



THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

MARCH - APRIL - MAY
2014



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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: **30th June 2014 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - Thanks again to Ernie Williams for the cover.

Obviously preparing everyone for JK Day 3 on Mynydd Llangynidr

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Report on East Midlands Meeting – 24th March 2014

Treasurer's Report – The Treasurer's Report was reviewed and no major problems identified. The main point of discussion was the junior squad budget vs spend which will be reviewed in more detail at the next EMOA meeting.

Development / Training Day – Ranald thanked all contributors for their help in running the Development Day. In the end all of the courses went ahead with sufficient numbers (Event Safety (5), Organisers (5), Mappers (6), Grade C Controllers (5), Planning (5), Mentoring (6), and Planning linked coaching session (5). Ranald and Viv circulated comments from the attendees (19 out of the 29 attendees responded) which all seemed fairly positive (many specially loved the lunch!). Also the fact that attendees got to break at the same time and had a chance to talk with others from different clubs and courses.

Future Development / Training Days – Ranald stated that we need to decide how often the training day should take place. It was difficult getting the numbers up so is annually too frequent? Should it be every 18 months or 2 years? This will be discussed in the autumn EMOA meetings so club reps should take back to clubs to discuss. Any feedback from readers is welcome.

EMOA Development Plan – Prior to the meeting Ranald circulated an updated Regional Development Plan which simply aligned the numbers and budget to recent figures.

Coaching – Hilary Palmer requested assistance to help support coaching for the new format courses which was agreed. Also do we need to have a Regional Coaching Day in the future?

Planners/Controllers Conference – The next one is planned for October 4th 2014, at Rushcliffe. Barry Elkington will lead the session with exercises before lunch and de-briefs after. In addition it will cover the latest rule changes.

Future Events:

- (i) **East Midlands Champs 2014 – 6th Apr 2014 – LEI hosting at Cademan Woods.** The event is a Middle Distance event.
- (ii) **20 April 2014 JK Day 3 in South Wales (LEI)** – Details are available and the event seems to be going well. Team roles have been allocated.
- (iii) **26 October 2014 Midland Championships at Longshaw Estate (DVO)** – DVO have lost the controller due to illness and are looking for another one.
- (iv) **15 March 2015 CompassSport Cup (NOC) at Sherwood Pines.**
- (v) **Yvette Baker Trophy Round in 2015** – Need to propose an event for this sometime between March and May. Review fixtures and propose at next meeting.
- (vi) **East Midlands Champs 2015** – No obvious nominations but suggest event on 29Nov15 for DVO. Seems best bet at this stage.
- (vii) **27 February 2016 – British Night Champs 2016 (LEI)** – All is OK at this stage.
- (viii) **28 February 2016 – Midlands Champs 2016 (NOC)** – All is OK at this stage.

EMOA League 2015 - Clubs are already planning their events for 2015. By September we should have all of the league events for 2015 (as we have asked clubs to only select max of 5 events for 2015). The autumn EMOA meeting should agree the final list of events for 2015 League.

2014 EMOA Urban League - There will be 7 events in the 2014 League this year.

2014/15 EMOA Night League - Paul Beresford is talking to club fixtures secretaries to agree a series of Night Events for the League this year. It is hoped to have two from each club and agree a consistent format for the events.

New EMOA Chairman Required: Ranald reminded people that a new chairman was required at the AGM and that all members should try to find someone.

Future Meetings - All meetings to be held at the Pace Room, St Mary's Church, Clifton Village, Nottinghamshire at 7.30 p.m. The next meeting is on Monday 30th June 2014. Then the next meeting will be the EMOA AGM at the same venue on 15th September 2014.

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Preliminary Notice for Event Officials – a date for your diaries

Experienced Planners and Controllers Conference: Saturday 4th October 2014 (note change of date)

As in the last two years, the annual conference for experienced Planners and Controllers will be held at Rushcliffe Country Park.

Our main workshop presenter will be Barry Elkington (OD) who wrote the excellent series of articles on course planning which can be found on the British Orienteering website.

There will also be the opportunity to share experiences of your activities and to consider the implications of the revised Rules of Orienteering, Appendices and Competition Rules.

Further details will follow through your EMOA Club Representatives nearer the date.

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Map scales at major events - the other side of the story!

By Bruce Bryant, Map Advisory Group member

You may have seen the article about choice of map scales for major events in CompassSport. As a member of MAG (Map Advisory Group) I thought that I should give you a brief overview of the other side to this story...

There was much discussion about the request to use 1:7500 maps for M/W45+ at JK 2015 within MAG and a number of questions and potential issues were identified to the "Events and Competitions Committee" that needed answering before any decisions could be made.

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Apologies if the rest of this article gets a bit technical but it helps explain why there was much discussion within MAG and a request for more information before we could come to an informed conclusion.

There are many logistical issues - both for the mapper and planner/controller - with the use of 3 different scales at an event as requested for Bigland and Dunnerdale:

1/ What size of symbols is used on each map - are the enlarged maps just a straight enlargement of the 1:15000 map or does the 1:7500 map have the same size symbols as the 1:10000 map to allow more space between symbols and make the map easier to read?

2/ If the map is drawn at 1:15000 for the elite competitors and then enlarged to 1:10000 and 1:7500 for others, the 1:7500 map could end up with very large course overprints (12 mm diameter control circles and huge control numbers).

3/ If the M/W45+ ages classes all get 1:7500 - as the JK 2015 proposal - the long distance courses for such as M45 may need a very large map. Note that for BOC at Culbin we ended up with an A2 map which is not easy to use for the long legs that you should get on a "Long Distance" course.

4/ The cost of offset-litho printing at 3 scales could be very prohibitive if the layout of the printing plates are not very carefully considered. This could dramatically increase the map printing costs compared to maps at only 1:15000 and 1:10000 - and therefore increase entry fees.

5/ MAG believe that much of the pressure for 1:7500 maps in the Lake District is a result of complex areas that are "over-mapped" with too much fine detail for the scale of map (lack of "generalisation") combined with average or poor quality laser prints. The quality of print is particularly important where you have intricate contours sitting over rough open ground as found in many Lake District open areas. For a major event and to make the map as legible as possible, this type of terrain must have offset-litho printing rather than laser prints.

6/ The crux of this JK 2015 discussion is all based around improving the legibility of the map, however the JK team are now asking for 1:7500 laser printed maps which will compromise the print quality and legibility of the final maps.

7/ MAG know of a number of competitors who chose laser printed 1:7500 maps for a Lake District event at Graythwaite - where they had a choice of map scales - and later regretted the decision due to the poor quality of the laser printing and trying to read the map in dark forest! Many later commented that they would have preferred an offset-litho map at 1:10000 - but that wasn't one of the choices offered...

In summary, apart from the tricky question of map scales for JK 2015, I do have concerns for the quality of map that will result if major events are free to make their own decisions about map scales and printing methods.

A Better Way Forward

By David Olivant Chair Map Advisory Group

Bruce's article highlights the main issues around map scales, MAG considers that more research is required about map symbol dimensions and vision issues with older competitors, in particular those over 65.

1:10000 scale

ISOM 1:15000 symbols are enlarged proportionally by 150% for 1:10000 maps. However cartographic science states that enlargements should not be linear and Swiss O cartographers believe that 135% enlargement gives a clearer result by creating more white space between symbols. On MAG advice the BMDOC 2013 map at Stanton Moor used a similar enlargement and it would appear that the map of this complex area was well received. This alone may resolve clarity issues in detailed areas but more research is needed.

1:7500 scale

There are several problems with enlarging maps to 1:7500. There has been no research into symbol size at this scale. A straight 200% enlargement from 1:15000 gives symbols that are very heavy and doesn't create the white space needed for clarity. 150% enlargement may do this but there is the problem of loss of perception of slope, the Swiss say that 2.5 metre contours would be required to restore this (back to square one), and when shown both scales most competitors say that there is a loss of ground shape turning map reading into a two dimensional rather than three dimensional exercise. Again, more research is needed.

Helping Older Eyes

As we age the eye loses its flexibility and its ability to focus on close objects, this is presbyopia. This happens to almost all people between the ages of 45 to 60 and some sort of correction is needed. What is new is that we suspect there is a difference between how the detail on a map is perceived by those people who are myopic (short sighted) and those who are long sighted. The theory is that presbyopia happens to short sighted people earlier and their brains adapt to focussing more easily than those who are long sighted who typically don't have the problem until over 60 and then the brain struggles to cope even with corrective lenses. If this is the case then this could explain the polarisation of views on the subject of scales and a better solution should be possible. But we have no idea of the numbers affected or even if this is true. There are other eye issues of course, some age related such as difficulty with low light and at any age a small proportion of people who suffer colour blindness.

More research is needed to find the best solution to these crucial issues.

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National Forest Strategy

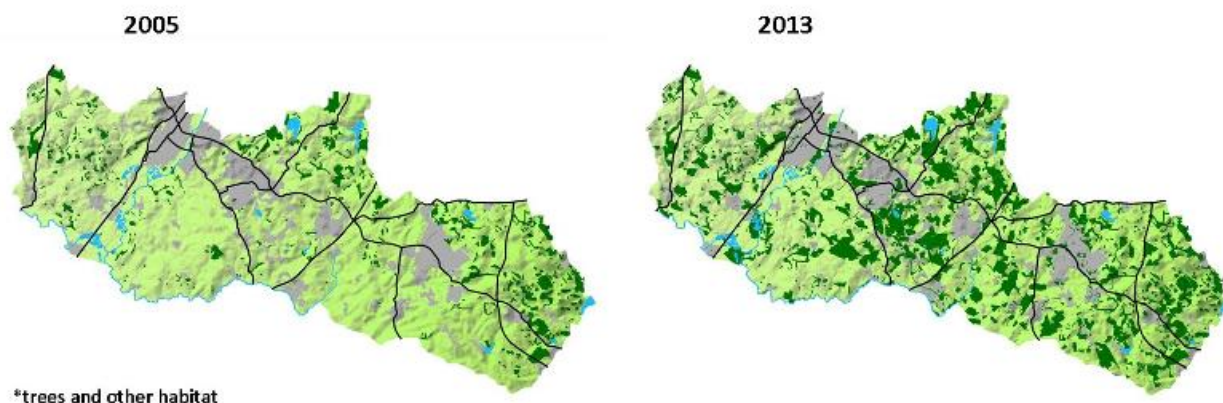
The following are some sections from the recent National Forest Strategy. As this is within our region I thought just seeing the plans for the National Forest would be useful.

The purpose of The National Forest is to be a living example of all that can be achieved through creating a forested landscape on a large scale - where people live, work and enjoy their recreation. This has many dimensions, including regeneration and economic growth, wildlife and recreation. Given this ambition and breadth, a consistency of vision, strategy and delivery have been crucial to success and we want to develop an equally strong forward strategy for 2014 - 2024.

The National Forest has been in existence for around twenty years. As the 2004 - 2014 strategic period comes to a close, the results are remarkable:

1. Forest cover is now nearly 20% of The National Forest's 200 square miles, from an initial figure in 1995 of c6%, and 14% in 2004. This comprises nearly 7,000 hectares of new sites and about 3,000 hectares of existing woodland.
2. In many areas, forest sites are now connecting up and there is the appearance of a well-established wooded landscape.

Forest cover*



3. Around 350 jobs have been created or safeguarded through forestry, farm diversification to forest uses and woodland businesses.
4. The visitor economy has grown steadily and is now worth around £324 million per annum. It supports around 5,800 jobs. The forest is recognised nationally as an 'emerging destination'. The number of staying visitors has grown faster than day visitors.
5. By 2030 gross value added (GVA) across the forest area is expected to reach £5.6 billion, a c60% increase from 2011. The economy is becoming more diversified with secondary manufacturing and a stronger service-led sector.
6. Since 1995, approximately 250,000 people have participated in forest-related events and over 450,000 children have enjoyed environmental education sessions in the forest.

7. Over £1 million has been raised from business sponsorship and donations from the public since 2003 and c170 businesses use The National Forest logo.

Summary of proposed Strategy 2014 - 2024

The National Forest is now visible and increasingly well-known. It is delivering real change and opportunity for its communities and the economy, as well as landscape-scale ecological restoration.

However, in its forested landscape and sense of place, it is still young and the next decade is an exciting time in which to shape and strengthen its identity, as it continues to mature in every way. It could be said to be in its teenager stage, needing steady support over the next ten years so that it can fulfil its potential into the future.

The 2014 - 2024 strategy will have two overriding objectives:

1. Making the most of the investment so far.
2. Securing a sustainable future for the forest.

To achieve these two goals, The National Forest has many assets and resources to deploy, from stakeholders' goodwill and partnership working to continued core funding for the NFC, along with opportunities to diversify income sources from public, private and charitable sectors. All this means that a new generation of investment can be made in the forest.

The challenges to be negotiated include continued pressure on some partners' capacity, reduced land availability for forest creation and anticipating the decrease in central government grant to the NFC, by 2024.

Key themes and shifts 2014 - 2024:

Continued forest creation, with a shift towards *where, why and how* sites are created (based on national research) rather than how many hectares.

1. A shift towards the management of forest sites, becoming as well known for this as for creation.
2. A growing woodland economy based on strong local supply and demand.
3. A hub of excellence, research and best practice in all aspects.
4. Investment in the visitor and resident experience, including capital projects and promotion.
5. Making it 'the forest for everyone': the challenge of widening engagement, being truly inclusive and making it easy for everyone to have a great experience, whatever their interest.

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**TICK, TICK, TICK I DON'T WANT TO SCARE YOU BUT IT IS TIME TO
TAKE CARE**

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. and 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 be clear in the centre, resulting in a "Bull's eye" appearance. It can expand and move around the body.

If early symptoms of infection are not recognised, serious complications can develop often 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.

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

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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 from the HPA at www.hpa.org.uk or at www.lymediseaseaction.org.uk/information/tick.htm

The answer is to take care and be aware. You are most at risk of Lyme disease when towards the south of England but there have been cases further north.

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.

Even more worrying than Lyme is the spread of tick borne encephalitis -TBE. This is not another name for Lyme disease. Its symptoms and the potential illness and health consequences are similar to Lyme but TBE is a virus for which there is currently no cure, whereas Lyme disease is caused by bacteria and can be treated with antibiotics.

Whilst thankfully not yet present in the UK, TBE is spreading throughout Europe including areas where our sporting interests take us. You can now access a quick presentation to inform members about the risk from ticks carrying this dangerous virus in Europe. See the Tick Alert website (www.tickalert.org) especially if planning on travel between spring and early autumn to any of 27 countries where TBE is endemic. It shows how the disease is contracted, explains the serious symptoms that can arise and what to do to protect against it. Every year there are 10,000-12,000 cases reported. TBE attacks the nervous system and can lead to severe meningitis, encephalitis and even death.

Unlike the common "bulls eye" rash that appears with Lyme disease this is not the case with TBE. Also, the tick anaesthetises the bite area with a compound in its saliva so very often a person will not feel or realise they have been bitten. Please use the Signs & Symptoms from the website <http://www.tickalert.org/tbe-facts.html#pt03> - There are also links to national sources of health advice about TBE and a good one is NaTHnac (<http://www.nathnac.org/travel/factsheets/tickborneencephalitis.htm>)

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East Midlands League 2014

The East Midlands League events for 2014 have been defined as the following events. So far the first 5 of these have taken place and are included in the League tables below. As usual it is the top 8 scores will count.

- | | | |
|--------------------|-----------------------|----------------------------|
| 1 - Shellbrook, | 2 - Matlock Moor, | 3 - Thieves Wood, |
| 4 - Lindop, | 5 - Fineshade Woods, | 6 - Burwell and Haugham, , |
| 7 - Shining Cliff, | 8 - Allestree, | 9 - Burrough Hill, |
| 10 - Carsington, | 11 - Longstone Moor, | 12 - Byron's Walk, |
| 13 - Bradgate, | 14 - Blidworth Woods, | 15 - Beacon Hill, |
| 16 - Kedleston, | 17 - Spring Cottage | |

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

White - Female

Forename	Surname	Club	Age	1	2	3	4	5	6	7	Best 8	
Alexa	Lindsay	DVO	10		1000	1000	1000				3000	1
Hannah	Mather	LOG	10	496	581		826				1903	2
Charlotte	Squire	NOC	10			759	948				1707	3

Yellow - Male

Harrington	Leake	LEI	10	1000	1000	1000	916				3916	1
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Yellow - Female

Ailith	Smith	DVO	10		1000	543					1543	1
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Orange - Male

Samuel	Davis	DVO	12	982	903	520		659			3064	1
Benjamin	Mather	LOG	12	549	615	364	804				2332	2
Ben	Mackervoy	DVO	12		890		1000				1890	3
Donald	Flynn	NOC	14		1000	560					1560	4

Orange - Female

Rachel	Duckworth	DVO	12	1000	1000		1000				3000	1
Reed	Lydon	LEI	12	748	816	1000					2564	2
Isabella	Edwards	DVO	12		871	507	502				1880	3
Daisy	Herd	LEI	12	815		748					1563	4
Peta	Jarvis	LEI	12	854		450					1304	5
Vicky	Green	RAFO	18			475		765			1240	6

Light Green - Male

James	Peet	NOC	14	1000			721				1721	1
John	Pickles	NOC	60		1000	577					1577	2
Jamie	Lowthian	NOC	12	837		692					1529	3
Fraser	Ridgway	NOC	14		820		389				1209	4
Daniel	Shields	RAFO	16			621		557			1178	5

Light Green - Female

Sarah	Duckworth	DVO	14	1000	1000	899	1000				3899	1
Anna	Barber	LEI	14	930		1000		1000			2930	2
Caitlin	Chafer	LEI	14	817	650		526				1993	3
Jessica	Dring-Morris	LEI	14	480		513		503			1496	4

Short Green - Male

John	Woodall	NOC	75	913	808	727	761	977			4186	1
Ernie	Williams	LEI	70		816	804	1000	1000			3620	2

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Chris	Phillips	LEI	65	735		715	586	661			2697	3
David	Parkin	DVO	80		1000	995					1995	4
Bob	Alderson	NOC	70	886	888						1774	5
Roger	Keeling	DVO	70	553	520			660			1733	6
Geoff	Gibbs	LOG	70			519	545	638			1702	7
Kevin	Gallagher	LEI	65	673				939			1612	8
Kiran	Coolican	LEI	21	530			469	415			1414	9

Short Green - Female

Molly	Smith	LEI	70	861	561	797	593				2812	1
Jen	Gale	DVO	65	1000		797	656				2453	2
Christine	Middleton	DVO	65		732	853	802				2387	3
Diane	Ford	LEI	65	689	543			1000			2232	4
Alison	Hayes	DVO	50		461	558	446	544			2009	5
Pauline	Ward	DVO	70		1000		1000				2000	6
Jill	Croskell	DVO	60			949	840				1789	7
Ann	Armistead	DVO	65			1000	749				1749	8
Barbara	Tebbutt	LEI	45	838		610					1448	9

Green - Male

Simon	Ford	LEI	70	1000	1000		1000	1000			4000	1
Roger	Edwards	LEI	60	794	769	841		960			3364	2
David	Bray	LEI	60	839	812	864	800				3315	3
Peter	Leake	LEI	75		630	803	739	946			3118	4
David	Anderson	LEI	75	681	827		702	862			3072	5
Jeffrey	Baker	LOG	60	743		827	683	756			3009	6
Peter	Cholerton	NOC	55	638	436	574	630	685			2963	7
Peter	Chick	LEI	70	673	718	756	651				2798	8
Andrew	Breakwell	NOC	65	704	733	890					2327	9
Paul	Stothard	LEI	45	518		606	506	521			2151	0

Green - Female

Jane	Booker	NOC	60	1000	1000	913	982				3895	1
Kim	Buxton	DVO	50	830	823	838	882				3373	2
Imogen	Wilson	LEI	14	849	722		909	872			3352	3
Margaret	Keeling	DVO	65	656	712		846	913			3127	4
Jane	Dring-Morris	LEI	45	588	662	640	600	554			3044	5
Anne-Marie	Duckworth	DVO	45	832	780		913				2525	6
Jane	Burgess	DVO	55	786	757	831					2374	7
Ruth	Ellis	DVO	60	675			729	824			2228	8
Anne	Gibbs	LOG	70			714	785	711			2210	9
Claire	Selby	DVO	40	765		693		740			2198	0

Blue - Male

Dave	Skidmore	DVO	65	889	765		894	1000				3548	1
Derek	Gale	DVO	70	944		981	776	774				3475	2
Michael	Nell	RAFO	60		725	866	682	709				2982	3
Michael	Lindsay	DVO	60		706	833	786	630				2955	4
Robert	Haskins	LEI	60		694	768	716	695				2873	5
Andrew	Ridgway	NOC	50		707	651	693	793				2844	6
Jamie	Sutherland	LEI	40	674	666	747		738				2825	7
Peter	Hornsby	LEI	60	693	546	780		767				2786	8
Alan	West	LEI	55	616	641	727	697					2681	9
Keith	Roberts	NOC	50	682	633	659	664					2638	0

Blue - Female

Liz	Godfree	DVO	65	1000	1000	1000	1000				4000	1
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EMEWS

Joanna	Goodhead	DVO	16	668	841	700	713	862			3784	2
Rachel	Davis	DVO	45	700	704	575	716	743			3438	3
Ursula	Williamson	LEI	50	622	645	665	675	817			3424	4
Tanya	Taylor	LOG	40	675		820	703	1000			3198	5
Trish	Lydon	LEI	45	623	860	740		922			3145	6
Joanne	Nell	RAFO	50		803	772	881				2456	7
Liz	Heaton	LEI	21	572			597	652			1821	8
Rebecca	Perring	DVO	45		533	423	654				1610	9
Julie	Ferris	LEI	45	637	836						1473	0

Brown - Male

John	Duckworth	DVO	45	1000	926	1000	1000				3926	1
Ian	Wells	RAFO	60	791	745	771	665				2972	2
John	Mather	LOG	40	764	621	699	670				2754	3
Robert	Smith	DVO	50		968	850	896				2714	4
Howard	Alcock	LEI	40	836			765	997			2598	5
Finn	Lydon	LEI	16	803	735			925			2463	6
David	Pettit	DVO	21	628	508	613		601			2350	7
Ian	Wilson	LEI	45	819	655			859			2333	8
Mark	Goodhead	DVO	20	781	732		789				2302	9
Russell	Buxton	DVO	55	715	644		583				1942	0

Brown - Female

Helen	Chiswell	DVO	35	751	981	1000	873	838			4443	1
Hannah	Cox	LEI	18	1000	1000		1000	1000			4000	2

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East Midlands Urban League 2014

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 2014:

- **EMUL 1** Sunday 11 May: Matlock (DVO)
- **EMUL 2** Sunday 18 May: Newark (NOC)
- **EMUL 3** Sunday 13 July: Oakwood (DVO)
- **EMUL 4** Sunday 31 August: Lincoln City (LOG)
- **EMUL 5** Sunday 14 September: Southwell (NOC)
- **EMUL 6** Saturday 20 September: Loughborough University (LEI)
- **EMUL 7** Saturday 25 October: Washingborough (LOG)

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

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The 2014 events are scheduled with best 4 of 7 to count as:



**THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR**

Since 1992

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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.

April

Thu 10th	LOG Spring Series #2 Stoke Rochford	D	LOG	EM		Grantham	
Sat 12th	DVO Informal Event	D	DVO	EM	Cromford Moor & Black Rocks	Cromford	SK291557
Sun 13th	BOK Mike Nelson BOKTrot	B	BOK	SW	Wye Valley Forests	Trellech/Tintern	SO501055
Sun 13th	Regional Event	C	EBOR	YH	Pry Rigg	Pickering	SE580802
Sun 13th	The Ercall & Limekiln Woods (YBT Round 1)	C	WRE	WM	The Ercall	Telford	SJ650098
Sun 13th	NOC Regional Event (EM League)	C	NOC	EM	Rufford Country Park & New Park Wood	Ollerton	SK645649
Thu 17th	LOG Spring series #3 Revesby	D	LOG	EM		Coningsby	
Fri 18th	Jan Kjellstrom Orienteering Festival - Sprint (UKOL)	A	SBOC	WOA	Swansea University & Singleton Park	Swansea	
Fri 18th	Jan Kjellstrom Orienteering Festival Trail O	B		WOA	Swansea University	Swansea	
Sat 19th	Jan Kjellstrom Orienteering Festival (UKOL)	A	SWOC	WOA	Merthyr Common	Ebbw Vale	SO118132
Sun 20th	Jan Kjellstrom Orienteering Festival (UKOL)	A		WOA	Llangyndydr	Ebbw Vale	
Sun 20th	Jan Kjellstrom Orienteering Festival Trail O	B		WOA	Trefil	Methyr Tidfil	
Mon 21st	Jan Kjellstrom Orienteering Festival Relays	A		WOA	Pwll Du	Blaenavon	
Wed 23rd	NOC Bassetlaw Event	D	NOC	EM	Boughton Brake	Ollerton	SK668696
Thu 24th	LEI Summer League 1 Melton Country Park	D	LEI	EM	Melton Mowbray Country Park	Melton Mowbray	SK759198
Thu 24th	LOG Spring Series #4 Morkery Woods	D	LOG	EM		Bourne	
Sat 26th	SE Sprint Championships	C	HH	SE	Oaklands / Highfield	St Albans	TL180072
Sun 27th	HOC Regional event & WMOA League 5	C	HOC	WM	Breakneck Bank	Bewdley	SO714766
Sun 27th	DVO Allestree EM League	C	DVO	EM	Allestree	Derby	SK349407
Sun 27th	SE Middle Distance Championships	C	HH	SE	Mardley Heath	Welwyn	TL243180
Sun 27th	Holt and Lowes Colour Coded	C	NOR	EA	Holt Country Park & Holt Lowes	Holt	
Wed 30th	LEI Summer League 2 Stanton under Bardon	D	LEI	EM	Stanton under Bardon	Coalville	SK466100

May

Thu 1st	LOG Spring Series #6 Grimsthorpe Castle Woods	D	LOG	EM		Bourne	
Sat 3rd	Northern Champs Weekend Middle Race	B	LOC	NW	Summer House Knott	Newby Bridge	

EMEWS

	(UKOL)						
Sun 4 th	Northern Championships (UKOL)	A	SROC	NW	Gummer's How & Blakeholme	Newby Bridge	SD390884
Sun 4 th	SO level B, Charlton Forest, West Sussex. SE league & SO champs (event 2)	B	SO	SE	Charlton Forest	Between Chichester, Midhurst & Petworth	SU904142
Mon 5 th	Northern Champs Weekend Urban (UKOL)	B	LOC	NW	Kendal	Kendal	
Tue 6 th	LEI Summer League 3 Leicester	D	LEI	EM	Leicester Grammar School	Leicester	SP648983
Thu 8 th	LOG Spring Series #6 South Common	D	LOG	EM		Lincoln	
Sat 10 th	The Dales Town and Country Weekend / YHOA Urban League	C	AIRE	YH	Ilkley	Ilkley	SE122474
Sat 10 th	DVO Informal Event	D	DVO	EM	Ilam Country Park	Ashbourne	SK134509
Sun 11 th	The Dales Town and Country Weekend / YHOA Superleague	B	AIRE	YH	Baildon Moor	Baildon	SE155396
Sun 11 th	EM Urban League - Matlock	C	DVO	EM	Matlock	Matlock	SK299608
Sun 11 th	HAVOC Hadleigh Country Park SWELL & EAOA Schools Championships	D	HAVOC	EA	Hadleigh Country Park	Hadleigh, Essex	TQ802869
Sun 11 th	WCH Colour Coded & WMOA League 6	C	WCH	WM	Mansty Woods	Stafford	
Tue 13 th	LEI Summer League 4 Markfield	D	LEI	EM	Markfield	Leicester	SK485104
Sat 17 th	LEI Summer League 5 National Forest	D	LEI	EM	Conkers Discovery Centre	Ashby de la Zouch	SK309161
Sat 17 th	NOC Bassetlaw Event	D	NOC	EM	Langold Country Park	Worksop	SK585866
Sun 18 th	Harvester Trophy	B	SLOW	SE	Winterfold and Pitch Hill	Peaslake	
Sun 18 th	NOC Urban Event (EM Urban League)	C	NOC	EM	Newark	Newark	
Thu 22 nd	LEI Summer League 6 Charnwood Forest	D	LEI	EM	Charnwood Forest South	Loughborough	SK523118
Sat 24 th	Scottish Championships - Individual (UKOL)	A	INT	SOA	Dalnamein	Pitlochry	
Sat 24 th	Tamar Triple Day 1 - Fernworthy	C	DEVON	SW	Fernworthy	Chagford	sx670838
Sun 25 th	Scottish Championships - Relays	C	ESOC	SOA	Newtyle Hill	Pitlochry	
Sun 25 th	Tamar Triple Day 2 - Inny Foot (SW Middle Distance Championships)	C	KERNO	SW	Inny Foot	Callington	SX373761
Sun 25 th	Tamar Triple Day 2 Tavistock Urban	C	KERNO	SW	The Wharf, Tavistock, Devon, PL19 8SP	Tavistock	SX47947410
Wed 28 th	LEI Summer League 7 Swithland Woods	D	LEI	EM	Swithland Woods	Loughborough	SK537118
Thu 29 th	Spring Cup & Lincs Challenge Shield RAF Cranwell	D	LOG	EM		Sleaford	
Sat 31 st	British Long Championships (UKOL)	A		NE	Thrunton and Callaly	Newcastle	

June

Sun 1 st	British Relay Championships	A		NE	Cragg Estate and Chesterhope Common	Newcastle	
Sun 1 st	NOC Summer League	D	NOC	EM	Oxclose Wood	Mansfield Woodhouse	
Tue 3 rd	LEI Summer League 8 Oakham Woodlands	D	LEI	EM	Oakham Woodlands	Oakham	SK855076
Sat 7 th	Derbyshire Schools & Youth Groups Championships	D	DVO	EM	Markeaton Park	Derby	SK335370
Sun 8 th	SAX Tunbridge Wells Urban	B	SAX	SE	TUNBRIDGE WELLS	Tunbridge Wells	TQ586398
Sun 8 th	LEI Regional Event	C	LEI	EM	Burrough Hill		
Sun 8 th	HOC Regional Event & WMOA League 7	C	HOC	WM	Titterstone Clee Hill	Ludlow	SO593776
Thu 12 th	LEI Summer League 9 Treasure Hunt	D	LEI	EM		tbc	
Thu 12 th	Lincs Summer Series #1 Lincoln City	D	LOG	EM		Lincoln	
Sat 14 th	NW Sprint Championships , Twin Peak Day 1	B	MDOC	NW	Platt Fields and Fallowfield Campus	Manchester	SJ857941

EMEWS

Sun 15 th	City of Manchester, Twin Peak Day 2	B	MDOC	NW	City of Manchester	Manchester	SJ831978
Tue 17 th	NOC Summer League	D	NOC	EM	Colwick Park	Nottingham	
Thu 19 th	LEI Summer League 10 Leicester	D	LEI	EM	Beauchamp College	Leicester	SP627993
Sat 21 st	NOC Sprint Event (EM Urban League)	C	NOC	EM	Nottingham University	Nottingham	
Sun 22 nd	The Moray Mix Weekend Day 2 - CompassPoint Scottish O League 4	B	MOR	SOA	Lossie Forest	Lossiemouth	
Sun 22 nd	DVO Carsington EM League	C	DVO	EM		Matlock	SK245548
Tue 24 th	LEI Summer League 11 Spring Cottage	D	LEI	EM	Gresley Wood, Albert Village	Swadlincote	SK298173
Thu 26 th	Lincs Summer Series #3 Branston	D	LOG	EM		Branston	

July

Tue 1 st	MDOC Brereton Heath Summer Evening Event	C	MDOC	NW	Brereton Heath Country Park	Holmes Chapel	SJ795654
Wed 2 nd	LEI Summer League 12 Fosse Meadows	D	LEI	EM	Fosse Meadow Country Park	Hinckley	SP489910
Sun 6 th	Yvette Baker Trophy Final	B	SO	SE	Capite Wood, Ashington, (just off A24, south of Horsham)	Horsham (10 miles)	TQ184173
Sun 6 th	NOC Summer League	D	NOC	EM	Rushcliffe Country Park	Nottingham	
Tue 8 th	LEI Summer League 13 Bradgate Park	D	LEI	EM	Bradgate Park	Leicester	SK522116
Thu 10 th	Lincs Summer Series #5 Spalding	D	LOG	EM		Spalding	
Sun 13 th	DVO Oakwood EM Urban League	C	DVO	EM	Oakwood	Derby	SK381383
Thu 17 th	LEI Summer League 14 Snibston	D	LEI	EM	Snibston Discovery Park	Coalville	SK416144
Sun 20 th	NOC Summer League	D	NOC	EM	Burnstump Country Park	Nottingham	
Tue 22 nd	LEI Summer League 15 Ratby	D	LEI	EM	Ratby Burroughs	Leicester	SK496092
Sun 27 th	LEI Summer League 16 Irchester	D	LEI	EM	Irchester Country Park	Wellingborough	SP911658
Thu 31 st	LEI Summer League 17 Watermead	D	LEI	EM	Watermead Country Park	Leicester	SK602096

August

Sun 3 rd	Lakes 5 Days Day 1 (UKOL)	B		NW	Swindale	Shap	
Mon 4 th	Lakes 5 Days Day 2 (UKOL)	B		NW	Simpson Ground	Newby Bridge	
Tue 5 th	Lakes 5 Days Day 3	B		NW	Grizedale NW	Hawkshead	
Wed 6 th	Lakes 5 Days Urban Event	D	LOC	NW		TBC	
Wed 6 th	LEI Summer League 18 Foxton Locks	D	LEI	EM	Foxton Locks	Market Harborough	SP691897
Thu 7 th	Lakes 5 Days Day 4	B		NW	Pike O'Blisco and Blea Tarn	Ambleside	
Fri 8 th	Lakes 5 Days Day 5	B		NW	Hampsfell and Eggerslack Woods	Grange over Sands	
Thu 14 th	LEI Summer League 19 Outwoods	D	LEI	EM	Outwoods, Woodhouse Lane	Loughborough	SK515160
Sat 16 th	DVO Informal Event	D	DVO	EM	Rosliston	Swadlincote	SK243174
Sun 17 th	NOC Summer League	D	NOC	EM	Wollaton Park	Nottingham	
Tue 19 th	LEI Summer League 20 East Carlton Park	D	LEI	EM	East Carlton Country Park	Market Harborough	SP833894
Fri 22 nd	White Rose Sprint	D	EBOR	YH	Scarborough University	Scarborough	TA041861
Sat 23 rd	White Rose Individual - 1 Classic Distance and YHOA Superleague	B	EBOR	YH	South Cliff and Holbeck Ravine	Scarborough	TA041861
Sat 23 rd	White Rose Night Event	D	EBOR	YH	Raincliffe Wood	Scarborough	TA041861
Sun 24 th	White Rose Individual - 2	B	EBOR	YH	Olivers Mount and The Mere	Scarborough	TA041861
Mon 25 th	White Rose Team Event	C	EBOR	YH	Olivers Mount	Scarborough	TA041861
Thu 28 th	LEI Summer League 21 Oakham	D	LEI	EM	Oakham School	Oakham	SK860091
Sat 30 th	BOK Blast: Day 1. Sprint	C	BOK	SW	Bath University	Bath	ST773639

EMEWS

Sat 30 th	SYO Regional Event	C	SYO	YH	Kinder Scout	Sheffield	
Sun 31 st	BOK Blast: Day 2. Inaugural City of Bath Race	B	BOK	SW	Bath	Bath	
Sun 31st	Lincoln City Race	C	LOG	EM	Lincoln	Lincoln	

September

Wed 3rd	LEI Summer League 22 (final) Bagworth Woods	D	LEI	EM	Bagworth Woodlands, Heath Road	Leicester	SK458068
Sat 6 th	British Sprint Champs (UKOL)	A	POTOC	WM	Keele University	Newcastle-under-Lyme	
Sun 7 th	British Middle Champs (UKOL)	A	WCH	WM	Brereton Spurs	Rugeley	
Sat 13 th	Caddihoe Chase, SW Championships, VHI Individual	B	NGOC	SW	Mallards Pike	Forest of Dean	
Sat 13 th	Long O and Regional Colour Coded Event	C	AIRE	YH	Conistone	Settle	
Sat 13th	DVO Informal Event	D	DVO	EM	Swadlincote Woodlands	Swadlincote	SK305193
Sun 14 th	Caddihoe Chase, SW Championships, VHI Relays	B	NGOC	SW	Mallards Pike	Forest of Dean	
Sun 14 th	ESOC CompassPoint Scottish O League 5	B	ESOC	SOA		Scotland, somewhere	
Sun 14 th	HALO Regional Event	C	HALO	YH			
Sun 14th	NOC Summer League	D	NOC	EM	Brierley Forest Park	Sutton-in-Ashfield	
Sat 20 th	GO Guildford Urban Race	B	GO	SE	Guildford	Guildford	
Sat 20th	East Midland Urban League - Provisional	C	LEI	EM	Loughborough University	Loughborough	
Sun 21 st	SLOW City of London Urban Race	B	SLOW	SE	City of London	London	
Sun 21st	Longstone Moor - DVO & EM League	C	DVO	EM	Longstone Moor	Bakewell	SK197737
Sun 28 th	SELOC Regional B event	B	SELOC	NW	Clowbridge	South East Lancs	
Sun 28 th	LOK Regional SE League	B	LOK	SE	Holmbury	Dorking	
Sun 28 th	BASOC WOLF CompassPoint Scottish O League 6	B	BASOC	SOA	Kingussie area	Kingussie	
Sun 28 th	Regional Event	C	SYO	YH	Wombwell	Sheffield	

October

Sat 4 th	October Odyssey day 1	B	NN	NE		tbc	
Sun 5 th	Formby Dunes	B	DEE	NW	Formby Dunes	Formby	
Sun 5 th	October Odyssey day 2	B	NN	NE		tbc	
Sun 5 th	SO Regional SE League	B	SO	SE	tbc	tbc	
Sun 12th	NOC Regional Event (EM League)	C	NOC	EM	Byron's Walk	Nottingham	
Sat 18 th	City and County Event	B	NOR	EA		Norwich	
Sun 19 th	City and County Event	B	NOR	EA		Cromer	
Sun 19th	LEI Regional Event	C	LEI	EM	Bradgate		
Sat 25th	EMUL Washingborough & Heighington	C	LOG	EM		Lincoln	
Sun 26th	Midland Championships	A	DVO	EM	Longshaw	Chesterfield	

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

Matlock Club Night			
Wednesday 2 nd April	DVO	Oaker Hill (tbc)	Matlock
Wednesday 9 th April		Farley Moor (SE Corner)	Matlock
Wednesday 30 th April		ARC Leisure Centre	Matlock
Ashby Map Runners			
All events are at:	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby
On:	Wednesday 2 nd April; Wednesday 9 th April; Wednesday 16 th April; Wednesday 23 rd April; Wednesday 30 th April; Wednesday 7 th May; Wednesday 14 th May; Wednesday 21 st May; Wednesday 4 th June; Wednesday 11 th June; Wednesday 18 th June; Wednesday 25 th June; Wednesday 2 nd July; Wednesday 9 th July; Wednesday 16 th July		

EMEWS

Leicester Club Night			
All events are at:	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
	Thursday 3 rd April; Thursday 10 th April; Thursday 17 th April; Thursday 24 th April; Thursday 1 st May;		
Leicester (Groby) Club Night			
All events are at:	LEI	Groby Community College	Groby, Leicester
On:	Monday 7 th April; Monday 14 th April; Monday 21 th April; Monday 28 th April; Monday 5 th May; Monday 12 th May; Monday 19 th May; Monday 2 nd June; Monday 9 th June; Monday 16 th June; Monday 23 rd June; Monday 30 th June; Monday 7 th July; Monday 14 th July		
Lincoln Club Night			
Thursday 22 nd May	LOG	University	Lincoln
Thursday 29 th May	LOG	University	Lincoln