



## News

### Awards for All Grant

We have been awarded a grant under the "Awards for All" scheme. This will allow us to subsidise **travel to training** sessions outside the region and also to buy some **training suits** (like Kongsberg had) to match the O tops. Many thanks to Mike Hardy for his advice on filling in the massive application form.

We hope to be able to order the training suits soon. That means that they might arrive in time for the Juniors Inter-regionals.

### Fund Raising Again -

Heather Monro donated an O top to NEJS so we could raise some funds. It's a top she wore in the 2005 World Champs in Japan when she won here Bronze Medal.

We raffled the top during the JK weekend (it was won by a young lady from Northern Ireland). The raffle raised £81:50 .

**Thank you Heather.**



## JIRC 2006

The Junior Inter-Regionals this year are in Hampshire.

Dates are fixed for June 24/25<sup>th</sup> 2006.

We plan to travel by minibus, probably leaving on Friday evening and returning Sunday evening. We aim to take 14 or 15 runners - that is 4 relay teams of three plus reserves. We will select the team in mid May.

Please put the date in your diaries.

Very advance warning: JIRC 2008 will be in the North East! We will be organising it.

### Training day - Saturday 13th May

This will be a selection/practice session for the JIRC. If you can't make the whole day you can still attend for part of the day.

**Arrive:** Cod Beck, Near Osmotherley, GR 468993@ **09:45 am** ready to orienteer at 10.00. Coaching will be by Duncan Archer and Phill Batts. We will again have use of EMIT, which will also be used at the JIRCs. Focus will be on basic skills and relay practice.

**Bring:** Packed Lunch, Compass, Whistle, Full o kit, Parental consent form.

**Collection:** Pick up from same place @ 3.00pm

**LET LINDA KNOW YOU ARE ATTENDING BY 7<sup>TH</sup> MAY**

## Return trip to Kongsberg, August

We need to know by **May 12th** whether you will be joining us on the return exchange trip to Kongsberg. We need to know this early so that we can be certain of booking one block of cheap flights.

We will **travel out on Friday 11th August**, assembling at Newcastle airport at 8:30am. We will fly Ryanair to Torp, which is around 50km from Kongsberg. This is the week of the Lakes 5 day event; Thursday is a rest day. The BOF summer tours (Lagganlia etc) finish on Saturday 5<sup>th</sup> August.

We will **return on Monday 21st August** arriving Newcastle airport at 10:05am.

We have a grant to cover 75% of the transport costs. KOL have a grant to cover our accommodation/transport whilst in Norway. There will be some expenses that we will have to cover when in Norway but we will not know the exact details until July. As an indication, please assume at this stage that you will have to contribute around £75 plus whatever spending money you wish.

As you will have heard over Easter, they already have some exciting **ideas for our stay** - sightseeing in Oslo, a night in a mountain hut, visit to the silver mines and Norway's mint, marsh football, lake swimming, biathlon .. it goes on ... and some orienteering.

In early June, Cat and Linda will go to Norway for a **'planning visit'** - something else that is covered by the grant. This is our opportunity to ask any questions and to have a say about what we would like to do, eat, hear, see,.....

If you have **any questions**, please let us know before then so we can make the planning trip as worthwhile as possible. Richard has set up a Forum so you can chat to other NEJS members and Kongsberg Members. It is at <http://musicparle.co.uk/kol-nejs/index.php> Cat is waiting to hear your questions re Norway.

It is not too early to check that your passport is up to date and to get one if you do not have one. You will also need a European Health Insurance Card (the replacement for the E111) - you can apply on-line. This will cover medical treatment in Norway.