

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SPRING 2023



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EMEWS

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

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **20th May 2023 for next EMEWS**. Contributions are always welcome but especially by e-mail ([.mikegardvo@sky.com](mailto:mikegardvo@sky.com)).

Cover - Thanks again to Ernie for the cover. It was sparked by Ernie chatting to folk who had smart watches to show their various speeds, and I, for one, can confirm that you do see idle speed when you stand around looking at your map trying to work out where you are!

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Minutes of EMOA Meeting - 30th January 2023

EMOA Controllers List - It is hoped to have a list of EMOA Controller's available on the EMOA website. However, it will not contain email addresses or telephone numbers to prevent anyone harvesting these details for SPAM. An example of this SPAM is a couple of emails I have received from a company on my EMEWS email address and my EMOA Secretary email address, which state I had signed up to receive the email. I have never ever used these email addresses apart from to receive content so how they claim I signed up to them is very mysterious!

Financial Secretary Report - In terms of income, the membership levies have come in via British Orienteering for October to December (and know what is expected for January), which seem to indicate we are heading for a similar number of members to 2022. Also, income has come in from levies for all events upto the most recent events which had only just taken place. In terms of expenses, the major expense is funding for talented orienteers, and we do seem to have a number to fund, which will take us over budget. However, the committee felt this should not be a problem as other expenses were lower than expected and we needed to encourage talented orienteers.

Development - Ranald is still awaiting names from some clubs for the attendees of the sub-committee to take forward the development approach. Once he has those names he will set up a virtual meeting. His aim is to encourage the sharing of development activity, encourage clubs to look to all sources of funding, and provide recommendations which EMOA can fund with their budget.

Coaching - See separate article from Hilary on Coaching Conference.

Junior Squad - Ann-Marie Duckworth reported that there had been no training taking place since the last EMOA meeting. Numbers in the squad are currently low, so just 2 members would be piggybacking on the YHOA Junior Squad trip south this weekend. We need to get more

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juniors moving up from the clubs into the squad, however, the clubs currently do have a number of families with White / Yellow level youngsters, but few ready to move up to Orange and above.

Fixtures - The 2023 League and Urban League are covered separately in EMEWS. The presentation for the EMOA League 2022 will take place at NOC Silverhill event on 5th March 2023 (Note change of venue from Strawberry Hill).

- **Future Major Events**

- a. **12 Feb 2023 - Compass Sport Cup Heat** - LEI - Beacon Hill
- b. **14 Oct 2023 - British Schools Score Champs** - LEI - Martinshaw
- c. **25 Feb 2024 - East Midlands Champs** - LOG
- d. **29 Mar 2024 - JK Sprint** - LEI - Loughborough
- e. **1 Apr 2024 - JK Relays** - DVO - Stanton Moor
- f. We need nominations for 2025 for :
 - i. CompassSport Cup Heat
 - ii. Midland Champs 2025
 - iii. EMOA Champs 2025

- **WMOA Request** - We had received a request from WMOA asking EMOA to consider merging the EMOA and WMOA Urban Leagues. After discussion, it was felt that the distance some members would have to travel would make this very difficult (e.g. LOG members could need to travel to Gloucestershire). We will retain the EMOA Urban League as it is, but have suggested to WMOA that if they want to use any of our urban events as part of their league, then as long as they confirm this is OK with the particular clubs, then we would have no problem with this.

Constitution - There were a number of proposed minor changes to the constitution to ensure it aligns to what we do (and also consistency and to correct a number of minor errors). Once reviewed these changes will be sent to clubs and proposed to the next EMOA AGM.

EMOA AGM - The date of September 11th has been reserved for the EMOA AGM 2023. The AGM will take place at the Pace Room in Clifton Village at 7:30pm. If anyone has any items they want to add to the agenda please let the secretary know as soon as possible.

Officials - At the EMOA AGM we will need to appoint new officials. Please could folk step forward as we will need a new Chair, Vice-Chair and Development Co-ordinator. Anyone wanting to undertake the roles will be fully supported by the outgoing officials (where they are in place), and the rest of the EMOA Committee. Please consider volunteering as otherwise we will have problems continuing to provide an EMOA committee.

Next Committee Meeting - The next EMOA committee meeting is Monday 24th April at 7:30pm and will be over zoom. If anyone wants to listen in please let the secretary know and will provide the zoom details.

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JK 2024

As an avid fan of Only Connect I have to start off with a quiz question.

What connects 2004, 2014 and 2024?

The answer, of course, is that it is East Midlands turn to be involved with The Jan Kjellestrom Festival of Orienteering, aka the JK, at Easter 2024.

Thankfully in 2024 we are more or less on home turf as we are sharing the 4 days with the West Midlands. So, for 2024, no more trekking off to the far distant corners of the UK.

The programme is:

Friday March 29th. Day 1 Sprint Race at Loughborough University hosted by LEI.

Saturday March 30th. Day 2 Middle Distance Race at Beaudesert hosted by Walton Chasers (WCH), and aided by Wrekin (WRE).

Sunday March 31st. Day 3 Classic Race at Beaudesert hosted by WCH with help from EMOA clubs.

Monday. April 1st. Day 4 Relays at Stanton Moor hosted by DVO.

You will see from the programme that we have been asked to help with Day 3. WCH are providing the major officials but as a small club need help with things like start, finish and car parking. NOC and LOG have been asked to consider what help they can give. However, if members from the other two clubs would like to help on the Sunday as well as helping on their club's day then they will be more than welcome. Please email me or speak to me at an event.

The major officials (Organiser and Planner) for Day 1 and Day 4 have already been appointed.

Day 1. Organiser Iain Phillips. Planner Steve Edgar.

Day 4. Organiser Sal Chaffey. Planner John Duckworth.

Iain and Sal will be on the lookout this summer for club members to fill Team Leader roles and for helpers for their days.

The JK has a strong central organisation covering the 4 days which is drawn from the clubs in the Region.

Andy Yeates WCH is the overall coordinator.

Bob Dredge OD is Treasurer.

Chris Phillips LEI is Safety Officer.

Ursula Williamson LEI is Entries Secretary and Enquiries Team Leader.

I am currently looking to appoint an Si Coordinator and an Equipment Coordinator. If you are interested, please let me know.

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The JK is always a wonderful long weekend of orienteering (even when the weather is bad, as it was in 2014) and a chance to see the wider orienteering world - and to buy some much needed kit!

It is an occasion that not only do several thousand GB orienteers come to, but orienteers from all over Europe. If you haven't been to a JK yet, this is the one to be your first. It's right on your doorstep, and we need your help. We can't do it without you. There are roles big and small for everyone and you will be able to run too.

I have always found that helping at a JK gives the buzz of being part of a large successful team, delivering a great event and I look forward to seeing you all there!

Chris Philips - Chair EMOA

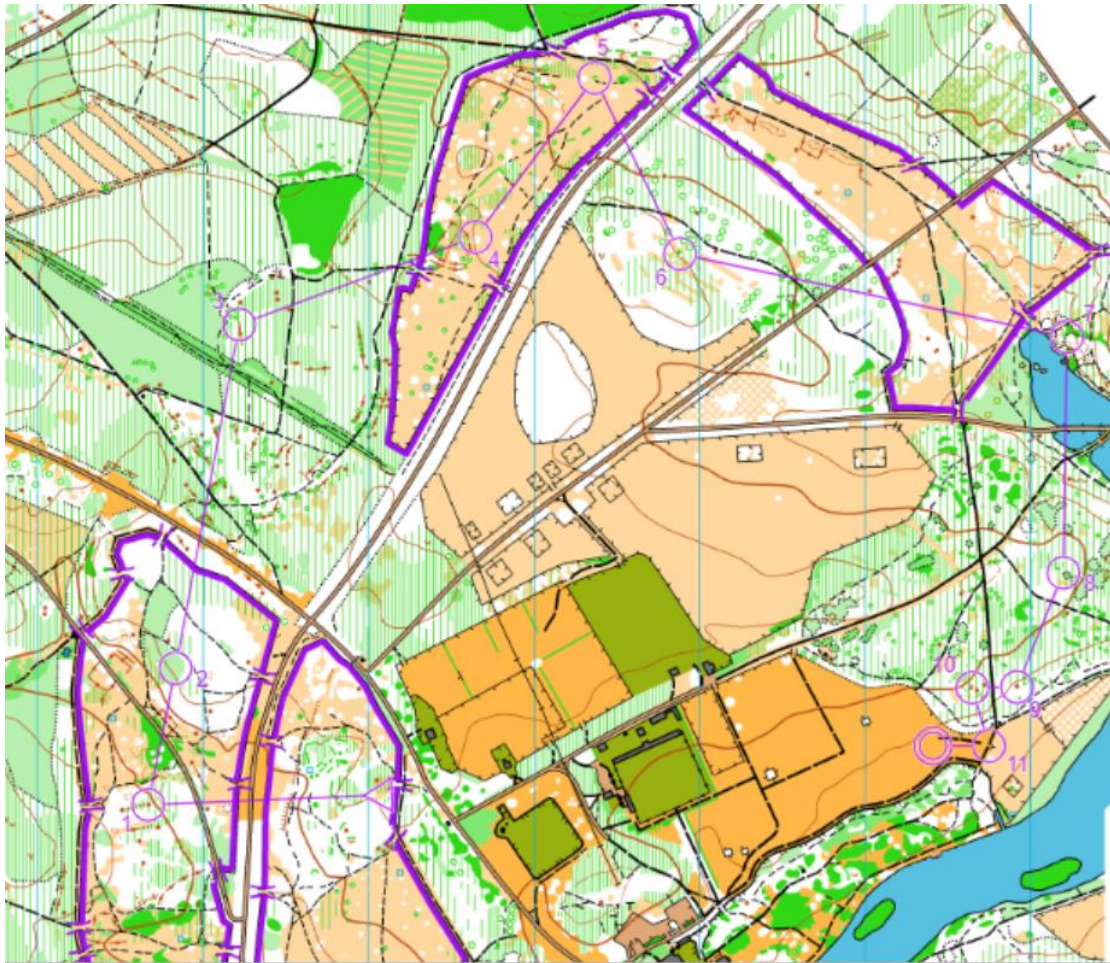
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East Midlands Championships 2023

The East Midlands Championships 2023 were held at the NOC Clumber Park event on 29th January. Below is a list of the EMOA champions of each age class:

M10 Darwin Buxton (DVO)	W10 Alice Powell (DVO)
M12 Aidan Chester (LEI)	W12
M14	W14
M16 Daniel Glover (LEI)	W16 Ellie Simpson (LEI)
M18 Jake O'Donnell (DVO)	W18 Hannah Mather (LOG)
M20	W20 Libby Barber (LEI)
M21 Craig Lucas (LOG)	W21 Monica Henderson (NOC)
M35 Nerijus Rozkovas (DVO)	W35 Esther Revell (LEI)
M40 Andrew Powell (DVO)	W40 Toni O'Donovan (LEI)
M45 Marcus Scotney (DVO)	W45 Sally Calland (DVO)
M50 John Duckworth (DVO)	W50 Michelle Mackervoy (DVO)
M55 Richard Parkin (DVO)	W55 Alison Hardy (LEI)
M60 Andrew Ridgway (NOC)	W60 Val Johnson (DVO)
M65 Paul Addison (DVO)	W65 Jane Kayley-Burgess (DVO)
M70 Michael Napier (NOC)	W70 Ann Armistead (DVO)
M75 Derek Gale (DVO)	W75 Hilary Palmer (NOC)
M80 David Anderson (LEI)	W80
M85 John Woodall (NOC)	W85
M90 Donald Moir (LEI)	

Short Green course shown from EMOA Champs at Clumber



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CompassSport Cup / Trophy

Congratulations to LEI on reaching the final of the CompassSport Trophy narrowly beating LOG, NOC and SMOC at the event at Beacon Hill on February 12th. DVO were narrowly defeated by OD in the CompassSport Cup competition. The day saw amazingly warm weather for the event with very little breeze, unusual for Beacon Hill in February.



Orienteering Foundation Report - Jan 2023



Latest news.

- The Foundation now has an Instagram account, join [here](#).
- Lakeland Orienteering Club were awarded a grant to help employ a CDO, they have a job share and updated the Foundation on their progress, more information [here](#).
- The reports from the [Lagganlia training camp](#) and the [JROS Czech training camp](#) for 2022 can be found via the links
- The TrailO group have produced a new video describing and promoting TrailO which was funded by the Foundation. It can be found on our [YouTube channel](#)
- We agreed further actions to take on the recommendations from the Newcomer Retention Group report and took early steps towards looking at Volunteering as a project and we are looking for volunteers who would be interested in serving on the working group, please contact your local Trustee or Ambassador if you would like more details. Contact details [here](#).
- New grants were approved to Moravian OC and Derwent Valley OC towards the costs of a CDO and extensions to CLOK and SBOC for their CDO's.
- A grant was made to Yardley's School to support them to form a link with COBOC.
- A grant to British Orienteering towards their first camp to introduce Altitude Training interventions.

If you would like to read more about this news or would like to find out more about the work of the Foundation please see their web site, www.orienteeringfoundation.org.uk,

Why not sign up for the Orienteering [newsletter](#), [Facebook](#), or [Twitter](#) accounts .

Pauline Olivant

Trustee Orienteering Foundation

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British Orienteering Coaching Conference January 2023

Thanks to EMOA and NOC for supporting my attendance at the Coaching Conference. Below are some of the highlights. The various presentations are [here](#) on the Coaching section of the BOF website so other coaches and, indeed an see what was covered in a bit more detail.

The Keynote speakers were Bernie Dietzig, Performance Pathway Director and Tom Bray, Performance Development Manager. They spoke about the GB squad programmes and how well the GB team had done in major international competitions last year. Bernie spoke highly of the ethos on the performance squad and that the athletes get no funding and so have to fit in the training and competing around paid work.

Tom gave a very good presentation on coaching the navigation side of the sport, enlarging on the 'Plan, Direction, Picture, Distance' theme we have heard from Kris Jones and Mark Nixon at previous conferences. NB this is relevant for beginner coaching up to the elite so have a look at Tom's presentation.

Hamish Willis explained that 'strength & Conditioning' is often overlooked by coaches and urged us to do kore and/or get a properly training Strength & Conditioning coach to be involved with our squads (regional and also club). We did some practical work with Hamish to try out some exercises.

More exercise for the brain after lunch with a varied Trail O test on a local park. NB it was not trivial. * It would be good practice for any orienteer getting them to read map detail.

Matthew Vokes gave a good presentation on the 'Middle Distance' discipline: 'It's not just a short Long Distance' and he planed some very good loops to reinforce this the next morning in the local park - again this was not trivial*.

I'm stressing this* because I think that a lot of orienteers just want to go out and compete on a Sunday morning - if members would do some practising i.e. go to a club coaching session they might be able to orienteer much better on a Sunday!

This was part of the Orienteering Foundation's presentation following the practical. As well as supporting junior coaching the OF really feels that there is a need for more adult coaching and funding is available to support clubs and regions. It's a good place to finish my report as this is something I think we could offer here in EM using some of each club's good areas.

Hilary Palmer

My experience of Lagganlia

Ellie Simpson (in many of the photos taken by Wendy Carlyle)



Lagganlia is an under 14 junior orienteering training camp organised by the Junior Regional Orienteering Squad (JROS) that takes place every summer for a week near near Aviemore. The week was really enjoyable, a great way to meet new people and, of course, fabulous training.

Twelve girls and twelve boys are selected for the tour each year and through all of the spring races last year I was really focused on selection - my dad always said the tours were amazing so I wanted to try to get onto one. On a few occasions I was close to the automatic qualifying standard

but annoyingly a silly mistake often took it out of reach. So I had to wait nervously to find out if I would get in based on the selectors decision - which I did and I was really excited. So I was off to Lagganlia at the end of July for a full week of orienteering training.

The evening we arrived the coaches put on an activity to help us to start learning names and get to know each other. After that the structure of a day usually consisted of practice exercises/courses in the morning, a race of some sort in the afternoon and a debrief in the evening in a group of four with two coaches.



Then we would be told where we were going and what we were going to be doing the next day along with a PowerPoint showing us different techniques to improve our orienteering. The week was very useful for me and improved my orienteering a lot.

Here is an overview of what we did each day:

Day 1: Moor of Alvie - Contours, Compass bearings and pacing. Map walk and short courses followed by a star relay.

Day 2: Roseisle - line course and a choices course where we had 10 normal controls, and we had to pick 2 diversion controls to run to.

Day 3: Creag Beag - 800m time trial (400m on a path and 400m in the forest) and a few exercises further up the open hill. Peg

race.

Day 4: Glenmore Lodge + Badaguish - Knock Out Sprint races, rings over pond strength work and a swim in Loch Morlich.

Day 5: Culbin - Course on a simplified maps of Culbin that we had drawn ourself. Odds and evens relay.

Day 6: North Granish - Tour Championships and balloon relay

If you would like to see a short video of what the tour is about then watch here:

<https://youtu.be/a8Z1-wTBw34>



If you want to find out more then I'm happy to tell you more about it. Also you can find out about selection on www.jros.org.uk. Selection for the camp is usually based on races in the Spring and the British Long Distance Championships and the JK look like they will be important races next year. With the 12 best athletes in M14 and W14 selected, it's not easy but if you are interested then train hard, go to as many races as possible and keep trying (and good luck).



Iain Phillips at WTOC 2022.

Having had a reasonably successful ETOC (European Championships) I made my case for a selection at the WTOC (Worlds) and, somewhat surprisingly, was selected, again just for the TempO discipline. With there being only one relay time, relay selection was unlikely and indeed so as our previously successful team of Tom Dobra, Charles Bromley Gardner and John Kewley were the team again. WTOC also invited up to 2 juniors to join the team. In the end it was quite a large contingent with Ian Ditchfield joining me in the TempO and Nick Barrable for the PreO competitions and Ben Kyd and Dom Wathey joining as Juniors. These two had performed well at online TempO throughout lockdown and beyond with Ben regularly finishing at the top of these competitions.



World Trail Orienteering Championships

2022, Jelenia Góra, Poland

We started with the pre-WTOC event very close to WTOC itself in Jelenia Góra, Poland. Here a TempO was followed by a PreO and I achieved mid-table results in both. I would have hoped for something better, but with 25 of the 27 controls right on the PreO I joined several on the same score. Unfortunately, my timed control tie break performance was poor, partly as the chair broke when I sat on it.

We then moved down the road for WTOC. With only a competitive run in the TempO available to me all my other performances were informal attempts at the main courses. My TempO was unfortunately one of my worst results ever, but I suspect I was going down with Covid at the time. However, it was great to be away and it was the week of the hottest weather in the UK and not quite so hot in Poland.

East Midlands Urban League 2023

The following are the events which are currently planned to be part of the EMOA Urban League 2023:

- 2nd January - Dronfield (DVO) (UL1)
- 23rd April - Buxton (DVO) (UL2)
- 21st May - Ibstock (LEI) (UL3)
- 25th June - Barrow on Soar (LEI) (UL4)
- 16th July - Newark (NOC) (UL5)
- 20th August - Lincoln City (LOG) (UL6)
- 17th September - Nottingham University (NOC) (UL7)
- 15th October - Grantham (LOG) (UL8)



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Your best 4 scores will count from the 7 events. Below is the current table showing the top 10 and omitting non-EMOA members (if I knew that was definitely the case):

Junior Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Alice Woodward	W16	DVO	96	96							

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Richard Robinson	M40	NOC	91	91							
2	James Mellor	M21	NOC	89	89							
3	Chris Millard	M40	DVO	88	88							
4	Edward De Salis Young	M50	LEI	86	86							
5	Philip Johnston-Davis	M50	RAFO	85	85							
6	Andy Glover	M45	LEI	84	84							
7	Ed Cochrane	M35	NOC	83	83							
8	David Newton	M45	DVO	76	76							
9	Paul Addison	M65	DVO	74	74							
10	Mike Chapman	M40	LOG	72	72							

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrea Page	W45	LOG	86	86							

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andy Nicholls	M45	LEI	100	100							
2	Andy Parry	M45	DVO	87	87							
3	James Prince	M50	DVO	84	84							

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4	Gary Peet	M50	NOC	81	81							
5	Gary Kelsall	M50	DVO	80	80							
6	Roy Mitton	M50	NOC	79	79							
7	Andrew Selby	M45	DVO	78	78							

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	91	91							
2	Michelle Mackervoy	W50	DVO	90	90							
3	Carol Stynes-Martin	W50	LEI	88	88							
4	Claire Selby	W50	DVO	85	85							
5	Jo White	W45	LEI	84	84							
6	Nicola Hart	W60	DVO	81	81							

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrew Ridgway	M60	NOC	93	93							
2	Dave Chaffey	M60	DVO	91	91							
3	Murray White	M55	DVO	88	88							
4	David Naish	M55	DVO	87	87							
5	David Vincent	M60	DVO	86	86							
6	Stephen Martin	M60	LEI	85	85							
7	David Cladingboel	M55	LEI	84	84							
8	Simon Brister	M70	DVO	83	83							
9	Steven Woodward	M55	DVO	79	79							

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Sal Chaffey	W55	DVO	93	93							
2	Alison Hardy	W55	LEI	91	91							
3	Helen Parkinson	W55	NOC	90	90							
4	Amanda Roberts	W60	LOG	89	89							
5	Amanda Price	W60	DVO	83	83							
6	Kim Buxton	W60	DVO	82	82							
7	Ursula Williamson	W60	LEI	77	77							
8	Trudy Crosby	W60	LOG	76	76							
9	Anne Kayley-Burgess	W55	DVO	75	75							
10	Anne Kimberley	W60	DVO	72	72							

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Michael Napier	M70	NOC	96	96							
2	Paul Morris	M65	NOC	90.5	90.5							
3	Mick Lucking	M65	NOC	88.5	88.5							

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4	Graham Johnson	M65	DVO	82	82							
5	John Hurley	M65	DVO	79	79							
6	Mike Gardner	M65	DVO	77	77							
7	John Hopper	M70	DVO	76	76							
8	Andrew Wallace	M65	NOC	73	73							
9	Mike Godfree	M70	DVO	72	72							
10	Kevin Gallagher	M70	LEI	71	71							

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Jane Kayley-Burgess	W65	DVO	90	90							
2	Ruth Ellis	W70	DVO	88	88							
3	Ann Armistead	W70	DVO	86	86							
4	Maureen Webb	W70	LEI	85	85							
5	Judith Holt	W70	DVO	83	83							
6	Viv Macdonald	W70	DVO	80	80							

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Doug Dickinson	M75	DVO	100	100							
2	Andrew Middleton	M75	DVO	96	96							
3	Rex Bleakman	M75	DVO	91	91							
4	Derek Gale	M75	DVO	90	90							
5	Peter Chick	M75	LEI	88	88							
6	Dave Skidmore	M75	DVO	82	82							
7	Simon Ford	M80	LEI	81	81							
8	Peter Leake	M80	LEI	80	80							
9	Chris Phillips	M75	LEI	79	79							
10	John Woodall	M80	NOC	76	76							

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Liz Godfree	W75	DVO	100	100						
2	Diane Boulton	W75	DVO	93	93						
3	Christine Middleton	W75	DVO	91	91						
4	Margaret Keeling	W75	DVO	88	88						
5	Jen Gale	W75	DVO	85	85						
6	Tricia Neal	W75	NOC	84	84						
7	Diane Ford	W75	LEI	83	83						

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East Midlands League 2023

The tables below provide the current standings for the EMOA League 2023. With a total of 14 events, the best 8 scoring events count towards the league. Tables below are based on current standing in the league counting in at least 2 events, scoring more than 1000 points in total, and in the top 10 for that class.

The events included in the League for 2023 are:

- 1 - 22nd January - LEI - Outwoods
- 2 - 5th February - LOG - Chambers Wood
- 3 - 25th February - DVO - Birchen Edge
- 4 - 5th March - NOC - Silverhill
- 5 - 19th March - LEI - Burbage Common
- 6 - 16th April - NOC - Byron's Walk
- 7 - 11th June - DVO - Carsington Pastures
- 8 - 19th September - DVO - Kedleston Park
- 9 - 24th September - LEI - Irchester Country Park
- 10 - 8th October - DVO - Longshaw
- 11 - 29th October - LEI - Bradgate Park
- 12 - 19th November - NOC - Watchwood & Calverton
- 13 - 3rd December - LEI - Ratby
- 14 - 17th December - NOC - Walesby

If there is no table below for a course / gender then there are no scorers meeting the criteria to be included (obviously with only 2 events so far there won't be too many classes where folk meet the criteria).

Light Green - Female

Name	Club	Age	1	2	scores	Pos.
Karen Ives-Smith	LEI	W55	998	1000	1998	1

Short Green - Male

Name	Club	Age	1	2	scores	Pos.
Dave Skidmore	DVO	M75	914	958	1872	1
John Palmer	NOC	M75	1000	844	1844	2
Donald Moir	LEI	M90	781	1000	1781	3
Doug Dickinson	DVO	M75	907	765	1672	4
Robert Titterington	LEI	M80	750	908	1658	5
Kevin Gallagher	LEI	M70	777	873	1650	6
John Woodall	NOC	M80	870	646	1516	7
Peter Chick	LEI	M75	671	769	1440	8

Short Green - Female

Name	Club	Age	1	2	score	Pos.
Liz Godfree	DVO	W75	970	1000	1970	1
Ruth Ellis	DVO	W70	915	958	1873	2
Jayne Kayley-Burgess	DVO	W65	820	988	1808	3
Maureen Webb	LEI	W70	737	678	1415	4

Tricia Neal	NOC	W75	539	565	1104	5
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Green - Male

Name	Club	Age	1	2	scores	Pos
John Marriott	LEI	M75	1000	946	1946	1
Mike Godfree	DVO	M70	796	1000	1796	2
Russel Buxton	DVO	M65	781	985	1766	3
Mike Dallaway	LEI	M60	631	810	1441	4
Andy Portsmouth	LEI	M65	673	702	1375	5
Vic Knight	NOC	M65	669	532	1201	6

Green - Female

Name	Club	Age	1	2	scores	Pos
Kim Buxton	DVO	W60	982	893	1875	1
Ursula Williamson	LEI	W60	826	717	1543	2
Anne Kayley-Burgess	DVO	W55	703	452	1155	3
Clare Hanna	LOG	W55	543	562	1105	4

Blue - Male

Name	Club	Age	1	2	scores	Pos
Francesco Lari	DVO	M55	864	786	1650	1
Alastair Paterson	LEI	M55	800	699	1499	2
Murray White	DVO	M55	737	738	1475	3

Blue - Female

Name	Club	Age	1	2	scores	Pos
Tanya Taylor	LOG	W50	1000	979	1979	1
Sal Chaffey	DVO	W55	727	1000	1727	2
Alison Hardy	LEI	W55	756	892	1648	3
Sally Calland	DVO	W45	753	889	1642	4
Nicola Hart	DVO	W60	635	844	1479	5

Brown - Male

Name	Club	Age	1	2	score	Pos
Richard Parkin	DVO	M50	998	1000	1998	1
Philip Johnston-Davis	RAFO	M50	730	861	1591	2
Andrew Ridgway	NOC	M60	671	714	1385	3

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Puzzle Page

Puzzle Result - Below is the answer for the puzzle set in EMEWS 285:

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

This Edition's Puzzle is below:

During one week I attended 5 different events, one each weekday. Each event was hosted by a different club on a different area (Note: I have used real event areas for the clubs here but for this puzzle I may not have used the correct area for the correct club!!) and at each event I met a different friend. Can you work out which event I attended on each weekday, on which area, and hosted by which club, and which friend I met at each event.

Clues:

1. I met Terry Jones later in the week than the day I attended the SYO event.
2. On Wednesday I ran at Canklow Woods.
3. I met Jim Smart at Brandon. I met him earlier in the week than when I attended the OD event.
4. I did not run on Monday at the HOC event. I did not meet Simon Benson at that event. The HOC event was at Comer Woods.
5. I attended the HALO event and met Dominic Taylor, the day before I ran at Beverley Westwood.
6. Thursday was the day I met Raymond Grey.
7. The Friday event was an EBOR event.

EMEWS

	Dominic Taylor	Jim Smart	Raymond Grey	Simon Benson	Terry Jones	Canklow Woods	Comer Woods	Wykeham	Beverley Westwood	Brandon	SYO	HOC	EBOR	HALO	OD
Monday															
Tuesday															
Wednesday															
Thursday															
Friday															
SYO															
HOC															
EBOR															
HALO															
OD															
Canklow															
Comer Woods															
Wykeham															
Beverley Westwood															
Brandon															

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Below is the start at LEI Beacon Hill event.



Fixtures

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

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

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

February 2023

Tue 21 st	WCH Urban Night Maprun, Stafford	Locl	WCH	WM	Stafford Aldi Car Park	Stafford	
Tue 21st	Club Night Brookvale Groby Learning Campus	Act	LEI	EM	Brookvale Groby Learning Campus	Groby	
Wed 22nd	Fight the Night	Locl	LOG	EM	Adam & Eve Pub	Lincoln	SK980716
Fri 24 th	Afternoon Sprint Event	Locl	SYO	YH	Edge Campus	Sheffield	
Sat 25th	EMOA League 2023 Birchen Edge (UKOL)	Regl	DVO	EM	Birchen Edge	Chesterfield	SK279721
Sun 26 th	TVOC Chiltern Challenge National Event	Natl	TVOC	SC	Whiteleaf and Great Hampden	Princes Risborough	
Sun 26 th	Northern Championships & YHOA SuperLeague (UKOL)	Natl	SYO	YH	Burbage	Sheffield	SK272808
Tue 28th	Club Night Brookvale Groby Learning Campus	Act	LEI	EM	Brookvale Groby Learning Campus	Groby	

March 2023

Wed 1 st	Night event	Locl	SYO	YH	Lees Hall Golf Course	Sheffield	
Sat 4 th	Lakes Spring Middle (UKEOL)	Regl	MA	SOA	Blind Lane	Newby Bridge	
Sat 4 th	Delamere Forest	Locl	DEE	NW	Delamere Forest	Northwich	
Sun 5 th	SROC National event	Natl	SROC	NW	Whitbarrow Scar	Kendal	
Sun 5 th	HH National Event	Natl	HH	SE	Egypt Woods & Burnham	Farnham Common	SU940866
Sun 5 th	Regional Event	Regl	EBOR	YH	Wheldrake Woods	York	SE667472
Sun 5th	EMOA League 2023	Regl	NOC	EM	Silverhill Wood	Sutton-in-Ashfield	
Tue 7th	Club Night Brookvale Groby Learning Campus	Act	LEI	EM	Brookvale Groby Learning Campus	Groby	
Sat 11 th	Welsh Championships (UKOL) & SBOC Winter League 13	Natl	SBOC	WO A	Margam Park and Graig Fawr	Port Talbot	SS805863
Sat 11 th	Saturday Series 6	Locl	SYO	YH	Norfolk Park	Sheffield	
Sun 12 th	COMPASS SPORT CUP HEAT	Natl	POTOC	WM	Park Hall	Stoke	
Tue 14th	Club Night Brookvale	Act	LEI	EM	Brookvale Groby	Groby	

EMEWS

	Groby Learning Campus				Learning Campus		
Sat 18 th	Park-O Hinchingsbrooke	Locl	WAO C	EA	Hinchingsbrooke Country Park	Hinchingsbrooke	
Sat 18 th	Hartshill Hayes	Locl	OD	WM	Hartshill Country Park	Hartshill	
Sun 19 th	MV SE League event	Natl	MV	SE	Balcombe	Crawley	
Sun 19 th	Sarum Saunter	Natl	SARU M	SW	Great Ridge	Salisbury	ST927345
Sun 19 th	Acorn Event Long Distance	Natl	CLOK	NE	Silton Forest	Northallerton	
Sun 19 th	YHOA SuperLeague	Regl	AIRE	YH	Flasby Fell	Skipton	SD975539
Sun 19th	EMOA League 2023 Burbage Common	Regl	LEI	EM	Burbage Common	Burbage	
Sun 19 th	Frodsham Hill	Regl	DEE	NW	Frodsham Hill	Frodsham	SJ510760
Sun 19 th	WCH Regional Event Wyrley Common	Locl	WCH	WM	Wyrley Common	Brownhills	
Tue 21 st	WCH Urban Night Maprun, Stafford	Locl	WCH	WM	Stafford	Stafford	
Tue 21st	Club Night Brookvale Groby Learning Campus	Act	LEI	EM	South Charnwood High School	Loughborough	
Sat 25 th	British Orienteering Championships & Southern Championships (UKOL)	Majr	BKO	SC	Cold Ash	Newbury	
Sun 26 th	British Relay Championships	Majr	TVOC	SC	Hambleton	Henley-on- Thames	
Tue 28th	Club Night Brookvale Groby Learning Campus	Act	LEI	EM	South Charnwood High School	Loughborough	
Thu 30th	Spring Series	Locl	LOG	EM	West Common	Lincoln	SK965719

April 2023

Sun 2 nd	Regional Event	Regl	EPOC	YH		East Pennines	
Sun 2 nd	Peterborough Urban	Regl	WAO C	EA	Hampton Hargate	Peterborough	
Sun 2 nd	Bentley Woods South - WM Champs, WM League	Regl	OD	WM	Bentley Woods South	Atherstone	
Thu 6th	Spring Series	Locl	LOG	EM	Chambers Wood	Lincoln	TF147739
Fri 7 th	Jan Kjellström Orienteering Festival - Sprint (UKOL)	Majr		NW	Lancaster University	Lancaster	
Sat 8 th	Jan Kjellström Orienteering Festival - Middle (UKOL)	Majr		NW	High Dam	Newby Bridge	
Sun 9 th	Jan Kjellström Orienteering Festival - Long (UKOL)	Majr		NW	Bigland	Newby Bridge	
Mon 10 th	Jan Kjellström Orienteering Festival - Relays	Majr		NW	Dale Park	Satterthwaite	
Thu 13th	Spring Series	Locl	LOG	EM	Stoke Rochford	Lincoln	SK918280
Sat 15th	Normanton Park and Arboretum Local Event	Locl	DVO	EM	Normanton Park	Normanton	SK344340
Sat 15 th	LADDEREDGE COUNTRY PARK	Locl	POTO C	WM	ladderedge country park	LEEK	
Sun 16 th	Regional Event & Yvette Baker Trophy Heat	Regl	HALO	YH	Knapton - provisional	Malton	
Sun 16th	EMOA League 2023 Byron's Walk YBT Heat	Regl	NOC	EM	Byron's Walk	Hucknall	
Thu 20th	Spring Series	Locl	LOG	EM	Stourton Estates	Lincoln	TF209756
Sun 23rd	EMUL 2023 Buxton Urban	Regl	DVO	EM		Buxton	
Sun 23 rd	SE Middle Distance Champs	Natl	MV	SE	Holmbush	Horsham	

EMEWS

Thu 27th	Spring Series	Locl	LOG	EM	Belmont Woods	Lincoln	SK939376
Sat 29 th	Park-O	Locl	WAO C	EA	Coe Fen and Lammas Land	Cambridge	
Sat 29 th	Bilton Grange Prep.School (TBC)	Locl	OD	WM	Bilton Grange Prep.School	Rugby	
Sat 29 th	Saturday Series 7	Locl	SYO	YH	Parkwood Springs	Sheffield	
Sun 30 th	YHOA SuperLeague	Regl	SYO	YH	Wombwell	Sheffield	
Sun 30 th	Dereham Urban	Regl	NOR	EA	Dereham	Dereham	

May 2023

Thu 4th	Spring Series	Locl	LOG	EM	Hartsholme	Lincoln	SK946695
Sat 6 th	British Sprint Championships (UKOL)	Majr		NI	Armagh City	Armagh, N. Ireland	
Sun 7 th	British Middle Distance Championships (UKOL)	Majr		NI	Drumkeeragh Forest	Ballynahinch	
Sat 13th	Alvaston Park Local Event	Locl	DVO	EM	Alvaston Park	Derby	SK378344
Sun 14 th	SO SE League - Eartham Wood, Slindon, near Arundel	Natl	SO	SE		Slindon, near Arundel	SU945115
Sun 14 th	Regional Event	Regl	AIRE	YH	Baildon Moor	Baildon	
Sun 14 th	MDOC Lyme Event	Locl	MDOC	NW	Lyme	Disley	SJ964823
Sat 20 th	Sudbury Urban (UKOL)	Natl	SUFFO C	EA	Sudbury	Sudbury	TL874422
Sat 20 th	Saturday Series 8	Locl	SYO	YH	Meersbrook	Sheffield	
Sat 20 th	BIDDULPH GRANGE COUNTRY PARK	Locl	POTOC	WM	biddulph grange country aprk	BIDDULPH	
Sun 21 st	Harwich Urban (UKOL)	Natl	SOS	EA	Harwich	Harwich	
Sun 21 st	YHOA Urban League & YHOA Sprint Championships	Regl	EPOC	YH	Shibden Hall	Halifax	
Sun 21st	EMUL 2023 Dishley Urban	Regl	LEI	EM	Loughborough	Loughboroug h	SK516195
Sat 27 th	Scottish Championships (UKOL)	Natl	ECKO	SOA	Creag Mhic Chailein	West of Scotland	
Sat 27 th	Springtime in Shropshire Day 1	Natl	WRE	WM	Telford Town Park & Randlay	Telford	SJ698080 8232
Sat 27th	Darley Park Local Event	Locl	DVO	EM	Darley Park	Derby	SK353384
Sun 28 th	Scottish Relay Championships	Natl		SOA	Inverawe	Scotland	
Sun 28 th	Springtime in Shropshire Day 2 & Midlands Championships (UKOL)	Natl	HOC	WM	Brampton Bryan	Shrewsbury	
Mon 29 th	Springtime in Shropshire Day 3 (UKOL)	Natl	WRE	WM	Corndon	Montgomery	

June 2023

Sun 4 th	YHOA Urban League - York City Race	Regl	EBOR	YH	York	York	
Wed 7 th	Hinkley North West Joint Event with Leicester OC	Locl	OD	WM	Clarendon Park, Rostron Drive ,Hinkley	Hinkley	
Sat 10 th	Park-O Cherry Hinton Hall	Locl	WAO C	EA	Cherry Hinton Hall Park	Cambridge	
Sat 10 th	Saturday Series 9	Locl	SYO	YH	Graves Park	Sheffield	
Sun 11th	EMOA League 2023	Regl	DVO	EM		Wirksworth	

EMEWS

	Carsington Pastures						
Sun 11 th	SE Sprint Championships	Regl	SLOW	SE	Ham	Richmond	
Sat 17 th	STONE COMMON PLOT	Locl	POTO C	WM	stone common plot	STONE	
Sun 18 th	YHOA Urban League	Regl	SYO	YH	SW Sheffield	Sheffield	
Sat 24 th	YHOA Urban League - Sprint	Regl	HALO	YH		Humberside	
Sat 24 th	Markeaton Park Local Event	Locl	DVO	EM	Markeaton Park	Derby	SK3353 70
Sun 25 th	Harvester Relays	Natl	BAOC	NE	Catterick	Richmond	
Sun 25th	EMUL 2023 Barrow Urban (TBC)	Regl	LEI	EM	Barrow	Loughborough	

July 2023

Sat 1 st	YHOA Urban League - EPOC Urban Weekend	Regl	EPOC	YH	Wakefield (Horbury)	Wakefield	
Sun 2 nd	YHOA Urban League - EPOC Urban Weekend	Regl	EPOC	YH	Wakefield (Ossett)	Wakefield	
Sat 8 th	Regional Sprint Event	Regl	SYO	YH	Parkwood Springs	Sheffield	
Sat 8 th	Allestree Park Local Event	Locl	DVO	EM	Allestree Park	Derby	SK3524 08
Sun 9 th	Yvette Baker Trophy Final	Natl	SYO	YH	Sandall Beat	Sheffield	
Sun 9 th	SILVERDALE COUNTRY PARK SCORE & PICNIC	Locl	POTO C	WM	silverdale country park	NEWCASTLE UNDER LYME	
Sat 15 th	Woodside Urban - UKUL, WMUL	Regl	WRE	WM	Woodside	Telford	SJ68604 2
Sun 16 th	YHOA Urban League Weekend - possibly EuroCity Race	Regl	CLAR O	YH	Harrogate	Harrogate	
Sun 16 th	EMUL 2023 Newark Urban (TBC)	Regl	NOC	EM	Newark	Newark	
Sat 22 nd	YHOA Urban League - Fat Rascal Weekend	Regl	AIRE	YH	Holt Park & Tinshill	Leeds	
Sun 23 rd	YHOA Urban League - Fat Rascal Weekend	Regl	AIRE	YH	Leeds - Whinmoor and Swarcliffe	Leeds	
Sun 30 th	S6D Moray 2023 Day 1	Natl		SOA	Lossie Forest	Lossiemouth	
Mon 31 st	S6D Moray 2023 Day 2 (UKOL)	Natl		SOA	Darnaway	Forres	9816156 090

August 2023

Tue 1 st	S6D Moray 2023 Day 3	Natl		SOA	Roseisle Forest	Burghead	1175868 664
Wed 2 nd	Scottish Six Days - Rest Day Sprint - UKUL14 & SOUL8	Regl	EUOC	SOA		Forres	
Thu 3 rd	S6D Moray 2023 Day 4 (UKOL)	Natl		SOA	Culbin	Forres	2986416 0552
Fri 4 th	S6D Moray 2023 Day 5	Natl		SOA	Culbin Forres	Forres	NH2986 4160552
Sat 19 th	Milton Keynes Urban and Keyne-O 5	Regl	SMOC	EA		Milton Keynes	
Sun 20 th	EMUL 2023 Lincoln City Urban	Regl	LOG	EM	Lincoln City	Lincoln	
Sat 26 th	White Rose	Natl	EBOR	YH		Yorkshire	
Sun 27 th	White Rose & YHOA	Natl	EBOR	YH		Yorkshire	

EMEWS

	SuperLeague						
Mon 28 th	White Rose Relays	Regl	EBOR	YH		Yorkshire	

Rest of 2023

Fri 13 th Oct	Euromeeeting Race 1	Natl	FVO	SOA		Stirling
Sat 14th Oct	British Schools Score Champs	Natl	LEI	EM		Leicester
Sat 14 th Oct	Euromeeeting Race 2	Natl	FVO	SOA		Stirling
Sun 15 th Oct	Euromeeeting Race 3	Natl	FVO	SOA		Stirling
Sun 12 th Nov	CompassSport Cup Final	Maj	BOK	SW	Gare Hill TBC	Frome

UK Urban League 2023 (to go)

4	SARUM	Amesbury Urban	23-Apr
5	LVO	Carrickfergus Urban	04-May
6	NATO	Killingworth Urban	20-May
7	SOS	Harwich Urban	21-May
8	EBOR	York City Race	04-Jun
9	RR	Kelso Urban	10-Jun
10	BADO	Whitchurch Urban	17-Jun
11	CLOK	Barnard Castle Urban	09-Jul
12	WRE	Woodside Urban, Telford	15-Jul
13	CLARO	Harrogate Urban	16-Jul
14	S6D	Forres Sprint	02-Aug
15	LOG	Lincoln Urban	20-Aug
16	MV	Reigate Urban	27-Aug
17	Masterplan	Sprint Scotland	03-Sep
18	SLOW	City of London Race	16-Sep
19	MDOC	Birchwood Urban, Warrington	24-Sep
20	TVOC	Abingdon Urban	24-Sep
21	DEE	Winsford Urban	08-Oct