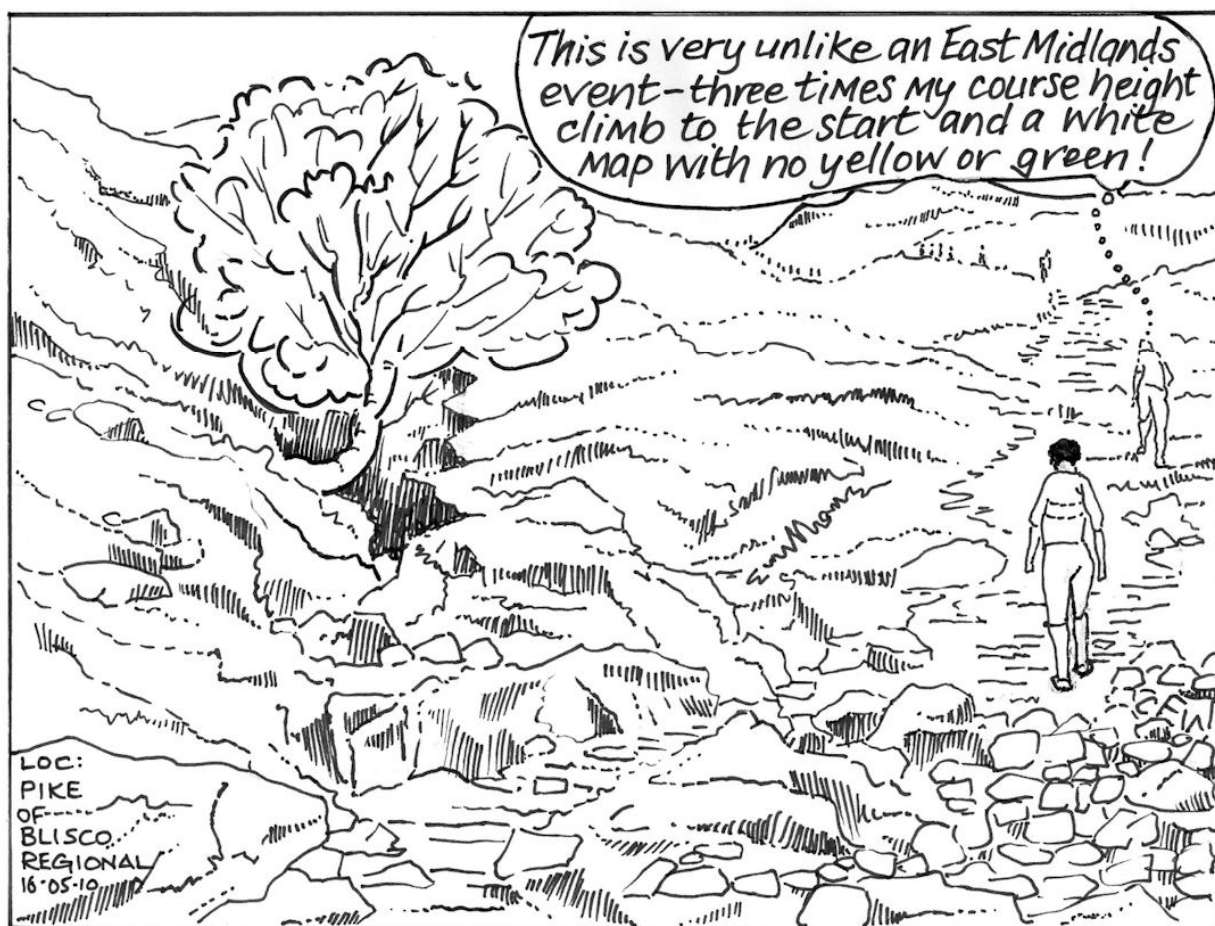


The Newsletter  
of the  
East Midlands Orienteering Association

July - August 2010



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## EMEWS

*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 Orienteering Association Officials 2009/2010

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<b>EMOA Webmaster</b>	John Cooke <a href="mailto:jholtcooke@btinternet.com">jholtcooke@btinternet.com</a>
<b>Club Reps</b>	Steve Kimberley (DVO); Bob Haskins (LEI); Sean Harrington (LOG); Pauline Olivant (NOC);
<b>Posts Vacant:</b>	Vice-Chairman
<b>East Midlands website:</b>	<a href="http://www.emoa.org.uk">www.emoa.org.uk</a>
<b>Copy Date for next issue:</b> 1 <sup>st</sup> Sep 2010 for an AGM focused edition, then 18 <sup>th</sup> October for next main edition. Contributions are always welcome but especially by e-mail ( <a href="mailto:mikegardvo@sky.com">mikegardvo@sky.com</a> ).	

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### Cover Picture

Thanks again to Ernie Williams for his cover which shows the event at Pike of Blisco in the Lake District which had very long walks to the start and back from the finish.

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## **EMOA Committee Meeting Report – June 21<sup>st</sup> 2010**

**Appointment of Treasurer** – Viv MacDonald was confirmed as the new treasurer for East Midlands. As part of her new role she has changed the bank account to HSBC to make it easier to get to a bank near her. This has meant some cheques could not be paid until the transfer was complete.

**British Orienteering Competition Structure** – At the BO AGM the change to a 4 tier fixtures structure was agreed. But as well as looking at the fixture structure, BO is looking at establishing appropriate competition structure as well. The fixtures are events, some of which form part of competitions (such as the EM League). Questionnaires had been circulated to clubs and regions about the sort of competitions they hosted, and what people wanted for the future.

**AGM Arrangements** – The East Midlands AGM for 2010 will be held on the 19<sup>th</sup> September at the DVO Carsington event. The AGM will take place around 10:30am. This is a formal notification of the AGM and a request for any proposals for change to the constitution to be sent to the secretary by September 1<sup>st</sup>. We will publish another EMEWS with the agenda shortly before the AGM.

We still need a Vice-Chairman, and this year there are no forced changes of committee posts.

**Junior Grants** – We were asked whether there is a limit on the number of grants a junior can claim from EMOA in a year. The answer is No. We don't have an upper limit. If we had a large number of juniors all attending many camps we may need to look in to the amount we can provide, but currently we have no imposed limit.

Grants were awarded to:

Peter Hodgkinson for selection to Pre JWOC, for selection to JWOC and for the Poland racing camp.

William Parkinson for selection at Lagganlia.

Jenny Evans for selection at BOF talent camp.

**Electronic Punching** – Both NOC and DVO have recently received grants for additional SI kit, which has allowed Derek Gale to review the stock of kit held by all the clubs and East Midlands. We are now in a position where each club can be provided with their own set of kit which they can use to host a good size event without the need to have East Midlands in the middle (and all the passing around of kit across the region). So the EM SI kit will now be distributed to the clubs for them to manage and maintain themselves (The clubs will also need to insure their kit). This also means that the SI levy imposed on EM Events using the SI kit can be removed. The committee thanked Derek for his management of the regional SI kit over the years.

**So, what does the EM event levy fund now?** – A discussion took place as to whether we could simplify, or even remove the EM event levy (or even the membership fee). We

still need to provide funding for junior squad, training of event officials, coaching, fixtures co-ordination, etc. After the AGM it is proposed to have a special committee meeting to look in to all of this and decide what is the best way forward.

**Future Events** - The following future events are planned for the Region:

- 19<sup>th</sup> Sept 2010 - It was agreed that the Yvette Baker Trophy round would be hosted at DVO's Carsington event.
- 24<sup>th</sup> October 2010 - The Midland Middle Distance Championships are to be held at Irchester (organised by LEI). The day before the Midland Sprint Championships which will be held at the Open University campus in Milton Keynes (organised by SMOC).
- 16<sup>th</sup> November 2011 - Compass Sport Cup Final - Planned for Longshaw. Slight problem as some folk will have run on area at VHI within 2 years (just).
- 2013 - DVO have volunteered to host the British Schools Champs.
- 2013 - British Sprint Champs - BO are happy with the proposed hosting of these by LEI. It was agreed that OD would host the British Middle Distance Champs to make up the weekend.
- 2013 - Yvette Baker Trophy Final - LOG are going to host this event.
- 2013 - Midland Champs are due for the East Midlands.

**Coaching** - Hilary Palmer and Pauline Olivant have access to a database of members who have coaching qualifications, which also includes CRB checks, First Aid as well as more formal qualifications. Clubs are encouraged to make sure all their coaches are fully licensed as some EM coaches may not currently be fully qualified.

The requirements for the coach license will be changed as cannot insist all coaches have an enhanced CRB license, as some coaches only coach adults. However, anyone working with children should have an enhanced CRB.

An Event Safety and Welfare workshop is being held in the East Midlands.

**Rules Group** - There was a lot of discussion about the role of controllers, and who controls them.

There are also a lot of updates being made to the rules due to the new event structure.

**Board** - New documentation for risk assessments are now available from the BO website. All Clubs are encouraged to use the new '*Risk Assessment for Orienteering*' form pre-event and also to use, as and when required, the '*Risk Assessment for Events with some or all legs on public streets*' available at

<http://www.britishorienteering.org.uk/downloads/index.php>

**Senior Group** - There are 2 proposals, one to have a combined age class MW70 at the British Relays, in addition to have a mixed super vets class at the JK. These will not be available in 2011, but a survey is underway to help decide which courses are appropriate in the future.

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## EMEWS

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**National Forest** - A new long distance footpath through the National Forest is being planned. It may also facilitate long-O events in the future.

The National Forest website has been updated to be more interactive. Clubs can put details of events directly on to the site. See

<http://www.nationalforest.org/visitindex.php?control=events&action=add-event>

**Development Day** - Discussion took place as to whether EM should have another development day this year. The committee felt this would be a good idea, with the possibility of basing the day at Bramcote School. Potential dates towards the end of November / early December are being looked at.

**EMOA 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 18<sup>th</sup> October, with a provisional date of 29<sup>th</sup> November 2010 for a future meeting.

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### *East Midlands Orienteering Association*

*Report to the British Orienteering Development Committee June 2010.*

LOG have now gained Club mark, all the clubs in the East Midlands are now accredited.

The final 3 satellite clubs have started in DVO and NOC, they both now have 3 running, one in the north, one central and one in the south of their areas. The future developments with the satellites is now focussed on enabling them to become long term sustainable, with more coaches, based on the success at West Notts of not just involving existing orienteers but encouraging relative newcomers to get involved.

NOC granted over £9000 from Small Grants programme towards SI kit and payment for a club development officer for a year who will work towards greater volunteer participation and organising more local events to attract more new participants.

DVO granted over £5700 towards SI kit. This combined with a sharing out of the originally EM kit will enable each club in the East Midlands to now have sufficient SI to hold the increasing number of local events being put on using the system without the need to share equipment. The EMOA kit will now only be brought together for the larger 'regional' events run by each club.

LEI have started their participation club work with a weekly club night for 2 months for the existing membership based at Groby Community School. They are continuing with their participation work by introducing training nights at 2 schools whilst continuing to look at increasing their number of coaches.

UK CC level 1 course being held at present, 8 participations, 7 from the EM. UK CC level 2 course also being held, 8 participants, 6 from EM.

## East Midlands League - 2010

There have been 5 events as part of the 2010 East Midlands League so far. The following are the list of events still to take place as part of the 2010 East Midlands League.

Sep 19 <sup>th</sup>	DVO	Carsington	Oct 31 <sup>st</sup>	DVO	Stanton Moor
Nov 7 <sup>th</sup>	NOC	Bestwood Park	Nov 28 <sup>th</sup>	LEI	Burbage Common
Dec 5 <sup>th</sup>	DVO	Shining Cliff	Dec 19 <sup>th</sup>	NOC	Walesby
Dec 28 <sup>th</sup>	LEI	Beacon Hill			

As we now have 17 events we will continue to have 8 events scoring.

The current events included are:

1 = Bagworth;      2= Allestree Park;      3 = Thieves Wood;      4= Stapleford  
 5 = Crich Chase      6 = Charnwood South      7 = Cromford Moor      8 = Clumber Park  
 9 = Bradgate Park

The current tables are provided below for top ten in each class with only those with more than 1,000 points included.

### White Course - Boys/Men

Forename	Surname	Club									Best 8	Pos
James	Peet	NOC	10	1000-2	1000-3	1000-4	1000-5	1000-7	758-8	1000-9	6758	1
James	Lowthian	NOC	10	979-2	915-4	958-5	1000-6	750-8			4602	2
Peter	Mackervoy	DVO	8	505-2	763-5	749-7					2017	3
Harry	Wickham	NOC		817-5	1000-8						1817	4
Samuel	Davis	DVO	10	760-4	799-5						1559	5
Ben	Mackervoy	DVO	10	699-2	758-5						1455	6

### White Course - Girls/Ladies

Rhiannon	Emery	NOC	10	1000-2	993-3	1000-4	1000-5	1000-6	747-7	1000-8	6740	1
Sarah	Duckworth	DVO	9	866-2	1000-3	834-5	1000-7				3700	2
Elisa	Wayles	NOC	10	747-2	645-3	694-4					2086	3
Charlotte	Crane	DVO	10	523-2	668-5	694-7					1885	4
Alice	Crane	DVO	10	608-2	396-5	820-7					1824	5
Sophie	Vincent	DVO		399-5	704-6	568-7					1671	6
Lauren	Emery	NOC		691-7	823-8						1514	7
Rachel	Duckworth	DVO	10	793-3	646-5						1439	8

### Yellow Course - Boys/Men

Ethan	Tebbutt	LEI	10	1000-1	1000-2	977-3	1000-5	1000-6	1000-7	754-8	1000-9	7731	1
Matthew	Whelton	RAFO	14	342-1	624-2	1000-3	1000-4					2966	2
Russell	Kirk	RAFO		318-1	435-3	371-4	503-5	586-6	312-8			2525	3
Andrew	Oxby	RAFO		876-5	435-6	1000-8						2309	4

### Yellow Course - Girls/Ladies

Imogen	Wilson	LEI	10	960-1	854-2	847-3	967-4	733-5	1000-6	5361	1
Joanna	Goodhead	DVO	12	947-1	765-2	918-3	856-4			3486	2
Emma	Schaanning	DVO	12	1000-2	1000-3					2000	3
Laura	Dickinson	NOC		662-3	628-8					1290	4
Alice	Mabon	NOC		550-3	706-5					1256	5
Rachel	Kirk	RAFO		415-5	465-6	365-8				1245	6

# EMEWS

## Orange Course - Boys /Men

Nicholas	Wilson	LEI	12	1000-1	973-2	1000-3	943-4	940-5	954-6	5810	1
Simon	West	LEI		709-3	722-4	355-5	782-6	818-7	823-8	4209	2
Louis	Forhshaw-Pening	DVO		955-5	1000-7	1000-8				2955	3
Luke	Fortune	RAFO		862-3	865-5	861-8				2588	4
David	Sissons	NOC		455-7	618-8	752-9				1825	5
Joe	Uprichard	DVO		1000-5	718-7					1718	6
Jack	Wickham	NOC		706-5	842-8					1548	7
Nicholas	Gordon	DVO		793-2	738-7					1531	8
Thomas	Webster	NOC		408-2	467-5	351-6	280-8			1506	9
Finn	Lydon	LEI		690-6	759-9					1449	0

## Orange Course - Girls /Ladies

Charlotte	Webster	NOC	12	595-2	746-3	702-4	692-5	1000-7	982-8	4717	1
Barbara	Tebbutt	LEI		1000-4	573-5	793-6	765-7	1000-9		4131	2
Georgia	Davey	RAFO		752-1	1000-3	854-5	514-6	1000-8		4120	3
Hannah	McNab	RAFO	14	1000-1	1000-2	962-5	1000-6			3962	4
Wendy	West	LEI		261-1	682-3	471-4	465-5	670-8		2549	5
Joanna	Goodhead	DVO		674-5	783-6	762-7				2219	6
Tamsin	McGraw	DVO		782-2	974-5					1756	7
Angela	Quartly	NOC		764-3	636-8					1400	8
Anne-Marie	Schaanning	DVO	40	491-2	700-3					1191	9

## Light Green Course - Boys /Men

Euan	Tebbutt	LEI	12	783-1	606-2	674-3	930-4	558-5	748-6	893-7	757-9	5947	1
Brian	Ward	DVO		739-3	899-4	980-8	719-9					3337	2
Mark	Goodhead	DVO	16	544-1	548-2	586-3	971-4	587-5				3236	3
Craig	Youngs	RAFO	16	710-1	553-2	661-4	301-5	579-6				2804	4
William	Parkinson	NOC		1000-2	713-5	874-9						2587	5
Jack	Lord	NOC	14	565-1	644-2	702-3	544-5					2455	6
Jack	Smith	NOC		740-3	560-5	982-7						2282	7
James	Mellor	NOC		611-2	710-3	705-5						2026	8
Robert	Titterington	LEI		1000-1	1000-9							2000	9
Kevin	Bradley	LEI		739-1	596-3	521-9						1856	0

## Light Green Course - Girls /Ladies

Jessica	Beresford	DVO	14	1000-1	978-2	1000-3	1000-4	966-5	1000-6	821-9		6765	1
Islay	Sellar	DVO		919-2	904-4	1000-5	909-6	1000-7	671-8			5403	2
Cathryn	Goodhead	DVO	45	545-1	686-2	629-3	684-4	583-5	675-6	659-7	652-8	5113	3
Margaret	Buckland	NOC	65	767-1	765-2	651-3	599-4	830-7	628-8	688-9		4928	4
Sarah	Fletcher	RAF O	18	724-1	606-2	655-5						1985	5
Claudia	Smith	NOC		426-2	549-5	542-7	416-8					1933	6
Christine	Elliott	NOC		903-3	1000-8							1903	7
Sophie	Gordon	DVO		887-2	830-7							1717	8
Pauline	Olivant	NOC		877-7	802-9							1679	9
Elaine	Smith	NOC		766-3	912-5							1678	0



# EMEWS

## Green Course - Boys /Men

Dave	Skidmore	DVO		761-2	810-4	833-5	1000-6	791-7	926-8	977-9		6098	1
Tony	Buckland	NOC	70	846-1	875-2	973-3	828-5	761-7	865-8	897-9		6045	2
David	Anderson	LEI	70	1000-1	967-2	877-4	1000-5	988-6	962-8			5794	3
David	Bray	LEI	55	963-1	1000-2	990-3	948-6	893-7	975-9			5769	4
Gary	Peet	NOC		672-2	805-3	716-4	552-5	746-6	657-7	649-8	851-9	3491	5
Ernie	Williams	LEI	65	783-1	669-2	886-3	811-4	649-5	846-6	862-9		5506	6
Neil	Fraser	NOC	45	641-1	657-2	683-3	647-4	667-5	766-6	547-7	820-9	5428	7
Peter	Hubberstey	NOC	65	923-2	987-3	957-4	875-5	988-8				4730	8
Andy	Hawkins	DVO	60	889-1	900-2	921-4	963-5	953-6				4626	9
John	Woodall	NOC	70	724-1	729-2	750-3	791-4	791-6	795-7			4580	0

## Green Course - Girls /Ladies

Pauline	Ward	DVO		1000-3	1000-4	1000-5	1000-6	1000-7	1000-8	6000	1
Ruth	Ellis	DVO		816-2	741-4	658-5	703-6	749-8	868-9	4535	2
Jean	Sellar	DVO		767-2	771-4	742-5	719-6	592-7	706-8	4297	3
Margaret	Keeling	DVO	60	714-1	914-2	801-8	807-9			3236	4
Viv	McDonald	DVO		778-2	788-4	629-5	616-7			2811	5
Rachel	Davis	DVO		734-3	668-4	540-5	584-8			2526	6
Helen	Parkinson	NOC		693-3	523-5	576-7	626-8			2418	7
Julie	Webster	NOC		628-4	601-5	566-7	600-8			2395	8
Jane	Booker	NOC		862-2	743-5	752-6				2357	9
Diane	Ford	LEI		631-3	586-4	602-6	498-7			2317	0

## Blue Course - Boys /Men

Glynn	Smith	LEI	65	898-1	973-2	1000-3	865-4	1000-5	926-6			5662	1
Mike	Gardner	DVO	50	822-1	806-2	879-3	766-5	814-6	727-7	848-9		5662	2
Simon	Ford	LEI	65	963-1	895-2	992-3	959-4	934-6	879-7			5622	3
Michael	Nell	RAF O	60	769-1	878-2	908-3	700-4	765-5	806-6	773-8		5599	4
Robert	Haskins	LEI	55	739-1	739-2	663-3	654-4	597-5	617-7	616-8	770-9	5395	5
Michael	Lindsay	DVO		638-1	746-2	708-3	667-5	699-6	684-7	769-9		4911	6
Keith	Roberts	NOC	50	698-1	762-2	691-3	722-4	783-5	847-9			4503	7
Dave	Denness	LOG		837-1	886-3	771-4	849-5	864-9				4207	8
Robert	Hatfield	NOC	60	816-1	927-2	720-3	833-4	838-5				4134	9
Robert	Parkinson	NOC		883-3	775-4	642-7	797-8	870-9				3967	0

## Blue Course - Girls /Ladies

Joanne	Nell	RAF O	45	1000-1	946-2	951-3	944-4	1000-5	937-6	935-8	6713	1
Kim	Buxton	DVO	45	845-1	808-2	736-3	902-4	879-5	776-6	775-8	5721	2
Ursula	Williamson	LEI	45	939-1	744-2	790-3	813-4	830-5	803-8	797-9	5716	3
Alison	Hardy	LEI	40	959-2	991-3	1000-6	830-9				3780	4
Fiona	Sellar	DVO		923-2	947-4	860-6	914-8				3644	5
Margaret	Keeling	DVO		665-3	910-4	817-6	918-7				3310	6
Janet	Evans	NOC		1000-4	1000-9						2000	7
Jane	Booker	NOC		954-7	1000-8						1954	8
Helen	Chiswell	DVO		924-1	860-4						1784	9
Rebecca	Perring	DVO		1000-7	768-8						1768	0

## EMEWS

### Brown Course - Boys /Men

Russell	Buxton	DVO	5 0	743-1	971-2	839-3	912-4	953-5	1000-6	853-7	704-8	6975	1
Paul	Goodhead	DVO	4 5	807-1	830-2	816-3	843-4	694-5	957-6	664-7	687-8	6298	2
Ian	Wells	LEI	5 5	743-1	791-2	753-3	730-4	706-5	793-6	614-7	740-8	5870	3
Matthew	Green	NOC	1 6	870-2	799-3	879-4	667-5	880-6	751-7	623-8		5469	4
Peter	Helme	BAOC		913-1	946-2	839-5	835-6	957-7	751-8			5241	5
Paul	Murgatroyd	LOG	4 0	909-1	992-2	845-5	818-7	799-8	860-9			5223	6
Steve	Green	NOC	5 0	862-2	831-3	1000-4	699-5	914-6	774-7			5080	7
David	Gourlay	LOG		1000-2	834-3	860-6	1000-8	740-9				4434	8
Mark	Webster	NOC		731-2	701-3	719-4	619-5	734-7	618-9			4122	9
Paul	Beresford	DVO	4 0	765-1	713-2	696-3	871-4	799-6				3844	0

### Brown Course - Girls /Women

Helen	Chiswell	DVO	21	1000-2	1000-3	1000-5						3000	1
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## Around the Clubs



Leicestershire Orienteering Club (LEI)

<http://www.leioc.org.uk/news/markfield-streetview-o-june-2010-easy.php>

LEI have continued with their summer series and still have a number of events to go.

They also have their Summer Street View O-competition available on their website which is quite a good challenge for an armchair orienteer. -

<http://www.leioc.org.uk/news/markfield-streetview-o-june-2010-easy.php>



Derwent Valley Orienteers (DVO)

DVO have sent a contingent to the World Masters in Neuchatel in Switzerland. While the club had no success in the long distance races, Liz Godfree gained a bronze medal in the Sprint races around the streets of Neuchatel.

All of the satellite club sessions have broken up for the summer, but will re-start in early September.



Nottinghamshire Orienteering Club (NOC)

NOC are getting ready to host the Peter Palmer relays (a junior overnight relay) this year. The event will be held at Chilwell Barracks. The event takes place over 4<sup>th</sup>/5<sup>th</sup>

September and NOC hope to get as many teams entered in the competition as possible.

NOC have created an updated club development plan which provides a development approach through to 2013, and includes the new satellite clubs initiative.



[Lincoln Orienteering Group](#)  
(LOG)

LOG's midsummer madness chasing sprint seemed to reek carnage with the competitors as many got confused by the fast paced challenges and the university campus resulting in 9 disqualifications.

The club is preparing for the Lincoln City sprint race which should provide a challenge for all competitors.

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## Out and About

I thought this time I would look at a series of events taking place in September across the East Midlands.

At the beginning of September LEI have an event on Burbage Common which is Hinckley and Bosworth Borough Council's largest countryside site, located on the outskirts of Hinckley. It is a mixture of semi-natural woodland and grassland with a lot of recreational activities available in the area. It is also well known for the variety of wild flowers in the area, especially in the spring.

From an orienteering perspective you can enjoy a run in woodland, though maybe a little muddy (depending on the weather, at present this summer in may simply be rutted!!).

Having run in a LEI woodland, a few days later you can take part in one of the best urban orienteering areas in Britain, Lincoln city. The event is being staged alongside the Sheffield Urban event which takes place the day before, so you can have 2 days of intensive urban orienteering.



Lincoln city centre has a lot of history so as well as running around the streets you can also take in some of the history as well. I'll concentrate on just one area, the castle. In Norman times, Lincoln was the third city of the realm, even having it's own mint, and following William the Conqueror's victory at Hastings he needed to project his influence northwards to control the people of "Danelaw". To do this he built a series of castles in the north and midlands. Lincoln was a vital strategic site and proved an ideal place for a castle.

The castle was built in the south-west corner of the upper walled town, the remainder of which was occupied by the town. The Domesday Book records that 166 residences (out of 1164) in the city were demolished to make way for the castle. The original castle was completed in 1068, though it is likely that this first keep was a wooden one, later replaced by a stone keep.

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## EMEWS

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2 main battles appear to have taken place at Lincoln castle. The first in 1142 during the struggle between King Stephen and Empress Maud over who should be monarch in England. The castle was held, but damaged and a new tower called Lucy Tower was built. The second battle took place in 1217 during the reign of King John in the course of the First Barons' War. Again the castle was besieged but held.

Over time the need for a castle became less important and it became a prison (first purpose built jail being built in 1787). Imprisoned debtors were allowed some social contact but the regime for criminals was designed to be one of isolation. Consequently, the seating in the prison chapel is designed to enclose each prisoner individually so that the preacher could see everyone but each could see only him. By 1878 the system was discredited and the inmates were transferred to the new jail in the eastern outskirts of Lincoln. The prison in the castle was left without a use until the Lincolnshire archives were housed in its cells.

Having competed in woods and a city, Carsington will provide you with, as well as the East Midlands AGM, the chance to compete on complex moor / pastureland. This will probably be the last time you get to compete on the area prior to the building of a new wind farm on the site.

The humps and bumps of the landscape are really all old industrial relics dating back to Roman times. The main reason being lead mining. The humps are the remains of former mine shafts mostly in lines along the lead 'rake' or vein. The ponds are mainly collapsed shafts and the home of great crested newts.

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### **Summer Series - What makes them a Success?**

All of the clubs in the East Midlands have hosted some form of Summer "League" this year, to varying degrees of success. What makes a Summer League a success?

LEI have hosted events weekly on various days of the week and the series has gone on from March through until September. There is a formal league as well which can encourage competition/ It seems to be going pretty well.

DVO have had a series of 6 events but attendance has been fairly low.

The problem can be that organising a summer evening event can still take quite a bit of effort for the organiser. Some times they have to leave work early to get controls out, and putting in a lot of effort for a very low turn out when you get a torrential downpour can be very disheartening. So I thought I would ask all of the East Midlands members for their views on what they want in a summer series of events. Here are a few questions and I'd welcome any feedback to the editor ([mikegardvo@sky.com](mailto:mikegardvo@sky.com)).

Do you want your summer series to have a degree of competition in the form of a league, or do you want them to simply be training events?

Do you prefer them always to be on the same night of the week (if so, which one?) or do you prefer them to vary across the week?

Do you enjoy using different areas in the summer?

Please let me know your views.

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### **Orienteering in the Charts**

I started thinking about song titles and words that might go through your head whilst out orienteering. Here are a few I came up with. So, here goes with a top twenty countdown. Feel free to send me any others:

20. Follow you, follow me - Phil Collins
19. Running on Empty - Jackson Browne
18. The long way home - Supertramp
17. Run for your lives - Saxon
16. No Control - Bad Religion
15. Take the money and run - Steve Miller Band
14. Keep on Running - Spencer Davis Group
13. Easier to Run - Linkin Park
12. In the Long Run - The Eagles
11. Show me the way - Peter Frampton
10. Running up that hill - Kate Bush
9. Get out the map - Indigo Girls
8. Run for Home - Lindisfarne
7. Following my Compass - Kristen Hall
6. Run to the Hills - Iron Maiden
5. Lost in France - Bonnie Tyler
4. Still haven't found what I'm looking for - U2
3. I musta got lost - J Geils Band
2. Born to Run - Bruce Springstein
1. Orienteering - Chumbawumba

## 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.

### August

Sun 1 <sup>st</sup>	EM	<a href="#">NOC</a>	Local	NOC Summer League Event 7	Rushcliffe Country Park	EOD	<a href="#">SK575320</a>
Sun 1 <sup>st</sup>	EM	<a href="#">LEI</a>	Local	LEI Score Cup & Summer League 17- Bagworth	Bagworth Woods	EOD	<a href="#">SK458067</a>
Org: Steve Edgar: 01530 231220. Courses: 45 / 60 minute score Starts 11:00 - 12:00 £5 / £1							
Wed 4 <sup>th</sup>	EM	<a href="#">LEI</a>	Local	LEI Summer League 18- Fosse Meadows	Fosse Meadows	EOD	<a href="#">SP484912</a>
Org: David Anderson: 0116 287. Courses: Intro / Inter / Technical Starts 6:30 - 7:30pm £5 / £1							
Thu 5 <sup>th</sup>	EM	<a href="#">LOG</a>	Local	LOG Summer League Chasing Sprint	University of Lincoln	EOD	<a href="#">SK966712</a>
Tue 10 <sup>th</sup>	EM	<a href="#">LEI</a>	Local	LEI Summer League 19/Urban series 6- Loughborough University	Loughborough University	EOD	<a href="#">SK516187</a>
Org: Bob Haskins: 01509 842449. Courses: Short/Medium/Long Starts: 6:30-7:30pm £5 / £1							
Sun 15 <sup>th</sup>	EM	<a href="#">NOC</a>	Local	NOC Summer League Event 8	The Forest and Arboretum	EOD	<a href="#">SK565407</a>
Wed 18 <sup>th</sup>	EM	<a href="#">LEI</a>	Local	LEI Summer League 20- Oakham	Oakham Woodlands	EOD	<a href="#">SK847075</a>
Org: Chris Bosley: 0116 2363349. Courses: Short/Medium/Long Starts: 6:00-7:00pm £5 / £1							
Sun 22 <sup>nd</sup> - 27 <sup>th</sup>	NW		Regional	Lakes 5 Day Regional Events	Various	EOD: 08/08/10 20/06/10	Various
Tue 24 <sup>th</sup>	EM	<a href="#">LEI</a>	Local	LEI Summer League 21- Evington park and Arboretum	Evington	EOD	<a href="#">SK624033</a>
Org: Glynn Smith Courses: Short/Medium/Long Starts: 6:30-7:30pm £5 / £1							
Sat 28 <sup>th</sup> -	YH	<a href="#">EBOR</a>	Regional	White Rose Weekend - White	Collis Rigg		TBC

## EMEWS

30 <sup>th</sup>				Rose Regional Event (EBOR Prize Event)			
Mon 30 <sup>th</sup>	SC	<a href="#">TVOC</a>	Regional	TVOC Didcot Urban Race	<a href="#">Didcot Town</a>	EOD	<a href="#">SU530908</a>

### September

Thu 2nd	EM	<a href="#">LEI</a>	Local	LEI Summer League 22-Burbage (Final)	<a href="#">Burbage Common</a>	EOD	<a href="#">SP446953</a>
Sat 4 <sup>th</sup>	YH	<a href="#">SYO</a>	Regional	SYO Urban City Race	Sheffield	22/8/10	SK345881
Org: Paul Bradbury Starts 12:00 for prologue, 14:30 on for full race. Entries at <a href="#">www.Fabian4.co.uk</a> £6 / £2 but more expensive nearer the event. 4 courses							
Sun 5 <sup>th</sup>	EM	<a href="#">LOG</a>	Regional	LOG - Lincoln City Race	Lincoln City	25/8/10 / EOD	SK975711
Org: Sean Harrington - 01522 791344 Starts 10:30 - 12:30. Four courses. £6/£2 for EM members <a href="#">www.logonline.org.uk</a> Entries on <a href="#">www.Fabian4.co.uk</a>							
Sat 11th	WM	<a href="#">OD</a>	Local	OD Tony Haw Charity Score Event Ryton Pools	<a href="#">Ryton Pools Country Park</a>	EOD	<a href="#">SP369725</a>
Sat 11th	EM	<a href="#">NOC</a>	Local	Come and Try it local event	<a href="#">Bramcote Hills</a>	EOD	<a href="#">SK500384</a>
Sun 12th	SW	<a href="#">DEVON</a>	Regional	SW Sprint Champs	<a href="#">Exeter University</a>	EOD	<a href="#">SX920940</a>
Sun 12th	SC	<a href="#">SOC</a>	Regional	SOC Regional Event & SCA League	<a href="#">Acres Down</a>	EOD	<a href="#">SU255085</a>
Sun 12th	YH	<a href="#">SYO</a>	Regional	Colour Coded Event	<a href="#">West Haigh &amp; Howell Woods</a>	EOD	TBC
Sun 12th	EM	<a href="#">LEI</a>	Local	Urban & Ultra Long courses	<a href="#">Tbstock and Sence Valley</a>	EOD	<a href="#">SK407103</a>
Org: Chris Phillips: 0116 2550330. Courses: Ultra Long/Urban Long/Medium/ Plus White / Yellow Starts: 10:30-13:30 £5 / £1							
Sun 12th	NW	<a href="#">MERO</a>	Regional	MERO Regional Event	<a href="#">Formby Dunes</a>	EOD O:31/08/10	<a href="#">SD276077</a>
Sat 18th	SE	<a href="#">SLOW</a>	Regional	SLOW - City of London Race	<a href="#">City of London</a>	EOD	<a href="#">TQ325803</a>
Sun 19th	YH	<a href="#">AIRE</a>	Regional	AIRE Regional Event	<a href="#">Conistone (Langcliffe &amp; Scargill House)</a>	EOD O:12/9/10 P:09/09/10	<a href="#">SD978711</a>
Sun 19th	EM	<a href="#">DVO</a>	Regional	DVO Regional Event	<a href="#">Carsington Pastures</a>	EOD	<a href="#">SK243553</a>
Sat 25/26 <sup>th</sup>	SW	<a href="#">WSX</a>	Regional	Caddihoe Chase Regional Event	<a href="#">Wareham Forest</a>	EOD	<a href="#">SY895910</a>
Sun 26th	EM	<a href="#">NOC</a>	Local	NOC Winter League	<a href="#">Burntstump Country Park</a>	EOD	TBC

### October

Sat 2 <sup>nd</sup> / Sun 3 <sup>rd</sup>	NE	<a href="#">NATO</a>	Regional	October Odyssey Regional Event	Beanley		TBC
Sat 2 <sup>nd</sup>	WM	<a href="#">OD</a>	Local	OD Sprint Event	Stoneleigh Park	EOD	<a href="#">SP329712</a>



## EMEWS

				(Afternoon) Stoneleigh Park	(National Agricultural Centre)		
Sun 3 <sup>rd</sup>	SE	<a href="#">SO</a>	Regional	SO Regional Event - Eartham Wood & Nor Hill, near Fontwell. SE league & Galoppen.	Eartham Wood & Nor Hill	EOD	<a href="#">SU959099</a>
Sun 3 <sup>rd</sup>	WM	<a href="#">OD</a>	Regional	Warwick Urban Race	Warwick	EOD	<a href="#">SP287648</a>
Sat 9 <sup>th</sup>	YH	<a href="#">AIRE</a>	Regional	AIRE Bronte Double Urban Street Race	Haworth/Thornton	EOD	TBC
Sat 9 <sup>th</sup>	EM	<a href="#">DVO</a>	Local	DVO Local Event	Calke Abbey	EOD	<a href="#">SK368227</a>
Sun 10 <sup>th</sup>	SW	<a href="#">NGOC</a>	Regional	NGOC Regional Event	Knockalls Enclosure, Forest of Dean	EOD O:08/10/10 P:28/09/10	<a href="#">SO540114</a>
Sun 10 <sup>th</sup>	NW	<a href="#">SELOC</a>	Regional	SELOC Regional Event	Tockholes	EOD	<a href="#">SD664215</a>
Sun 17 <sup>th</sup>	EM	<a href="#">NOC</a>	Local	NOC Winter League	Holme Pierrepont	EOD	TBC
Tue 19 <sup>th</sup>	EM	<a href="#">LEI</a>	Local	LEI Winter League	Watermead Country Park	EOD	TBC
Sat 23 <sup>rd</sup>	EA	<a href="#">SMOC</a>	Regional	SMOC MK O-Sprint & EA League	OU Campus	EOD	<a href="#">SP885375</a>
Sat 23 <sup>rd</sup>	EM	<a href="#">DVO</a>	Local	Limited Colour Coded Event	Bottom Moor	EOD	TBC
Sun 24 <sup>th</sup>	YH	<a href="#">EPOC</a>	Regional	EPOC Regional Event	Stoodley Pike	EOD	<a href="#">SD979243</a>
Sun 24 <sup>th</sup>	EM	<a href="#">LEI</a>	Regional	LEI Midlands Middle Distance Championships	Irchester Country Park	EOD	<a href="#">SP914660</a>
Sun 24 <sup>th</sup>	SC	<a href="#">TVOC</a>	Regional	TVOC Regional Event	TBC	EOD	<a href="#">SU891941</a>
Sun 24 <sup>th</sup>	Wale	<a href="#">SWOC</a>	Regional	SWOC Regional Event	Merthyr Tydfil	EOD	<a href="#">SO109142</a>
Sun 31 <sup>st</sup>	YH	<a href="#">EBOR</a>	Regional	EBOR Cup Event	Ebberston Common and Bickley Forest	EOD	<a href="#">SE900893</a>
Sun 31 <sup>st</sup>	EM	<a href="#">DVO</a>	Regional	EM League	Stanton Moor	EOD	<a href="#">SK247635</a>

### Key Events for rest of the year

Nov 6 <sup>th</sup>	NOC Local Night Event – NOC – Bestwood Country Park
Nov 7 <sup>th</sup>	EM League – NOC - Bestwood Country Park
Nov 21 <sup>st</sup>	SYO Regional Event – Ecclesall Woods
Nov 21 <sup>st</sup>	NOC Winter League – NOC – Haywood Oaks
Nov 22 <sup>nd</sup>	DVO Local Event – DVO – Shipley Park
Nov 24 <sup>th</sup>	LEI Winter League Night Event – LEI – Sence Valley Country Park
Nov 28 <sup>th</sup>	EM League – LEI – Burbage Common
Dec 4 <sup>th</sup>	DVO Night Event – DVO – Allestree Park
Dec 5 <sup>th</sup>	EM League – DVO – Shining Cliff
Dec 8 <sup>th</sup>	LEI Winter League Night Event – LEI -Markfield
Dec 19 <sup>th</sup>	EM League – NOC – Walesby
Dec 28 <sup>th</sup>	EM League – LEI - Beacon Hill