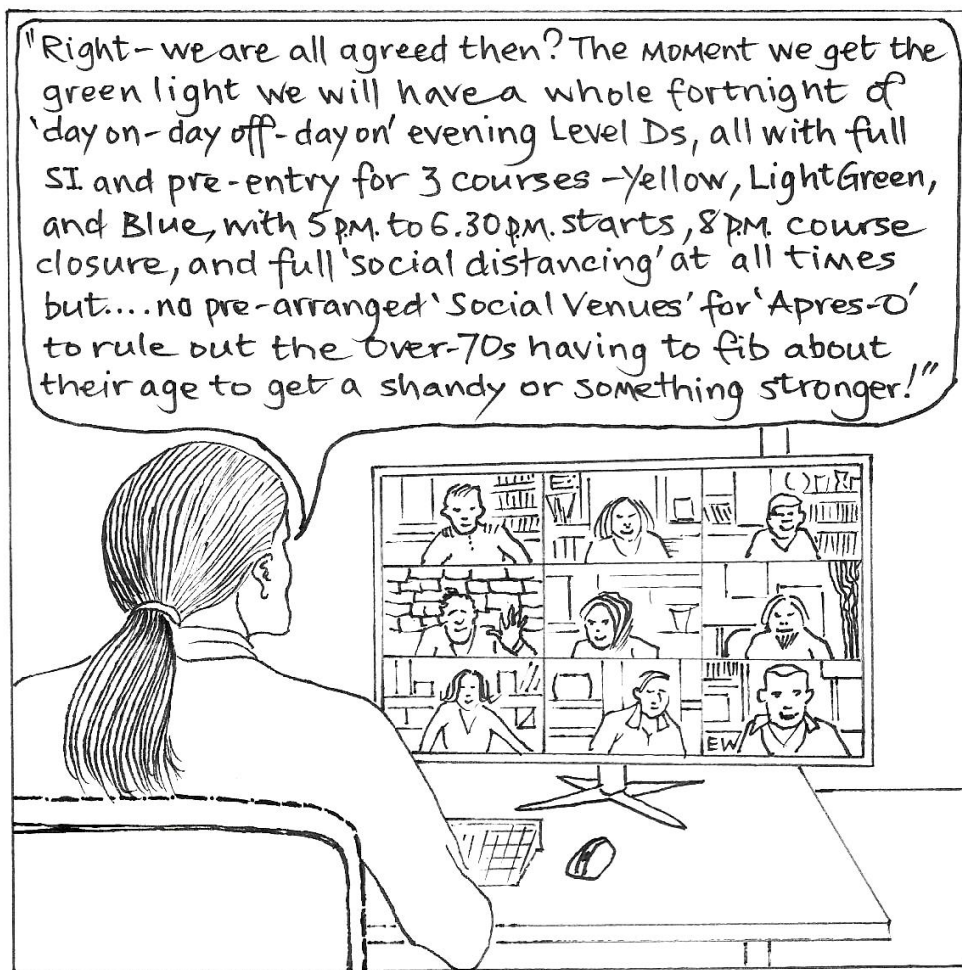




THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

Summer 2020



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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: **14th September 2020 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - Thanks as usual to Ernie for his cover. Get well soon.

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Ultrasport has now finished trading and so there is no longer an advert here.

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Notes from EMOA Meeting on 15th June 2020

The meeting was held via Zoom due to the coronavirus outbreak.

Activities - Due to coronavirus activities such as the Planners course and Development Conference have been put on hold until we are allowed to get together again. Events such as the EMOA Score Champs have been postponed and until we know the date to restart orienteering we won't know what can take place (events cannot simply be rescheduled for a date later in the year as some areas are only accessible at certain times).

This is also true of major events such as the British Champs. Even events planned for next year may have problems as access to the areas for planning, mapping and controlling has not been available.

Junior Squad - The Junior Squad trip to Sweden has had to be postponed. They are currently looking at providing some coaching for groups of 6, and looking to find areas where they can do this. The aim is at least to get juniors back used to running and navigating with a map.

East Midlands League / East Midlands Urban League - We have now had 6 events in the East Midlands League, and potentially there are up to 7 more events planned (if we can start orienteering again). The Urban League has been impacted more in that we have still only had 1 event, and only 3 left in the calendar. The committee has decided to wait until we know when we can restart to make decisions as to what we will do in terms of awarding 2020 League standings. It may be we can get in sufficient events and have a meaningful league (possibly with a reduced number of scoring events), or we may have to merge the league with 2021. Once we understand what type of events can restart we will look to make a meaningful decision at that time.

Orienteering Foundation PoC Video - A new video has been commissioned and is now available on Permanent Orienteering courses. It is aimed at helping newcomers get started. It is available at: <https://youtu.be/y4yfyUwkUxw>

What are the EMOA clubs doing in lockdown? - Each of the EMOA clubs was asked what they have been doing in lockdown and where more information is available:

DVO - DVO has introduced the use of maprun and now have 9 areas available, which by the East Midland meeting had achieved 84 runs. The details of Maprun are available at <http://derwentvalleyorienteers.org.uk/maprun-courses/>. DVO now have a league taking place with new areas being introduced every 2 weeks. In addition Doug Dickinson has been posting a daily map quiz on the DVO Facebook page and the club has been having a weekly quiz night which has attracted 18 couples (it was mentioned that while some folk are able to travel now, others are still in lockdown and some virtual meetings allow them to stay involved).

LEI - Have an Up and Out initiative (see LEI home page - <http://www.leioc.org.uk/>) - though currently on hold due to Leicester lockdown. The idea is to, in rotation, go around some of the Permanent Orienteering courses. A competitor is provided with a map and a set of instructions and they can then put their times up on the LEI website. At present getting around 35 members per week. There is a strava club as well. Not yet making use of Maprun as still need to

get up to the required specifications. LEI have had a few quizzes and some folk have been trying trail-O. There is a stand-by summer league ready in case orienteering is allowed to restart soon.

LOG - The club are active on strava. Also had a number of challenges for members such as a photographic scavenger hunt, and bingo. Also having a virtual relay running from Stamford to north of Lincoln and finishing at the cathedral (handover is socially distanced). There are virtual club nights on a Thursday. LOG have also had a regular quiz. It is hoped to start some tactical training with groups of up to 6 shortly. There is a summer league programme ready if orienteering can start.

NOC - Members can use the Permanent Orienteering course and have also been using mapruns to compare times. Details are available at <http://noc-uk.org/goMapRun.html>. A small group have been running these and even had some runs from DVO members.

Ernie Williams - The committee sent their best wishes to Ernie Williams following his heart blockage and fitting of a pacemaker. It was good to hear that Ernie is now up and about and walking a short distance each day.

Congratulations - Congratulations were offered to Chris Phillips and Ursula Williamson on their forthcoming marriage, even though because of coronavirus it has been postponed now to next year.

Wanted - EMOA are in need of a new Vice-Chair for the AGM. Amanda will be standing down as Chair and Chris has volunteered to stand as Chair if no-one else wants the role. We would then need a new Vice-Chair. Please can members consider volunteering for this post and if they are interested in any of the other EMOA posts we will be having the AGM in September.

Dates and venues for future meetings - The next scheduled meeting is the EMOA AGM. It was agreed this would take place September 14th using Zoom (details elsewhere in EMEWS). We need a minimum of 15 attendees to be quorate so please attend if you can (no excuse about travelling a long distance!)

The next scheduled committee meeting is November 16th. The room will be booked at the Pace Room, St Mary's Church, Clifton Village, Nottinghamshire at 7.30 p.m. However, if the rules still prevent close proximity then we will use Zoom as an alternative. All members are welcome to attend committee meetings if they wish to do so.

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The 56th 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 14th September 2020 using Zoom

AGENDA

1. Apologies for absence
2. Approval of minutes of last AGM September 23rd 2019 (see below)
3. Chair's Report
4. Financial Secretary's report including membership numbers and presentation of accounts
5. Approval of Balance Sheet and Income and Expenditure Statement
6. Election of Principal Officers
 - Chair
 - Vice Chair
 - Financial Secretary
 - Development Co-ordinator
7. Other EMOA Officers
8. Appointment of Independent Financial Examiner
9. Budget projections for coming year to 30.6.2021 and recommendations for membership fees and event levies (Financial Secretary)
10. Fixing of charges
 - Membership fees
 - Event Levies
11. Plans for the coming year (Chair)
12. Any Other Business
13. Close of formal meeting followed by open discussion

If anyone has any additional items they want adding to the agenda of the AGM, then please let EMOA Secretary (Mike Gardner) know. Also if anyone wants to send apologies please also let Mike know.

Zoom details for this meeting:

Join Zoom Meeting:

<https://us02web.zoom.us/j/88209198824?pwd=K05iY3NjM1o1b2FhYU5nMjRpZU1TZz09>

Meeting ID: 882 0919 8824

Password: 9WSZT8

MINUTES OF THE 55th ANNUAL GENERAL MEETING OF THE EAST MIDLANDS ORIENTEERING ASSOCIATION HELD ON MONDAY 23rd SEPTEMBER 2019 at Clifton, Nottingham at 19.30.

Present: Trudy Crosby (LOG), Ann-Marie Duckworth (DVO), Roger Edwards (LEI), Mike Gardner (DVO), Liz Godfree (DVO), Mike Godfree (DVO), Bob Haskins (LEI), Judith Holt (DVO), Peter Hornsby (LEI), John Hurley (DVO), Randal Macdonald (DVO), Chris Phillips (LEI), Iain Phillips (LEI), Amanda Roberts (LOG), Ursula Williamson (LEI), Dorothy Woodall (NOC) and John Woodall (NOC).

1. Apologies for absence:

Apologies were received from Doug Dickinson (DVO), Mick Lucking (NOC), Hilary Palmer (NOC), John Palmer (NOC), Julie Webster (NOC), Mark Webster (NOC), Ernie Williams (LEI).

2. Minutes of the 54th EMOA AGM held on Monday 24th September 2018.

It was agreed that the minutes were a true record. Proposed by Ursula Williamson (LEI) and seconded by John Hurley (DVO).

3. Standing Order Change:

There were no standing order changes submitted to this AGM.

4. Chair's Report:

I have now come to the end of my second year as Chair and again want to thank the Committee, Club reps and Job Holders for all their hard work over the last 12 months. Particular thanks must go to Chris Phillips (Vice-Chair) for his valuable advice on all matters orienteering and who has also 'babysat' the Development Officer role until now when we hopefully have a new volunteer; Mike Gardner (Secretary) who has now held the role for 7 years and produced the EMEWS in its present form for a staggering 17 years plus; Ursula Williamson (Fixtures Secretary) for liaising with the Events Scheduling Group and club fixtures secretaries to keep the events diary up to date, and finally, Mark Webster (Financial Secretary), who has been looking after the finances for the last 6 years. Mark has decided to hand over his role with effect this AGM, on behalf of the committee and members we would like to say thank you. We look forward to welcoming a new Financial Secretary later in this meeting.

The year started with the JIRCs 2018 event hosted by DVO. Based at the Mount Cook Adventure Centre, the twelve regional teams competed against each other over 2 days. The individual races were held on a cold but sunny day at Chatsworth followed on day 2 by the relays at Carsington Pastures. Carsington Pastures provided an excellent spectator arena, despite the rather damp and misty conditions and there was a great atmosphere as the teams results developed. The weekend ended with our EMOA team being placed 6th overall.

The EMOA 50th anniversary celebrations concluded at the East Midlands Championships at the Dukeries on 16 December 2018. Each competitor was given a commemorative boot bag as a memento. Thank you to Pauline Olivant (NOC) for ordering the bags and arranging for them to be distributed on the day.

The EM League and the EM Urban League continue to be well supported and provide a valuable series of events that both give regular quality runs for more experienced orienteers and a taste of Level C events to newer members. Thank you to Ursula Williamson, John Cooke and Paul Murgatroyd for their hard work over the year co-ordinating the events and collating the results. Paul Murgatroyd (EMUL Co-ordinator) has decided that after 7 years of running the league that it is time to hand over the role to someone new, the committee would like to thank him for his enthusiasm in setting up and running the League until now. If anyone feels they could take on this role we would be delighted to hear from them. After consultation with the clubs it has been decided that for 2020 the EM Urban League will include a Mens/Womens Hypervet class (75+) which will dovetail in with the classes in the UK Urban League.

The year has ended with more high profile events. The British Sprint Championships hosted by LEI at Loughborough University and the British Middle Championships hosted by DVO at Chinley Churn. Loughborough University is a superb venue for sprint races and with the perfect weather conditions there was a great atmosphere in the assembly area, so it was then a bit of a shock to turn up in Derbyshire a day later to find the area covered in low cloud and drizzle. Once again our clubs have put on first class events for major competitions making the most of areas that our region has to offer. Congratulations must go to Andy Simpson (LEI) who claimed the M45 British Championships on both days and to Liz Godfree (DVO) who became the W70 British Sprint Champion. These add to the successes at the British Long Orienteering Championships for Liz Godfree (DVO) W70 and Ant Squire (NOC) M40.

On the training and development front, a successful Regional Training Day was held at Charnwood College on 24 November 2018, with 32 people attending including 2 people from out of region. Hopefully, this has enabled more members to help with mapping, planning, organising and controlling events. This year we have seen Ranald Macdonald (DVO) and Jeff Baker (LOG) appointed as Level A controllers and seven other members have been nominated as Level B or C Controllers. Sal Chaffey (DVO) and John Mather (LOG) have also recently qualified as Level 2 Coaches.

The Junior Squad run by Ann-Marie Duckworth and Ant Squire has had a busy calendar of varied activities all geared to giving as many of our juniors the best chance of doing well in their competitions. Particular successes from our juniors throughout the year include:

Jake O'Donnell (DVO): M14 British Orienteering Champion, JK Sprint Champion and overall JK Champion.

Jake O'Donnell and Rachel Duckworth (DVO) have been selected to run in the JHI in October this year.

Ben Squire (NOC) and Rachel Duckworth have been selected for the Talent Training Squad.

It should also be noted that Loughborough University Orienteering Club were awarded the University Club of the Year Award. The club has been working with LEI and are hoping to jointly run an event in the near future.

Finally, I would like to say congratulations to everyone who has achieved a personal goal at whatever level in their orienteering. It is what keeps us coming back for more!

Amanda Roberts

5. Financial Secretary's Report

Mark Webster circulated the accounts before the meeting but was unable to attend on the day so Amanda Roberts presented the accounts. Below are Mark's accounts with in italics comments raised during the meeting.

Membership

Membership as at August 1st 2019 is down by 22 members.

	Members	Units
2019	582	422
2018	604	425
2017	613	427
2016	648	444
2015	660	445
2014	690	459
2013	687	444
2012	802	464
2011	838	477
2010	1056	Not known

2019 figures compared with 2018

	2019	2018
Senior	295	291
Junior	25	24
Family	102 (178s, 84j)	110 (196s, 93j)
Totals	422 units	425 units

There is concern the membership numbers continue on a downward trend. It seems that it is family units that we are losing (Family Units change to adults as their children go off to university). All the clubs are trying to recruit juniors but not having a lot of success.

2018/2019 Accounts

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The EMOA year end is 30th June 2019, Roger Edwards has signed off the accounts and issued the following statement

"I certify the accounts are in accordance with the records of the EMOA" Roger Edwards CPFA

Roger was thanked for being the independent financial examiner of the accounts.

EMOA made a loss for 2018/19 of £185.89. The budget was for a loss of approximately £350.

Major differences to the budget were as follows.

- 1) Extra Trophies needed replacing and the 50th Anniversary shoe bags
- 2) JIRCS showing a profit, last year's accounts showed a one off expenditure of £600 for mapping, this should have just gone into the JIRCS budget.

The Income and Expenditure sheet is shown below:

I&E East Midlands Orienteering Association					
2018-19				As at 30th June 2019	
<u>INCOME</u>	2017/18 budget	2017/18 actual	2018/19 budget		2018/19 actual
Membership	1600.00	1608.00	1600.00		1541.00
Event Levies	0	0	1700.00		1502.30
Interest	15.00	23.57	20.00		5.26
Sponsorship and other income	100.00	0.00	200.00	100 a year	100.00
EMJS Income	2500.00	2384.00	2000.00		913.80
EMJS clothing sales	130.00	32.50	60.00		78.00
Cake Sales	300.00	135.25	150.00		144.00
INCOME	4645.00	4183.32	5730.00		4284.36
<u>EXPENDITURE</u>					
Regional Development Plan					
Junior squad - expenses	3800.00	3219.34	3150.00		1894.61
Trophies & certificates	250.00	165.46	175.00		713.79
Volunteer development	500.00	50.00	600.00		510.08
Community Coaching dev.	300.00	300.00	0.00		0.00
External Conferences	100.00	76.25	100.00		0.00
Support for senior/talent orienteers	1000.00	508.33	1000.00		1094.66
Coach development	375.00	490.00	300.00		177.60
JIRCS Budget for £200 loss			200.00		-505.38
Sub total	6325.00	4809.38	5525.00		3885.36
Running costs					
Mapping		600.00			
Phone, post and web licence	50.22	22.18	25.00		32.89
Hire of meeting room	125.00	125.00	125.00		150.00
English Orienteering Council	370.00	374.00	402.00		402.00
Sub total	545.00	1121.18	552.00		584.89
EXPENDITURE	6870.00	5930.56	6077.00		4470.25

EMEWS

Surplus / Loss	-2225.00	-1747.24	-347.00		-185.89
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Balance Sheet 30th June 2019

	2017/18	2018/19
Current	6,265.08	8,012.17
Bond	0.00	0.00
Junior Squad Deposit	2,941.35	3,090.61
Sub-total	9,206.43	11,102.78
Pre-Payments JIRC	2,082.24	
DVO map contribution	600.00	600.00
Sub-total	11,888.67	11,702.78
Represented by		
Accumulated fund	13,635.91	11,888.67
Add surplus	-1,747.24	-185.89
Carry forward	11,888.67	11,702.78
Note clothing stock tops at £32.50	227.50	149.50

This is my last year as the treasurer and unfortunately I cannot be at the meeting, my extra notes on the accounts are below, hopefully they make sense, it would have been better if I could have made the meeting to answer any of your questions.

The -ve figure in the JIRCS expenditure 18/19. The JIRCS show a profit in this year's accounts of £505.38, this is due to £600 being shown as an expense in last year's accounts.

With hindsight the £600 mapping fee should have just gone into the pre-payments figure.

The EMOA committee suggest we keep £10,000 of reserves.

Last year the committee stated that they want to keep £10,000 in reserve which had been required to support JIRCS this year. The aim is to retain that level to be able to assist clubs for major events. In addition landowners are often requesting access fees up front to reserve an area. The current account has £8,000 at present. The meeting discussed whether this level was appropriate as there tend to be only these major events every 10 years in EMOA. The meeting had an informal vote to the motion that "Do we feel that retaining around £10,000 as a balance in the EMOA Accounts is acceptable?" The motion was carried by the attendees.

The expenses for the JIRCS have shown that this was needed as income was only generated as entry fees came in just before the event.

The JIRCS figures are below. This is over the two financial years of EMOA:

JIRCS income this year (18/19)	£12,265.80
JIRCS expenses this year (18/19)	£9,678.18
Difference is a positive	£2,587.62
JIRCS expenses last year (17/18)	£2,082.24
Map cost £1,200	£1,200.00
Current Loss	-£694.62
Map contribution if DVO eventually host an event	£600.00

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Difference (i.e. eventual JIRCS loss)	-£94.62

2018/19 income from event levies.

Based on a levy of 50p per senior and 10p per junior, less £25.00. The levy was:

Event	2018/19 income (less £25)	Seniors 50p	Juniors 10p
LOG Lincoln	49.00	146	10
LEI Shepshed	25.10	98	11
LEI Bradgate	80.00	204	30
DVO Oakwood	45.40	138	14
DVO Linacre	52.50	153	10
DVO Derby West	52.60	151	21
LEI Martinshaw	52.90	152	19
NOC Meadows	31.30	111	8
NOC Silverhill	37.50	121	20
NOC Dukeries	102.90	246	49
LEI Spring Cottage	30.80	107	23
LOG Belton & Loundthorpe	50.20	147	17
DVO Birchen Edge	80.00	202	40
LEI Beacon Hill	78.90	200	39
NOC Bramcote	50.50	145	30
NOC Sherwood Forest	112.70	268	37
NOC Sherwood Pines	228.90	482	129
LEI Bagworth	50.70	146	27
DVO Crich	77.80	198	38
DVO Calke	79.30	197	58
NOC Clifton	51.00	150	10
DVO Allestree Urban	54.10	155	16
DVO Carsington	4.50	58	5
LOG Witham St Hughes	23.70	96	7
Totals	1502.30	4071	668

Participation Numbers over Time

	Total No of runners	Income	Seniors	Juniors
2009/10 – 19 events	4912	1100	3614 (74%)	1298 (26%)
2010/11 – 23 events	4932	992	3605 (73%)	1327 (27%)
2011/12 – 22 events	4973	963	3675 (74%)	1298 (26%)
2012/13 – 24 events	6121	1413	4671 (76%)	1450 (24%)
2013/14 – 24 events*	5941	1153	3868 (65%)	2073 (35%)
2014/15 – 24 events	5744	1665	4497 (78%)	1247 (22%)
2015/16 – 32 events	6917	2035.80	5360 (77%)	1557 (23%)
2016/17 – 30 events	6093	1746.60	4718 (77%)	1375 (23%)
2017/18 – 25 events	4560	1367	3840 (84%)	720 (16%)
2018/19 – 24 events	4739	1502.30	4071 (86%)	668 (14%)

* 713 juniors, 0 adults at Shipley Park event

Roger Edwards was thanked for being the Independent Financial Examiner.

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

The meeting agreed to approve the balance sheet and income and expenditure statement.

Proposed: John Hurley (DVO)

Seconded: John Woodall (NOC)

7. **Election of Principal Officers:**

John Woodall took the chair for the election of principal officers and thanked the Chair and Vice-Chair for their work this year. John also gave special thanks to Ursula for running the League and Fixtures and Mike for doing the minutes and EMEWS.

John stated that the following were willing to stand as principal officers next year:

Post	Nominee
Chair	Amanda Roberts (LOG)
Vice-Chair	Chris Phillips (LEI)
Financial Secretary	Paul Young (DVO)
Development Officer	Ranald Macdonald (DVO)

Ursula Williamson (LEI) seconded John's proposed and the meeting unanimously accepted the election of the principal officers.

8. **Other EMOA Officers:**

The club representatives on the EMOA Committee are nominated by clubs. Members holding non-elected roles with the association are currently:

Post	Nominee
Mapping	David Olivant (NOC)
Coaching	Hilary Palmer (NOC)
EM Junior Squad	Ann-Marie Duckworth (DVO), aided by Ant Squire (NOC)
EM League	Ursula Williamson (LEI)
Urban League	Ursula Williamson (LEI) will run in short term
Regional Fixtures Secretary	Ursula Williamson (LEI)
President	John Woodall (NOC)
Minutes Secretary	Mike Gardner (DVO)
EMEWS Editor	Mike Gardner (DVO)
Webmaster	John Cooke (DVO)
National Forest	Roy Denney (LEI)

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

Roger Edwards agreed to continue as Independent Financial Examiner for the next year.

10. **Budget projections for coming year to 30.6.2020 and recommendations for membership fees and event levies:**

The Financial Secretary presented a projected budget below and shows a budgeted loss of £385.00.

East Midlands Orienteering Association – 2019/20 Proposed Budget

<u>INCOME</u>	2018/19	2019/20
	Actual	Budget
Membership	1541.00	1500.00
Event levies	1502.30	1600.00
Interest	5.26	5.00
Sponsorship and other income (100 a year)	100.00	200.00
EMJS Income	913.80	1000.00
EMJS clothing sales	78.00	60.00
Cake Sales	144.00	150.00
INCOME	4284.36	4515.00

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EXPENDITURE		
Regional Development Plan		
Junior squad - expenses	1894.61	2150.00
Trophies & certificates	713.79	200.00
Volunteer development	510.08	600.00
Community Coach Development	0.00	0.00
External Conferences	0.00	100.00
Support for senior/talent orienteers	1094.66	1000.00
Coach development	177.60	300.00
JIRCS budget for £200 loss	-505.36	0.00
Sub total	3885.36	4350
Running Costs		
Phone, post and web licence	32.89	25.00
Hire of meeting room	150.00	125.00
English Orienteering Council	402.00	400.00
Sub total	584.89	550.00
EXPENDITURE	4470.25	4900.00
Surplus / Loss	-185.89	-385.00

It is thought that event levies may be higher due to the level A events just held in the region. However, at this stage we have fewer level C events for next year.

The proposal from the Financial Secretary is for no change in the membership fees or event levies. It was suggested that as we rarely change the fees we might want to pass a resolution stating that the fees will remain the same until changed. A formal proposal was raised that "EMOA will fix the membership fees and event levies at the current levels until a formal change at another AGM or EGM".

Proposed: Roger Edwards (LEI)

Seconded: Chris Phillips (LEI)

This was agreed by the meeting.

The meeting then reviewed the proposed membership fees and levies and the associated budget

Senior membership fee is £3.00

Junior membership fee is £1.00

Associate membership fee is £10.00

Club membership fee is £15.00

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

Proposed: Amanda Roberts (LOG)

Seconded: John Woodall (NOC)

This was agreed by the meeting.

It was noted that junior squad spending shall be restricted to a maximum loss of £1,000, any extra spending should come from their deposit account through funds they have raised themselves.

11. Plans for Coming Year:

Firstly, I would like to welcome Paul Young as Financial Secretary and also welcome back Ranald Macdonald as Development Officer, on to the committee. Thank you for agreeing to take on the roles. So now we are just short of an EMUL Co-ordinator, please can you ask around your club members to see if anyone would like to take this on.

The final major event of 2019 is the EM Championships to be hosted by LOG on the Grimsthorpe Estate. Then we have another big weekend in Feb 2020 with DVO hosting the Midland Championships at Longstone Moor with a supporting middle distance event the previous day at Bramcote run by NOC.

LEI are running a training weekend in the Lake District in late November on the back of the Orienteering Foundation Coaching Day. Having attended one of these in the past I would recommend it – a chance to train on the type of terrain we just don't have in our region except for maybe Derbyshire. Then on the second day there is a chance to compete on similar terrain and hopefully practice the skills learnt.

Traditionally we are due to run a Planners and Controllers Conference in 2020. A chance for our volunteers to share ideas, good practice and keep abreast of new BOF guidelines and policies. So now we have a new Development Officer in position, Ranald, we look forward to seeing this appear in the diary. *(The meeting discussed extending the conference to be an Event Officials Conference as organisers need to be involved in many of these decisions).*

At Easter the JK is in the NEOA region – so not too far away. A great opportunity for newer members to get a taste of a big 4 day competition without having to travel too far. As we have indicated to the Event Scheduling Committee that our region is not in a position to put on a JK we must provide assistance to other regions that take on this event. I know they will be looking for out of region volunteers in due course so hopefully our clubs can provide some support s necessary. As I understand there will be a chance for individuals to volunteer when entries open in December.

On 5th January the EM Junior Squad will be running the level C event at Strawberry Hill. All the key official roles are being taken by juniors (apart from controller which will be Ann-Marie Duckworth).

12. Any Other Business:

Ann-Marie Duckworth gave a brief report on the EM Junior Squad activities:

In the last year the Junior Squad have had 5 weekends away, and 5 local training sessions.

There have been super results for some of the Juniors:

Harrington Leake was selected to attend Lagganlia.

JROS Hawkshead was attended by Hannah Mather, Ben O'Donnell, Ben Squire and Rachel Duckworth.

Ben Squire and Rachel Duckworth were selected for the Junior Home Internationals.

Jake O'Donnell has been selected for the Home Internationals.

Ethan Tebbutt attended Interland and achieved a creditable 5th place.

We had British Champions of Jake O'Donnell and Rachel Duckworth.

Ann-Marie recommended visiting the website for the Ben O'Donnell videos of the Junior Squad Training.

Ann-Marie sent thanks from all the Juniors to all coaches who have assisted the Junior Squad throughout the year and also to all the fellow members of EMOA for providing the funding for the squad and enabling them to improve their orienteering.

13. Close of formal meeting:

The meeting was formally closed at 20:25.

Interland 2020

We have 2 reports from Interland 2020 from East Midlands Juniors who were selected to run there. The first from Jake O'Donnell and the second from Hannah Mather:

This year I was selected to run for England in the annual Interland competition, to be held on the first day of March. At around 9 o'clock the day before, myself, my father and Dom Green drove down to the model training event in Kent where we would be getting used to the type of terrain used in the competition. It was a relatively easy area but it certainly sharpened up our navigation before the big race the next day.

After the training, we headed back around the M25 to the accommodation at Lea Valley Youth Hostel which had numerous log cabins to stay in. I settled in with the other M14s and ate dinner at 6 o'clock. Admittedly, it wasn't the best meal in the world but nonetheless, it wasn't too bad. We were briefed by our coach (John Rye) where we found out what the next day activities would hold. We went back to our dorms to sleep at about 11 O'Clock, ready to wake up at 6:30.

We all woke up the next morning to an alarm at 6:00 which surprised us all to our expected wake up at 6:30. We crawled out of bed to the noise of the train tracks

opposite our dorm which had trains blasting along every 5 minutes (even In the night) which admittedly got very annoying. Breakfast was served which was very nice: cereal, toast and orange juice. We packed our bags, put our England hoodies on and headed out to the foyer to leave the accommodation. The competition was being held in Burnham Beeches in Hertfordshire. We arrived at the event centre in a tight squeeze in the back of a car but to a beautiful sunny day. There was a large marquee out where we put all of our bags. Although it was sunny, a long warm-up was needed as it was very cold. I had a 5.1km course which was through runnable woodland with some holly bushes. Fitness wise, I felt my preparation for the event was perfect but looking back I feel that I could of done more technical preparation for the terrain. My run didn't go very well with numerous 4-minute errors. However, I was joint leading heading towards the penultimate control before making another error which dropped me down to 4th. The other England teammates did very well so we secured the junior win with Rachel Duckworth coming 1st



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on W18. Hannah Mather was the third junior member of EMOA representing England as a W14 reserve. Overall, having added in all the senior classes, England won by 50 points with Belgium coming 2nd.

It was a truly great experience and I thank those who have helped me along the way and the England team managers and event organisers.

Jake O'Donnell

Interland 2020

Interland 2020 was great. I was selected to be the W14 traveling reserve. The competition was held in Burnham woods, with some of the map Egypt Woods. The whole weekend was great because we got to meet up with friends and teammates. The good thing about being the reserve was that there was not pressure on me to do well, I just had to go out enjoy the run and try and beat the people selected for the main W14 team. I ran well with one mistake costing me a couple of minutes. I took 66:50 minutes beating one of the England W14 runners, and if I was in their results I would have come 10th. Overall England won the junior cup with 76 points and the overall cup with 182 points. I really enjoyed going and running because I got to see my friends that I will not see in while because of the Covid-19 situation. I would love to do it again next year as a W16, but be a full represent of England not just a reserve.

Hannah Mather

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Further Thoughts from the EMOA Development Co-ordinator

I hope people found something of interesting and/or thought-provoking in my article in the last EMEWS.

EMOA Committee has asked me to share some of the materials I have produced for DVO. The first one is notes from a **DVO Planners' and Controllers' Development Session**, held on Tuesday 15th September 2015. I was due to run another session on Tuesday 24th March this year - the day after the coronavirus lockdown was announced! This one had been widened out to include all Event Officials, to include organisers, mappers and anyone else interested and had attracted quite a significant interest.

Here are the notes I produced from that evening. There have been revisions since 2015 but I have left the notes as I wrote them.

A small but select group (eight of us) gathered at The Family Tree in Whatstandwell on 15th September 2015, to discuss issues we have encountered as Planners and Controllers and to look over some courses from recent events.

As the evening progressed we also listed what we considered to be some of the main points for Planners to consider and Controllers to prompt on. In no particular order, except as they came up at the session, they were:

1. **Hanging controls** - Section 6.1.1 of Appendix B: Course planning, states that *The control banner should be visible from all directions of approach unless the control description indicates otherwise*. This means that if it is in a depression it shouldn't be hidden but instantly visible when you reach the edge. It doesn't mean it has to be on the edge and visible from a great distance as this removes the navigational element of the leg.
2. **The main function of a control is to mark the beginning and end of an orienteering leg** (IOF Foot Orienteering Competition Rules). This follows from the previous point in that orienteering is not about finding controls but about navigating through terrain and the control being located on a mapped feature when you arrive at the end of the leg.
3. **Use the Technical Difficulty descriptions as the basis for genuine progression between courses**. All Planners should have the TD descriptions to hand all the time as they describe the planning requirements for each level together with the orienteering skills that are to be tested. A common fault is not to have this genuine progression between TD levels 1, 2 and 3 (i.e. from White to Yellow to Orange). It is important to understand what is meant by the terms route choice, decision point, collecting feature and relocating feature as these are key features of the descriptions. Purple Pen also allows you to check the length of individual legs against the TD description (200m maximum on TD1/White and 350m on TD2/Yellow.)
4. **Armchair plan when you know the area**. It's no good planning without having a feel for the area, the runability and nature of the terrain.
5. **It is good practice to have the same last control for all courses**. Section 5.1.2 of the course planning appendix says that: *It is important to ensure that the finish is easily located. A common last control with taped route to the finish will ensure this. This will also ensure that competitors all approach the finish from the same direction and improve the flow of competitors through the finish system.* The implication of this is that the description should be "follow tapes to finish" and not "navigate to finish", still an all too common fault.
6. **Leave the Start kite until all competitors have finished**. It is tempting when dismantling the Start to remove the Start kite. However, it is the Planner's responsibility and is a part of the course from which competitors may relocate.
7. **Competitors should need to visit the Start kite**. Some courses provide the temptation to cut off to the first control, or even double back through the start boxes. At Level A and some Level B events the Start kite is sometimes at the end of a taped route out of sight of the pre-start so you cannot see which way competitors are going. At Level C and D events the Start kite should be easily visible from the Start boxes so it can be pointed out by the start officials and help newcomers, in particular.

8. **The start kite should not be on a decision point so that White and Yellow are started in the correct direction.** It should, for example, be a path, not path junction.
9. **Make sure the first control isn't overloaded.** This is really an issue for mass starts and relays where, if everyone has to go to the same first control, there can be chaos. One solution is to use multiple SI boxes, so long as download know which are being used.
10. **Plan for the range of ages on each course.** It can be tempting to plan a Green course, for example, for fit young people progressing up through the colours. However, it may also be a course for those on their way down from Brown and Blue as they age or a particular competition requires them to run this course.
11. **Don't tempt people to run out of bounds or to cross uncrossable features.** If they are likely to be tempted, use a simple control to draw them in a particular direction. As well as being unfair, any damage may cause us to lose areas completely. This happened with Chatsworth some years ago through the actions of a non-orienteeing event using the term 'orienteeing' and causing damage to walls.
12. **Consider whether to use two-sided maps or second master maps.** Single-sided maps with many cross-overs allow competitors to use later controls to help navigation. This is particularly the case where a small area is being used. Double-sided maps are more convenient (and cheaper!) than second master maps.
13. **Spread the competitor load over controls.** This isn't normally a problem at Level C or D events, but may provide more of a challenge if lots of people are all going to the same control.
14. **Should not have people coming into a significant number of controls from opposite directions.** Whilst this is not in the Rules or Appendices it is generally considered to be bad practice and can even be dangerous on steep slopes.
15. **TD5 for older courses should still be technical but less physical.** Older competitors will not thank you for steep climbs or descents or having to climb high stiles or cross wide ditches! Don't be tempted to combine courses of similar length but which should have different technical difficulty.
16. **Appendices are not to be ignored if you don't like them!** Whilst the Rules are generally 'must', to be complied with, Appendices are generally 'should' and are considered to be matters of minimum good practice. These should be followed unless there is a good reason not to do so and not just the personal whim of a planner, controller or organiser.

I hope I have captured the general sense of what people were saying during the evening. I also hope that everyone got something from the session to help improve their personal practice. It's only a shame that more didn't come and it may be that the points above may raise some thoughts and changes to practice.

These notes complement the articles I have been writing about the different technical difficulty levels as well as other contributions on the Rules and good practice.

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Its worth - as an Event Official or competitor - reflecting on these points and see if you agree with them and/or there have been examples of them not being followed at events you have attended.

Ranald Macdonald

EMOA Development Co-ordinator

DVO Grade A Controller and Event Safety Officer

26th June 2020

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East Midlands Urban League 2020

The current status of the EM Urban League for 2020 is shown below. The scoring is the best 4 out of 8 events to count. Only EMOA competitors are shown below:

1	01/01/2020	Wirksworth	DVO
2	03/05/2020	The Meadows & Wilford Village (UKUL)	NOC
3	31/05/2020	Barrow-on-Soar	LEI
4	14/06/2020	To be re-arranged	LEI
5	28/06/2020	Belper	DVO
6	16/08/2020	Lincoln City UKUL	LOG
7	27/09/2020	Clifton NW	NOC
8	01/11/2020	Woodhall Spa	LOG



Junior Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Jake O'Donnell	M14	DVO	100/1	100							
2	Ben O'Donnell	M16	DVO	96/1	96							
3	Peter Birchall	M12	DVO	91/1	91							

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Alistair Thornton	M21	LUOC	100/1	100							
2	Richard Robinson	M35	NOC	96/1	96							
3	Chris Millard	M35	DVO	93/1	93							
4	Craig Lucas	M21	LOG	90/1	90							
5	Nerijus Rozkovas	M21	DVO	89/1	89							
6	Philip Johnston-Davis	M45	RAFO	88/1	88							
7	Richard Gale	M35	DVO	87/1	87							
8	David Jolly	M45	RAFO	85/1	85							
9	David Clough	M50	DVO	83/1	83							

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Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Leah Williams	W21	LUOC	100/1	100							
2	Andrea Page	W40	LOG	96/1	96							
3	Alison Wright	W35	LOG	93/1	93							
4	Kate Lowndes	W21	DVO	91/1	91							

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Paul Murgatroyd	M50	LOG	100/1	100							
2	Andy Parry	M40	DVO	90/1	90							
3	James Prince	M50	DVO	89/1	89							
4	Ian Crowe	M40	LOG	88/1	88							
5	Alastair Paterson	M50	LEI	87/1	87							
6	Gary Kelsall	M50	DVO	86/1	86							
7	Andrew Selby	M45	DVO	84/1	84							

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	100/1	100							
2	Ann-Marie Duckworth	W50	DVO	96/1	96							
3	Helen Chiswell	W40	DVO	93/1	93							
4	Claire Selby	W45	DVO	90/1	90							

Supervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrew Ridgway	M55	NOC	96/1	96							
2	Mick Lucking	M60	NOC	93/1	93							
3	Francesco Lari	M55	DVO	91/1	91							
4	David Vincent	M55	DVO	89/1	89							
5	Malcom Spencer	M55	DVO	87/1	87							
6	Mike Gardner	M60	DVO	85/1	85							
7	Jonathon Lee	M55	LEI	84/1	84							
8	Richard Naish	M55	DVO	83/1	83							
9	Philip Caswell	M55	LEI	81/1	81							

Supervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Amanda Roberts	W55	LOG	100/1	100							
2	Sue Russell	W55	DVO	93/1	93							
3	Ruth Ellis	W65	DVO	90/1	90							

Ultravet Men

	Name		Club	Best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Michael Napier	M65	NOC	100/1	100							
2	John Hurley	M65	DVO	91/1	91							
3	Roger Edwards	M70	LEI	89/1	89							
4	Mike Godfree	M70	DVO	87/1	87							
5	Jeffrey Baker	M65	LOG	86/1	86							
6	John Hopper	M65	DVO	84/1	84							
7	Kevin Gallagher	M70	LEI	83/1	83							
8	Brian Denness	M65	DVO	82/1	82							
9	John Marriott	M70	LEI	81/1	81							
10	Robert Haskins	M65	LEI	80/1	80							

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Liz Godfree	W70	DVO	100/1	100							
2	Ann Armistead	W70	DVO	91/1	91							
3	Diane Blount	W70	DVO	90/1	90							
4	Viv Macdonald	W65	DVO	87/1	87							
5	Jen Gale	W70	DVO	84/1	84							
6	Maureen Webb	W65	LEI	81/1	81							

Hypervet Men

	Name		Club	Best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Doug Dickinson	M75	DVO	100/1	100							
2	Rex Bleakman	M75	DVO	96/1	96							
3	John Woodall	M80	NOC	90/1	90							

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Pauline Ward	W75	DVO	91/1	91							

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East Midlands League 2020

The tables below provide the latest standings for the EMOA League 2020. The best 8 scoring events counting towards the league. Tables below are based on latest standing in league counting in at least 2 events, scoring more than 1000 points in total, and in the top 10 for that class

The events included in the League for 2020 so far are:

1 - 5th Jan - Strawberry Hill (NOC)

2 - 12th Jan - Castle Hill (LEI)

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3 - 2nd Feb - Harlaxton (LOG)

5 - 23rd Feb - Lindop Woods (DVO)

4 - 8th Feb - Bramcote Hills (NOC)

6 - 8th Mar - Linacre (DVO)

Events lost are:

7 - Outwoods (LEI)

9 - Black Rocks (DVO)

8 - Martinshaw (LEI)

The events still to be run are (coronavirus allowing):

10 - 6th Sept - Kedleston Hall (DVO)

12 - 25th Oct - Grangewood (DVO)

14 - 15th Nov - Hardwick Park (DVO)

16 - 20th Dec - Walesby (NOC)

11 - 4th Oct - Burbage Common (LEI)

13 - 8th Nov - Boundary Wood (NOC)

15 - 13th Dec - Bagworth Common (LEI)

White - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
George Selby	DVO	M10			1000			1000	2000	1

Yellow - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Lewis Bones	LOG	M12		1000		1000			2000	1

Orange - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Sam Jones	NOC	M14	1000		1000	1000			3000	1
John Cooke	DVO	M70	651			386	1000	432	2469	2
Adam Cladingboel	LEI	M20		351		398		554	1303	3

Orange - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Karen Matthias	LEI	W50	671		1000	1000			2671	1
Alexa Lindsay	DVO	W14		1000			1000		2000	2

Light Green - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Ben Glover	LEI	M14	1000	1000			1000		3000	1
Andrew Shearing	DVO	M45					494	1000	1494	2

Light Green - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Tricia Neal	NOC	W70		397	1000	703			2100	1
Alison Hayes	DVO	W55	1000			894			1894	2
Robyn Jarvis	LEI	W14				936	612		1548	3

Short Green - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
John Palmer	NOC	M70	865	782	965	924		1000	4536	1
Kevin Gallagher	LEI	M70	885	978			780	916	3559	2
Ranald Macdonald	DVO	M65	823		811	886		877	3397	3
John Woodall	NOC	M75	681		708	678	657	662	3386	4
Matt White	LEI	M50	764		1000	991			2755	5
Chris Phillips	LEI	M70	636			698	516	663	2483	6
Andrew Breakwell	NOC	M70		674	810			949	2433	7
Peter Leake	LEI	M75				641	711	781	2133	8
Andy Hawkins	DVO	M70				1000		988	1988	9
Ernie Williams	LEI	M75		513	785			634	1932	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Ruth Ellis	DVO	W65	759	869	811	849		554	3842	1
Viv Macdonald	DVO	W65	852		1000	969		817	3638	2
Jen Gale	DVO	W70	649	877	745			566	2837	3
Pauline Ward	DVO	W75				897	895	785	2577	4
Helen Finlayson	DVO	W75	1000			936		624	2560	5
Ann Armistead	DVO	W70	783			1000		693	2476	6
Diane Blount	DVO	W70			858		848	579	2285	7
Christine Middleton	DVO	W70				893	704	668	2265	8
Elaine Smith	NOC	W60	751			641	859		2251	9
Margaret Keeling	DVO	W70	658	1000				587	2245	10

Green - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Doug Dickinson	DVO	M75	1000	1000	1000			1000	4000	1
Michael Lindsay	DVO	M70	806	635		699	730	802	3672	2
Jeffrey Baker	LOG	M65	608	619	705	789	761		3482	3
Roger Edwards	LEI	M70	844		932	1000			2776	4
Andy Portsmouth	LEI	M65	770	639	600	705			2714	5
Dave Skidmore	DVO	M70	674	650	641	693			2658	6
Peter Chorleton	NOC	M65	660			591	545	724	2520	7
Paul Young	DVO	M40	498	515		702		605	2320	8
Martin Wheeler	LOG	M65	625	727	655				2007	9
Richard Plumb	DVO	M70					1000	939	1939	10

Green - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Amanda Roberts	LOG	W55	890	1000	1000	1000	936		4826	1
Rachel Davis	DVO	W55	641	748	700	705		660	3454	2
Jane Kayley-Burgess	DVO	W60	831	920	777	827			3355	3
Ursula Williamson	LEI	W55	694		614	715	675	593	3291	4
Liz Godfree	DVO	W70	1000			770		1000	2770	5
Jane Dring-Morris	LEI	W50	703	739	628			628	2698	6
Hannah Mather	LOG	W14	718		801	929			2448	7
Joanne Nell	RAFO	W55	863	701	796				2360	8
Alison Wright	LOG	W35			690	636		571	1897	9
Libby Barber	LEI	W16	770			882			1652	10

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Blue - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
John Hurley	DVO	M65	859	943	858	860	695	869	5084	1
Francesco Lari	DVO	M55	719	898	877	884	714	793	4885	2
John Hopper	DVO	M65	803	850	881	780		754	4068	3
Andrew Ridgway	NOC	M55	741	835	905	666		817	3964	4
Paul Morris	NOC	M60		964	939	906		956	3765	5
Dave Denness	LEI	M60		1000	941		745	878	3564	6
Steve Schofield	NOC	M55		890		843	693	912	3338	7
Alastair Paterson	LEI	M50	567	701	785	708			2761	8
Mike Gardner	DVO	M60	673		845		546	676	2740	9
Mike Godfree	DVO	M70	813			950		919	2682	10

Blue - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Tanya Taylor	LOG	W45	777	880	1000	1000	1000	1000	5657	1
Nicola Hart	DVO	W55	759	886		609	753		3007	2
Tracey Brookes	LEI	W55	800		653	691			2144	3
Sal Chaffey	DVO	W55	1000			813			1813	4

Brown - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Nerijus Rozkovas	DVO	M21	706	805	696	821	885	736	4649	1
Craig Lucas	LOG	M21	638	762	821	732		756	3709	2
Philip Johnston-Davis	RAFO	M45	765	908		861	1000		3534	3
Richard Robinson	NOC	M35	939		1000			980	2919	4
Richard Dearden	NOC	M50	907		925		960		2792	5
James Rogers	LEI	M21	662	887		937			2486	6
Mark Goodhead	DVO	M21	692	710			710		2112	7
Richard Parkin	DVO	M50	1000					1000	2000	8
Edward De Salis Young	LEI	M50		1000				863	1863	9
David Sissons	NOC	M45			594	573		548	1715	10

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Fixtures

I have not included any Fixtures in this EMEWS as we don't know when we will be able to host normal orienteering events. When we do I will send out a known fixtures list to members.