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active

RAFMA

Here is a sneak preview of the RAF Mountaineering Association programme for the next 6 months. All details are subject to confirmation at the time of going to press. Check out www.rafma.com for the latest details or phone the Publicity Rep, Flt Lt Alex Tomczynski on 95481 7770. RAFMA is always keen to see new faces, whether you are an experienced mountaineer or fancy having a go for the first time

Dates (Nights Accom)	Area/Event	Location	Details
Early Dec 09 27 Dec - 3 Jan 10	Moving on rock Seminar Scotland New Year Meet	North Wales Norwegian Lodge	Expert coaching session Relaxed festive Aviemore mountaineering in the heart of the Cairngorms.
15 - 16 Jan 10	North Wales	JSMTC	Lodge accom with Indefatigable climbing, walking and scrambling.
12 - 13 Feb	Lake District	ATC Hut	Maybe we will get Windemere ice-climbing conditions like last year?
12 - 18 Mar	Scotland	JSMTC Kingussie	The winter meet - & CIC Hut learn winter skills or climb ice.
Mar	RAF Climbing Competition	Gloucester	Fun indoor climbing comp.
16 - 17 Apr	Lancashire Meet	Blakedean	Grit, sport, bouldering Scout Hostel or easy hills.
21 - 24 Apr	Hot Rock	TBC	Sport Climbing in the sun
7 - 8 May	Lake District	Langdale National Trust	RAF MOUNTAINFEST 10 - see article.
26 - 30 May	Arran, Scotland	Glen Rosa	Awesome Scottish island.

RAF Triathlon/ Duathlon



RAF Triathlon will hold its AGM in conjunction with a training weekend over the period 20 - 21 Feb '10 at RAF Halton. An Admin Order detailing timings and locations will appear on the RAF Triathlon website (www.raf.mod.uk/raftriathlon) nearer the time. The weekend is professionally coached and is aimed at individuals of all abilities; beginners are especially welcome. People wishing to attend should submit their names to Sqn Ldr Jamie Simmonds; email or telephone at JamieSimmonds@raftri.org.uk or RAF Cosford 95561 Ext 7385, respectively.

The list of sanctioned races is at the top of the opposite page. This grants travel authorisation in accordance with the requirements of the Letter of Authority.



RAF Sprint series	RAF Brize Norton	26 May 10	Inter service Duathlon Champs	Hullavington	21 or 28 Apr 10
RAF Sprint series	RAF Odiham	16 Jun 10	Inter service Triathlon Champs	Venue TBC	28 Jul 10
RAF Sprint series	RAF Cranwell	7 Jul 10	Inter Service Middle Distance Champs	Rutland Water (or Aberfeldy 16 Aug 10)	5 Sep 10
RAF Sprint series	DCAE TBC Cosford				

EVENT

Bristol
Edinburgh
London

DATES

5/6 June 10
17/18 June 10
25/26 Sep 10

RAF Football Association

The RAF Football Association are running a referees training course

8 - 11 Feb 10 RAF Halton £80 (includes RAF FA Affiliation fee)

For more information and to register your interest please contact RAF Football HQ at RAF Brize Norton Football Dev

Off John Duff Tel: Mil 95461 5989 - Civ 01993 895989.

Email: bnz-raffafootballdevoffr@mod.uk or the RAF FA Referees Training Officer Sgt Ian Thomas at RAF Lyneham on 95481 7596 / 01249 897596 or Flt Sgt Colin Smith at Swanwick on 95586 2495.

SNOW EAGLE

Further to the success of SNOW EAGLE 2009, planned delivery of the scheme for 2010 will reflect a very similar package.

HOW TO APPLY: Snow Eagle courses are available to regular RAF and PMRAFNS



personnel, RN and Army personnel parented by RAF units, UAS and members of the RAF Reserve (except AVO and RAFR(T)). Snow Eagle is a series of week long alpine ski touring expeditions, which annually take place between Jan and Mar in Oberstdorf, Germany. Ski Touring has similarities to back-packing in that a circular day-tour can be navigated using a combination of skiing styles and equipment allowing for both up and downhill skiing by virtue of a specialised ski binding. This scheme is aimed at all abilities of skier who will be taught ski-touring skills and techniques to enable them to traverse the landscape. They will also be introduced to winter survival and snow craft techniques. All students will be given the opportunity to gain the Basic Ski Proficiency Alpine and Ski Tour Proficiency Award.

Adventure Racing



Taking adventure sports out of the wilderness and putting them onto the streets of the World's coolest cities, the Rat Race is a totally unique adventure challenge in which teams race in a multi-sport test of endurance, skills and guts on a course that is only revealed hours before the event begins. Choose from Saturday's 'Mean Streets,' a fast, furious hunt for checkpoint challenges scattered all over the city centre and open to anyone with a pair of trainers and a sense

of humour. Or go for Sunday's 'Nine2Five' adventure, offering a full day's worth of biking, abseiling, kayaking, climbing, navigation and mystery challenges city-wide. If you are up for the ultimate urban adventure, then sign up for both installments of action and ratify yourself by completing the legendary Rat Race Weekender.

For more Information visit the website: www.ratraceadventure.com

Prize categories

- Best mixed team: Awarded per event
- Best male team: Awarded per event
- Best female team: Awarded per event
- Best mixed pair: Awarded per event
- Best male pair: Awarded per event
- Best female pair: Awarded per event

RAF Orienteering

RAF Honington will host the annual RAF Spring Sprints in March 2010 (exact date TBC). This event will be widely promoted via Stn OICs and PEd Flts and is an excellent introduction to the sprint discipline. (Sprint refers to the shorter distance rather than the required speed!)

RAFO will be looking to field a strong team at the following events, three of which will include a relay race.

Jan Kjellstrom multi-day event -

Devon - 2-5 Apr 10

RAF vs Police Match - Notts - 28 Apr 10

British Champs - West Mids - 1/2 May 10

Harvester Relay - South-East - 8/9 May 10

RAFHPA

The RAF Hang Gliding & Paragliding Association is running an expedition to Morocco during the month of March 2010. EX Atlas Adventure will develop cross-country and thermalling abilities in the stunning surrounds of the Atlas Mountains. This expedition will also be repeated in October 2010, dates TBC.

For newcomers to the sport of free flying the Joint Services Hang Gliding and Paragliding Centre (JSHPC), Crickhowell, run all of the courses necessary to attain BHPA Club Pilot ratings, for both Hang Gliding and Paragliding. Details of all these courses can be found in your unit gymnasium or in DIN06-178. Alternatively visit the RAFHPA website www.rafhpa.com



RAF Windsurfing



The aim of the RAF Sailing Association Windsurfing (RAFSA(W)) is to promote all types of Windsurfing within the RAF. To do this the Association is providing a very comprehensive training program for the 2010 season. This program is open to all HM Forces, Dependants, visiting Forces and MOD Civil Servants. All courses, (except Advanced at Rhosneigr), are held at Rutland Sailing Club, one of the best inland locations in the country. For more information contact: Sgt Paul Byworth - RAF Waddington - Civ: 01522 726150 Mil: 5771 Ext: 6150 Email: paulbyworth@btinternet.com



Course title	Course dates
Level 1	5th-7th May 10
Level 1	19th-21st May 10
Level 1	2nd-4th June 10
Level 1	16th-18th June 10
Level 1	30th June-2nd July 10
Level 1	4th-6th Aug 10 (Ladies Only)
Level 1	25th-27th Aug 10
Level 1	15th-17th Sep 10
Improvers & Intermediates	26th-28th May 10
Improvers & Intermediates	8th-10th Sep 10
Advanced (Level 4&5)	20th-24th Sep 10

Book a course online @ www.rafmoduk/sailing



Ornithological Society

By FS John Wells



Introduction

The Royal Air Force Ornithological Society (RAFOS) is planning the following Leisure pursuit and Field Activities with the emphasis on Birdwatching and scientific study during 2010. Membership of our Society is open to Service personnel, civilians employed by the Royal Air Force or Ministry of Defence and their dependants. The Society has the following expeditionary fieldwork planned for 2010. Breeding Bird Atlas Work - Scotland Summer 2010 Lochgilpead

BTO Atlas 2007-2011

For 2010 the team are looking to be based in the SW Scotland in the Lochgilpead area. The aim is to undertake BTO Atlas breeding bird survey work in the SW of Scotland around the Loch Lomond region in June 2010. The team of 6-8 aim to undertake 2 hourly walks over pre-allocated 2 km grid squares of open countryside, farmland, lanes, tracks, mountain paths and forestry areas identifying all species; breeding, singing, displaying, feeding young. If you are a keen hill walker with some experience on bird identification or 'calls' we will gladly welcome you along. For costs and further details contact the FALO at: jezrax@btinternet.com or visit the RAFOS web site for further plans.

Neusiedlersee - Austria

Sqn Ldr (Rtd) Mike Blair is leading a team to Austria to undertake a 'follow-on survey' of the beautiful mountain lake and adjoining countryside on the Austrian Hungarian border. The team will undertake survey for the national ornithological body in Austria. Accommodation will be guest house-private accommodation and participants will need to make their own travel arrangements to get out and to meet up with the remainder of the team. Contact Mike Blair at blair@dialstart.net for further details and assistance.

RAFOS Programme - 2010

2010	Date	Venue	Leader(s)	Notes
1	3 Jan	WWT Slimbridge	Bill Francis	Guided Tour of the Wildfowl Centre.
2	29 Jan - 6 Feb	Winter Duck 9	Jim Bryden & John Wells	BTO/RSPB/WWT/JNCC
3	Apr (TBD)	Chew Valley	Anne & Dave Bodley	Meet at the CVRS Hut
4	End Apr	Burnham Overy	Mike Hayes	East Anglia spectacular
5	4 - 12 Jun	Scotland	TBN	BTO New Atlas Survey
6	Aug	Catterick	Tony Crease & Colin Wearn	Ringing Cse
7	Sep - Oct	Cyprus Raptor Survey	Dick Yates	Gibraltar Raptor Count as fallback
8	Oct (TBD)	Portland Bill Dorset	Anne & Dave Bodley	Bird migration viewing from Observatory
9	30 Oct - 6 Nov	Islay Mist	Jan & Dick Knight	18 month rotation.
10	22 - 31 Oct	Cornish Chough	Jim Bryden & Martin Wightman	General obs & survey
11	Nov	Chew Valley	Anne & Dave Bodley	CVL Survey
12	Nov	TBN	TBN	Post AGM Field Trip

Cost of RAFOS membership and further details of our work and field weekend social gatherings and birding activities can be found at our web site www.RAFOS.org.uk or through our Secretary e-mail: rafos_secretary@hotmail.com

Cyprus Update 2010 - Major Overseas Expedition

A team of observers will undertake a follow-up survey of the Akrotiri peninsula in association with the Sovereign Base Area Authorities during Sep/Oct 2010. The team will undertake specific counts to determine the impact (if any) of the massive aerial farm on migrating Raptors (birds of prey) through the region. As well as this work, the team will count / observe birds in other 'top birding' sites on the island around the Sovereign Base Areas. The data will be being collected on behalf of the SBA authorities.

Further details from the FALO (details above) or via Sqn Ldr (Rtd) Dick Yates on: richard.yates7@btinternet.com

RAFOS Publicity Member; Sgt John 'Taff' Harry can be contacted on RAF Coningsby Mil email: Con-C41@COM.SNCO.

RAFCAA (RAF Coarse Angling Association)

The fastest growing arm of the sport in the RAF is competitive carp angling, which burst onto the scene only a couple of years ago. Competitive success has been key and the Fox RAF Carp Team has a depth of talent unsurpassed. Fox RAF is dedicated to the pursuit of large carp, whilst raising the profile of RAF Angling in the process.

We are organised on a regional basis, and every RAF Station is affiliated to a regional league, details of which can be found in this website. Each league runs a series of annual competitions and a tried and tested mechanism is in place to identify those anglers who may be good enough to be selected for the Fox Match RAF representative angling team. RAFCAA are developing an active fixture list in addition to members of Fox RAF Carp successfully competing at high profile

national carp fishing events.

The team is by no means exclusive to seasoned carp fisherman, as newcomers to the sport will be welcomed and Fox RAF membership is open to all RAF personnel. We hold regular social & competitive events, during which there are always members on hand to offer advice, helping everyone to gain experience and hopefully catch some big fish. It is worthy of note that the RAF Coarse Angling Team have managed to land a lucrative sponsorship deal with Fox International, which is an international distributor of fishing equipment and tackle.

The pre-cursor to our season begins on 6 Feb 10, commencing with the ECHO Cup and ECHO AGM.

ECHO is the English Carp Heritage Organisation (www.echocarp.co.uk), who host a Charity 5-a-side football event at Aldershot Garrison.

RAF Carp Anglers are invited to attend the event, followed by 48 hours of angling (venue TBD). Fund raising events will be held over this period and all monies raised will be donated to our charity - Macmillan Cancer Support.

A rough itinerary for our forthcoming season:

March - venue: Walthamstow No 1, Greater London

March - RAF v SHAPE, Venue: Etang Ruie, Belgium

April - venue: Kingsbury Pine Pool, Warwickshire

May - venue: Waterbeach, Cambs

June - venue: The Foundry, Lincolnshire

July - TBC

September: Festival of Carp Angling - venue: TBC

October: Military Carp Angling Event - venue: TBC

For all enquiries contact the RAF Carp Angling Team: FS Carl Hoyle, RAF Digby - 95712 7293 or CT Mark Jarvis, RAF Brize Norton - 95461 6733.