

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SUMMER 2022



EMEWS EDITOR:

Mike Gardner
3 Gatcombe Close
Oakwood
Derby
DE21 2PZ

Email: mikegardvo@sky.com

EMEWS

EMEWS is the newsletter of the East Midlands Orienteering Association. The views expressed in this newsletter are not necessarily those of the East Midlands Orienteering Association, nor of the Committee.

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **25th August 2022 for next EMEWS**. Contributions are always welcome but especially by e-mail (.mikegardvo@sky.com).

Cover - Thanks as usual to Ernie for his cover. Ernie was asked this actual question by a dog walker at the Bedworth event he attended. Ernie showed him the map, told him that each control site was "electronically tagged" and showed him this by having him walk a few metres to a nearby thicket, where he heard the mobile phone give a resounding "Ping". Ernie reports he was amazed by this, but the dog didn't seem to be much impressed!

----0000----

Contents – EMEWS 282

Notes from EMOA Meeting on 27 th June 2022	3
EMOA Development Conference - Ranald Macdonald	5
Puzzle Page	6
EMOA AGM Agenda 2022 (Provisional)	7
Orienteering Foundation Report - Pauline Olivant	8
EMJunior Squad Summary - Ann-Marie Duckworth & Ant Squire	9
EM Urban League	11
EM League	14
Orienteering Techniques - Traffic Lights	17
EMOA Champs	18
Fixtures	20

-----000-----

Notes from EMOA Meeting on 27th June 2022 (and 14th April)

The meeting was held on Zoom on the evening of June 27th.

Financial Secretary's Report - Over the last year income has held up remarkably well, but expenditure has been lower than expected as fewer tours, conferences, etc. due to covid. This has meant the end of year accounts will again show a surplus. It was felt that we needed to have a plan to use that surplus (simply dropping the membership fee or levies may work for a time but for membership fee this is only £3 per person so this is less than cost of travel to most events. The autumn development conference will be used as a forum to discuss the use of these surplus funds (see Development Conference details below).

The bank mandate has now been completed and signatures are in place, though may extend to allow the secretary to also be a signatory.

Going forward Paul may request some of the officials to forecast their usage so can incorporate that into the AGM budget projections.

Development - Ranald has been looking at the Development Conference with specific interest on the access side of things. See the article from Ranald on the Development Conference in October.

Mapping - David Olivant reported that both the IOF mapping specifications, ISOM (Forest) and ISSprOM (Sprint/Urban) were revised in January 2022. The sprint specifications, in particular, contained a number of important changes and a conference session for the experienced mappers to discuss this in the autumn development conference would be valuable.

In addition David and Pauline have been working to develop 2 on-line mapping courses for beginners. The first of these, Forest Mapping, will be released shortly, the second covering Sprint and Urban is to follow. The cost of these will be £12 per course.

EMEWS

If anyone in the region wants to make use of these courses, then they can claim a refund from the region for the cost of the course (to encourage new mappers). We will allow for upto 20 on-line mapping courses in next year's budget.

EMJOS Summary - See separate summary.

Fixtures -

Future Major Events

- i) 3 Jul 2022 - Yvette Baker Trophy Final 2022 - LEI - Irchester
- ii) 8 Oct 2022 - British Schools Score Champs - DVO - Shipley Park
- iii) 29 Jan 2023 - East Midland Champs - NOC
- iv) Feb 12 or Mar 13 2023 - Compass Sport Cup Heat - LEI
- v) 14 Oct 2023 - British Schools Score Champs - LEI
- vi) 25 Feb 2024 - East Midland Champs - LOG
- vii) JK2024

Urban League - The 2022 Urban League is now showing up currently on the EMOA website (the latest status is shown below). This is being investigated and will hopefully be remedied shortly. There are also now 8 events in the league (see details below).

Controllers List - It is hoped to have a list of EM Controllers available on the EMOA website shortly. This should assist clubs in obtaining controllers for events, if needed.

Best Practice - DVO have just re-launched their website. They would welcome any feedback on the new website.

Re-wilding - Allestree Park (DVO area) will be re-wilded in the near future and the owners (Derby City Council) were asking for suggestions for use. From an orienteering perspective, it may be important not to have it only designated as a nature reserve but more as a community asset. Good example where the mixed use was Middleton Park, Leeds.

Dates and venues for future meetings - The next formal meeting will be the AGM. Provisionally this is booked for 12th September at the Pace Room in Clifton (Venue to be confirmed). We would like people to attend in person, but no that currently some folk are still unwilling / unable to attend in person, so we hope to also provide zoom capabilities where members can attend virtually as well. Details will be provided in an EMEWS before the date of the AGM.

The next committee meeting is provisionally arranged for Monday 21st November at the Pace Room, Clifton, Nottingham (the first meeting after the AGM is face-to-face to allow any new attendees to meet others, then the remainder of the meetings through the year will be held over Zoom (unless it is felt important to have a face-to-face meeting). If any members wish to listen in the please contact the EMOA secretary in advance. The meeting will start at 7.30 p.m.

EMOA AGM - If anyone has any proposed changes to the constitution, then please let the EMOA Secretary know as soon as possible (see the AGM notice for one proposed change elsewhere in this edition of EMEWS).

East Midlands Orienteering Association

Development Conference

Saturday 29 October 2022: venue to be announced

It's a few years since we last held an EMOA Development Conference and, looking back at the feedback from the last event, it's clear that what people found really useful was the opportunity to talk to others from different clubs about a range of orienteering issues.

On this occasion I propose that we focus on two main topics: access, in its widest sense, and working on a revised EMOA Development Plan.

Access

Many clubs have been having difficulty gaining access to areas they have used for many years or having new restrictions put on the access. These include the times of year when we can use areas for competitions or even access for mapping and planning, Out of Bounds areas, limits on numbers and parking. These limitations have implications for all aspects of putting on events: organising, mapping, planning, and controlling as well as being a competitor.

Emma Monkman, the British Orienteering Access and Environment Officer, has agreed to join us to both give us more of the national picture as well as for us to give her specific examples from our own experiences of the issues and problems we are facing in Clubs and the Association.

Access may also relate to how accessible and inclusive we are as a sport. How do we attract, recruit and retain participants from different areas, ages, ethnic groups, abilities, etc.? As well as attracting people, what changes might we need to make to the nature and locations of the events we put on?

EMOA Development Plan

Over the last few years EMOA has build up a level of reserves that is greater than the Committee feels is necessary and appropriate. Rather than just cutting levies or membership fees for a short period which may need increasing again in the future, we feel that it is better to look at ways of making a difference to the quality of our events and the development of the sport in our region.

We might look to providing support to clubs to put on training and coaching, to EMJOS by supporting their coaches and individuals to travel to competitions, enhancing the East Midlands Championships through support for mapping or event infrastructure, etc.

What can you do?

However, this is not my conference or Development Plan. I would ask all Club Representatives to discuss what your clubs would like to see in the conference, who could offer to provide case studies, and ideas to include in the Development Plan. The emphasis will be on interactive, mainly

EMEWS

small group, sessions. There will be opportunities to get to know people from other clubs and take away ideas.

There is such a thing as a free lunch!

In recognition of the time and energies so many volunteers and officials give to EMOA, we will provide a free buffet lunch and will ask nearer the time for dietary requirements. A caviar and lobster diet is not an option! Yes, I know you have all paid into EMOA so it's not really free.

I look forward to seeing many of you in October; the first opportunity we've had to get together for a long time.

Ranald Macdonald

EMOA Development Co-ordinator





r.f.macdonald@btinternet.com

-----000-----

Puzzle Page

In the plantation below competitors have to get from the start to the finish. The numbers along the edges of the grid indicate how many sections of the plantation are used in the route (the numbers include the use of start and finish). The route cannot cross itself and only uses a plantation section once. The direction out of the start and into the finish are provided, along with a short section of the route.

Complete the route that gets you from the start to the finish, while meeting the number of plantation sections shown at the top of each column, and row. I'll provide the answer in next EMEWS.

4	5	6	6	1	2	3	6	
								3
								4
								5
								6
								5
								2
START 								5
							FINISH 	3

-----000-----

The 58th East Midlands Orienteering Association AGM
PROVISIONAL NOTIFICATION - Date and venue to be finalised

Notice is hereby given that the Annual General Meeting of the East Midlands Orienteering Association will be held at 7.30pm on Monday 12th September 2022 at the Pace Room, Clifton, Nottingham

We would like members to attend in person if possible but intend to also provide a zoom link for those not willing / able to attend in person.

AGENDA

1. Apologies for absence
2. Approval of minutes of last AGM September 13th 2021
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

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)
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)

8. Appointment of Independent Financial Examiner
9. Budget projections for coming year to 30.6.2023 and recommendations for membership fees and event levies (Financial Secretary)
- 9a Recommend the level of the identified reserves for EMOA, currently set at a level of £10,000
10. Fixing of charges
 - Membership fees

EMEWS

Event Levies

11. Changes to the EMOA Constitution

The following changes are proposed for the EMOA constitution:

In the Financial Procedures section of the constitution, the term "Treasurer" is still used as opposed to Financial Secretary which is used in the rest of the constitution. There are currently 9 references to "Treasurer" which should all be changed to "Financial Secretary".

12. Plans for the coming year (Chair)

13. Any Other Business

14. 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.

Note: A final EMEWS will be sent out with final details and definite date at the end of August, beginning of September.

-----000-----

Orienteering Foundation Report – May 2022



The Orienteering Foundation are pleased to welcome 2 new trustees to the board. They are Anne Edwards from the North West and our own John Mather from LOG you can read more about them [here](#).

Latest news.

- The Orienteering Foundation is looking for someone who could help develop a marketing strategy which could help with communications between the Foundation and orienteers. If you have interest in this area and could help please contact your local trustee or ambassador.
- As a follow up to the Newcomer Retention Group work, a competition is to be launched to design a webpage which clubs could use to show orienteering as an adventure sport, Watch this space for more details!
- The Aspiring Elite project is progressing well.

- Grants were agreed to Junior Regional squads to help with the forthcoming new tour to the Czech Republic for the M/W16's, for young coaches to help at Lagganlia and to support a UK CC level 2 Coach training course.
- Agreed a grant to Lakeland Orienteering club to assist them in employing a club development officer to launch their Family Challenge activity.
- Roxburgh Reivers received a grant towards their school's and families project.

If you would like to read more about this news or would like to find out more about the work of the Foundation please see their web site, www.orienteeringfoundation.org.uk, Why not sign up for the Orienteering [newsletter](#), [Facebook](#), or [Twitter](#) accounts .

Pauline Olivant - Trustee Orienteering Foundation (p.olivant@btinternet.com)

-----0000-----

EMJOS Summary April to June 2022

Training:

No training has taken place over the last 3 months.

Juniors have been out at local club events and the major events that were selection races for JROS and other competitions.

Selections:

Well done to:

Ben Squire will have to rapidly change his focus from A Level exams to competing in the European Youth Orienteering Champs (EYOC) first week of July in Hungary.

Rachel Duckworth is eagerly anticipating the racing in Portugal at JWOC - mid July will be hot up in the mountains east of Porto, so heat training has started.

Ellie Simpson and Daniel Glover (both LEI) have both been invited to attend Lagganlia, Scotland (M/W14 JROS camp) this summer.

Future EMJOS training:

Plans have been made to join WMJS at their session on Barton Dassett (26th June) - however the great distance south may put off most; car sharing has been offered.

Dai Bedwell has offered to lead a EMJOS session at Hartshill (WCH area) 17th Sept, to bring the squad back together before the JIRCS competition in Northern Ireland.

JIRCS'22 Northern Ireland - update

The outline budget is left unchanged at the end of the report because there has been no information regarding costs in Ireland.

However, I can confirm I have booked (deposit only at this stage £99.57) a group of **12 people** (6 children and 6 adults >16yo) on the East Midlands to Belfast City Friday evening flight (and return Sunday).

Off-setting costs for Junior Inter-Regionals Champs 2022:

EMEWS

The proposal is to use the money raised for a Swedish Tour (2020) to offset the costs of travelling abroad with a team.

This year's JIRCS is near Newcastle (south of Belfast) Northern Ireland 24th & 25th September. There is probably between 8 and 11 junior athletes to represent East Midlands. Two travelling coaches or adults.

The costs for this competition are expected to be considerable, including travel to and from airport in England, return flights to Belfast, JIRCS costs (include coach transfer from Irish airport to competition, accommodation (army barracks) and food, orienteering maps and costs). Below is a rough estimate of costs:

1. Travel to Manchester Airport (200miles Leicester to Man Airport) £50
2. Return flights (MAN to BFS International) £100 adult / £50 child <16yo
3. JIRCS'22 all inclusive costs estimate (£10 coach, 2 nights full board £80, map £10) £100

Estimated costs £250 (adult or older athlete)/ £200 (under 16 yo athlete) each.

4 younger athletes	4 x £200 =	£800
7 older athletes	7 x £250 =	£1750
2 adults	2 x £250 =	£500
Total		= £3050

Athlete payment £60 (<16yo), £80 (older athlete), £110 (adult)

4 younger athletes	4 x £60 =	£240
7 older athletes	7 x £80 =	£560
2 adults	2 x £110 =	£220
Total		= £1020

£3050 - £1020 = £2030 to subsidise:

Budget available:

£600 from Strawberry Hill EMJOS event,
£610 EMJOS deposit account and
£820 from EMOA 2021/2022 budget.

Ann-Marie Duckworth and Ant Squire (East Midlands Junior Squad coaches) - June 2022

-----000-----

East Midlands Urban League 2022

The following are the planned events for the East Midlands Urban League in 2022:

2nd January - Melbourne (DVO) (UL1)
 23rd January - Coalville (LEI) (UL2)
 10th July - Retford (NOC)
 31st July - Belper (DVO)
 21st August - Lincoln City (LOG)
 19th September - The Meadows, Nottingham (NOC)
 16th October - Stamford (LOG)
 11th December - Dishley Grange (LEI)



Your best 4 scores will count from the 8 events in the league. Below is a table based on the 2 results so far (showing up to the top 10 for each course):

Junior Men

	Name		Club	best 4	UL1	UL2
1	Daniel Glover	M14	LEI	200	100	100
2	Jake O'Donnell	M16	DVO	96	96	
3	Sam Jones	M16	NOC	93	93	
4	Peter Birchall	M14	DVO	91	91	

Junior Women

	Name		Club	best 4	UL1	UL2
1	Hannah Mather	W16	LOG	100	100	
2	Cerys Glover	W12	LEI	96	96	

Open Men

	Name		Club	best 4	UL1	UL2
1	Philip Johnston-Davis	M45	LOG	183	90	93
2	Mike Chapman	M40	LOG	181	85	96
3	Richard Robinson	M40	NOC	100	100	
4	Andy Glover	M40	LEI	91		91
5=	Craig Lucas	M21	LOG	88	88	
5=	Ben Shannon	M35	LEI	88		88
7=	Kevin Lomas	M65	NOC	86		86
7=	Liam Harrington	M21	LOG	86	86	
9	Joseph Turner	M20	DVO	84		84

Open Women

	Name		Club	best 4	UL1	UL2
1	Andrea Page	W45	LOG	185	89	96
2	Emily Gay	W45	DVO	91	91	

EMEWS

Veteran Men

	Name		Club	best 4	UL1	UL2
1	Andy Nicholls	M45	LEI	189	89	100
2	Tom Hartland	M45	DVO	176	86	90
3	Andy Glover	M40	LEI	100	100	
4=	Andrew Selby	M45	DVO	93		93
4=	Richard Parkin	M50	DVO	93	93	
6=	David Turner	M50	DVO	91		91
6=	Dai Bedwell	M55	DVO	91	91	
8	Andy Parry	M45	DVO	90	90	
9	Roger Phillips	M45	LEI	89		89
10=	Mark Webster	M55	NOC	88		88
10=	John Mather	M50	LOG	88	88	

Veteran Women

	Name		Club	best 4	UL1	UL2
1	Tanya Taylor	W50	LOG	196	100	96
2	Jane Dring-Morris	W50	LEI	179	90	89
3	Sally Calland	W45	DVO	100		100
4	Nicola Hart	W60	DVO	96	96	
5	Nic O'Donnell	W50	DVO	93	93	
6	Claire Selby	W50	DVO	90		90
7	Jo White	W45	LEI	88		88

Senior Veteran Men

	Name		Club	best 4	UL1	UL2
1	Andrew Ridgway	M60	NOC	188	88	100
2	David Cladingboel	M55	LEI	168	82	86
3	Alastair Paterson	M55	LEI	163	80	83
4	Jonathan Lee	M60	LEI	159	75	84
5	Paul Hudson	M60	NOC	91		91
6=	Stephen Martin	M60	LEI	90		90
6-	Dave Chaffey	M55	DVO	90	90	
8	Murray White	M55	DVO	88		88
9	Stephen Chafer	M55	LEI	87		87
10	Steve Edgar	M55	LEI	82		82

Senior Veteran Women

	Name		Club	best 4	UL1	UL2
1	Sal Chaffey	W55	DVO	200	100	100
2	Alison Hardy	W55	LEI	187	91	96
3	Tracey Brookes	W55	LEI	178	88	90

EMEWS

4	Kim Buxton	W60	DVO	177	86	91
5	Ursula Williamson	W60	LEI	166	82	84
6	Anne Kimberley	W60	DVO	164	81	83
7	Amanda Roberts	W60	LOG	96	96	
8	Amanda Price	W55	DVO	93	93	
9	Helen Parkinson	W55	NOC	90	90	
10	Julie Webster	W55	NOC	89		89

Ultravet Men

	Name		Club	best 4	UL1	UL2
1	Paul Morris	M65	NOC	184	91	93
2	John Hurley	M65	DVO	180	90	90
3	Roger Edwards	M70	LEI	176	87	89
4	Andrew Wallace	M65	NOC	166	82	84
5=	Kevin Gallagher	M70	LEI	164	81	83
5=	Russell Buxton	M65	DVO	164	73	91
7	Robert Haskins	M70	LEI	161	79	82
8	John Marriott	M70	LEI	157	78	79
9	Stuart Swalwell	M70	DV	156	75	81
10	Michael Napier	M65	NOC	96	96	

Ultravet Women

	Name		Club	best 4	UL1	UL2
1	Ruth Ellis	W70	DVO	182	91	91
2	Maureen Webb	W65	LEI	177	90	87
3	Liz Godfree	W70	DVO	100	100	
4=	Viv Macdonald	W70	DVO	88	88	
4=	Jane Booker	W65	NOC	88		88

Hypervet Men

	Name		Club	best 4	UL1	UL2
1	Peter Chick	M75	LEI	179	89	90
2	John Palmer	M75	NOC	178	90	88
3	Andrew Breakwell	M75	NOC	176	87	89
4	Dave Skidmore	M75	DVO	175	88	87
5	Peter Leake	M80	LEI	170	86	84
6	Chris Phillips	M75	LEI	169	83	86
7	Simon Ford	M75	LEI	165	82	83
8	David Anderson	M80	LEI	162	81	81
9=	Ernie Williams	M80	LEI	158	79	79
9=	Laurie Fluck	M75	LEI	158	80	78

EMEWS

Hypervet Women

	Name		Club	best 4	UL1	UL2
1	Hilary Palmer	W75	NOC	192	96	96
2	Margaret Keeling	W75	DVO	184	93	91
3	Jen Gale	W75	DVO	180	90	90
4.	Tricia Neal	W75	NOC	176	87	89
5	Diane Ford	W75	LEI	174	86	88
6	Diane Boulton	W75	DVO	91	91	

----000----

East Midlands League 2022

The tables below provide the current standings for the EMOA League 2022. With a total of 13 events, the best 7 scoring events counting towards the league. Tables below are based on current standing in the league counting in at least 2 events, scoring more than 1000 points in total, and in the top 10 for that class.

There have been 7 events so far and there are still 6 more to go.

The events included in the League for 2022 so far are:

- 1 - 29th Jan - Chatsworth (DVO)
- 2 - 20th Feb - Martinshaw & Ratby Woodlands (LEI)
- 3 - 3rd April - Burbage Common & Woods (LEI)
- 4 - 24th April - Belton & Loundthorpe (LOG)
- 5 - 1st May - Aylestone Meadows (LEI)
- 6 - 8th May - Bramcote Hills (NOC)
- 7 - 15th May - Black Rocks (DVO)

The following are the remaining events identified for the East Midlands League in 2022:

- 25th September - Calke Park (DVO)
- 23rd October - Beacon Hills (LEI)
- 13th November - Linacre (DVO)
- 20th November - Boundary & Tippings Wood, Blidworth (NOC)
- 27th November - Hicks Lodge & Shellbrook Woods (LEI)
- 18th December - Sherwood Pines (NOC)

If there is no table below for a course / gender then there are currently no scorers meeting the criteria to be included yet.

White - Female

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Grace Robinson	NOC	W10	1000		1000					2000	1

Orange - Male

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
------	------	-----	---	---	---	---	---	---	---	--------	------

EMEWS

Daniel Stothard	LEI	M16	612	627			1000	1000		3239	1
Lewis Bones	LOG	M14		1000		1000				2000	2

Orange - Female

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Cerys Glover	LEI	W12			1000			1000	1000	3000	1
Alice Woodward	DVO	W16		1000				571	544	2115	2
Karen Ives-Smith	LEI	W55					1000		485	1485	3
Sindy Chafer	LEI	W55			257			371	410	1038	4

Light Green - Male

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Felix Jarvis	LEI	M12		586	1000		1000			2586	1
Rob Henderson	NOC	M21					995		1000	1995	2
Andrew Shearing	DVO	M45	639						785	1424	3

Light Green - Female

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Susan Grant	LEI	W50	402		851		878			2131	1
Judith Wicks	DVO	W18			1000		1000			2000	2
Joy Pollock	LOG	W40	655	1000						1655	3

Short Green - Male

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Matt White	LEI	M55	1000	638	888		799	1000	926	5251	1
Peter Chick	LEI	M75	965	870		890	629	750	847	4951	2
Kevin Gallagher	LEI	M70	923	881	884	904			808	4400	3
Peter Leake	LEI	M80	812	898		733	471	680	792	4386	4
Dave Skidmore	DVO	M75		1000	925	860	759	750		4294	5
John Woodall	NOC	M80	778	716	739		432	664	721	4050	6
John Palmer	NOC	M75		904	803	932	639	731		4009	7
David Anderson	LEI	M80	944	863		779			671	3257	8
David Bray	LEI	M65	849	913	781	703				3246	9
Ernie Williams	LEI	M80		772	813		425	582	637	3229	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Ruth Ellis	DVO	W70	631	841	953	727	584	1000	710	5446	1
Jane Kayley-Burgess	DVO	W65		1000	1000		897	996		3893	2
Liz Godfree	DVO	W70	857			1000	964		1000	3821	3
Margaret Keeling	DVO	W70	732	740	970		659	619		3704	4
Maureen Webb	LEI	W65	593	603	742	663		751		3352	5
Jen Gale	DVO	W75	548	693		532	717		522	3012	6
Jane Booker	NOC	W65			749	727	707	810		2993	7
Elaine Smith	NOC	W65	758		883	561			575	2777	8
Diane Ford	LEI	W75	556	623	639		471			2289	9
Viv Macdonald	DVO	W70	796	742					715	2253	10

EMEWS

Green - Male

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Derek Gale	DVO	M75	1000	869		712	1000	845	1000	5426	1
Andy Portsmouth	LEI	M65	711	651	701	697	649	694		4103	2
Mike Godfree	DVO	M70	806			918	905		888	3517	3
Chris Bosley	LEI	M75		771	742		878		831	3222	4
Malcolm Spencer	DVO	M65	840	718	736				842	3136	5
Daniel Glover	LEI	M14		675			630	867	896	3068	6
John Marriott	LEI	M70	778		688		787	757		3010	7
Paul Morris	NOC	M65		1000	1000	1000				3000	8
Andrew Middleton	DVO	M70	979			934	987			2900	9
Peter Cholerton	NOC	M65	752		670	714			758	2894	10

Green - Female

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Kim Buxton	DVO	W60	830	1000			1000	992	1000	4822	1
Ursula Williamson	LEI	W60	631	741		693	994	976		4035	2
Karen White	LEI	W55		737	694		897	854	725	3907	3
Robyn Jarvis	LEI	W16		677	606	551	570	735		3139	4
Jane Dring-Morris	LEI	W50	628			673	891		666	2858	5
Jo White	LEI	W45	560	617	642			550		2369	6
Wendy Foster	NOC	W60	510		621	529	684			2344	7
Anne Kaley-Burgess	DVO	W55		629	647		628			1904	8
Sue Russell	DVO	W60	752						971	1723	9
Claire Selby	DVO	W50				715		1000		1715	10

Blue - Male

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Andrew Ridgway	NOC	M60	887	977	1000		1000	751	798	5413	1
Alastair Paterson	LEI	M55	761	713	829		902	687	703	4595	2
Francesco Lari	DVO	M55	901	993	858			784	871	4407	3
Andy Sykes	DVO	M55	905		967		891		898	3661	4
David Cladingboel	LEI	M55	542	934	801		777	503		3557	5
Simon Brister	DVO	M70	903		863		983	719		3468	6
Russell Buxton	DVO	M65	962	994			811	607		3374	7
James Prince	DVO	M50		805			815	658	697	2975	8
Dai Bedwell	DVO	M55	1000					890	1000	2890	9
Steve Chafer	LEI	M55		986			950	662		2598	10

Blue - Female

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Alison Hardy	LEI	W55		810	925	1000	866	1000	1000	5601	1
Tanya Taylor	LOG	W50	990	986	1000		1000			3976	2
Nicola Hart	DVO	W60	844				779	842	942	3407	3
Sally Calland	DVO	W45			890	983	697			2570	4
Esther Revell	LEI	W35		773	689		705			2167	5
Toni O'Donovan	LEI	W45	1000	1000						2000	6
Sal Chaffey	DVO	W55		880					777	1657	7

Brown - Male

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Marcus Scotney	DVO	M45	886			1000	1000	891	1000	4777	1

EMEWS

Andy Glover	LEI	M40		748	952		782	620	713	3815	2
Edward De Salis Young	LEI	M50	790	860	1000	945				3595	3
Andy Nicholls	LEI	M45		727	944		731	449	403	3254	4
Richard Robinson	NOC	M40	1000				950	1000		2950	5
Andrew Ward	LEI	M21		609	688		607	489	543	2936	6
Philip Johnston-Davis	RAFO	M45				892	823	748		2463	7
David Pettit	DVO	M35	656			684			715	2055	8
Charles Nell	RAFO	M21		809	868					1677	9
Darren Cook	DVO	M50	841						828	1669	10

Brown - Female

Name	Club	Age	1	2	3	4	5	6	7	scores	Pos.
Leah Williams	LUOC	W21		1000			1000	973	1000	3973	1

----000---

Orienteering Techniques - Traffic Lights

Finding each control effortlessly and quickly may seem second nature for good orienteers, but in reality they have worked hard to achieve skills and strategies that make this possible.

Traffic light orienteering provides a rough framework which can help you move at the appropriate pace, but also prevent you getting lost because you have over-run the control.

The approach breaks each leg of the course into 3 parts, green, orange and red. The colours correspond to the colours of traffic lights and your reactions / speed reflect this (so long as your approach to orange is not to accelerate rapidly before it turns red!).

The idea of the first part (green section) is to cover as much ground as possible without getting lost. You do this by simplifying the navigation, using rough orienteering skills. You should look for large features which will be difficult to miss, that help you on route to the control. Look for major tracks, or streams going in the right direction, a major path bend or something prominent that can easily be found. Ideally this should be the major part of the leg, and you should ensure you identify the point where you move from "green" to "orange". As part of this decision try to identify a distinct feature which will stop you from overshooting.



The second section is orange. In this section you should slow down as you pass the transition feature at the end of the green section. You should know exactly where you are on the map at this stage, and use the orange section to pick out mapped features on the ground. This should lead you into the vicinity of the control site. The important issue is to keep fully in touch with the map while still moving at a reasonable speed.



The last section is red. You should now be close to the control. If you are in complex terrain then it may be necessary to walk in this phase. You should be looking to keep exact contact with the map and tick off every feature on the map as you pass them. Obviously, once you have the feature with the control in site you can accelerate into

EMEWS

the feature (and / or start to plan your next green section of your route).

The first example is the leg from control 6 to 7. The green phase starts immediately as you head roughly east of south to the path shown and then run to the prominent path junction half-way to control 7. This could extend to turning right reaching the road and head for the sharp bend.

Alternatively shift to the orange phase at the path junction and head along the side of the thicker vegetation to the ride. This would be the attack point and you then go slowly on a bearing looking for the rising ground: the control is on a knoll one contour line (roughly 5m) above the lower lying ground you are traversing.

You can also see that to get to the control from the attack point you need to cross a small marsh - further information to use as you close in on the control.

In the next example the leg is from the start to number one. It has been chosen because there are no line features to follow but the same principles apply as this example illustrates. The first step is to identify the feature or features that will act as the line feature and hence allow traffic light orienteering. The green phase is achieved by using the prominent feature in the contour lines (the re-entrant) and following the re-entrant up until the shoulder of the hill is reached. The orange section is very brief starting as soon as you leave the re-entrant. The red section starts as soon as the ground drops down into the re-entrant with the linear marsh. On entering the red section make sure you are on the right bearing.

-----000-----

East Midlands Champions 2022

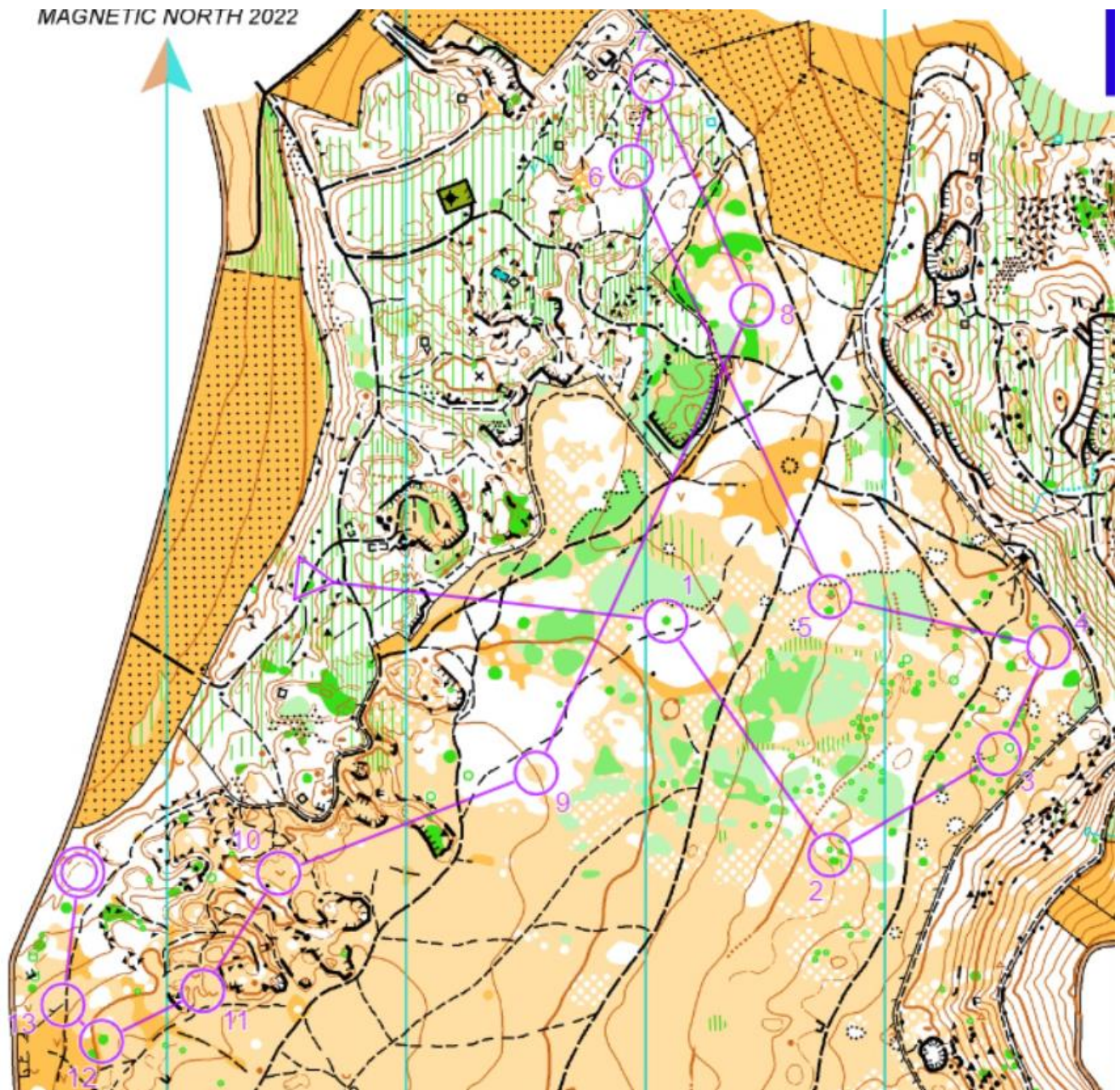
The East Midlands Championships for 2022 took place on Stanton Moor on 20th March, hosted by DVO. The weather gods were kind and the event seemed to go very well. The winners are shown in the table below:

Class	Name	Club	Class	Name	Club
M10			W10	Alice Powell	DVO
M12	Eoin Simpson	LEI	W12		
M14	Daniel Glover	LEI	W14	Ellen Simpson	LEI
M16	Jake O'Donnell	DVO	W16	Robyn Jarvis	LEI
M18	Ben O'Donnell	DVO	W18	Libby Barber	LEI
M20	James Bedwell	DVO	W20		
M21	Richard Robinson (M40)	NOC	W21	Rachel Duckworth (W20)	DVO
M35	David Pettit	DVO	W35	Jennamari Terava	DVO
M40	Andy Simpson (M45)	LEI	W40	Nicola Hart (W60)	DVO
M45	Philip Johnston-Davis	RAFO	W45		

EMEWS

M50 Darren Cook	DVO	W50 Michelle Mackervoy	DVO
M55 Dai Bedwell	DVO	W55 Ann-Marie Duckworth	DVO
M60 Paul Morris (M65)	NOC	W60 Val Johnson	DVO
M65 Michael Napier	NOC	W65 Jane Kayley-Burgess	DVO
M70 Richard Plumb	DVO	W70 Judith Holt	DVO
M75 Derek Gale	DVO	W75 Hilary Palmer	NOC
M80 Peter Leake	LEI	W80	
M85 Don Moir	LEI	W85	

The Light Green course is shown below:



EMEWS

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.

Many events are currently pre-entry only, so please check the event details before travelling.

July 2022

Sat 2 nd	YHOA Urban League	Regl	SYO	YH	Ponderosa (Sheffield Centre-North)	Sheffield	SK339878
Sun 3 rd	Yvette Baker Trophy Final	Natl	LEI	EM	Ircchester Country Park	Wellingborough	SP911658
Wed 6 th	LEI Summer League 11	Local	LEI	EM	Knighton Park	Leicester	SK606009
Sat 9 th	Round Sheffield O	Local	SYO	YH	Starting from Endcliffe Park	Sheffield	SK325858
Sun 10 th	Retford	Regl	NOC	EM	Retford	Retford	SK700811
Sun 10 th	Hanley Park Park League no 5	Local	POTOC	WM	Hanley Park	Hanley	
Wed 13 th	Lincs Urban League	Local	LOG	EM	Witham St Hughs Co Op car park	Lincoln	SK893622
Thu 14 th	LEI Summer League 12	Local	LEI	EM	Markfield Urban	Leicester	SK490098
Tue 19 th	LEI Summer League 13	Local	LEI	EM	Beacon Hill	Loughborough	SK510144
Wed 20 th	LUL 6 - Scunthorpe	Local	HALO	YH	Scunthorpe	Scunthorpe	
Sat 23 rd	Hartshill Hayes Country Park	Local	OD	WM	Hartshill Hayes Country Park	Nuneaton	
Thu 28 th	LEI Summer League 14	Local	LEI	EM	Foxton Locks	Market Harborough	SP691897
Sun 31 st	EM Urban League 2022	Regl	DVO	EM	Belper	Belper	SK350475

August 2022

Wed 3 rd	LEI Summer League 15 and OD Joint Event	Local	LEI	EM	Hinckley Urban TBC	Hinckley	SP426932
Sat 6 th	MMM Marathon	Local	LOG	EM		Lincoln	
Sun 7 th	Lakes 5 Days - Day 1	Natl	BL	NW	Swindale South	Shap	NY553156
Mon 8 th	Lakes 5 Days - Day 2	Natl	WCO C	NW	Threlkeld Knotts & Common	Threlkeld	
Tue 9 th	Lakes 5 Days - Day 3 (UKOL tbc)	Natl	LOC	NW	Graythwaite Dale Park	Hawkshead	
Tue 9 th	LEI Summer League 16	Local	LEI	EM	Market Bosworth Country Park	Market Bosworth	SK411031
Thu 11 th	Lakes 5 Days - Day 4	Natl	LOC	NW OA	Grizedale Satterthwaite	Hawkshead	
Fri 12 th	Lakes 5 Days - Day 5 (UKOL tbc)	Natl	SROC	NW OA	Helsington Barrows	Kendal	

EMEWS

Wed 17th	LEI Score Cup and Summer League Presentations	Local	<u>LEI</u>	EM	<u>Castle Hill</u>	Leicester	<u>SK553083</u>
Sun 21st	EM Urban League 2022	Regl	<u>LOG</u>	EM	Lincoln	Lincoln	
Sat 27 th	White Rose Weekend	Natl	<u>EBOR</u>	YH	Gilling Woods	Helmsley	
Sun 28 th	White Rose Weekend & YHOA SuperLeague	Natl	<u>EBOR</u>	YH	Gilling Woods	Helmsley	
Sun 28 th	MV Urban event	Natl	<u>MV</u>	SE	Horsell	Woking	
Mon 29 th	White Rose Weekend Relays	Regl	<u>EBOR</u>	YH	Gilling Woods	Helmsley	

September 2022

Sat 3 rd	City of London Race	Natl	<u>SLOW</u>	SE	London	London	
Sat 3 rd	CAPRICORN 2022	Local	<u>PFO</u>	NW	<u>Gisburn Forest & Fells</u>	Settle	<u>SD745560</u>
Sat 3 rd	The John Bennison Long O	Local	<u>WRE</u>	WM	<u>Long Mynd</u>	Church Stretton	<u>SO421945</u>
Sun 4 th	SYO Anniversary Event & YHOA Middle Championships	Regl	<u>SYO</u>	YH	Ecclesall Woods	Sheffield	
Sat 10 th	Saturday Series 1	Local	<u>SYO</u>	YH	Endcliffe Park	Sheffield	
Sat 10 th	Park-O Milton Country Park	Local	<u>WAOC</u>	EA	<u>Milton Country Park</u>	Milton	
Sun 11 th	Peter Palmer Junior Team Relays	Natl	<u>COBOC</u>	WM	<u>Sutton Park</u>	Birmingham	<u>SP114959</u>
Sun 11 th	Burton Dassett Country Park	Local	<u>OD</u>	WM	<u>Burton Dassett Country Park</u>	Northend	
Sat 17 th	Dales Weekend	Natl	<u>AIRE</u>	YH	Langstrothdale Chase	Grassington	
Sat 17 th	Caddihoe Day 1 and Southern Championships (UKOL)	Natl	<u>DEVON</u>	SW	Hound Tor & Hay Tor	Bovey Tracey	SX739783
Sun 18 th	Dales Weekend & YHOA SuperLeague	Natl	<u>AIRE</u>	YH	Conistone North	Grassington	
Sun 18 th	Caddihoe Day 2	Natl	<u>DEVON</u>	SW	Hound Tor & Hay Tor	Bovey Tracey	SX739783
Sun 18th	EM Urban League 2022	Regl	<u>NOC</u>	EM	The Meadows	Nottingham	
Sun 18 th	Church Hill	Regl	<u>HOC</u>	WM		Redditch	
Sat 24 th	Pembrokeshire Weekend - Middle Distance Race Stackpole	Natl	<u>SBOC</u>	WOA	Stackpole	Stackpole, Dyfed	SR975937
Sun 25th	East Midlands League 2022	Regl	<u>DVO</u>	EM	<u>Calke Park</u>	Ticknall	<u>SK355240</u>
Sun 25 th	Regional Event	Regl	<u>EPOC</u>	YH	Norland Moor	Halifax	
Sun 25 th	Hanley -West Mids Urban League	Regl	<u>POTOC</u>	WM		Hanley	
Wed 28th	Alfreton Park Local Event	Local	<u>DVO</u>	EM	<u>Alfreton Park</u>	Alfreton	<u>SK403554</u>

October 2022

Sat 1 st	VHI Individual & 2022 Welsh Orienteering Champs	Natl	<u>MWOC</u>	WO A	Foel Goch (TBC)	Aberystwyth	
Sat 1 st	October Odyssey	Natl	<u>NATO</u>	NE	<u>Druridge Bay</u>	Amble	<u>NZ271998</u>
Sat 1 st	Saturday Series 2	Local	<u>SYO</u>	YH	Shire Brook Valley	Sheffield	
Sun 2 nd	October Odyssey	Natl	<u>NATO</u>	NE	<u>Morpeth</u>	Morpeth	<u>NZ200860</u>
Sat 8 th	North West Sprint Championships	Natl	<u>DEE</u>	NW	<u>Edge Hill</u>	Ormskirk	<u>SD423074</u>

EMEWS

	(UKOL)				University Campus		
Sat 8 th	British Schools Score Championships	Natl	DVO	EM	Shipley Park	Derbyshire	SK432454
Sun 9 th	National Event Ainsdale Dunes (UKOL)	Natl	DEE	NW	Ainsdale Dunes	Southport	SD303112
Sun 9 th	WAOC Urban	Regl	WAOC	EA	Great Dunmow	Great Dunmow	
Sun 9 th	Local Event	Local	NOC	EM	Oxclose Wood	Mansfield Woodhouse	SK533632
Sat 15 th	Silverdale country park local training event	Local	POTOC	WM		Newcastle - under-lyme	
Sun 16 th	CompassSport Cup Final	Maj	FVO	SOA	Devilla & Tulliallan	Tulliallan	NS935883
Sun 16th	EM Urban League 2022	Regl	LOG	EM	Stamford	Stamford	
Sat 22 nd	YHOA Urban League	Regl	HALO	YH		Humberside	
Sat 22 nd	Park-O Trumpington	Local	WAOC	EA	Trumpington Meadows	Trumpington, Cambridge	
Sun 23 rd	YHOA Urban league	Regl	AIRE	YH	Guiseley	Guiseley	
Sun 23 rd	North Norfolk Regional	Regl	NOR	EA	NT Felbrigg	Cromer	TG
Sun 23rd	East Midlands League 2022	Regl	LEI	EM	Bagworth Woods and Common	Coalville	SK446081
Sun 30 th	YHOA SuperLeague and YHOA Championships	Regl	EPOC	YH	Ogden Water	Halifax	
Sun 30 th	SLOW National Event	Nat	SLOW	SE	Esher Common	Esher	

November 2022

Sat 5 th	November Classic Weekend Urban (UKOL)	Natl	SOC	SC	Lymington	Southampton	
Sun 6 th	YHOA SuperLeague	Regl	EBOR	YH	Brayton Barff	Selby	
Sun 6 th	November Classic (UKOL)	Natl	SOC	SC	New Forest	Brockenhurst	SU301047
Sat 12 th	St Neots Priory Park Local event combined with Park-O	Local	WAOC	EA	St Neots	St Neots	
Sat 12 th	Saturday Series 3	Local	SYO	YH	Botanical Gardens	Sheffield	
Sun 13 th	SN Trophy and SEL	Natl	SN	SE	Long Valley South	Fleet	
Sun 13th	East Midlands League 2022	Regl	DVO	EM	Linacre	Chesterfield	SK342734
Sun 13 th	Sutton Park - WMOA Championships	Regl	OD	WM	Sutton Park	Sutton Coldfield	SP088979
Sat 19 th	hem heath woods local training event	Local	POTOC	WM		Newcastle - under-lyme	
Sun 20 th	British Schools Orienteering Championships	Natl	SYO	YH	Graves Park	Sheffield	
Sun 20th	East Midlands League 2022	Regl	NOC	EM	Boundary and Tippings Wood	Blidworth	
Sun 20 th	Wyche Ridge	Regl	HOC	WM		Malvern	
Sun 27 th	EA Champs	Regl	WAOC	EA	Santon Downham	Thetford	
Sun 27 th	Regional Event	Regl	SYO	YH	Ramsley Moor	Sheffield	
Sun 27 th	SAX SE League event	Natl	SAX	SE	Hindleap	Forest Row	
Sun 27th	East Midlands League 2022	Regl	LEI	EM	Hicks Lodge and Shellbrook Woods	Ashby	

December 2022

Sat 3 rd	YHOA Night League	Regl	HALO	YH		Humberside	
Sun 4 th	YHOA SuperLeague	Regl	HALO	YH		Humberside	

EMEWS

Sun 4 th	CHIG SE League event	Natl	CHIG	SE	Epping E	Epping	
Sun 11 th	Kelling Heath EAL	Regl	NOR	EA	Kelling Heath	Holt	TG118414
Sun 11th	EM Urban League 2022	Regl	LEI	EM	Dishley Grange	Loughborough	
Sun 18 th	TVOC Regional event	Regl	TVOC	SC	High Wycombe	High Wycombe	
Sun 18th	East Midlands League 2022	Regl	NOC	EM	Sherwood Pines	Ollerton	

2023

Sun 29th Jan	East Midlands Championships	Natl	NOC	EM	Clumber Park	Worksop
Sun 12 th Feb	some CompassSport Cup Heats	Natl				Various
Sat 18 th Feb	British Night Championships	Maj	WIM	SW		Wimbourne
Sun 26 th Feb	Northern Championships	Natl	SYO	YH	Burbage	Sheffield
Sun 5 th Mar	Welsh Championships	Natl		WOA		Wales
Sun 12 th Mar	some CompassSport Cup Heats	Natl				Various
Sat 25 th Mar	British Orienteering Championships & Southern Championships (UKOL)	Maj	BKO	SC	Cold Ash	Newbury
Sun 26 th Mar	British Relay Championships	Maj	TVOC	SC	Hambleton	Henley-on-Thames
Fri 7 th Apr	Jan Kjellström - Sprint (UKOL)	Maj		NW		North West
Sat 8 th Apr	Jan Kjellström Middle (UKOL)	Maj		NW		North West
Sun 9 th Apr	Jan Kjellström Long (UKOL)	Maj		NW		North West
Mon 10 th Apr	Jan Kjellström - Relays	Maj		NW		North West
Sat 06 th May	British Sprint Champhips (UKOL)	Maj		NI	Armagh City	Armagh, N. I.
Sun 7 th May	British Middle Distance Champs (UKOL)	Maj		NI		Northern Ireland
Sat 27 th May	Scottish Championships	Natl		SOA	West of Scotland	West of Scotland
Sun 25 th Jun	Harvester Relays	Natl	BAOC	NE	Catterick	Richmond
Fri 13 th Oct	Eurometing Race 1	Natl	FVO	SOA		Stirling
Sat 14th Oct	British Schools Score Champs	Natl	LEI	EM		Leicester
Sat 14 th Oct	Eurometing Race 2	Natl	FVO	SOA		Stirling
Sun 15 th Oct	Eurometing Race 3	Natl	FVO	SOA		Stirling
Sun 12 th Nov	CompassSport Cup Final	Maj	BOK	SW	Gare Hill TBC	Frome

RET FORD

Sunday 10 July 2022

Orienteering in the streets and open spaces of Retford including Kings' Park. The map has been extended since it was first used in 2019 and all adult competitors will visit parts of the town centre being used for the first time.

A regional event in the East Midlands Urban League. Courses for experienced orienteers, adult newcomers, and families are available.

Entry fees are £8 adult, £3 junior. Fee discounts for volunteer helpers. Family rate (multiple course entries) is £20. A family group can take part by creating a single entry at the adult rate.

Entries are now open.

Go to [Event Entry - Nottinghamshire Orienteering Club \(thestartkite.uk\)](http://thestartkite.uk)



Belper - Sunday 31 July 2022

Belper Urban



About the Belper event

Join us for this level **C (Regional) Classic** event located in or near Belper.

Note that this is an *Urban* event which involves routes between controls along streets and paths which may require some younger participants to be accompanied. See the final details for more information once they are published.

Start times are between 10:30 - 12:00 with registration between 10:00 - 11:30.

Courses available : Courses 1 to 6 with traditional age ranges;

Belper - Sunday 31 July 2022 | Derwent Valley Orienteers