

EMEWS 248

**THE NEWSLETTER OF THE EAST
MIDLANDS ORIENTEERING ASSOCIATION**



[Derwent Valley Orienteers](#)
[\(DVO\)](#)



[Leicestershire Orienteering](#)
[Club \(LEI\)](#)



[Lincoln Orienteering Group](#)
[\(LOG\)](#)



Nottinghamshire Orienteering Club
[Nottinghamshire](#)
[Orienteering Club \(NOC\)](#)

EMEWS EDITOR
Mike Gardner
3 Gatcombe Close
Oakwood
Derby
DE21 2PZ

Email: Mikegardvo@sky.com

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: **31st December 2013 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - I realised I needed to get an EMEWS out as was going away on holiday, so have just pulled together an edition to ensure you had the latest autumn fixtures.

----0000----

Contents – EMEWS 248

Minutes of 49 th EMOA AGM	4
Lagganlia 2013 (20 th to 27 th July) - Nick Wilson	7
Lagganlia Junior Orienteering Training Camp - July 2013 - Louis Forshaw-Perring	8
Future of EMEWS	11
East Midlands League 2013	12
East Midlands Urban League 2013	16
Fixtures	18



For expert advice, competitive prices and high performance clothing, visit <http://www.ultrasport.co.uk>

<u>BEST SHOES*</u>		<u>BEST COMPASSES</u>		<u>BEST CLOTHING</u>		<u>BEST EQUIPMENT</u>	
V-J IROCK *	£95	MOSCOW 11C +	£24	ULTRASPORT 'O' TOPS from	£30	SI CARD STRAP	£1.50
V-J GHOSTRATOR #*	£95	MOSCOW 11T +	£24	ARIES KNEE PANTS	£21	WHISTLE	£0.50
V-J FALCON #	£95	MOSCOW 2C \$	£35	ARIES 'O' TROUSERS	£20	CODED CLIPPERS – 10	£30
V-J INTEGRATOR STUD # M/L	£95	MOSCOW 3C \$	£35	ARIES 'O' TOPS from	£30	CONTROL FLAG 30cm	£4.00
V-J SUPRA #	£90	MOSCOW 3T \$	£35	ARIES PRO GAITERS	£23	TRAINING FLAG 15cm	£3.50
INOV-8 MUDCLAW 333 'O'	£85	MAGNIFYING LENS	£14	V-J PROTECH GAITERS	£23	ANKLE TAPE 2.5CMX10M	£2.00
INOV-8 X TALON 212 *	£85	SILVA 7NL	£12	VAPRO GAITERS	£23	ANKLE TAPE 5CMX10M	£3.50
INOV-8 MUDCLAW 272 *	£85	SILVA 3 Ranger	£18	MENS/LADIES CAPRI TIGHTS	£17	MUELLER ANKLE BRACE	£28
INOV-8 FLYROC 310 *	£85	SILVA 5 JET \$	£57	MENS/LADIES TIGHTS	£20	FOREARM DESC HOLDER	£7.50
INOV8 ROCLITE 315*	£85	SILVA 6 JET SPECTRA	£57	RON HILL JACKET	£27	WRIST DESC. HOLDER	£4.50
WALSH PB TRAINER *	£62	SILVA 1S JET	£60	RON HILL GLOVES	£8	VIKER STAR HEADTORCH	£29.95
# Metal Studs *Non metal stud		\$superfast + fast Needle		RON HILL TRACKSTERS	£15	SILVA TRAIL RUNNER H/TORCH	£45

The official supplier of Craft clothing. **SALE!**

DRIZZLE SUIT	£45	ROLLNECK THERMAL	£10	POLARTEC FLEECE	£10	CRAFT RAIN JACKETS	£20
DYNAMIC JERSEY	£15	VENTED ZIP TEE	£15	CRAFT REFLEX GILET	£15	WINDSUIT	£20
CRAFT T-SHIRTS	£12	LONG-SLEEVE TEE	£15	WINTER TRAIL TIGHTS	£20	CLUB TOPS	from £30

TO SEE OUR FULL RANGE & SPECIAL OFFERS VISIT OUR WEBSITE: www.ultrasport.co.uk
 Ultrasport Ltd, Nova House, Audley Avenue Enterprise Park, Newport, Shropshire TF10 7DW
 Tel: 01952 813 918 Fax: 01952 825 320 E-Mail: ian@ultrasport.co.uk

MINUTES OF THE 49th ANNUAL GENERAL MEETING AND ASSOCIATED EGM OF THE EAST MIDLANDS ORIENTEERING ASSOCIATION HELD ON MONDAY 16th September 2013 at Clifton, Nottingham at 19.30.

Present: Paul Beresford (NOC), Roger Edwards (LEI), Mike Gardner (DVO), Liz Godfree (DVO), Mike Godfree (DVO), Sean Harrington (LOG), Bob Haskins (LEI), Peter Hornsby (LEI), John Hurley (DVO), Ranald Macdonald (DVO), Viv Macdonald (DVO), Paul Murgatroyd (LOG), David Olivant (NOC), Pauline Olivant (NOC), Hilary Palmer (NOC), Chris Phillips (LEI), Amanda Roberts (LOG), Graeme Watson (NOC), Ernie Williams (LEI), Ursula Williamson (LEI), Dorothy Woodall (NOC), John Woodall (NOC), and Ally Wright (LOG)

1. **Apologies for absence:** Apologies were received from Bob Alderson (LEI), Roy Denney (LEI), Derek Gale (DVO), Jen Gale (DVO) and Judith Holt (DVO).
2. **Minutes of the 48th AGM held on Monday 17th September 2012.** It was agreed that the minutes were a true record as proposed by Hilary Palmer (NOC) and seconded by Chris Phillips (LEI).
3. **Proposed Standing Order Change.** This item was dropped as it is no longer required (it was to be used if we did not have a full committee available for next year).

4. **Chairman's Report**

I really have little to say for the Chairman's report. It has been a difficult year with no real Chairman but at least we have had a keen, enthusiastic, Development Officer and an efficient Treasurer. Thank you very much Mr & Mrs Macdonald. A big thanks also goes to Mike Gardner for taking and publishing the minutes as well as editing EMEWS. Considering the situation we found ourselves in this time last year with no prospective committee the administration has gone well.

From the point of view of orienteering, and after all that is what it is all about, it actually has been quite a good year. The four major open clubs are all flourishing and have put on a full season's worth of events which have made the best use of available terrain. Event scheduling has gone well and Ian Whitehead again deserves our thanks for coordinating the events. Ian has now moved from Pakistan, but has not returned to the East Midlands, so we have lost his services as Fixtures Secretary after I don't know how many years. Many, many thanks Ian for all your work. We are lucky, however, that Paul Beresford (NOC) has volunteered to be the new Fixtures Secretary – thank you Paul, I gather you are a true volunteer.

Financially we are in good shape. There was a proposal last year to reduce our bank balance and we have throughout the year not tried to increase the balance but in fact to spend more than we have received but not to reduce the balance too radically or too quickly – no doubt Viv will highlight this in her report.

Our Development Plan has been refined, improved and implemented by Ranald and looks to be standing the test of time. I see it as a dynamic document which changes as things progress.

I am delighted that sufficient volunteers are now forthcoming to give us practically a full committee for the coming year. Regrettably it is not filled by all four clubs in proportion, and so may not be truly representative, but it is a much better situation than we found ourselves in last year. Thank you again to those who have so ably “held the fort” for the last year and thank you to David Olivant for looking after Mapping, Hilary Palmer for Coaching, Ursula Williamson for so ably running the League, Paul Murgatroyd for running the Urban League and Richard Robinson (and all others involved with the Junior Squad) for Junior development and finally all club reps who have turned out on cold, miserable winters' evenings to attend committee meetings.

Finally a thank you to Mike Godfree who has agreed to keep track of East Midlands trophies. Mike was keen to volunteer for the task when I told him the alternative was to become EMOA Chairman.

Ladies and Gentlemen thank you.

The meeting formally accepted the Chairman's report.

5. **Treasurer's Report including membership numbers and presentation of accounts.**

Copies of the Report were circulated via EMEWS 247 and at the meeting.

The Treasurer reported that Event Levy income had risen considerably due to large attendance at a number of events. This did not include the British Sprint or Middle events as these are outside the levy model.

In terms of membership, the unit figures have held up, but the number of members has fallen, probably due to the new membership structure from British Orienteering. The Community O figures should all have been zero on the Income sheet.

There had been no sales of Junior Clothing as in previous years. It was believed this was because this normally took place when the Junior Squad went to the Inter-Regionals, and due to the dates this year there had not been a Junior Inter-Regional in the accounting year. It is possible there will be two in the next accounting year..

Discussion took place on whether the Community O figures should be brought in to the Accounts for consistency. It was pointed out that this would allow the figures to balance.

The Chair, Financial secretary and Robert Parkinson are 3 signatories on the bank accounts.

The Independent Financial Examiner had confirmed that the Income and Expenditure Report and the Balance Sheet were a true and fair statement of the finances of EMOA. Andy Lucas was thanked for undertaking this task.

6. **Approval of Balance Sheet and Income and Expenditure Statement**

Subject to the change being made to reflect the Community-O figures, the balance sheet was approved by the meeting. This was proposed by Mike Gardner and seconded by John Hurley.

7. **Election of Principal Officers**

John Woodall stated that a number of folk had worked to get a proposed committee in place for next year. He asked the meeting if anyone else had any nominations for the key posts. As no-one had any other nominees John proposed the following people should be elected to be the Principal Officers

Post	Name
Chairman	Ranald Macdonald
Vice Chairman	John Hurley
Financial Secretary	Mark Webster
Development Co-ordinator	Chris Phillips

Proposed: John Woodall

Seconded: Ernie Williams

The Principal Officers were elected unanimously.

Ranald stated that he only wanted to stand for one year and John had taken on the role of Vice-Chairman on the proviso that he would not be expected to move in to the Chairman role. Chris is going to be fairly busy in his role co-ordinating the JK for the start of the year, so Viv would assist with some of the administration in the role in the interim.

8. **Election of Other Officers**

The only other officers on the committee in the new constitution are the club reps. These are elected by the clubs.

The other delegates / roles were identified in the meeting as:

Mapping – Dave Olivant

Coaching – Hilary Palmer

Juniors – Richard Robinson

EM League – Ursula Williamson

Urban League – Paul Murgatroyd

Fixtures – Paul Beresford

President – John Woodall

Minutes Secretary – Mike Gardner

EMEWS – Mike Gardner

Webmaster – John Cooke

National Forest – Roy Denney

A formal vote of thanks was given to John Woodall for standing in as Chairman to keep things going.

Proposed: Hilary Palmer

Seconded: Ernie Williams

9. **Appointment of Independent Financial Examiner.**

Viv Macdonald agreed to ask Andy Lucas if he would perform the role again next year.

EMEWS

10. Budget projections

The Treasurer presented a project 3 year budget that was circulated with EMEWS and copies circulated in the meeting. This showed a progressive loss to use the surplus currently in budget.

11. **Fixing of Charges.**

It was proposed in the budget to leave all the membership fees and event levies as they were from the previous year.

Senior membership fee is £2

Junior membership fee is £1.

Associate membership fee is £10

Club membership fee is £15.

Event levies: 40p per adult and 10p per junior with the first £25 being exempt.

Proposed: John Woodall

Seconded: Mike Gardner

The proposed fees were accepted unanimously.

12. Plans for the coming year.

Ranald Macdonald stated that the key to EMOA was delivering development to the region and so the first meeting would concentrate on reviewing the development plan.

There were already a number of planned activities such as the Mapping Course, Dave Olivant gave an update on this. It is planned to take place at the end of September, beginning of October and is already over-subscribed. We may even want to run the course again shortly.

Ranald stated that there were plans to run the Development Day again, though probably will be early in New Year rather than December and will cover Controllers, Organisers, Planners, Event Safety and Coach Update sessions.

It is also hoped to run the Controllers / Planners conference again as those who attended the last session had enjoyed the session, especially the course planning session run by John Duckworth. We may do a similar session based on the JK.

Hilary Palmer stated she was looking at delivering a new form of coach training as often folk found the 3-day course difficult to attend. The idea would be to run a course for level 1 coaches to assist them to provide linked series of coaching sessions. It may then be possible to run another top up session(s) so that folk build up their skills to level 2 rather than having to do all in one go.

Ranald reported that on a similar basis he had run a Controllers course for NOC, rather than as one intensive session, but as a session at an event in Harlow woods, a set of pre-defined reading and an evening session to go through the requirements, procedures and practices. Breaking things down to smaller sessions can work.

13. Any Other Business

Paul Murgatroyd asked the clubs where they were going to use for the Urban League next year. Reps from the clubs identified their planned events for next year.

Chris Phillips reported that the organization for JK Day 3 for 2014 is going well. East Midlands is expected to run this and so he will be in touch with the clubs shortly about what will be required. There will be some incentives for folk to volunteer.

There being no further business the Chairman thanked all present for their attendance at the 2013 AGM and declared the meeting closed at 20.30.

The meeting was closed and Natalie Shaw from British Orienteering gave a talk on Explorer <http://www.xplorer.org.uk/about> and Run Challenge - <http://www.runchallenge.org.uk/>

Mike Gardner 18.09.2013

Lagganlia 2013 (20th to 27th July) - by Nick Wilson

Lagganlia (in Scotland) is an annual training tour for 24 juniors (mostly top year M/W 14s) selected from the different regions all over Britain. First we had to go to various selection races to qualify (such as the JK, British, Northern, Southern and Midland Champs). It was fantastic that 4 juniors were selected from the East Midlands: Gabriel Rawlinson, Finn Lydon and I (all from LEI) and Louis Forshaw-Perring (DVO). - Lagganlia was simply one of the best things I've ever done in orienteering. There was never a dull moment and some of the maps would blow your mind!

The adventure started when Finn, Hannah and I met at Leicester Station early on Saturday morning at 7.30am!!! From there we had to take 3 trains and change in York (where we met up with Louis) and Edinburgh (where some other juniors joined). We finally arrived in Aviemore at 4.19pm and were picked up by minibus.

On the journey to Lagganlia the first thing that hit me was the stunning scenery of mountains, river and pine woods. After everyone had arrived we found out who we were sharing rooms with and which orienteering groups we were in. There were 6 groups of 4 juniors each, plus 2-3 coaches per group including M / W 21s and 18s. I found it quite inspirational to have the junior coaches there as role models. Afterwards we learned each other's names by playing the 'teddy bear game' and 'backwards bunny'.

On Sunday (our first full day of training which lasted from 9am - 6pm!) we went to Vath Lochlan to practise accurate compass bearings, without a doubt my weakest area, and pacing. Then in the afternoon we went to Inschriach, a superb wooded area right on our doorstep, to do some timed runs and fine'o'. One tip for any of the juniors going to Lagganlia in the future and doing the fine'o': IGNORE the coaches - while I was out there I had a coach chasing me with a stick, one coach purposefully trying to get me lost and another hiding the control. It turns out this was an exercise in NOT GETTING DISTRACTED!

Over the next 2 days we visited Loch Vaa, North Granish and Littlemill and did various interesting activities which ranged from a (not as complicated as it sounds) sketch map (where we drew the map ourselves in 20 minutes choosing to include only what we thought were the most important features) to a course purely in a dark green area.

On Day 4 (Wednesday) we did something a bit different. It was sprint day; and much like a normal sprint race there would be heats and then an A and B final. The heats, although in an interesting area (Moor of Alvie), I didn't enjoy so much (probably because I was trying to keep up with Finn). Luckily the area we used for the final in the afternoon (Badaguish) was much more to my taste; an intricate and complex little outdoor centre. I tried to have good control flow and avoided any major mistakes which paid off as I came 3rd in the B final and 4th overall. Once we finished orienteering for the day it was time for some fun (and agility training) doing the HOOPS OF DEATH across water, which I was so terrible at that I cut my knee and didn't have to do it again, luckily! After that we went swimming in an icy cold lake, played sit-down volleyball with a human net and went shopping - woohoo!



The next day (Thursday) was at my favourite training area (Dallaschyle). The bracken may have been a bit high and some parts weren't very runnable, but it was without a doubt the most diverse area I had run in. It had almost every kind of feature unlike the contour-heavy areas we'd been using previously in the week. In the afternoon we did an ingenious little race called a Peg Race where at various controls you will find a set of pegs (the aim is to get as many pegs as possible). If there are none left you can skip the next 1-2 controls, so that almost anyone could win. Unfortunately the sole of my shoe came nearly off en route so I couldn't finish the race and was subsequently given the award of 'Best Flapper'.

Before I knew it the week was nearly over and it was time to put all the skills we'd learned to good use during a classic race on

the last day. It was the most serious and technical race I'd ever done. It started in an area of sand dunes (not dissimilar to some of this year's Scottish 6 Days) - only in the middle of the Cairngorms! It went on to include an extremely long leg where one of the W14s whopped all the M21 elite runners!

The best was saved till last, when we had 'Date Night' that evening and Finn and I went on a double date with Laura and Catherine. However, what happens on tour stays on tour....!!!!

All in all Lagganlia was a fantastic experience and it was sad to say good-bye the following morning (although some went on to the Scottish 6 Days at Moray). My orienteering skills had improved a lot which resulted in a 5th place overall at the Scottish. I really enjoyed making lots of new friends and I would love to go on another tour soon.

Finally I would like to say a big thank you to all the coaches at Lagganlia who did a terrific job; and also to LEI and EMOA who very generously helped out with the funding of my trip.

-----000-----

Lagganlia Junior Orienteering Training Camp - July 2013

Lagganlia is an orienteering training camp in Scotland for twenty-four M/W14s to learn and practice important techniques and training that should, with the help of the skilled and experienced coaches, progress our orienteering capabilities and help us improve.

To be selected for Lagganlia I needed to get at least one championship time, a championship time is a time from a selection race that is within 125% of the winner's time; once I had that I had to be nominated by my regional squad manager. This then led to being selected for the camp.

Upon arriving at Lagganlia, in the last week of July, the first view I had of the area were the ski slope and tipi. I knew it was going to be a really great area as there was a field for football and the buildings looked very good. Fortunately, the bedrooms looked really comfortable and spacious. The views were stunning particularly because we were right on the edge of the Cairngorms so the mountains were stunning. We were also surrounded by beautiful forests.

The food we were given was fantastic and I thought personally that it was delicious and nutritious; I had meals such as cauliflower cheese, cheesy pasta, mushroom and leeks bake and lots of other good meals. Also outside orienteering we had leisure time every day, usually at the end of all the orienteering, this was mostly filled with football. Unfortunately we also had duty groups, these were identical to the coaching group, and in these groups we had to do communal jobs but even that was okay.

During the camp there were six days, and four out of the six were training days whilst the other two were races and competitions. Throughout the training sessions we focused on different techniques:

Compass work with pacing, for this exercise we were given maps and put into pairs with a coach. We then went around a specifically created course which made us have to pace and take bearings. I found this exercise useful especially as I didn't use the compass as much as I should have so my bearings and use of my compass was poor. It was very useful but I found pacing difficult as I had never really properly been taught the idea in detail.

Simplification, I had never heard of this technique before and I thought it was great - it is used when a map is very detailed and you need to sort out the rubbish from the essential important information. To learn simplification we were given a map of North Grannish and were told to copy out the necessary detail to get us round a course without a map, but with a self-created map. Once I set out on my course the first few controls went surprisingly well but on one of the controls I had simplified too much and I got lost - it was quite a hard course for me as I realised my map wasn't detailed enough.

Contour detail, I already thought I was pretty confident about contour detail but I still learned about spurs and contour lines and contour line features. To learn about contour detail



EMEWS

Alistair and I went out with one of our coaches on a walk around Loch Vaa - Alistair and I had to say which contours we had seen on the map were the ones we had passed. I found this exercise interesting as I got to see contour line features and new contour features I had never seen before - I learnt a lot.

Map memory, this was linked in with Visualisation as, if you knew the map, it can help you to say what was going to appear on the ground as you go from one control to another, it is kind of hand-railing so you know that if something that you know is on the map hasn't appeared you can find the mistake more easily and relocate before you have gone way too far off track and are too lost.

Planning, I learnt about making concise and clear plans that you can create quickly and then be able to rely on when you set off from A to B. Before this I had usually made a plan to a certain area and then created another plan, rather than make one plan from one control all the way to another -this created a lot of confusion, so the idea helped me to keep my orienteering reasonably simple. We did a talk-o course; I went out with a partner and a coach, I and my partner took it in turns to make up the plan for getting from control to control.

Traffic lighting, this was all about how much speed and concentration to put into a particular moment during your course. Red was little speed but high concentration, orange was similar amounts of concentration and speed, and green was high speed but little concentration. We didn't have a specific exercise but we were asked to incorporate it into our training.

Quite a few of these useful and essential techniques I did not know, these I believe have helped my overall orienteering a lot. During these days we learnt about concentration and preparing for a course before an event and about concentrating and getting properly warmed up. I learnt that concentration till the end is an asset I am lacking; I have to improve on that but luckily thanks to Lagganlia I have started to concentrate more.

The two days of competition and races were a sprint day and the Lagganlia Champs which was a last day classic race that was really difficult and involved using every technique that I had learned throughout the camp. The sprint day was a qualifier and an A and B final - I was 2nd in qualifying for the B final. I loved that day; it was really fun. We had coaching sessions that had race analysis of old maps and the maps from that day, we did these in a group of four athletes and two coaches and we had debriefing which included information about the following day.



By the end of the camp I felt I had learned a lot but also had a great time and that was mainly down to the coaches who I thought were really brilliant. I found the whole experience very useful and it has made me think about different aspects of the sport I have not previously considered, mainly the pre-race preparations. I had not thought of them as being very important before but now I will try to use the advice I was given at the camp. The whole training camp was really good and I hope I get another chance to do a similar thing again. I am really grateful for my funding from DVO and EMOA, and for being selected in the first place.

Louis Forshaw-Perring

-----000-----

Future of EMEWS

The only response I had from my note in the last EMEWS was one person saying they definitely wanted EMEWS to continue. Do we have any other views out there?

-----000-----



The Adventure Film Festival

(www.adventurefest.co.uk) and this year we're delighted that the event is returning to Nottingham!

To give you a bit of background, the Adventure Film Festival takes a collection of adventure films to more than 30 cinemas across the UK each October, showcasing this year's best adventure content on the big screen - you can check out our trailer here:

http://www.youtube.com/watch?v=ip3U2tzbq_Q .

The event features a variety of inspiring films, including the latest climbing epic from Britain's best known climber, Leo Houlding (<http://adventurefest.co.uk/films#the-last-great-climb>). You can find out more info on all of the films here: <http://adventurefest.co.uk/films>.

The event is screening at the **Savoy Cinema in Nottingham on 15th October at 8:30pm** and we thought it might be something of interest to you and others at the East Midlands Orienteering Association.

EMEWS

East Midlands League 2013

The East Midlands League events for 2013 have been defined as the following events. From these events the top 8 scores will count.

- | | |
|----------------------------------|-----------------------------|
| 1 - Charnwood Forest South (LEI) | 2 - Calke Park (DVO) |
| 3 - Crich Chase (DVO) | 4 - Harlaxton College (LOG) |
| 5 - Bagworth (LEI) | 6 - Harlow (NOC) |
| 7 - Bramcote (NOC) | 8 - Swithland (LEI) |
| 9 - Cromford (DVO) | 10 - Burbage (LEI) |
| 11 - Hardwick (DVO) | |

Future Dates

- | | |
|---------------------------------------|---|
| 12 th Oct - Bestwood (NOC) | 13 th Oct - Kedleston (DVO) |
| 27 th Oct - Ratby (LEI) | 10 th Nov - Thoresby North (NOC) |
| 22 nd Dec - Walesby (NOC) | 29 th Dec - Outwoods (LEI) |

Here is the League status top 10s for those who have more than one thousand points:

White - Male

Forename	Surname	Club	Age								Best 8	
Benjamin	Squire	NOC		1000-4	1000-7	1000-8	1000-10	1000-11			5000	1
Finlay	Lowthian	NOC	10	644-2	1000-3	1000-5	603-7	882-11			4129	2
Ivan	Smith	DVO	7	1000-1	310-2	766-5	204-6	511-7	675-10	718-11	3408	2

White - Female

Alexa	Lindsay	DVO	10	712-1	1000-3	1000-6	975-7	1000-8	1000-9	679-10	1000-11	7366	1
Libby	Barber	LEI	10	1000-1	1000-2	931-3	1000-4	1000-7	793-9	1000-10		6724	2
Ailith	Smith	DVO	10	785-2	777-3	538-5	781-7	924-11				3805	3
Charlotte	Squire	NOC		1000-4	866-7	699-10	708-11					3273	4
Hannah	Mather	LOG	10	771-1	516-2	836-9						2123	5

Yellow - Male

Ben	Hardy	LEI	10	1000-1	681-3	627-5	1000-6	1000-8	1000-9	914-10	1000-11	7222	1
Harrington	Leake	LEI	10	1000-2	1000-3	1000-5	492-6	1000-7	1000-10			5492	2
Tom	Cooley	NOC	10	1000-4	462-6	615-8	598-9					2675	3
Toby	Williams	LOG	10	756-2	804-6	943-11						2503	4
Francis	Mayes	LEI		885-1	797-8							1682	5
Ben	Mackervoy	DVO		990-4	674-8							1664	6
Jack	Negus	LEI		458-2	590-8							1048	7

Yellow - Female

EMEWS

Isabella	Edwards	DVO		1000-4	1000-8						2000	1
----------	---------	-----	--	--------	--------	--	--	--	--	--	------	---

Orange - Male

Oscar	Ferris	LEI	10	1000-2	1000-3	769-5	1000-9	1000-10	1000-11	5769	1
Benjamin	Mather	LOG	10	989-1	772-3	1000-4	496-6	971-9	990-10	5218	2
Samuel	Davis	DVO	12	558-1	758-2	1000-5	1000-6	1000-7	841-11	5157	3
Fraser	Ridgway	NOC	12	433-2	418-3	597-6	710-7	972-9	896-10	4026	4
Donald	Flynn	NOC		801-6	811-7	754-9	682-10	502-11		3550	5
Matthew	Jackson	DVO		521-3	944-7	640-9	851-11			2956	6
James	Bedwell	DVO	12	912-1	833-6	591-7	297-8			2633	7
Francis	Mayes	LEI	12	573-5	847-6			573	847	1420	8
Charlie	Alcock		LEI	607-3	519-8					1126	9

Orange - Female

Rachel	Duckworth	DVO	10	922-2	1000-5	1000-6	1000-7	1000-8	1000-9	1000-11		6922	1
Reed	Lydon	LEI	12	767-2	675-3	1000-4	876-6	789-7	597-8	677-9	852-10	6233	2
Anna	Barber	LEI	14	939-1	742-2	1000-3	793-5	833-7	770-8	960-9		6037	3
Holly	White	LEI		703-1	845-4	554-8	878-10					2980	4
Hazel	Williams	LOG		1000-2	859-11							1859	5
Emma	Phillips	LEI		454-2	443-3	303-8	557-10					1757	6
Caitlin	Chafer	LEI		1000-10	638-11							1638	7
Peta	Jarvis	LEI	12	501-1	434-2	633-5						1568	8
Isabella	Edwards	DVO		777-9	665-11							1442	9
Daisy	Herd	LEI		734-1	554-8							1288	0

Light Green - Male

Alastair	Flynn	NOC	14	828-1	1000-6	725-7	802-8	856-9	632-10	896-11	5739	1
Ethan	Tebbutt	LEI	12	867-1	1000-2	863-5	961-6	1000-7	839-10		5530	2
Jamie	Lowthian	NOC	12	1000-3	1000-5	923-7	839-11				3762	3
Simon	Warrener	NOC		798-3	509-8	1000-9	996-11				3303	4
John	Pickles	NOC	60	834-1	584-3	669-5	407-7	738-9			3232	5
Chris	Cashmore	LEI	45	646-4	466-5	506-6	232-8	680-11			2530	6
Cameron	Ridgway	NOC	18	515-2	468-3	598-4	331-6	481-9			2393	7
James	Peet	NOC		588-9	572-10	863-11					2023	8
Nicholas	Gordon	DVO		658-2	754-4	406-8					1818	9
Fraser	Alcock	LEI		671-8	730-10						1401	0

Light Green - Female

Sarah	Duckworth	DVO	12	1000-3	1000-5	1000-6	1000-7	1000-8	1000-9	1000-11	7000	1
Imogen	Wilson	LEI	14	857-1	1000-2	894-3	927-5	923-6	998-7	916-8	6515	2
Alison	Hayes	DVO	50	645-2	674-3	607-6	644-8	539-10	577-11		3686	3
Dawn	Moore	DVO	55	488-3	725-5	693-6					1906	4
Angela	Lucking	NOC	50	860-3	1000-4						1860	5
June	Cole	LEI		815-8	1000-10						1815	6
Ashleigh	Howells	LEI		848-5	812-11						1660	7
Julie	Starkey	LEI	50	471-2	558-6	566-7					1595	8
Joanna	Goodhead	DVO		579-3	843-9						1422	9

EMEWs

Cathryn	Goodhead	DVO		550-1	736-2						1286	0
---------	----------	-----	--	-------	-------	--	--	--	--	--	------	---

Short Green - Male

Ernie	Williams	LEI	70	930-2	885-3	793-4	926-5	879-6	1000-7	1000-10	795-11	7208	1
David	Parkin	DVO	80	1000-2	1000-3	1000-4	1000-8	790-9	834-10	1000-11		6624	2
John	Woodall	NOC	75	867-3	730-4	956-5	714-6	930-7	735-9	797-10	797-11	6526	3
Eric	Porter	LEI	70	851-1	743-4	1000-5	833-6	869-7	543-9	782-10		5621	4
Roger	Keeling	DVO	70	561-1	678-2	612-3	614-5	697-6	649-7	749-10	662-11	5222	5
Chris	Phillips	LEI	65	731-1	723-3	783-5	739-6	537-8	699-10			4212	6
Graeme	Watson	NOC	45	502-2	624-4	436-5	603-6	514-7	484-10	618-11		3781	7
Kevin	Gallagher	LEI	60	715-1	918-2	954-8	769-9					3356	8
Brian	Ward	DVO		523-2	571-7	533-8	522-11					2149	9
Robert	Shooter	DVO	55	772-2	753-6	568-9						2093	0

Short Green - Female

Pauline	Ward	DVO	65	1000-1	1000-2	1000-3	1000-7	1000-8	732-9	1000-11	6732	1
Barbara	Tebbutt	LEI	45	587-2	804-5	796-6	760-7	748-8	679-9	757-10	5131	2
Diane	Ford	LEI	65	508-1	635-2	557-3	660-5	913-6	684-7	1000-10	4957	3
Jen	Gale	DVO	65	623-1	614-2	578-7	724-8	870-10	661-11		4070	4
Molly	Smith	LEI	65	745-2	646-3	1000-4	627-10	779-11			3797	5
Christine	Elliott	NOC		787-8	958-9	879-11					2624	6
Margaret	Buckland	NOC		762-6	624-7	594-10	564-11				2544	7
Alison	Slater	NOC	55	572-2	552-3	751-4	664-6				2539	8
Chris	Horsewill	NOC		718-6	544-8	593-9	611-11				2466	9
Jane	Burgess	DVO	55	618-2	965-6	868-7					2451	0

Green - Male

Simon	Ford	LEI	70	1000-1	973-2	1000-5	1000-6	1000-7	1000-9	1000-10	1000-11	7973	1
David	Bray	LEI	60	889-2	845-3	949-4	962-6	906-7	858-9	989-10	752-11	7150	2
Peter	Leake	LEI	70	799-1	1000-2	782-3	1000-4	887-5	908-6	834-7	893-10	7103	3
Andy	Hawkins	DVO	65	939-2	762-3	945-5	904-6	870-8	927-9	785-10	756-11	6888	4
Murray	White	DVO		697-2	630-3	768-6	716-7	692-8	674-9	528-10	664-11	5369	5
John	Palmer	NOC	65	965-2	868-3	958-4	811-7	849-8	805-9			5256	6
David	Anderson	LEI	70	641-1	951-2	670-5	914-6	641-8	653-11			4470	7
Jeffrey	Baker	LOG		584-1	972-5	820-6	675-7	598-9	672-10			4321	8
Glyn	Mayley	LOG	55	657-1	771-2	677-4	782-6	665-7	718-10			4270	9
Andy	Portsmouth	LEI		562-1	598-2	575-4	603-5	705-6	633-8	570-10		4246	0

Green - Female

Hannah	Cox	LEI	16	902-2	1000-3	1000-5	897-6	1000-7	1000-8	1000-10		6799	1
Rachel	Davis	DVO	45	799-1	855-3	1000-4	610-5	700-6	721-7	784-10	747-11	6216	2
Ruth	Ellis	DVO	60	822-1	655-2	798-3	917-4	740-6	676-9	881-10	689-11	6178	3
Margaret	Keeling	DVO	65	858-1	610-2	657-5	740-6	651-7	957-10	715-11		5188	4

EMEWs

Anne-Marie	Duckworth	DVO	45	859-1	669-2	915-3	824-5	836-6	837-11			4940	5
Helen	Parkinson	NOC	45	659-2	831-3	616-5	738-6	757-7	775-11			4376	6
Wendy	West	LEI	50	774-1	434-2	561-4	583-5	607-6	604-7	608-11		4171	7
Jane	Booker	NOC	55	638-2	892-3	788-6	774-9	803-11				3895	8
Judith	Holt	DVO		821-2	1000-6	944-8	1000-11					3765	9
Joanna	Goodhead	DVO		635-1	602-2	860-4	712-10	796-11				3606	0

Blue - Male

Finn	Lydon	LEI	14	831-1	884-2	841-3	1000-6	923-7	896-9	856-10	976-11	7207	1
Dave	Skidmore	DVO	65	843-2	865-3	814-4	900-5	898-6	864-9	816-10	1000-11	7000	2
Michael	Lindsay	DVO	60	789-1	842-2	824-3	721-5	793-6	788-7	781-8	935-11	6473	3
Paul	Hudson	NOC	50	790-1	825-2	826-3	724-5	805-6	766-8	777-10	881-11	6394	4
Robert	Haskins	LEI		710-3	758-4	806-5	717-6	825-7	811-9	803-10	877-11	6307	5
Glynn	Smith	LEI	65	1000-1	959-2	1000-3	983-4	965-6	956-7			5863	6
Alastair	Paterson	LEI	45	685-1	700-2	747-3	739-4	685-5	816-7	719-9	622-10	5713	7
Chris	Bosley	LEI		803-3	833-5	841-6	828-7	823-8	827-9	709-10		5664	8
Mark	Goodhead	DVO		729-1	869-2	759-3	742-4	830-6	754-9	832-11		5515	9
Alan	West	LEI	55	648-1	647-2	654-5	624-6	668-7	660-9	696-10	813-11	5410	0

Blue - Female

Tracey	Brookes	LEI	45	651-3	827-4	927-5	764-6	836-7	849-9	801-10	785-11	6525	1
Ursula	Williamson	LEI	50	760-1	805-2	865-4	801-5	691-6	773-7	790-8	915-10	6400	2
Trish	Lydon	LEI	45	1000-1	1000-2	641-3	1000-5	929-6	1000-7	790-9		6360	3
Julie	Ferris	LEI	45	816-1	708-3	723-5	1000-6	1000-8	875-9	765-11		5887	4
Kim	Buxton	DVO	50	879-2	643-3	824-6	958-8	787-9				4091	5
Alison	Hardy	LEI	45	943-5	947-6	1000-9	1000-10					3890	6
Joanne	Nell	RAFO	45	878-2	1000-4	806-6	860-7					3544	7
Catherine	Hughes	NOC	40	926-1	844-2	958-5						2728	8
Michelle	Mackervoy	DVO		856-2	994-8	761-9						2611	9
Ann-Marie	Duckworth	DVO		817-7	884-8	878-9						2579	0

Brown - Male

Richard	Parkin	DVO	45	850-2	905-3	965-4	855-6	956-7	997-8	1000-9	949-10	7477	1
Ian	Wells	RAFO	60	786-1	787-3	871-5	695-6	808-7	771-8	795-10	832-11	6345	2
Matthew	Cox	LEI	18	820-1	810-2	855-3	1000-5	674-6	873-7			5032	3
John	Duckworth	DVO	45	1000-1	1000-2	1000-8	991-9	1000-11				4991	4
Dai	Bedwell	DVO		962-7	968-8	913-9	1000-10	924-11				4767	5
John	Mather	LOG	40	665-2	686-3	725-4	614-6	654-9	692-10			4036	6
Richard	Leake	LEI	45	735-2	799-3	851-5	768-7	771-10				3924	7

EMEWS

Alan	Le Moigne	DVO		603-5	700-7	656-9	609-10	718-11				3286	8
Russell	Buxton	DVO		699-6	815-9	808-10	799-11					3121	9
Charles	Nell	RAFO	21	688-2	756-4	724-6	750-7					2918	0

Brown - Female

Tanya	Taylor	LOG	40	973-1	1000-2	929-3	1000-4	1000-5	1000-6	982-8	1000-10	7884	1
Helen	Chiswell	DVO	35	1000-1	986-2	834-4	1000-7	1000-8	1000-9	888-10	1000-11	7708	2
Catherine	Hughes	NOC	40	1000-3	798-4							1798	3

----000----

East Midlands Urban League 2013

Following on from the success of the East Midlands Urban League last year, we will continue, and hopefully expand, the League this year. The following are the events that have been identified so far for the League in 2013:

- EMUL 1 Sunday 12 May: Chesterfield (DVO)
- EMUL 2 Saturday 8 June: Nottingham University (NOC)
- EMUL 3 Sunday 21 July: Buxton (DVO)
- EMUL 4 Saturday 31 August: Lincoln City (LOG)
- EMUL 5 Sunday 6 October: Stamford (LOG)
- EMUL 6 Saturday 23 November: Ashby-de-la-Zouch (LEI)



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

Since 1992

Buffwear

The detailed urban league status is available on the EMOA website at <http://eastmidlandsurbanleague.wordpress.com/>

The top 5 for each type of event for East Midlands members are

Junior Men 16-

Pos	Name	Age	Club	Races	Best 4	1	2	3	4	5	6
1	Nicholas Wilson	M14	LEI	3	296	100	100		96		
2	Alexander Ridgway	M16	NOC	2	191			100	91		
3	Simon West	M16	LEI	2	189		96		93		
4	Fraser Ridgway	M12	NOC	2	185			96	89		
5	Finn Lydon	M16	LEI	1	100				100		

Junior Women 16-

Pos	Name	Age	Club	Races	Best 4	1	2	3	4	5	6
1	Sarah Duckworth	W12	DVO	3	293	100		100	93		
2	Jessica Beresford	W16	NOC	2	287		100	96	91		
3	Imogen Wilson	W14	LEI	2	189			93	96		
4	Emma Phillips	W16	LEI	2	185		96		89		
5	Joanna Goodhead	W16	DVO	1	96	96					

Men Open

Pos	Name	Age	Club	Races	Best 4	1	2	3	4	5	6
1	John Duckworth	M45	DVO	3	273	90		90	93		
2	Alan Le Moigne	M35	DVO	3	259	87	87		85		
3	Paul Beresford	M40	NOC	3	251	85	80	86			
4	Ben Beresford	M18	NOC	2	189		93	96			

EMEWS

5	Liam Harrington	M21	LOG	2	180	89			91		
---	-----------------	-----	-----	---	-----	----	--	--	----	--	--

Women Open

Pos	Name	Age	Club	Races	Best 4	1	2	3	4	5	6
1	Helen Chiswell	W35	DVO	4	385	96	93	96	100		
2	Alison Wright	W21	LOG	2	183		90		93		
3	Andrea Page	W35	LOG	1	91				91		
4=	Hannah Horsewill	W18	NOC	1	88		88				
4=	Sarah Edwards	W21	LOG	1					88		

Veteran Men 40+

Pos	Name	Age	Club	Races	Best 4	1	2	3	4	5	6
1	Ian Wilson	M45	LEI	4	335	83	84	88	75		
2	Alastair Paterson	M45	LEI	4	329	86	81	85	77		
3	Paul Hudson	M50	NOC	4	311	81	79	82	69		
4	Francesco Lari	M45	NOC	3	275		93	96	86		
5	Richard Parkin	M45	DVO	3	273	88		100	85		

Veteran Women 40+

1	Tanya Taylor	W40	LOG	4	400	100	100	100	100		
2	Tracey Brookes	W45	LEI	4	356	91	85	91	89		
3	Alison Hardy	W45	LEI	3	288		96	96	96		
4	Helen Parkinson	W45	NOC	3	276	96	89		91		
5	Kim Buxton	W45	DVO	3	263	88		88	87		

Supervet Men 55+

1	David Bray	M60	LEI	4	341	90	89	91	71		
2	Robert Haskins	M60	LEI	4	336	91	83	88	74		
3	Paul Morris	M55	NOC	3	282	100	96		86		
4	Jim Smith	M60	LEI	4	279	72	70	80	57		
5	Ian Parfitt	M60	DVO	3	232	84	81		67		

Supervet Women 55+

1	Judith Holt	W60	DVO	3	277	90		100	87		
2	Viv Macdonald	W60	DVO	3	265	88		93	84		
3	Jane Booker	W55	NOC	2	196	100	96				
4	Ann Armistead	W60	DVO	2	179	89		90			
5=	Liz Godfree	W65	DVO	1	96			96			
5=	Fiona Sellar	W55	DVO	1	96	96					

Ultravet Men 65+

1	Doug Dickinson	M65	DVO	4	380	96	100	91	93		
2	Laurie Fluck	M65	LEI	4	317	83	83	80	71		
3	Andy Hawkins	M65	DVO	3	270	90	93	87			
4	Simon Ford	M70	LEI	3	268	89	91		88		
5	Derek Gale	M65	DVO	3	264	88		90	86		

Ultravet Women 65+

Pos	Name	Age	Club	Races	Best 4	1	2	3	4	5	6
1	Hilary Palmer	W65	NOC	3	300	100	100		100		
2	Jen Gale	W65	DVO	3	185	89		96	86		
3	Diane Ford	W65	LEI	3	259	86	90		83		
4	Pauline Ward	W65	DVO	2	189	93	96				
5	Christine Middleton	W65	DVO	1	100			100			

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. Details on entry are normally available on the club sites. 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.

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.

October

Sat 5th	LEI Winter League 1 Grange and Battram Woods	D	LEI	EM	Grange Woods	Coalville	SK425093
Sun 6th	YHOA Superleague	B	EPOC	YH	Rishworth Moor	Huddersfield	
Sun 6th	SO - level C - Rewell Woods, Arundel (event 5 of SO champs)	B	SO	SE	Rewell Wood	Arundel	SU972076
Sun 6th	Norfolk Dumpling & VHI Individual Event	B	NOR	EA	NT Sheringham Park & Weybourne Forest	Sheringham	TG139410
Sun 6th	OD Local Event Burton Dassett Hills Country Park	D	OD	WM	Burton Dassett Hills	Gaydon	SP396519
Sun 6th	Stamford Town Race		LOG	EM		Stamford	
Sat 12th	October Odyssey day 1 & British Schools Score Championships	B	NATO	NE	Druridge Bay Country Park	Amble	
Sat 12th	Saturday informal	D	SYO	YH	Rivelin Valley from Wyming Brook	Sheffield	SK269858
Sat 12th	NOC Regional Event	C	NOC	EM	Bestwood Country Park	Nottingham	SK571463
Sun 13th	October Odyssey day 2	B	NATO	NE	Chibburn & Hadston Links	Widdrington	
Sun 13th	TVOC Regional and SCOA League event	C	TVOC	SC	Penn Wood	High Wycombe	SU923956
Sun 13th	Bucknell Wood (WMOA Champs & WMOA League 7)	C	WRE	WM	Bucknell Wood	Craven Arms	SO340750
Sun 13th	DVO EM League	C	DVO	EM	Kedleston Hall	Derby	SK322413
Sun 13th	Welsh Championships	B	ERYRI	WOA	Newborough	Newborough Anglesey	SH404876
Sat 19th	Bassetlaw Autumn Series	D	NOC	EM	Worksop College	Worksop	
Sat 19th	CompassSport Cup Final - Warm Up Event	D	NGOC	SW	Parkend Walk	Lydney	SO608078
Sat 19th	LEI Winter League 2 Swithland Woods	D	LEI	EM	Swithland Woods	Loughborough	SK537118
Sun 20th	CompassSport Cup Final	A	BOK	SW	Moseley Green	Forest of Dean	SO631087

EMEWS

Tue 22nd	LEI Winter League 3 Evington Park and Arboretum	D	LEI	EM	Evington Arboretum	Leicester	SK628021
Sat 26th	Cambridge City Race	B	CUOC	EA	Cambridge City Centre	Cambridge	TL450592
Sat 26th	Twin Peak Day 1	B	MDOC	NW	Macclesfield Forest	Macclesfield	SJ952716
Sat 26th	Bassetlaw Autumn Series	D	NOC	EM	Wellow	Worksop	
Sun 27th	Twin Peak Day 2	B	MDOC	NW	Stockport East and Parks	Stockport	SJ910909
Sun 27th	Town and Country Weekend	C	WAOC	EA	Brandon	Brandon	TL775854
Sun 27th	EMOA League Martinshaw and Ratby Woodlands	D	LEI	EM	Ratby Woodlands	Leicester	SK518070

November

Sat 2 nd	HOC Level C & WMOA League 8	C	HOC	WM	Fownhope	Hereford	SO573372
Sat 2 nd	Salisbury City Race (UKOL18)	B	SARUM	SW	Salisbury	Salisbury	SU142295
Sat 2 nd	Winter Series #1 Washingborough	D	LOG	EM		Washingborough	
Sun 3 rd	Regional Middle Distance Event	C	SYO	YH	Bowden Housteads Wood	Sheffield	SK400863
Sun 3 rd	SOC November Classic (UKOL19)	B	SOC	SC	Round Hill	Southampton	SU335025
Sun 3 rd	Colour Coded and EAL	C	SUFFOC	EA	The King's Forest	Bury St Edmunds	
Sat 9th	LEI Winter League 4 Beacon Hill	D	LEI	EM	Beacon Hill Country Park	Loughborough	SK510145
Sat 9th	NOC Night Event	D	NOC	EM	Thoresby North	Mansfield	
Sun 10th	SMOC Twywell Hills & Dales Middle Distance Race	C	SMOC	EA	Twywell Hills & Dales	Kettering	SP938772
Sun 10th	SN Regional SE League	B	SN	SE	Frith and Windmill Hill	Deepcut (nr Frimley)	SU906578
Sun 10 th	Regional Event	C	AIRE	YH	Clayton Woods	Leeds	SE258384
Sun 10th	NOC Regional Event	C	NOC	EM	Thoresby North	Ollerton	SK640730
Sun 10th	WCH Colour Coded & WMOA League 9	C	WCH	WM	Oldacre	Stafford	
Sat 16th	Winter Series #2 Greetwell Hollow	D	LOG	EM		Lincoln	
Sat 16th	NOC Winter League	D	NOC	EM	Bramcote Park	Nottingham	
Sun 17th	British Schools Orienteering Championships	B	DVO	EM	Shipley Park	Ilkeston	SK432454
Sun 17th	HAVOC Epping SW SWELL	C	HAVOC	EA	Epping SW	Chingford	TQ393950
Wed 20th	LEI Winter League 5 Ashby de la Zouch	D	LEI	EM	Ivanhoe Community College	Ashby de la Zouch	SK359170
Sat	EMOA Urban League -	C	LEI	EM	Ashby de la Zouch Town	Ashby de la	SK259170

EMEWS

23rd	Ashby de la Zouch				Centre	Zouch	
Sun 24th	East Midlands Championships & Regional B Event	B	LEI	EM	Spring Cottage	Ashby de la Zouch	SK310161
Sat 30 th	Winter Series #3 Chambers Farm Woods	D	LOG	EM		Bardney	

December

Sun 1 st	WMOA League 10	C	HOC	WM	Postensplain	Bewdley	SO754779
Sun 1 st	NOC Winter League	D	NOC	EM	Colwick Woods	Nottingham	
Wed 4 th	LEI Winter League 6 Willesley (South)	D	LEI	EM	Willesley Woods	Ashby de la Zouch	SK337144
Sat 7 th	Night Event	D	DVO	EM	Shipley Country Park	Ilkeston	SK432454
Sun 8 th	SAX Regional SE League	B	SAX	SE	Hindleap	Forest Row	TQ407323
Sun 8 th	Regional Event	C	HALO	YH		Scunthorpe	
Sun 8 th	OD Colour-coded Event & WMOA League 11 & OD Club Champs	C	OD	WM	Hay Wood	Warwick	SP206705
Sun 8 th	WAOC Mildenhall South Colour Coded	D	WAOC	EA		Mildenhall	TL740741
Sat 14th	LEI Xmas Novelty - Burbage Common	D	LEI	EM	Burbage Common Visitor Centre	Hinckley	SP447953
Sun 15 th	Regional Event	C	SYO	YH	Canklow	Rotherham	SK433900
Sun 15 th	Sth Norfolk Colour Coded Event	C	NOR	EA	Hockham	Thetford	TL937919
Sun 22 nd	Regional Event	C	EPOC	YH	Storches Hall	Huddersfield	
Sun 22 nd	NOC Regional Event	C	NOC	EM	Walesby	Ollerton	
Sun 29 th	Regional Event	C	EBOR	YH	Skipwith Common	Selby	
Sun 29 th	EMOA League The Outwoods	C	LEI	EM	The Outwoods	Loughborough	SK521148

January

Wed 1 st	Urban Event	D	DVO	EM	Bakewell	Bakewell	
Wed 1 st	LEI Winter League 7 Leicester	D	LEI	EM	Abbey Park and Riverside	Leicester	SK585054
Sat 4 th	Winter Series #5 Belton Woods	D	LOG	EM		Grantham	
Sun 5 th	Regional Event	C	AIRE	YH	Esholt	Leeds	
Sun 5 th	NOC Winter League	D	NOC	EM	Shirebrook	Mansfield	
Sun 12 th	Regional Event	C	SYO	YH		Sheffield	

EMEWS

Sun 12 th	OD Colour-coded Event and WMOA League 1 Brandon Wood	D	OD	WM	Brandon Wood & Piles Coppice	Coventry	SP386762
Sun 12 th	EMOA League Event Willesley Woods	C	LEI	EM	Hicks Lodge	Ashby de la Zouch	
Sat 18 th	Winter Series #6 Grantham Town	D	LOG	EM		Grantham	
Sun 19 th	Ace of Herts Regional SE League	B	HH	SE	Ashridge South & East	Berkhampstead	
Sun 19 th	HOC Regional event	C	HOC	WM	Sandwell Valley	Sandwell	
Sun 19 th	DVO Farley Moor EM League	C	DVO	EM	Farley Moor	Matlock	
Wed 22 nd	LEI Winter League 8 Donisthorpe	D	LEI	EM	Donisthorpe (North)	Ashby de la Zouch	SK309156
Sun 26 th	Southern Championships	A	BKO	SC	Star Posts	Bracknell	SU875661
Sun 26 th	Delamere Forest	B	DEE	NW	Delamere Forest	Frodsham	SJ568717
Sun 26 th	Regional Event	C	EPOC	YH		Halifax	
Sun 26 th	NOC Winter League	D	NOC	EM	Vicar Water	Mansfield	

February

Sat 1 st	LEI Winter League 9 Irchester	D	LEI	EM	Irchester Country Park	Northampton	SP911658
Sat 1 st	NOC Night Event	D	NOC	EM	Thieves Wood	Mansfield	
Sun 2 nd	GO Regional SE League	B	GO	SE	Blackheath and Farley Heath	Guildford	
Sun 2 nd	WCH Colour Coded	C	WCH	WM	Beaudesert	Stafford	
Sun 2 nd	NOC EM League	C	NOC	EM	Thieves Wood	Mansfield	
Sat 8 th	NOC Winter League	D	NOC	EM	Clifton Campus	Nottingham	
Sun 9 th	YHOA Superleague	B	SYO	YH	Wharnccliffe	Sheffield	
Sun 9 th	TVOC Chiltern Challenge	B	TVOC	SC	Nettlebed North and South	Henley-on Thames	
Sun 9 th	WAOE Warren Wood Colour Coded & EAL Event	C	WAOE	EA		Thetford	
Sun 16 th	Various Compass Sport Cup Events						
Wed 19 th	LEI Winter League 10 Leicester (south)	D	LEI	EM	Brocks Hill Visitor Centre	Leicester	SP619997
Sat 22 nd	British Night Championships (UKOL)	A	MV	SE	Pippingford Park	Crowborough	
Sun 23 rd	MV Regional SE League (UKOL)	B	MV	SE	Pippingford Park	Crowborough	
Sun 23 rd	DVO Lindop EM League	C	DVO	EM	Lindop	Chesterfield	SK272716

EMEWS

Tue 25th	LEI Winter League 11 Sence Valley	D	LEI	EM	Sence Valley Forest Park	Leicester	SK391109
-------------	--------------------------------------	---	---------------------	----	--	-----------	--------------------------

The following are regular activity sessions identified in the British Orienteering calendar and applicable to clubs within our area:

Ashby Map Runners	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby	Wed 2 nd October Wed 9 th October Wed 16 th October Wed 23 rd October Wed 30 th October Wed 6 th November Wed 13 th November Wed 27 th November Wed 4 th December Wed 11 th December Wed 18 th December
Matlock Club	DVO	Hall Leys Park	Matlock	Wed 2 nd October
Leicester Club Night	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester	Thu 3 rd October Thu 10 th October Thu 17 th October Thu 24 th October Thu 31 st October Thu 7 th November Thu 14 th November Thu 21 st November Thu 28 th November Thu 5 th December Thu 12 th December Thu 19 th December
Lincoln Club Night	LOG	Lincoln University	Lincoln	Thu 3 rd October Thu 12 th December
Leicester (Grobby) Club Night	LEI	Grobby Community College	Leicester	Mon 7 th October Mon 14 th October Mon 21 st October Mon 28 th October Mon 4 th November Mon 11 th November Mon 18 th November Mon 25 th November Mon 2 nd December Mon 9 th December Mon 16 th December
Matlock Club	DVO	Arc Leisure Centre	Matlock	Wed 9 th October Wed 16 th October
Lincoln Club Night	LOG	Riseholme	Lincoln	Thu 17 th October Thu 7 th November
Lincoln Club Night	LOG	South Common	Lincoln	Thu 24 th October Thu 14 th November Thu 5 th December
Rushcliffe Orienteers	NOC	Rushcliffe Country Park	Ruddington	Sat 26 th October
Lincoln Club Night	LOG	West Common	Lincoln	Thu 31 st October
Lincoln Club Night	LOG	Hartsholme	Lincoln	Thu 21 st November
Lincoln Club Night	LOG	Whisby	Lincoln	Thu 28 th November
Lincoln Club Night	LOG	Strugglers Inn	Lincoln	Tue 17 th December

