



THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

MAY - JUNE
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: **15th August 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 discussing what scale maps we need for the different types of events.

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ADVANCE NOTICE FOR YOUR DIARY

**The
Annual General Meeting
of the
East Midlands Orienteering Association
is to be held on
Monday 17th October 2011
at the
Pace Room, St Mary's Church, Clifton Village
Nottingham
at 7.30 p.m.**

All members of the Association are welcome to attend

Tea and biscuits will be provided

EMOA Committee Meeting Report - June 6th 2011

Note: Unfortunately I was unable to attend as I had a work commitment in the US. This report is based on the minutes produced by Secretary Bob Alderson.

Treasurer's Report - The Treasurer has moved some funds in to a 3 month fixed term bond to earn better interest. Overall we are hosting more events but currently seeing lower participation in those events, thus seeing less income than expected.

EM League 2011 - The series is going well so far. See tables later in EMEWS.

EM League 2012 - The aim is to try to include different types of events in the league moving forward. All clubs agreed they want to see the inclusion of 2 urban events in the 2012 League (where they use the BO recommended courses), though still to work out scoring for these events. In addition it was agreed that the Short Green should be included alongside the existing 7 Colour Coded Courses in the League.

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

- 16th October 2011 - Compass Sport Cup Final - All still to plan.
- 3rd February 2013 - Midland Champs planned to be in Sherwood Forest - though some problems with landowner communication and Natural England priorities.
- April 20th 2013 - British Sprint Champs - Loughborough University - 24 month embargo
- April 21st 2013 - British Middle Champs - Stanton Moor 24 month embargo.

- 7th July 2013 - Yvette Baker Trophy Final - LOG are looking to host at Belton.
- November 2013 - British Schools Championships - DVO will host at Shipley Park - all OK.

Newcomer Membership - The response from BO about free membership for first year is that it is not currently possible if you sign up electronically on the BO website to arrange this. It is recommended that new members should do a paper entry so they can get the free membership period.

JK 2014 - Wales OA have requested assistance with organising JK2014 (especially from regions like ourselves where we don't normally have areas to host the JK. The committee were supportive of helping out anywhere from assisting on one day, or even taking one of the areas (e.g. Start) for the whole event. The EMOA Chair will communicate our interest to WOA and see what they want us to do.

BO Board - Congratulations to Judith Holt and John Woodall for their election to the BO board.

BO aim to develop 100 satellite clubs - details to be published soon. EMOA well on track with their development of such clubs.

Rules Group - Ernie's minutes are available elsewhere in EMEWS. A few key points were that there is a need to record all involved in an event, including competitors on all Courses including those on String Courses, and all helpers whether competing or not, for insurance purposes. In addition Ernie reported that the review of Grade 2 Controllers has been completed and all Associations have been asked to complete review of Grade C Controllers.

Map Group - David Olivant is the new Chair of Map Group. Congratulations were offered to Don Moir on being highly commended in the Chichester Trophy for his Belvoir map.

Senior Competitions Group - Compass Point Masters Cup 2012 will be published soon with 8 events to count from 18.

Junior Competitions Group - JCG asked for feedback to Major Event Group on major events (Level A) and junior participation.

The Rules and Guidelines for most of these events have not changed substantially since last year. Minor changes were made to correct the estimated winning time for M16 at the long distance races. However the British Sprint was a new event with heats and a final. Some questions are asked for our comments.

- 1 M/W 10 had one heat leading to one final - should this have just been a final?
- 2 M 12 had three heats, (2 -1 -1 in each heat) leading to 1 final
W12 had 3 heats, (2 - 1 - 2 in each heat) leading to 2 finals A and B (4 - 1) Should this have been just 1 final?
- 3 Should M/W 14 have had only 2 heats? Any other comments on Level A events and juniors?

EMOA agreed not to recommend any changes at this time after only one year of competition.

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National Forest - As the budget is significantly reduced, there are limited new opportunities. Meetings of the Forest Board have been reduced from 4 pa to 2 pa so effective involvement and influence decreases. Roy Denney was thanked for his successful work and his continuation in the role is fully supported.

EMOA Committee Meetings - The new format of meetings will be continued. The venue for the next meeting will be Clifton Church Hall, Pace Room at 7:30pm. This meeting will cover in the additional section the EM Development Plan and planning of the EMOA AGM.

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Post EM Meeting - EM Constitution and Plan

It was agreed that there is a need to keep membership fees and levies as low as possible, so the plan is to continue with the current levels, using any surplus funds to do this for as long as possible.

Looking forward there should be a reserve available of around 3 years budget as a reserve (which currently would mean around £7,500).

It was agreed that a formal development plan would be drafted and circulated to clubs by July 31st and then discussed at the next EM meeting.

In addition it was agreed to invite representatives of the EM satellite clubs to the next meeting to provide a 2 minute presentation on their activities.

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Post Meeting - BO Governance Review

Many of you will have seen the articles in BO Focus magazine. The main comments raised by EMOA were:

1. Yes, there is a need for change.
2. The changes as outlined may or may not be the correct way to ensure a healthy future for orienteering in Britain.
3. Democracy and representation is important. Do Associations still have a meaningful role in the future?
4. Getting the right expertise is important at all levels of the sport.
5. We need more detailed information from British Orienteering in order to be fully involved in the consultation process and subsequent implementation.
6. The presentation of the document implies imposition rather than proper consultation with the membership.
7. Can the tension between Director's responsibilities and member's involvement be better balanced?

Report to EMOA on the meeting of Rules Group in central Birmingham on 4th June 2011

Present: Representatives from EAOA, EMOA, NEOA, SCOA, WMOA, WOA, YHOA and Events Manager Helen Errington.

Apologies: Received from NWOA, SEOA, SOA and SWOA Representatives.

The following items were discussed:

(a) Update on the role, training and accreditation of Controllers: Club Fixtures Secretaries now able to access detailed database re all Grades of Controllers. This access also needs to be available to those in Regions responsible for Controllers. Also agreed that basic Controller information - Name, Grade, Club - to be available to all on BO website. Grade B Controller returns from Associations have been received from Association Representatives and British Orienteering database updated re 'Qualifications and Licensing'. Grade C Controllers returns are required from all Associations, who are asked to process returns re Grade C Controllers in the next few months and to delete from Association list any Controllers who do not respond to request re information update.

(b) Roll-out of Safety Training courses: Currently on-going with trained 'Tutors' now available in several Regions. It is hoped that these 'Tutors' will be able to train members of their own Clubs and also, if possible, members from neighbouring Clubs.

(c) Training Course materials: Comments have been received and it was agreed to update course materials re new Rules etc. and also obtain new maps, overprinted courses and control descriptions, particularly for Controller and Planner Grade B and Grade C Courses.

(d) Mapper Accreditation: Possibility in future of mappers to have at least two levels of Grade e.g. 'Map Technician' (ability to survey and update/upgrade existing map) and 'Mapper' (ability to produce full orienteering map from initial survey to print).

(e) Governance Review of Committees and Groups: Discussion took place on Rules Group feedback to the Board. Concern was expressed re Terms of Reference and the ownership and responsibility for a wide range of matters related to the Rules, the Appendices, the Competition Rules, the Generic Guidelines and a variety of advice documentation. Clear and enhanced communication is seen as being vital together with equally clear ownership and responsibility. It is believed that Rules Group works well with input from Regional Representatives who bring a wide variety of experience and knowledge to aspects of the sport and the point of view of those at the grassroots. As such Associations and their Representatives have a real role to play in the administration of the sport. Concern was also expressed as to what criteria - such as 'How', 'By Whom' and 'Definition of expertise' - will be used to create the proposed new Committees, Standing Groups and Working Groups, members of whom will consist of 'experts in their field'. Clarification is therefore required re the process of selection of Committee/Standing Group/Working Group members. If there is to be a new 'Standing Rules Group' then the expectation is that it will be provided with suitable Terms

of Reference and be responsible to the proposed 'Events and Competitions Committee' and ultimately to the Board.

(f) Update on Rules and Guidelines Review: Still ongoing - probability of complete rationalisation with title of document and date of issue paramount. Also documentation to be available as one all-embracing download or as specific sections e.g. Rules and Appendices, Competition Rules etc. Need for an 'Index' to be available if at all possible. Stress placed on need, for insurance purposes, for full record to be kept of all competitors at an event together with details of all helpers whether competing or not, and it will be necessary to suitably amend text in all Rules, Guidelines etc.

(g) Feedback and review of Level B events re adherence to 2011 Guidelines: Helen Errington has produced spreadsheet of January to May 2011 Level B Events (very detailed for the thirty one January to March Events, less detailed for the eight April to May Events) plus analysis of Events and comments from Event Organisers and Controllers. Amongst multitude of details it was noted that majority (twenty one of the thirty one Events) have less than 400 competitors and that only two Events had over 500 competitors. Also, when available, Very Short Green and Long Orange Courses have attracted very few competitors. Clubs need to ensure that link from BO website re Fixtures List goes directly to Event 'Flyer/Information Page' or, failing that, to 'Club Fixtures List' page on website.

(h) Competition Rules A to E - Eligibility for British Championships: BO Board has tasked Helen Errington to produce a statement for future BO Board decision re changes to 'Eligibility Qualification' for British Championship Events - amongst the possibilities discussed by Rules Group were:

(i) No restriction and open to all-comers;

(ii) Only those eligible who are British Passport holders

(iii) Those eligible must be British Passport holders or qualify by length of residence over a specified number of years.

(i) Competition Rule B - British Middle Championships and Competition Rule C - British Sprint Championships: These documents are being revised, particularly the latter, following the 2011 British Championships and JK.

(j) Competition Rule E - British Night Championships: Course length table and estimated winning times for older male competitors to be revised by David May to bring it in line with other Competition Rules.

(k) Map scales of 1:10,000 for all age classes M/W35+ at Level A Long Distance Events - to bring in line with World Masters? A lengthy discussion took place in light of recent major events - Rules Group Chair to discuss with Map Group Chair David Olivant. Also, the revised Appendix H - Mapping is now available from the Chair of Map Group. Agreed to change 'must' to 'shall' throughout document and other suggested amendments to be discussed with DO.

(l) Timed starts and dealing with people turning up late: Following use at a recent major event of the 'half-minute' in between full-minute allocated starts it was agreed that, in exceptional circumstances, it had been worthwhile but that no change would be made at the present time to the current wording of Rule 8.1. It was agreed that this matter needed to be included in the annual Major Events Conference training sessions for Organisers and Controllers.

(m) Issue of maps to TD1 and TD2 competitors: After discussion it was agreed that JCG should be asked their view on the following before decision finally made - at Level C and D Events competitors on White and Yellow Courses can have map at Registration/Assembly or at pre-Start area, at Level B Events all competitors on White and Yellow Courses can have their map issued in the start lane(s) irrespective of whether pre-entry for Age Class or EOD, and for Level A Events competitors who are EOD only on White and Yellow Courses shall have their maps issued to them in a separate start lane to all other competitors.

(n) Updates to Junior Competition Rules from JCG: The existing Competition Rules have been revised and the draft is presently under discussion between the JCG Chair, Rules Group Chair and Event Manager Helen Errington.

(o) Event Summary / Overview of Event Structure - to be Guideline A or new Appendix A? Agreed to have new Appendix A - Event Structure, and recommend that Appendix F - Environmental Policy - to be an 'Advice/Information Document' rather than an Appendix - and to review all Appendices in light of these decisions.

(p) Guideline B Course Tables: After review it was agreed to amend the existing Course Tables and to have Table for Large Level B Events (over 400 competitors), Table for Small Level B Events (up to 400 competitors) and a Table for Level C Events.

(q) Appendix G - Protests, Juries and Appeals: David May to review, revise and report back to Rules Group.

(r) Appendix J - Championship and Badge Schemes: Revision awaiting outcome of Competition Review and Incentive Schemes.

(s) Generic Night Event Guideline: Currently being drafted by Arthur Vince.

(t) Controller from same club for Level B event - Rule variation request on behalf of Croeso 2012: Following discussion on request from WOA variation approved.

(u) Grade A Controller applications - Richard Oxlade (SOA) and Donald Grassie (SOA): Both applications approved on the understanding that, having undertaken Grade 1 Controller Training in SOA Region in 2010, the two Controllers attend a future BO Major Events Conference.

(v) Any Other Business. There were four items of AOB from Associations:

(i) Teleconferencing - it was agreed to look into this e.g. use of 'Go To Meetings' program but to wait for conclusion of the Governance Review and possibility of new Committees, Standing Groups and Working Groups.

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(ii) Northern Championships and SI disqualification - competitor had Officials interrogate SI box on his behalf and due to technical glitch he was re-instated following 'interrogation of SI box'.

(iii) Major Events Handbook and Checklist - still ongoing and in a draft state.

(iv) Two year embargo for Level A Events - following discussion it was agreed to keep the Level A embargo at 24 months and the Level B embargo at 12 months with no embargo for Level C and D Events.

(w) Date and venue of next Meeting: Agreed to be on 29th October 2011 in central Birmingham at 12.30 p.m. #

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I DON'T WANT TO SCARE YOU BUT

by Roy Denney

Lyme Disease is a fairly rare illness, but it has recently started to become more prevalent and the risk of infection should not be ignored. It is caused by bacteria carried by ticks and people who run or walk in the countryside through rough vegetation are most at risk. Ticks are found in any moist, rough vegetation in woodland, heath and moorland areas including deep vegetation such as bracken and often in others that are decaying in mats such as sedges, grasses etc. growing in also in leaf litter within deciduous woods and at woodland edges, in glades and by paths.

Most organisations whose members are active in the wider outdoors do issue some advice which is just as well as there is a widespread lack of knowledge and awareness regarding tick-borne diseases. Many people with typical symptoms will not actually be tested for the presence of even the most common of the diseases. For those who are tested for one or more of the possible diseases, a negative (and thus inconclusive) test will generally result in further investigation being abandoned. Few people will be lucky enough to see a GP with sufficient knowledge to give a clinical diagnosis, i.e. based on symptoms, knowledge of a tick bite event, etc.

It is suggested that official statistics for prevalence of tick-borne diseases in Britain are an underestimate of the true picture due to the apparent clinical unreliability of laboratory tests. It is very likely that the majority of people suffering from tick-borne diseases do not receive treatment at all because their symptoms remain undiagnosed or misdiagnosed.

Lyme disease is perhaps the most common of the diseases carried by ticks in the UK and symptoms can develop within weeks. They may include tiredness, chills, fever, headache, muscle and/or joint pain, swollen lymph glands and blurred vision. A characteristic skin rash may appear which is generally a circular rash that may clear in the centre, resulting in a "Bull's eye" appearance. It can expand and move around the body.

If early symptoms are not recognised, serious complications can develop weeks, months, or even years later. It is likely that infected ticks need to be attached to the body for at least a day before they can transmit the bacteria to us so diligence is very much needed to remove them carefully before any damage is done. When fully fed they can increase to the size of a grape pip, but unfortunately the larvae are smaller than a pin head and often difficult to spot.

Later stage symptoms include arthritis in the large joints, which can recur over many years. Nervous system problems are common, e.g. numbness, meningitis (with fever, stiff neck and severe headache), Bell's palsy (paralysis of the facial muscles) and memory problems. Some people experience irregularities of the heart rhythm.

Lyme disease should be diagnosed by a physical examination and medical history. This clinical diagnosis may in some cases be supported by laboratory testing. Diagnosis based on tests alone is not reliable - a negative result does not mean that the disease is not present. Symptoms can mimic those of other diseases. Diagnosis is easiest when there is a skin rash but this occurs in less than half of sufferers.

The best way forward would be more education of GPs most of whom rarely ever meet the problem. Unfortunately they may well become more used to this problem as the incidences increase. Even if diagnosed the treatment is ill defined.

It is very difficult to avoid ticks because they can be found in urban parks and gardens, as well as typical countryside locations. It is possible for you or your pets to bring ticks into your home. The best strategy is 'awareness'. Check yourself for ticks whenever you have visited a place where they may have been present. Do this both immediately and for up to three days after any outdoor visit. This may allow you to see any adult tick that has attached. Once it has started to feed, its blood-engorged body will make it very visible. If you find a tick, remove it as soon as possible. This is all very well but for those of us involved in outdoor sports this means daily inspections all the time.

Ticks can locate their prey by detecting host body heat, carbon dioxide and ammonia. They may crawl towards a stationary host or stretch out their front legs, equipped with tiny 'grappling hooks' in order to attach to a passing host. So anything you can do to thwart these tactics may help you to avoid tick bites. There are many suggestions about how to stop ticks reaching your skin but there has been little measurement of their effectiveness. Awareness still remains the best strategy.

You can make it more difficult for a tick to reach your skin by wearing shoes rather than sandals and tucking long trousers into socks. Keep to the middle of paths and do not sit on the ground in suspect areas. For those of us who run through undergrowth, full body cover is a must in suspect locations which means anywhere where livestock grazes particularly deer. Ticks can be more easily seen on white or light-coloured clothing.

You should check your pets for ticks when they come into the house and especially before letting them onto carpets bedding or near soft furnishings. Consider using anti-tick pesticides for them.

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There are several myths about removing ticks if you have been bitten. Don't squeeze or twist the body of the tick, as this may cause the head and body to separate, leaving the head embedded in your skin and making the creature disgorge the contents of its stomach into your bloodstream.

It is highly advisable not to use your fingernails to remove a tick. Infection can enter via any breaks in your skin, e.g. Close to the fingernail. Do not try to burn the tick off, apply petroleum jelly, nail polish or any other chemical. Any of these methods can cause discomfort to the tick, resulting in regurgitation, or saliva release.

The best way to remove the beastie is probably to use tweezers dipped in antiseptic grasping the tick as close to the skin as possible without squeezing the tick's body. Pull the tick out without twisting - there may be considerable resistance. Another method is to tie a single loop of cotton around the tick's mouthparts, as close to the skin as possible, and then pull gently but firmly, upwards and outwards

Wash your hands after any such work and in case you develop symptoms later, save the tick in a container although sticky tape or a folded tissue should suffice, making a note of the date and location. Taking it to your GP will help him to arrange tests for the problems. Also if possible, ask the doctor to return it to you after it has been analysed and send it, in the interests of research, to the Institute of Virology and Environmental Microbiology, Mansfield Road, Oxford OX1 3SR, saying where the infection occurred.

The Health Protection Agency is currently investigating ticks and details are available at www.lymediseaseaction.org.uk/information/tick.htm or from the HPA at www.hpa.org.uk.

The answer is to take care and be aware. You are most at risk of Lyme Disease when towards the south of England but unfortunately I am informed that recently a case arose near Loughborough.

The best advice is to carefully examine your body for ticks after every time you are in a possible danger area bearing in mind particularly their favourite locations; behind the knees, under the arms and on the scalp. Your groin area is also at risk. You should also carefully inspect all clothing, brushing thoroughly when in any doubt because ticks can crawl on clothing to reach their favourite meals.

Insect repellents containing Permethrin or DEET do supposedly protect against ticks for several hours if you wish to be really confident.

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BOF Major Events Conference

British Orienteering is pleased to invite you to the BOF Major Events Conference to be held in Leicester, on 24-25 September 2011.

The conference is aimed at future & potential Major Event officials, Grade A controllers and controllers wishing to become Grade A. The conference will be of benefit to all event officials.

The conference will focus on:

- Key note speaker: Lynne Walker: The Scottish 6 Day model
- Experiences and learning from 2011 Major Events
- Planning, Controlling and mapping issues specific to sprint races.
- Development of best practice.
- Informal discussion and networking

Venue:

University of Leicester, Stamford House Conference Centre, Leicester, LE2 2ND

Delegates will be accommodated in single rooms.

How to enter

Please send your details by email and entries to:

Janine White, JWhite@britishorienteering.org.uk

The fee (payable on booking) is:

£25 for full delegates (includes full board from Saturday to Sunday afternoon)

£10 for day delegates (includes lunch and evening meal)

Deadline for entries: Monday, September 5th, 2010

Enquiries: For enquiries please contact: Helen Errington, British Orienteering Event Manager

E-mail: helen.errington@britishorienteering.org.uk

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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	7 = Crich Chase	8 = Harlow Woods
9 = Kedleston			

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

19 th Jun - Burrough Hill (LEI)	25 th Sept - Cromford (DVO)
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)

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White Course - Boys/Men

Forename	Surname	Club		1	2	3	4	5	6	7	8	Best 8	Poss
Samuel	Davis	DVO	10	940-1	1000-3	755-4	1000-5	635-6	864-7	1000-8	1000-9	7194	1
Tom	Cooley	NOC	8	1000-4	930-5	1000-6	773-9					3703	2
Ben	Mackervoy	DVO	10	1000-1	829-2	718-4						2547	3
Ben	Hardy	LEI		600-6	1000-7							1600	4
Peter	Mackervoy	DVO	8	373-1	1000-2							1373	5

White Course - Girls/Ladies

Rachel	Duckworth	DVO		988-2	1000-7	1000-8	1000-9					3988	1
Reed	Lydon	LEI	10	482-5	1000-6	866-7	432-8	857-9				3637	2
Rhiannon	Emery	NOC	10	988-1	930-4	1000-5						2918	3
Alexa	Lindsay	DVO	10	574-1	356-2	786-6	608-8	439-9				2763	4
Lauren	Emery	NOC	7	1000-1	891-4	818-5						2709	5
Sophie	Vincent	DVO		1000-2	779-6							1779	6

Yellow Course - Boys/Men

Jamie	Lowthian	NOC	10	667-3	1000-5	1000-6	1000-7					3667	1
James	Peet	NOC	12	915-5	707-6	693-7	486-8	521-9				3637	2
Russell	Kirk	RAFO	16	303-3	463-4	381-5	205-6	393-7	301-9			2046	3
Ben	Mather	LOG	7	529-3	448-4	292-5	468-9					1737	4
Michael	Theobald	RAFO		1000-4	440-7							1440	5
Andre	Fougo	RAFO	14	436-3	661-4							1097	6
Alex	Kenneally	RAFO		415-5	236-6	395-9						1046	7

Yellow Course - Girls/Ladies

Sarah	Duckworth	DVO	10	1000-1	1000-2	1000-7	1000-8					4000	1
Maria	Locke	RAFO	16	1000-3	728-4	1000-5	609-6	579-9				3916	2
Eleanor	Cooley	NOC	12	961-5	1000-6	934-9						2895	3
Isabella	Edwards	DVO	8	816-2	1000-4	1000-9						2816	4
Daisy	Herd	LEI		919-6	855-9							1774	5
Rachel	Kirk	RAFO	20	619-3	398-4	425-5	138-7					1580	6

Orange Course - Boys /Men

Ethan	Tebbutt	LEI	10	1000-3	832-4	962-5	1000-7	864-8				4658	1
Louis	Forshaw-Perring	DVO	12	1000-1	1000-2	1000-4						3000	2
Simon	Warrener	NOC		749-2	1000-5	1000-8						2749	3
Jacob	Pulling	RAFO	16	535-3	392-4	716-5	697-6	378-7				2718	4
Nicholas	Gordon	DVO	14	873-1	890-2	688-4						2451	5
Alex	Wright	RAFO	16	984-4	971-6							1955	6
Michael	Theobald	RAFO		917-5	876-9							1793	7
Thomas	Webster	NOC		696-2	556-5	516-7						1768	8
Joe	Uprichard	DVO	12	968-2	737-4							1705	9

Orange Course - Girls /Ladies

Nicola	Northcott	DVO	14	1000-1	1000-2	1000-3	959-4	1000-8	1000-9			5959	1
Imogen	Wilson	LEI	12	975-3	1000-4	1000-5	1000-6	772-9				4747	2
Heather	Stacey	RAFO	16	569-3	411-4	938-5	482-6					2400	3
Lauren	Bates	RAFO		769-5	970-9							1739	4
Milly	Beach	RAFO		766-3	949-9							1715	5

Light Green Course - Boys /Men

Finn	Lydon	LEI	12	902-3	1000-4	821-5	822-6	1000-8	1000-9	5545	1
Luke	Fortune	RAFO	14	517-3	922-4	655-5	999-6	770-7	886-9	4749	2
Simon	West	LEI		1000-1	656-2	985-3	777-5			3418	3
Jack	Lord	NOC	14	606-1	823-2	705-3	1000-7			3134	4
John	Cooke	DVO	65	886-2	782-4	866-9				2356	5
Andrew	Oxby	RAFO	16	749-4	566-5	703-6				2018	6
Nicholas	Wilson	LEI		980-3	1000-5					1980	7
Kieran	Huggan	NOC		1000-2	818-5					1818	8
John	Pickles	NOC		506-5	809-6	478-8				1793	9
Dominic	Leake	LEI		739-1	909-2					1648	0

Light Green Course - Girls /Ladies

Joanne	Goodhead	DVO	14	978-2	655-3	831-4	888-6	869-7	1000-8	5221	1
Molly	Smith	LEI	65	793-3	761-4	648-6	951-7	883-8		4036	2
Margaret	Buckland	NOC	70	824-2	744-3	802-5	737-6	923-8		4030	3
Hannah	McNab	RAFO	16	978-3	879-4	1000-6	1000-7			3857	4
Charlotte	Webster	NOC		943-1	932-2	822-7	957-8			3654	5
Wendy	West	LEI	45	575-1	480-2	536-4	541-6	704-8		2836	6
Alison	Hayes	DVO		910-2	797-8	1000-9				2707	7
Kirsten	Williams	DVO		979-1	1000-2					1979	8
Silvia	Ruiz	LEI	35	681-3	509-5	672-6				1862	9
Sophie	Gordon	DVO		829-1	938-2					1767	0

Green Course - Boys /Men

David	Anderson	LEI	70	745-2	817-3	852-4	1000-5	980-6	1000-8	944-9	6338	1	
Dave	Skidmore	DVO	65	752-2	743-4	969-5	972-6	719-7	860-8	944-9	5959	2	
Stephen Tony	Wright	NOC	65	1000-2	909-4	986-5	918-6	1000-7	936-9		5749	3	
	Buckland	NOC	75	789-2	767-3	786-4	776-5	988-6	730-7	902-8	5738	4	
John	Woodall	NOC	70	659-1	630-2	622-4	771-5	791-6	596-7	647-8	686-9	5402	5
Alan	West	LEI	50	694-1	496-2	664-4	735-5	752-6	549-8	692-9		4582	6
Andrew	Breakwell	NOC	60	805-1	887-4	663-5	1000-6	1000-9			4355	7	
Andy	Hawkins	DVO	60	746-3	782-4	972-5	974-6	687-7			4161	8	
Paul	Wright	DVO	50	556-1	613-2	612-4	579-7	684-8	609-9		3653	9	
Ernie	Williams	LEI	65	738-1	645-3	658-4	738-5	873-6			3652	0	

Green Course - Girls /Ladies

Ruth	Ellis	DVO	60	627-2	944-4	935-5	969-6	676-7	955-8	706-9	5812	1
Rachel	Davis	DVO	45	915-4	911-5	1000-6	680-7	905-8	643-9		5054	2
Helen	Parkinson	NOC		1000-4	930-5	587-7	978-8	651-9			4146	3
Jane	Booker	NOC		958-1	692-2	764-7	1000-8	483-9			3897	4
Victoria	Littlewood	NOC		671-2	776-3	1000-5	748-7	691-9			3886	5
Jessica	Beresford	NOC		631-2	781-3	881-5	615-7	954-8			3862	6
Margaret	Keeling	DVO	60	571-2	820-3	922-4	689-6	631-7			3633	7
Trish	Lydon	LEI		444-3	544-5	468-6	455-7	971-8	732-9		3614	8
Cathryn	Goodhead	DVO	45	540-2	675-3	820-4	760-6	813-8			3608	9
Barbara	Tebbutt	LEI	45	599-2	826-4	858-5	494-7	791-8			3568	0

Blue Course - Boys /Men

Keith	Roberts	NOC	50	699-1	714-2	866-3	718-4	745-6	776-7	827-9	5345	1
Roger	Edwards	LEI	60	828-2	915-3	720-4	941-5	1000-7	892-8		5296	2
Michael	Nell	RAF O	60	910-3	805-4	846-5	876-6	809-7	804-9		5050	3
Robert	Haskins	LEI	60	893-3	877-4	945-5	791-6	692-7	823-9		5021	4
Nigel	Lydon	LEI		751-3	775-4	621-5	631-6	637-7	685-8	701-	4801	5

EMEWS

Alastair	Paterson	LEI		594-1	746-3	766-5	591-6	732-7	590-8	719-9	4738	6	
Michael	Lindsay	DVO	60	636-1	810-2	878-3	619-6	865-8	685-9		4493	7	
Ian	Wilson	LEI	45	885-3	740-4	853-5	865-6	813-9			4156	8	
Adrian	Northcott	DVO		738-1	632-2	650-3	698-4	670-8	607-9		3995	9	
Mark	Goodhead	DVO		618-2	763-3	671-4	650-6	648-8	601-9		3951	0	
Blue Course - Girls /Ladies													
Kim	Buxton	DVO	50	857-1	820-2	936-4	946-5	951-6	932-8	836-9	6278	1	
Ursula	Williamson	LEI	45	711-1	851-3	770-4	728-5	805-6	756-7	760-8	786-9	6167	2
Alison	Hardy	LEI	45	932-1	1000-3	1000-5	1000-6	1000-7	895-8		5827	3	
Joanne	Nell	RAF O	45	757-3	946-4	935-5	879-6	765-7			4282	4	
Tanya	Taylor	LOG	40	854-2	803-5	904-6	1000-9				3561	5	
Catherin e	Hughes	NOC		898-5	836-6	906-7	789-9				3429	6	
Rebecca	Perring	DVO		716-1	741-2	792-4	681-7				2930	7	
Ann-Marie	Duckworth	DVO		891-1	692-7	956-8					2539	8	
Sue	Russell	DVO	45	816-1	766-2	893-4					2475	9	
Eva	Wheeler	RAF		852-1	711-2	869-9					2431	0	
Brown Course - Boys /Men													
Paul	Mirgatroyd	LOG	40	777-2		973-3	958-4	993-5	865-7	918-9	6423	1	
Dave	Denness	LOG	50	834-3		888-4	779-6	761-7	786-8	893-9	4941	2	
John	Duckworth	DVO		1000-1		1000-2	1000-7	948-8	959-9		4907	3	
Paul	Goodhead	DVO	50	743-2		879-3	876-4	752-6	681-8	775-9	4706	4	
Russell	Buxton	DVO	50	644-2		868-4	827-5	793-6	701-8	718-9	4551	5	
Steve	Green	NOC	55	982-3		940-4	921-5	819-6	799-8		4461	6	
David	Bray	LEI		811-3		841-4	899-5	793-8	718-9		4062	7	
Mark	Webster	NOC		734-1		707-4	776-5	625-7	717-8		3559	8	
Liam	Harrington	LOG	21	807-4		824-5	808-6	766-9			3205	9	
Matthew	Green	NOC	18	816-4		703-5	722-8	709-9			2950	0	

Brown Course - Girls /Women

No entry so far

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Editorial

I have often been injured during my long orienteering "career" but in the last couple of months I suffered something new. I ended up in plaster. Apparently the doctors thought I may have a stress fracture in my 4th metatarsal. My initial thought was OK I can manage, but very soon this got frustrating. I could do nothing for myself. Even after they took the plaster off I was not allowed to drive anywhere and was told to keep my foot up as much as possible.

This was very frustrating as I was supposed to be organising a couple of summer league events and assisting at others. I could not even get past my front door for a while and unless my wife drove me could not get anywhere.

The doctors have now told me I can start driving again but must rest my foot as much as possible and that it could flare up again any time in the next 6 - 12 months. So apologies for not pulling together too much content this month as got very frustrated with not getting out!!!

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.

June

Sat 18 th	EM	DVO	Level D	DVO Local Event	Shipleigh Country Park	EOD	SK430465
Sun 19 th	EM	LEI	Level C	EMOA League Event	Burrough Hill	EOD	SK762118
Wed 22 nd	EM	DVO	Level D	Derbyshire Schools/Groups County Champs	Markeaton Park	EOD P: 15/06/11	SK334370
Wed 22 nd	YH	HALO	Level D	Lincolnshire Poacher 11	Swallow Vale	EOD	TA174043
Thu 23 rd	EM	LEI	Level D	Watermead East - Summer League 12	Watermead Country Park	EOD	SK609095
Fri 24 th	EM	DVO	Level D	DVO Summer Series	Markeaton Park	EOD	SK333371
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 Country Park	EOD	TBC
Wed 29 th	WM	OD	Level D	OD Annual Sutton Park Gates Run	Sutton Park (Town Gate)	EOD	SP113962
Wed 29 th	YH	HALO	Level D	Lincolnshire Challenge Shield	Cleethorpes Country Park	EOD	TA313066
Thu 30 th	EM	LOG	Level D	Summer Series 7/9	Riseholme Park	EOD	SK984757

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	LEI Summer League 14 Evington	Evington Park and Judge Meadow School	EOD	TBC
Sun 10 th	EM	NOC	Level D	NOC Summer League 3 / 6	Berry Hill	EOD	TBC

EMEWS

Thu 14 th	EM	LOG	Level D	Summer Series 8/9	Stamford Town	EOD	TF028071
Thu 14 th	EM	LEI	Level D	Grange Wood - Summer League 15	Grange Wood	EOD	TBC
Fri 15 th	EM	DVO	Level D	DVO Summer Series	Queens Park, Chesterfield	EOD	SK379708
Sat 16 th	YH	SYO	Level C	Harvester Weekend - Middle Distance Event	Bowden Housteads	EOD	SK400863
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	SK 311825
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
Sun 24 th	EM	NOC	Level D	NOC Summer League	Bulwell Forest	EOD	TBC
Sun 24 th	EM	LEI	Level D	LEI Summer League 17 Irchester	Irchester country park	EOD	SP912658
Thu 28 th	EM	LOG	Level D	Summer Series 9/9	West Common	EOD	SK961722
Thu 28 th	EM	LEI	Level D	LEI Summer League 18 Burbage	Burbage	EOD	TBC

August

Tue 2 nd	EM	LEI	Level D	LEI Summer League 19 Ratby Woodlands	Ratby Woodlands	EOD	TBC
Fri 5 th	EM	DVO	Level D	DVO Summer Series	Holmebrook Country Park	EOD	TBC
Sun 7 th	EM	NOC	Level D	NOC Summer League 5 / 6	Wollaton Park	EOD	SK533393
Wed 10 th	EM	LEI	Level D	LEI Summer League 20 Markfield	Markfield Village and quarries	EOD	TBC
Thu 11 th	EM	LOG	Level D	Midsummer Madness	Lincoln University Campus	EOD	SK973719
Tue 16 th	EM	LEI	Level D	LEI Summer League 21 Donisthorpe	Donisthorpe Woodland Park	EOD	TBC
Sun 21 st	EM	DVO	Level D	DVO Local Event	Shipley Country Park	EOD	SK432454
Sun 21 st	EM	NOC	Level D	NOC Summer League 6 / 6	Wellow Park	EOD	SK668673
Sun	EM	LEI	Level D	LEI Summer League 22 Willesley Score Cup	Willesley -Shellbrook Visitor Centre	EOD	TBC

EMEWS

21st							
Thu 25th	EM	<u>LEI</u>	Level D	LEI Summer League 23 Melton	Melton Country Park	EOD	TBC
Fri 26th	YH	<u>EBOR</u>	Level D	White Rose Sprint Race	Harwood Dale	EOD	<u>SE989967</u>
Sat 27th	YH	<u>EBOR</u>	Level B	White Rose Weekend - White Rose Day 1 Classic Distance Race	Stony Marl Moor and Pye Rigg	EOD O: 22/08	<u>SE989967</u>
Sat 27th	YH	<u>EBOR</u>	Level D	White Rose Hill Race	Harwood Dale	EOD	<u>SE989967</u>
Sat 27th	YH	<u>EBOR</u>	Level D	White Rose Night Score	Harwood Dale	EOD	<u>SE920980</u>
Sun 28th	YH	<u>EBOR</u>	Level B	White Rose Weekend - White Rose Day 2 Classic Distance Race	Harwood Dale Forest	EOD O: 22/08	<u>SE989967</u>
Mon 29th	YH	<u>EBOR</u>	Level B	White Rose Weekend - White Rose Team Score Race	Harwood Dale Forest	O: 22/08	<u>SE989967</u>
Wed 31st	EM	<u>LEI</u>	Level D	LEI Summer League 24 (final) Bradgate	Bradgate Hall Gates	EOD	TBC

September

Sat 3rd	WM	<u>HOC</u>	Level D	HOC colour coded event	Callow Hill	EOD	<u>SO748748</u>
Sun 4th	NE	<u>CLOK</u>	Level C	CLOK Regional Long-O Event, Catterick	Catterick	EOD	TBC
Sun 4th	EM	<u>LOG</u>	Level B	Lincoln City Race	City Centre	EOD	<u>SK973719</u>
Sat 10th	SE	<u>SLOW</u>	Level B	The Fourth City of London Race	City of London	EOD	<u>TQ327811</u>
Sun 11th	SC	<u>SOC</u>	Level C	SOC Regional Event & SCOA League	Sluffers Inclosure, New Forest	EOD	TBC
Sun 11th	EA	<u>SOS</u>	Level C	SOS Colour Code Event inc. ESSOL and SOS Club Champs.	Danbury Park	EOD	<u>TL773052</u>
Sun 11th	SE	<u>LOK</u>	Level C	LOK London Ultrasprint	Regents Park	EOD	<u>TQ285834</u>
Sun 11th	EM	<u>NOC</u>	Level D	NOC Winter League 1	Bestwood	EOD	TBC
Sat 17th	SW	<u>DEVON</u>	Level B	Caddihoe Chase Weekend - Caddihoe Chase Day 1 & SWOA Champs	Burrator	O: ?	<u>SX555691</u>
Sat 17th	YH	<u>AIRE</u>	Level B	AIRE Dales Trophy Weekend - AIRE Regional Events Weekend	Attermire	EOD O: 11/9 P: 8/9	<u>SD829653</u>
Sat 17th	EM	<u>LEI</u>	Level D	LEI Club Championships	Spring Cottage	EOD	TBC

EMEWS

Sun 18 th	SW	DEVON	Level B	Caddihoe Chase Weekend - Caddihoe Chase Day 2 Chasing Start	Burrator	EOD	SX555691
Sun 18 th	YH	AIRE	Level B	AIRE Dales Trophy Weekend - AIRE Regional Events Weekend	Conistone	EOD O: 11/9 P: 8/9	SD978675
Sun 18 th	EA	WAOC	Level D	WAOC Therfield Heath Limited Colour Coded	Therfield Heath	EOD	TL348406
Sun 25 th	YH	HALO	Level C	HALO Regional Event	Driffield Airfield	EOD	TA001560
Sun 25 th	EM	DVO	Level C	DVO Regional Event & EM League	Cromford	EOD	TBC

Rest of Year

1 st Oct	EM	NOC	Level D	NOC Winter League 2	Brierley	EOD	TBC
9 th Oct	EM	LEI	Level D	East Midlands League Event	Outwoods	EOD	SK522148
16 th Oct	EM	DVO	Level A	CompassSport Cup Final	Longshaw	P: 01/01/70	SK265799
22 nd Oct	EM	LOG	Level D	LOG Winter Series #1	Lincoln City	EOD	TBC
23 rd Oct	EM	NOC	Level C	Colour Coded Event	Bramcote Hills and The Hemlockstone	EOD	TBC
5 th Nov	EM	LOG	Level D	LOG Winter Series #2	Branston	EOD	TBC
6 th Nov	EM	LEI	Level B	LEI Regional Event	Fineshade	EOD	SP990985
13 th Nov	EM	NOC	Level C	Colour Coded Event	Byron's Walk	EOD	TBC
19 th Nov	EM	NOC	Level C	Colour Coded Event	Byron's Walk	EOD	TBC
20 th Nov	EM	DVO	Level C	DVO Regional Event & EM League	Calke Park	EOD	SK367226
3 rd Dec	EM	DVO	Level D	DVO Local Night Event	Allestree Park	EOD	SK352398
3 rd Dec	EM	LOG	Level D	LOG Winter Series #4	Stapleford Woods	EOD	TBC
17 th Dec	EM	NOC	Level D	NOC Night Event	Walesby	EOD	TBC
18 th Dec	EM	NOC	Level C	Colour Coded Event	Walesby	EOD	TBC
28 th Dec	EM	LEI	Level C	LEI East Midlands League	Willesley	EOD	TBC