

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..

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Chairman's Spot – John Bennett

By now you may have heard that I was recently elected as EMOA Chairman, somewhat of a surprise to most people I would guess, not least me! On a more serious note I was honoured to be approached to stand by John Woodall a few weeks ago, although I realise that the position has never been an easy one to fill and it may be seen as something of a poisoned chalice.

Some people will know me well, others might have seen my name in results or as an event official, so here is a brief introduction to me.....

I'm 47 and have been chairman of LOG for 3 out of the last 4 years, taking a break just after our twins were born (rumour has it that I put myself forward again to get a rest!). I first encountered orienteering in the mid '80s, and must admit that I didn't like it much. I was quite a serious road runner at the time and simply overshot everything. Starting on "blues" didn't help. I was also a keen mountaineer and spent several years visiting exotic places, including the Himalaya, so orienteering never got a look in. Suddenly at the age of about 34 something clicked and I realised what I had been missing. Ever since then I have been a passionate orienteer, and take every opportunity to let everyone know that it is the most complete sport on the planet (why everyone doesn't agree is a

complete mystery to me). On a good day I am still a gold standard orienteer, and intend running browns for as long as I can.

Because of the twins, they are now almost 22 months old. I hadn't been to an EMOA Committee meeting for a year before the recent AGM. I therefore have some catching up to do, but I hope that my enthusiasm and love of the sport will see me through. I am surrounded by some very experienced officials and the East Midlands is lucky to have so many highly committed people in it's ranks. I look forward to working with them.

Finally some words of warning. As a social worker for nearly 25 years I am not the most structured person around, this may drive you to distraction at times. Also, although I am generally most approachable it is best to give me some space after a bad run, I can get a bit grumpy! Distracting me with talk of big mountains, real ale and real music will help. Lager drinkers and Kylie fans need not apply!

I hope everyone is looking forward to the new orienteering season as much as I am, let's get out there and have some fun.

John Bennett - Chairman

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Selections and Successes

More GB Team Selections

Three more EM juniors have won national selections: they will be in the GB team at the Junior European Cup on October 9th/10th in the Epping area: Colin Olivant (M20), Andrew Llewellyn (M18) and Rose Hodgkinson (W18). This will be their first time in a GB team and we wish them well.

Peter Palmer Junior Team Relay (Hilary Palmer)

32 teams competed at Sutton Park on the (early) morning of 12th September. New rules with only 6 runners per club encouraged a massive turnout and NOC had 2 teams up for it. It was my first experience and I kept telling myself that it would be great fun to have only 4 hours sleep on a sports hall floor, get up at 3:30am and cajole team members to the start, provide tape, spare dibbers, etc. to those who had forgotten and generally give support, cheer on the team and then drive them home before collapsing in a heap! Of course it was fun and they were, as usual, a great group to support and all gave 110% on the day, despite the odd headlamp failure, navigational difficulties in the holly, injuries, etc!

NOC has a terrific tradition in this competition with five wins in a row up to 2003. It looks as if Airienteers are trying to take over that role now with a very convincing win and NOC was third behind AIRE and DEE. I have no doubt that we will be trying to beat them again next year – what about the other clubs getting a team together? It's great for club team spirit – including team support at a local fast food outlet, 5 a side football, as well as the orienteering!

Junior World Championships

Fantastic Junior World Orienteering Championships for Alison O'Neil.

Two really great runs for Nottinghamshire Orienteering Club's Alison O'Neil at the Junior World Orienteering Championships in Poland saw her come 4th in the Middle race and win a bronze medal in the Long distance race. Congratulations to Alison, who started orienteering through Nottinghamshire County Council's Sports Training Scheme when she was at Bramcote Hills Primary School.

World Orienteering Championships

Alison followed this up by being selected for the GB Senior team to run in the Long race at the World Orienteering Championships in Sweden. Alison qualified for the final and finished 40th overall.

Veteran Home Internationals

Three EMOA members will represent England at the VHI in Ireland on October 2nd/3rd: Liz Godfree (W55 DVO), Hilary Palmer (W55 NOC) and Pauline Ward (W60 DVO).

Junior Home Internationals

Six EMOA juniors ran in the JHI in the Lake District in September: Peter & Rose Hodgkinson (NOC), Andrew Llewellyn (NOC) and John Rocke (LEI) were in victorious England team and Sian & Rhys Roberts ran for Wales.

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EMOA Committee Meeting Report – September 27th 2004

BOF Child Protection Report – 2 main points were that the recommendation on naming children in photos for publication is that you can put photos in with the person's permission (and the parent's permission for a child), but you should not be able to identify the individual child (e.g. group photo could be shown as long as not named in order right to left). Alex Ross is the BOF nominated Child Protection Officer. We will need a Regional Welfare Officer some time in the future to meet external child protection requirements.

Guidelines for Effective Meetings – BOF Council had circulated 2 documents, Guidelines for Effective Meetings and Ethical Communications.

BOF AGM – Next year's BOF AGM will now take place on Easter Sunday at the JK.

Trail-O – There needs to be somebody appointed to lead Trail-O requirements in the UK. Anyone interested should let BOF Office know.

Relay Classes – A consultation paper is coming out shortly that will look at what are the right relay classes for the British and JK. How do we get competition while still providing age class awards?

Green Courses – It has been recognised that at some events Green courses have been getting too long / physical. Can controllers please keep an eye on this and ensure Green courses stay within the BOF guidelines.

Funding BOF – There will be a consultation paper on funding of BOF in to the future. Should we have higher BOF fees and more on the event levies, the opposite, etc. This will include getting all active members joining clubs. The paper should be on the BOF website this week.

East Midlands Relays – Other regions such as West Midlands have an annual inter-club relay competition, using classes similar to those at the JK, NOC have volunteered to use the Little John Relays for this purpose next year, providing the clubs and members think this is a good idea and commit to attending. What are people's views? Do we want a regional relays competition? Given the summer date it can provide an ideal venue for a social get together of East Midlands members as well as a "fun" competition.

**MINUTES OF THE 40th ANNUAL GENERAL MEETING OF THE EAST MIDLANDS
ORIENTEERING ASSOCIATION HELD ON MONDAY SEPTEMBER 6TH 2004 AT THE RED
LION, KEGWORTH**

Present : John Woodall (NOC), Mike Godfree (DVO), Dave Walker (DVO), Bob Haskins (LEI), Hilary Palmer (NOC), Pauline Olivant (NOC), David Olivant (NOC), Roy Denney (LEI), John Bennett (LOG), Ray Barnes (NOC), Roger Edwards (LEI), Andy Hawkins (DVO). Ernie Williams (LEI), Andy Portsmouth (LEI), Roger Williamson (LEI), Mark Foxwell (LEI), Derek Gale (DVO), Bob Alderson (NOC).

1. **Apologies for absence:** Ian Whitehead, Dorothy Woodall, Peter Leake, Randal McDonald, Hazel Rice, Mike Gardner, John Palmer, John Hurley

2. **Minutes of the 39th AGM.**

These were accepted as a true and accurate record of the meeting subject to one amendment: the meeting in 2002 was the 38th meeting of the association not the 37th.

Proposer Hilary Palmer Secunder Ernie Williams

3. **Chairman's Report**

This year's report will be brief as I have been acting Chairman only. I have enjoyed doing it but I have merely kept EMOA ticking over forever hoping that a full chairman would appear. Even so quite a lot has happened and I have only managed to cope thanks to the excellent help from all the Office holders and Committee members of EMOA Executive Committee.

We have had a full year of generally excellent orienteering. The East Midlands events have been invariably well organised and usually well attended. To produce good events calls for much effort by a large number of volunteers, and we have been lucky to find that in the East Midlands at least volunteers are still prepared to give their time. The biggest volunteer requirement of course was for Day 2 of JK which we ran in the Lake District. Apart from all the work that had to be done for such a large International event, the problems of doing it over 100 miles away made it an order of magnitude more tiring and time consuming. All the more thanks, therefore, to Chris Philips, Roy Denney and Ernie Williams and their teams. Thank you very much – it was a most successful day.

Once again I would like to congratulate all the competition winners this year, whether Midlands champion, East Midlands champion, Galoppen class winner, string course winner or whatever. All have competed to their best efforts and achieved their goal – well done.

This is probably also a good time to congratulate three international representatives from EMOA. Helen Palmer won a silver medal in the relay in the World University Championships, Alison O'Neil won an individual bronze medal in the Junior World Championships and is representing GB this month in the World (Senior) Championships, while David Hodgkinson also represented GB in JWOC.

While on the topic of competitions most of you are aware that your Executive Committee have decided to alter the Galoppen timings to bring them in line with the calendar year, and also BOF age year, by running it from January to December each year. For this year only the competition will extend over 15 months, September 2004 to December 2005, while we get into the new timetable. Again I would like to thank the Williamson family for the efficient and diligent way they have run the Galoppen again this past year. The prize giving was an incredibly well organised event – what a pity more of the prizewinners were not able to attend.

This year we shall see a much changed Executive Committee. First Roy Denney stands down after a very full stint with three years as Vice Chairman followed by three years as Chairman with one year as ex Chairman. Seven years on the Executive Committee is quite a sentence – well done Roy and thank you very much. Despite Roy's departure I believe the Committee will be strengthened as I am delighted to say that a volunteer has come forward for the post of Chairman and also one for Vice-Chairman – wonderful! They will start off with a truly excellent secretary (accurate minutes produced within hours of the meeting!) – thank you Bob Alderson, and an accurate and meticulous Treasurer – thank you Roger Edwards.

I stand down as acting Chairman in the knowledge that, unlike last year, we should have all principle officer posts filled for the coming year.

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A vote of thanks was for John Woodall for standing in as Acting Chairman for the past year was proposed by Hilary Palmer and seconded by Ernie Williams and agreed by all.

4. Secretary's report

EMOA had 389 members (a slight decrease in senior and family members). We have a total of 40 controllers at the various Grades. 6 personal skills courses and 3 coach education courses were held. One Regional conference for controllers, planners and organisers.

5. Treasurer's report.

Treasurer reported that the accounts show a surplus of income over expenditure of £59. Membership income is lower. SI income was higher than expected. No JK profit share had been received but part of the estimated income had been included in the accounts and some more was in the 2004/05 budget. The Junior squad subsidy was similar to previous years and we were again fortunate to have a grant of nearly £500 from Nottinghamshire Country Council. SI equipment repairs were high and included a bill from work done in summer 2003.

6. Approval of Balance Sheet and Income & Expenditure Statement

Accounts for the year were circulated and accepted.

Proposer: Andy Portsmouth, Seconder: Roy Denney

7. Election of principal officers

Post	Proposed	Proposer	Seconder	Outcome
President	John Woodall	Roy Denney	Ernie Williams	Elected
Chairman	John Bennett	John Woodall	Roy Denney	Elected
Vice Chairman	Ray Barnes	John Woodall	Hilary Palmer	Elected
Secretary	Bob Alderson	Roy Denney	John Woodall	Elected
Treasurer	Roger Edwards	John Woodall	Bob Alderson	Elected

8. Election of other officers

Post	Proposed	Proposer	Seconder	Outcome
BOF Council	EMOA Chairman			Agreed
BOF Rules Group	Ernie Williams	John Woodall	Ray Barnes	Elected
BOF Coaching	Hilary Palmer	John Bennett	Roy Denney	Elected
Development				Vacancy
Fixtures	Ian Whitehead	Roy Denney	Ernie Williams	Elected
Mapping	David Olivant	Roy Denney	Ernie Williams	Elected
Web Master	Andy Portsmouth	Ernie Williams	Roy Denney	Elected
EMEWS	Mike Gardner	Bob Alderson	Andy Hawkins	Elected

Hilary Palmer raised need for BOF Correspondent Reps. On agenda for next committee meeting
Ernie Williams raised the possibility of Life Vice Presidents being elected at the AGM according to the constitution.

9. Appointment of Independent Financial Examiner.

David Walker was proposed by Roger Edwards and seconded by John Woodall, was duly appointed.

10. Budget projections and Fixing of charges

The Treasurer proposed a budget deficit of nearly £1,000. This sum is allocated to regional development funds as in previous years, but it was likely that such money would again not be paid out. The Association now has enough in the bank to buy a completely new set of electronic equipment plus a working reserve. Therefore no further contribution to the SI fund was included. Members suggested that the new money from the JK should be allocated to the SI fund.

The Treasurer put forward his recommended charges for 2004/05. All charges and levies would be unchanged except for the hire of SI equipment for C5 events. After discussion it was agreed there would be no charge for C5 events hire. However members requested that C5 event hire should not compromise the use of equipment at C4 or C3 events.

Proposer : Roy Denney, Seconder : John Woodall

11 Plans for the coming year

The new chairman welcomed the opportunity to be involved in and to be able to lead on the work of the EMOA Committee

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Meeting closed at 9.00 pm, and was followed by a brief discussion about dates for courses for controllers and planners, before hunger drove members to the free buffet and further informal discussions.

The AGM was preceded by a Street 'O' event, planned by Mike Gardner and organised on the day by Roy Denney, many thanks to both of them. This year's winner, Andy Portsmouth has been asked to organise a similar event for next year's AGM

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BOF Correspondent Members

With the new structure for BOF there are a number of committees that require correspondent members from the region. In some cases these committees only want people to receive correspondence and feedback to the committee any views of the region. In others there may be occasional meetings. The committees we need reps on are the following (I've also provided a link to the role of the committee on the BOF website for those who want more information).

Elite Competitions: <http://www.britishorienteeing.org.uk/asp/makepage.asp?PID=ECSG>

Senior Competitions: <http://www.britishorienteeing.org.uk/asp/makepage.asp?PID=SCSG>

Junior Competitions: <http://www.britishorienteeing.org.uk/asp/makepage.asp?PID=JCSG>

International: <http://www.britishorienteeing.org.uk/asp/makepage.asp?PID=INTER>

Please consider if you could volunteer for one of these roles and provide your name to the EMOA secretary, Bob Alderson (details on page 2)

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East Midlands Coaching

Level 1 Coaching Courses

Several EMOA members attended the Level 1 coaching course recently and the majority are going on to do level 2 in October. They will be looking for opportunities to coach. Please support them all.

Coaching Experience

Today, Sarah O.Neil passed her assessment as a Level 1 Coach when she ran a coaching session for some of the young Notts juniors at Bramcote Park. Sarah taught them how to use a compass, to set their maps, and to find their way round some short courses on the park. Sarah was one of a number of EMOA members who attended a Level 1 Coach training course with Pauline Olivant earlier in the month.

Anyone else interested in this training, please contact the Regional Coaching Co-ord, Hilary Palmer (hjpalmer@ntlworld.com), or the Regional Devt Officer, Pauline Olivant.

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Get to Know Your EMOA Committee – Andy Portsmouth

What is your role on the committee? Webmaster or editor, I answer to many names!

What do you do in that role? I try to make the web experience to EMOA.co.uk a pleasant one for our visitors.

When, and how, did you start orienteering? The same year as the JK at Penhale Sands - what's that? About 8 years ago, I can't remember exactly. Still, Penhale Sands was a baptism of fire in more ways than one. Not only was it the hottest Easter for many years, but I had never orienteered in an area bereft of trees! I have to admit that was tough, very tough, physically and mentally and we all got sunburnt!

What has been your favourite orienteering area / event? Despite what I have already said, I would like the opportunity to run at Penhale Sands again, perhaps not in such heat! We all run regularly in wooded areas, so I quite like the more unusual, such as Burton Dasset and Carsington Pastures. I don't have a particular favourite, I do equally bad at all areas!

What has been your least favourite orienteering area / event? Score events – can't abide them, just too many decisions for me!

What other hobbies / sports do you take part in? That would be telling!

What is your job when not orienteering? I am Project Manager for a large utility company, but I'm not saying which or I'll forever be asked for tap washers, oop's that was a giveaway!

Is there anything else you would like to tell us about yourself? I'm 5' 10", have one son at university and weigh too much!

Do You Suffer From Colour Vision Deficiency (Colour Blindness)?

There are several forms and these are usually inherited genetic problems. By far the commonest form is red/green colour blindness, which affects about 1 in 12 men, but

there is also blue/ yellow blindness and other types. Only about 1 in 200 women are affected.

I am personally aware of two members of my club that have colour blindness and I suspect that within BOF's membership there are more than we realise. I am interested to know what difficulties this causes with regards maps, overprints and locating controls and competing generally. At this time I don't know if there is anything we can do to help but if there is I would want it to be included in future "best practise" guidelines.

A colour blindness test can be found by a website search "GKT colour" (<http://www.kcl.ac.uk/tear es/gktvc/vc/lt/colourblindness/cblind.htm>) This should produce Kings College London's test. However, as the website says, if you think that you may have a problem you should consult your local GP or Medical Practitioner.

Peter Bylett (BOF Development Manager) peter@britishorienteeing.org.uk

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Future Events

Important events for your diary next year are the Midlands and East Midlands Championships, both of which will be held in our area next year.

The Midlands Champs will be held at DVO's Regional Event at Longshaw on March 6th

The East Midlands Champs will be held at NOC's Regional Event at Blidworth on 13th February.

Galoppen to be sponsored by Lloyd-Davies

We are pleased to announce that Lloyd-Davies will be sponsoring the Galoppen this year. The Galoppen will run over a longer period, from Autumn 2004 to the end of 2005, so that in future the Galoppen will coincide with the annual calendar. There are planned to be around 18 to 20 events with a maximum of 8 events counting.

The initial schedule of events will be:

October 3 rd	NOC	Thieves Wood	May 15 th	DVO	Bow Woods
November 7 th	LOG	South Common	May 22 nd	LEI	Grange Woods
November 14 th	LEI	Irchester	Jun 5 th	DVO	Kedleston Park
November 21 st	NOC	Harlow Woods	Oct 2 nd	DVO	Carington Pastures
December 19 th	NOC	Budby	Oct 23 rd	LEI	Old Dry Hills
January 16 th	LEI	Beacon Hill	Oct 30 th	NOC	Thieves Wood
January 30 th	DVO	Farley Moor	Nov 6 th	DVO	Stanton Moor
Feb 6 th	LOG	Stapleford	Nov 27 th	LOG	Bourne Woods
April 10 th	LEI	Twyford	Dec 4 th	NOC	Sherwood Pines
April 24 th	DVO	Crich Chase	Dec 18 th	NOC	Walesby

Mid – Week Orienteering Events

As mentioned in the last EMEWS, a number of mid-week events are to take place in the East Midlands. These initial events are all scheduled to start during the morning on a midweek day and to encourage those who have time free during the week to attend. They are open to all and normally will have a light green and a green/ blue standard

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course available. If you are able to attend please support these events. More details about these events is provided in the Fixtures List.

October 13th Drum Hill, Derby
October 20th, Sherwood Pines, Nottingham
November 24th Sence Valley, Leicester

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Nasty Little Beasties

Lyme Disease is a fairly rare illness, but it has recently started to become more prevalent and the risk of infection should not be ignored. It is caused by bacteria carried by ticks and people who run or walk in the countryside through rough vegetation, especially bracken, are most at risk.

Ticks are minute blood-sucking insects that cannot fly but jump easily to animals such as sheep, deer and cattle that brush through the vegetation they hide in. Not surprisingly they also attack dogs and humans as well. Not all ticks can infect humans and with a little care and caution those that can are detectable and can be removed before they have done much harm. The highest risk is during summer when ticks are more active.

The infected ticks need to be attached to the body for at least a day before they can transmit the bacteria to us.

When fully fed they can increase to the size of a grape pip, but the larvae are smaller than a pin head and often difficult to spot.

They are found in any moist, rough vegetation in woodland, heath and moorland areas including deep vegetation such as bracken and often in others that are decaying in mats such as sedges, grasses etc. growing in also in leaf litter within deciduous woods and at woodland edges, in glades and by paths.

Lyme Disease is the most serious of the many diseases carried by ticks. Although rarely fatal, Lyme Disease can remain in the body for many years and can cause long-term problems, especially tingling in the hands and feet, and weakness or paralysis of the facial muscles (Bell's Palsy). I have personally suffered from Bell's Palsy due to prolonged exposure to chilling freezing fog in high mountains and I can assure you that it is very uncomfortable and not a pretty sight. Strangely it is most common in American salesmen who sleep too near air conditioning units. At first when I called in the emergency doctor I was thought to have had a stroke.

In rare cases Lyme Disease can lead to chronic arthritis and has been known to attack the central nervous system and even badly affect the performance of the heart.

Early signs of Lyme Disease often include a red blotch or circular rash several centimetres across in the bite area. This appears between a week and a month after the bite occurred, usually in conjunction with flu like symptoms like tiredness, aching and fever. These would last several weeks if no treatment were given and more serious complications, like neurological difficulties and joint problems can develop many months later.

Attracting ticks is a common enough situation for orienteers and others going into these rough areas but precautions can be taken against this, not least by wearing full body

cover. Unfortunately many orienteering outfits technically give such cover but do not actually afford much protection and give a false sense of security. It is best to wear close-weaved garments and wear running shoes or boots and not open sandals.

I have mentioned that dogs are at risk and I would suggest that you spray them with insect repellent and attach tick collars.

LEI have periodically warned members about this problem but the last official advice we received suggested that we were only at risk of Lyme Disease when running further south but unfortunately I am informed that recently a case arose near Loughborough.

For those involved in our sport the best advice is to carefully examine your body for ticks after events bearing in mind particularly their favourite locations; behind the knees, under the arms and on the scalp. Your groin area is also at risk. You should also carefully inspect all clothing, brushing thoroughly when in any doubt because ticks can crawl on clothing to reach their favourite meals.

Insect repellents containing Permethrin or DEET do supposedly protect against ticks for several hours if you wish to be really confident.

Should you find a tick attached to your skin there are many myths abounding which tell you what to do but many are thought by modern scientific theory to be at best misinformed.

The best advice appears to be to remove ticks immediately between your finger nails but preferably with tweezers - wash your hands and the bite area afterwards using disinfectant if available but cold tea is just as effective. The idea is to grasp it firmly as close as possible to the skin, and pull firmly and steadily without until it disengages itself - try not to squash it as it could then squirt the possibly infected blood it has sucked back into its victim.

Oils or proprietary chemical substances are often suggested to loosen a tick's grip but this is now widely thought to be rather ineffective; as is the applying of heat such as cigarette ends or matches.

If part of a tick breaks off, or if you think any part of it may be left in your skin, you should consult a doctor immediately. If possible, take the tick with you, so that it can be sent for analysis (sticky tape or a folded tissue should suffice). Also if possible, ask the doctor to return it to you after it has been analysed and send it, in the interests of research, to the Institute of Virology and Environmental Microbiology, Mansfield Road, Oxford OX1 3SR, saying where the infection occurred.

In these circumstances you should seek medical advice as quickly as possible, indicating that you are concerned about the risk of Lyme disease which can be easily identified by blood tests.

If identified early enough a course of antibiotics will usually reduce infection and prevent the illness developing any further. (Roy Denney)

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<i>BEST SHOES*</i>		<i>BEST COMPASSES</i>		<i>BEST CLOTHING</i>		<i>BEST EQUIPMENT</i>	
ULTRA NOVA * OFFER	£29.95	MOSCOW 11C	‡ £16.95	ULTRASPORT SUITS * 0	£23.5	CONTROL CARDS – 100	£ 4.50
V-J LOP * NEW	£39.95	MOSCOW 11T	‡ £18.95	AS-ILVES TROUSERS 5	£16.9	CONT. CARDS – TYVEK	£ 9.95
V-J LOP STUD	£49.95	MOSCOW 2C	\$ £27.95	ARIES DELUXE TROUSERS 5	£14.9	CODED CLIPPERS – 10	£19.95
V-J FALCON	£58.95	MOSCOW 2T	\$ £29.95	V-J STANDARD GAITERS 5	£14.9	CONTROL FLAG	£ 3.25
V-J FALCON STUD #	£64.95	MOSCOW 3C	\$ £30.95	V-J PROTECH GAITERS 5	£16.9	TRAINING MARKER	£ 2.50
V-J INTEGRATOR	£59.95	MOSCOW 3T	\$ £32.95	ARIES DELUXE GAITERS £11.95		CASIO 60-MEM. WATCH	£29.95
V-J INTEGRATOR STUD #	£67.95	MOSCOW MAGNIFYING LENS £12.95		ARIES PRO GAITERS *NEW £16.95		ANKLE TAPE	£ 3.50 & £ 5.95
V-J TWISTER STUD #	£69.95	SILVA 7NL 9.95	£	RON HILL TRACKSTERS 5	£13.9	RAIN VISOR	£ 2.50 & £ 3.95
ADIDAS SWOOP	£59.95	SILVA 3NL	£14.95	RON HILL TREK 5	£19.9	SPORTident e-CARD	£20.00
PB TRAINER	£54.95	SILVA 2NL	£18.95	RON HILL V ILOFT THERMAL £14.95		E-CARD DESC. HOLDER	£ 2.50
PB EXTREME	£59.95	SILVA 5 JET	\$ £54.95	H-HANSEN LIFAWEAR 5	£24.9	PETZL HEADTORCH	£24.95
PB RACER EXTREME	£59.95	SILVA 6 SPECTRA	\$ £54.95	USP*T ANKLE BRACE 5	£24.9	TIGA HAL. SET comp.	£125.00

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Orienteeing Websites

Many people now have access to computers and the internet. I know some of you don't (and maybe don't ever want to touch these devices), but thought it might be useful to provide information on some of the sites and facilities available to members.

Let's start with our own website, run by Andy Portsmouth, <http://www.emoa.co.uk/>. On here you will find useful information about orienteeing in the East Midlands. There is a special section for members of EMOA which includes the minutes of committee meetings, our constitution and development plan, as well as any notices for members.

There are also links to latest fixtures information and the latest status of the galoppen. You will also find an online version of EMEWS. Andy has even provided a link to local weather information so you can find out if your run this weekend is going to be in the dry.

There is also a link to an East Midlands group which can discuss matters about orienteeing in the East Midlands. Why not get involved in discussing events or rules that affect us in the East Midlands.

From this site there are links to many other sites, including to all of the East Midland club sites. Each of the major clubs maintain their own site (and often also have a discussion group associated with it). For instance, DVO's site is www.dvo.org.uk, NOC's site is www.noc-uk.org, LOG's site is www.logonline.org.uk. LEI are currently in the process of changing their address. The new address is going to be www.leioc.org.uk, while the current address is www.lei.co.uk (I tried the new address today and it wasn't yet working). These sites often provide the latest information on events, news from the clubs, photos of members at recent events, and in some cases there is the ability to enter events.

If you want to find some other orienteeing websites then the following might be of interest:

www.britisshorienteering.org.uk – the web page of the British Orienteering Federation. You will find in here copies of the BOF rules as well as the latest BOF fixtures lists, news about orienteeing such as elite successes, even event results, etc.

www.orienteeing.org – the International Orienteering Federation website. This tends to concentrate on elite orienteeing.

www.compassport.com - You will find information about orienteeing and the latest version of CompassSport magazine available here.

www.orienteeingonline.net – This site was an interesting site on world orienteeing but looks likely to close shortly.

www.fi.uib.no/~jankoc/worldof/O-pages/ - This site has a huge list of links to other orienteeing sites.

<http://www.splitbrowser.org.uk/index.php> - This site provides the ability for you to compare your results with others at recent orienteeing events.

www.ultraspport.co.uk – If you want orienteeing kit then you ought to look at sites like the Ultraspport site.

Social Event Invite

DVO Barn Dance – an invitation to East Midlands

Saturday 20th November

Wirksworth Town hall (parking in Market Square)

7:00pm to 10:00pm

Children welcome

Dancing to 'Fish & Taters'

Tickets: Adults £ 6, Children £ 2.50, Family £ 15.00

Supper of chilli (meat and vegetarian) and bread provided

Please bring your own drink

Names to Viv MacDonald (01629 734307) or Val Johnson (01773
824754)

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. Unless otherwise stated, District events offer entry on the day (EOD) to a range of colour coded (C4) course with start times from 10:30 to 12:30. Local events (C5) will only have a limited range of courses. Regional and National events (C3 & C2) provide a range of age related courses and are normally entered in advance using a Standard Entry Form (SEF); entry on the day (EOD) will usually be limited and more expensive. Most will offer a limited number of colour-coded courses for EOD. Cheques payable to organising clubs given at beginning of details, if not specified.

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.

The East Midlands Orienteering Association has an answerphone which provides up to date information on events and also late cancellations. It is available on 0906 270 3419 at a cost of 25p a minute.

October 2004

- | | | |
|------|----------|---|
| 3rd | EM
C4 | NOC District Event. Thieves Wood , Nottingham. SK/543575.
Janet Evans, 01636 813058. janet@janetandnick7.freeserve.co.uk £3.50/£1.50 + 50p SI hire. EPS-SI. String course. www.noc-uk.org |
| 3rd | EA
C4 | SUFFOC District Event & EAGAL. Ickworth Park, Bury St Edmunds. TL/816614.
Andrew Elliott, 01473 687568. £5.00/£2.50. EPS-SI. Dogs on Leads. Entry Fee includes NT Charge. www.pdl.demon.co.uk/suffoc |
| 9th | EM
N5 | LEI Night Event, Bagworth Heath SK458068 (Heath Road car park)
Roger Edwards 0116 212 7547 £2.50/£1 Starts 6:00 – 7:30pm; Yellow to Blue |
| 10th | NW
C3 | SELOC Regional Event. Naden Valley, Rochdale. GR/873157.
Organiser: Clive Atty, 01204 301390. atty-family@ntlworld.com
Entries: Mel Peters, 45 Kermoor Avenue, Bolton, BL1 7HW, 01204 302967. <i>CD: 01/10/04.</i>
£7.00/£2.00. Lim EOD +£1.00. Chq: SELOC. EPS-SI. Lim CC courses - W, Y & O - £3.00/£1.00. www.seloc.org.uk/fixtures.htm |
| 10th | SE
C3 | SO Regional Event & SE League Event. Eartham Wood & Nore Hill, Arundel. SU/959099.
Organiser: Robin Smith, 023 92830076. robinsmith@ntlworld.com
Entries: Graham Longley - Eartham Event, 91 Rother Crescent, Gossops Green, Crawley, West Sussex, RH11 8LP, 01293 511767. entries@vuggles.co.uk <i>CD: 19/09/04.</i>
£7.00/£3.00. Lim EOD +£3.00/50p. Lim EOD. Chq: Southdowns Orienteers. EPS-SI. String Course. EOD CC - W, Y, O & LG £4.00/£2.00. Parking £1.00. Dogs on leads. Entry form on website. Late BOF/SO entries received BEFORE the day will be charged at £8.50. SO 24-hr Ansaphone - recorded event information 01903-239186. www.southdowns-orienteers.org.uk |
| 10th | YH
C4 | HALO District Event & Come and Try It. Beverley Westwood, Beverley. TA/020390.
Sue and John Chaney, 01482 653152. john@chaney.karoo.co.uk £3.50/£1.50. EPS-SI. Extra help given for beginners - also Come and Try It event. www.halo-orienteeing.org.uk |
| 10th | WM
C4 | WCH District Event. Shoal Hill, Cannock Chase, Cannock. SJ/969107.
Mike Thompson, 01785 660716. mike.p.thompson@ukgateway.net £4.00/£2.00 + £1.00/50p SI hire. EPS-SI. String course. Parking TBA. Dogs only on leads. www.walton-chasers.co.uk |
| 10th | EM
C4 | LEI District Even & Yvetter Baker Trophy. Bagworth Woodlands , Coalville. SK/446081.
Mike Cowley, 0116 286 4847. £3.50/£1.50. Ind +£1. EPS-SI. String course. Parking at Bagworth WMC, Station Road. White to Brown. www.leioc.org.uk |

EMEWS

- 13th EM **DVO Local (Midweek) Event. Drum Hill, Derby SK373422.**
C4 Dave Walker 01332 574003 (before 9pm). Starts 10:30 – 11:30am. Light Green and Green/Blue courses only. SI punching. £2 / £1. Parking at Scout Camp signed from B6179 north end of Little Eaton village (Morley Lane) www.dvo.org.uk
- 16th EM **DVO Local Event. Elvaston Castle Country Park, Derby. SK 412332**
C5 Mike Godfree, 01332 515862. Starts 10:30 – 11:30am. White to Light Green. £2.00/£1.00. Dogs on leads in car park only. www.dvo.org.uk. On B5010 south of Borrowash.
- 17th YH **SYO Regional Event.** Wharncliffe Woods, Sheffield. SK/310986.
C3 Organiser: Phil Haywood, 0114 236 3003. philhsyo@aol.com
Entries: Doreen Best, 94 Ringstead Crescent, Crosspool, Sheffield, S10 5SJ, 0114 230 2621. colinallanb@yahoo.co.uk CD: 28/09/04. £7.50/£3.00. Lim EOD +£1.50/£1.00. Chq: SYO. EPS-SI. String course. Lim CC courses up to Lt Green. Parking £2.00. No dogs. www.southyorkshireorienteers.org.uk
- 17th SC TVOC District Event. Kingswood, High Wycombe. SU/891941.
C4 Keith Banham, 01494 813563. kabanham@supanet.com Fees TBA. String course. www.tvoc.org.uk
- 20th EM BAOC Local (Midweek) Event, Sherwood Pines Entrance by SK615646 gate & follow signs
C5 Starts 10:30 – 13:00 and 13:00 – 13:30 £2 entry plus £1 emit brick hire Premarked maps
- 24th WM **HOC Regional Event.** Haugh Wood, Nr Hereford. SO/590365.
C3 Organiser: Barry McGowan, 01922 633792. barry.mcgowan@ms-birmingham.com
Entries: Mike Farrington, "Haugh Wood" c/o Oak Lodge, Floyds Lane, Wellington Heath, Ledbury, , Herefordshire, HR8 1NB, 01531 635502. mike.farrington@virgin.net CD: 01/10/04. £8.00/£3.00. No EOD. Chq: Harlequins Orienteering Club. EPS-SI. String course. Dogs on lead. EOD for Lim Colour Coded Courses only - £4.00/£2.50 - Master Maps only. www.harlequins.org.uk
- 24th EM **DVO District Event. Black Rocks, Cromford, Matlock.**
C4 David Vincent, 01773 716615. £4.00/£1.00. EPS-SI. String course. Parking £1.00. Dogs on leads at all times. www.dvo.org.uk
- 24th EA WAOC District Event & YBT Qualifier. Rowney Warren, Shefford. TL/123405.
C4 Mike & Hazel Bickle, 01223 842416. £4.00/£1.50. EPS-SI. White - Brown courses. Dogs on lead. www.waoc.org.uk
- 31st NW **LOC Regional Event.** Haverigg, Millom. GR/153783.
C3 Organiser: Gill Browne, 01229 716 748.
Entries: Sue Jamieson, 4 Lound Street, Kendal, Cumbria, LA9 7EA, 01539 735839. CD: 04/10/04 (Paper) 11/10/04 (Internet). £7.50/£3.00. Family £20.00. Lim EOD +£2.00/£2.00. Chq: Lakeland Orienteering Event. EPS-SI. String course. Lim CC courses. Parking £1.00. Internet entries via LOC website. www.lakeland-orienteering.org.uk

November 2004

- 7th SOA **Tinto Twin Weekend**
C3N **6th - Regional Night Event & Scottish Night Champs.** Newcastleton Forest, Dumfries. NY/503886.
C3 **7th - Regional Event.** Newcastleton Forest, Dumfries. NY/503886.
Organiser: Marjory Foreman, 01555 665346. marforeman@aol.com
Entries: Lorna Young, 7 St Ninians, Lanark, ML11 7HX, 01555 661955. leyoung@talk21.com CD: 16/10/04. 6th - £8.50/£4.50. 7th - £8.00/£4.00. Lim EOD + £1.00/50p. Chq: Tinto Orienteering Club. EPS-SI. String courses & Lim CC courses on 7th.. Parking TBA. Dogs on lead in car park only. Club website - access via SOA website.
- 7th YH **EPOC Regional Event.** Rishworth Moor, Halifax. SE/993162.
C3 Organiser: Steve Nichols, 01422 883600.
Entries: Dave Wakeford, 2 Rooley Farm Cottage, Rooley Lane, Sowerby, Halifax, HX6 1NS, 01422 832892. davewakeford@rooleyfarm.f9.co.uk CD: 24/10/04. £7.00/£2.00 Family £15.00. Lim EOD + £1.00/50p. Chq: EPOC. EPS-SI. Lim CC courses. No dogs.

EMEWS

www.eastpennineoc.org.uk

- SC **SOC November Classic Regional Event.** Burley Lodge, New Forest. SU/248120.
C3 Organiser: Diana Smith, 02380 845787. terrysmith@compuserve.com
Entries: Mary Nixon, 43 Rownhams Road, North Baddesley, Southampton, SO52 9ES, 02380 737585. CD: 23/10/04. £7.50/£3.50 + £1.00 EMIT hire. No EOD, but late entries +£2.50/£1.00. Chq: Southampton Orienteering Club. EPS-Emit. String course. Limited entry 1200. Dogs on lead in car park only, not on buses or course area. www.southampton-orienteers.org.uk
- 7th WM **WCH District Event.** Oldacre, Cannock Chase, Stafford. SJ/979171.
C4 David Thomas, 01785 660687. david@thomasstafford.fsnet.co.uk £4.00/£2.00 +SI hire £1.00/50p. EPS-SI. String course. Dogs allowed on leads only. Signed from A34 SE of Stafford. www.walton-chasers.co.uk
- 7th EM **LOG District Event. South Common, Lincoln.** SK/979699.
C4 Karl Pickworth, 01526 320136. pickworths@aol.com £4.00/£2.00. EPS-SI. Dogs on leads. www.logonline.org.uk
- 14th NE **CLOK NATIONAL EVENT.** Fylingdales, Whitby. NZ/944002.
C2 Organiser: Mike Richard, 01609-770339. mike@e-rickard.co.uk
Entries: Kemprotec (CLOK), 11 Pennyman Green, Maltby, Middlesborough, TS8 0BX, 01642 594662. entries@kemprotec.com CD: 25/10/04. £10.00/£4.50. No EOD. Late entries +£1.00. Chq: CLOK. EPS-SI. EOD Lim CC courses - W, Y & O. No dogs.
- 14th EM **LEI District Event. Irchester Country Park,** Wellingborough. SP/912657.
C4 Neil Eaton, 01832 731537. £4.00/£1.50. EPS-SI. String course. Parking £2.00. www.leioc.org.uk
- 20th EM **NOC Night Event. Sherwood Pines.**
N5 D.Cooke 01773 770278.
- 21st EA **NOR British Schools Orienteering Championships.** Sandringham Country Park, Kings Lynn. TF/690290.
O2X Organiser: Alan Bedder, 01603 424589. alan.bedder@virgin.net
Entries: addressee TBA. CD: *unknown*. Fees TBA. EPS-SI.
- 21st NW **SROC Regional Event.** Blawith & Torver, Ulverston. SD/270900.
C3 Organiser: Peter & Cherith Knott, 01772 683072 (before 10pm please).
Entries: David Johnstone, 120 Hacking Drive, Longridge, Preston Lancs, PR3 3FP, 01772 783745 (before 10pm please). david@dsivji.freeserve.co.uk CD: 07/11/04. £8.00/£3.50. Family £21.00. Lim EOD +£1.50/50p. Chq: SROC. EPS-SI. String course. Lim EOD CC courses. Parking £1.00. Dogs on leads in car park only. Entries preferably via Internet using debit/credit card. Link via www.sroc.org from 1st September. Entry guidance, final details, start lists & results available from website. www.sroc.org
- 21st EM **NOC District Event. Harlow Woods,** Mansfield. SK/546577.
C4 David Cooke, 01773 770278. d.cooke4@ntlworld.com £3.50/£1.50 + 50p SI hire. EPS-SI. String course. www.noc-uk.org
- 24th EM **LEI Local (Midweek) Event. Sence Valley.**
C5 Roy Denney 0116 233 8604. Starts from 11:00am
- 27th SW **SLOG Southern Night Championships inc Inter Corps & Army Individual Champs.** West Woods, Marlborough. SU/163652.
C3N Organiser and entries: Ken Stimson, Southern Nights, 49B Grosvenor Road, Swindon, Wiltshire, SN1 4LT, 01793 535759. ken@stimsonk.fsnet.co.uk CD: 06/11/04. £6.00/£3.00 (inc EMIT hire - deduct £1.00 if own). Late entries & Lim EOD (tel Organiser) +£1.00. Chq: Swindon Locality Orienteering Group. EPS-Emit. No dogs. Parking: £1.00 to charity. www.slog.org.uk
- 28th WM **OD Regional Event.** Sutton Park, Sutton Coldfield. SP/108971.
C3 Organiser: Roy Lindsell, 01948-664 890.

EMEWS

Entries: Trevor Simpson, 181 Loxley Road, Stratford-on-Avon, CV37 7DU, 01789-266343.
simpsonth@ntlworld.com CD: 08/11/04. £7.00/£2.00 + £1.00 Emit hire if needed. EOD.
Chq: Octavin Droobers. EPS-Emit. String course. Parking £1.00. Dogs on Leads.
www.octavian-droobers.org

December 2004

- 4th EM **DVO Local Event, Hardwick Park, Clay Cross SK 455640**
C5 Mike Godfree 01332 515862; Starts 10:30 – 11:30; White to Light Green. From Visitor Centre (not the Hall), take A6175 from M1 towards Clay Cross and take first left.
- 5th EM **DVO Experimental Regional Event. Eyam and Bretton Clough, Bakewell. SK/209777.**
C3 Organiser: Steve Kimberley, 01246 280430.
Entries: Robert Shooter, Rose Cottage, Cat And Fiddle Lane, West Hallam, Derbyshire, DE7 6HD, 0115 932 2945. CD: 19/11/04. £6.50/£2.50. Lim EOD + £1.50/£1.00. Chq: DVO. EPS-SI. String course. Dogs on leads at all times and in car park only.
- 5th SE **SAX Regional Event, Saxons Shield. Ightham, Sevenoaks. TQ/580560.**
C3 Organiser: Jean Fitzgerald, 01622 686779. jean.fitzgerald@emr.ac.uk
Entries: addressee TBA. CD: *unknown*. Fees TBA. EPS-SI. Lim CC courses. Saxons 24 hour infoline on 01303 813344. www.saxons-oc.org
Full registration pending
- 5th WM WCH Yvette Baker Trophy Final & District Event. Milford , Cannock Chase, Stafford. SJ/973211.
C4 Organiser: Keith Ellery, 01889 584025. Keith.ellery@ntlworld.com
Entries: David & Pat Schofield, 6 Elm Avenue, Walton On The Hill, Stafford, ST17 0NA, 01785 604472. davidandpat6@ntlworld.com CD: 27/11/04. £4.00/£2.00 +SI hire £1.00/50p. Jun EOD +£2.00. Chq: Walton Chasers. EPS-SI. Parking £1.00. Dogs on leads. Pre-entry for YBT Final via clubs only. Information to be sent to qualifying clubs. Start Times: Non YBT 1000 -1115 (EOD), YBT only 1130 -1300 (Pre-entry). www.walton-chasers.co.uk
- 5th EA WAOC District Event. Maulden Woods, Ampthill. SP/074392.
C4 Mike Capper, 01733 235202. mike.capper@virgin.net £4.00/£1.50. EPS-SI. White to Blue courses only. Dogs on lead. www.waoc.org.uk
- 12th WM WRE District Event & West Midlands Championships. Shobden, Mortimer's Cross. SO/390636.
C4 Phil Bibby, 01746 762198. £4.50/£2.00. Dogs on lead.
- 12th EM **LEI Christmas Novelty Event. Castle Hill , Anstey, Leicester. SK/554083.**
C5 Vernon and Geraldine Davis, 01530 223545. gfdavis@davisgf.fsnet.co.uk £2.00/50p. Yes. www.leioc.org.uk
- 19th EM **NOC District Event. Buddy, Mansfield. SK/606664.**
C4 Bob Alderson, 0115 845 0771. r.alderson1@ntlworld.com £3.50/£1.50 +50p SI hire. EPS-SI. String course. www.noc-uk.org