

*EMEWS is the newsletter of the East Midlands Orienteering Association. The views expressed in this newsletter are not necessarily those of the East Midlands Orienteering Association, nor of the Committee..*

East Midlands website: [www.emoa.org.uk](http://www.emoa.org.uk)

Copy Date for next issue: **6<sup>th</sup> April 2009** Contributions are always welcome but especially by e-mail ([mikegardvo@sky.com](mailto:mikegardvo@sky.com)).

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### **Cover Picture**

Thanks again to Ernie Williams for his cover which depicts the problems at the LEI Beacon Hill event. The barriers to the car park stopped working so Ernie had to put covers over the exit spikes which allowed folk to get in, then at the request of the landowners had to collect money from folk as they exited the car park. The orienteers had no problem paying but the public seemed to not want to pay.

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## EMEWS

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## EMOA Committee Meeting Report – Feb 16<sup>th</sup> 2009

**Change of Date** – The EMOA meeting was postponed 2 weeks due to the heavy snow fall on the original date. On an event front we seem to have been fairly lucky with snow, Clumber Park having just a few snow flurries, the heavy snow starting that night. Lindop, while being in the Peak District had a few inch covering of snow but the day was bright and sunny with again snow starting just after the event. Willesley took place after the snow had cleared. It seems like, so far, EMOA events have survived the winter snows. The postponement of the EMOA meeting is also why EMEWS was a little later than originally publicised as wanted to get the EMOA meeting report in it.

**Sport England Questionnaire** – As part of a participation survey for Sport England a number of members have been sent questionnaires. Members are encouraged to reply to the questionnaires as the amount of funding British Orienteering gets may be dependent on the results of the survey.

**Satellite Club Report** – The Buxton club has continued to develop. Numbers have dropped off slightly from the initial start up but are still doing well. The next satellite club is likely to be West Notts Orienteers based in West Notts College and a 2<sup>nd</sup> coach is due to be appointed. We have 2 years worth of funding and the next clubs are proposed to be Derby and Bassetlaw. The problem in supporting the satellite clubs project is not so much the money, but having sufficient volunteers to do all the work to help set up the project. The approach is also helping clubs as it is encouraging more coaches to get coaching certificate level 1.

**Help Finding Events** – The website [www.nearby.org.uk](http://www.nearby.org.uk) is a useful way to find the exact location of events as you can put in a postcode and it shows you exactly where the event is (closer than a grid reference). LEI are publishing postcodes as well as grid references on their event details.

**Colour Coded Certificates** – We want to make sure that there is a clear incentive scheme available and that it is easy to get colour coded certificates. We hope to have the new certificates available at enquiries at all EMOA events shortly. You should be able to take the 3 sets of results showing where you have reached certificate time for the colour you want and exchange them for a certificate.

**New Colour Coded Standards** – With the new event structure the planner should decide which courses are to be provided at an event. Courses need to meet the right standard, no matter how many courses are supplied. At large events the full range of courses may be offered to cater for the expected entry levels. At medium sized events it is likely that the standard set of courses should be provided, while smaller events may only offer a limited range of courses. The table below shows the new set of courses:

Colour	Course	Min /	Technical	Men	Women	Men old	Women
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## EMEWS

	Length Ratio M21=1.0	Max Length (km)	Difficulty	Classes	Classes	"S" Classes	old "S" Classes
Black	1.00	10.0-14.0	5	M21			
Brown	0.85	8.0-12.0	5	M35 M40			
Short Brown	0.69	7.0-10.0	5	M20 M18 M45 M50	W21	M21S	
Blue	0.56	5.5-7.5	5	M16 M55 M60	W35 W40	M35S M40S	
Short Blue	0.45	4.5-6.5	5	M65	W20 W18 W45 W50	M45S M50S	W21S
Green	0.39	3.5-5.0	5	M70	W16 W55 W60	M55S M60S	W35S W40S
Short Green	0.33	3.0-4.0	5	M75 M80	W65 W70 W75 W80	M65S M70S	W45S W50S W55S W60S
Light Green	0.30	3.0-4.0	4	M14	W14		
Long Orange	0.50	5.0-7.0	3				
Orange	0.25	2.5-3.5	3	M12	W12		
Yellow	0.22	2.0-2.9	2	M10	W10		
White	0.14	1.0-1.9	1				

**Fixtures List** - The new Fixtures list on the British Orienteering website provides a good way to find events. However, the previous fixtures list enabled magazine editors to copy out a lot of the information easily. It is no longer as easy to do this. Therefore the Fixtures list at the end of this edition of EMEWS looks a little different.

**Fixtures Review** - The following comments were made around some of the major events coming up in EMOA:

- 2009 CompassSport Cup - NOC are hosting at Sherwood Pines on 29<sup>th</sup> March.

- 2009 British Elite Sprint Championships / 2009 British Middle Distance Championships - Entries have already started coming in. All going OK at present..
- 2009 Compass Sport Cup and Trophy Final - LEI - Fineshade confirmed. Parking field arranged.
- 2009 Veteran Home Internationals - DVO - Longshaw and Eyam (14/15<sup>th</sup> Nov) - The main problem is to do with the accommodation. To reserve the accommodation at the Hartington Youth Hostel for all teams for 2 nights with 2 packed lunches and 1 dinner requires DVO to pay before the event. As DVO don't have the funds to cover this it was agreed EMOA would provide the funds if required, though DVO are still looking at alternative ways of getting the funding.
- 2009 Midland Champs is now WCH event on Dec 13<sup>th</sup>, not BOK National Event.
- 2010 Midland Champs - LEI - Belvoir (21<sup>st</sup> Mar) - using large area not previously used for around 30 years - still just verbal agreement but extends to even larger new area than originally thought.
- 2011 Compass Sport Cup and Trophy Final - DVO - Allocated as 16<sup>th</sup> October
- 2011 British Schools Orienteering Champs - EMOA to host, LEI were asked but do not think they can do this.
- 2013 Yvette Baker Trophy Final - EMOA to host

**EMOA League 2008** - The 2008 EMOA League mementoes and certificates were presented prior to the Willesley event (see table later in the newsletter).

**EMOA League 2009** - The events for the EMOA League 2009 have already been nominated and it is expected to continue with the same format this year. Annesley has now been dropped from the League as it will not have the full range of courses. The last event will be LEI's event on Monday 28<sup>th</sup> December (which is officially Boxing Day).

**EMOA League Going Forward** - With the new Fixtures structure, regional events will also be using colour coded courses and small local events can use colour coded courses. So which events should form part of the League going forward? Should we set standards such as advertised as a league event, must only have the set of courses White, Yellow, Orange, Light Green, Green, Blue and Brown, must use SI timing, a level 3 controller, must have toilet facilities, etc. Should larger events be included which have extra courses? Should events with fewer courses be included? At this stage the view is we should nominate certain events and as long as they meet the set of standards they would be included.

**Junior Competitions** - There is a plan to review the format of the Yvette Baker Trophy.

**British Orienteering Board Meeting** - There have been preliminary discussions on having the British Champs on a fixed date, and also of trying to bring back together the Elite Championships with the British Championships.

All events are now subject to levies as agreed at the British Orienteering AGM.

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There was a lot of discussion on whether the 2 pounds discount for BO members should continue to apply. Clubs have been asked to continue providing the 2 pounds discount at events.

**Development Committee** - There are development fund grants available for clubs. Applications are available until 31<sup>st</sup> August 2009.

The service to orienteering awards saw a lot of responses.

The Whole Sport Plan which defines the approach British Orienteering is taking to participation is provided elsewhere in EMEWS.

**Electronic Punching** - Derek Gale has now purchased the additional equipment to provide 2 sets of SI equipment, each comprising of 70 boxes and 70 stakes. LEI are holding one set and DVO/NOC are sharing the other set. LOG have now defined their requirements which amount to an additional 1,733 pounds. It was agreed to go ahead and purchase this kit.

In order to complete the build up of the SI kit the EMOA events will continue to have the SI levy applied. Once all the clubs have sufficient kit we will then look at whether the clubs maintain their kit independently and whether the SI levy should then be removed at EMOA events.

There are now around 100 old black SI boxes available which could be used for summer league events if required.

**Website** - There was a request from a none orienteering related supplier to add adverts to the EMOA website (for free). This was declined.

It was agreed that the East Midland Junior Squad could have a page on the website to allow them to share their information. This should be agreed with the webmaster. We would need to ensure that child protection is considered when the information is added.

**Planning Course** - LOG have requested a planning course be put on. There is now formal course materials available on PowerPoint via British Orienteering. We need to look at putting on a new course and also get additional presenters. Do clubs have anyone available at present? Also, should we look at doing something similar to West Midlands who have a nominated day for their courses (planners, controllers, first aid, etc.) which could all take place at a single venue?

**Committee Meetings** - A reminder that any member can come and attend the EMOA committee meetings if they wish to do so (though they cannot vote). Next meetings will again be at Clifton Village Hall starting at 7:30pm on 6<sup>th</sup> April, and the following meeting on 1<sup>st</sup> June 2009.

**Electronic EMEWS** - If anyone wants to get EMEWS electronically then please let the editor know by emailing him on [mikegardvo@sky.com](mailto:mikegardvo@sky.com).

### **EMOA Survey**

Ernie Williams brought the results of the Development Survey he conducted over the latter part of last year to the EMOA Committee Meeting on Monday 16<sup>th</sup> February 2008. The discussion that took place centred around the fact that there were only 17 replies and that as a result there was little information to be drawn from the survey. Some reasons for that were discussed and also whether the original promise to publicise the results was reasonable in the light of these numbers. The key aspect here is that the EMOA Committee felt that there was insufficient reason to change anything that is being done as a result of the survey. However, promises are promises, so the broad feedback that could be gleaned from the information is provided below.

The majority of responses were positive on the work and activities of the Association, particularly in acting as a bridge between the Clubs and the National Federation, in funding and obtaining grants for the promotion of the sport, especially with regard to the Junior Squad and those new to orienteering, in co-ordinating the events held throughout the region, although there is a need, with the new competition structure, for there to be co-ordination not only between the Clubs in the region but also with neighbouring Clubs in other regions, that EMEWS is a well received and useful quarterly publication, that the website is well run and a good source of information, and that there is a need for courses to train event officials on an annual basis with a day to be set aside when there will be no events organised similar to the concept of a National Coaching Day.

Finally, all of the questions and statements in the survey were taken from the current East Midlands Development Plan dated January 1999, a copy of which can be read and downloaded from the EMOA website (via the 'Members' button/link on the Home page). If any member would like to comment on the existing Development Plan or would like to make any suggestions for a future revision of the Development Plan please send them to Ernie Williams by email [ernie.williams@btinternet.com](mailto:ernie.williams@btinternet.com) or by post to the address on page 2 of this EMEWS or in person at an event.

Derek Gale

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### **British Orienteering Whole Sport Plan 2009-13: Summary of Interventions agreed with Sport England**

#### **Grow':**

- increasing number of participants taking part in 'O' - using the Active People survey as the source
- increasing numbers of young people taking part in 'O' in accredited clubs
- increasing number of participants in HE/FE taking part in 'O'



How we will do this:

- activities in the 'Community O' zone (see participation pathway diagram) - essential section of pathway - gap at present
- satellite club and weekly club activities at a fixed venue - as in Steve's Participation project and rolling this on each year with 5 more clubs; aim to have another Participation Manager doing the same in the south so 10 new clubs supported each year
- after school coaching with SSP linked to accredited club - may be the same venue as in satellite above but not necessarily

'Sustain':

- satisfaction with quality of 'O' experience - source IPSOS MORI poll of members
- retain more members for longer - membership turnover
- keep young people after 16 involved in 'O' - linked to HE/FE above

How we will do this:

- Appoint an 'Event Manager' to work with committees and clubs to ensure quality events
- Improved incentive schemes to reward achievement and competence and keep members and participants motivated
- Ensure all regions have annual programme for training coaches, event officials and other club volunteers - more trained volunteers will lead to greater satisfaction with what clubs are putting on for their members NB not just 'events' - links with the regular fixed venue in 'grow' above
- Programme of club talent squads - (NB not just for juniors) helps improve satisfaction / retention by talented athletes

'Excel':

- Improved talent pathway from club to national level
- Targets for world podium places (medals, top 10 places at World Champs, World Cups, European Champs)

How we will do this:

- Support increasing number of clubs to develop regular coaching for their talented members
- Support increasing number of regional talent squads with improved coaching available to more squads - bring all up to better standard
- Offer national coaching programme to athletes in line for world class podium placings - rolling squad not fixed squad
- Change the work programmes and staffing structure in the talent programme to deliver the above

### **East Midlands Championships**

This years East Midlands Championships were held at Clumber Park on February 1<sup>st</sup>. A cold day with a few light snow showers (one day later and the event might have been in jeopardy!) saw some very fast times, despite the brambles in some parts. NOC were able to use the South Lawn area for the first time for a while, and though this meant quite a long walk back to the car park from the far finish, it did provide a different challenge to the first part of the courses. The first part of the courses were through the more traditional Nottinghamshire woodland, flat, fast with a number of brambles, while South Lawn provided fast runnable heath land and open woodland to navigate. Most competitors seemed to enjoy the courses, and to those who did feel the brambles were bad in some parts, the planner had avoided the worst of them.

Despite the long walk back from the finish prize-giving took place just after 2:30 as predicted. Thanks to NOC for organising and planning a good event. Thanks to the weather for holding off long enough for the event to take place.

The East Midlands Champs winners were:

M10	Nicholas Wilson (LEI)	W10	Charlotte Webster (NOC)
M12	Jack Lord (NOC)	W12	Jessica Beresford (DVO)
M14	Benjamin Beresford (DVO)	W14	Harriet Lawson (DVO)
M16	Matthew Green (NOC)	W16	Elizabeth Parkinson (NOC)
M18	----	W18	Jean Sellar (DVO)
M21	Richard Robinson (NOC)	W21	Silvie Hojna (NOC)
M35	Paul Beresford (DVO)	W35	Clare Selby (DVO)
M40	John Duckworth (DVO)	W40	Sal Chaffey (DVO)
M45	David Lawson (DVO)	W45	Ro Cole (DVO)
M50	Paul Addison (DVO)	W50	Val Johnson (DVO)
M55	Michael Napier (NOC)	W55	Judith Holt (LEI)
M60	Derek Mill (NOC)	W60	Liz Godfree (DVO)
M65	Derek Gale (DVO)	W65	Pauline Ward (DVO)
M70	Peter Leake (LEI)	W70	----
M75	Donald Moir (LEI)	W75	----

## British Short Race Weekend

The British Short Race weekend is to be held in the East Midlands on the weekend of the 9<sup>th</sup>/10<sup>th</sup> May 2009. The British Sprint Elite Championships, open to all members of the British Orienteering Federation will take place at Nottingham University Campus on Saturday 9<sup>th</sup> May.



The British Middle Distance Elite Championships and British Middle Distance Age Class Championships will take place at Cademan, Thringstone and High Sharpley on Sunday 10<sup>th</sup> May 2009.

Both events are entered at <http://www.fabian4.co.uk/default.aspx?EventID=160>

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### Editorial

As some of you may know I didn't do much orienteering in 2008 due to a torn cartilage and recovery from the subsequent operation. However, I have started again and rather than start doing minor events one of the first tasks I took on was controlling NOC's Clumber Park event. Hopefully you all enjoyed the courses, especially running in the South Lawn area which had not been used for some times. One thing I have always enjoyed in orienteering is trying out new areas and the start of 2009 has allowed me to do this. LEI's events at Staunton Harold and Willesley were both new areas for me, and DVO's Lindop event would have been a new area as well. So there are new areas developing in EMOA. And while we can still enjoy the challenges of some of the older areas as well we must always thank those folk who go out, find new areas, arrange permissions and get them mapped. So I'd just like to say thank you to all those folk who do this often "hidden" work in orienteering. I look forward to seeing you all at more events in 2009.

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## EMEWS

### EAST MIDLANDS OA LEAGUE – 2008

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Welcome to the final East Midlands league for 2008. Congratulations to all course winners. The events were:

1 = Rough Park                      2 = Calke Abbey      3 = Crich Chase      4 = Fermyn Woods  
5 = Thieves Wood                  6 = Bourne Woods    7 = Hardwick Hall    8 = Burbage Common  
9 = Carsington Pastures    10 = Kedleston Park    11 = South Common  
12 = Charnwood South    13 = Bestwood      14 = Bagworth      15 = Beacon Hill

The table below shows the top people (those who have scored more than 1000 points) with at most the top ten people being shown for each class.

#### White Course – Boys/Men

Forenam	Surname	Club	Age	1000-	1000-4	1000-5	1000-6	897	1000	969-	1000-	Bst 8	Pn
Ethan	Tebbutt	LEI	10	1000-2'				-10	-12	13	14	7866	1
James	Lowthian	NOC	10	531-3	506-4	1000-10	1000-13					3037	2
James	Boshier	DVO	10	811-2	1000-3	907-7						2718	3
Matthew	Jackson	DVO		776-3	480-9	684-12	641-14					2581	4

#### White Course – Girls/Ladies

Imogen	Wilson	LEI		1000-1	1000-4	1000-5	1000-6	1000-7	1000-8	1000-9	100-11	100-12	8000	1
Emma	Schaanning	DVO		1000-3	1000-7	687-10	1000-13	1000-14	1000-15				5687	2
Francesca	Littlewood	NOC	10	1000-2	741-3	988-5	620-7	965-9	833-15				5147	3
Joanna	Goodhead	DVO		760-5	617-6	1000-10							2377	4
Rhiannon	Emery	NOC		728-9	793-10								1521	5
Ailith	Smith	DVO	10	482-1	449-2	288-3	226-7						1445	6

#### Yellow Course – Boys/Men

Nicholas	Wilson	LEI	10	1000-1	1000-2	1000-4	1000-6	1000-7	1000-8	1000-9	1000-11	1000-14	8000	1
Euan	Tebbutt	LEI	10	841-2	864-4	1000-5	760-6	1000-10	992-12	1000-13	891-14		7348	2
Thomas	Webster	NOC		509-5	407-8	445-9	264-11	464-12	619-13	346-14			3054	3
Dominic	Leake	LEI	8	735-1	534-2	863-11	876-14						3008	4
James	Mellor	NOC		885-11	839-13	806-14							2530	5
Rowan	Lee	NOC		881-11	836-14								1717	6
Kam	Khalil	NOC		566-11	624-14								1190	7

#### Yellow Course – Girls/Ladies

Jessica	Beresford	DVO	1	1000-2'	870-3	1000-5	1000-7	1000-9	1000-10	1000-11	1000-13	7870	1
Rachel	Schaanning	DVO	1	776-2	1000-3	872-7	945-9	1000-12	937-13	973-14	1000-15	7503	2
Charlotte	Webster	NOC		737-7	1000-8	592-9	745-10	559-12	521-13	668-14	684-15	5506	3
Elisa	Wayles	NOC		653-5	640-7	606-9	718-10	769-13	707-14			4093	4
Rachel	Kirk	RAF		327-3	589-4	1000-6						1916	5
Lucy	Bourne	DVO		524-9	599-10	359-12						1482	6
Joanna	Goodhead	DVO		686-12	542-13							1228	7

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## Orange Course - Boys /Men

William	Parkinson	NOC	12	800-2	1000-3	808-5	722-6	1000-7	1000-10	1000-11	945-12	7275	1
Jack	Lord	NOC	12	794-2	908-3	1000-4	861-7	1000-9	779-10	972-11	960-12	7274	2
Miles	Plaskett	DVO	14	890-2	724-4	939-5	714-7	790-10	865-12	744-13		5666	3
Nathan	Lawson	DVO	12	862-3	531-5	914-7	1000-8	932-9	1000-15			5239	4
Nicholas	Gordon	DVO		940-3	794-7	752-10	565-12	686-13	596-15			4333	5
Kieran	Huggan	NOC		1000-5	815-10	868-11	1000-13					3683	6
Fraser	McNab	RAFO	12	739-2	799-3	577-4	540-8	342-9				2997	7
Mark	Goodhead	DVO		387-5	859-6	743-12						1989	8
Craig	Youngs	RAFO	14	591-3	695-4	652-6						1938	9
Max	Elliott	NOC		1000-12	894-14							1894	0

## Orange Course - Girls /Ladies

Islay	Sellar	DVO	14	1000-1	1000-2	1000-3	683-5	1000-10	1000-12	1000-14	6683	1
Sophie	Gordon	DVO		537-2	1000-7	757-10	722-12	1000-13	1000-15		5016	2
Jessica	Addison	DVO		699-5	830-6	1000-9	866-14				3395	3
Nicola	Northcott	DVO		686-7	734-9	772-10					2192	4
Rebecca	Navarette	RAFO		1000-4	1000-6						2000	5
Alison	Hayes	DVO		320-2	454-7	467-9	506-10				1747	6
Nicola	Jackson	DVO		924-2	742-12						1666	7
Carol	Picksley	NOC		325-2	381-3	539-7					1245	8

## Light Green Course - Boys /Men

Luke	Addison	DVO		1000-5	1000-6	971-7	1000-9	1000-10	921-14	5892	1
Laurie	Fluck	LEI	60	776-2	871-3	912-4	693-5	552-7	676-15	4480	2
Brian	Ward	DVO		766-6	822-8	634-9	671-11	901-12	622-14	4416	3
Jordan	Webster	NOC		727-7	716-8	736-9	555-10	571-11	933-12	4238	3
Sam	Fraser	NOC	18	609-1	564-2	768-3	794-5	729-8		3484	5
Ben	Lord	NOC	14	527-2	764-3	699-4	554-10	805-12		3349	6
Kevin	Gallagher	LEI		996-4	747-14	1000-15				2743	7
Roy	Denney	LEI	60	900-1	773-2	1000-8				2673	8
Khem	Sattaur	DVO	14	422-2	1000-3	525-5	700-9			2647	9
Max	Elliott	NOC	12	625-2	763-3	609-7	536-10			2533	10

## Light Green Course - Girls /Ladies

Harriet	Lawson	DVO	14	1000-1	1000-3	1000-4	1000-8	1000-9	1000-10	1000-14	1000-15	8000	1
Victoria	Littlewood	NOC	14	1000-2	865-3	1000-5	1000-7	899-9	855-15			5619	2
Margaret	Buckland	NOC		596-3	741-6	697-7	356-10	646-12	949-13	675-14	684-15	5344	3
Julie	Webster	NOC		595-7	476-8	571-10	866-12	705-13	543-14	560-15		4316	4
Mary	Boothroyd	LEI	55	610-1	632-2	600-5	628-7	437-9	729-12	603-14		4239	5
Hannah	McNab	RAF	12	668-2	660-3	703-4	808-7	424-8	551-9			3814	6
Emma	Vincent	DVO	16	656-2	697-3	739-5	635-10	557-15				3284	7
Pauline	Olivant	NOC		840-7	724-9	669-10	918-14					3151	7
Shirley	Moir	LEI		766-2	666-7	472-8	660-9	362-10				2926	8
Jane	Crofts	LEI	40	530-1	521-3	795-4	579-5					2425	0

# EMEWS

## Green Course - Boys /Men

Tony	Buckland	NOC		1000-3	1000-6	841-7	994-9	941-10	768-12	968-13	856-15	7368	1
Donald	Moir	LEI		714-2	925-6	936-7	850-8	1000-9	1000-10	746-14	1000-15	7171	2
Dave	Skidmore	DVO		933-3	975-8	959-9	831-10	929-12	907-13	677-14	927-15	7138	3
Ian	Wilson	LEI		788-4	786-7	1000-8	867-9	792-10	909-11	924-12	847-15	6913	4
John	Woodall	NOC	70	832-1	828-2	818-4	874-6	910-8	878-11	872-12	815-13	6827	5
Robert	Shooter	DVO		708-1	836-5	740-7	800-8	910-9	810-10	856-13	863-15	6523	6
Michael	Lindsay	DVO	55	582-2	809-3	957-5	859-7	751-8	800-9	858-10	525-14	6141	7
Gary	Boothroyd	LEI		749-2	799-5	706-7	721-9	788-10	713-11	671-12	454-14	5601	8
Tony	Horsewill	NOC		591-3	805-6	794-7	905-9	810-10	824-12	796-15		5525	9
Doug	Dickinson	DVO		848-1	948-2	909-3	908-9	1000-12	909-15			5522	0

## Green Course - Girls /Ladies

Pauline	Ward	DVO	60	975-3	1000-5	1000-6	1000-8	1000-9	1000-11	1000-12	851-14	7826	1
Elizabeth	Parkinson	NOC		1000-2	1000-3	1000-10	904-11	815-12	987-14	1000-15		6706	2
Jane	Booker	NOC	50	713-2	671-3	762-5	894-7	863-10	787-11	750-12	557-15	5943	3
Jen	Gale	DVO	60	1000-1	803-2	1000-7	956-9	995-13	691-14			5445	4
Helen	Parkinson	NOC	40	658-2	523-3	705-5	630-6	811-7	705-10	632-11	601-12	5265	5
Jean	Sellar	DVO	16	704-1	621-2	762-3	664-5	764-7	721-10	643-12		4879	6
Zoe	Gordon	DVO		578-3	740-7	815-10	632-12	874-13	525-14	610-15		4774	7
Pauline	Jones	NOC		659-2	711-5	690-6	788-7	770-13	553-14	526-15		4697	8
Maria	Roberts	NOC		541-1	727-7	687-9	641-13	595-14	486-15			3677	9
Jill	Baker	NOC		638-1	1000-4	676-7	786-8	545-12				3645	0

## Blue Course - Boys /Men

Roger	Edwards	LEI		944-1	925-2	1000-7	1000-8	977-10	892-12	1000-14	1000-15	7738	1
Derek	Gale	DVO	60	832-1	887-2	801-3	847-7	745-9	901-13	751-14	840-15	6604	2
Robert	Parkinson	NOC		790-2	822-3	747-5	823-7	796-10	987-11	685-12	843-15	6493	3
Simon	Ford	LEI	65	1000-2	919-3	1000-6	886-8	842-9	991-10	828-13		6466	4
Robert	Haskins	LEI	55	759-2	644-3	943-4	646-5	814-7	755-8	684-9	736-14	5981	5
Mark	Spendlove	DVO	35	688-2	902-4	621-5	783-6	818-8	656-9	671-10	662-13	5801	6
Keith	Roberts	NOC		683-2	716-7	678-8	735-10	848-11	688-12	723-13	702-14	5773	7
Iain	Tebbutt	LEI		671-1	870-4	617-5	718-6	683-10	723-13	677-14	668-15	5627	8
Peter	Leake	LEI		987-7	951-8	791-9	1000-10	860-14	992-15			5581	9
Andrew	Wallace	NOC		684-6	700-7	648-8	674-9	692-10	620-12	674-14	701-15	5393	0

## EMEWS

### Blue Course - Girls /Ladies

Alison	Hardy	LEI	40	1000-1	825-2	1000-4	1000-6	1000-7	100-0-8	1000-11	979-14	7804	1
Ursula	Williamson	LEI	45	871-1	769-3	863-4	722-5	699-9	946-13	938-14	733-15	6541	2
Fiona	Sellar	DVO	50	725-2	944-3	972-7	852-9	764-10	100-0-12	1000-14		6257	3
Liz	Godfree	DVO	60	1000-2	1000-5	1000-9	1000-10	1000-15				5000	4
Ro	Cole	DVO	45	745-2	1000-3	882-5	740-9	995-14				4362	5
Clare	Claxton	NOC	45	897-3	912-5	1000-13	846-14					3655	6
Helen	Chiswell	DVO		708-7	604-10	822-14	622-15					2756	7
Michelle	Mackervoy	DVO	35	763-2	886-3	780-10						2429	8
Joanne	Nell	RAF	40	641-3	836-4	653-6						2130	9
Sarah	Claxton	NOC		971-3	826-9							1797	0

### Brown Course - Boys /Men

David	Bray	LEI	55	1000-1	880-2	845-3	1000-4	919-5	928-6	937-7	1000-8	7509	1
Chris	Bosley	LEI	60	896-2	882-3	933-5	911-7	969-8	867-12	919-13	979-14	7356	2
David	Lawson	DVO	45	994-1	903-2	914-3	925-4	903-5	940-8	849-10	905-14	7333	3
Ruedi	Billeter	NOC		1000-2	978-6	960-8	1000-9	1000-11	1000-12	1000-14		6938	4
Ian	Wells	LEI	55	744-2	799-6	783-7	860-8	781-9	794-11	797-13	749-14	6307	5
Paul	Murgatroyd	LOG		686-3	795-5	859-7	929-11	789-12	807-13	730-14	561-15	6156	6
Paul	Addison	DVO		998-5	1000-6	998-9	1000-10	930-12	996-14			5922	7
Liam	Harrington	LOG		712-3	764-5	814-7	532-12	842-13	835-14	1000-15		5499	8
Nigel	Mockridge	NOC	45	943-1	972-2	778-3	949-7	993-13	742-15			5377	9
David	Vincent	DVO		647-3	749-9	737-10	674-12	695-13	711-14	583-15		4796	0

### Brown Course - Girls/Ladies

Ursula	Williamson	LEI	45	1000-6	1000-7	1000-8	3000	1
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## EMOA League 2009

The events for 2009 are currently identified as:

18<sup>th</sup> January - Lount (LEI)

15<sup>th</sup> February - Willesley (LEI)

16<sup>th</sup> May - Linacre (DVO)

27<sup>th</sup> June - Swithland (LEI)

4<sup>th</sup> October - Harlow (NOC)

8<sup>th</sup> November - Wakerley (LEI)

13<sup>th</sup> December - Walesby (NOC)

8<sup>th</sup> February - Lindop (DVO)

8<sup>th</sup> March - Stanton Moor (DVO)

14<sup>th</sup> June - Carsington (DVO)

20<sup>th</sup> September - Calke (DVO)

1<sup>st</sup> November - Byrons Walk (NOC)

22<sup>nd</sup> November - Stapleford (LOG)

28<sup>th</sup> December - Grange (LEI)

All League events must offer white, yellow, orange, light green, green, blue and brown.



# LOG, HALO & RAFO

## Present the Lincolnshire Bomber 2009

25th/26th April 2009

### **Saturday 25th April:- Relays – Riseholme**

Format: Team of Three with Leg Lengths of 2.5km, 3.5km and 4.5km.

### **Sunday 26th April:- L3 Event (Colour Coded) – Mausoleum Woods, Great Limber**

Format: Full complement of colour-coded courses (White – Brown)

### **Sunday 26th April:- Long 'O' Event – Pillar Woods to Mausoleum Woods**

(Minibus from assembly area at Mausoleum Woods to the start at Pillar Woods).

Format: Full-on woodland orienteering, very runnable. Approx 20km with 200m climb.

Entries for all events preferred on the FABIAN4 Online System, online entries close at Midnight on Sunday 19<sup>th</sup> April 2009.

Postal entries for all events on SEF to: Liam Harrington, 11 Gleneagles Grove, Washingborough, Lincoln, LN4 1SS, to be received by Saturday 18<sup>th</sup> April 2009. Cheques payable to LOG

Entries on the day for Relays and Long "O" subject to map availability

Entries on the day for L3 as per normal

Directions for Riseholme: Grid Ref: SK981757. Event will be signposted from the A15 & A46.

Directions for Mausoleum Woods: Grid Ref: TA134097. Event will be signposted from the A18.

Maps:	Relays	1:5000
	L3	1:10000
	Long 'O'	1:10000

Course Times	Relay	Registration: 10:00 - 10:20, Mass start at 10:30, Close 14:00.
	L3	Registration: 10:00 - 12:00, Starts 10:30 - 12:30, Close 15:30.
	Long 'O'	Registration: 09:00 - 12:00, Starts 10:00 - 13:00, Close 15:30.

Fees:	Relays	£9.00 per team, £12.00 on the day.
	L3	£7.00 (£5.00 for BOF members), £2.00 Juniors.
	Long 'O'	£10.00, £12.00 on the day.
	SI Dibber hire	£1

Facilities:	Riseholme	Car Parking Free, toilets available
	Mausoleum	Car Parking £1, toilets available

Results: Results will be displayed at [www.lincsbomber.co.uk](http://www.lincsbomber.co.uk)

Prizes: For winners of relay and first male and female on the long "O".  
Memento for all Long "O" entrants

Organiser: Relays: Sean Harrington: Tel: 01522 791344 / e-mail: [sean@logonline.org.uk](mailto:sean@logonline.org.uk)  
Long "O" & L3: John Fulwood: Tel: 01507 466314 / e-mail: [johnfulwood@supanet.com](mailto:johnfulwood@supanet.com)  
[www.lincsbomber.co.uk](http://www.lincsbomber.co.uk)



## Fixtures

This fixture list is intended to list all major events in the UK, and all East Midlands events. It includes all the information available to me about the event at the time of going to press. Unless otherwise stated, Local events offer entry on the day (EOD) to a range of colour coded courses with start times from 10:30 to 12:30. Some will provide a wider range of courses than others. Regional events provide colour coded within which age classes can be run. National events provide a range of age related courses and are normally entered in advance using a Standard Entry Form (SEF); entry on the day (EOD) will usually be limited and more expensive. Cheques payable to organising clubs given at beginning of details, if not specified.

The OS map reference is either the car park or point from which the event will be signposted. The list is based on BOF registration, but events are sometimes cancelled. If you are uncertain of whether an event will be on, check with the organiser. The editor takes no responsibility for wasted journeys.

### March 2009

Sun 1st	EM	<u>NOC</u>	Local	<b>NOC Local Event</b>  Ruedi Billeter 0115 9233529 White to Light Green (and long Light Green). Fees £7 / £1.50 (£2 discount for senior BOF members) <a href="http://www.noc-uk.org">www.noc-uk.org</a> Dogs allowed	<u>Annesley Park Forest and Morning Springs</u>	<u>SK500500</u>
Sun 1st	SC		National	BRITISH ORIENTEERING CHAMPIONSHIPS - British Relay Championships	<u>Beaulieu &amp; Dibden</u>	<u>SU390040</u>
Sat 7th	EM	<u>DVO</u>	Local	<b>DVO EMOA League</b>  Organiser: David Vincent, 01773 716615. <a href="http://www.dvo.org.uk">http://www.dvo.org.uk</a> Courses: White to Brown; EPS-SI; £7/£1 (£2 discount for BOF members); Cars £1; Dogs on lead in car park. String course	<u>Stanton Moor</u>	<u>SK241622</u>
Sat 7th	WM	<u>OD</u>	Local	OD Saturday Morning Local Event	<u>Coombe Abbey Country Park</u>	<u>SP404795</u>
Sat 7th	WM	<u>WCH</u>	Local	MTBO 2009 Series - MTBO 2 or 3 hour Score Event	<u>Hednesford Camp &amp; Brindley, Cannock Chase</u>	<u>SK004154</u>
Sun 8th	EA	<u>WAOC</u>	Local	WAOC Local Event	<u>Rowney Warren</u>	<u>TL123403</u>
Sun 8th	WM	<u>WCH</u>	Local	WCH West Midlands League Event 3	<u>Hednesford Camp &amp; Birches Valley</u>	<u>SK006141</u>

## EMEWS

				Tracy Craig, 01785 787820 <a href="mailto:craig.family@ntlworld.com">craig.family@ntlworld.com</a> , £8.00/£2.00. -£2 for adults. EPS-SI. Dogs on leads. SI card hire £1. <a href="http://www.walton-chasers.co.uk">www.walton-chasers.co.uk</a>		
Sun 8th	YH	<u>SYO</u>	Local	Colour Coded Event	<u>Wombwell Woods</u>	<u>SE374027</u>
Sat 14 <sup>th</sup>	EM	<u>LEI</u>	Local	<b>Local Event and Spring Series</b>  Judith Holt, 01827 61663. <a href="mailto:Judith.holtcooke@btinternet.com">Judith.holtcooke@btinternet.com</a> . £3.00/£1.00. Dogs allowed on lead/	<u>The Outwoods</u>	<u>SK515159</u>
Sun 15 <sup>th</sup>	EA	<u>SMOC</u>	Local	SMOC Local Keyne O Series Event	<u>Shenley Wood</u>	<u>SP824366</u>
Sat 21 <sup>st</sup>	YH	<u>SYO</u>	Local	SYO Local Event	<u>Bingham Park</u>	<u>SK322859</u>
Sun 22 <sup>nd</sup>	YH	<u>HALO</u>	Regional	HALO Regional Event	<u>Londesborough Park</u>	<u>SE866455</u>
Sun 22 <sup>nd</sup>	SW	<u>SARUM</u>	Regional	Sarum Saunter Regional Event	<u>Fonthill Woods</u>	<u>ST909307</u>
Sat 28 <sup>th</sup>	EM	<u>DVO</u>	Local	<b>DVO Local Event</b>  Paul Beresford, 01302 751549. <a href="mailto:paul@pberesford.fsnet.co.uk">paul@pberesford.fsnet.co.uk</a> £3.00/£1.00 Family £7.00 Dogs in acr park on lead.	<u>Darley Park</u>	<u>SK352372</u>
Sat 28 <sup>th</sup>	EM	<u>LEI</u>	Local	<b>Local Event and Spring Series</b>  Judith Holt. 01827 61663. <a href="mailto:Judith.holtcooke@btinternet.com">Judith.holtcooke@btinternet.com</a> £3.00/£1.00. Dogs allowed on lead.	<u>The Outwoods</u>	<u>SK515159</u>
Sun 29 <sup>th</sup>	EM	<u>NOC</u>	Regional	<b>EMOA CompassSport Cup – 1st Round</b>  Entries through clubs only, contact your club captain.	<u>Sherwood Pines</u>	<u>SK612647</u>

## April 2009

Sat 4th	Scot	<u>FVO</u>	National	British Age Class Sprint Championships	<u>Stirling University</u>	<u>NS802967</u>
Sun 5th	Scot	<u>TAY</u>	Regional	TAY Regional Event & Scottish O League 1	<u>Auchingarrich - Mill of Fortune</u>	<u>NN780195</u>
Sun 5th	YH	<u>EBOR</u>	Regional	Regional Event	<u>Wykeham</u>	<u>SE941879</u>
Tue 7th	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Sprint Event</b>	<u>Loughborough University</u>	<u>SK523193</u>

## EMEWS

Fri 10th	NE		National	JAN KJELLSTROM ORIENTEERING FESTIVAL - JK Day 1 - Sprint	<u>Newcastle University</u>	<u>NZ248654</u>
Sat 11th	NE		National	JAN KJELLSTROM ORIENTEERING FESTIVAL - JK Day 2 Middle /Long	<u>Kyloe Woods</u>	<u>NU058396</u>
Sun 12th	NE		National	JAN KJELLSTROM ORIENTEERING FESTIVAL - JK Day 3 Middle/Long	<u>Detchant, Shiellow, Greensheen Hill &amp; Cockenheugh</u>	<u>NU083350</u>
Mon 13th	NE		National	JAN KJELLSTROM ORIENTEERING FESTIVAL - JK Day 4 : Relay	<u>Dipton</u>	<u>NY970605</u>
Thu 16th	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>Castle Hill Country Park</u>	<u>SK555082</u>
Sun 19th	SE	<u>SO</u>	Regional	SO Charity Regional Event & SE League	<u>Goodwood Winkins</u>	<u>SU897113</u>
Tue 21st	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>Wakerley Woods</u>	<u>SP960987</u>
Sat 25th	EM	<u>LOG</u>	Local	<b>Lincolnshire Bomber Weekend - Lincolnshire Bomber Relay Event</b> See flyer in EMEWS for details	<u>Riseholme Park</u>	<u>SK981757</u>
Sat 25th	EM	<u>LEI</u>	Local	<b>Local Event and Spring Series</b>	<u>The Outwoods</u>	<u>SK515159</u>
Sun 26th	EA	<u>WAOC</u>	Local	WAOC Short Races	<u>Ampthill Park</u>	<u>TL024382</u>
Sun 26th	EM	<u>HALO</u>	Local	<b>Lincolnshire Bomber Weekend - Lincolnshire Bomber Weekend - Long O &amp; Local Event</b> See flyer in EMEWS for details	<u>Mausoleum Woods</u>	<u>TA134097</u>
Sun 26th	Scot	<u>ECKO</u>	Regional	EckO Regional Event & Scottish O League 2	<u>Ardnaskie (Airds Park)</u>	<u>NM964333</u>
Sun 26th	WM	<u>WCH</u>	Local	WCH Colour Coded & West Midlands Championships	<u>Rawnsley, Cannock Chase</u>	<u>SK028158</u>
Thu 30 <sup>th</sup>	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>Aylestone Riverside Park</u>	<u>SK569008</u>

### May 2009

Sat 9th	EM	<u>NOC</u>	National	<b>British Elite Sprint Championships</b>	<u>Nottingham University Campus</u>	<u>SK540385</u>
Sun 10th	EM	<u>LEI</u>	National	<b>British Middle Distance Elite &amp; Age Class Championships</b>	<u>Thringstone and Cademan Woods</u>	<u>SK455150</u>
Wed 13th	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>Charnwood Forest South</u>	<u>SK523118</u>
Sat 16 <sup>th</sup>	EM	<u>DVO</u>	Local	<b>DVO Local Event</b>	<u>Linacre</u>	<u>SK340733</u>

## EMEWS

Sun 17th	NW	<u>WCOC</u>	Regional	Regional Event	<u>Muncaster Fells</u>	<u>SD120988</u>
Sun 17th	WM	<u>OD</u>	Regional	OD Regional Event	<u>Bentley Woods</u>	<u>SP300960</u>
Thu 21st	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>Guthlaxton School</u>	<u>SP598985</u>
Sat 23rd	WM	<u>WRE</u>	Regional	Springtime in Shropshire Regional Events - SINS Day 1	<u>Rorrington and Stapeley</u>	<u>SO302975</u>
Sun 24th	WM	<u>HOC</u>	Regional	Springtime in Shropshire Regional Events - SINS Day 2	<u>Brown Clee</u>	<u>SO615814</u>
Mon 25 <sup>th</sup>	YH	<u>EBOR</u>	Regional	York City Park Race	<u>York City Centre</u>	<u>SE605518</u>
Mon 25th	WM	<u>WRE</u>	Regional	Springtime in Shropshire Regional Events - SINS Day 3	<u>Corndon</u>	<u>SO309967</u>
Tue 26th	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>Market Bosworth</u>	<u>SK409013</u>
Sat 30th	NW	<u>MDOC</u>	Regional	Twin Peak 2009 - Twin Peak Day 1 Regional Event	<u>Place Fell</u>	<u>NY398162</u>
Sun 31st	EA	<u>WAOC</u>	Local	WAOC Local Cambridge Urban-O Event	<u>Cambridge</u>	<u>TL450585</u>
Sun 31 <sup>st</sup>	NW	<u>MDOC</u>	Regional	Twin Peak 2009 - Twin Peak Regional Event Day2	<u>Angle Tarn Pikes</u>	<u>NY398162</u>

## June 2009

Thu 4th	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>East Carlton Park</u>	<u>SP835894</u>
Sat 6th	EM	<u>DVO</u>	Local	<b>The Derwent Valley Anniversary Long-O</b>	<u>Riber Hillside</u>	<u>SK296570</u>
Sun 7th	EM	<u>DVO</u>	Local	<b>DVO Local Event</b>	<u>Carsington Pastures</u>	<u>SK248546</u>
Sun 7th	Scot	<u>RR</u>	Regional	Regional Event & Scottish O League 3	<u>Teviothead</u>	<u>NT405053</u>
Sun 7th	YH	<u>SYO</u>	Local	SYO Colour Coded Event	<u>Beeley Woods</u>	<u>SK339912</u>
Tue 8th	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>South Charnwood High School</u>	<u>SK472092</u>
Tue 16 <sup>th</sup>	EM	<u>LEI</u>	Local	<b>LEI Local and Summer League Event</b>	<u>Fosse Meadows</u>	<u>SP489909</u>
Sat 20 <sup>th</sup>	EM	<u>DVO</u>	Local	<b>DVO Local Event</b>	<u>Ilam Hall</u>	<u>SK131505</u>
Sun 28 <sup>th</sup>	EM	<u>DVO</u>	Local	<b>DVO Local Event</b>	<u>Hardwick</u>	<u>SK463637</u>
Tue 30 <sup>th</sup>	EM	<u>LEI</u>	Local	<b>LEI Local and Radio (ARDF) Summer League Event</b>	<u>Outwoods</u>	<u>SK515163</u>