

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

MARCH – APRIL
2011



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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 website: www.emoa.org.uk

Copy Date for next issue: **6th June 2011**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

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Cover Picture

Thanks again to Ernie Williams for his cover and how a LEI member managed to lose his map on the area but find it on the way home.

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EMOA Committee Meeting Report - March 28th 2011

Treasurer's Report - The main item on the accounts was the fact that we do have quite a bit of money in accounts which are getting no interest. Viv is looking in to the possibility of moving some of the money to other accounts, though still ensuring we have access to the monies we need, when we need them. The funds seem high but much of this is due to the Satellite clubs funding which will soon disappear.

EM League 2010 - The prizes were presented at the Sherwood Pines event, but the wrong year was on the mementoes for the winners, so a new set will be acquired (and the 2011 set awarded next year).

EM League 2011 - The set of events for the 2011 EM League are listed later in EMEWS. All seems to be going well so far this year.

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

- 16th October 2011 - Compass Sport Cup Final - All still to plan.
- 2013 - British Schools Championships - DVO will host at Shipley Park
- 2013 - Midland Champs will be in Sherwood Forest in January or early February.
Landowner OK, date to be confirmed by Fixtures Group
- April 20th 2013 - British Sprint Champs - Loughborough University
- April 21st 2013 - British Middle Champs - DVO now looking to host on Stanton Moor.
- 2013 - Yvette Baker Trophy Final - LOG are going to host this event. Details to be confirmed. Probably July time.

BO Board Meeting - There are 4 nominees for the 4 director posts, but there are different periods for election. The ones who get the least vote only get the shorter term periods, so it is still important to vote. All EM members should have had their voting forms and are encouraged to send in their votes if not able to attend the AGM.

Grade B / C Controllers in EMOA - Ernie had checked with all the Grade B controllers in EMOA whether they were happy to continue at that grade. Most were happy to do so, though one is being downgraded to Grade C at their request due to age, and one has been out of the country for some time, but was happy to continue when return to UK. And one identified the fact he had not organised an event for some time, but as very experienced it was agreed this was not a problem and they should stay at Grade 2 as they wished.

Ernie is now contacting all Grade C controllers to get their status as well, and will report back shortly.

Event Safety - There are now a number of volunteers available in the East Midlands to run the Event Safety courses. It is hoped these will take place in the coming months.

EMOA Committee Meetings - The new format of a short business meeting and then in depth discussion seemed to be working well. However, the Clifton Village Hall we use has been requested by another group for every Monday night. An alternative venue is available so after the next meeting we will look to move to that venue. All members are invited to these sessions.

The next meeting is at Clifton Village Hall on 6th June 2011. The topic covered following the business meeting will be the finances going forward.

EM 2011 AGM - It was agreed that we should look to have this take place in association with the Outwoods event on 9th October.

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Response from EM Clubs to the Priorities and Funding Paper

All of the clubs in the East Midlands had provided feedback to the paper, and while not all consistent, there was a fair degree of congruence, and also some good discussion about where East Midlands should go.

As the paper was broken down in to sections the meeting discussed each section in turn.

Co-ordination of orienteering

It was agreed by every club that this was one of the key functions of EMOA and that the Fixture Secretary does a good job on this, ensuring we rarely have clashes of fixtures within the area, or across the boundaries with close regions at level C and above.

There was some discussion as to whether level D events needed to be co-ordinated by the regional fixtures secretary. However, it was agreed that really level D events were the responsibility of the clubs, and there should be no active co-ordination provided by the EM Fixtures Secretary. However, if the Fixtures Secretary did spot a level D event was taking place on the same day as a level C event then this might be useful for the club, just to make sure they were aware of this.

There was some short discussion on finances for level A events should we get involved as a region. For instance, if we do run the British Middle distance and British Sprint Champs on same weekend and advertise as a joint event, should we be sharing any profits, or should each club take own event? The feeling seemed to be clubs could discuss this on individual basis, but normally each club would be responsible for their own event.

Development of orienteering

The starting point was that there was not a need for EM to be involved in event standards as these are defined at a national level and applied at a club level. However, one area that was identified for potential improvement was the use of controllers. Clubs will be encouraged to get controllers for level C events from outside the club (rather than within the club, which has become the norm in EMOA). The idea being that controllers can then share best practices across the clubs. Obviously the cost of petrol comes in to this, so may need to look at where controllers live (and controllers may need to look at ways to minimise travel, whilst still controlling effectively). We may try to put rough addresses for EM controllers (e.g. town) on the EM website.

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It was also felt that it might be a good idea to have a controllers get together every 3 years or so, to share documentation changes, share ideas across clubs, etc. and just make sure that all controllers were aware of the latest changes in the sport.

We may also want to establish measures to see if these things are a success (number of level C events controlled by out of club controllers, number of workshop held, etc.)

It was agreed that Junior development was very important for the region, and the current Junior Squad was fulfilling this currently (as Juniors were discussed in detail the previous meeting this was not discussed in any more detail). However, there seemed little emphasis in the original paper on adult development. We need to be able to provide development for both.

In terms of Juniors it was felt that encouraging the Junior Squad to stage at least one level C event per annum, providing the organiser and planner should be encouraged. The controller could act as a mentor to the squad members. The event could be supported by the local club and finances worked out between the club and the Junior Squad.

With adults, much of the development took place in the clubs. However, it would be good if we could integrate more coaching for adults and look to develop some form of regional development programme. We need to discuss this in more detail based on the finances required. It may be that adults would see coaching at a regional level as more acceptable as comes through other than their local club coaches.

It was agreed that the Development Days were very successful. These needed to be co-ordinated through EM, and ideally EM should provide some element of the funding (the suggestion being EM should cover the fixed costs, while the clubs subsidise the variable costs). It was agreed that at least one a year should be held. (But may also want to consider whether the controllers workshop takes place at same time).

Increasing Participation

Most people felt it was the clubs role to increase participation. However, EM can help by looking to support the different types of orienteering taking place. Could additional regional competitions take place - a regional night league? Clubs were asked for their views on this. Could we also look to include different types of event in the EM League such as Urban Sprint and Middle Distance events, Short Green courses, etc.

Funding

There was discussion as to whether we wanted to retain both membership fees and levies as generators of income in EMOA. It was agreed that we should retain both in the short term, but look to keep any changes to a minimum (i.e. try not to have any increases). Ideally we should create a Regional Development Plan, which would be fully costed and consultations could then take place to agree the Plan with the constituent clubs.

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It was agreed that this should be retained for now while Mike Gardner is willing to put it out.

Coaching Report to EMOA for 28.3.2011

From: Hilary Palmer, EMOA Coaching Coordinator

- 6 EM coaches completed UKCCL2 training on Feb 12th and are now working towards their final assessments
- 15 EM coaches attended a first aid training course at the end of January
- I attended BOF Coaching Conference on Feb 4th - 6th. There were useful workshops on coach mentoring, coach CPD, coaching in Sweden. Of particular interest to local coaches will be the practical coaching sessions using the UKCCL1 coaching cards. Full details will be available on the BOF web site - coaches > support soon.

BOF Coaching Day: for club groups with their own coaches on 16th April in the southern Lake District. For details see: http://www.britishorienteering.org.uk/page/coaching_courses

Coach of the Year: nominations for this award should be sent by early April to Keith Marsden, Chair of Coaching Committee

Coach log books:

- Coaches are reminded that they are expected to keep a record of their coaching activity in order to maintain their licences
- Checking of these logs has not been maintained by BOF office in the past couple of years due to staff changes
- Coaching Committee will restart this and a reminder email will be sent to all coaches on the database with an electronic log book to record their coaching hours and personal training / study which demonstrates their intention to remain current.

Regional Coach update workshop: It is my intention to arrange an EM coach workshop session - most likely on a Sat/Sun in the summer and more details will be sent to local coaches

Coach database:

- I keep checking the list of EM coaches but it is difficult to keep track of some people if they do not renew their BOF membership.
- Coaches are reminded that it is their responsibility to maintain all aspects of their coach licence including renewing their BOF CRB check and first aid (see below re first aid) every 3 years.
- I will try to keep a check and remind coaches but this is tricky!

First Aid requirements for coaches:

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- I raised several issues at Coaching Committee on 19th March e.g:
 - 1 or 2 day training for 'old' L3 coaches (currently 2 day) who are on a par with UKCCL2 (currently 1 day)
 - 1 or 2 day training for coaches working on grade A/B areas at club satellite sessions but with 'old' L3/4/5 coach qualifications
- Coaching Committee asked me to send a paper round by Easter on first aid training course components, coach qualifications and terrain descriptions so that a decision could be made on this. Any EM coaches who would like to comment on this should email me asap.

UKCC Coach training:

- It is the intention to offer local training for UKCCL1 and 2 coaches on an annual basis, as required.
- Individuals who are keen to be trained and for whom there is no local course scheduled should send their names to Ed Nicholas, BOF Development Manager, who will try to match names to courses in other regions.
- At the request of Coaching Committee I have drafted a schedule for UKCCL1 training at a weekly club satellite venue. Anyone /clubs interested in this should contact me for details.
- UKCCL3 writing is nearing completion and will go for endorsement soon. It is intended that it will be modular and coaches will be able to access separate modules for personal development but not necessarily working towards the full qualification.

BSOA training control markers: BSOA is selling training control markers which fold flat and are durable and inexpensive. For details see:

<http://www.bsoa.org/default.aspx?plain=YY&PID=OFFER1>

Forestry Commission agreement/charging: Mike Hamilton told Coaching Committee that the 2011 national agreement (England & Wales) is 'transitional' and clubs would do well to book up dates for future events this year as 2011 charges would then apply. He also advised that in the future clubs and BOF may have to carry out checks for clashes with other activities and that a slimmed down FC may not have staff to do this. For information about the latest consultation on the FC see the DEFRA web site. BOF will send a statement on the needs of the sport re access etc. to the consultation group.

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East Midland Juniors

The Junior Squad has been busy lately with two trips away in March to the Lakes for Technical training and a weekend of racing in the North East; write ups from the trips are below. Also, provided for you is details of upcoming squad events with attentions now starting to focus on the Junior Inter Regional Championships in the Lakes at the end of June. Finally, you may be a junior with aspirations of joining the squad and wonder how you get in? Well details of just how are also provided.

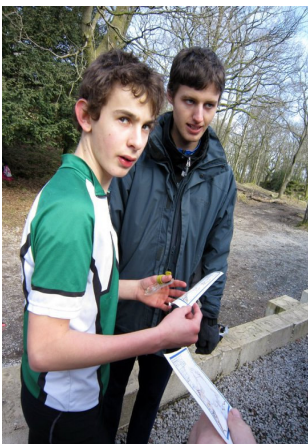
Lake District Training Weekend

Early March saw the squad head to the Lake District for two days of technical training based from Patterdale Outdoor Centre in the Eastern lakes. Grey skies and low cloud greeted us as we left the centre on Saturday Morning and headed down the valley to Loughrigg situated adjacent to Ambleside. However the decent down the valley saw the mist lift and it was surprisingly mild for early March in the Lakes.

Loughrigg is a fairly steep but intricately contour open hillside with a fair amount of rock detail. An ideal area to start, for a weekend aimed at concentrating on contour use (as attack points, for simplification and visualisation). A number of exercises had been planned by Ben Windsor so there was no shortage of things to do, mainly concentrating on contour interpretation for navigation. Later a chasing sprint using electronic punching was planned; only with a twist. Rather than the conventional winner of the first race starting first - the last placed runner went first, the idea so everyone would hopefully finish around the same time and make a good race. Ben Beresford won the first race so had the job of catching everyone up over the 2.5km course.

The second race saw a downhill course back to the car park with coaches left with the job of carrying bags back down the hill side and also collecting controls. There were also good views of the melee of juniors running around the course. Ben Beresford managed to successfully catch the pack of runners aided slightly by coach Stuart Thompson forgetting to put an SI box out at a control (oops!) and pulled away down the hillside and in to the finish.

The Saturday evening was spent playing games eating delightful food cooked by the coaches and



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led by lead cook Ben Windsor before a presentation by lead coach Richard Robinson on mental race control and training to use technique well and automatically.

Photos above taken by James Mellor

The Sunday saw the squad again take a trip down the valley with training this time at Great Tower Woods; a delightfully runnable and intricately contoured area on the eastern side of Lake Windermere. We were greeted to lovely warm early spring sunshine, where else could you want to be? Again training was aimed at contour use with courses designed to concentrate on height control between controls on slopes, visualisation with a control pick and also simplification and rough compass on a slalom windows exercise. Some photos from the weekend are provided above.

Northern Champs Racing Weekend

The Junior squad headed up to Newcastle in late March to race at the Northern champs on the Sunday with a sprint race organised adjacent to St James Park (Newcastle United Football Stadium) on the Saturday.

The sprint race saw Juniors head off at times starts as part of the Future Champions Cup before the adults but this gave the coaches a chance to watch some of the Juniors in action before racing themselves. The park provided an excellent venue for a race of the type with a lake providing good route choice before the courses headed into a small maze before a series of short legs beneath the north and east stands of the football stadium. A number of the Juniors mis-punched with excuses mainly comprising that they couldn't see under the stands as the ran in from the open air so couldn't see the numbers on the controls. Top Juniors were Jenny Evans in a very good 4th place on the Women's with Samuel Horsewill leading the way in the Squad Juniors on the men's in 32nd. Former Squad member James Taylor finished 7th while Lead Coach Richard led by example finishing in 1st position.

The evening activities included a discussion on race analysis with Juniors analysing their races to take the positives from their performance to improve confidence and also areas for improvement. Pauline Olivant led the cooking providing a delicious lasagne.

The Northern Champs on the Sunday provided a significant contrast to the high paced sprint race with open moorland with some areas of deep heather as well as spongy peat bogs and marshes. Top junior performances were Rowan Lee on the M14 in 9th place with an excellent run from Will Parkinson as a bottom year M16 placing him 6th. Again Jenny Evans was the best placed girl with 5th place on the W18E.

Upcoming Activities

Cademan Woods Training: A training day for the juniors is planned on Saturday 7th May and is hoped that a number of new juniors will be invited to join in the squad activities.

Junior Inter Regional Championships: This annual race, which provides a finale to the squads season, is this year being hosted by the North West and will be based at Ulverston Victoria High School with races in the Lake District area. This year the squad juniors have set

themselves a target of 5th place after finishing 8th in the last 2 years. The team will be selected after the JK and it is hoped all those selected will be available so that the squad can achieve their goal.

How to get into the East Midlands Junior Team

The squad coaches regularly trawl through results and keep in contact with club coaches to ensure that they invite all juniors into the squad that are considered of sufficient standard. Although there is no official set criteria this list provides what the coaches are looking for in a Junior:

- A minimum age of top year M/W12 (or soon to be moving into that age category);
- A minimum of strong orange standard (i.e. possesses the technical skills of TD3 on the british orienteering step system);
- Is keen to learn and improve their orienteering skills and running ability; and
- Is committed to join in squad activities.

The squad is targeted to provide juniors with the opportunities to improve their technical, physical and mental ability with a view to moving towards summer tours and international representation in the future.

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News

The following is taken from the newsletter sent to clubs.

Sport England Survey - You may well have been invited to respond to the annual Sport England Satisfaction Survey. All members are invited to respond to the survey.

Income Generation - Due to all the government cutbacks, the Board of British Orienteering is increasingly aware of the likely funding reduction from groups like the Sports Council, as well as the funding reduction from UK Sport. Other sources of income are being investigated, but cutbacks may be needed in some areas if income cannot be generated.

Payments to British Orienteering - There are currently a number of initiatives and agreements being implemented to enable electronic payments to be made. The idea will be to enable electronic payments to suppliers and clubs, but also looking to provide opportunities to receive electronic payments from those who pay money to BO. Already you can do this for new membership subscriptions, but other income streams such as levy payments are also being investigated.

Community Orienteering - The number of community orienteering programmes continues to increase, which seem to be seeing a good take up. There are now 27 clubs with community orienteering initiatives in place.

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Club of the Year - Congratulations must go to LEI on winning the British Orienteering 2010 Club of the Year trophy. They have now been put forward to the National Sport and Recreation Alliance Club of the Year competition.

The runners up were Moravain Orienteers, South London Orienteers (SLOW) and South Yorkshire Orienteers (SYO). The trophy will be presented at the BO AGM in Northern Ireland.

Event Safety Workshops - January 2011 saw the start of the regional based "start up" workshops for Event Safety training. More workshops are planned over the next few months. The aim is to have at least 1 level 1 trained tutor per club.

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East Midlands League - 2011

The 2011 East Midlands League has now started and a number of events means we do have a table available even at this early stage of the year. The events covered so far are:

1 = Eyam Moor 2 = Shining Cliff 3 = Bagworth Heath 4 = Hardwick Hall
5 = Belton Park 6 = Ratby Woods

As usual the best 8 events will count. The following is a list of the remaining events at this stage:

17 th Apr - Crich Chase (DVO)	8 th May - Harlow (NOC)
22 nd May - Kedleston (DVO)	9 th Jun - Burrough Hill (LEI)
9 th Oct - Outwoods (LEI)	23 rd Oct - Bramcote Hills (NOC)
13 th Nov - Byrons Walk (NOC)	20 th Nov - Calke Park (DVO)
18 th Dec - Walesby (NOC)	28 th Dec - Willesley (LEI)

Stanton Moor has now been removed as it is likely to be used for a Major Event in 2013 and needs to be embargoed for 24 months.

White Course - Boys/Men

Forename	Surname	Club		1	2	3	4	5	6	Best 8	Pos
Samuel	Davis	DVO	10	940	556	1000	755	1000	635	4886	1
Tom	Cooley	NOC	8				1000	930	1000	2930	2
Ben	Mackervoy	DVO	10	1000	829		718			2547	3
Peter	Mackervoy	DVO	8	373	1000					1373	4

White Course - Girls/Ladies

Rhiannon	Emery	NOC	10	988			930	1000		2918	1
Lauren	Emery	NOC	7	1000			891	818		2709	2
Alexa	Lindsay	DVO	10	574	356				786	1716	3
Reed	Lydon	LEI	10					482	1000	1482	4

Yellow Course - Boys/Men

Jamie	Lowthian	NOC	10			667		1000	1000	2667	1
James	Peet	NOC	12					915	707	1622	2
Russell	Kirk	RAFO	16			303	463	381	205	1352	3
Ben	Mather	LOG	7			529	448	292		1269	4

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Andre	Fougo	RAFO	14			436	661		1097	5
Yellow Course - Girls/Ladies										
Maria	Locke	RAFO	16			1000	728	1000	609	3337 1
Sarah	Duckworth	DVO	10	1000	1000					2000 2
Eleanor	Cooley	NOC	12					961	1000	1961 3
Isabella	Edwards	DVO	8		816		1000			1816 4
Rachel	Kirk	RAFO	20			619	398	425		1442 5
Orange Course - Boys /Men										
Louis	Forshaw-Perring	DVO	12	1000	1000		1000			3000 1
Ethan	Tebbutt	LEI	10			1000	832	962		2794 2
Nicholas	Gordon	DVO	14	873	890		688			2451 3
Jacob	Pulling	RAFO	16			535	392	716	697	2340 4
Alex	Wright	RAFO	16				984		971	1955 5
Simon	Warrener	NOC			749			1000		1749 6
Joe	Uprichard	DVO	12		968		737			1705 7
Thomas	Webster	NOC			696			556		1252 8
Orange Course - Girls /Ladies										
Imogen	Wilson	LEI	12			975	1000	1000	1000	3975 1
Nicola	Northcott	DVO	14	1000	1000	1000	959			3959 2
Heather	Stacey	RAFO	16			569	411	938	482	2400 3
Light Green Course - Boys /Men										
Finn	Lydon	LEI	12			902	1000	821	822	3545 1
Simon	West	LEI		1000	656	985		777		3418 2
Luke	Fortune	RAFO	14			517	922	655	999	3093 3
Jack	Lord	NOC	14	606	823	705				2134 4
Andrew	Oxby	RAFO	16				749	566	703	2018 5
Nicholas	Wilson	LEI				980		1000		1980 6
Kieran	Huggan	NOC				1000		818		1818 7
John	Cooke	DVO	65		886		782			1668 8
Dominic	Leake	LEI		739	909					1648 9
Kevin	Bradley	LEI	55			793			787	1580 10
Light Green Course - Girls /Ladies										
Joanne	Goodhead	DVO	14		976	655	831		888	3352 1
Margaret	Buckland	NOC	70		824	744		802	737	3107 2
Hannah	McNab	RAFO	16			978	879		1000	2857 3
Molly	Smith	LEI	65			793	761		648	2202 4
Wendy	West	LEI	45	575	480		536		541	2132 5
Kirsten	Williams	DVO		979	1000					1979 6
Charlotte	Webster	NOC		943	932					1875 7
Silvia	Ruiz	LEI	35			681		509	672	1862 8
Sophie	Gordon	DVO		829	938					1767 9
Bella	Williams	LOG	14				1000	745		1745 10
Green Course - Boys /Men										
David	Anderson	LEI	70		745	817	852	1000	980	4394 1
Tony	Buckland	NOC	75		789	767	786	776	988	4106 2
Stephen	Wright	NOC	65		1000		909	986	918	3813 3
Ernie	Williams	LEI	65	738		645	658	738	873	3652 4
Andy	Hawkins	DVO	60			746	782	972	974	3474 5
John	Woodall	NOC	70	659	630		622	771	791	3473 6
Dave	Skidmore	DVO	65		752		743	969	972	3436 7
Andrew	Breakwell	NOC	60	805			887	663	1000	3355 8
Alan	West	LEI	50	694	496		684	735	752	3341 9
Peter	Leake	LEI	70		951	1000	1000			2951 10

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Green Course - Girls /Ladies

Ruth	Ellis	DVO	60		627		944	935	969	3475	1
Margaret	Keeling	DVO	60		571	820	922		689	3002	2
Liz	Heaton	LEI	21		361	565	591	647	739	2903	3
Rachel	Davis	DVO	45				915	911	1000	2826	4
Cathryn	Goodhead	DVO	45		540	675	820		760	2795	5
Victoria	Littlewood	NOC			671	776		1000		2447	6
Jessica	Beresford	NOC			631	781		881		2293	7
Barbara	Tebbutt	LEI	45		599		826	858		2283	8
Sarah	Edwards	LOG			573		839	813		2225	9
Hayley	Fox		35		421		811	768		2000	10

Blue Course - Boys /Men

Keith	Roberts	NOC	50	699	714	866	718		745	3742	1
Robert	Haskins	LEI	60			893	877	945	791	3506	2
Michael	Nell	RAFO	60			910	805	846	876	3437	3
Roger	Edwards	LEI	60		828	915	720	941		3404	4
Ian	Wilson	LEI	45			885	740	853	865	3343	5
Graeme	Huggan	NOC	50			889	765	766	654	3074	6
Michael	Lindsay	DVO	60	636	810	878			619	2943	7
Ben	Beresford	NOC		1000	1000			860		2860	8
Simon	Ford	LEI		918	974	950				2842	9
Derek	Gale	DVO	65			966	891	951		2808	10

Blue Course - Girls /Ladies

Ursula	Williamson	LEI	45	711	679	851	770	728	805	4544	1
Kim	Buxton	DVO	50	857	820		936	946	951	4510	2
Alison	Hardy	LEI	45	932		1000		1000	1000	3932	3
Joanne	Nell	RAFO	45			757	946	935	879	3517	4
Tanya	Taylor	LOG	40		854			803	904	2561	5
Sue	Russell	DVO	45	816	766		893			2475	6
Jeanne	Gaudin	LOG			671		879	874		2424	7
Rebecca	Perring	DVO		716	741		792			2249	8
Rachel	Davis	DVO		604	657	747				2008	9
Alison	Wright	LOG				587	683	587		1857	10

Brown Course - Boys /Men

Paul	Mirgatroyd	LOG	40		777	973	958	993	939	4640	1
Steve	Green	NOC	55			982	940	921	819	3662	2
Paul	Goodhead	DVO	50		743	879	876		752	3250	3
Russell	Buxton	DVO	50		644		868	827	793	3152	4
David	Bray	LEI				811	841	899		2551	5
Dave	Denness	LOG	50			834	888		779	2501	6
Liam	Harrington	LOG	21				807	824	808	2439	7
Mark	Webster	NOC		734			707	776		2217	8
Matt	Green	NOC	18			648	816		722	2186	9
John	Mather	LOG	40			778		714	684	2176	10

Brown Course - Girls /Women

No entry so far

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East Midland Champs

The East Midland Champs took place at Cademan Woods on 3rd April. I can't provide a report as I was sunning myself in Tenerife that day. However, below are the winners of the East Midlands trophies.

Class	Winner	Club		Class	Winner	Club
M10	Ethan Tebbutt	LEI		W10	Sarah Duckworth	DVO
M12	Nicholas Wilson	LEI		W12	Charlotte Webster	NOC
M14	Euan Tebbutt	LEI		W14	Jessica Beresford	NOC
M16	Ben Beresford	NOC		W16	Harriett Lawson	DVO
M18	Samuel Horsewill	NOC		W18		
M20				W20		
M21	Richard Robinson	NOC		W21	Jeanne Gaudin	LOG
M35	Roger Phillips	LEI		W35		
M40	Paul Murgatroyd	LOG		W40	Catherine Hughes	NOC
M45	John Duckworth	DVO		W45	Sal Chaffey	DVO
M50	Paul Addison	DVO		W50	Kim Buxton	DVO
M55	Simon Elliott	NOC		W55	Lindsey Freeman	LOG
M60	Roger Edwards	LEI		W60	Hilary Palmer	NOC
M65	Doug Dickinson	DVO		W65	Helen Finlayson	DVO
M70	Peter Leake	LEI		W70	Margaret Buckland	NOC
M75	Tony Buckland	NOC				

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.

EMEWS

April

Sat 9 th	SE	SO	Level A	British Sprint Championships, Brighton & Sussex Universities, Falmer (Brighton).	Brighton & Sussex Universities	O:13/3	TQ350090
Sat 9 th	EM	DVO	Level D	DVO Local Event	Poolsbrook Country Park	EOD	SK435735
Sun 10 th	SE	SO	Level A	British Middle Distance Championships, Worthlodge Forest, Crawley, West Sussex.	Worthlodge Forest	EOD	TQ310350
Wed 13 th	EM	DVO	Level D	DVO Summer Series	West Park School, Spondon	EOD	TBC
Thu 14 th	EM	LEI	Level D	Loughborough University - Summer League 2	Loughborough University	EOD	TBC
Sat 16 th	EM	DVO	Level D	DVO Local Event for park's 100th anniversary	Hall Leys Park	EOD	SK299601
				In the centre of Matlock by the river, no event parking. Starts 11:00 to 15:00. Organiser - Viv Macdonald (viv.macdonald@btinternet.com) White to Light Green.			
Sun 17 th	YH	SYO	Level C	SYO Regional Event	West Haigh	EOD	TBC
Sun 17 th	EM	DVO	Level C	DVO Regional Event & EM League	Crich Chase	EOD	SK345530
				There is only limited parking available, so please share transport where possible. Cars with only one occupant will be parked 1.5km from assembly area. For competitors wishing to meet en route to the event, there is a free car park off Belper Market Place at the Coppice (post code DE56 1FZ, grid ref. SK350474); this car park is also near to Belper railway and bus stations			
Tue 19 th	EM	LEI	Level D	Wakerley Woods - Summer League 3	Wakerley Woods	EOD	TBC
Wed 20 th	EM	DVO	Level D	DVO Summer Series	Darley Park	EOD	SK353384
				Darley Barn, North end of park, entrance from car park off Darley Street. Starts 6:30 to 7:30 Courses White/Yellow, Orange and Light Green level Challenge. Rex Bleakman - rexbleakman321@btinternet.com			
Thu 21 st	EM	LOG	Level D	Summer Series 2/9	Ostlers Plantation	EOD	TBC
Fri 22 nd	NI		Level A	Jan Kjellstrom Orienteering Festival - JAN KJELLSTROM ORIENTEERING FESTIVAL	Stranmillis University College		TBC
Sat 23 rd	NI		Level A	Jan Kjellstrom Orienteering Festival - JAN KJELLSTROM ORIENTEERING FESTIVAL	Tyrella South		TBC
Sun 24 th	NI		Level A	Jan Kjellstrom Orienteering Festival - JAN KJELLSTROM	Slieve Croob		TBC

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				ORIENTEERING FESTIVAL			
Mon 25 th	NI		Level A	Jan Kjellstrom Orienteering Festival - JAN KJELLSTROM ORIENTEERING FESTIVAL	Tyrella South		TBC
Thu 28 th	EM	LEI	Level D	Treasure Hunt - Summer League 4	Treasure Hunt	EOD	SK604087
		Watermead Mammoth Car Park - Chris Bosley					
Sat 30 th	EM	DVO	Level D	DVO Summer Series	Rosliston F. C.	EOD	SK243175
		Rosliston Forestry Centre, South of Burton. Courses White, Yellow, Orange & Light Green. Starts 10:30 to 12:30 Fees £3/£1.50. Rex Bleakman - rexbleakman321@btinternet.com					

May

Wed 4 th	EM	DVO	Level D	DVO Summer Series	Repton School	EOD	SK301271
		Repton School, Nr Repton. Courses White/Yellow, Orange and Light Green level Challenge Fees £2/£1. Rex Bleakman - rexbleakman321@btinternet.com					
Thu 5 th	EM	LOG	Level D	Summer Series 3/9	Chambers Farm Woods	EOD	TBC
Thu 5 th	EM	LEI	Level D	Stanton under Barton - Summer League 5	Stanton under Barton	EOD	SK466101
		Steve Edgar - Short /Medium & Long courses					
Sat 7 th	EM	DVO	Level D	DVO Local Event & Summer League	Ilam Country Park	EOD	SK131506
		Ilam Country Park, Nr Ashbourne. Courses White, Yellow, Orange & Light Green (including Micro section). Starts 10:30 to 12:30. Fees £3/£1.50. Mike Godfree - Mike.Godfree@btinternet.com					
Sun 8 th	YH	EBOR	Level B	O-Spring in Yorkshire - Day 2 - Classic Distance Event	Barns Cliff	EOD O: 29/4 P: 29/4	SE964944
Sun 8 th	EM	NOC	Level D	Colour Coded Event	Harlow Wood	EOD	SK550568
		Signed from A60 south of Mansfield at SK 547577. Parking - On Forest roads in mapped area. Access from A60 at SK 547577 and exit at SK548573. Starts 10:30 - 12:30. Si. Dogs permitted under control. £8/£2 (£2 discount for BOF members). Eva Wheeler 07810 454045 org20110508@noc-uk.org					
Tue 10 th	EM	LEI	Level D	Snibston - Summer League 6	Snibston	EOD	TBC
		Urban Event - Short Medium & Long - Alistair Paterson					
Fri 13 th	EM	DVO	Level D	DVO Summer Series	Oakwood	EOD	SK382386
		Oakwood Street Event, Oakwood, Derby (from shops in middle of Oakwood) Mike Gardner - mikegardvo@sky.com					

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Sat 14 th	YH	SYO	Level A	British Orienteering Championships - British Orienteering Championships - Individual	Wharnccliffe and Greno Woods	EOD	SK323955
Sun 15 th	YH	EPOC	Level A	British Orienteering Championships - British Orienteering Championships - Relays	Tankersley Woods	EOD	SK343980
Wed 18 th	EM	LEI	Level D	Aylestone - Summer League 7	Aylestone	EOD	TBC
North Car Park, from Aylestone Road, Short, Medium & Long courses - Nigel Lydon							
Thu 19 th	EM	LOG	Level D	Summer Series 4/9	Twyford Woods	EOD	TBC
Fri 20 th	EM	DVO	Level D	DVO Summer Series	Allestree Park	EOD	SK352398
Rob Shooter - shooterfamily@hotmail.com							
Sat 21 st	NW	LOC	Level B	LOC NWOL Weekend - Bigland	Bigland	EOD O:15/5 P:15/5	SD358835
Sun 22 nd	NW	LOC	Level B	LOC NWOL Weekend - Holme Fell	Holme Fell	EOD O:15/5 P:15/5	NY315016
Sun 22 nd	EM	DVO	Level C	DVO Regional Event & EM League	Kedleston	EOD	SK312405
Thu 26 th	EM	LEI	Level D	Cademan - Summer League 8	Cademan Woods	EOD	TBC
Sat 28 th	WM	HOC	Level B	Springtime-in-Shropshire Weekend	Brampton Bryan	EOD	SO355712
Sat 28 th	Scot	ESOC	Level A	Scottish Individual Championships	Auchengarrich	EOD	NN795197
Sun 29 th	WM	WRE	Level B	Springtime-in-Shropshire Weekend	Mortimer Forest - High Vinnals	EOD	TBC
Sun 29 th	Scot	INT	Level B	Scottish Relay Championships	Drummond Estate	EOD	TBC
Tue 31 st	EM	LEI	Level D	Bagworth - Summer League 9	Bagworth	EOD	TBC

June

Wed 1 st	EM	DVO	Level D	DVO Summer Series & Bike-O	John Port School, Etwall	EOD	SK226317
Thu 2 nd	EM	LOG	Level D	Summer Series 5/9	Stapleford Woods	EOD	TBC
Sun 5 th	YH	AIRE	Level B	AIRE Town & Country Weekend - YHOA Superleague	Langstrothdale Chase	EOD O:29/5 P:25/5	SD906787

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Sun 5 th	EM	NOC	Level C	Nottingham City Race	Nottingham City	EOD	SK572399
		<p>Entries are preferred at Fabian4, before the closing date on Sunday 29 May 2011. £10/£4 (£2 reduction for BOF members). Assembly in Nottingham Market Place. Starts 10:00 - 12:00 Map - Updated and newly drawn by award winning mapper David Olivant, to include previously unused areas to the north of the City Centre, and to provide some intricately detailed navigational challenges. Eva Wheeler 07810 454045 org20110605@noc-uk.org</p>					
Thu 9 th	EM	LEI	Level D	Soar Valley College - Summer League 10	Soar Valley College	EOD	TBC
Sat 11 th	Scot	MOR	Level B	Moray Mix Weekend - Day 1 - Nopesport Urban League - Lossiemouth	Lossiemouth Community Centre	EOD O: 7/6 P: 5/6	NJ227700
Sat 11 th	NW	MDOC	Level B	MDOC Town and Country Weekend	Macclesfield Forest North	EOD O: 5/6 P: 1/6	SJ970720
Sun 12 th	Scot	MOR	Level B	Moray Mix Weekend - Day 2 - Scottish O League 4 - Culbin Forest	Culbin Forest (East)	EOD O: 7/6 P: 5/6	NH997614
Sun 12 th	WM	HOC	Level D	HOC Local Event	Baggeridge	EOD	SO898931
Sun 12 th	NW	MDOC	Level B	MDOC Town and Country Weekend	Tytherington High School, Macclesfield	EOD O: 5/6 P: 1/6	SJ910730
Sun 12 th	EM	NOC	Level D	NOC Summer League	Forest and Arboretum	EOD	TBC
Tue 14 th	EM	LEI	Level D	Swithland Woods - Summer League 11	Swithland Woods	EOD	TBC
Wed 15 th	EM	DVO	Level D	DVO Sumer Series	Hall Leys Park, Matlock	EOD	SK297600
Thu 16 th	EM	LOG	Level D	Summer Series 6/9	Grantham Town	EOD	TBC
Fri 17 th	EM	DVO	Level D	DVO Summer Series	Buxton Pavilion Gardens	EOD	SK050730
Sat 18 th	EM	DVO	Level D	DVO Local Event	Shipley Country Park	EOD	SK432454
Wed 22 nd	EM	DVO	Level D	DVO Summer Series	Markeaton Park	EOD	SK335370
Thu 23 rd	EM	LEI	Level D	Watermead East - Summer League 12	Watermead East	EOD	TBC
Sun 26 th	EM	NOC	Level D	NOC Summer League	Rushcliffe Country Park	EOD	TBC
Wed 29 th	EM	LEI	Level D	Fosse Meadows - Summer League 13	Fosse Meadows	EOD	TBC
Thu 30 th	EM	LOG	Level D	Summer Series 7/9	Riseholme Park	EOD	TBC

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July

Fri 1 st	EM	DVO	Level D	DVO Summer Series	Elvaston Castle	EOD	SK407330
Sat 2 nd	EM	DVO	Level D	DVO Summer Series	Swadlincote Woodlands	EOD	SK305193
Sun 3 rd	WM	OD	Level D	OD Colour-coded Event Burton Dassett Hills	Burton Dassett Hills Country Park	EOD	SP396519
Tue 5 th	EM	LEI	Level D	Judgemeadow / Evington - Summer League 14	Judgemeadow / Evington	EOD	TBC
Sun 10 th	EM	NOC	Level D	NOC Summer League	Berry Hill	EOD	TBC
Thu 14 th	EM	LOG	Level D	Summer Series 8/9	Stamford Town	EOD	TBC
Thu 14 th	EM	LEI	Level D	Grange Wood - Summer League 15	Grange Wood	EOD	TBC
Sat 16 th	EM	DVO	Level D	DVO Summer Series	Queens Park, Chesterfield	EOD	TBC
Sat 16 th	YH	SYO	Level C	Harvester Weekend - Middle Distance Event	Bowden Housteads	EOD	TBC
Sat 16 th	YH	SHUOC	Level D	Harvester Weekend - Ultrasprint	Ecclesall Woods	EOD	TBC
Sun 17 th	YH	SHUOC	Level B	Harvester Relays	Ecclesall Woods	O: 10/07/11	SK311825
Sun 17 th	YH	SHUOC	Level C	Harvester Weekend - YHOA Urban League	Dore	EOD	TBC
Wed 20 th	EM	DVO	Level D	DVO Summer Series	Abbot Beyne	EOD	SK262234
Wed 20 th	EM	LEI	Level D	Rough Clos, Coventry - Summer League 16	Rough Close, Coventry	EOD	TBC
Sun 24 th	EM	NOC	Level D	NOC Summer League	Bulwell Forest	EOD	TBC

Most of the East Midlands clubs has a Summer League programme. Full details of the events are available on each clubs website, and given these events are small and local they are more subject to change, so it is best to check the websites for details closer to the event dates.

Alternatively contact the club person responsible for the events:

LEI - Mark Foxwell (m_foxwell@yahoo.co.uk)

DVO - Mike Gardner (mikegardvo@sky.com)

LOG - Sean Harrington (01522 791344)