned White, Harley Camp, James Westlake, Luhan Bely, Laura Westlake

25th & 26th June – Kent International – 7 players entered

Gold – Laura Westlake

Bronze – Ross McKenzie

3rd July – Eastern Area 6th Mon & Under – 6 players entered

Gold - Millie Crompton, James McKenzie

Silver – Dylan Anderson, Ben Crompton

Bronze – Luhan Bely, Elliot Murray

Submitted by Zoë Camp

SUPPORT OUR OLYMPIC HOPES!

Two of our own Area players have been recognized as Olympic hopefuls for London 2012.

Paralympic hope Lesley Reid took a silver medal at the World IBSA Games earlier this year and a bronze medal at the World VI Championships last year and Colin



Oates, also earlier this year won a European bronze medal, as well as several World Cup and European Cup medals to his name. Both of these players are in need of additional sponsorship and funding support to assist them in their training in the lead up to London 2012, if you would like to offer funding support to them please contact the Area committee. When available, Both Colin and Lesley are happy to run training sessions at Area clubs to help their campaign, if you would like a session run at your club please contact directly if you have their details, otherwise contact via Denise Oates.

EASTERN AREA COMMITTEE



AREA CHAIRPERSON
COMPETITION CONTROLLER
Denise Oates

01379 688258
denisekumo49@btinternet.com



COMMITTEE MEMBER
Colin Fordham

colinfordham@btinternet.com



AREA SECRETARY
Michelle Camp

07815126393
michellesc3@aol.com



COMMITTEE MEMBER
Iain Reid

ihreid@btinternet.com



AREA TREASURER
Derek Coult

derek.coult@sky.com



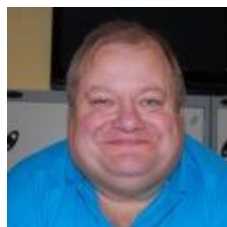
COMMITTEE MEMBER
Stewart Collings

collings1@onetel.com



COMMITTEE MEMBER
AREA TECHNICAL DIRECTOR
REGIONAL TECHNICAL OFFICER
Dave Southby

dave.southby@britishjudo.org.uk



COMMITTEE MEMBER
Neil Turner

neilturner8080@btinternet.com

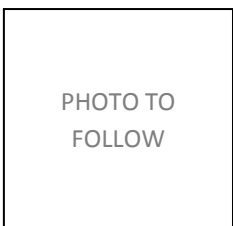
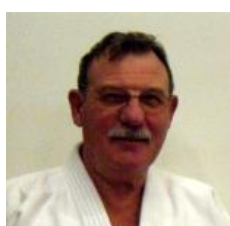


PHOTO TO FOLLOW

COMMITTEE MEMBER
AREA DIRECTOR OF REFEREES
Steve Harmer

englishantiques@onetel.com



COMMITTEE MEMBER
Ted Evans

teddy.evans@ukgateway.net

USEFUL CONTACTS



NATIONAL DIRECTOR OF EXAMINERS
Dave Horton-Jones

dhortonjones@britishjudo.org.uk



ASSISTANT AREA DIRECTOR OF EXAMINERS
Alec Edwards



ASSISTANT AREA TECHNICAL DIRECTOR/AREA COACH
David Oates

daveokumo@yahoo.co.uk



AREA DIRECTOR OF EXAMINERS
John Dearden

j.dearden837@btinternet.com



PHOTO TO FOLLOW

REGIONAL DEVELOPMENT OFFICER
Andrew Wilesmith

andrew.wilesmith@britishjudo.org.uk



AREA COACH
Mark Purlant

mark@blackdogjudo.co.uk

CALENDAR OF EVENTS

Sunday 4th Sep	New Rules Workshop	<i>Thetford</i>
Saturday 8th Oct	Grading Weekend (8th & 9th)	<i>Thetford</i>
Sunday 9th Oct	Junior Red Belt Rumble Open Senior Orange & Under Open	<i>Thetford</i> <i>Thetford</i>
Sunday 6th Nov	Area Training Session	<i>Thetford</i>
Saturday 12th Nov	Kata Course Weekend (12 th & 13 th)	<i>Thetford</i>
Sunday 27th Nov	Littleport Youth & Senior Open	<i>Littleport</i>
Sunday 4th Dec	Inclusion Course Master Class (revalidation event)	<i>Thetford</i>
Sunday 11th Dec	Eastern Area Closed Championships	<i>Thetford</i>

"NEW RULES" WORKSHOP

Sunday 4th September, 9.30am – 12.00pm
Breckland Leisure Centre, Thetford

Open not only to referee's but also coaches, player's and parents.

We will be discussing the very latest interpretations to leg grabs, bear hugs and so on.

There will be video clips from the latest "flashes" shown at the National Referee Conference in Daventry and the implications of this at Area Level.

For further information please contact Steve Harmer - englishantiques@onetel.com or 01379 871199

The deadline for all reports for inclusion in the next newsletter will be 1st October but don't hesitate to send in any reports well in advance! Please email all reports to zocamp@hotmail.co.uk in Microsoft Word or Excell format.

EASTERN AREA SQUAD EVENTS

CALENDAR

These are the remaining squad session dates for 2011 I intend to divide these sessions into smaller age categories for the remainder of the year

14th August Thetford David Oates & Mark Purllant

930-1130 8-12 years of age
1130-1330 12-19 years of age

18th September Thetford David Oates & Mark Purllant

930-1130 8-12 years of age
1130-1330 12-19 years of age

6th November Thetford David Oates & Mark Purllant

930-1130 8-12 years of age
1130-1330 12-19 years of age

Additional sessions may be arranged depending on the availability of coaches and the content of the sessions may be altered as well.

At present I am hoping to arrange a Junior kata course on the 18th September – will keep you posted about progress on that idea!

I have a growing mailing list designed to keep parents and players up to date with the latest changes and events in the area so if you wish to add your name to that list then please do.

We have quite a few plans for developing Area Judo in 2012 and will be adding information to the Eastern newsletter and web site in the near future outlining the squad structure and how we see it developing Junior Judokas in the area.

For further information please do not hesitate to contact me.

Also look us up on facebook and like the site to keep up to date with events and results!!!!

Regards

David Oates

daveokumo@yahoo.co.uk

07976215819 or 07518512033

BRITISH JUDO ASSOCIATION
A COMPLETE GRADING WEEKEND



The Technical Dan Grading Course/Assessment will take place on Saturday 8th & Sunday 9th October 2011

During the weekend candidates will be tutored on the Technical Dan Grade Syllabus and will be continually assessed in order to complete the promotion requirements. This is a fantastic opportunity to obtain a promotion and to further develop your judo skills.

Venue: Thetford Leisure Centre, Croxton Road, Thetford, IP24 1JD

Coaches: Dave Horton-Jones 6th Dan National Director of Examiners,
 John Dearden 4th Dan Director of Examiners Eastern Area

Date: Saturday and Sunday 8th/9th October 2011

Sessions: Saturday 9.30am to 4.30pm Sunday: 9.30am to 2.00pm

Ideally candidates should have been active in grade for 5 years,
 Candidates MUST have previously carried out some preparation for the examination

Cost: £50.00 There will be an additional fee of £25.00 to register the promotion.

Prior registration is required please complete the form below – Places are limited

For further information contact: John Dearden, e-mail: j.dearden837@btinternet.com, Tel: 01778 343038 Closing date for applications is 30th September 2011

The Competition Dan Grading:

Venue: Thetford Leisure Centre, main hall, Date: Sunday 9th October 2011

Booking-in time: 12.30 to 1.00pm, Fee: £15.00 pay on the day. Competition Dan grade theory examination for the competitors after the grading

Technical Dan Grading Course/Assessment – Thetford Leisure Centre 8th– 9th October 2011

Club: _____ BJA Membership Number: _____

Name: _____ Grade: _____

Address: _____

Telephone Number: _____ e-mail: _____

All Cheques should be made out to the: BJA Eastern Area

Send applications with cheque payable to BJA Eastern Area for £50.00 to:
 John Dearden 12 Deeping St James Road, Northborough, Peterborough, PE6 9BQ

BRITISH JUDO ASSOCIATION
EASTERN AREA RED BELT RUMBLE
& LOW KYU GRADE
OPEN COMPETITION
Sunday 9th October 2011
Breckland Leisure Centre
Croxton Road
Thetford
IP24 1JD

ELIGIBILITY: Competitors must hold an IJF, BJA or Affiliated licence which must be produced at the weigh-in.

Group 1	Minimum age 8 years of age but under 12 years of age on the day, under 12 rules will apply Maximum grade 3 rd mon
Group 2 day	Minimum age 12 years of age but under 16 years of age on the day Maximum grade 3 rd mon
Group 3	Maximum grade 4 th Kyu

Players will be matched on the day according to gender and weight.

ALL PLAYERS WILL RECEIVE A MEDAL

WEIGH-IN:	09-00 to 09-30	Group 1 & 2
	10.00 to 10.30	Group 3

Entry £7-00 Spectators 50p

Rules: This is a 2 star tournament BJA rules will apply throughout the event and will be in accordance with the Tournament Handbook. The decision of the Tournament Director will be final. The new IJF rules will be used in this competition.

CLOSING DATE FOR ENTRIES: Monday 3rd October 2011

Cheques payable to BJA Eastern Area. Send with entry form to Denise Oates, 23, Kings Head Lane, North Lopham, Diss, Norfolk, IP22 2ND, Tel 01379 688258

Email: denisekumo49@btinternet.com

***EASTERN AREA CLOSED RED BELT RUMBLE
& LOW GRADE OPEN COMPETITION
Sunday 9th October 2011***

***ENTRIES TO
DENISE OATES
23, KINGS HEAD LANE,
NORTH LOPHAM,
DISS, NORFOLK,
IP22 2ND***

***CLUB.....
NAME.....***

CONTACT

TEL NO.....

NAME	M/F	WEIGHT	AGE	GRADE	LIC No
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

**I ENCLOSE A CHEQUE FOR £.....
AREA.**

MADE PAYABLE TO THE BJA EASTERN

British Judo Association Eastern Area
KATA COURSE WEEKEND
12th & 13th NOVEMBER 2011

Organised by: John Dearden, Eastern Area Director of Examiners

INSTRUCTORS: Dennis & Tina Penfold

Venue: Breckland Leisure Centre, Croxton Road, Thetford, Norfolk, IPD 1JD

Saturday: 12th November 2011 Ju-no-Kata

Booking-in time: 9.30am to 10.00am, finish at 4.00pm

Sunday: 13th November 2011 Kodokan-Goshin-Jutsu

Booking-in time: 9.30 to 10.00am, finish at 3.00pm

Cost: Eastern Area coaches/players £15.00 each day, £20.00 for other BJA players/coaches

Fee payable to: British Judo Association Eastern Area

Closing Date: 7th November 2011

Contact: John Dearden, 12 Deeping St James Road, Northborough, Peterborough, PE6 9BQ

Tel: 01778 343038 Mob: 07732 556536 E-mail: j.dearden837@btinternet.com

KATA; PLEASE WEAR A WHITE JUDO GI

Application for a place on the 12/13th November Kata Weekend

Please Print Details

FIRST NAME **LAST NAME**

License Number..... **CLUB/AREA**.....

Cheque to be made out to: British Judo Association Eastern Area

I wish to attend on Saturday 12th November Ju-no-Kata [] Please tick

I wish to attend on Sunday 13th November Kodokan-Goshin-Jutsu [] Please tick

Please return to:

John Dearden, 12 Deeping St James Road, Northborough, Peterborough, PE6 9BQ

LITTLEPORT YOUTH & SENIOR OPEN
***** BJA 3 STAR 'POINT SCORING' EVENT *****
 Sunday 27th November 2011
 Littleport Leisure Centre, Camel Road, Littleport, Cambs. CB6 1PU


 LOTTERY FUNDED


 ACTIVE ACCESSIBLE ACCREDITED


 CLUB MARK


 LITTLEPORT J.C.

REGISTERED BRITISH JUDO ASSOCIATION CLUB & COMMUNITY AMATEUR SPORTS CLUB

ELIGIBILITY: Competitors must produce a valid BJA, or Affiliate Association, licence on the day

- Group 1: Young Men & Young Women aged from 14 to 19 yrs old on the day - Any grade
 Group 2: Men & Women – Youth or Senior licence holders - 1st kyu & above
 Group 3: Men & Women – Youth or Senior licence holders - Novice to 2nd kyu

CATEGORIES:

Group 1 – YOUNG MEN	under 55, 60, 66, 73, 81, 90 & over 90kg
Group 1 – YOUNG WOMEN	under 52, 63, 70, 78 & over 78kg
Groups 2 & 3 – SENIOR MEN	under 60, 66, 73, 81, 90, 100 & over 100kg
Groups 2 & 3 – SENIOR WOMEN	under 52, 63, 70, 78 & over 78kg

The Tournament Director reserves the right to combine weight groups if there are insufficient entries.

BJA RULES TO BE STRICTLY ADHERED TO DURING THE COMPETITION

USE OF ALL PHOTOGRAPHIC EQUIPMENT, INCLUDING MOBILE CAMERA PHONES, ONLY ALLOWED IF REGISTERED AT CONTROL TABLE ON THE DAY OR WITH A VALID BJA PASS

METHOD OF COMPETITION: Compound K/O if 8 players or more. Pools & K/O if 7 players or less

WEIGH IN: Group 1: 9.15am to 9.45am. Group 2: 10.30am to 11am. Group 3: 11am to 11.30am.

ENTRY FEE: £17 for 1 group, £20 for 2 groups (non refundable and to be sent with entry form)

Cheques payable to LITTLEPORT JUDO CLUB

Adult Spectators - £1.00 (includes prize draw entry)

Closing Date for Competition Entries - FRIDAY 18th NOVEMBER 2011

THERE IS A COMPETITIVE GRADING for 1st KYU & ABOVE AFTER THE COMPETITION
Grading Fee - £12, including BJA levy, is payable on the day. Book in at 1pm

FACILITIES: Refreshments, light meals and snacks available at the Leisure Centre with licensed bar.

Entry form and fee to: Ros Edwards, 76 Back Lane, West Winch, King's Lynn, Norfolk. PE33 0LA.

Telephone: 01553 840573. e-mail: rke3628-ljcevents@yahoo.co.uk (e-mail entries not valid until paid)

Littleport Youth & Senior Open - 27th November 2011

Name _____ Club _____

Address _____

Tel No _____

Group(s) _____ Weight Group _____ Grade _____ Payment enclosed £ _____

(Please state actual weight if entering 'over' category)

DOB _____ / _____ / _____ Licence. No. & expiry date _____