

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

JUNE - JULY - AUGUST 2015



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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: **21st September 2015 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - A cover as usual from Ernie.

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Report on East Midlands Meeting – 29th June 2015

Treasurer's Report – The Treasurer reported that as we reach the end of the financial year, although he had budgeted for a loss of around £1,000, the current figures are likely to show a profit of around £500. Primarily this is because coaching course budgets not been taken up, and event levies were up (especially due to CompassSport Cup event).

There were 2 requests for funding from members for attendance at squad events. These were both approved on the proviso they provide tour reports for EMEWS).

Social Media Training – At the last meeting the committee identified a need for training on how we could best use social media to attract new members. The National Office is currently looking at creating a Social Media Training course.

Regional Training & Development Day – Sat 31 Oct – Chris Phillips has provided an outline agenda elsewhere in EMEWS. At this stage there are no plans to include a First Aid course, but it was agreed that attendance could be made available to non-EMOA members, but EMOA members would take precedence.

Junior Squad – Club reps were asked to identify any second year M/W12s who are running well on orange/light green and who should be invited to join the squad, and also if there were any M/W14+ juniors who are running light green or above confidently and who wish to improve their orienteering and should be invited to the Junior Squad.

The Junior Squad has seen members participate on the Lagganlia tour, at Deeside, and in Gothenburg. Members have also been at JWOC and the World Schools Champs in Turkey.

The Junior Squad are also hosting the EMOA League Event at Bramcote in December.

Future BO Events – John Hurley had circulated his response to the franchising proposal from British Orienteering. Mike Hamilton has since reported that this approach will not be taken forward. A follow on proposal seemed to have been created which talked about the use of a "super levy" for the British events. Clubs had been requested to respond on this proposal. John Hurley requested clubs to copy him on any responses so he knew the EMOA clubs responses.

EMOA Night League – It was decided we would not take a Night League at EMOA level forward at this stage.

Future Events:

- (i) **5 July 2015 – Nottingham University (NOC) – Yvette Baker Trophy Final 2015** – All underway.
- (ii) **29 November 2015 – East Midlands Champs 2015** – Birchens Edge (DVO)
- (iii) **27 February 2016 – British Night Champs 2016** – Cademan Woods (LEI)
- (iv) **28 February 2016 – Midlands Champs 2016** – Sherwood Forest (NOC) – Recent site meeting went well.
- (v) **10 April 2016 – Yvette Baker Trophy Round 2016** – Beacon Hill (LEI)
- (vi) **8 October 2016 – British School Score Champs 2016** – Bagworth (LEI)

- (vii) 27 November 2196 - East Midland Champs 2016 - Wakerley Woods (LEI)
- (viii) 18 March 2018 - Midland Champs - LEI

Future Possible Events

- i) 12 March 2017 - 2017 Compass Sport Cup Round - LOG considering Burwell and Haugham
- ii) Junior Inter-Regional Champs 2018 - EMOA are scheduled to host this. Still looking at possible venues.
- iii) British Sprints / Middles 2019 - LEI / DVO
- iv) Midland Champs 2020 - DVO
- v) British / British Relays 2021 - Possibly looking at hosting on area outside EMOA
- vi) Midland Champs 2022 - NOC

Other Fixtures Items

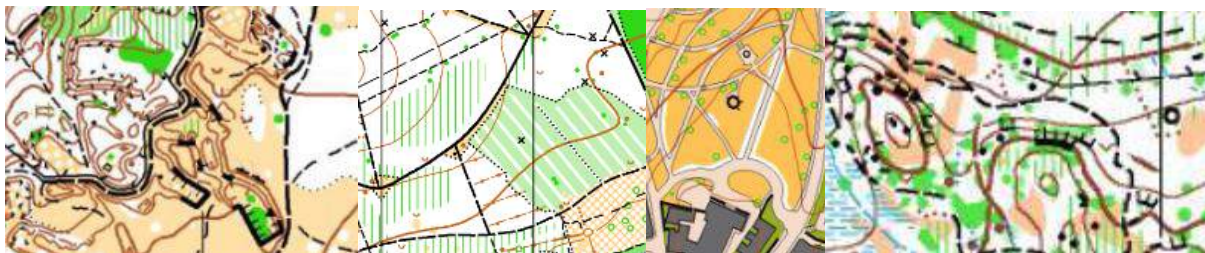
- i) **Red Bull Event** - This will again take place in Sherwood Forest and will be on 1st November 2015. This will clash with LEI event at Burbage Common (part of EM League). NOC have no say in date so apologised to LEI over this.
- ii) **East Midlands Score Champs at Clumber** - After the wind this event is currently rescheduled to take place on February 7th 2016.

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 committee meeting is Monday 2nd November, but before then is the AGM - see details below.

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Quiz in EMEWS 254

The only answer I had to the quiz in EMEWS 254 was correct and was from Doug Dickinson (DVO). The maps were



Stanton Moor;

Harlow Woods;

Buxton Urban;

Belton Park;



Cademan Woods; Bagworth;

Lindop;

Bestwood

The 51st East Midlands Orienteering Association AGM

**Notice is hereby given that the Annual General Meeting of the East Midlands Orienteering Association will be held at 7.30pm on Monday 21st September 2015 at the
Pace Room, St Mary's Church, Clifton Village, Nottingham**

AGENDA

1. Apologies for absence
2. Approval of minutes of last AGM September 15th 2014
3. Proposed standing order changes
4. Chairman's Report
5. Treasurer's report including membership numbers and presentation of accounts
6. Approval of Balance Sheet and Income and Expenditure Statement
7. Election of Principal Officers
 - Chairman
 - Vice chair
 - Financial Secretary
 - Development Co-ordinator
8. Appointment of Independent Financial Advisor
9. Budget projections for coming year to 30.6.2016 and recommendations for membership fees, equipment rental fees and event levies (Treasurer)
10. Fixing of charges
 - Membership fees
 - Event Levies
 - Electronic equipment rental fees (formal agreement that no longer required)
11. Plans for the coming year (Chairman)
12. Close of formal meeting followed by open discussion
 - Tea and biscuits will be provided

Note: Any additional agenda items to be sent to John Hurley and Mike Gardner by 31st July. An updated agenda will be circulated prior to the meeting.

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MINUTES OF THE 50th ANNUAL GENERAL MEETING AND ASSOCIATED EGM OF THE EAST MIDLANDS ORIENTEERING ASSOCIATION HELD ON MONDAY 15th September 2014 at Clifton, Nottingham at 19.30.

Present: Andrew Breakwell (NOC), Roger Edwards (LEI), Mike Gardner (DVO), Liz Godfree (DVO), Mike Godfree (DVO), Sean Harrington (LOG), Bob Haskins (LEI), John Hurley (DVO), Randal Macdonald (DVO), Viv Macdonald (DVO), Paul Murgatroyd (LOG), David Olivant (NOC), Pauline Olivant (NOC), Hilary Palmer (NOC), Chris Phillips (LEI), Amanda Roberts (LOG), Chris Sweetman (NOC), Lucy Taylor (LEI), Jack Tiffin (LEI), Mark Webster (NOC), Ernie Williams (LEI), Ursula Williamson (LEI), Dorothy Woodall (NOC), and John Woodall (NOC).

1. **Apologies for absence:** Apologies were received from Bob Alderson (NOC) and Judith Holt (DVO).
2. **Minutes of the 49th AGM held on Monday 16th September 2013.** It was agreed that the minutes were a true record as proposed by Ernie Williams (LEI) and seconded by John Hurley (DVO).
3. **Proposed Standing Order Change.** There were no standing order changes to be discussed.
4. **Chairman's Report**

Firstly I would like to thank my three other Principal Officers: John Hurley (DVO) who has provided eagle-eyed scrutiny of the minutes as well as providing a historical memory better than mine; Mark Webster (NOC) who has taken on the Financial Secretary role at a time when we need to look, in particular, at how we fund the Junior Squad and other developmental activities; and Chris Phillips who took on the Development Co-ordinator's role at a time when he has many other major commitments within orienteering both nationally and locally. My thanks to all three.

My thanks also to other officers, including the Club Representatives - Mike Gardner (DVO), Bob Haskins (LEI), Amanda Roberts (LOG) and Pauline Olivant (NOC). Mike also produced the minutes of our meetings and compiled EMEWS regularly for us. Others with specific roles included Paul Beresford (Fixtures), David Olivant (Mapping), Hilary Palmer (Coaching), John Cooke (Webmaster), Ursula Williamson (EMOA League), Paul Murgatroyd (Urban League), Richard Robinson (Junior Squad) and Roy Denney (National Forest). Judith Holt and John Woodall, our President, also attended regularly as British Orienteering Directors.

All four clubs have continued to provide a regular series of events as part of the EMOA League and urban league as well as large numbers of Level D events and other activities.

Major activities during the year including LEI successfully putting on Day 3 of the JK in South Wales, with assistance from the other clubs. This was a major undertaking and was not helped by the weather on the day but otherwise went very well. DVO put on the British Schools Championships at Shipley Park in November and East Midlands Championships were put on by LEI at Spring Cottage in November 2013 and at Cademan and Thringstone Wood in April this year.

On the development side we ran another successful training and development day on 1st March. Subsequent discussion has been about whether we should run this day every year or every eighteen months. We will be running the next conference for experienced planners and controllers on Saturday 4th October at Rushcliffe Country Park. Barry Elkington and Roger Edwards will be running sessions and I would encourage all the relevant people to join us - it's free, including lunch.

We have also provided funding for juniors to take part in training camps and tours on condition that they write an article for EMEWS.

Personally, I feel that the EMOA continues to perform a useful function, although I know that not everyone feels this way. The Development Plan contains items supporting clubs, members (particularly juniors) and events across the region. If nothing else, getting representatives from all four clubs to sit round a table four times a year to discuss the health and future of orienteering in our region has to be a good thing. Collaborating is also going to produce better outcomes which in the end means better, more enjoyable orienteering for us all.

This time last year I agreed to take on the Chair's role for one year whilst an attempt was made to find a replacement. Unfortunately, we have been unable to find anyone and, unless someone comes forward at this meeting or by the next committee meeting, we are going to be without a Chair. John Hurley agreed to be Vice Chair on the understanding that he would not become Chair. It is not an onerous job as the main business of the

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Committee comes from the Development Plan, which is developed by the committee as a whole under the guidance of the Development Co-ordinator, Chris Phillips.

I wish the Association well in the future.

Ranald Macdonald

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

Copies of the Report are attached to these minutes.

Membership has risen by 3 members this year.

The Accounts have been examined by the Independent Financial Examiner, Andy Lucas. They show a loss of £2,800 on the year.

Questions were asked:

- On the EOC and decrease – this was discussed with EOC and they had reduced their fees.
- On Junior Squad Bank Account – there is a need to know how much is currently in it.
- The Junior Squad cost a lot more as EMOA no longer got free minibuses so they now have to be paid for
- The Junior Squad have been asked to create a budget for next year. They will need to make sure they work within their budget from now on.
- EMOA have in the past been asked by members to reduce the surplus. This was planned but the amount this year was a lot more than planned.

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

Subject to the Junior Squad Building Society Balance being identified and added to the accounts the meeting agreed to approve the balance sheet and expenditure.

Proposed: John Woodall

Seconded: John Hurley.

7. **Election of Principal Officers**

Ranald Macdonald chaired the election of officers leaving chairman until last.

Post	Name	Proposer	Seconder
Development Co-ordinator	Chris Phillips	Viv Macdonald	Ursula Williamson
Financial Secretary	Mark Webster	Chris Phillips	Pauline Olivant
Vice-Chairman	John Hurley	Chris Phillips	Viv Macdonald
Chairman	No volunteers		

Ranald Macdonald stated the committee would need to appoint a chairman for the next committee meeting.

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

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

Mark Webster agreed to ask Andy Lucas if he would perform the role again next year.

10. Budget projections

The Financial Secretary presented a projected budget that is attached to these minutes. Given the loss the Financial Secretary proposed a number of changes to fees and levies for next year.

In discussing the levies the meeting discussed whether a levy should be added to level D events. After discussion the meeting agreed that level D events should not have a levy applied.

The meeting also wanted the committee to ask the Junior Squad to provide a proposed programme and budget and how they can fit within it during the year to ensure no major loss next year.

11. Fixing of Charges.

Financial secretary's new proposed changes.

1) Increase membership fee for a senior to £3 (currently £2) approx £500 increase in budget

2) Increase levy fee for a senior to 50p (currently 40p) approx £400 increase in budget

Thus charges will be

Senior membership fee is £3

Junior membership fee is £1.

Associate membership fee is £10

Club membership fee is £15.

Event levies: 50p per adult and 10p per junior with the first £25 being exempt.

Proposed: Chris Phillips

Seconded: Hilary Palmer

The proposed fees were accepted by a substantial majority with one dissenting vote.

It was agreed that the fees would come in during the next financial year. In terms of the levies it was agreed they should apply from 1st October 2014 for East Midland events.

12. Plans for the coming year.

Plans for the coming year will be looked at by the Committee, based on the current Development Plan.

13. Any Other Business

Ranald Macdonald reminded folk of the Planners and Controllers conference. Barry Elkington will provide an exercise before and after lunch. Other topics include Planning the JK and how some of the lessons can apply to EMOA events, good and bad legs from last year. It is all about improving the quality of EMOA events.

Paul Murgatroyd stated the 2015 Urban League was well under way. He would like another event from DVO. The current schedule is:

Month	Venue
May	Newark
June	Chesterfield
June	Ashby
September	Lincoln
September	Loughborough
September	TBA NOC - Southwell?
September	Grantham

John Hurley reminded committee members that the next committee meeting will be on 20th October.

There being no further business the Chairman thanked all present for their attendance at the 2014 AGM and declared the meeting closed at 20.18.

Mike Gardner 22.09.2014

East Midlands Orienteering Association**Regional Training and Development Day****Saturday 31st October 2015****At Charnwood College, Thorpe Hill, Loughborough LE11 4SQ**

As part of the EMOA's commitment to the initial training and development of event officials, coaches and those wishing to refresh their knowledge and experience we will be putting on another series of workshops and courses on Saturday 31st October 2015.

Courses on offer.**Event Safety & Welfare Module (Morning)**

This qualification is now mandatory for all events officials.

Event Organiser Level C/B (Afternoon)

Primarily of interest to those Organising Level C and D events for the first time but a re-cap for all organisers.

Event Planner Level C/B.

For all interested in Planning at whatever level, though primarily of interest to those starting at Level C and D. Use will be made of the British Orienteering Appendix to the Rules of Orienteering on Planning.

Controller Level C.

For experienced event officials who wish to take on the role of Controller, primarily at Level C and D. Participants must have planned and organised at Level C within the last 5 years.

Mapping - Basic Course.

This is the first part of a two-day course intended to get novice mappers up to the level where they can carry out initial surveying and cartography, including the use of mapping software.

Physical Conditioning for Club Orienteering Coaches (of any level)

A workshop led by Paul Murgatroyd.

Paul is a member of LOG, an active Level 3 Coach, a senior lecturer in Sport & Exercise Science at the University of Lincoln and is currently working in a consultancy role as the physical conditioning coach to the GB Talent Squad.

During the day there will be a mix of theory and practical examples so that coaches will feel more confident leading physical training in their clubs.

This workshop will be very good personal development for coaches and participants will receive a British Orienteering attendance certificate. For those who may want to progress to Level 3 at a later date, this will count towards your prior learning.

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There will be some pre-workshop reading for all participants which will be sent by email 2 - 3 weeks before the day.

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Lunch, teas and coffee will be provided for all participants. Please let me know if you have special dietary needs.

To book a place contact Chris Phillips, Regional Development Coordinator. Email onecp47@gmail.com

Closing date for entries 30th September 2015

Clubs are asked to make a contribution of £5 (£15 for non EMOA clubs) per club member attending the Regional Training Day.

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Planning for the Older Age Groups – A very strong plea

Chris James (NGOC) - Chairman of Events and Competitions on the behalf of E&CC. May 2015

"Will you still need me, will you still feed me, when I am 64?" Many may remember this line from a well known Beatles song? It could also have said 74, 84 or even 94! For it can be easy to overlook the real needs of our older age classes. When I was 45 I did not really know what it is like to be 75 even though I thought I did. Now that I am 75 I do know what is needed and yet I can still remember what it was like to be 45.

So I am now far more likely to accurately judge what will give enjoyment and satisfaction to older age group competitors. At 45 I could still win the M45 British Championships. Running freely over rough terrain and ascending and descending fairly steep slopes without resorting to survival tactics! Now I am 75 it is really very different. I still have the burning desire to participate but not at the expense of my health and safety. As it happens I still have the physique to cope with the terrain but not the eyesight to go with it. In my case it is severe glaucoma but not glasses with a strong enough magnification that is the issue. Many others wear bi-focal or vari-focal glasses and, like me, will have great difficulty seeing the terrain in front of their feet. So put me on too steep a slope and I have to sit down and slide! This is hardly enjoyable especially if it is frequently repeated throughout my course.

Being very conscious of the dangers to me I have to now take very great care and I try to choose a course that is commensurate with my now more limited abilities. This followed a year or two ago of taking small tumbles if I tried to run over rough ground. So these days it means walking over rather rougher ground. But please note that I can and largely do enjoy the challenge of trying to beat the planner whilst still getting round the course, even if these days one would have to invert the results of M75S to put me back to where I used to be up until M65L.

This may in a sense seem rather a personal plea, but believe you me I merely use my own experiences to give planners and controllers more of an idea of what is still enjoyable and safe. I accept that at the JK and BOC this can give planners more of a challenge. I will retire, as I did on Day 3 of the JK, when the going is just too difficult due to the nature of the terrain under my feet. So at the JK my club suggested that I take the second leg of the Ad Hoc Relay race on Day 4. This was described as being of "Orange" standard. Navigationally I had no

problem but I was badly caught out finding myself on a very steep descent and totally losing control before I could take avoiding action. The consequence lead to my worst injury in 50 years of orienteering. My grateful thanks go to the young fellow who stopped to retrieve my glasses and ensure that I could still move from being head first down a very slippery and steep slope. In some ways I am lucky not to have been more seriously hurt though I obviously suffered concussion and have had to miss the BOC and BRC due to a very badly sprained ankle. I have not experienced anything like it before in my 50 years in orienteering.

Orange courses are open to all comers and in this race all Leg 2 competitors used the same orange course. Those declaring their age in the results varied from 14 to 85. Orange courses are not meant to be either navigationally hard or PHYSICALLY hard. What has happened has happened and it is now best left alone. **However for the future, Planners please stick to the guidelines.**

"Steep descents, whilst acceptable for M/W21, should be kept to a minimum for younger juniors and older veterans."

If we are to still involve newer and younger competitors as well as the older age groups who do so much to organise, plan and control our courses as well as being volunteers in a wide range of areas then please remember their limitations and their needs!!

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The Orienteering Foundation needs you

The Orienteering Foundation is a registered charity, independent of British Orienteering. It was set up from a bequest and is now raising money and giving grants which fulfil the following objectives:

- provide facilities, access and opportunities within the community to encourage and promote orienteering;
- provide capital and revenue support to increase and sustain participation in orienteering;
- strengthen the links between orienteering and the community and harness the potential of orienteering as a force for the good in the community and society as a whole.

The Foundation is looking for the following:

- **Trustees for the Board** which manages the affairs of the Foundation and decides on grant applications made to the Foundation. We aim to get geographical representation across the country. It would provide good personal development for anyone who would like experience as a Company Director or Trustee. This is the opportunity to give something back to the sport and to enjoy seeing the benefits gained by recipients of the grant aid. Most of the business is conducted electronically.
- **Members of the Campaign Team**, who are prepared to approach orienteers and others to raise funds for the Foundation through donations, bequests etc.

If you are interested in either of these roles, please contact Neil Cameron on nm.cameron@btinternet.com or 01684 294 791.

World Schools Orienteering Championship in Turkey

Elizabeth Bedwell, DVO

As part of the English team Elizabeth Mulvaney, LEI, Bethan Clargo, Nicola Northcott, DVO, Irina Ferapontova, DVO, and I travelled to Antalya, Turkey to compete in the ISF World School's Championship in Orienteering 22nd-28th April, 2015. As well as the five of us in the W1 schools category, there were seven other teams of five athletes plus two heads of delegation

and ten coaches, including the Loughborough High School coach Andy Smith, DVO, who travelled from Manchester airport to make up one of the largest teams there. The week involved two competitions and a friendship relay between teams from 21 different countries.

The first day saw a relaxed run-through of the starting procedure and a chance to experience some Turkish terrain as we travelled in pairs around the score style course. The vegetation was excellently mapped and the contours were clear, but rock features proved hard to distinguish from the near constant rocky ground which covered the area. My partner and I chose to visit the more unusual features to see how they would be mapped; one feature we found was a cave, something I have never seen mapped before. As a team we found it was more reliable to follow the contour shapes than any crags or boulders so this would be our plan for the long distance day.

We travelled to the long distance area,

Tekirova - Kemer, in buses according to our start times and then had about an hour in 'quarantine' before moving through the warm-up area, where there were a handful of controls and a map drawn by the same person as the actual course. I found that was a great way to get into the map and helped avoid those first mistakes, when you run too fast out of the start before getting in touch with the map properly. The W1 course was a total of 4.8 km.

The area was really nice to run through, except it was very hilly and the hot weather made running tricky. The trees did offer some protection from the sun, though, and I saw very little undergrowth-certainly no brambles!

With the first race completed we were able to enjoy the good weather and the luxuries of the hotel pool. The evening gave each country a chance to show off their culture with a stall filled



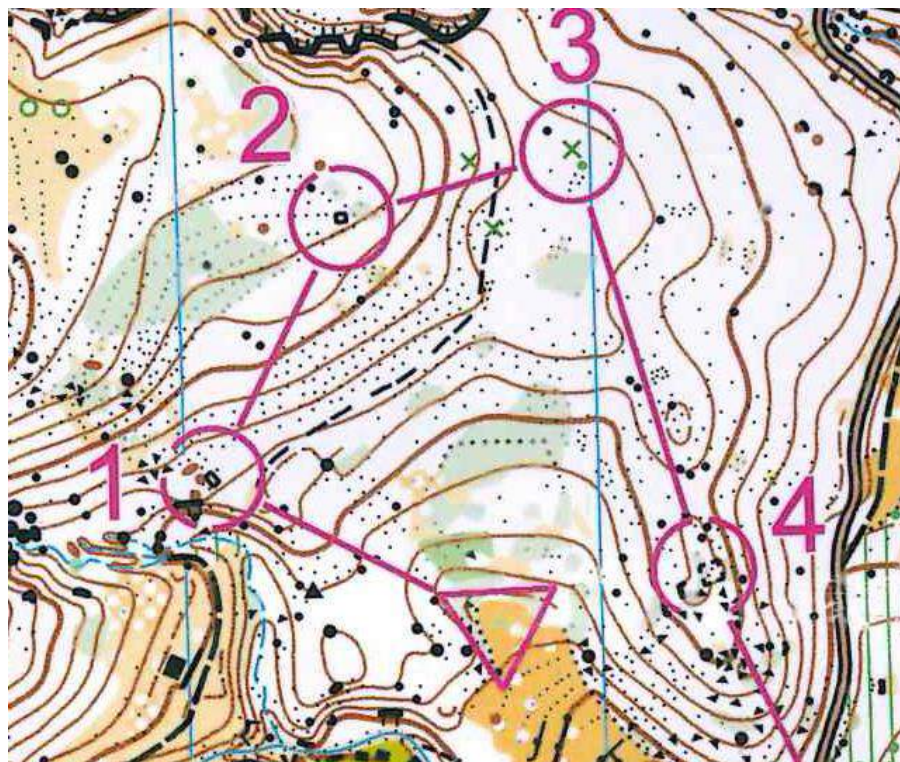
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with maps and delicacies. There was a big queue for the Belgian chocolate! Later on we attended, and performed in, the international concert with each country's team doing a dance or show.

It was cooler for the middle distance race at Beycik - Kemer; we had taken the buses up into the mountains, but nobody was complaining as the breeze was a welcomed relief. The start layout was identical and the courses were very similar to the first day with intricate contour details and lots of rocky ground and boulder clusters. The W1 was only 3.6 km and it was really fun. I enjoyed my run a lot, even if it was uphill to the finish.

The final day was the light-hearted friendship relay which had well captured the friendship element mixing people from all countries and teams. Luckily my two teammates both spoke great English so we quickly split up the 45 controls between us and set loops to include the three mandatory controls which we had to visit together. Then, after some confusion in the 360° mass start, there were 700 athletes and coaches running around the streets of the town Kemer. Most controls were extremely quick except for the mandatory check points which were surrounded by a rather large huddle of runners waiting for their teammates before they could punch and run off. Fortunately we had planned our legs quite well so there was very little waiting around before the finish control which we had to cross holding hands then punch together.

Overall all the week was very enjoyable and a huge thank you has to go to David Brown and Mel Elkington for organising the week and to Andy Smith for leading the Loughborough High School team.



East Midlands League 2015

The East Midlands League for 2015 is now underway. As usual it is the top 8 scores have counted. The following events have taken place and the codes are used in the tables.

1 - Outwoods (LEI) 2 - Crich Chase (DVO) 3 - Bagworth (LEI)
 4 - Harlow (NOC) 5 - Ratby (LEI) 6 - Kedleston (DVO)
 7 - Cromford (DVO)

The following are the planned events for the rest of the year:

27th Sep - Chinley Churn (DVO) 4th Oct - TBC (LOG) 11th Oct - Shirebrook (NOC)
 1st Nov - Burbage (LEI) 8th Nov - Thoresby N (NOC) 13th Dec - Longstone (DVO)
 20th Dec - Bramcote (NOC) 27th Dec - Castle Hill (LEI)

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

White - Male

Forename	Surname	Club	Age	1	2	3	4	5	6	7	Best 8	
Teddy	Edwards	DVO	7		1000					1000	2000	1
Rory	Squire	NOC	10					1000	868		1868	2
Alex	Darwin	LEI	10					834	1000		1834	3

White - Female

Robyn	Jarvis	LEI	10		100	741	557	806	997	440	4541	1
Alexa	Lindsay	DVO	10	1000			1000	339	990	782	4111	2
Daisy	Rennie	LEI	8	962		1000		1000		935	3897	3
Hebe	Darwin	LEI	8	767			654	388	1000	1000	3809	4
Charlotte	Squire	NOC	10					836	848		1684	5

Yellow - Male

Adam	Concannon	LEI	8			1000		1000			2000	1=
Harrington	Leake	LEI	10		1000					1000	2000	1=
Finlay	Lothian	NOC	10				1000		952		1952	3
Daniel	Stothard	LEI	9	489			633		644		1766	4
Austin	Hibbs	ABBOTS	10						959	447	1406	5
Alex	Clements	NOC	7						900	390	1290	6

Yellow - Female

Hannah	Mather	LOG	10	1000	441			1000	1000	450	3891	1
Aimee	Mayfield	ABBOTS	10		1000				915	507	2422	2

Orange - Male

Ben	Hardy	LEI	12	1000		856		1000		955	3811	1
Charlie	Rennie	LEI	12	853		1000		845		1000	3698	2
Harrington	Leake	LEI	10	830		800	1000	924			3554	3
Ben	Mackervoy	DVO	12		1000				757	436	2193	4
Matthew	Griffiths	ABBOTS	12		771				700	455	1926	5
Ben	Squire	NOC	12					832	1000		1832	6
Peter	Mackervoy	DVO	14						801	511	1312	7

Orange - Female

Anne	Leake	LEI	45		741		1000	1000			2741	1
Libby	Barber	LEI	12	1000				963			1963	2
Elsie	Jones	DVO	12						1000	589	1589	3
Isabella	Edwards	DVO	14		1000					527	1527	4
Viv	Macdonald	DVO	60		791				479		1270	5

EMEWS

Light Green - Male

Benjamin	Mather	LOG	12	1000	777	1000	919	1000	1000	856	6552	1
Donald	Flynn	NOC	16		420	880		740	621	691	3352	2
Oscar	Ferris	LEI	12	890		701	1000				2591	3
John	Pickles	NOC	65			818	904		802		2524	4
Francis	Mayes	LEI	14	715				589		592	1896	5
Samuel	Davis	DVO	14	742			847				1589	6
Ray	Stuart	DVO	65					781	690		1471	7
Stephen	Knowles	DVO	60						660	515	1175	8

Light Green - Female

Rachel	Duckworth	DVO	12	1000	1000		1000	954	1000	1000	5954	1
Reed	Lydon	LEI	14	905	389	759	652	496	635		3836	2
Caitlin	Chafer	LEI	14		530	1000	708	650			2888	3
Daisy	Herd	LEI	14			915		725	580	552	2772	4
Sarah	Parkin	DVO	40		381				481	443	1305	5
Grace	Pennell	DVO	14		379					685	1064	6
Sarah	Blackburn	DVO	45				489			528	1017	7

Short Green - Male

John	Woodall	NOC	75	701	698	734	837	758	844	745	5317	1
Kevin	Gallagher	LEI	65	1000	1000		1000	975		1000	4975	2
David	Parkin	DVO	80	887	893		895		1000	889	4564	3
David	Bray	LEI	60	806	896	827	944	868			4341	4
Ernie	Williams	LEI	70		773	755	803	909	914		4154	5
Peter	Leake	LEI	75	860	901	908		1000			3669	6
Laurie	Fluck	LEI	65	544	577		641	550	773	547	3632	7
Ranald	Macdonald	DVO	60		739				770	931	2440	8
Roger	Keeling	DVO	70	478			574	546	682		2280	9
Chris	Phillips	LEI	65			764	609	694			2067	10

Short Green - Female

Ann	Armistead	DVO	65		943	730	1000	896	1000	1000	5569	1
Pauline	Ward	DVO	70	823	1000	1000		1000	920		4743	2
Alison	Hayes	DVO	50		714	536	656	542	586	526	3560	3
Helen	Finlayson	DVO	70		912				906	931	2749	4
Jen	Gale	DVO	65		861	739	852				2452	5
Diane	Ford	LEI	65	473			666	621	626		2386	6
Marie	South	LEI	65			398		623	703	367	2091	7
Sue	Porter	LEI	70					737	878		1615	8
Christine	Middleton	DVO	65	610	978						1588	9
Julie	Starkey	LEI	50	376	434	355		422			1587	10

Green - Male

Peter	Cholerton	NOC	60	740	687	835	718	758	780	778	5296	1
Simon	Ford	LEI	70		1000		1000	1000	1000	811	4811	2
Alastair	Flynn	NOC	16		784	654	831	715	807	823	4614	3
Andy	Hawkins	DVO	65	918	961		797	924		815	4415	4
Jeffrey	Baker	LOG	60	662	676		687	774	853	702	4354	5
Roger	Edwards	LEI	65	1000	955	1000			846		3801	6
Peter	Chick	LEI	70	718	563	802	763			736	3582	7
David	Skidmore	DVO	65		938	955	804	860			3557	8
David	Anderson	LEI	75		852		863	828	795		3338	9
Stuart	Swalwell	DVO	65		881	818	804	825			3328	10

Green - Female

Amanda	Roberts	LOG	50	907	689	752	947	1000	879	910	6084	1
Sarah	Duckworth	DVO	14	1000	1000		1000	973		850	4823	2
Margaret	Keeling	DVO	65	740	565		712	724	729	562	4032	3

EMEWS

Ashleigh	Howells	LEI	16		854	872		752	795	690	3963	4
Jane	Dring-Morris	LEI	45	657	584	701	631	664		547	3784	5
Cathryn	Goodhead	DVO	50	553	539	724	697		579	479	3571	6
Jane	Booker	NOC	60		713			946	849	779	3287	7
Clare	Hanna	LOG	50	621	520		711	724		486	3062	8
Liz	Godfree	DVO	65			1000			1000	1000	3000	9
Lyndenn	Hartmann	DVO	60		700		729		772	730	2931	10

Blue - Male

Derek	Gale	DVO	70	931	954	913	1000	901	921	947	6567	1
Michael	Lindsay	DVO	65	773	847	729	913	975		819	5056	2
Paul	Hudson	NOC	50	825	732	785	875		901	880	4998	3
Doug	Dickinson	DVO	70	954	1000	1000	937			1000	4891	4
Andrew	Henderson	LEI	50	855			812	905	919	840	4331	5
Jamie	Sutherland	LEI	45	725	664	739	738		737	696	4300	6
Ian	Howells	LEI	50		807	796		921	846	706	4076	7
Stephen	Chafer	LEI	45	662	654	656	722	702		555	3951	8
Robert	Haskins	LEI	60			822	791	777	824	689	3903	9
Martin	Picker	DVO	40	513	481	639	610	731		636	3610	10

Blue - Female

Tanya	Taylor	LOG	45	1000	858	1000	1000	1000	1000	1000	6858	1
Sal	Chaffey	DVO	50	912	1000	865		910	999	983	5669	2
Trish	Lydon	LEI	45	846	905	619	678	644	850	705	5247	3
Kim	Buxton	DVO	50	756	835	655	775	755	744		4520	4
Rachel	Davis	DVO	50	775	691		685	707	728	721	4307	5
Tracey	Brookes	LEI	50	838		780	777		822	816	4033	6
Joanna	Goodhead	DVO	18	704	939	680	745		758		3826	7
Catherine	Hughes	NOC	45		882		885		850	874	3491	8
Liz	Heaton	LEI	21	626	645	468		637	624		3000	9
Ursula	Williamson	LEI	50		775	714	636		734		2859	10

Brown - Male

John	Duckworth	DVO	45	1000	889		1000	1000	1000	710	5599	1
Nigel	Lydon	LEI	45	686	538	721	660	782	746	569	4702	2
Alan	Le Moigne	DVO	40	642	552	739	666	711	716	593	4619	3
Russell	Buxton	DVO	55	656	697	781	758	870	727		4489	4
John	Mather	LOG	45		574	834	751	863	820	604	4446	5
Paul	Addison	DVO	55	875	1000		980			1000	3855	6
Finn	Lydon	LEI	16	987		955	772	917			3631	7
David	Pettit	DVO	21	595	477		631	656	669	536	3564	8
John	Worth	LEI	50	739	629		708	815		619	3510	9
Tom	Barber	LEI	18	820	723	850		874			3267	10

Brown - Female

Helen	Chiswell	DVO	35	962	1000	1000	865		1000	1000	5827	1
Julie	Ferris	LEI	45	857		905	717	1000		802	4281	2

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East Midlands Urban League 2015

The EM Urban League for 2015 has not yet started. The dates for the events are shown below.

The scoring is the best 4 out of 7 events to count.

- **EMUL 1** 4 May: Nottingham (NOC)
- **EMUL 2** 14 June: Chesterfield (DVO)
- **EMUL 3** 21 June Ashby (LEI)
- **EMUL 4** 5 September: Lincoln City (LOG)
- **EMUL 5** 6 September: Loughborough University (LEI)
- **EMUL 6** 25 October: Grantham (LOG)
- **EMUL 7** 15 November: Matlock (DVO)
- **The NOC event at Southwell has been cancelled. It will take place next year and be part of next year's league**



The detailed urban league status is available on the EMOA website at

<http://www.oxfordfusion.com/ukul/index.cfm?Org=7&Test=0>

Junior Men

					EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
	Name		Club	best 4	4May	14Jun	21Jun	5Sep	6Sep	25Oct	15Nov
1	Alastair Flynn	M16	NOC	300/3	100	100	100				
2	James Lowthian	M14	NOC	279/3	93	93	93				
3	Donald Flynn	M16	NOC	270/3	89	91	90				
4	Simon Warrener	M16	NOC	192/2	96	96					
5	Samuel Davis	M14	DVO	179/3	88	0	91				
5	Fraser Ridgway	M14	NOC	91/1	91						
6=	Matthew McNee	M14	DVO	90/1		90					
6=	James Peet	M16	NOC	90/1	90						

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Ashleigh Howells	W16	LEI	196/1	96		100				
2	Sarah Duckworth	W14	DVO	100/1	100						
3	Jessica Dring-Morris	W16	LEI	96/1			96				

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Alan Le Moigne	M40	DVO	262/3	87	87	88				
2	Anthony Squire	M35	NOC	187/2	96	91					
3	Joe Taunton	M21	NOC	96/1		96					
4	Ben Beresford	M20	DVO	93/1		93					
5=	Andrew Powell	M21	DVO	90/1	90						
5=	Philip Johnston-Davis	M40	LOG	90/1		90					
7=	Jack Smith	M18	NOC	85/1	85						

EMEWS

7=	Mark Goodhead	M20	DVO	85/1			85				
9	Roger Phillips	M35	LEI	84/1			84				
10	James Mellor	M18	NOC	82/1	82						

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Sal Chaffey	W50	DVO	281/3	100	90	91				
2	Liz Heaton	W21	LEI	271/3	93	88	90				
3	Hannah Cox	W18	LEI	193/2		93	100				
4	Nicole Schmid	W21	LEI	176/2		87	89				
5	Emily Powell	W21	DVO	96/1	96						
6	Helen Chiswell	W35	DVO	93/1			93				
7	Joanna Goodhead	W18	DVO	86/1		86					

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Paul Murgatroyd	M45	LOG	289/3	93	100	96				
2	Francesco Lari	M50	NOC	272/3	91	90	91				
3	Jamie Sutherland	M45	LEI	253/3	85	84	84				
4	Graham Thorne	M40	NOC	251/3	84	82	85				
5	Alastair Paterson	M45	LEI	243/3	82	80	81				
6	Keith Lowthian	M45	NOC	226/3	80	70	76				
7	Iain Phillips	M45	LEI	223/3	77	69	77				
8	Ian Howells	M50	LEI	166/2	87		79				
9	Gary Peet	M45	NOC	154/2	81	73					
10	Paul Goodhead	M50	DVO	146/2		71	75				

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Tanya Taylor	W45	LOG	290/3	100	100	90				
2	Helen Parkinson	W45	NOC	277/3	93	93	91				
3	Rachel Davis	W50	DVO	262/3	89	84	89				
4	Sue Russell	W50	DVO	259/3	84	87	88				
5	Clare Hanna	W50	LOG	250/3	81	83	86				
6	Ursula Williamson	W50	LEI	245/3	82	79	84				
7	Alison Hardy	W45	LEI	187/2		91	96				
8	Tracey Brookes	W50	LEI	182/2		89	93				
9	Karen Howells	W40	LEI	170/2	85		85				
10	Jane Dring-Morris	W45	LEI	168/2		81	87				

Supervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Robert Parkinson	M55	NOC	266/3	91	90	85				
2	Robert Haskins	M60	LEI	262/3	89	86	87				
3	Russell Buxton	M55	DVO	247/3	83	83	81				

EMEWS

4	Paul Morris	M55	NOC	193/2	93		100				
5	David Booker	M60	NOC	166/2	85	81					
6	Graeme Huggan	M55	NOC	162/2	82	80					
7	Mike Gardner	M55	DVO	161/2		79	82				
8	Jeffrey Baker	M60	LOG	152.5		75	77.5				
9	Alan West	M55	LEI	151.5		74	77.5				
10	John Hurley	M60	DVO	87/1		87					

Supervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Ruth Ellis	W60	DVO	267/3	91	85	91				
2	Jane Booker	W60	NOC	196/2	100	96					
3	Val Johnson	W55	DVO	186/2	96	90					
4	Lynden Hartmann	W60	DVO	91/1		91					
5	Anne Gibbs	W70	LOG	89/1	89						
6=	Viv Macdonald	W60	DVO	88/1		88					
6=	Margaret Keeling	W65	DVO	88/1	88						
8	Anne Kimberley	W55	DVO	87/1		87					
9	Kirsten Williams	W60	DVO	82/1		82					

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Doug Dickinson	M70	DVO	291/3	91	100	100				
2	Ian Parfitt	M65	DVO	261/3	90	84	87				
3	Kevin Gallagher	M65	LEI	257/3	84	82	91				
4	Andy Hawkins	M65	DVO	256/3	89	79	88				
5	Jim Smith	M65	LEI	233/3	77	71	85				
6	Chris Phillips	M65	LEI	231/3	76	72	83				
7	Laurie Fluck	M65	LEI	222/3	75	66	81				
8	Mike Godfree	M65	DVO	189/2	93	96					
9	Roger Edwards	M65	LEI	180/2	87		93				
10	Derek Gale	M70	DVO	178/2		88	90				

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Liz Godfree	W65	DVO	200/2	100	100					
2	Hilary Palmer	W65	NOC	196/2	96		100				
3	Judith Holt	W65	DVO	189/2		96	93				
4	Pauline Ward	W70	DVO	180/2	91	89					
5	Jen Gale	W65	DVO	177/2		86	91				
6	Diane Ford	W65	LEI	172/2	88	84					
7	Ann Armistead	W65	DVO	87/1		87					

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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.

July

Sat 4 th	Lincoln Urban League	D	LOG	EM	Skegness Town	Skegness	
Sat 4 th	Saturday Afternoon informal	D	SYO	YH	Endcliffe Park	Sheffield	SK325858
Sun 5 th	Yvette Baker Trophy Final	B	NOC	EM	Nottingham University	Nottingham	SK540385
Sun 5 th	YHOA Urban League	C	EPOC	YH	Elland	Halifax	
Sun 5 th	TVOC Regional and SCOA League Event	C	TVOC	SC	Great Hampden	Princes Risborough	SP825033
Sun 5 th	Gunton Denes & Dip Farm Summer Event 3	D	SUFFOC	EA	Gunton Denes & Dip Farm	Lowestoft	TM551953
Tue 7 th	LEI Summer League 13 – Bagworth	D	LEI	EM	Bagworth Woodlands	Coalville	SK458068
Sat 11 th	Informal Event and Derbyshire Schools and Youth Groups Champs	D	DVO	EM	Shipley Country Park	Ilkeston	SK431455
Sat 11 th	Newcastle Sprint Relay	B	NATO	NE	Killingworth	Newcastle	
Sat 11 th	Tyneside Treble - Event 2 Informal Urban Run	C	NATO	NE	Lower Ouseburn	Newcastle	NZ262646
Sun 12 th	Tyneside Treble - Event 3 Newcastle City Race	B	NATO	NE	Newcastle	Newcastle	
Sun 12 th	PFO District Event	C	PFO	NW	Holcombe Ranges	Ramsbottom	SD759169
Sun 12 th	Nesscliffe Camp - West Midlands Relays	C	WRE	WM	Nesscliffe Army Training Camp	Shrewsbury	SJ374182
Sun 12 th	Keyne-O, Furzton	D	SMOC	EA	Furzton	Milton Keynes	SP852359
Thu 16 th	LEI Summer League 14 – Outwoods	D	LEI	EM	The Outwoods	Loughborough	SK514159
Sun 19 th	NOC Summer Series	D	NOC	EM	Rushcliffe Country Park	Ruddington	SK575320
Tue 21 st	LEI Summer League 15 – Melton	D	LEI	EM	Melton Country Park	Melton Mowbray	SK759198
Sat 25 th	LEI Summer League 16 - Willesley (Score Cup)	D	LEI	EM	Hicks Lodge Cycle Centre	Ashby de la Zouch	SK328156
Thu 30 th	LEI Summer League 17 – Leicester	D	LEI	EM	Aylestone Meadows	Leicester	SK567014

EMEWS

August

Sat 1 st	Scottish 6 Days Open Sprint - Nairn	D	GRAMP	SOA	Nairn	Nairn	NH8832356901
Sun 2 nd	Scottish 6 Days - Day1	B	GRAMP	SOA	Achagour	Nairn	
Mon 3 rd	Scottish 6 Days - Day2 (UKOL)	B	MAROC	SOA	Glen Strathfarrar	Inverness	
Tue 4 th	Scottish 6 Days Open Sprint - Forres incorporating SOUL5	C	ESOC	SOA	Forres	Forres	
Wed 5 th	Scottish 6 Days - Day3 (UKOL)	B	MOR	SOA	Darnaway	Inverness	
Wed 5 th	LEI Summer League 18 – Leicester	D	LEI	EM	Brocks Hill Park	Leicester	SK619997
Thu 6 th	Scottish 6 Days - Day4	B	CLYDE	SOA	Darnaway	Inverness	
Fri 7 th	Scottish 6 Days - Day5	B	FVO	SOA	Glen Affric	Inverness	
Sat 8 th	Scottish 6 Days - Day6	B	ECKO	SOA	Glen Affric	Inverness	
Wed 12 th	Try Orienteering at Ilam	D	DVO	EM	Ilam	Ashbourne	SK134509
Thu 13 th	LEI Summer League 19 – Oakham	D	LEI	EM	Oakham Woodlands	Oakham	SK855076
Sun 16 th	NOC Summer Series	D	NOC	EM	Clifton Campus	Nottingham	SK548354
Tue 18 th	LEI Summer League 20 - Sence Valley	D	LEI	EM	Sence Valley Forest Park	Ashby de la Zouch	SK404113
Wed 19 th	Try Orienteering - Longshaw	D	DVO	EM	Longshaw	Chesterfield	SK266800
Sat 22 nd	Wolds Mini MM	D	LOG	EM	Tetford	Horncastle	TF33343747
Fri 28 th	White Rose Night Score	D	EBOR	YH		Pickering	
Sat 29 th	White Rose Weekend	B	EBOR	YH	Pickering Forest	Pickering	
Sat 29 th	White Rose Sprint	D	EBOR	YH		Pickering	
Sun 30 th	White Rose Weekend	B	EBOR	YH	Pickering Forest	Pickering	
Mon 31 st	White Rose Relays	C	EBOR	YH	Pickering Forest	Pickering	

September

Sat 5 th	Caddihoe Chase Day 1	B	DEVON	SW	Fernworthy Reservoir	Chagford	SX659839
Sat 5 th	Lincoln City Race (EMUL)	C	LOG	EM	Lincoln	Lincoln	
Sat 5 th	PFO CAPRICORN	D	PFO	NW	Howgill Fells	Sedburgh, Cumbria	
Sun 6 th	Faulds Brow B Event	B	BL	NW	Faulds Brow	Wigton	NY303406
Sun 6 th	Middle Distance Regional Event	C	SYO	YH	Bowden Housteads	Sheffield	SK400863
Sun 6 th	Caddihoe Chase Day 2	B	DEVON	SW	Fernworthy Reservoir	Chagford	SX659839
Sun 6 th	LEI (EM Urban League)	C	LEI	EM	Loughborough	Loughborough	
Thu 10 th	Indoor Championships	D	LOG	EM	University of Lincoln	Lincoln	SK967711
Sat 12 th	London City Race	B	SLOW	SE	City of London (East)	London	
Sat 12 th	Darley Park Informal Event	D	DVO	EM	Darley Park	Derby	SK353383
Sun 13 th	WAOC Colour Coded	D	WAOC	EA	Wimpole Hall	Royston	

EMEWS

Sun 13 th	Regional Event	C	CLARO	YH	Hanging Moor	Harrogate	
Sat 19 th	Dales Weekend Day1/Northern Championships(UKOL)/Senior Home Internationals Individual	A	AIRE	YH	Monk's Road (Malham Tarn to Arncliffe)	Settle	SD884682
Sun 20 th	Dales Weekend Day 2(UKOL)/YHOA Championships	B	AIRE	YH	Hawkswick Clowder	Upper Wharfedale	SD954704
Sun 20 th	NOC Summer Series	D	NOC	EM	Berry Hill	Mansfield	SK550595
Sun 20 th	OD Tony Haw Score Champs	C	OD	WM	Sutton Park	Sutton Coldfield	SP088979
Sun 27 th	SELOC B event	B	SELOC	NW	Haslingden Grane	SE Lancashire	
Sun 27 th	DVO EM League Event	C	DVO	EM	Chinley Churn	Hathersage	SK028833

October

Sat 3 rd	VHI & Welsh Championships Classic	B	MWOC	WOA	Llynnoedd Teifi	Tregaron	SN760657
Sat 3 rd	October Odyssey Day 1	B	CLOK	NE	Eston Moor	Middlesbrough	
Sun 4 th	October Odyssey Day 2	B	CLOK	NE	Boltby	Northallerton	
Sun 4 th	LOG Level C (EM League)	C	LOG	EM	Burghley	Stamford	TF0485906083
Sun 4 th	POTOC 40th Anniversary (WMOA Champs & WMOA League 8)	C	POTOC	WM	Whitfield Valley	Burslem, Stoke on Trent	SJ888508
Sat 10 th	DEE Sprint Weekend - Forest Sprint (UKOL)	B	DEE	NW	Eastham Country Park	The Wirral	SJ363820
Sat 10 th	DEE Sprint Weekend - Night Sprint	C	DEE	NW	Grosvenor Park	Chester	
Sun 11 th	DEE Sprint Weekend - Urban Sprint (UKOL)	B	DEE	NW	City Centre and Business Park	Chester	
Sun 11 th	NOC Regional Event (EM League)	C	NOC	EM	Shirebrook Wood	Shirebrook	SK536665
Sun 18 th	Compass Sport Cup Final	A	SROC	NW	Helsington Barrows	Kendal	
Sun 18 th	LEI Club Championships	D	LEI	EM	Hicks Lodge & Shellbrooke	Ashby de la Zouch	
Sat 24 th	Cambridge City Race	B	CUOC	EA	Cambridge	Cambridge	
Sun 25 th	YHOA Superleague	B	EPOC	YH	Ogden Water	Halifax	
Sun 25 th	WCH Colour Coded (WMOA League 9)	C	WCH	WM	Shoal Hill	Stafford	
Sun 25 th	WAOCC Colour Coded and EAL	C	WAOCC	EA	Bush Heath	Brandon	
Sun 25 th	Grantham Urban Race	C	LOG	EM		Grantham	
Sat 31 st	YHOA Night League	C	SYO	YH	Ramsley Moor	Sheffield	sk256856

November

Sun 1 st	November Classic	B	SOC	SC	Burley West, New Forest	Southampton	SU212031
Sun 1 st	Regional Event	C	SYO	YH	Ramsley Moor	Chesterfield	SK295749
Sun 1 st	EMOA League Event - Burbage Common	C	LEI	EM	Burbage Common	Leicester	
Sat 7 th	LOC Middle Distance Event (UKOL)	B	LOC	NW	Simpson Ground	Newby Bridge	SD395865

EMEWs

Sun 8 th	LOC event (UKOL)	B	LOC	NW	Bethecar Moor	Coniston	
Sun 8 th	NOC Regional Event (EM League)	C	NOC	EM	Thoresby North	Ollerton	SK640730
Sun 15 th	Aire Regional Event	C	AIRE	YH	Middleton Park	Leeds	
Sun 15 th	Matlock Urban Event	C	DVO	EM	Matlock	Matlock	
Sun 15 th	SAX South East League event	B	SAX	SE	Hindleap	Kent	
Sun 22 nd	Regional B Event	B	LEI	EM	Bradgate & Swithland	Leicester	
Sun 22 nd	OK Nuts Trophy SE League event	B	SLOW	SE	Winterfold	London	
Sun 29 th	Regional B Event (EM Champs) & EM League	B	DVO	EM	Birchen Edge & Gardoms Edge	Matlock	SK279721

December

Sun 6 th	Regional Event	C	SYO	YH	Wharnccliffe	Sheffield	SK325950
Sun 6 th	OD Event Brandon Wood (WMOA League 11)	C	OD	WM	Brandon Wood	Coventry	SP386762
Sun 6 th	WAOB Colour Coded	C	WAOB	EA	Rowney Warren	Shefford	
Sun 13 th	EM League Event - Longstone	C	DVO	EM	Longstone Moor	Bakewell	SK195735
Sun 13 th	WCH Colour Coded (WMOA League 12)	C	WCH	WM	Badgerslade	Stafford	
Sun 20 th	SN Trophy Event	B	SN	SE		Ash Aldershot	
Sun 20 th	NOC Regional Event (EM League)	C	NOC	EM	Bramcote Hills & The Hemlockstone	Nottingham	SK503383
Sat 26 th	Boxing Day Score Event	D	WCH	WM		Rugely	
Sun 27 th	EMOA League Castle Hill	C	LEI	EM	Castle Hill	Leicester	

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

Ashby Map Runners

Wednesday 15th July	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
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LOG O-Fitness

Thursday 13th August	LOG	O Fitness	Lincoln
Thursday 20th August	LOG	O Fitness	Lincoln
Thursday 27th August	LOG	O Fitness	Lincoln
Thursday 3rd September	LOG	O Fitness	Lincoln

Leicester (Groby) Club Night

Monday 13th July	LEI	Brookvale College	Leicester
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Rushcliffe Orienteers

Tuesday 14th July	NOC	Rushcliffe Country Park	Ruddington
Tuesday 21st July	NOC	Rushcliffe Country Park	Ruddington