

Chairman's Comments – Roy Denney

With the festivities almost upon us I would like to open by wishing you all a merry Christmas and a successful year ahead.

I would like to thank Ernie Williams for organising a very useful event official's conference where Simon Errington gave us a comprehensive breakdown of the new BOF rules and developing guidelines.

They are greatly simplified and whilst they do not change the sport as such they will have an impact on the way we run events and who is responsible for what.

Whilst we had a good turn out of experienced controllers from across the clubs it was disappointing that more grade 3s did not attend and I can only impress on them the need to read the new rules, appendices and guidelines in some detail to get up to speed on the new regime.

There is an idea floating around that in order to maintain the qualification you must not only have organised, planned and controlled an event within a given timescale but also have attended a BOF approved refresher course but this has not been adopted for the very real consideration that whilst in a perfect world we would prefer a consistent approach and up to date skills there is the distinct possibility that if we press too hard in this direction we could lose volunteers willing to act as controllers making it difficult to put events on.

“..the biggest change is the reinforcing of the authority of the organiser...”

To my mind the biggest operational change is the reinforcing of the authority of the organiser but Ernie will give a more detailed précis of the changes elsewhere in this newsletter.

I would like to welcome Derek Gale to the team. He has agreed to relieve James Allen of the task of looking after our Sport Ident equipment.

The Gallopen is well underway starting with a good turn out at the Outwoods. Allestree caused some difficulties in that there was no brown and there was a conflict in course selection criteria for juniors taking part in the Yvette Baker round. To qualify as a Gallopen Event there must be a full range of courses including a brown course which should not now be a problem when electronic punching is available.

Rather than disappoint those who were successful at Allestree the committee decided to let it remain as part of the Gallopen but due to similar problems the event at Blidworth was withdrawn from the list.

Irchester was a challenge to those who turned up although numbers were disappointing. LEI made the same mistake LOG made last year in having an event on Armistice Sunday and competing attractions and lousy weather immediately preceding the event did not help either. Those who were available and elected to go elsewhere missed out on

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excellent courses on what has always been one of LEI's most technical and physically demanding areas which has been made a more effective size by the advent of electronic controls. The times taken tell their own story.

On the subject of the Gallopen details of the programme are given elsewhere but should now involve 4 from LEI, 3 from DVO and NOC and 2 from LOG.

Turning to JK 2004 day 2, which EMOA are responsible for, BOF have now approved our officials and organisationally we are moving forward, but only slowly. As far as the overall event is concerned most of the officials are in place and the venues finalised, although there are still possible problems with the car parking. Budgets should be agreed within a couple of months and Chris Phillips the day organiser will be contacting clubs in the next few weeks to discuss arrangements. He will be asking the major clubs to take on specific roles e.g. starts. We undertook to be responsible for day 2, despite the remoteness of the event from ourselves, in acknowledgement of our responsibilities to the sport. We are conscious that we do not have suitable areas and this is the best we can do to contribute. There are of course added logistical challenges given that all our helpers will presumably need to stay overnight and come from within the members hoping to compete and it is essential therefore that we put arrangements in place promptly.

Chris wants to involve the clubs as soon as possible so that they can be allocated roles for their members in time for those members to see how this year's event rolls out in those aspects they are to take on board. We are monitoring the situation closely as it is not going anything like as fast as we would like.

Many of you will be aware that an ageless junior badge scheme has been being trialed in various regions. Views as to how successful it has been are mixed but in the interests of seeing for ourselves, EMOA has decided to try it at the badge events in the region next spring, which does include the East Midlands Championships. It now appears that at their next meeting BOF Council will be deciding on a recommendation from the Events Standards Committee that all trials be terminated and the scheme abandoned. Views in our region are mixed as they are elsewhere but we still feel we would wish to try it ourselves and expect to continue to do so as the events in question have been advertised on that basis. Unfortunately one of the strongest arguments for change is the need to attract more juniors and the success of a scheme in this regard cannot really be judged until sufficient time has elapsed for it to have had an impact. We cannot speak to unknown parents of possible future junior participants but parents of present juniors should make their views known to their own club committees so that clubs can get a full picture as to how the idea works. For those involved a rough guide to comparative classes is as follows but this is still evolving and may be varied slightly.

JM1, JW1	M/ W10B	White
JM2, JW2	M/ W10A, M/ W12B	Yellow
JM3, JW3	M/ W12A, W14B	Orange

JM4, JW4	M/W14A,W16B	Light Green
JM5S, JW5S	W16A,W18B,W20S,M18B	Green
JM5M, JW5L	M16A,M20S,W18A,W20L	Blue
JM5L	M18A,M20L	Brown

If however BOF does abandon the scheme it is hard to see how we as a region could plough our own furrow. There would still be perceived problems to resolve however, not least of which is the length of junior courses which often puts off youngsters. Having said this if clubs put colour coded courses for comparative novices alongside badge courses at badge events then only those reasonably experienced runners need enter the badge courses. A good case can be made for white, yellow, orange and red courses being put on at badge events and possibly light green as well.

There are two major developments in hand which your clubs have been offered a chance to participate in. The first the creation of a map of access land under the Right to Roam Legislation. I am acting as a focal point for BOF in this matter and any suggestions for what should be included can be sent through me, via your club or direct. More details are given elsewhere and all people will be able to have an input but it is dangerous to assume someone else will have put an area up for review and if we have any locations we wish to see included it is imperative that we take steps ourselves.

The second is an initiative by the Duke of Edinburgh Awards Scheme who want to encourage us to be an Access Organisation. Young people (14-25) involved in orienteering may not realise that this could give them a head start towards an award under the scheme. More detail is given elsewhere but both clubs and individuals may wish to pursue this.

Roy Denney - December 2002

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Terra makes it's mark in DVO Land

Members having a run round Foremark Reservoir had better not put their feet in afterwards for a cooling dip. This beauty spot formerly teeming with bird life has become strangely quiet of late.



It has just been discovered that a thriving colony of Ninja turtles (red eared terrapins) has been established from abandoned pets and they have now reached a size that they can give a nasty bite.

They have cleared the waters of almost all young birds by grabbing their legs and drowning them before feeding of them.

Steps are in hand to try and trap them and then repatriate them. (Roy Denney)

Introducing the 'Little Red Book'

Yes, the event you have all been waiting for has finally come to pass but will it revolutionise your sporting life?



Well, just as the world is always looking for a one-handed lawyer - you know how the old saying goes "On the one hand I would advise this but, then again, on the other hand...." - it very much ought to but then again it might not have too much of an impact so let's hope it is the former rather than the latter!

After a great deal of midnight oil burning, email exchanging and lengthy meetings in Crewe, all under the excellent leadership of Simon Errington - having taken on the Chairmanship of BOF Technical Committee five years ago upon being told that it would only be, in his words, "a four year sentence" and who has recently announced his decision to stand down from the now renamed Event Standards Committee - the BOF Rules, Appendices and Event Guidelines have been revamped, rejigged and, much more extensively, rewritten.

The first thing that will be noticed is that, unlike the 'old' Rules from 1997 with revisions in 1999 and which came in a complete set of everything with over 150 pages, all fitted in an A4 folder, the actual BOF Rules 2003 are now a red covered A5 booklet of 24 pages and that is a real change!

The second thing that will be noticed, particularly by Controllers, is that the Appendices are labelled A to L and the Event Guidelines A to L but instead of all Controllers being sent everything as had been the case in the past, now each Controller has already been sent the new Rules (in October 2002) and they will only be sent for their use all of the Appendices and the first two of the Event Guidelines - those for Colour Coded and Badge Events. The rest of the Guidelines are available for specific Events as and when they are needed by the organising Club/ Region and the appointed Officials.

The third thing that will become apparent, both at events and on referring to the Rules, Appendices and Event Guidelines, is that the opportunity has been taken to revise, rewrite and bring up to date what officials and competitors need to know to ensure that our sport is run with comparability in mind, both within the UK and internationally. A case in point is that the IOF has revised and updated Control Descriptions (BOF Appendix A) that have been in place for several years and those to be used from January 2003 in the UK have been brought very much in line with IOF and with hardly any differences other than that the time of course closure is included in the UK whilst it is not an IOF requirement.

Turning to courses at events, it is difficult to believe sometimes that what is a Yellow or Green course in the East Midlands should be similar and comparable in terms of overall length, technical difficulty and the time taken by most competitors to other areas of the UK such as, for example, the Lakes or Scotland - basically, Appendix B on

Course Planning and the Event Guidelines A or B on Colour Coded and Badge Events must be applied to wherever someone is planning, controlling and competing.

It is intended that the revised 'Course Details' table given below should be used from the start of January 2003 with an equally specific set for Badge Events but more on this later.

Course Details:

The definitions of the levels of Technical Difficulty, as used in the following table, are explained in Appendix B. Adhering to them ensures that standards are comparable across all Colour Coded Events, and between Colour Coded and Junior Badge courses.

Course	TD	Time For Most Competitors (minutes)	Normal Length (km)	Course Length Ratio (M21L = 1.00)
White	1	15 - 35	1.0 - 2.0	0.14
Yellow	2	25 - 45	1.5 - 2.5	0.24
Orange	3	35 - 60	2.5 - 3.5	0.28
Red	3	45 - 75	3.5 - 5.0	0.50
Light Green	4	35 - 60	2.5 - 3.5	0.29
Green	5	45 - 75	3.5 - 5.0	0.41
Blue	5	55 - 90	5.0 - 7.5	0.60
Brown	5	65 - 105	7.5+	0.88

The courses below may also be offered, but are less commonly used.

Purple	3	55 - 90	5.0 - 7.5	0.70
Black	5	75 - 120	10.0+	1.00

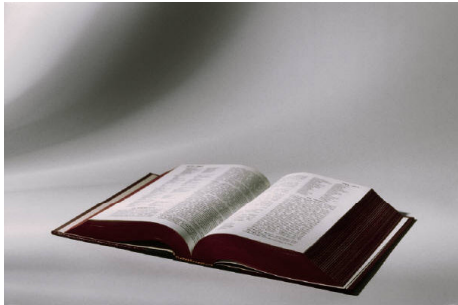
It is also to be remembered that there is a simple rule of thumb to allow for height climb and that is to assume that a height climb of 100m adds an effective 1km to the course length, and pro rata. Put simply, using the example of the recent autumnal event I took part in at Claife Heights near Windermere in the Lakes with a Green course of 5.1 km and 165 metres of climb giving a corrected course length of 6.75 km - that was too much even under the 'old' Rules - but now we should all expect that the course length and the height climb added together does not exceed 5.0 km, together with an expectation that most competitors will complete the course between 45 and 75 minutes, rather than the majority - 40 of the 49 competitors who completed the course - taking between 76 minutes and 135 minutes as happened in the Lakes (the winner, a W20 from AIRE, took 62 and a half minutes!). This sort of example is, of course, applicable to all courses for all ages.

Writing in early December and mentioning 'ages', I cannot say what the result is going to be at the BOF Council Meeting in January 2003 when a final decision either to continue or discontinue the 'Ageless Junior Badge Scheme' (J1 to J5 instead of M/W 10 to M/W 20) will be made and this could mean that Guideline B on Badge Events will need yet more re-drafting as it is currently drafted to maintain the 'status quo' of age classes for Juniors until the decision is made by Council. No doubt Roy Denney, who will

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be attending his first Council Meeting on behalf of EMOA, will be able to give us his thoughts on this and other matters after the event.

One aspect that has been resolved within the new Rules is that of who is mainly and ultimately responsible for an event and you only need to look in the Index on BOF Rules 2003, Page 23, to see the answer - and it is the Organiser with 30 separate mentions in



the Rules from Rule 1.3 to the very last Rule 9.5.1 in the 'little Red Book' - with only one exception in Rule 4 and that is that it is the Controller who "shall be responsible for confirming that the event is organised fairly and in accordance with these Rules" (Rule 4.4.1) and "The Controller may require the Organiser to cancel the event if necessary" (Rule 4.4.3). The Planner, with specific responsibilities from the Start

to the Finish has a major responsibility over and above the planning of the courses to specific Appendices and the appropriate Guideline and that is to ensure that "The Planner shall take responsibility for all safety aspects of the course planning." (Rule 1.7.1). EMOA had a BOF P3 Planning Course earlier this year and it has been decided by the EMOA Committee that with the introduction of the new Rules a BOF O3 Course for Organisers of Level 4 and 5 Events will be put on in the Region in 2003.

One aspect of orienteering that gave rise to much debate was that of when competitors not being provided with pre-marked maps should copy their course onto their map - as there were differences throughout the Regions, in the end it was decided to leave it as open as possible with Rule 5.3.1 stating:

"If pre-marked maps are not used, competitors may copy their course from master maps either before or after they have been timed as having started" so don't be surprised if you go to an event in another Region when all of the competitors are allowed to pre-mark before they get to the start boxes - the South-East is already intending to go down this route whereas in the East Midlands it has been agreed to allow pre-marking for White, Yellow and Orange only.

Finally, having hopefully whetted your appetite for a closer and more individual look at or read of the new Rules, I will close with a mention of probably the most important Rule for our sport - 1.5.1 - which should be observed at all times by all of us - "The spirit of fairness and good fellowship shall be the guiding principle in all aspects of the sport, including the interpretation of these Rules". If we stick to Rule 1.5.1 we should all enjoy our orienteering in 2003!

Ernie Williams - EMOA Representative on BOF Events Standards Committee

Duke of Edinburgh Award Scheme



For anyone not aware of the Award it is gained by doing a non-competitive programme of practical, cultural and adventurous activities, designed to support the personal and social development of young people aged 14-25, regardless of gender, background or ability. It offers an individual challenge and encourages young people to undertake exciting, constructive, challenging and enjoyable activities in their free time. The delivery of the Award is entrusted to over 400 organisations ('Operating Authorities') in the United Kingdom licensed to run the Programme. They include local authorities and are often based in schools, colleges, universities, youth clubs, voluntary organisations and Scouts and Guides etc.

It is a four Section Programme with three progressive levels: Bronze, Silver and Gold and involving

- Service (*helping other people in the local community*)
- Skills (*covering almost any hobby, skill or interest*)
- Physical Recreation (*sport, dance and fitness*)
- Expeditions (*training for, planning and completing a journey on foot or horseback, by boat or cycle*)

The Award is widely recognised by employers and people involved in education. Some of the benefits to young people include developing or discovering a sense of achievement; new skills and interests; self-confidence and self-reliance; leadership skills and abilities; exciting opportunities; friendship; experience of teamwork, problem-solving and decision-making; increased motivation; enhanced self-esteem; development of communication skills; a network of local, national and international connections; enjoyment. It takes at least six months for a direct entrant to achieve a Bronze Award; 12 months for Silver and 18 months for Gold. Participants can work on various Sections of their Award at the same time, and it should be noted that practice and qualifying expeditions must keep within the expeditions season (East-October).

To find out more anyone wishing to participate should talk to the person in charge of the local Award Group which for our area is c/o Chilwell Comprehensive School, Queens Road West, Beeston, NOTTINGHAM NG9 5AL, Tel: 0115 922 8002, Fax: 0115 922 8302, E-mail: eastmid@theaward.org

Orienteering can qualify for any participant as both the Skills and Physical Recreation elements and the Award team want us to become an Access Organisation and certificate achievement towards an award.

This will involve us agreeing realistic targets and then monitoring performance on an individual by individual basis.

One possibly valuable benefit to clubs is that if we go down this route they will advertise our activities hopefully generating new members for us.

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They are happy to set up web site links with ourselves and will suggest our sport to people taking up the challenge, as one they might well like to try and might not otherwise consider.

During discussions with their development officer we agreed that this might best be done on a club by club basis, probably accredited by each local authority largely because our constituent clubs have different membership and event profiles. It is also impractical to have common achievement standards as these should be tailored to each individual and reflect progress not a particular level of ability.

As far as clubs are concerned they should decide who is the best person within their club to act as a contact and then put them in touch with Carol Ditcham at Chilwell (she is the Development Officer) and she will take things forward. She would be more than happy to come out to discuss matters further.

Queries can also be addressed through me

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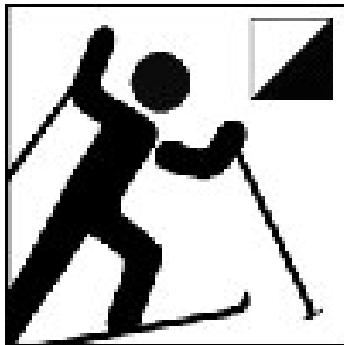
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The following article appeared in Ski Nordic June 2002. Steve Elliott suggested that I should include it and it does provide a good introduction to ski-orienteeing. I've checked with Ski-Nordic and they have given me permission to reproduce it.

Hiihtosuunistus Suomessa

Ski-Orienteeing in Finland by Peter Walling

Many of you will be aware of the sport of ski-orienteeing, but you may not be aware of its beginnings. The first recorded (foot) orienteeing competition was in Norway in 1897. The first ski-O race was a relay, held in Finland in 1900. Thus, it is not a new sport; and combining the disciplines of navigation and that of traversing snow-covered terrain has meant that it has remained predominantly a Scandinavian sport. The Nordic nations continue to lead the rankings, but Russia and Italy have also emerged in recent years.



Ski-O as a sport takes place in tracks, the basic idea being to visit control points, marked on a map, in correct order. Simple, or so it may seem. Competitions are held in areas where a network of tracks present the skier with a number of choices as to the route to take. Whereas cross-country ski racing takes place on prepared tracks, ski-O competitors compete on tracks of varying standard and size and over unknown terrain. Ski-O at the top level means high speed skiing, up and down steep slopes, rapid route choice decisions and continuous concentration are vital to keep on the chosen route – possibly the most physically and mentally demanding sport available.

In choosing the best route, you must take into account the length, track classification (there are 3 basic types of track: wide machined, narrow machined and single skier tracks) and profile; what may seem to be the most direct route may involve a lot of height gain and loss – it may be quicker and less strenuous to take a longer, flatter route. Sometimes a short ski across untracked snow may be the shortest route but not ideal given that lightweight track skis are used.

Ski-O competitions are free technique – either classical or skating can be used. The majority opt for the latter as it is faster. Unfortunately as a lot of the skiing is on narrow tracks, the skating techniques cannot always be used and skiers resort to double poling, propelling oneself by use of poles only. Good upper body strength is therefore essential. Other times it may be necessary to take the skis off and carry them. If the control is on a steep track, it may be easier to ski up into it, rather than hurtling down, catching sight of it at the last minute, braking hard and skiing back up.

The only piece of specialist equipment is a map-holder which takes the form of a hinged map board mounted on a chest harness, costing around £45. My introduction to ski-O was as part of BSSF British Nordic Week in France in 1995. This was originally organised by John Soady but for the last six years I have been organising and planning the competitions. Having reached the point of having organised more ski-O than I had participated in, I decided that I must reverse the situation. I always prefer visiting Nordic countries – where snowfall is due to latitude rather than altitude. Besides, I always feel more at home in Scandinavia than in Alpine countries. So Finland it was to be; I must have an affinity for the place (pun intended!).

How to find an event? I spent many hours trawling the internet for information. The Finnish O Federation publishes a calendar of events on its website. I eventually selected one, a two-day competition in Tampere at the beginning of February. There had been



concerns over lack of snow prior to the event: Southern Finland's snow record is not as reliable as some areas in the middle and north of the country. Fortunately half a metre deposited itself a week beforehand. The organising club had a team of a dozen skiers and skidoo drivers making the required tracks. The area itself is known as Kauppi, in effect a northern suburb of Tampere and is immediately adjacent to the area used for sprints in last year's World (Foot) O Championships; indeed both events used the same finish area.

Ski-O events are cancelled if temperatures are below -25 degrees C.; it was -15 degrees two days beforehand, warming up to -5 degrees for the first day and $+3$ for the second. The sports centre was a hive of activity; five hundred competitors of all

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ages were busy getting ready. It was strange to be the only non-Finn there; I think I managed to blend in quite well. Obviously there was no information in English, but it was quite straightforward to collect my number. Changing rooms were standing room only.

Competitors set off at 2 minute start intervals, generally four at a time. There was no start clock on display – names were called out with their respective time slots – it helps if you can tell the time in Finnish. For your information, 11:58 is *yksitoista viiskymmentaa kahdeksaan*). My turn came: I picked up my pre-marked map and said to myself “what am I doing here?”. I was presented with a map showing a complex mass of ski tracks. I learnt afterwards that this is one of the most technical areas in Finland for ski-O and far more intricate than any area I had skied on.

I set off slowly into the forest to acclimatise myself to the map and found the first control straight off. Electronic punching has been in use in orienteering for several years now. This has the advantage that the order in which the controls were visited was used as well as split times between controls. There are two types: Emit and Sport Ident. The latter is in widespread use in UK but this was the first time I had used Emit – you have a credit card-size piece of plastic which mates with a holder at the control. There is no reassuring “beep” as in the SI system. There is, however, a piece of paper on one side of the card which is automatically perforated by a pin in the holder as you press the card home – this is a backup in the event of equipment failure.

The next few controls were found quickly but I miscounted the junctions on the way to the fourth control, losing about twenty minutes. I realised afterwards that I must have passed within 10 metres from the control; it was just that it was in the middle of a particularly complex network of tracks, in dense forest, impossible to relocate without travelling some distance to a uniquely identifiable feature. When skiing uphill it is easy to count off track junctions. When speeding downhill, it is easy to miss a junction, particularly when you are busy ducking low branches. Needless to say, pace counting is not a technique to be utilised, just good distance judgement. On the smaller side tracks there is not much room to pass, so you keep to the right when meeting other skiers.

At the second master maps I was asked a question which I did not understand. Despite my fatigue I managed to utter “*Entaaksi, en ymmärrä*”, my failsafe response (“I’m sorry, I don’t understand”). “OK, what course are you on?” I was asked in perfect English. They unclipped my map cover for me and inserted my new map (difficult when wearing gloves). Part 2 maps were just as long as the first part. “How many more?” I asked, to the amusement of the two Finns. The second half of the course went without incident, except that I began to notice that there were fewer and fewer competitors out in the woods – I glanced at my watch and realised I had been out for two and a half hours; time flies when you are ski-orienteering. I then realised that I did not know at which time the courses would close. Thankfully I was at the furthest extremity of the map and every control found brought me nearer to the finish.

Finally, three hours after starting, I found myself at the last control. It was then just a matter of following the marked route 500m to the finish.

I was physically exhausted but unlike in cross country ski races, I was also mentally exhausted after all the decision-making. I went back into the changing rooms, which were now almost empty. At least I did not have to queue for a shower. I stuffed my face to replenish long-lost calories, sitting on a bench in quiet contemplation.

The straight-line distance was 12km, 22 controls, actual skied distance probably double that. I certainly felt as tired as when competing a 42km ski-marathon.

Talking to the organisers I was told that they had been getting a little concerned as I had not returned and no one had seen me. They usually try to post a few people to look out for any non-Nordic competitors who may have difficulties.

Day 2 – still tired from Day 1 but no mistakes. I took my time and stayed in contact with the map. To “set” the map, the map board can be rotated – when negotiating downhill tracks it can be difficult to find your position again – it is difficult to ski one-handed with your thumb as a marker, especially when ducking to avoid branches or lifting skis to clear tree routes. This course was 7.7km straight-line distance with 16 controls.

So, how did I do? On Day 1 there were two controls on similar tracks and in H35 five people managed to mis-punch. So although I was by far the slowest, taking twice as long as the winner, I was not last, coming 10th out of 15. Over the two days, I came 5th out of 10 in H35. Orienteering is a test of navigational skills first and foremost, not of speed. I went through my route choices with the president of the organising club and was pleased to be told that my orienteering skills were good! Praise indeed from a Finn. Now, if I could just go a little faster....

I was also interviewed for the organising club's magazine. They wanted to know how I came to be interested in ski-O and how I train. They thought that I might live in Scotland – they thought it strange that there should be people who were born or live in London that cross-country ski and ski-orienteer. I had pleasure in telling them that the LRNSC is the largest club in the country with several hundred members. They were genuinely interested and intrigued by me and it was good to be the centre of attention. A three-page article was subsequently published in the Easter edition of the club magazine and I was also mentioned in an article in the local newspaper. Many guidebooks describe the people of Finland to be private and aloof. I have never found them to be other than friendly and generous. I can't wait to get back there again.

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For those interested in ski-orienteering and skiing in general, Ski Nordic is published 4 times a year and is available by annual subscription (£ 10 UK) from Ski Nordic, 14 Grantley Drive, Fleet, Hampshire, GU52 7SA.

East Midlands Gallopen

So far the East Midlands gallopen has encompassed events at Out woods (LEI), Allestree (DVO), Irchester (LEI), Harlow Woods (NOC) and Eyam Moor (DVO). The following is a list of the remainder of the East Midlands gallopen events for 2002/2003:

Dec 22 nd	NOC	Clumber
Jan 12 th	NOC	Walesby
Feb 9 th	DVO	Whitesprings
Feb 16 th	LEI	Old Dry Hills
Mar 2 nd	RAFO	Temple Wood
Mar 23 rd	LOG	Twyford
Apr 6 th	LOG	Bourne Woods
Apr 26 th	LEI	Bradgate

Below are detailed the top 10 in each grouping so far.

White Course – Boys / Men

Forename	Surname	Club	Class	Outwoods	Allestree	Irchester	Harlow Woods	Eyam	Clumber	Walesby	Whitesprings	Old Dry Hills	Temple Wood	Twyford	Bourne Wood	Bradgate	Best 6 Scores	Position
Nathan	Lawson	LEI	M5			1000	1000										2000	1st
William	Eaton	LEI	M8	1000		719											1719	2nd
Samuel	Horsewill	NOC	M10		1000												1000	3rd
Sean	Martin	NOC	M6				357										357	4th

White Course – Girls / Women

Amy	Kimberley	DVO	W10	794	829	746	793	859									4021	1st
Joy	Hodkinson	NOC	W10	425	793		952										2170	2nd
Hannah	Horsewill	NOC	W6		1000			1000									2000	3rd
Harriet	Lawson	LEI	W7			1000	1000										2000	4th
Elle	Bennett	DVO	W8	1000													1000	5th
Rebecca	Mead	DVO	W10		968												968	6th
Lucy	Bennett	DVO	W4	756													756	7th
Elizabeth	Bedwell	DVO	W3	665													665	8th
Jessica	Gale	DVO	W6				652										652	9th
Claudia	Smith	NOC	W7					643									643	10th

Yellow Course – Boys / Men

Simon	Wright	DVO	M10	926	1000		676										2602	1st
Craig	Chapman	NOC	M11	762			644										1406	2nd
Thomas	Wright	DVO	M10	561	678												1239	3rd
Adam	Sattaur	DVO	M10					1000									1000	4th=
Aleksi	Davidson	LEI	M8	1000													1000	4th=
Bertie	Scotting	NOC	M10				1000										1000	4th=
Khem	Sattaur	DVO	M8					994									994	7th
Alistair	Robinson	NOC	M14		903												903	8th
Samuel	Law	DVO	M8		902												902	9th
Luke	Addison	DVO	M8					900									900	10th

Yellow Course – Girls / Women

Elizabeth	Parkinson	NOC	W10		1000		1000										2000	1st
Jenny	Evans	NOC	W10	1000	660												1660	2nd
Laura	Billam	NOC	W10	712	656												1368	3rd
Ashleigh	King	NOC	W10		580		455										1035	4th

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Forename	Surname	Club	Class	Outwoods	Allestree	Irchester	Harlow Woods	Eyam	Clumber	Walesby	Whitesprings	Old Dry Hills	Temple Wood	Twyford	Bourne Wood	Bradgate	Best 6 Scores	Position
Suzanne	Spencer-Chapman	NOC	W10					1000									1000	5th
Suzie	Chapman	NOC	W9	836													836	6th
Louise	Rimmington	DVO	W12		653												653	7th
Joy	Hodkinson	NOC	W10				632										632	8th
Alice	Bancroft	DVO	W12		624												624	9th
Isobel	Tucker	DVO	W10		469												469	10th

Orange Course – Boys / Men

Thomas	Wright	DVO	M10				836	1000									1836	1st
Richard	Pickworth	LOG	M55	1000			564										1564	2nd
Sam	Hempsall	NOC	M12		483		932										1415	3rd
Paul	Minshall	NOC	M14		470		862										1332	4th
Peter	Hodkinson	NOC	M12		1000												1000	5th=
Tim	Martin	NOC	M12				1000										1000	5th=
Jack	Child	LEI	M14	935													935	7th
Matthew	Wallace	NOC	M12		709												709	8th
Simon	Wright	DVO	M10					700									700	9th
Phil	Child	LEI	M50	688													688	10th

Orange Course – Girls / Women

Lynne	Spencer-Chapman	NOC	W40	533	654	1000	793	1000									3980	1st
Laura	Evans	NOC	W12	1000	976		1000										2976	2nd
Barbara	Sacre	NOC	W21	361	637		955										1953	3rd
Amy	Spencer	DVO	W16		1000												1000	4th
Jenny	Kelso	NOC	W8				952										952	5th
Pauline	Brown	NOC	W35	264			463										727	6th
Deborah	Needham	DVO	W40				556										556	7th
Debra	Wilkinson	LOG	W35				480										480	8th
Rachel	Davis	DVO	W35	432													432	9th
Julie	Pollard	LOG	W50	394													394	10th

Light Green Men

Richard	Spencer-Chapman	NOC	M35	553	498	772	623										2446	1st
Gary	Boothroyd	LEI	M50	806		1000	613										2419	2nd
Roy	Denney	LEI	M55	1000		745											1745	3rd
Peter	Brookes	NOC	M40				714	891									1605	4th
Kevin	Gallagher	LEI	M50				989	598									1587	5th
Mel	Clark	LOG	M45	456	589		476										1521	6th
Christopher	Mills	NOC	M14		709		648										1357	7th
Gordon	Eden	LOG	M55	383	380		447										1210	8th
Roger	Kelly	LEI	M60	559		475											1034	9th
David	Disney	DVO	M45					1000									1000	10th=
Mark	Burley	NOC	M16		1000												1000	10th=
Peter	Hodkinson	NOC	M12					1000									1000	10th=

Light Green Women

Margaret	Buckland	NOC	W60	1000	679	962	834										3475	1st
Shirley	Moir	LEI	W65		709	1000	870										2579	2nd
Geraldine	Davis	LEI	W50		486	948	582										2016	3rd
Ros	Bourne	DVO	W60		1000		961										1961	4th
Maureen	Webb	LEI	W45			859	854										1713	5th

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Forename	Surname	Club	Class	Outwoods	Allestree	Irchester	Harlow Woods	Eyam	Clumber	Walesby	Whitesprings	Old Dry Hills	Temple Wood	Twyford	Bourne Wood	Bradgate	Best 6 Scores	Position
Mary	Boothroyd	LEI	W50			914	652										1566	6th
Mary	Mills	NOC	W50		660		841										1501	7th
Kate	Bateman	NOC	W21	670			735										1405	8th
Rachel	Davis	DVO	W35		606		688										1294	9th
Sarah	Richardson	NOC	W21	651	487												1138	10th

Green Men

Peter	Leake	LEI	M60	964	805	803	841	730									4143	1st
Tony	Buckland	NOC	M65	949	913		1000	1000									3862	2nd
Donald	Moir	LEI	M65	825	733	878	669										3105	3rd
Vernon	Davis	LEI	M60	686	681	770	639										2776	4th
Doug	Dickinson	DVO	M55	1000	931		803										2734	5th
Roger	Keeling	DVO	M55		683	765	615	624									2687	6th
John	Woodall	NOC	M60	884	755		734										2373	7th
Robert	Titterington	LEI	M60		934	1000											1934	8th
David	Winser	NOC	M50			691	567	671									1929	9th
Ernie	Williams	LEI	M60			969	839										1808	10th

Green Women

Diane	Ford	LEI	W55		677	952	762	688									3079	1st
Pauline	Ward	DVO	W55	809			879	888									2576	2nd
Judy	Pittson	NOC	W45	683			846	924									2453	3rd
Jen	Gale	DVO	W55		727		848	831									2406	4th
Rosemary	Hodkinson	NOC	W16	1000	904												1904	5th
Sian	Roberts	NOC	W16		889		1000										1889	6th
Margaret	Keeling	DVO	W55		739	1000											1739	7th
Viv	Macdonald	DVO	W50		646		828										1474	8th
Caroline	Northall	DVO	W18	798	608												1406	9th
Claire	Gale	DVO	W21		594		773										1367	10th

Blue Men

Simon	Ford	LEI	M55		828	1000	754	957									3539	1st
John	Northall	DVO	M50	720	852		783	872									3227	2nd
Roger	Williamson	LEI	M55		722	770	688	771									2951	3rd
Derek	Gale	DVO	M55	594	751		760	766									2871	4th
Roger	Edwards	LEI	M50	1000			891	912									2803	5th
Derek	Mill	NOC	M50		951			1000									1951	6th
Ian	Wilson	LEI	M35	596	641		700										1937	7th
Ian	Grant	DVO	M40		582		594	556									1732	8th
Chris	Williamson	LEI	M16		791			858									1649	9th
Colin	Drury	LEI	M55		786		742										1528	10th

Blue Women

Helena	Galloway	LOG	W50	922	1000		952										2874	1st
Ursula	Williamson	LEI	W40			1000	873	786									2659	2nd
Val	Johnson	DVO	W40		993			1000									1993	3rd
Hilary	Hodkinson	NOC	W45		926		930										1856	4th
Catherine	Hughes	NOC	W21		876			907									1783	5th
Angela	Lucking	NOC	W40		632			952									1584	6th
Margaret	Keeling	DVO	W55				1000										1000	7th=
Sian	Roberts	NOC	W16	1000													1000	7th=
Helen	O'Neil	NOC	W45		922												922	9th
Sue	Bicknell	LEI	W55				898										898	10th

EMEWS

Forename Surname	Club	Class	Outwoods	Allestree	Irchester	Harlow Woods	Eyam	Clumber	Walesby	Whitesprings	Old Dry Hills	Temple Wood	Twyford	Bourne Wood	Bradgate	Best 6 Scores	Position
Brown Men																	
David Bray	LEI	M45	1000		997	845	897									3739	1st
Stephen Kimberley	DVO	M40	915		986	859	852									3612	2nd
David Lawson	LEI	M35	817		1000	877										2694	3rd
Phil Pittson	NOC	M50	643			955	1000									2598	4th
Graham Watson	LEI	M21	988		917											1905	5th
Ian Whitehead	DVO	M45			991	845										1836	6th
Ian Wells	LEI	M45	752			765										1517	7th
Mike Gardner	DVO	M40	712				629									1341	8th
John Marriott	LEI	M50	713		520											1233	9th
Kevin Price	DVO	M40				688	523									1211	10th
Brown Women																	
Alison O'Neil	NOC	W18				1000										1000	1st
Helen O'Neil	NOC	W45				746										746	2nd

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Access to Roam

Roy Denney attended a meeting with the Countryside Agency in Birmingham recently and provided the following notes for EMOA members.

Draft maps are currently into the preparation stage under the Right to Roam legislation which will determine which land should be included. Many people will be having an input but it is dangerous to assume someone else will have put an area up for review and if we have any locations we wish to see included it is imperative that we take steps ourselves.



Once the draft maps are published we will have a further 3 months to make any observations and I would suggest that they are perused when published.

In simple terms if clubs think we could make a case for an area, then talk to Roy as he is being trained to the way of thinking of the Countryside Agency and will put any submissions in their language (providing he thinks it would qualify). Roy can then submit the application.

Both existing and potential O areas should be included. Where it is an existing area, it would help if Roy could be sent 3 copies of the map. If a new potential area you will have to define the boundaries of the area very specifically or draw a simple map that can be duplicated.

This is a useful process to get permission for areas where it has not been forthcoming in the past and to secure areas where permission could be withdrawn.

To qualify the land in question must be

- Mountain - This includes all land over 600 ft plus any other land containing rugged or steep land, fell or bare rock and associated rough vegetation. Plantations would exclude it but scattered unmanaged trees might be accepted. Worked or improved land is excluded but semi natural upland vegetation is acceptable. It would normally be expected to be a mixture of bracken, peat, heather, moor, bog, stream or open water. Much pasturmland is semi improved and would not qualify but the presence of grazing animals does not necessarily exclude it.
- Moors - Self explanatory but can include rough unimproved grassland and may contain scattered trees
- Heaths - generally of open character but with scattered shrub and can have fairly dense trees providing that they are self regenerating - often on poor soils

If in doubt we will ask to have it included.

For calculation purposes the areas are judged within identifiable boundaries and a block of heathland contained within woodland might well qualify if the woodland had a marked boundary. i.e. fence or wall.

An area we use of considerable managed woodland would not qualify but bits of it might on a field by field basis.

For example Beacon Hill in Leicester has a lot of non qualifying woodland but a large area of what could be described as heathland and rocky outcrop - the difficulty may be that without woodland being fenced off the whole area would be looked at as a whole in which case no more than 50% must be non qualifying.

From memory DVO have several areas suitable for inclusion and there may be others they would like including to improve their chances of using them. A number of NOCs & LOGs plantation areas have fairly sizeable open areas which may be includable.

One anomaly which is under dispute at present is that of slag heaps – These often have been left to develop into rough unmanaged grassland but can hardly be said to be unimproved.

If in any doubt contact Roy, but do not miss this opportunity to influence the areas which we may be allowed on to in the future.

Area 7 which includes Leicestershire, Northamptonshire and DVO country is in the system now with a draft map expected next summer.

Area 8 is coming on board and will probably run 3 months behind 7 and this includes Lincolnshire Nottinghamshire and Rutland.

Roy Denney

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East Midlands Committee – Some Items Under Discussion

- The Inter-Club relays. There was little enthusiasm from any club to put on the Inter-Club Relays in 2003. If any club wants to come forward to run this event, then they should volunteer as soon as possible, otherwise we will not run them in 2003.
- BOF event Insurance still covers events where for part of the area no written permission exists, as long as the event is registered.
- JK 2004 is progressing though not as quickly as hoped.
- EMOA Night League events 2002/3 were fixed as Sense Valley, Bulwell Park, Bosworth CP, and Haywood Oaks.
- BOF members do not have to pay extra insurance at Trailquest events.
- Clubs reminded to print punching boxes on edges of new maps to be used in case of Electronic Punching failure.
- The National Forest Trophy was awarded at the Outwoods event to Graham Watson.
- NUOC was welcomed to the meeting, in the person of Ian Coe.

EMEWS

Editorial

Well Christmas is upon us and many of us are suddenly about to get older, at least in orienteering terms. One day an M40, the next an M45. I'm not sure whether I should be looking forward to running shorter courses, or regretting getting older.

While the autumn season seemed a little sparse on the events front, there is a lot to look forward to this Spring. 3 badge events in our region along with a number of other badge events close by. Plenty of club and galloper events to keep everyone interested. However, as John Bennett states below, we still seem to have a dwindling attendance at events. What should we be doing to increase membership and participation? Should we continue as we are? Should we try and target certain groups (e.g. local running clubs, local walking clubs, etc.) by putting events on specifically for them? Should we hold more local events in town parks? Should we hold more events on Summer evenings? Should we be establishing a continuous series of events across the East Midlands for beginners so that they can find one every month? Is there any way we can retain student membership? Please send any thoughts or ideas to me and I'll include them in the next EMEWS.

Finally, I'd like to thank all the other newsletter editors who have sent their club and regional newsletters to me.

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Letters To The Editor

Apathy or What – Part 2

Hi Mike,

Well at least I got a response from my original letter, and having felt the passion behind Graham Johnson's and Liz Godfree's replies I know they are anything but apathetic. Of course the ironic thing is that it wasn't people like Graham and Liz that I was really having a go at. They are soulmates of mine in that they are both highly committed to orienteering. Like me they put large efforts into organising events, motivating existing members, recruiting new ones (especially juniors), and they are active within their clubs and the EMOA. Both gave very personal reasons why they either don't like relays or were unable to attend the two events mentioned, fair play to them. I actually agreed with almost everything they both said about other commitments, the timing and the distances people are prepared to travel to different types of events etc., but it still doesn't answer why two of the region's major clubs didn't have a single representative at either event. As I said in my original letter, you weren't all in the Lakes!

Normally I too would much rather travel 150 miles to a quality event in the Lakes than 40 miles to a run round a park in Lincoln, Nottingham or Derby. But there is a large proportion of orienteers who for various reasons/ commitments would never dream of going that far to orienteer, and for whom a less technical area would constitute a nice

day out. Somehow we (the likes of Graham, Liz and myself) have to reach and motivate these people. The phrase "a sport for addicts organised by addicts" has been used many times recently. It is the insular nature of orienteers and apathy to change that is helping our wonderful sport to die on its feet. Witness the problems we are having finding someone to take the SI kit off James Allen, or find a new EMOA Fixtures Secretary, or a Development Officer. Please don't look in my direction because I'm currently LOG Chairman, Membership Secretary, Newsletter Editor and EMOA Rep. Although I hope to lose one of these to make way for the twins, but I'm not holding my breath!

Cheap low-key events are not everyone's cup of tea, but they are fun and ideal for juniors and beginners. I simply don't think we promote them enough. Some of the larger events are becoming ridiculously expensive, we must beware that trend too. There are lessons for all of us to learn about publicity for orienteering events, and it is never going to be easy competing with higher profile sports like football, but we must keep trying. Also, more people who simply compete at the moment need to ask their consciences why don't they put a bit more back?

Finally, we shouldn't go on beating ourselves up over this. I'm not having a go at individuals, especially ones who already give their all to orienteering, but there is no getting away from declining numbers and increasing age profiles. Let's put more effort into promoting bike O, short races, relays, score, Norwegian, etc., and increasing participation and fun in this wonderful sport.

John Bennett (LOG)

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Sports Personality of the Month?

As John mentioned he is rather busy with all his roles in LOG. However, he and his wife Alice are now proud parents of twins Jack and Amy. Congratulations to the whole family. Now which comes first running LOG or changing those nappies?

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Regional Award of the Month? – Which region, and it is not EMOA, agreed that it would remove its regional fee and that the clubs would absorb it. Then when the region submitted its fees to BOF Office, forgot about this, thus doubling all members fees as both clubs and regional fee were included?

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Which BOF Official went round Eyam Moor and only when got to the finish and tried to download did he realise that he had forgot to register his run?

EMEWS

MIDLAND CHAMPIONSHIPS at CHATSWORTH on APRIL 13th

The East Midlands committee agreed to adopt the ageless junior classes that have been piloted in the North of England at Badge Events next year. DVO have gone ahead with this at the Chatsworth event on April 13th which is also the Midland Championships. So juniors need to be careful which course they enter if they wish to compete for the trophies. The aim of this scheme is to encourage juniors to run a course suited to their ability rather than forcing them to run something they are not capable of just because of their age. It has also had the effect of ensuring there is more competition on a given class than in the past. The classes go from JM1/ JW1 (Junior Men/ Women technical difficulty 1 – i.e. white) up to JM4/ JW4 (technical difficulty 4 equivalent to light green) then JM5S (short), JM5M (medium) and JM5L (long) for the boys and JW5S (short) and JW5L (long) for the girls. The trophies will be awarded as detailed here:

M10/ W10 on JM2/ JW2

M12/ W12 on JM3/ JW3

M14/ W14 on JM4/ JW4

M16 on JM5M, W16 on JW5S

M18 & M20 on JM5L

W18 & W20 on JW5L

For instance the M14 trophy will be awarded to the best Midlander in M14 or under on JM4 course, any older boys running this course will not be eligible. Remember that the Midland Championship is open to members of clubs in the East and West Midlands and East Anglia.

Mike Godfree

