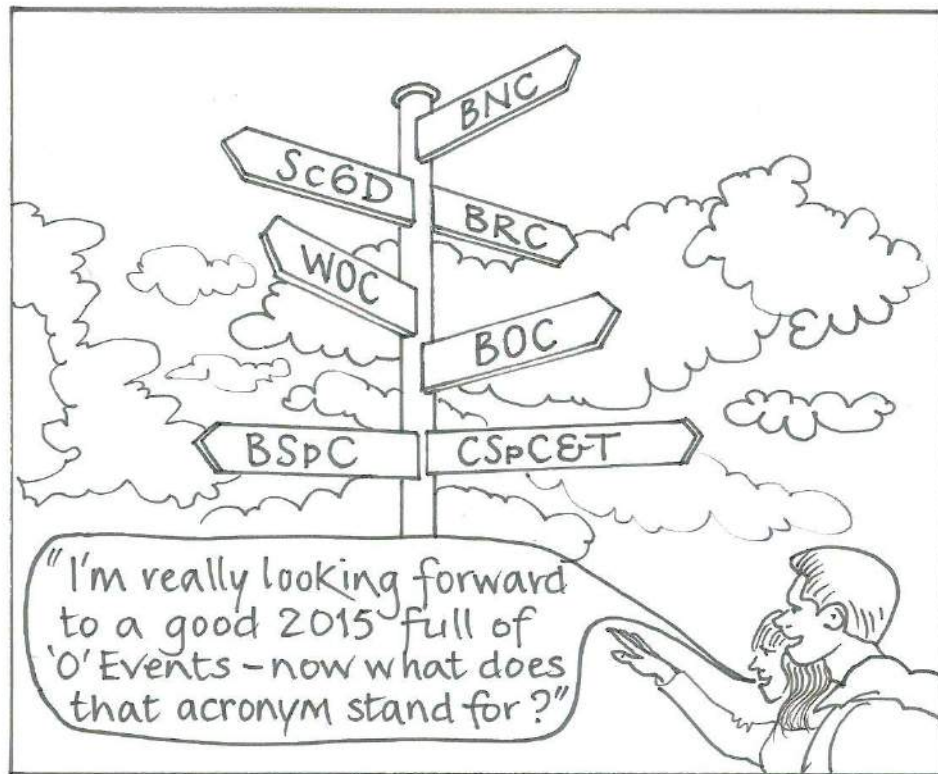


THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

DECEMBER 2014 -
JANUARY - FEBRUARY 2015



EMEWS EDITOR:

Mike Gardner
3 Gatcombe Close
Oakwood
Derby
DE21 2PZ

Email: mikegardvo@sky.com

EMEWS

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

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **23rd March 2015 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - A cover as usual from Ernie.

----0000----

Contents – EMEWS 253

Report on East Midlands Meeting - 26 th January 2015	4
BO Participation Update - Natalie Weir	6
Hawkshed M/W 16s Weekend - Dai Bedwell	8
EMJOS Cakes Stalls - Dai Bedwell	8
Nutrition Before, During and After Endurance Exercise - Andy Jackson	9
British Schools Champs 2014 - Dai Bedwell	10
Lagganlia (Aug 2014): Interview with Anna Barber / Imogen Wilson - Birth Richter-Wilson	11
Coaching Conference Feedback - Hilary Palmer	13
National Forest Report - Roy Denney	15
East Midlands League 2014 - Final Results	15
East Midlands League 2015	19
East Midlands Urban League 2014	20
Fixtures	24



For expert advice, competitive prices and high performance clothing, visit <http://www.ultrasport.co.uk>

<u>BEST SHOES*</u>	<u>BEST COMPASSES</u>	<u>BEST CLOTHING</u>	<u>BEST EQUIPMENT</u>
V-J IROCK * £95	MOSCOW 11C + £24	ULTRASPORT 'O' TOPS from £30	SI CARD STRAP £1.50
V-J GHOSTRATOR #* £95	MOSCOW 11T + £24	ARIES KNEE PANTS £21	WHISTLE £0.50
V-J FALCON # £95	MOSCOW 2C \$ £35	ARIES 'O' TROUSERS £20	CODED CLIPPERS - 10 £30
V-J INTEGRATOR STUD # M/L £95	MOSCOW 3C \$ £35	ARIES 'O' TOPS from £30	CONTROL FLAG 30cm £4.00
V-J SUPRA # £90	MOSCOW 3T \$ £35	ARIES PRO GAITERS £23	TRAINING FLAG 15cm £3.50
INOV-8 MUDCLAW 333 'O' £85	MAGNIFYING LENS £14	V-J PROTECH GAITERS £23	ANKLE TAPE 2.5CMX10M £2.00
INOV-8 X TALON 212 * £85	SILVA 7NL £12	VAPRO GAITERS £23	ANKLE TAPE 5CMX10M £3.50
INOV-8 MUDCLAW 272 * £85	SILVA 3 Ranger £18	MENS/LADIES CAPRI TIGHTS £17	MUELLER ANKLE BRACE £28
INOV-8 FLYROC 310 * £85	SILVA 5 JET \$ £57	MENS/LADIES TIGHTS £20	FOREARM DESC HOLDER £7.50
INOV8 ROCLITE 315* £85	SILVA 6 JET SPECTRA £57	RON HILL JACKET £27	WRIST DESC. HOLDER £4.50
WALSH PB TRAINER * £62	SILVA 1S JET £60	RON HILL GLOVES £8	VIKER STAR HEADTORCH £29.95
# Metal Studs *Non metal stud	\$superfast + fast Needle	RON HILL TRACKSTERS £15	SILVA TRAIL RUNNER H/TORCH £45

The official supplier of Craft clothing. SALE!

DRIZZLE SUIT £45	ROLLNECK THERMAL £10	POLARTEC FLEECE £10	CRAFT RAIN JACKETS £20
DYNAMIC JERSEY £15	VENTED ZIP TEE £15	CRAFT REFLEX GILET £15	WINDSUIT £20
CRAFT T-SHIRTS £12	LONG-SLEEVE TEE £15	WINTER TRAIL TIGHTS £20	CLUB TOPS from £30

TO SEE OUR FULL RANGE & SPECIAL OFFERS VISIT OUR WEBSITE: www.ultrasport.co.uk
 Ultrasport Ltd, Nova House, Audley Avenue Enterprise Park, Newport, Shropshire TF10 7DW
 Tel: 01952 813 918 Fax: 01952 825 320 E-Mail: ian@ultrasport.co.uk

Report on East Midlands Meeting - 26th January 2015

Junior Squad - The Junior Squad have ensured that they have kept under budget for the major events they have now attended. They have also raised money for the squad through the Cake Stall at 2 events (see separate article in EMEWS).

The squad are also looking to purchase some more O-tops for sale to members (they hope to break-even). They will look to identify the numbers they require and propose this to the committee.

The proposed schedule for future EMJS events is:

- February 7th: coaching at Outwoods, Loughborough. Meet 10am in main Outwoods car park, finish around 2pm. £3. Please let me know if attending.
- February 24th: Evening Lecture: Nutrition for Endurance Sport (plus a short training run if interested) at Loughborough University. Talk starts at 7pm, training run (various speed groups) at 6pm.
- March 7/8th: Lake District trip. Leaving early Saturday morning, we'll train Saturday afternoon, sleep in a village hall then train again Sunday on terrain just like the JK.
- April 11th: coaching in Matlock area.
- May 16th/17th: coaching weekend - sand dunes in the sunshine? TBC

Coaching Development - Hilary Palmer reported that the Level 2 Coaching Course will take place in EMOA but will have just one person from EMOA.

Regional Planners / Controllers Conference - Do members want a Regional Planners / Controllers Conference? Do we want to repeat the event, and if we do, should we change the format at all? How do we get folk to attend who don't normally attend? Should we even change the target group so as to include inexperienced planners at all? The committee felt it is a valuable event and proposed targeting the next session for late Spring 2016 but anyone with views should feed back to members of the committee.

Regional Volunteer Day - there is a big push from Coaching and continual development for coaches. The intention is to have modular training sessions. Hilary has lined up tutors for some coaching sessions. In addition we need to look at Event Safety, First Aid, Physical Conditioning and also the normal Event Official training courses (Planner, Controller, Organiser). Chris will look for a date in the Autumn.

Development in General - What do the clubs want regional development to cover? Again, any views to members of the committee. Chris wants ideas on how best to recruit members to take on club and event official roles. A large percentage of members don't come to events. If we look at event attendance only around 50 members attend most events. How can we get more folk involved?

Club Courses - It was mentioned that DVO are putting on a Planners course and if other clubs are doing something similar please open them up to members of other clubs if possible (DVO already had too many folk for the course anyway).

Fixtures - Paul Beresford has found that he has had problems with email and so has announced he would like to step down as Fixtures Secretary at the AGM. However, if we can get a volunteer in place earlier then they can shadow Paul before the formal handover. Is there any member who would like to take on this role? The main activities are:

- Attend British Orienteering Event Scheduling twice a year (March / April and October)
 - Take information on major events back to Region and discuss what the Region wants to do in forthcoming years
 - Distribute National Fixtures information to clubs in region
 - Co-ordinate Fixtures across clubs within the Region
 - Potentially attend EMOA Committee meetings but this is not as important as long as a report is provided on latest status.
- a. **EMOA League 2014** - Prizegiving will take place at Ratby on March 1st. Please can all winners attend the event or send a nominee (for winners see EMOA League).
- b. **EMOA League 2015** - The list is available further in EMEWS.
- c. **2015 Urban League** - Now have 8 events for 2015.
- d. **EMOA Night League** - This has not been set up this year but will look to see if we can schedule for the winter of 2015/16.

Future Events:

- (i) **15 March 2015 CompassSport Cup (NOC) at Sherwood Pines** - this is going to be a very large event as many clubs have nominated to attend this event.
- (ii) **26 April 2015 - Cromford (DVO) Yvette Baker Trophy Round in 2015** - Original date clashed with an EMOA Junior Squad training session so now rescheduled.
- (iii) **5 July 2015 - Nottingham University (NOC) - Yvette Baker Trophy Final 2015** - Still working on final permissions but all officials identified.
- (iv) **29 November 2015 - East Midlands Champs 2015** - Birchens Edge (DVO)
- (v) **27 February 2016 - British Night Champs 2016** - Cademan Woods (LEI) - All event officials appointed and approved.
- (vi) **28 February 2016 - Midlands Champs 2016** - Sherwood Forest (NOC) - Officials put forward for approval.
- (vii) **17 October 2017 - British School Score Champs 2017** - Bagworth (LEI)

Future Possible Events

- i) **Peter Palmer Relays 2016** - NOC are looking at using Walesby and LOG volunteered to assist if required.
- ii) **Junior Inter-Regional Champs 2018** - EMOA are scheduled to host this. It was suggested the relays be at Stoke Rochford. Accommodation and floor space could be available but would need to be for 300 kids for evening and breakfast.
- iii) **Midland Champs 2018** - LEI have an area they wish to use. They are also looking to host a sprint on day before which would be part of UK O League.
- iv) **British Sprints / Middles 2019** - Still looking for possible areas. Can we host?
- v) **Midland Champs 2020** - Need a club to volunteer for this.
- vi) **British / British Relays 2021** - We are down to host. Do we have possible areas?

EMEWS

Event Safety Training - It was noted in Mike Hamilton's newsletter that ALL event officials MUST have attended the Event Safety Training course. A mentor may be nominated for level D events, but someone must be allocated with the appropriate training. If this is not the case then the event will not be insured.

Road Crossings - There is a rule imposed by event insurers that under 16s must not cross roads at events unless controlled. This applies to all types of event but especially urban. If the rule is not followed the Organiser or Club Chairman could be held responsible by the competitor (and insurance would not cover this).

Future Meetings - All meetings to be held at the Pace Room, St Mary's Church, Clifton Village, Nottinghamshire at 7.30 p.m. The next committee meeting is Monday 23rd March. As always members are welcome to attend.

-----000-----

BO Participation Update from Natalie Weir (BO Participation Manager)

Natalie Weir from British Orienteering provided an overview of recent British Orienteering projects to the EMOA meeting. The following are some items from her update:

Organiser Training

A recommendation from the Volunteer Needs consultation in 2013. Training will have two aims:

1. Provide organisers and new organisers with clear understanding of the role and confidence in their ability to deliver the events
2. To help organisers focus on the 'customer experience' from event promotion, on the day and post event

Recognised Centre Scheme

The last six months has seen significant development in BO work with an outdoor activity scheme to provide accreditation for Outdoor Centres. The scheme is a supportive process and may best be described as British Orienteering supporting outdoor centres to deliver course outcomes through quality orienteering delivery, giving them:

1. An understanding of the sport of orienteering
2. An understanding of how orienteering can be adapted to meet the aims and objectives of outdoor course programmes.

What are the benefits of having a recognised centre scheme to orienteering as a sport?

The primary reason is that a large number of people have their first experience of orienteering at an outdoor centre. PGL, perhaps the largest provider, has between 150,000 and 200,000 experience orienteering at their centres each year. The intention is to start with 100 centres to develop effective programmes.

Red Bull Robin Hood Event

The event took place in Sherwood Pins on 1st November 2014. The event was a 75 minute mass start score event made up of 30 controls worth 10 points each with 6 additional 'special'

controls. The 6 'special' controls offered an extra 20 points for successful completion of a challenge. The physical and skills based challenges included archery, a tower rope climb to a balance beam, and a memory test, which were designed to link with the Robin Hood theme.

Feedback from orienteers of all ages and abilities as well as those completely new to the sport was fantastic. There were great comments across social media outlets and on the day.

The event has also provided a significant profile for the sport outside of the traditional channels with articles in Running Fitness magazine and on a number of high profile fitness, lifestyle and outdoor adventure websites alongside social media with 2 people joining NOC on the day.

Club Development

The Development Manager Craig Anthony has taken on British Orienteering's Clubmark programme and reviewed it in line with a national review led by Sport England in 2014. This has led to a reorganisation and some changes in the criteria all of which can be viewed on the Clubmark pages on the website. One of the added benefits is that clubs currently operating without juniors can now gain accreditation as an adult only club. This removes the requirement for some criteria or evidence that are only applicable to clubs operating with juniors.

Xplorer / Schools Xplorer

2014 was a good year for Xplorer and even though BO thought they had finished at Halloween they had so many requests for a Christmas edition that Xplorer has happened year round. There are significant plans for 2015 to broaden the reach of Xplorer further and they hope that as many partners as possible will deliver launch events around the Easter period and continue to deliver events throughout 2015.

In an expansion of the Xplorer programme and recognition of the appeal of Xplorer as a product the team has developed Xplorer Schools. Xplorer Schools is targeted at lower end of primary school providing the teachers with resources and ideas to provide cross curricular learning through orienteering.

In terms of participation in Xplorer events in East Midlands:

Xplorer East	Event Delivery		Participation	
	Committed	Delivered	Total Participation	Per Event Average
Amber Valley	24	19	355	19
Ashfield	24	10	216	22
Blaby	24	16	730	46
Derbyshire Dales	16	16	565	35
Erewash	12	7	219	31
High Peak	50	41	1175	29
Hinckley & Bosworth	24	11	259	24
Mansfield	13	15	689	46
N E Derbyshire	12	7	156	22
South Derbyshire	38	28	959	34

Any suggestions for future Xplorer taster events, please feed them through to Natalie. Also if there are commercial events where Natalie could promote Xplorer, please let her know. It was also discussed that it would be good to be informed in advance of any Xplorer events in the area. Most events will be from April onwards and are available at Xplorer.org.uk

-----000-----

Hawkshead M/W16s weekend

The last weekend of November is the traditional timing for the ever-popular M/W16s weekend in the southern Lake District. The combined regional junior squads (these days with no central BOF funding) organise a weekend of top class orienteering training on the best South Lakes



areas. This year we used Holme Fell, Bishops Wood and Dale Park (one of the nicer bits of the Graithwaite Estate). The weekend is hosted at the Hawkshead Youth Hostel, and this was also the scene of the night mini-relay on Saturday evening. Anyone who doubts whether orienteering could be a spectator sport needs to watch the mass start of this night sprint: delightful chaos indeed! There were 14 or 15 controls within 50m of the start, and triple butterfly loops that meant head-on collisions were more likely than following.

The weekend is aimed at the top M/W16s, and spaces are sought after by all regions. After some negotiation, the East Midland squad was able to take 7 juniors this year, reflecting our strength in this age class. Our open team came second in the night relay, and in an event where

~25% of competitors mis-punch we had the distinction of no-one being disqualified. On the tough daylight terrain we all made mistakes, learnt from them and ended the weekend running through the toughest terrain in England on contour-only maps without any fear. Look out for some good EMOA results at JK 2015!

-----000-----

EMJOS Cake Stalls November/December 2014

A quick but heart-felt thank you to all who baked cakes, brewed tea/coffee and most importantly spent money at the EMJOS cake stalls at Beacon Hill and Stanton Moor. The squad raised a total of £376 which will enable us to organise a weekend of training in the Lake District ahead of JK 2015.



Nutrition Before, During and After Endurance Exercise

Talk by Dr Steve Faulkner, Loughborough University, 7pm Tuesday 24th February

I am currently working at the Diet, Lifestyle and Physical Activity Biomedical Research Unit in the School of Sport, Exercise and Health Sciences at Loughborough University where we are looking at the effect of exercise and diet on health. In particular we are interested in how exercise could be used to reduce the chances of developing diabetes and chronic liver disease. Many of the people that I work with have an extensive background in sports science and human physiology research.

As a result of an autumn run with Dai Bedwell, I was asked if we could put a talk on as part of the EMJOS coaching program. Dr Steve Faulkner (see biography below) has agreed to give this talk about the nutritional aspects of training, competition and recovery for endurance sports such as orienteering. Whilst working here it has become apparent to me that some of the nutritional ideas that were around whilst I was more regularly competing in the longer orienteering and mountain marathon events have changed. I am hoping that learning about current ideas will help all who attend this talk keep running longer and recover more rapidly.

Although this talk was initiated by the EMJOS coaching program it is being opened up to the wider orienteering audience (and beyond) as it will be applicable to all ages. Coaches, parents, siblings and friends are all welcome!

If you are interested in coming to the talk please contact either myself (a.p.jackson@lboro.ac.uk) or Alison Stanley (a.stanley@lboro.ac.uk) beforehand. This will ensure that we have an appropriately sized room and have sufficient tea and biscuits. We will also then be able to provide you with instructions as to finding the correct building on campus, not necessarily an easy thing to do as those who have done the urban events here will know.

I will also organise a short training run around the campus beforehand, with multiple groups catering for a variety of speeds. This will start promptly at 6pm and will take approximately 40 minutes. There are some toilets to change in after the run if required. Please let me know if you are interested in joining this. - Andy Jackson, DVO

Dr Steve Faulkner PhD, MSc, BSc

Steve Faulkner has been working in the field of exercise physiology for the last 10 years, with a particular interest in the physiological factors that limit exercise performance. He completed his Ph.D in the field of thermoregulation and exercise performance (complete July 2012) at Loughborough University. Steve was heavily involved in the design, development and testing of British Cycling's "Hot Pants" as used to great effect in the London 2012 Olympic Games. Prior to his Ph.D, Steve has worked as a Lecturer in exercise physiology at Massey University, New Zealand, and completed a Master by Research degree in 2008 entitled "Cellular and Molecular Regulation of Skeletal Muscle Mass."

Away from his research focus, Steve is a competitive triathlete and has competed at all distances from super-sprint to ironman. His debut iron-distance triathlon was Roth, Germany in 2011.

British Schools Championships 2014

This year the British Schools Championships were hosted by Aire, and held at Temple Newsam just outside Leeds. The area was similar to many in the East Midlands and the courses proved quite challenging for the less experienced orienteers.

A large number of schools from the East Midlands were represented: a total of 17 schools sent competitors. This competition is one that encourages participation, and the larger teams tend to do better in the year-group and school classifications.

In the overall schools results Leicester Grammar Junior School achieved 3rd place in the primary schools classification while Abbotsholme School came second in the small secondary school group. With their school roll tipping over the all-important 600 mark this year, Loughborough High School found stiff competition in the large secondary school category, finishing 7th overall.

The age-class results produced a long list of top-5 placings for East Midlands schools including teams from Leicester Grammar Juniors, Loughborough High School, Brookvale High School, Worksop College, and Nottingham High School. The only outright age-class winning team from the region was the Year 13 boys from Nottingham High School. With this strength across schools orienteering, we can look forward to schools orienteering flourishing in the region.

The individual winners within each age class featured many of the major names of British junior orienteering. However, the style and spirit of the schools championships also enabled some new names to do well and get due recognition. The East Midlands-based individuals who achieved top-5 positions were:

Class Result	Name	School
Year 5 Girls: 2 nd	Libby Barber	Hall Orchard Primary School
Year 6 Girls: 1 st	Rachel Duckworth	Crich Carr Primary
Year 6 Girls: 4 th	Lucy Bednall	Abbotsholme School
Year 10 Girls: 4 th	Ashleigh Howells	Loughborough High School
Year 12 Girls: 5 th	Hannah Cox	Groby Community College
Year 5 Boys: 1 st	Harrington Leake	St Paul's CE Primary
Year 5 Boys: 3 rd	M Heslop & B Drohan	Worksop College Prep School
Year 8 Boys: 1 st	Ethan Tebbutt	Twycross House School
Year 11 Boys: 4 th	Euan Tebbutt	Twycross House School
Year 11 Boys: 5 th	Nicholas Wilson	Groby Community College
Year 12 Boys: 3 rd	Tom Barber	De Lisle College
Year 13 Boys: 1 st	Jack Smith	Nottingham High School

The day before the British Schools there was a selection race to establish the English Schools team for the World Schools Orienteering championships. From a combination of results at the selection race and schools championships, the following East Midlands based school orienteers made the team to represent England in Turkey in April 2015:

Senior girls team: Loughborough High School

Junior girl select team (reserve): Imogen Wilson (Brookvale School)

Senior boys select team (reserve): Euan Tebbett (Twycross House School)

-----000-----

Lagganlia (August 2014): An Interview with Anna Barber and Imogen Wilson (by Birthe Richter-Wilson)

How did you feel when you were selected for Lagganlia?

Imogen: I was really happy and excited as I'd tried really hard at the selection races I had been to. However, I was a bit nervous as well, as I didn't know many people that were going, which made me so relieved and really pleased for Anna when I found out she was coming too!

Anna: When I was selected I felt slightly surprised and a bit nervous as I had only been orienteering for three years and I know most other people had lots more experience, but very happy and excited to be able to train with some of the top orienteers in the country.

What have you learnt?

Anna: I learnt a huge amount about contour features and how to use them as attack points and catching features. I also improved massively on my bearings.

Imogen: I learnt a lot about using simplification, running without compass, control flow, pacing and reading the map while running.

What do you need to work on?

Imogen: Getting my running speed up in different terrain and being more confident on my first few controls.

Anna: I realised over the week that I need to work on my confidence when deciding if I have gone far enough/too far to a control and running in terrain.

How have your new skills improved your current performance?

Anna: I now trust my bearings a lot more and am more confident at not needing to use linear features.

Imogen: I did really well in the *British Middles* and I have used almost all of the techniques learnt except for running without a compass.

What was your favourite/least favourite aspect of the tour?

Imogen: I enjoyed everything really. The best part was getting to know lots of new people and learning new techniques. The funniest was the talent show and the loch (even though it was cold enough to get frost bite!!!) The worst was probably getting up early every morning and the midges.

Anna: My favourite part of the tour was the sketch map (drawing your own map in under 30 minutes and then running on that map) and swimming in the Loch because it was freezing but really fun.

My least favourite part was the concentration exercise, because I was distracted so often and had terrible concentration - and I wasn't a massive fan of date night either!!!

EMEWS

Imogen: I went on date night with Ben and Lucy, while Anna had a spectacular time with Eoghan!!

How important are tours like Lagganlia for our juniors?

Imogen: They are really good to develop your skills and fitness. You learn things you might not always learn in your local squad and it helps you get to know the people who go.

Anna: They are really important because not only do you learn a huge amount but also get to know some of the best orienteers in your age class.



How could it benefit the club?

Anna: Imogen and I led the warm up at the Monday night club and have done some terrain running practice with some of the juniors and will continue to help at the junior Monday night club. Many juniors have now had the privilege of going to Lagganlia or similar tours and I think we are building a strong junior team, as seen in our improved performances in Yvette Baker and Peter Palmer this year.

Imogen: We also did some hill reps with the Monday group.

What are your future plans and aspirations?

Imogen: I really would like to go on another tour and to keep up with my competitors.

Anna: I feel far more confident now to start running Greens. I also hope to do some terrain running as part of my training. I would love to see LEI juniors gain a podium place at Yvette Baker. I hope to take part in more major events and am hoping to attend my first Scottish Six Days next year.

Describe Lagganlia in 5 words.

Anna: Exciting, confidence-building, inspiring, enlightening, fun.

Imogen: Amazing, encouraging, inspirational, physical, sociable.

Is there anything you would like to add?

Imogen and Anna: We think it would be great to have some follow-up training or mentoring for juniors who have been on tours like Lagganlia to build on what we have learnt. We would also like to say a huge thanks to LEI and EMOA for helping with the funding of our tour because we

have learnt a huge amount and thoroughly enjoyed our week in Scotland. In return we hope to do some fundraising to support EMJOS and the development of our juniors in the future.

Thank you!

Coaching Conference Feedback

Explanation: (See map on next page) this was one of 3 courses as a fun activity at the recent Coaching Conference planned by John Orton of North Wilts Orienteers (he was Chair of NOC when I first started orienteering). It's a school grounds but made a bit more challenging by adding 'uncrossable fences' (thick black lines on the map and red tape on the ground) and some 'one way' zones (red arrows on the map and different on other courses!) which made route choices interesting. The other challenge was to work out where your control was - always inside a purple 'circle' which could be any shape but always clear if you checked the control description.

It was a really good work out for the body (between 3.5 and 3.8km) and the brain - check out the control position, any one way system and the 'uncrossable fences' before rushing off. This could be adapted for any school or park area.

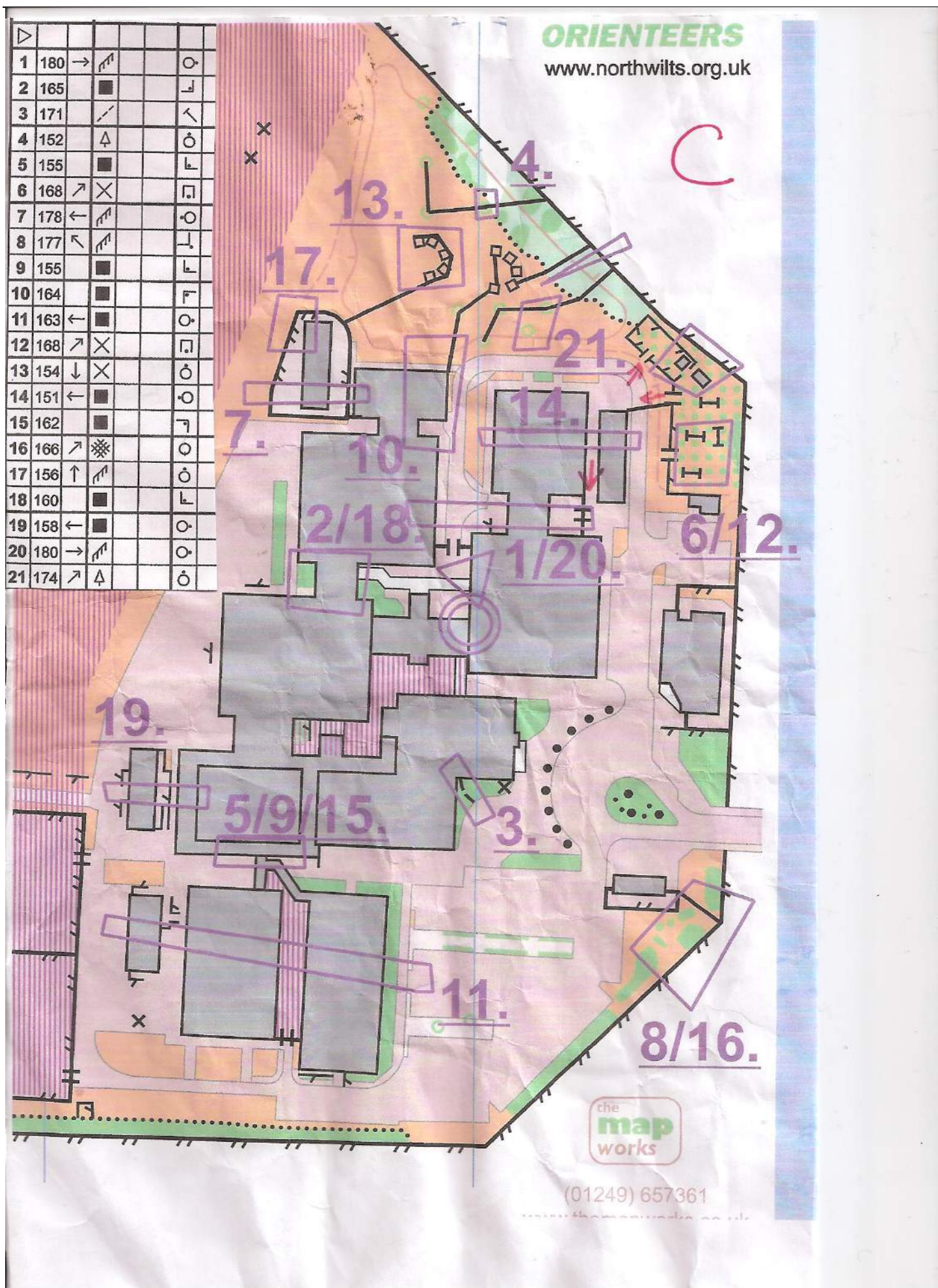
The other sessions at the Coaching Conference were equally fascinating with Kris Jones talking about sprint orienteering and how to train for it - including quite a lot of audience participation when he put a map with one leg on the screen for a really short time and asked us which route would we choose! The lengths of time he gave us got shorter as we got used to the decision making. Kris also spoke on the second day about his ideas that 'Plan, Direction, Picture' is a neat way to look at analysing performance in orienteering as an orienteer's attention to the map (Plan) and attention to the ground (Picture) both have a direct effect on the speed of travel. Distance travelled is affected by the use of Direction and 'speed' and 'distance' both contribute to 'TIME' and therefore to 'Performance'.

Between sessions there was plenty of time to chat to other coaches (over 60 of them) from all over the country.

Coaches at the conference tried out some new Coaching Cards which the SOA has developed for coaching in sprint/urban orienteering. We also heard about the use of Focus cards from RAFO's Geoff Ellis and I gave a presentation about promoting coaching and training coaches - both are topics which are close to my heart. When I started taking part in the sport I attended local coaching sessions and made rapid technical improvements. It always amazes me that some orienteers just want to compete every week and never practice the essential techniques which would improve their results!

Thanks to EMOA for supporting my attendance at the Coaching Conference.

Hilary Palmer (0115 982 0651)



National Forest Report

This year the National Forest are concentrating on promoting the use of and visits to the Forest and there are only three new schemes. Of these the only one big enough for orienteering is near Burton on Trent and is about 120 acres but as that is in Staffs it is not really something the East Midlands can go for.

The other bid news from their end is they have a new CEO taking over in Jan, John Everett from Nottingham Wild Life Trust. This may mean a change of emphasis for wildlife considerations but is being balanced by the fact that they are recruiting somebody for a post promoting sport and activity within the Forest. They used the example of the Orienteering championship to suggest similar large scale events should be encouraged.

The only thing of interest but not really an orienteering issue is that there is a complete set of guides to the new National Forest Way on a new dedicated web site- It is imaginatively named: www.nationalforestway.co.uk

Roy Denney (EMOA Rep National Forest)

-----000-----

East Midlands League 2014

The East Midlands League for 2014 has now been completed. As usual it is the top 8 scores have counted. The following events have taken place and the codes are used in the tables.

- | | | |
|----------------------------|----------------------------|--------------------------------|
| 1 - Willesley Woods (LEI), | 2 - Matlock Moor (DVO), | 3 - Thieves Wood (NOC), |
| 4 - Lindop (DVO), | 5 - Fineshade Woods (LEI), | 6 - Burwell and Haugham (LOG), |
| 7 - Shining Cliff (DVO), | 8 - Allestree (DVO), | 9 - Burrough Hill (LEI), |
| 10 - Carsington (DVO) | 11 - Longstone Moor (DVO) | 12 - Byrons Walk (NOC) |
| 13 - Bradgate Park (LEI) | 14 - Beacon Hill (LEI) | 15 - Stanton Moor (DVO) |
| 16 - Walesby (NOC) | 17 - Spring Cottage (LEI) | |

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

White - Male

Forename	Surname	Club	Age							Best 8	
Rory	Squire	NOC	10	1000-3	1000-14					2000	1
Adam	Concannon	LEI	8	568-13	842-14					1410	2

White - Female

Alexa	Lindsay	DVO	10	1000-2	1000-3	1000-4	1000-8	1000-9	1000-10	956-14	1000-16	7956	1
Hannah	Mather	LOG	10	826-4	1000-6	984-8	1000-11	1000-12	1000-13	1000-15	888-16	7698	2
Robyn	Jarvis	LEI	8	444-1	584-3	1000-5	1000-7	467-10	682-11	380-12	598-13	5155	3
Charlotte	Squire	NOC	10	759-3	948-4	839-14						2546	4

Yellow - Male

Harrington	Leake	LEI	10	1000-1	1000-2	1000-3	916-4	1000-12	996-15	1000-16		6912	1
Ivan	Smith	DVO	10	470-3	495-4	684-7	349-10	1000-11	380-12	1000-13	1000-17	5378	2

EMEWs

Peter	McNee	DVO	10	514-3	1000-7	1000-10	693-15	708-16				3915	3
Ben	Squire	NOC	10	1000-4	1000-14	1000-15						3000	4
Matthew	McNee	DVO	12	591-3	672-15	506-16						1769	5
Alex	Belletty	LOG	10	594-3	1000-6							1594	6
Felix	Miskin-Young	LEI	14	572-3	620-14							1192	7

Yellow - Female

Libby	Barber	LEI	10	1000-5	397-8	1000-10	1000-11	1000-13	677-14	1000-15	1000-16	7074	1
Ailith	Smith	DVO	10	1000-1	543-2	545-10	356-11	396-13	326-14			4166	2
Flora	Miskin-Young	LEI	10	1000-4	1000-14							2000	3
Anna	Belletty	LOG	12	947-3	1000-6							1947	4
Monika	Dent	DVO	10	895-2	540-11							1435	5
Alice	Carley	NOC	10	566-15	843-16							1409	6

Orange - Male

Benjamin	Mather	LOG	12	1000-6	1000-7	1000-9	1000-10	1000-12	884-13	885-14	1000-15	7769	1
Samuel	Davis	DVO	12	982-1	903-2	659-5	1000-8	570-9	642-12	760-13	750-17	6284	2
Donald	Flynn	NOC	14	1000-2	560-3	868-7	807-8	857-11	895-12	561-14	672-16	6220	3
Toby	Williams	LOG	10	936-11	822-12	1000-13	1000-16					3758	4
Ben	Mackervoy	DVO	12	890-1	1000-3	1000-11						2890	5
Harrington	Leake	LEI	10	880-9	986-14	1000-17						2866	6
Charlie	Alcock	LEI	16	940-1	689-13							1629	7

Orange - Female

Rachel	Duckworth	DVO	12	1000-1	1000-2	1000-4	1000-7	1000-8	1000-10	1000-14	1000-15	8000	1
Isabella	Edwards	DVO	12	871-2	507-3	502-4	485-7	608-8	594-10	1000-12	1000-13	5567	2
Reed	Lydon	LEI	12	748-1	816-2	1000-3						2564	3
Peta	Jarvis	LEI	12	854-1	450-3	448-14						1752	4
Sophie	Vincent	DVO	12	711-7	1000-16							1711	5
Anne	Leake	LEI	45	588-16	1000-17							1577	6
Daisy	Herd	LEI	12	815-1	748-3							1563	7
Grace	Pennell	DVO	14	739-8	585-15							1324	8
Vicky	Green	RAFO	18	475-3	765-5							1240	9
Tracy	Phillipson	LEI	40	194-8	1000-9							1194	0

Light Green - Male

James	Peet	NOC	14	1000-1	721-4	1000-8	800-11	1000-14	1000-15	633-16	6154	1
John	Pickles	NOC	60	1000-2	577-3	562-8	617-13	573-14	447-16		3776	2
Kevin	McNee	DVO	45	974-7	1000-10	659-15	380-16				3013	3
Monty	Barker-Pilsworth	RAFO	14	855-3	1000-9	986-10					2841	4
Oscar	Ferris	LEI	12	1000-4	949-11	878-13					2827	5
James	Bedwell	DVO	12	539-4	763-8	583-9	351-16				2236	6
Tom	Barber	LEI	16	989-3	934-16						1923	7
Fraser	Ridgway	NOC	14	820-2	389-4	637-16					1846	8
Hugh	Lachlan	LEI	45	1000-5	667-9						1667	9
Richard	Smith	NHS	16	653-3	1000-7						1653	0

Light Green - Female

EMEWS

Sarah	Duckworth	DVO	14	1000-1	1000-2	899-3	1000-4	1000-7	1000-8	1000-10	1000-11	7899	1
Caitlin	Chafer	LEI	14	817-1	650-2	734-8	1000-9	758-11	690-12	954-14	664-16	6267	2
Reed	Lydon	LEI	12	897-5	754-7	872-8	858-9	680-11	617-12	850-13	717-14	6245	3
Anna	Barber	LEI	14	930-1	1000-3	1000-5	893-8	954-10	798-16			5575	4
Jessica	Dring-Morris	LEI	14	480-1	513-3	503-5	619-8	725-9	410-10	779-11	470-14	4499	5
Sarah	Parkin	DVO	40	442-4	638-7	370-8	261-10	639-12	729-13	578-15		3657	6
Ashleigh	Howells	LEI	14	808-3	862-9	866-11	1000-14					3536	7
Amanda	Price	DVO	50	730-10	1000-15							1730	8

Short Green - Male

Kevin	Gallagher	LEI	65	939-5	1000-7	1000-8	1000-10	1000-11	1000-12	960-13	1000-17	7899	1
David	Parkin	DVO	80	1000-2	995-3	935-7	979-10	934-11	967-12	924-13	909-15	7643	2
Ernie	Williams	LEI	70	816-2	1000-4	1000-5	996-6	828-8	1000-9	952-10	808-11	7400	3
John	Woodall	NOC	75	913-1	808-2	977-5	903-6	918-13	811-14	992-15	839-17	7161	4
Eric	Porter	LEI	70	1000-6	768-7	946-9	745-12	1000-13	772-14	1000-15		6231	5
Chris	Phillips	LEI	65	735-1	715-3	661-5	743-9	689-10	704-13	644-14	675-17	5566	6
Roger	Keeling	DVO	70	553-1	520-2	660-5	583-8	627-9	603-12	759-13	539-14	4844	7
Tony	Buckland	NOC	75	806-10	607-12	727-13	594-14	825-15				3559	8
Peter	Hubberstey	NOC	70	1000-3	846-12	917-13	756-14					3519	9
John	Cooke	DVO	65	804-4	573-7	574-12	695-13	642-15				3288	0

Short Green - Female

Pauline	Ward	DVO	70	1000-2	1000-4	1000-7	1000-8	1000-10	1000-12	902-14	1000-16	7902	1
Christine	Middleton	DVO	65	732-2	853-3	802-4	695-7	825-8	1000-11	755-12	1000-14	6662	2
Molly	Smith	LEI	70	861-1	797-3	593-4	1000-6	783-8	691-11	565-12	760-16	6050	3
Jen	Gale	DVO	65	1000-1	797-3	656-4	789-7	748-11	644-13	986-14		5620	4
Diane	Ford	LEI	65	689-1	543-2	1000-5	737-8	692-12	787-14	544-15		4992	5
Alison	Hayes	DVO	50	461-2	558-3	544-5	559-8	550-10	479-12	582-14	625-16	4358	6
Ann	Armistead	DVO	65	1000-3	749-4	829-10	934-11	779-12				4291	7
Karen	Bedwell	DVO	45	419-2	456-4	1000-9	413-10	591-11	446-13	591-16		3916	8
Sue	Porter	LEI	70	803-7	765-11	703-13	962-14	622-15				3855	9
Cathryn	Goodhead	DVO	50	741-7	998-9	558-10	507-12	828-14				3632	0

Green - Male

Simon	Ford	LEI	70	1000-1	1000-2	1000-4	1000-5	1000-7	1000-8	972-14	1000-15	7972	1
David	Booker	NOC	60	962-3	981-4	936-9	900-10	959-11	1000-14	809-15	903-16	7450	2
Roger	Edwards	LEI	60	960-5	870-7	869-8	1000-9	911-11	944-13	867-15	920-	7341	3

EMEWs

Andy	Hawkins	DVO	65	911-1	948-4	833-7	986-9	887-11	904-13	984-15	865-16	7318	4
Peter	Leake	LEI	75	803-3	739-4	946-5	928-10	850-11	1000-13	918-15	1000-17	7184	5
David	Bray	LEI	60	839-1	812-2	864-3	800-4	969-8	821-10	740-12	705-14	6550	6
David	Anderson	LEI	75	681-1	827-2	702-4	862-5	905-13	859-14	779-15	841-16	6456	7
Jeffrey	Baker	LOG	60	743-1	827-3	756-5	883-6	876-7	720-13	819-14	754-17	6378	8
John	Palmer	NOC	65	839-3	777-7	867-8	721-10	721-13	786-14	736-15	797-16	6244	9
David	Cooke	NOC	65	829-2	769-4	1000-6	710-10	1000-11	774-15	1000-16		6082	0

Green - Female

Jane	Booker	NOC	60	1000-1	1000-2	982-4	985-7	988-8	1000-9	929-13	1000-16	7884	1
Imogen	Wilson	LEI	14	849-1	909-4	872-5	909-9	970-10	922-11	1000-14	1000-17	7431	2
Kim	Buxton	DVO	50	830-1	823-2	838-3	882-4	1000-7	901-10	1000-12	762-14	7036	3
Anne	Gibbs	LOG	70	714-3	785-4	711-5	1000-6	863-9	1000-10	979-12	723-13	6775	4
Margaret	Keeling	DVO	65	712-2	846-4	913-5	1000-8	769-9	814-10	749-13	841-16	6644	5
Ruth	Ellis	DVO	60	729-4	824-5	963-6	839-8	749-9	787-10	833-12	763-16	6487	6
Jane	Burgess	DVO	55	786-1	757-2	831-3	927-9	926-13	644-14	726-15		5597	7
Jane	Dring-Morris	LEI	45	662-2	640-3	729-8	663-9	622-10	602-11	859-12	806-16	5583	8
Wendy	West	LEI	50	656-1	658-2	642-3	647-8	659-9	672-10	700-12	741-16	5375	9
Ann-Marie	Duckworth	DVO	45	832-1	780-2	913-4	854-11	846-14	851-15			5076	0

Blue - Male

Derek	Gale	DVO	70	944-1	982-3	937-7	959-8	931-9	931-10	885-14	1000-15	7568	1
Glynn	Smith	LEI	65	867-4	880-6	1000-7	986-8	805-9	906-12	825-13	939-16	7208	2
Andy	Sykes	DVO	45	893-2	862-7	893-10	877-11	844-12	811-13	850-15	811-16	6841	3
Dave	Denness	LOG	55	787-2	891-3	880-5	849-8	844-9	820-13	867-14	822-15	6760	4
Paul	Murgatroyd	LOG	45	1000-3	930-4	895-6	931-8	1000-9	1000-10	922-12		6678	5
Andrew	Middleton	DVO	65	1000-4	974-7	818-8	1000-11	1000-12	936-13	886-15		6614	6
Chris	Bosley	LEI	65	896-3	773-4	808-7	812-9	756-11	804-12	868-14	780-15	6497	7
John	Marriott	LEI	65	938-3	933-5	823-9	855-11	878-13	1000-14	1000-17		6427	8
Michael	Lindsay	DVO	60	833-3	786-4	823-9	809-10	708-12	769-13	789-14	840-16	6357	9
Paul	Hudson	NOC	50	754-1	802-4	835-8	745-11	800-12	823-13	742-14	848-16	6349	0

EMEWS

Blue - Female

Liz	Godfree	DVO	65	1000-1	1000-2	1000-3	1000-4	1000-8	966-10	1000-13	1000-16	7966	1
Tanya	Taylor	LOG	40	820-3	1000-5	1000-7	1000-9	983-12	771-13	1000-14	1000-17	7574	2
Joanna	Goodhead	DVO	16	841-2	700-3	713-4	862-5	810-7	963-14	809-16	989-17	6687	3
Trish	Lydon	LEI	45	860-2	740-3	922-5	892-7	728-9	805-11	942-2	761-16	6650	4
Ursula	Williamson	LEI	50	817-5	800-7	771-10	779-12	958-14	828-15	757-16	890-17	6600	5
Rachel	Davis	DVO	45	700-1	704-2	716-4	743-5	884-7	805-12	747-14	772-17	6071	6
Sal	Chaffey	DVO	45	802-2	846-8	809-10	917-11	1000-12	1000-15			5374	7
Tracey	Brookes	LEI	45	685-4	679-9	754-10	868-11	748-16	810-17			4544	8
Joanne	Nell	RAFO	50	803-2	772-3	881-4	1000-6	765-15				4221	9
Liz	Heaton	LEI	21	572-1	597-4	652-5	445-10	631-11	460-13	625-15		3982	0

Brown - Male

John	Duckworth	DVO	45	1000-1	926-2	1000-3	1000-4	1000-8	1000-11	1000-12	975-15	7901	1
Dai	Bedwell	DVO	45	859-4	980-8	1000-9	857-10	968-11	853-12	1000-13	940-16	7457	2
Robert	Smith	DVO	50	968-2	896-4	963-7	868-8	896-11	930-12	905-13	902-14	7328	3
Finn	Lydon	LEI	16	803-1	925-5	768-7	886-8	954-9	901-11	879-12	872-17	6988	4
Richard	Parkin	DVO	45	971-3	889-10	982-11	859-12	940-13	930-15	943-16		6514	5
Ian	Wells	RAF O	60	791-1	745-2	771-3	950-6	820-8	748-11	801-14	806-16	6432	6
Russell	Buxton	DVO	55	715-1	644-2	583-4	919-7	687-12	938-13	901-16	715-17	6102	7
John	Mather	LOG	40	764-1	699-3	670-4	729-7	703-8	697-9	628-11	626-12	5516	8
Mark	Webster	NOC		661-2	719-6	746-8	597-13	656-14	558-15	724-16	601-17	5262	9
David	Pettit	DVO	21	628-1	613-3	601-5	652-8	647-10	703-13	658-14	660-16	5162	0

Brown - Female

Hannah	Cox	LEI	18	1000-1	1000-2	1000-4	1000-5	1000-11	1000-12	1000-13	1000-14	8000	1
Helen	Chiswell	DVO	35	751-1	981-2	1000-3	873-4	838-5	1000-7	748-13		6191	2
Julie	Ferris	LEI	45	815-11	821-13	709-14	1000-15	1000-16				4345	3

----000----

East Midlands League 2015

The following are the events scheduled for 2015:

11 th Jan - Outwoods (LEI)	18 th Jan - Crich Chase (DVO)	1 st Feb - Bagworth (LEI)
22 nd Feb - Harlow (NOC)	1 st Mar - Ratby (LEI)	8 th Mar - Kedleston (DVO)
26 th Apr - Cromford (DVO)	27 th Sep - Abney Moor (DVO)	4 th Oct - TBC (LOG)

EMEWS

11th Oct - Shirebrook (NOC)

1st Nov - Burbage (LEI)

8th Nov - Thoresby N (NOC)

13th Dec - Longstone (DVO)

20th Dec - Bramcote (NOC)

27th Dec - TBC (LEI)

-----000-----

East Midlands Urban League 2014

The EM Urban League was successfully concluded with the event at Oakwood on 16th November. The final league tables are shown below for 2014 with the best 4 out of 7 events to count.

- **EMUL 1** Sunday 11 May: Matlock (DVO)
- **EMUL 2** Sunday 18 May: Newark (NOC)
- **EMUL 3** Sunday 21 June Nottingham University (NOC)
- **EMUL 4** Sunday 31 August: Lincoln City (LOG)
- **EMUL 5** Saturday 25 October: Washingborough (LOG)
- **EMUL 6** 9 November Loughborough University (LEI)
- **EMUL 7** 16 November Oakwood (DVO)



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

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

Below are the positions of the EMOA folk in the league (top ten EMOA for each course, I have omitted none-EMOA folk):

Junior Men

					EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
	Name		Club	best 4	11May	18May	21Jun	31Aug	25Oct	9Nov	16Nov
1	Simon Warrener	M16	NOC	289/3		96	100			93	
2	Benjamin Mather	M12	LOG	193/2				93	100		
3	Samuel Davis	M12	DVO	181/2	91			90			
4=	Louis Forshaw-Perring	M16	DVO	100/1	100						
4=	Nicholas Wilson	M16	LEI	100/1						100	
4=	Alastair Flynn	M16	NOC	100/1		100					
7=	Ethan Tebbutt	M14	LEI	96/1						96	
7=	Joe Uprichard	M16	DVO	96/1	96						
9	James Peet	M14	NOC	93/1	93						
10=	Sasha Barker-Pilsworth	M14	RAFO	91/1				91			
10=	Francis Mayes	M14	LEI	91/1						91	

Junior Women

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
--	------	--	------	--------	-------	-------	-------	-------	-------	-------	-------

EMEWS

1	Ashleigh Howells	W14	LEI	292/3		96		96		100	
2	Hanna Mather	W10	LOG	100/1					100		
3	Sarah Duckworth	M12	LOG	93/1		93					
4	Joanna Goodhead	M12	DVO	91/1		91					
5	Charlotte Webster	M16	DVO	90/1		90					

Open Men

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Alan Le Moigne	M35	DVO	366/4	90		87	89	96	83	91
2	Liam Harrington	M21	LOG	296/3	100	96		100			
3	Joe Taunton	M21	NOC	289/3				96		93	100
4	Mark Webster	M45	NOC	267/3	89	85			93		
5	Simon West	M18	LEI	255/3		83		85			87
6	Stephen Bones	M21	LOG	250/3				84		80	86
7	Andrew Selby	M35	DVO	239/3		82	79			78	
8	Mark Goodhead	M20	DVO	177/2		89					88
9	Craig Lucas	M18	LOG	174/2				83	91		
10	Robert McNab	M50	RAFO	171/2		84		87			

Open Women

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Helen Chiswell	W35	DVO	377/4	93	100				91	93
2	Liz Heaton	W21	LEI	364/4			91		96	87	90
3	Andrea Page	W35	LOG	281/3			90	91	100		
4	Sal Chaffey	W45	DVO	280/3	96					88	96
5	Joanna Goodhead	W16	DVO	264/3				88		85	91
6	Lucy Taylor	W21	LEI	182/2			93			89	
7	Hannah Cox	W18	LEI	96/1						96	
8	Alison Wright	W21	LOG	91/1		91					
9	Karen Howells	W40	LEI	89/1				89			

Veteran Men

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Paul Murgatroyd	M45	LOG	382/4	93		96			100	93
2	Richard Parkin	M45	DVO	374.5/4	91	90.5	100	90		93	90
3	Francesco Lari	M45	NOC	355/4	88		90	91		86	
4	Alastair Paterson	M45	LEI	338/4	80	77	85	80	93		77
5	Andrew Ridgway	M50	NOC	329/4	87	87		87		68	
6	Graham Thorne	M40	NOC	326/4	75	84	89	78			
7	Iain Phillips	M45	LEI	324/4	76	71	79	74	91	78	72
8	Paul Hudson	M50	NOC	321/4	82	80		82		77	

EMEWS

9	Paul Goodhead	M50	DVO	296/4		73		75		73	75
10	David Vincent	M50	DVO	255/3			88			81	86

Veteran Women

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Tanya Taylor	W40	LOG	400/4	100	100		100	100	100	100
2	Helen Parkinson	W45	NOC	375/4		91	93	96	93	93	
3	Rachel Davis	W45	DVO	356/4	90	85		90		89	87
4	Ursula Williamson	W50	LEI	355/4	87	88	90	89	88	80	86
5	Tracey Brookes	W45	LEI	351/4	91	86		91		83	
6	Clare Hanna	W45	LOG	350/4	85		91	85	89	79	
7	Kim Buxton	W50	DVO	339/4	88	84		83		82	84
8	Julie Webster	W50	NOC	334/4	83	81			87		83
9	Wendy West	W50	LEI	329/4	84	76	88				81
10	Amanda Roberts	W50	LOG	273/3				93	91		89

Supervet Men

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Paul Morris	M55	NOC	392/4	100	96	96		96	100	
2	Robert Haskins	M60	LEI	370/4	91	93	88	83	93	86	93
3	Robert Parkinson	M55	NOC	354/4		84	90	85	91	88	
4	Ian Parfitt	M60	DVO	348/4	93	81		80	89		85
5	Russell Buxton	M55	DVO	347/4	86	71		89		83	89
6	Roger Edwards	M60	LEI	326/4			81	79	85	81	
7	Sean Harrington	M55	LOG	318/4	83	72		77	86		
8	Alan West	M55	LEI	308/4	85	67		75			81
9	Kevin Bradley	M55	LEI	299/4		66	79	72		70	78
10	Mike Gardner	M55	DVO	258/3	88	82					88

Supervet Women

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Trudy Crosby	W55	LOG	369/4		89		90	100		90
2	Anne Gibbs	W70	LOG	359/4		88		88	96	87	86
3	Ruth Ellis	W60	DVO	355/4		87	93			88	87
4	Liz Godfree	W65	DVO	296/4	100	100				0	96
5	Jane Booker	W60	NOC	284/3	93	91		100			
6`	Val Johnson	W55	DVO	272/3	91	90		91			
7	Margaret Keeling	W65	DVO	171/2						86	85
8	Christine Elliott	W55	NOC	100/1			100				
9	Judith Holt	W60	DVO	96/1	96						

EMEWS

10=	Doris Sowley	W55	LOG	93/1					93		
10=	Jane Burgess	W55	DVO	93/1							93

Ultravet Men

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Doug Dickinson	M65	DVO	396/4		100			100	100	96
2	Simon Ford	M70	LEI	367.5/4	89		93	91	93	84.5	90.5
3	Derek Gale	M70	DVO	366/4	93	84	96	93		82	
4	Andy Hawkins	M65	DVO	359/4	91	90				90	88
5	Glynn Smith	M65	LEI	356/4	96	89				87	84
6	John Palmer	M65	NOC	342/4	88	79		84	91	76	
7	Chris Phillips	M65	LEI	342/4	82	76	89	82	89	0	78
8	David Parkin	M80	DVO	335/4	84	78	88	85			77
9	Jim Smith	M65	LEI	324/4				80	88	75	81
10`	Laurie Fluck	M65	LEI	317/4	81	74		75	85	71	76

Ultravet Women

	Name		Club	best 4	EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
1	Hilary Palmer	W65	NOC	400/4	100	100	100	96	100	100	
2	Jen Gale	W65	DVO	366/4	90	89	93	90		93	
3	Diane Ford	W65	LEI	355/4	89		88	88		87	90
4	Pauline Ward	W70	DVO	183/2		93				90	
5	Margaret Keeling	W65	DVO	181/2	91		90				
6=	Helen Finlayson	W65	DVO	96/1	96						
6=	Ann Armistead	W65	DVO	96/1							96
8	Molly Smith	W70	LEI	93/1							93

---0000---

URBAN LEAGUE 2015

The following are the events scheduled for the urban league in 2015:

4 th May - Newark (NOC)	14 th Jun - Chesterfield (DVO)	21 st Jun - Ashby (LEI)
5 th Sep - Lincoln (LOG)	6 th Sep - Loughborough (LEI)	13 th Sep - Southwell (NOC)
25 th Oct - Grantham (LOG)	15 th Nov - Matlock (DVO)	

---0000---

Fixtures

This fixture list is intended to list all major events in the UK, and all East Midlands events. It includes all the information available to me about the event at the time of going to press. Details on entry are normally available on the club sites. Unless otherwise stated, Local events offer entry on the day (EOD) to a range of colour coded courses with start times from 10:30 to 12:30. Some will provide a wider range of courses than others. Regional events provide colour coded within which age classes can be run. National events provide a range of age related courses and are normally entered in advance.

The OS map reference is either the car park or point from which the event will be signposted. The list is based on BOF registration, but events are sometimes cancelled. If you are uncertain of whether an event will be on, check with the organiser. The editor takes no responsibility for wasted journeys.

February

Sun 1 st	Thetford Thrash Day 2	C	WAOC	EA	Croxton Heath	Thetford	TL893880
Sun 1 st	EMOA League Event Bagworth	C	LEI	EM	Bagworth	Coalville	SK447081
Sun 1 st	Regional Event	C	SYO	YH	Ramsley Moor	Chesterfield	SK295749
Thu 5 th	Night Score Cup	D	LOG	EM	South Common	Lincoln	SK9772069
Sat 7 th	Southern Champs Weekend Sprint Event (UKOL)	B	MV	SE	The Nower	Dorking	
Sat 7 th	DVO Informal Event	D	DVO	EM	Foremark Reservoir	Swadlincote	SK336248
	Foremark Reservoir is near Burton-on-Trent in Derbyshire. The access road can be reached from the A38 and A50 on the B5008 through Repton and then Milton. When approaching from Milton ignore the turning to the Sailing Club, the entrance is another ¾ mile up the road. Courses: White, Orange, Light Green; Adults £3.00 Children and Students: £1.50						
Sat 7 th	HOC Event	D	HOC	WM	Longdon, Wyre Forest	Bewdley	SO751780
Sat 7 th	POTOC Leisure and Training Event	D	POTOC	WM	Apedale Country Park	Newcastle, Staffordshire	
Sun 8 th	MV Southern Championships & Interland (UKOL)	A	MV	SE	White Downs, Netley Heath & Sheepleas	Dorking	
Sun 8 th	The Wrekin - 40th Anniversary Event (WMOA League 3)	C	WRE	WM	The Wrekin	Telford	
Sun 8 th	Regional Event	C	AIRE	YH	Haworth Moor & Penistone Hill	Keighley	SE020362
Sun 8 th	NOC Winter League	D	NOC	EM	Silverhill Wood	Sutton-in-Ashfield	SK473622
Sun 8 th	NOR Colour Coded	D	NOR	EA		Norfolk	
Thu 12 th	Night Score Cup	D	LOG	EM	Hartsholme & Swanholme	Lincoln	SK947976
	Each event comprises of a single 45 minute, mass start, score race. Collect as many controls from the 25 available as you can in within the 45 minute time limit. Each control is worth 5 points; there is a time penalty of -5 points for each 30 seconds (or part thereof) over the time allowance. Registration will be open from 6.30pm, with call up and briefing at 7.10pm. There will be a mass start, with map release at the same time, at 7.15pm. Course closes at 8.15pm. Entry fee is £3.00 for LOG/BO members (adults), £4.00 for non-members, £2.00 juniors (all)						

EMEWS

	and includes SI dibber hire.						
Sat 14 th	DVO Informal Night Event	D	DVO	EM	Calke Abbey	Derby	SK355240
	<p>Note: Grid Ref is of Ticknall entry; Postcode DE73 7JF is of Calke Abbey itself.</p> <p>In main car park. Approach only from Ticknall Village entrance to Calke Park. Best approach from north, east and west is from A50/A514 junction south of Derby. Follow A514 across Swarkestone Bridge and then turn right after Stanton by Bridge following brown signs.</p> <p>Courses: Yellow, Light Green, Green and Blue; Adults Yellow and Light Green £3.00, Green and Blue £6.00</p> <p>Children and Students: Yellow and Light Green £1.50, Green and Blue £3.00 Starts: 18:30 to 19:00</p>						
Sun 15 th	Midlands Championships	A	WCH	WM	Cannock Chase	Cannock	SJ995210
Thu 19 th	LEI Winter League 11 – Whitwick	D	LEI	EM	Hermitage Leisure Centre	Coalville	SK434157
	<p>Courses: Short, Medium, Long; Starts: 11:00 – 12:00</p> <p>Seniors: £4.50 / Juniors £1.50</p> <p>SK434157 – view in Google Maps or Streetmap format. Hermitage Leisure Centre</p>						
Thu 19 th	Night Score Cup	D	LOG	EM	Lincoln North	Lincoln	SK
	See 12 th February						
Sat 21 st	Northern Night Championships	C	NATO	NE	Broomley Woods	Stocksfield	
Sun 22 nd	TVOC Chiltern Challenge Regional Event Level B	B	TVOC	SC	Penn and Common Wood	High Wycombe	SU924965
Sun 22 nd	NOC Regional Event (EM League)	C	NOC	EM	Harlow Woods	Mansfield	SK550568
	<p>Harlow Wood is situated just south of Mansfield on the A60. Parking will be in the Portland College Car Park</p> <p>White, Yellow, Orange, Light Green, Short Green, Green, Blue, Brown</p> <p>Registration: 10:00 12:00</p>						
Thu 26 th	Night Score Cup	D	LOG	EM	Birchwood/Doddington	Lincoln	SK9326469
	See 12 th February						
Sat 28 th	British Night Championships (UKOL)	A	AIRE	YH	Middleton Park	Leeds	SE301299
Sat 28 th	Hardwick Hall Informal Event	D	DVO	EM	Hardwick Hall	Chesterfield	SK453638

March

Sun 1 st	BNC weekend event (UKOL)	B	SYO	YH	Cawthorne/Deffer	Barnsley	SE299096
Sun 1 st	EMOA League Event Ratby Woodlands	C	LEI	EM	Ratby	Leicester	
	<p>Car Park; Groby Community College, Groby; Courses: White Yellow Orange Light Green Short Green Green Blue Brown</p> <p>Seniors £7.00 and Juniors £2.50; Registration: 10.00 a.m. – 12.00 noon</p> <p>NOTE: East Midlands League 2014 Presentation 10.00</p>						
Sun 1 st	SMOC Colour Coded and EA League	C	SMOC	EA	Brackmills	Brackmills	SP773580
Thu 5 th	Night Score Cup	D	LOG	EM	West Common West End	Lincoln	SK964547
	See 12 th February						
Sat 7 th	Oxford City Race	C	OUOC	SC	Oxford City Centre	Oxford	SP513071

EMEWs

Sun 8 th	CLOK Acorn Event	B	CLOK	NE	Hutton Mulgrave	Whitby	NZ829095
Sun 8 th	HOC Event (WMOA League 4)	C	HOC	WM	Highgate Common	Wombourne	SO838902
Sun 8 th	Sarum Saunter	B	SARUM	SW	Sidbury Hill TBC	Salisbury	SU230501
Sun 8th	DVO Regional Event	C	DVO	EM	Kedleston	Derby	SK305412
Sun 8 th	Mole Valley Ranking Event	C	MV	SE	Headley Heath	Dorking	
Sun 8 th	LOC Cumbrian Galoppen	C	LOC	NW	Claife Heights	Hawkshead	SD382977
Sun 15th	CompassSport Cup Heat	B	NOC	EM	Sherwood Pines	Ollerton	SK612638
	Clubs whose competitors are entering individually via Fabian4: LEI, NOC, NOR, WAOC, WCH, EPOC, POTOC, and LOG All other clubs enter via their club captain NOT on Fabian4: DEE, DVO, MDOC, SYO, SELOC, SUFFOC, HALO, and WRE Closing date: midnight 27 February 2015						
Sat 21 st	YHOA Sprint Championships/YHOA Urban League	C	EBOR	YH	RAF Linton-on-Ouse	York	SE495610
Sat 21 st	Sutton Campus Short Urban Event	D	COBOC	WM	BMET Sutton College	Sutton Coldfield	
Sat 21 st	British TrailO Championship	D		EA	Twywell	Kettering	SP938772
Sat 21st	Broomfield Hall Informal Event	D	DVO	EM	Broomfield Hall College	Derby	SK388399
Sun 22 nd	EBOR B event	B	EBOR	YH	Gilling	Pickering	SE590745
Sun 22 nd	South East League and Long Championships	B	SAX	SE	Ightham	Borough Green	TQ582557
Sun 22 nd	OD Level B Event Bentley Wood	B	OD	WM	Bentley Wood	Atherstone	SP291966
Sun 22 nd	Keyne-O, Linford Wood	D	SMOC	EA	Linford Wood	Milton Keynes	SP846405
Wed 24 th	Inter Platoon Welbeck College (Provisional)	D		EM	Beacon Hill	Loughborough	
Sat 28 th	OD Local Event University of Warwick (WMOA Urban League)	C	OD	WM	University of Warwick	Coventry	SP298766
Sat 28th	NOC Informal Event	D	NOC	EM	Gedling Country Park	Nottingham	SK612455
Sun 29 th	YHOA Middle Championships	B	HALO	YH	Knapton Wood	Malton	
Sun 29 th	WCH Colour Coded (WMOA League 5)	C	WCH	WM	Shugborough and Satnall Hills	Stafford	SJ975211

April

Fri 3 rd	JK Weekend Sprint (UKOL)	A		NW	Lancaster University	Lancaster	
Sat 4 th	JK Weekend Individual 1 (UKOL)	A		NW	Ulpha Park & Barrow Fell	Ulverston	
Sat 4 th	JK Weekend PreO	Level B		NWOA	Haverigg Dunes	Barrow	SD161785
Sun 5 th	JK Weekend Individual 2 (UKOL)	A		NW	Bigland	Ulverston	
Mon 6 th	JK Weekend Relays	A		NW	Graythwaite	Windermere	
Sun 12th	East Midlands Score Championships	C	NOC	EM	Clumber Park	Worksop	SK620752
Sun 12 th	HAVOC Colour Coded and EAL	C	HAVOC	EA	Epping Forest South West	Chingford	TQ393950
Sun 12 th	HOC Event	D	HOC	WM	Kinver Edge	Stourbridge	SO837828
Sun 12 th	SOLWAY CompassPoint Scottish	B	SOLWAY	SOA	Mark Hill	Dalbeattie	NX845549

EMEWS

	O League 3						
Sun 12 th	Regional Middle Distance & YHOA Superleague Event	C	AIRE	YH	Calverley Wood	Bradford	SE195381
Sat 18 th	British Long Distance Orienteering Championships (UKOL)	A	BOK	SW	New Beechenhurst	Coleford, Forest of Dean	SO620121
Sun 19 th	British Relay Orienteering Championships	A	BOK	SW	Cannop Ponds	Coleford, Forest of Dean	SO620121
Sun 19 th	Regional Event	C	CLARO	YH	Hanging Moor	Harrogate	
Sun 19 th	Keyne-O, Shenley Wood	D	SMOC	EA	Shenley Wood	Milton Keynes	SP822356
Sun 26th	DVO Regional Event	C	DVO	EM	Cromford Moor	Cromford	
Sun 26 th	Cumbrian Galoppen - Dalegarth	C	WCOC	NW	Dalegarth	Eskdale	SD149996
Sun 26 th	Yvette Baker Round	C	WCH	WM	Mansty Wood	Cannock	
Wed 29th	LEI Summer League 1 - Market Bosworth	D	LEI	EM	Market Bosworth Country Park	Market Bosworth	
Starts: 6:30 – 7:30pm; £4.50 / £1.50							

May

Fri 1 st	Irish Sprint Championships	B	LVO	NI	Laurelhill Sportszone	Lisburn	
Sat 2 nd	Irish Long Distance Championships	B	LVO	NI	Slieve Croob	Dromara	
Sat 2 nd	Triple Gloucester Weekend - SW Middle Distance Champs.	C	NGOC	SW	Knockalls Inclosure	Coleford, Glos.	
Sat 2 nd	YHOA Urban League	C	SYO	YH		Sheffield	
Sun 3 rd	GRAMP CompassPoint Scottish O League 4	B	GRAMP	SOA		Aberdeen	
Sun 3 rd	Regional Event	C	EPOC	YH		Halifax	
Sun 3 rd	Irish Relay Championships	B	LVO	NI	Hillsborough Forest Park	Hillsborough	
Sun 3 rd	Irish TrailO Championships	C	LVO	NI	Aberdelgy Golf Course Lambeg	Lisburn	
Sun 3 rd	Triple Gloucester Weekend - Day 2	C	NGOC	SW	Gloucester City Centre	Gloucester	
Mon 4th	NOC Urban Event	C	NOC	EM	Newark	Newark	SK799538
Mon 4 th	Triple Gloucester Weekend - Colour Coded	C	NGOC	SW	Headless Hill and Highmeadow	Coleford, Glos.	
Thu 7th	LEI Summer League 2 – Loughborough	D	LEI	EM	Loughborough University	Loughborough	
Starts: 6:30pm – 7:30pm; £4.50 / £1.50							
Sat 9 th	British Sprint Championships (UKOL)	A	BAOC	SC	Aldershot Barracks	Aldershot	
Sun 10 th	British Middle Championships (UKOL)	A	TVOC	SC	Naphill and Park Wood	High Wycombe	
Tue 12th	LEI Summer League 3 - Wakerley Woods	D	LEI	EM	Wakerley Woods	Corby	
Sat 16th	Informal Event at Allestree Park	D	DVO	EM	Allestree Park	Derby	SK352408
Sat 16 th	YHOA Urban League	C	HALO	YH	Hull University	Hull	
Sun 17 th	YHOA Urban League	B	HALO	YH	Hull Old Town	Hull	

EMEWS

Sun 17 th	SO, Angmering (east) & Patching Hill. Level B. SE League	B	SO	SE	East Angmering & Patching Hill	Clapham (A280), between Worthing & Arundel	TQ091064
Sun 17 th	WCH Urban Event	C	WCH	WM	Lichfield	Lichfield	
Tue 19 th	LEI Summer League 4 - Leicester	D	LEI	EM	Castle Hill Park	Leicester	
Sat 23 rd	Scottish Championships Individual	A	ECKO	SOA	Oban Area	Dalmally	
Sat 23 rd	Springtime in Shropshire	B	HOC	WM	Brampton Bryan	West Midlands	
Sun 24 th	Scottish Championships Relays	C	ECKO	SOA		Oban	
Sun 24 th	Springtime in Shropshire	B	WRE	WMOA	Stapeley	West Midlands	
Mon 25 th	Springtime in Shropshire	B	WRE	WM	Corndon	West Midlands	
Mon 25 th	YHOA Urban League	C	EBOR	YH	York	York	
Wed 27 th	LEI Summer League 5 - Leicester	D	LEI	EM	Evington Park	Leicester	
Sat 30 th	Twin Peak Day 1	B	MDOC	NW	Place Fell	Glenridding	NY398164
Sun 31 st	Twin Peak Day 2	B	MDOC	NW	Angle Tarn Pikes	Glenridding	NY398164
Sun 31 st	LEI Summer League 6 - Burrough Hill	D	LEI	EM	Burrough Hill	Leicester	

June

Wed 3 rd	LEI Summer League 7 – Donisthorpe	D	LEI	EM	Donisthorpe Woodlands	Swadlincote	
Sun 7 th	SAX Urban Event	B	SAX	SE	Canterbury	Canterbury	
Sun 7 th	OD Event Shuckburgh Hall (WMOA League 6)	C	OD	WM	Shuckburgh Hall	Daventry	
Thu 11 th	LEI Summer League 8 - Beacon Hill	D	LEI	EM	Beacon Hill	Loughborough	
Sun 14 th	Urban at Chesterfield	C	DVO	EM		Chesterfield	
Sun 14 th	Keyne-O, Loughton Valley Park	D	SMOC	EA	Loughton Valley Park	Milton Keynes	SP827394
Thu 18 th	LEI Summer League 9 - Woodhouse Eaves	D	LEI	EM	Beaumanor Hall	Loughborough	
Sat 20 th	FVO CompassPoint Scottish O League 5	B	FVO	SOA	Tullochroisk	Highland Perthshire	
Sun 21 st	TAY CompassPoint Scottish O League 6	B	TAY	SOA	Dunalastair	Kinloch Rannoch	
Sun 21 st	LEI (EM Urban League)	C	LEI	EM	Ashby	Ashby	
Sun 21 st	HOC Event (WMOA League 7)	C	HOC	WM	Brockhampton	Bromyard	SO681545
Wed 24 th	OD Local Event Sutton Park Gates Run	D	OD	WM	Sutton Park	Sutton Coldfield	SP113964
Wed 24 th	LEI Summer League 10 - Moria	D	LEI	EM	Feandock and Maybury Hill	Swadlincote	
Sat 27 th	Leicestershire County Schools Champs and LEI Summer League 11 – Burbage	D	LEI	EM	Burbage Common	Hinckley	
Sat 27 th	Footpath Relay	Act	DVO	EM	Cromford Meadows	Matlock	
Sun 28 th	Harvester Relays	B	WIM	SW	Rushmore Estate, Tollard Royal, Wiltshire	Blandford Forum, Dorset	ST969193

EMEWS

Sun 28 th	Milton Keynes Urban	C	SMOC	EA	Great Linford	Milton Keynes	SP854421
Tue 30 th	LEI Summer League 12 - Fosse Meadows	D	LEI	EM	Fosse Meadows Country Park	Hinckley	

Rest of the Year (Major Events and EMOA Events)

Sun 5 th Jul	Yvette Baker Trophy Final	B	NOC	EM	Nottingham University	Nottingham	SK540385
Tue 7 th Jul	LEI Summer League 13 – Bagworth	D	LEI	EM	Bagworth Woodlands	Coalville	
Thu 16 th Jul	LEI Summer League 14 – Outwoods	D	LEI	EM	The Outwoods	Loughborough	
Tue 21 st Jul	LEI Summer League 15 – Melton	D	LEI	EM	Melton Country Park	Melton Mowbray	
Sat 25 th Jul	LEI Summer League 16 - Willesley (Score Cup)	D	LEI	EM	Hicks Lodge Cycle Centre	Ashby de la Zouch	
Thu 30 th Jul	LEI Summer League 17 – Leicester	D	LEI	EM	Aylestone Meadows	Leicester	
Sun 2 nd Aug	Scottish 6 Days - Day1	B		SOA	Keppernach	Inverness	
Mon 3 rd Aug	Scottish 6 Days - Day2 (UKOL)	B		SOA	Glen Strathfarrar	Inverness	
Wed 5 th Aug	Scottish 6 Days - Day3 (UKOL)	B		SOA	Darnaway	Inverness	
Wed 5 th Aug	LEI Summer League 18 – Leicester	D	LEI	EM	Brocks Hill Park	Leicester	
Thu 6 th Aug	Scottish 6 Days - Day4	B		SOA	Darnaway	Inverness	
Fri 7 th Aug	Scottish 6 Days - Day5	B		SOA	Glen Affric	Inverness	
Sat 8 th Aug	Scottish 6 Days - Day6	B		SOA	Glen Affric	Inverness	
Wed 12 th Aug	Try Orienteering at Ilam	D	DVO	EM	Ilam	Ashbourne	SK134509
Thu 13 th Aug	LEI Summer League 19 – Oakham	D	LEI	EM	Oakham Woodlands	Oakham	
Tue 18 th Aug	LEI Summer League 20 - Sence Valley	D	LEI	EM	Sence Valley Forest Park	Ashby de la Zouch	
Wed 19 th Aug	Come and Try Orienteering	Act	DVO	EM	Longshaw	Chesterfield	
Sat 29 th Aug	White Rose Weekend	B	EBOR	YH	Pickering Forest	Pickering	
Sun 30 th Aug	White Rose Weekend	B	EBOR	YH	Pickering Forest	Pickering	
Mon 31 st Aug	White Rose Relays	C	EBOR	YH	Pickering Forest	Pickering	
Sat 5 th Sep	Caddihoe Chase Day 1	B	DEVON	SW	Fernworthy Reservoir	Chagford	SX659839
Sat 5 th Sep	Lincoln City Race (EMUL)	C	LOG	EM		Lincoln	
Sat 5 th Sep	PFO CAPRICORN	D	PFO	NW	TBA	TBA	
Sun 6 th Sep	Regional Event	C	SYO	YH	Kinderscout	Sheffield	
Sun 6 th Sep	Caddihoe Chase Day 2	B	DEVON	SW	Fernworthy Reservoir	Chagford	SX659839
Sun 6 th Sep	LEI (EM Urban League)	C	LEI	EM	Loughborough	Loughborough	
Sun 6 th Sep	HOC Redditch Urban	C	HOC	WM	Redditch	Redditch	SP032656
Sat 12 th Sep	London City Race	B	SLOW	SE	City of London North	London	
Sat 12 th Sep	Darley Park Informal Event	D	DVO	EM	Darley Park	Derby	SK353383

EMEWs

Sun 13 th Sep	NOC Urban Event	C	NOC	EM	Southwell	Southwell	
Sat 19 th Sep	Dales Weekend Day1/Northern Championships(UKOL)/Senior Home Internationals Individual	A	AIRE	YH	Malham Tarn to Arncliffe	Settle	
Sun 20 th Sep	Dales Weekend Day 2(UKOL)/YHOA Championships	B	AIRE	YH	Hawkswick Clowder	Upper Wharfedale	
Sun 27 th Sep	Regional Event	C	DVO	EM	Abney Moor	Hathersage	
Sat 3 rd Oct	October Odyssey Day 1	B	CLOK	NE	Eston Moor	Middlesbrough	
Sun 4 th Oct	October Odyssey Day 2	B	CLOK	NE	Boltby	Northallerton	
Sun 4 th Oct	Veteran Home Internationals Relays & Welsh Middle Distance Championships	B	MWOC	WOA	Llynnoedd Teifi	Tregaron	
Sun 4 th Oct	LOG Level C (EM League)	C	LOG	EM	Burghley	Stamford	TF0485906083
Sat 10 th Oct	DEE Sprint Weekend - Forest Sprint (UKOL)	B	DEE	NW	Eastham Country Park	The Wirral	
Sat 10 th Oct	DEE Sprint Weekend - Night Sprint	C	DEE	NW	Grosvenor Park	Chester	
Sun 11 th Oct	DEE Sprint Weekend - Urban Sprint (UKOL)	B	DEE	NW	City Centre and Business Park	Chester	
Sun 11 th Oct	NOC Regional Event (EM League)	C	NOC	EM	Shirebrook Wood	Shirebrook	SK536665
Sun 18 th Oct	Compass Sport Cup Final	A	SROC	NW	Helsington Barrows	Kendal	
Sun 18 th Oct	LEI Club Championships	D	LEI	EM	Hicks Lodge & Shellbrooke	Ashby de la Zouch	
Sat 24 th Oct	Cambridge City Race	B	CUOC	EA	Cambridge	Cambridge	
Sun 25 th Oct	Regional Event	B	EPOC	YH	Ogden Water	Halifax	
Sun 25 th Oct	Grantham Urban Race	C	LOG	EM		Grantham	
Sun 1 st Nov	November Classic	B	SOC	SC	Denny Lodge, New Forest	Southampton	
Sun 1 st Nov	Regional Event	C	SYO	YH	Wharnccliffe	Sheffield	
Sun 1 st Nov	EMOA League Event - Burbage Common	C	LEI	EM	Burbage Common	Leicester	
Sun 8 th Nov	NOC Regional Event (EM League)	C	NOC	EM	Thoresby North	Ollerton	SK640730
Sun 15 th Nov	Matlock Urban Event	C	DVO	EM		Matlock ??	
Sun 22 nd Nov	Regional B Event	B	LEI	EM	Bradgate & Swithland	Leicester	
Sun 29 th Nov	Regional B Event (EM Champs)	B	DVO	EM	Birchen Edge & Gardoms Edge - DVO EM League	Matlock	
Sun 6 th Dec	Regional Event	C	SYO	YH		Sheffield	
Sun 13 th Dec	EM League Event - Longstone	C	DVO	EM	Longstone Moor	Bakewell	SK195735
Sun 20 th Dec	SN Regional Event	B	SN	SE		South East	
Sun 20 th Dec	NOC Regional Event (EM League)	C	NOC	EM	Bramcote Hills & The Hemlockstone	Nottingham	SK503383

EMEWS

Sun 27 th Dec	LEI (EM League)	C	LEI	EM	Outwoods	Leicester	
--------------------------	-----------------	---	-----	----	----------	-----------	--

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

Ashby Map Runners			
Wednesday 4 th February	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 11 th February	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 18 th February	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 25 th February	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 4 th March	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 11 th March	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 18 th March	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 25 th March	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 1 st April	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 8 th April	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 15 th April	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 22 nd April	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 29 th April	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 6 th May	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 13 th May	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 20 th May	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 3 rd June	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 10 th June	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 17 th June	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 24 th June	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 1 st July	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 8 th July	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch
Wednesday 15 th July	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Ashby de la Zouch

LOG Club Night			
Thursday 12 th March	LOG	Greetwell Hollow	Lincoln
Thursday 19 th March	LOG	Riseholme Park	Lincoln
Thursday 26 th March	LOG	Hartsholme Park	Lincoln
Thursday 28 th May	LOG	Uni (Urban Prep)	Lincoln

Leicester Club Night			
Thursday 5 th February	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 12 th February	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 19 th February	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 26 th February	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 5 th March	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 12 th March	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 19 th March	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 26 th March	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester

EMEWS

Thursday 2 nd April	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 9 th April	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 16 th April	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 23 rd April	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 30 th April	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 14 th May	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester
Thursday 21 st May	LEI	Glenfield Sports Pavilion, Gynsill Lane, Glenfield	Leicester

Leicester (Groby) Club Night			
Monday 2 nd February	LEI	Brookvale College	Leicester
Monday 9 th February	LEI	Brookvale College	Leicester
Monday 23 rd February	LEI	Brookvale College	Leicester
Monday 2 nd March	LEI	Brookvale College	Leicester
Monday 9 th March	LEI	Brookvale College	Leicester
Monday 16 th March	LEI	Brookvale College	Leicester
Monday 23 rd March	LEI	Brookvale College	Leicester
Monday 13 th April	LEI	Brookvale College	Leicester
Monday 20 th April	LEI	Brookvale College	Leicester
Monday 27 th April	LEI	Brookvale College	Leicester
Monday 4 th May	LEI	Brookvale College	Leicester
Monday 11 th May	LEI	Brookvale College	Leicester
Monday 18 th May	LEI	Brookvale College	Leicester
Monday 1 st June	LEI	Brookvale College	Leicester
Monday 8 th June	LEI	Brookvale College	Leicester
Monday 15 th June	LEI	Brookvale College	Leicester
Monday 22 nd June	LEI	Brookvale College	Leicester
Monday 29 th June	LEI	Brookvale College	Leicester
Monday 6 th July	LEI	Brookvale College	Leicester
Monday 13 th July	LEI	Brookvale College	Leicester