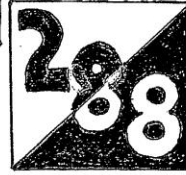


EMEWS



THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

AUTUMN 2023



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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 September 2023 for next EMEWS.**
Contributions are always welcome but especially by e-mail
(mikegardvo@sky.com).

Cover - Thanks again to Ernie for the cover. The event at Sandall Beat idea came from a conversation with EM O-folk who took part in the Open Event at the YBT Final in early July at Sandall Beat which had a map that was 'contour-less'. The competition area had some ditches, especially one called 'Main Drain' that was uncrossable, and there was one report of a sports watch showing a distinct height gain at the end of the Course that was assumed to be the result of climbing in and out of the ditches!

Photo - The editor trying to find his way around Harrogate city race! ----0000----

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Notes from EMOA Meeting - 3rd July 2023

Financial Secretary Report - In terms of income, membership income covering the months of March, April, and May came to a total of £39. No membership income is due from BO for June. The total membership income of £1280 for the year was just £20 adverse to the Budget. Event Levy income totalled £254 in the last period. All event levies for the year in question have been paid over by the EMOA clubs. The total event levy income for the year of £1,454 was £14 favourable to the Budget. Bank interest of £8 was received in the period. Total bank interest of £26 for the year was significantly higher than the Budget of £6 due to increased bank interest rates.

In terms of expenditure, support payments for talented athletes over the accounting year were £13 higher than the budget. Bank charges of £10 were paid in the period. Total bank and web licence costs for the year of £80 are £5 favourable to forecast. The £5 charge for the month of June is currently outstanding. The EMOA contribution to EOC for the 2023 calendar year of £353 was paid during the period. The closing bank balance for EMOA of £11,030 is just under £1,000 favourable to budget. This is largely due to underspends on volunteer and coaching development, partly offset by the payment of the EOC contribution for the year ahead.

Development - The EMOA Development Working Party has created a new form for submissions and is now looking at the process to be followed for grant applications. The Development Working Party needs to be agile in order to make decisions and we need to ensure this is reflected in the constitution if it allows them to make funding decisions.

There also needs to be clear identification of how much funding will be available which may mean we need to revisit the amount to be held in reserve by EMOA as this has been reduced as we have deliberately made a loss over last few years to reduce reserves. If continue to do this we would not have any funds available to support development activities.

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Coaching - Hilary Palmer is looking to reserve places for EMOA attendees at the O-Foundation training day in the Lakes on 4th November. Ideally names were wanted by mid-July but people could book later but potentially spaces could all be booked up. Contact Hilary if interested.

The BO Coaching Steering Group is now the Coaching Advisory Group and Judith Holt is chair. Hilary is on as English orienteering rep. A survey has gone out to coaches, with the help of the University of East Anglia, to get more input on what is required for coach training, so that better training can be developed, especially to have some available for informal coaching events.

Sal Chaffey of DVO is organising a coaches first-aid course. All coaches need to renew their first-aid qualification every 3 years. If anyone wants to attend the course (not just coaches) then please contact Sal.

NOC have started running their beginners MapActive course again, and have had an even better response this year with 12 people attending (compared to 5 last year). If anyone wants more information on what they are doing please contact NOC.

Junior Squad - See separate article for this report.

Fixtures - The 2023 League and Urban League are covered separately in EMEWS.

- **Future Major Events**

- a. **14 Oct 2023 - British Schools Score Champs** - LEI - Martinshaw
- b. **25 Feb 2024 - East Midlands Champs** - LOG - Grimsthorpe
- c. **29 Mar 2024 - JK Sprint** - LEI - Loughborough
- d. **1 Apr 2024 - JK Relays** - DVO - Stanton Moor
- e. **7 Sep 2025 - Midland Champs** - DVO - Chinley Churn
- f. **2025 - CompassSport Cup Heat** - NOC?
- g. We need nominations for 2025 for :
 - i. EMOA Champs 2025

- **JK** - The post of prize-master for the weekend has now been filled and everything seems to be going OK currently. There will be a series of meetings over the summer to further define the JK setup.

EMOA AGM - Below you should find the agenda for the EMOA AGM on 11th September, along with a copy of the minutes of the last AGM. Please attend, if at all possible, to ensure we are quorate. We do have a proposed approach for Chair and new Vice-Chair for next year but still need a new Development Co-ordinator. We will need a new Vice-Chair and Financial Secretary the following year and would like to have "new faces" on the EMOA committee, so please consider volunteering your time. There are only around 5 or 6 meetings a year and most are virtual currently.

Next Committee Meeting - The next EMOA committee meeting is the EMOA AGM on Monday 11th September at 7:30pm (see below). A new committee meeting will be organised after this meeting.

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The 59th East Midlands Orienteering Association AGM

Notice is hereby given that the Annual General Meeting of the East Midlands Orienteering Association will be held at 7.30pm on Monday 11th September 2023 at the Pace Room, Clifton, Nottingham

AGENDA

1. Apologies for absence
2. Approval of minutes of last AGM September 12th 2022
3. Chair's Report
4. Financial Secretary's report including membership numbers and presentation of accounts
5. Approval of Balance Sheet and Income and Expenditure Statement
6. Election of Principal Officers
 - Chair
 - Vice Chair
 - Financial Secretary
 - Development Co-ordinator
7. Other EMOA Officers

Post	Nominee
Mapping	David Olivant (NOC)
Coaching	Hilary Palmer (NOC)
EM Junior Squad	Ann-Marie Duckworth (DVO), aided by Ant Squire (NOC)
EM League	Ursula Williamson (LEI)
Urban League	Ursula Williamson (LEI)
Regional Fixtures Secretary	Ursula Williamson (LEI)
President	John Woodall (NOC)
Minutes Secretary	Mike Gardner (DVO)
EMEWS Editor	Mike Gardner (DVO)
Webmaster	John Cooke (DVO)
National Forest	Roy Denney (LEI)

8. Appointment of Independent Financial Examiner
9. Budget projections for coming year to 30.6.2024 and recommendations for membership fees and event levies (Financial Secretary)
10. Fixing of charges
 - Membership fees
 - Event Levies
11. Changes to the EMOA Constitution

A number of proposed changes to the constitution are proposed. These are primarily to:

- ensure consistency for the use of the term British Orienteering Federation throughout the constitution

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- remove the phrase about first year membership fees being waived (as this is not easily applied through British Orienteering)
- Clarify the ability of other committee members to be signatories for payments, where required
- along with a few minor typing error corrections

These detailed changes are listed on the EMOA website (at

<http://www.emoa.org.uk/members/Proposed%20Constitution%20Changes%20v2.docx>)

along with a proposed draft updated constitution (at

<http://www.emoa.org.uk/members/EMOA%20Constitution%20agreed%20AGM%2012%20September%202023%20draft.docx>), if all changes are agreed, to make it easier for members to see what the changes would mean.

12. Plans for the coming year (Chair)

13. Any Other Business

14. Close of formal meeting followed by open discussion

If anyone has any additional items they want adding to the agenda of the AGM, then please let EMOA Secretary (Mike Gardner) know. Also if anyone wants to send apologies please also let Mike know.

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MINUTES OF THE 58th ANNUAL GENERAL MEETING OF THE EAST MIDLANDS ORIENTEERING ASSOCIATION HELD ON MONDAY 12th SEPTEMBER 2022 AT 19.30 IN PACE ROOM, CLIFTON AND VIA ZOOM.

Present in room: Sal Chaffey (DVO), Trudy Crosby (LOG), Anne-Marie Duckworth (DVO), Roger Edwards (LEI), Mike Gardner (DVO), Liz Godfree (DVO), Mike Godfree (DVO), Judith Holt (DVO), John Hurley (DVO), Ranald Macdonald (DVO), Hilary Palmer (NOC), Chris Phillips (LEI), Iain Phillips (LEI), Amanda Roberts (LOG), Ernie Williams (LEI), Ursula Williamson (LEI), Dorothy Woodall (NOC), John Woodall (NOC) and Paul Young (DVO).

Present on Zoom: Alan Gould (NOC), Craig Lucas (LOG), David Olivant (NOC), Pauline Olivant (NOC), and Ally Wright (LOG)

The meeting was held in person at the Pace Room, Clifton Village and on Zoom and was quorate as more than 15 members were in attendance (19 in the room and 5 via zoom).

1. **Apologies for absence:**

Roy Denney (LEI) and John Mather (LOG) offered their apologies.

2. **Minutes of the 57th EMOA AGM held on Monday 13th September 2021.**

It was agreed that the minutes were a true record. Proposed by Hilary Palmer (NOC) and seconded by John Hurley (DVO).

3. **Standing Order Change:**

There were no standing order changes submitted to this AGM.

4. **Chair's Report 2022:**

For the first time in three years, I am pleased to be able to report that Orienteering in the Region has returned to something like normality. I realised that normality had properly returned when I was able to have cakes and coffee from the EMJOS cake stall at the East Midlands Championships at Stanton Moor.

Both the Regional Leagues have taken place over the last year and the numbers competing are now similar to pre Covid levels. We have also, as a region, been able to stage the Midlands Championships, the East Midlands Championships and the YBT Final. Thanks are due to the volunteers in the clubs for the hard work in staging these events. Getting access and permissions for events continues to be a problem, which has led to several last-minute changes of venue. This is not just an EMOA problem but one throughout the UK.

Ranald Macdonald and Mike Gardner ran a much-needed Controllers and Planners Course earlier in the year. This has eased the controller situation with 8 new Level C and 1 Level B controllers. Additionally, we have 10 newly trained Planners. Many thanks to Ranald and Mike. We do need to continue to recruit new event officials, preferably younger ones, to allow those of more mature years not to have get up in the middle of a winters' night to put out controls, check them or hump event kit around the forest.

EMJOS has continued its extensive programme of training during the year and many thanks to Ann-Marie and Ant for master minding the training. Given the successful selections of our junior members, all the training has paid off. Congratulations to Rachel Duckworth of DVO on her selection for GB to The Junior World Championships in Portugal, Ben Squire of NOC for his selection to the European Youth Championships in Hungary and to Ellie Simpson and Daniel Glover of LEI for selection to Laganlia.

Talking of international selection, I must also congratulate Iain Phillips of LEI for his selection to the GB team for both the European and World Trail O Championships.

Finally, turning to administrative matters in relation to the East Midlands Committee. The committee has met three times since the last AGM in September 2021. A significant amount of time has been taken up with financial matters and I will leave Paul to speak about these in his report.

We have not been able to fill the vacant post of Vice Chair. I feel, that as the next year will be my final year as your Chair, it is important that we find a Vice Chair in order to have some continuity at the change over next year. My thanks to the members of the EMOA Committee; you have been a great support during year and a special thanks to Mike for not only fulfilling the role of Secretary, but also continuing to mastermind the production of EMEWS.

Chris Phillips

5. **Financial Secretary's Report**

Paul Young circulated the accounts before the meeting to the committee for review.

Below are Paul's accounts with, in italics, comments raised during the meeting.

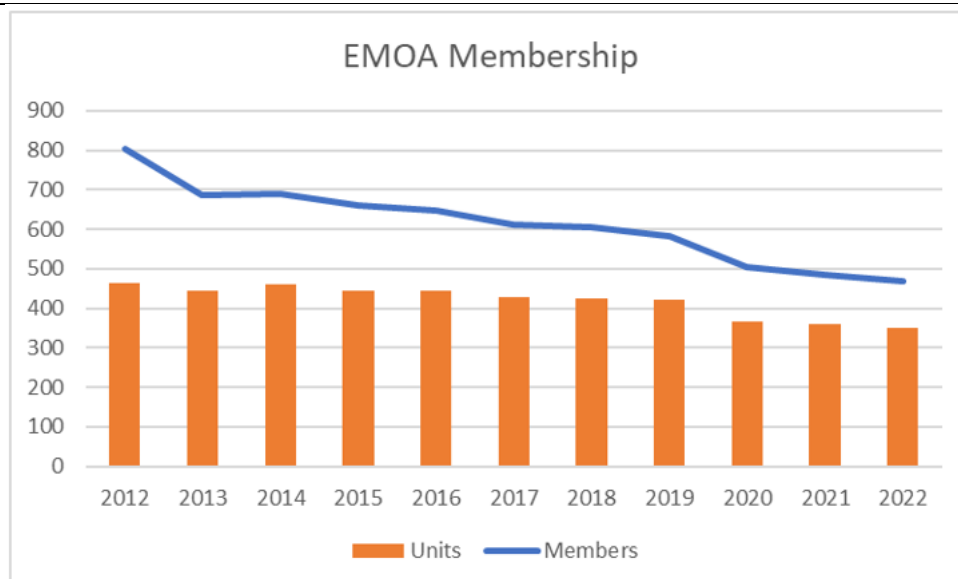
Context

The impact of COVID was far less than in recent years, with the East Midlands region seeing a significant increase in events at all levels. Some challenges remain with landowners regarding access to key sites, which continues to impact on the larger events.

Yet again, the region generated a surplus, and the committee is exploring options how this can be best utilised in the coming years.

Membership

Membership at 30 June 2022 of 469 is slightly down, by 16 members, on the previous year. Regrettably this continues the trend seen over the last decade.



	Members	Units
2022	469	349
2021	485	361
2020	504	367
2019	582	422
2018	604	425
2017	613	427
2016	648	444
2015	660	445
2014	690	459
2013	687	444

2022 membership figures compared with 2021

	2022	2021
Senior	257	268
Junior	11	9
Family	81 (150s, 54j)	84 (149s, 59j)
Totals	349 units	361 units

2020/21 Accounts

The EMOA year end is 30th June 2022, Roger Edwards has reviewed the accounts and issued the following statement:

"I confirm that these accounts represent a true and fair record of the Association's affairs."

A copy of the noted accounts is attached for the record.

Roger is thanked for again being the independent financial examiner of the accounts.

EMOA generated a surplus of £933.50 for the 2021/22 year.

The Budget was for a loss of £(3,137).

Material variances to the Budget are set out below:

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Event Levies – The 2021/22 financial year has seen 50% more events attracting an EMOA levy than was expected. In addition, the clubs across the region have managed to provide members with a significant number of local events during the year.

Sponsorship and other income – This is the contributions from attendees of the Lakes Coaching weekend, the costs of which are included in the Community Coaching Development. There was no net cost to EMOA of this event which saw attendance by 17 orienteers from the region.

EMJOS income and fundraising – Income relating to EMJOS included contributions from participants for training and competition events including JIRCS, Hawkshead, and Hathersage along with donations and fundraising at local events.

EMJOS expenditure – Expenditure was lower than budgeted largely due to the absence of an overseas trip during the year. However, EMJOS members were able to partake in a range of events including those mentioned above. Plans are in place for a squad trip to Ireland in Autumn 2022.

Trophies and Certificates – Despite further investment in EMOA league plaques, and league prizes, there was a slight underspend against budget.

Volunteer development, External Conferences and Coach development – Expenditure across all these areas was minimal during the year, x2 training courses were provided which were popular with attendees. It is expected that 2022/23 will see a larger development conference which will be funded in full by EMOA.

Support for Senior / Talent Orienteers – 2021/22 saw a significant increase in EMOA support to orienteers across the region. However, this remained well below the budgeted levels. Further work is planned in 2022/23 to ensure potential applicants are aware of the support available to them.

Web licence and bank charges – The introduction of a monthly charge by HSBC part way through the year is the cause of the overspend on this category.

Hire of meeting room – The continued use of Zoom for some of the committee meetings has resulted in a favourable variance this year. It is likely that a “blended” approach to meetings will continue in 2022/23.

2021/22 Income from event levies.

Event	2021/22 Income (less £25)	Seniors 50p	Juniors 10p
EM Urban League 2021 Lincoln City	47.10	143	6
EM Sprint Championships 2021 NTU Clifton Campus	13.10	74	11
EM Urban League 2021 Burbage Village	19.40	88	4
East Midlands League 2021 Kedleston Hall	48.10	141	26
EM Urban League 2021 Shepshed	15.20	80	2
EM Urban League 2021 Central Park, Boston	0.00	48	2
East Midlands League 2021 Boothorpe and Hanging Hill	39.80	128	8
East Midlands League 2021 Hardwick Park	50.60	147	21
East Midlands League 2021 The Outwoods	55.50	158	15
East Midlands League 2021 Walesby Forest	76.80	199	23
EM Urban League 2022 Melbourne	71.40	189	19
EM Urban League 2022 Coalville	37.60	124	6
East Midlands League 2022 (UKOL) Chatsworth	132.50	302	65
Midlands Championships (UKOL) Sherwood Forest	231.00	494	90
East Midlands League 2022 Martinshaw & Ratby Woodlands	50.20	144	12
East Midlands Championships 2022 Stanton Moor	115.10	269	56
East Midlands League 2022 & YBTHeat Burbage Common & Woods	53.50	152	25
East Midlands League 2022 Londonthorpe and Belmont	21.50	91	11
East Midlands League 2022 Aylestone Meadows	34.00	115	15
East Midlands League 2022 Bramcote Hills & The Hemlockstone	46.70	140	17
East Midlands League 2022 Black Rocks	63.80	172	28
Totals	1,222.90	3,398	462

Levies

Events	Levy	Entrants	Seniors		Juniors	
			Qty	%	Qty	%

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2021/22	21	1,223	3,860	3,398	88%	462	12%
2020/21	6	322	1,064	914	86%	150	14%
2019/20	19	1,505	4,531	3,755	83%	776	17%
2018/19	24	1,502	4,739	4071	86%	668	14%
2017/18	25	1,367	4,560	3840	84%	720	16%
2016/17	30	1,747	6,093	4718	77%	1375	23%
2015/16	32	2,036	6,917	5360	77%	1557	23%
2014/15	24	1,665	5,744	4497	78%	1247	22%
2013/14*	24	1,153	5,941	3868	65%	2073	35%
*713 juniors 0 Seniors at Shipley Park Event							
2012/13	24	1,413	6,121	4671	76%	1450	24%

The detailed accounts are provided below:

I&E East Midlands Orienteering Association					
2021/22					
Income	2020/21	2020/21	2021/22	2021/22	Var
	Budget	Actual	Budget	Actual	
Membership	1,200.00	1,310.00	1,300.00	1,312.00	12.00
Event Levies	700.00	321.60	797.50	1,222.90	425.40
Interest	0.00	0.36	0.36	0.82	0.46
Sponsorship and other income	0.00	0.00	0.00	127.50	127.50
EMJOS Income	1,000.00	21.00	500.00	668.00	168.00
EMJOS Clothing Sales	0.00	0.00	0.00	0.00	0.00
EMJOS Fund Raising	75.00	0.00	100.00	186.50	86.50
Total Income	2,975.00	1,652.96	2,697.86	3,517.72	819.86
Expenditure					
EMJOS Expenses	2,000.00	71.00	2,000.00	1,312.55	687.45
Trophies & Certificates	200.00	47.68	250.00	171.00	79.00
Volunteer Development	600.00	0.00	600.00	60.00	540.00
Community Coaching Development	0.00	0.00	0.00	124.24	(124.24)
External Conferences	100.00	0.00	100.00	0.00	100.00
Support for Senior/Talent Orienteers	1,000.00	0.33	2,000.00	457.10	1,542.90
Coach development	300.00	0.00	300.00	0.00	300.00
Sub total	4,200.00	119.01	5,250.00	2,124.89	3,125.11
Running costs					
Web licence and bank charges	25.00	23.33	25.00	58.33	(33.33)
Hire of meeting room	180.00	0.00	180.00	30.00	150.00
English Orienteering Council	400.00	354.00	380.00	371.00	9.00
Sub total	605.00	377.33	585.00	459.33	125.67
Total Expenditure	4,805.00	496.34	5,835.00	2,584.22	3,250.78
Surplus / Loss	(1,830.00)	1,156.62	(3,137.14)	933.50	(4,070.64)

The Balance Sheet for 2021/22 is shown below:

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Balance Sheet at 30th June 2022				
	2020/21	2021/22	2021/22	
	Actual	Budget	Actual	
Current Account	10,698.79	8,331.69	11,823.92	
EMJOS Deposit Account	3,809.08	3,409.44	4,351.85	
	14,507.87	11,741.13	16,175.77	
Accrued Income - Chinely Churn	129.50	0.00	0.00	
Deferred Income - Bulwell Hall Park	(5.10)	0.00	0.00	
Accrual - Website Costs	0.00	0.00	0.00	
Accrual - EOC Contribution	(354.00)	0.00	(371.00)	
DVO map contribution	600.00	0.00	0.00	
Accrued Income - BOF June	0.00	0.00	12.00	
Accrual - Bank Charges	0.00	0.00	(5.00)	
	14,878.27	11,741.13	15,811.77	
Represented by				
Accumulated fund	13,721.65	14,878.27	14,878.27	
add surplus	1,156.62	(3,137.14)	933.50	
Carry forward	14,878.27	11,741.13	15,811.77	
<i>Note EMJOS Clothing Stock</i>	<i>Negligible</i>	<i>Negligible</i>	<i>Negligible</i>	
I am satisfied that these account represent a true & fair record of the Association's affairs				
		Roger Edwards		

There were no questions raised about these accounts.

The balance sheet was approved by the meeting.

Proposer: John Hurley

Seconder: Ernie Williams

The floor unanimously approved the balance sheet.

6. Election of Principal Officers:

Chris Phillips stated that we had the three main officers of chair, financial secretary and development officer who were willing to stand again next year. We were still short of a vice-chair. Chris asked if there were any other nominations for any of the key roles. There were no other nominations, so the 3 main officers were re-elected unanimously by the meeting.

The following were the re-elected nominees to stand as principal officers next year:

Post	Nominee
Chair	Chris Philips (LEI)
Vice-Chair	
Financial Secretary	Paul Young (DVO)
Development Officer	Ranald Macdonald (DVO)

Chris emphasised the need to find a new vice-chair soon as he needs to step down next year.

John Woodall proposed a vote of thanks to all of the principal officers.

Proposer: John Woodall

Seconder: Trudy Crosby

The floor unanimously agreed with this.

7. Other EMOA Officers:

The club representatives on the EMOA Committee are nominated by clubs. Members holding non-elected roles with the association are currently:

Post	Nominee
Mapping	David Olivant (NOC)

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Coaching	Hilary Palmer (NOC)
EM Junior Squad	Ann-Marie Duckworth (DVO), aided by Ant Squire (NOC)
EM League	Ursula Williamson (LEI)
Urban League	Ursula Williamson (LEI)
Regional Fixtures Secretary	Ursula Williamson (LEI)
President	John Woodall (NOC)
Minutes Secretary	Mike Gardner (DVO)
EMEWS Editor	Mike Gardner (DVO)
Webmaster	John Cooke (DVO)
National Forest	Roy Denney (LEI)

8. **Appointment of Independent Financial Examiner:**

Roger Edwards agreed to continue as Independent Financial Examiner for the next year. Roger was again thanked by the meeting for performing this role.

9. **Approval of Balance Sheet and Income and Expenditure Statement:**

The proposed Budget for the year 2022/23 is set out below for the A.G.M.

Paul also discussed item 9a – identified reserves for EMOA and item 10, membership fees and event levies.

Paul stated that the last EMOA committee meeting agreed that we should continue with the same level of membership fees and event levies, but that we should look to utilise these reserves for the benefit of the members. This was to form part of the discussion at the Development conference in October. It was felt a minor reduction in fees would not impact members, but an improved service which provided benefit to EMOA orienteering would benefit all.

This led to some discussion around the appropriate level of reserves that EMOA should hold in the future.

East Midlands Orienteering Association FY 2022/23 Budget v0.1

INCOME	2020/21	2020/21	2021/22	2021/22	2022/23	
	Budget	Actual	Budget	Actual	Budget v0.1	Var
Membership	1,200.00	1,310.00	1,300.00	1,312.00	1,300.00	(12.00)
Event Levies	700.00	321.60	797.50	1,222.90	1,440.00	217.10
Interest	0.00	0.36	0.36	0.82	6.00	5.18
Sponsorship and other income	0.00	0.00	0.00	127.50	0.00	(127.50)
EMJOS Income	1,000.00	21.00	500.00	668.00	1,000.00	332.00
EMJOS Clothing Sales	0.00	0.00	0.00	0.00	0.00	0.00
EMJOS Fund Raising	75.00	0.00	100.00	186.50	100.00	(86.50)
INCOME	2,975.00	1,862.86	2,897.88	3,617.72	3,848.00	328.28
EXPENDITURE						
EMJOS Expenses	2,000.00	71.00	2,000.00	1,312.55	3,000.00	(1,687.45)
Trophies & Certificates	200.00	47.68	250.00	171.00	250.00	(79.00)
Volunteer Development	600.00	0.00	600.00	60.00	700.00	(640.00)
Community Coaching Development	0.00	0.00	0.00	124.24	0.00	124.24
External Conferences	100.00	0.00	100.00	0.00	0.00	0.00
Support for Senior/Talent Orienteers	1,000.00	0.33	2,000.00	457.10	1,000.00	(542.90)
Coach development	300.00	0.00	300.00	0.00	1,000.00	(1,000.00)
Sub total	4,200.00	119.01	5,250.00	2,124.89	5,850.00	(3,825.11)
Running costs						
Web licence and bank charges	25.00	23.33	25.00	58.33	85.00	(26.67)
Hire of meeting room	180.00	0.00	180.00	30.00	90.00	(60.00)
English Orienteering Council	400.00	354.00	380.00	371.00	400.50	(29.50)
Sub total	605.00	377.33	685.00	469.33	675.50	(118.17)
EXPENDITURE	4,805.00	496.34	5,935.00	2,684.22	6,525.50	(3,841.28)
Surplus / Loss	(1,830.00)	1,156.62	(3,137.14)	933.50	(2,679.50)	(3,613.00)
Balance Sheet 30 June 20xx						
	2020/21		2021/22		2022/23	
	Actual		Actual		Budget v0.1	Var
Current Account	10,698.79		11,823.92		10,067.92	(1,756.00)
EMJOS Deposit Account	3,809.08		4,351.85		3,457.85	(894.00)
	14,507.87		16,175.77		13,525.77	(2,650.00)
Accrued Income - Chinoly Churn	129.50		0.00		0.00	0.00
Deferred Income - Bulwell Hall Park	-5.10		0.00		0.00	0.00
Accrual - Webrite Cartr	0.00		0.00		0.00	0.00
Accrual - EOC Contribution	-354.00		-371.00		-400.50	(29.50)
DVO map contribution	600.00		0.00		0.00	0.00
Accrued Income - BOF June	0.00		12.00		12.00	0.00
Accrual - Bank Charges	0.00		-5.00		-5.00	0.00
	14,878.27		16,811.77		13,132.27	(2,879.60)
Represented by						
Accumulated fund	13,721.65		14,878.27		15,811.77	933.50
add surplus	1,156.62		933.50		(2,679.50)	(3,613.00)
Carry forward	14,878.27		16,811.77		13,132.27	(2,879.60)
Note EMJOS Clothing Stock	Negligible		Negligible		Negligible	-

After the discussion on the level of the EMOA reserves, the following was proposed, "Recognising the current level of reserves is £10k, the EMOA Committee is tasked to determine what the appropriate level of reserves should be going forward (identifying what the purpose is for having these reserves, and what they are intended to achieve), recognising that these proposals may change based on the Development Conference in October."

Proposed: Iain Phillips
Seconded: John Woodall

The meeting unanimously agreed to this proposal.

ACTION: Chris Phillips to ensure this is discussed at the next EMOA Committee meeting (Mike Gardner to add to the agenda of the next meeting.)

The proposed budget was agreed.
Proposer: Ranald Macdonald
Secunder: John Hurley

The meeting unanimously agreed to the budget.

10. Fixing of Charges:

Based on the discussions above Paul proposed not making any changes to the existing membership fees or levies. Therefore, the fees are proposed to remain as follows:

Senior membership fee £3;
Junior membership fee £1;
Associate membership fee is £10; and
Club membership fee is £15.

Event levy income, from category C and above events - I propose event levies also remain unchanged for the 2021/22 financial year. 50p per adult and 10p per junior with the first £25 continuing to be retained by the organising club.

That this approach should be taken was:

Proposed: Ranald Macdonald

Seconded: Hilary Palmer

This was agreed unanimously by the meeting.

11. Changes to the EMOA Constitution:

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

Proposed: Chris Phillips

Seconded: Mike Gardner

The meeting unanimously agreed to this change in the constitution.

ACTION: Mike Gardner to update the constitution and ensure the updated constitution is available on the EMOA website.

12. Plans for Coming Year: 2022/23

Given the upheaval of the last few years I am now very wary of making any forecast for the future, however, we have a lot planned for the next year.

The Regional Development Conference is scheduled for Saturday 29th October 2022. I will invite Ranald to talk about this in the informal session after the close of the AGM.

Over the next three months we have the final events of both the 2022 Regional Leagues. Looking at the league tables there is still much to play for, so now is the time to taper off that summer training and get ready to score those points in the final few events.

Clubs have submitted their plans for the 2023 Leagues and we shall be having a full programme both in the Forest and in Urban areas.

The EMOA Championships are scheduled for January at Clumber Park with the Compass Sport Cup Regional Heat in February at Beacon Hill.

Looking ahead, DVO and LEI are hosting events for JK24; the Friday Sprints at Loughborough University and the Relays at Stanton Moor.

EMJOS will be delivering its full programme for the next year, starting with the JIRCs in Northern Ireland in a couple of weeks' time. We wish our Juniors the best of luck in their travels.

Your EMOA committee will be meeting regularly throughout the year and the plan is that most meetings will be via Zoom.

Chris Phillips

13. Any Other Business:

There was no any other business raised as part of the formal meeting.

14. Close of formal meeting:

The meeting was formally closed at 20:26.

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Orienteering Foundation Report June 2023



Latest news.

- The Foundation has 2 New Ambassadors, Caroline Mackenzie has taken over from Duncan Archer in the NE, and Philip Jones will be representing Wales. Duncan who recently moved will still continue with the website/social media role.
- A grant was agreed to JROS towards their UKCC level 2 Coaching course for up to 8 young coaches, this will be held in Inverness in July.
- Alastair Pedley was given a grant to help his attendance at the IOF Young Leaders Academy.
- British Orienteering were given a grant towards their Aspiring GBR performance coach programme.
- The Legacy donations programme was relaunched with a postcard drop at the British Championships, more information about the programme can be found [here](#).
- The Foundation was working on a Poster template to follow on from the Newcomers retention group work. More details to follow shortly.

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 - 01623 792336 - p.olivant@btinternet.com

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EMJOS Summary April to July 2023

Training:

30th April Nottingham Trent University Clifton campus

A session hosted by WMJS was held on the area. No EMJOS attended.

21st May Rough Close (near Coventry)

EMEWS

Another invite to join the WMJS at a small woodland area was attended by two EMJOS athletes (Ellie and Eoin). Working with the other squad they improved their compass skills. But also had an opportunity to meet up with friends.

26th June Nottingham Trent University Clifton campus

A session hosted by YHJS. Again, Ellie and Eoin attended with Toni and Ann-Mare as coaches. Ben Squire, Rachel Duckworth and Ewan Tryner attended and participated with sessions, with JWOC the following week.

Paul Taylor set sprint exercises to practice route simplification, exploring how different route choices actually feel (2 routes run by both runners in a pairs, then discussed), micro-O encouraging rapid movement using memory rather than slowed looking at map (very short, emphasis on pre-plan + execute from memory).

Final 3 leg replay was enjoyed by the whole group ranging in ability from TD3/4 (rising Oranges) to TD5 (GB Team and Talent athletes).

Future training:

Looking for ideas for an early September 2023 local location for a squad session prior to the JIRCS 2023 competition in South Wales.

JIRCS (23rd & 24th Sept) maybe on the sand dunes again (third year running!) but access to quality areas is still not confirmed.

4th November O' Foundation Lakes training day - EMJOS and WMJS are planning to attend the Saturday event together. Combining the coaching staff (male/female, high mountain first aid awareness, experience of the area) and effort required.

Using local accommodation to then attend the Sunday event near Ulverston.

Note: East Midland region are also planning to attend the O'Foundation training day, to coach local **EM members** - see Events tab (November) of LEI website.

A **new squad running top** will be ordered very soon. A selection of designs were created by a junior (Hannah), the junior squad members then voted for their preference and the outstanding design chosen (a clear winning design). A small quantity of sizes have been ordered but the costs per top will require part funding by EMJOS and the athletes. Approximately £50 per top. Brysos manufacturer is confirming final price including tax and delivery charges.

Final note - more junior athletes required...

Are there any ideas or plans to link up with other running clubs (cross country, athletics, team sports) that have a junior section and offer them an alternative activity experience?

Ann-Marie Duckworth and Ant Squire - East Midlands Junior Squad coaches - July 2023

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JROS Fundraising Officer Required

You may have noticed a recent piece in Compassport looking for a fundraising officer for JROS (Junior Regional Orienteering Squads). Unfortunately, no one has come forward for this post and we are therefore looking to see if the regions can help us to fill this post.

It is felt that the position does not need to be fulfilled by a committed orienteer but might also be suitable for a parent of a junior orienteer or a person good at encouraging others to give donations.

The new fundraising officer will be crucial in helping to keep costs down for junior athletes, particularly as we are now running five camps each year.

The new officer would coordinate and submit grant applications as well as looking at alternative fundraising possibilities. They would be helped by the JROS Exec committee as well as camp managers.

The role is an unpaid voluntary position but one which will be vital in keeping costs down so that JROS can carry on with existing camps and subsidies for those selected.

If you know of someone who may be interested or anyone who wants more details of the work involved or even wish to apply, please contact the JROS secretary jrossecretary@gmail.com

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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 - Dishley (LEI) (UL3)
- 25th June - Barrow on Soar (LEI) (UL4)
- 20th August - Lincoln City (LOG) (UL5)
- 3rd September - Nottingham University (NOC) (UL6)
- 15th October - Grantham (LOG) (UL7)
- 22nd October - Southwell (NOC) (UL8) (TBC)



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Your best 4 scores will count from the 8 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
1	Daniel Glover	M16	LEI	200			100	100				

Junior Women

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

EMEWS

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Nerijus Rozkovas	M35	DVO	360	70	90	100	100				
2	Mike Chapman	M40	LOG	347	72	89	93	93				
3	Ed Cochrane	M35	NOC	275	83		96	96				
4	Edward De Salis Young	M50	LEI	176	86			90				
5	Jake O'Donnell	M18	DVO	93		93						
6=	Richard Robinson	M40	NOC	91	91		0					
6=	Ben Glover	M18	LEI	91				91				
8	James Mellor	M21	NOC	89	89							
9=	Chris Millard	M40	DVO	88	88							
9=	Kevin Lomas	M65	NOC	88			88					

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrea Page	W45	LOG	382	86	96	100	100				
2	Libby Barber	W20	LEI	96				96				
3	Charlotte Elliss	W35	RAFO	93		93						

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	James Prince	M50	DVO	353	84	88	90	91				
2	Andy Nicholls	M45	LEI	293	100	0	93	100				
3	Tom Hartland	M45	DVO	267		86	88	93				
4	Andrew Selby	M45	DVO	247	78	82	87					
5	Roy Mitton	M50	NOC	162	79	83	0					
6	Andy Glover	M45	LEI	100			100					
7	Kevin Barber	M50	LEI	90				90				
8	Wayne Byrne	M40	RAFO	89		89						
9=	Dave Chaffey	M60	DVO	87		87						
9=	Andy Parry	M45	DVO	87	87							

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Claire Selby	W50	DVO	364	85	86	93	100				
2	Tanya Taylor	W50	LOG	287	91	96	100	0				
3	Carol Stynes-Martin	W50	LEI	280	88		96	96				
4	Patricia Wong	W50	NOC	267		84	90	93				
5	Jo White	W45	LEI	175	84		91					
6	Helen Chiswell	W45	DVO	93		93						
7	Michelle Mackervoy	W50	DVO	90	90							
8	Nicola Hart	W60	DVO	81	81							

EMEWS

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrew Ridgway	M60	NOC	378	93	89	100	96				
2	Murray White	M55	DVO	352	88	86	90	88				
3=	David Vincent	M60	DVO	268	86	93		89				
3=	Alastair Paterson	M55	LEI	268		85	93	90				
5	Stephen Martin	M60	LEI	267	85		91	91				
6	Dave Chaffey	M60	DVO	191	91			100				
7	Mark Sheriff	M60	LEI	176			89	87				
8	Richard Naish	M55	DVO	173	87		86					
9	David Cladingboel	M55	LEI	172	84	88		0				
10	Richard Parkin	M55	DVO	100		100						

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Alison Hardy	W55	LEI	377	91	90	96	100				
2	Kim Buxton	W60	DVO	353	81	88	93	91				
3	Sal Chaffey	W55	DVO	289	93	96	100					
4	Helen Parkinson	W55	NOC	286	90	100	0	96				
5	Anne Kayley-Burgess	W55	DVO	251	74		89	88				
6	Amanda Roberts	W60	LOG	182	89	93						
7	Tracey Brookes	W55	LEI	180			91	89				
8	Ursula Williamson	W60	LEI	162	76		86					
9	Anne Kimberley	W60	DVO	151	71	80						
10	Jane Dring-Morris	W55	LEI	90				90				

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	John Hurley	M65	DVO	356	79	90	91	96				
2	Mike Gardner	M65	DVO	335	77	77	90	91				
3	Mike Godfree	M70	DVO	323.5	72	74	88	89.5				
4	Jeffrey Baker	M70	LOG	314.5	62	79	84	89.5				
5	Russell Buxton	M65	DVO	306	59	71	89	87				
6	Paul Morris	M65	NOC	290.5	90.5	100		100				
7	Stephen Kimberley	M65	DVO	252	64	88	100					
8	John Hopper	M70	DVO	251	76		87	88				
9	Malcolm Spencer	M65	DVO	239.5	65.5	81		93				
10	Andrew Wallace	M65	NOC	234	73	76	89					

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Ruth Ellis	W70	DVO	373	88	89	100	96				
2	Jane Kayley-Burgess	W65	DVO	279	90		96	93				

EMEWS

3	Ann Armistead	W70	DVO	266	86	90	90					
4	Maureen Webb	W70	LEI	176	85		91					
5	Viv Macdonald	W70	DVO	167	80	87						
7	Judith Holt	W70	DVO	83	83							

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Derek Gale	M75	DVO	362	90	91	91	90				
2	Peter Chick	M75	LEI	347	88	86	88	85				
3	Dave Skidmore	M75	DVO	346	82	87	89	88				
4	Ernie Williams	M80	LEI	319	75	79	84	81				
5	John Woodall	M80	NOC	315	76	77	82	80				
6	Doug Dickinson	M75	DVO	296	100	100		96				
7	Rex Bleakman	M75	DVO	273	91	89	0	93				
8	John Marriott	M75	LEI	266		85	90	91				
9	Simon Ford	M80	LEI	249	81		85	83				
10	Peter Leake	M80	LEI	247	80	83		84				

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Liz Godfree	W75	DVO	383	100	96	91	96			
2	Margaret Keeling	W75	DVO	362	88	90	93	91			
3	Jen Gale	W75	DVO	347	85	86	88	88			
4	Tricia Neal	W75	NOC	261	84		90	87			
5	Hilary Palmer	W75	NOC	196		100	96				
6	Diane Boulton	W75	DVO	182	93	89					
7	Diane Ford	W75	LEI	170	83		87	0			
8	Christine Middleton	W75	DVO	91	91						

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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 (CANCELLED)~~

- 6 - 11th June - DVO - Carsington Pastures
- 7 - 10th September - DVO - Kedleston Park
- 8 - 24th September - LEI - Irchester Country Park
- 9 - 8th October - DVO - Longshaw
- 10 - 29th October - LEI - Donisthorpe (TBC) - change from Bradgate Park
- 11 - 19th November - NOC - Watchwood & Calverton
- 12 - 25th November - DVO - Linacre (note: a Saturday)
- 13 - 3rd December - LEI - Ratby
- 14 - 17th December - NOC - Strawberry Hill

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).

White - Female

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

Yellow - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Hugh Chester	LEI	M10	704			680		730	2114	1
Aidan Chester	LEI	M12	1000					1000	2000	2

Yellow - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Grace Robinson	NOC	W10	767		1000	1000			2767	1

Orange - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Aidan Chester	LEI	M12			1000	655			1655	1
Isaac Rosewell	NOC	M12			604	910			1514	2

Orange - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Emma Rosewell	NOC	W12			1000	1000		1000	3000	1
Sindy Chafer	LEI	W55	970			691	472		2133	2

Light Green - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Daniel Stothard	LEI	M18		1000	1000		741		2741	1
Stuart Swalwell	DVO	M70				933	853		1786	2
Felix Jarvis	LEI	M14	487			1000			1487	3

Light Green - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Karen Ives-Smith	LEI	W55	998	1000		1000		1000	3998	1
Alice Woodward	DVO	W16			570	609			1179	2

EMEWS

Short Green - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Donald Moir	LEI	M90	781	1000	862	954	825	968	5390	1
Kevin Gallagher	LEI	M70	777	873	671	828	779	1000	4928	2
Doug Dickinson	DVO	M75	907	765	1000	1000	1000		4672	3
Matt White	LEI	M55	977		798	837	902	951	4465	4
Peter Chick	LEI	M75	671	769	617	763	631	871	4322	5
John Woodall	NOC	M80	870	646	785	722	736		3759	6
Chris Bosley	LEI	M75	970		870	955		900	3695	7
Dave Skidmore	DVO	M75	914	958		893		776	3541	8
John Palmer	NOC	M75	1000	844			774	858	3476	9
Robert Titterington	LEI	M80	750	908		961	758		3377	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	score	Pos.
Liz Godfree	DVO	W75	970	1000	1000		926	922	4818	1
Jane Kayley-Burgess	DVO	W65	820	988		962	1000	824	4594	2
Maureen Webb	LEI	W70	737	678	577	782	699	665	4138	3
Ruth Ellis	DVO	W70	915	958		716	853	607	4049	4
Margaret Keeling	DVO	W75	779		779	624	794		2976	5
Jane Booker	NOC	W65	1000		800			764	2564	6
Christine Middleton	DVO	W75			903	1000		657	2560	7
Tricia Neal	NOC	W75	539	565	361	431	637		2533	8
Diane Blount	DVO	W75			707	849	807		2363	9
Pauline Ward	DVO	W75			748	749		711	2208	10

Green - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
John Marriott	LEI	M75	1000	946	835	839	848	761	5229	1
Paul Goodhead	DVO	M60		940	735	704	802	801	3982	2
John Hurley	DVO	M65	787		607	829	933	759	3915	3
Mike Godfree	DVO	M70	796	1000			973	838	3607	4
Russel Buxton	DVO	M65	781	985			754	827	3347	5
Andy Portsmouth	LEI	M65	673	702		783	809		2967	6
Roger Edwards	LEI	M70			925	1000	1000		2925	7
Derek Gale	DVO	M75	870				939	848	2657	8
Malcolm Spencer	DVO	M65			864	839	826		2529	9
Jonathon Lee	LEI	M60		663	495	578	716		2452	10

Green - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos.
Kim Buxton	DVO	W60	982	893			1000	924	3799	1
Anne Kayley-Burgess	DVO	W55	703	452		859	836	733	3583	2
Ursula Williamson	LEI	W60	826	717		951	890		3384	3
Karen White	LEI	W55	623			517	881	785	2806	4
Jane Booker	NOC	W65		757		1000	679		2436	5
Clare Hanna	LOG	W55	543	562		781			1886	6
Wendy Foster	NOC	W60	553			594	667		1814	7
Claire Selby	DVO	W50	777				851		1628	8
Jane Dring-Morris	LEI	W55	797					746	1543	9
Charlotte Elliss	RAFO	W35	498	387	453				1338	10

Blue - Male

Name	Club	Age	1	2	3	4	5	6	scores	Pos
Francesco Lari	DVO	M55	864	786	740	799	750	760	4699	1
Paul Morris	NOC	M65	957		1000		1000	961	3918	2
Andy Sykes	DVO	M55		956		787	876	853	3472	3
Murray White	DVO	M55	737	738		670	674	634	3453	4
Tom Hartland	DVO	M45	778		640	703	633	656	3410	5
Alastair Paterson	LEI	M55	800	699	681	597	627		3404	6
James Prince	DVO	M50	706		633	743	714	602	3398	7
David Vincent	DVO	M60	966		799			845	2610	8
Simon Brister	DVO	M70	709		912		743		2364	9
David Sissons	NOC	M50	562			613	471	568	2214	10

Blue - Female

Name	Club	Age	1	2	3	4	5	6	scores	Pos
Tanya Taylor	LOG	W50	1000	979	1000	909	1000	1000	5888	1
Alison Hardy	LEI	W55	756	892		951	972	911	4482	2
Sal Chaffey	DVO	W55	727	1000	896	1000			3623	3
Nicola Hart	DVO	W60	635	844	586		898		2963	4
Lizzie Rosewell	NOC	W40			695	727		686	2108	5
Monica Henderson	NOC	W21	439		551	677			1667	6
Sally Calland	DVO	W45	753	889					1642	7
Helen Chiswell	DVO	W45			823			762	1585	8
Joanna Goodhead	DVO	W21			704			654	1358	9
Robyn Jarvis	LEI	W18			576	519			1095	10

Brown - Male

Name	Club	Age	1	2	3	4	5	6	score	Pos
Richard Parkin	DVO	M50	998	1000		1000	1000	887	4885	1
Andrew Ridgway	NOC	M60	671	714	688	726	716		3515	2
Nerijus Rozkovas	DVO	M35	728		627	810	718	617	3500	3
Philip Johnston-Davis	RAFO	M50	730	861	853				2444	4
Ian Wells	RAFO	M70	529		558	623	592		2302	5
Andy Glover	LEI	M45	686			777	786		2249	6
Andy Nicholls	LEI	M45	648				809	543	2000	7
John Duckworth	DVO	M55	1000					964	1964	8
Richard Robinson	NOC	M40			1000			803	1803	9
Andrew Ward	LEI	M35	517		574		602		1693	10

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Puzzle Page

Puzzle Result - Below is the answer for the puzzle set in EMEWS 287:

	1	6	4	6	4	3	5	4	
X						X			6
X									7
X	X	X			X	X	X		2
X	X	X			X	X			3
START								X	7
X								X	6
X		X	X	X	X	X	X	X	1
X	FINISH	X	X	X	X	X	X	X	1

This Month's Puzzle

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

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

	1	1	3	3	5	6	7	7	
START									8
									6
									6
									3
									4
									3
									2
								FINISH	1

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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.

August 2023

Tue 1 st	S6D Moray 2023 Day 3	Natl		SOA	Roseisle Forest	Burghead	NJ117586 8664
Wed 2 nd	Scottish Six Days - Rest Day Sprint - UKUL14 & SOUL8	Regl	EUOC	SOA		Forres	
Wed 2 nd	S6D Moray Rest Day - Trail O	Locl		SOA	Roseisle Forest	Forres	
Thu 3 rd	S6D Moray 2023 Day 4 (UKOL)	Natl		SOA	Culbin	Forres	NH29864 160552
Fri 4 th	S6D Moray 2023 Day 5	Natl		SOA	Culbin Forres	Forres	NH29864 160552
Tue 8th	LEI Summer League 16	Locl	LEI	EM	Knighton Park	Leicester	SK606008
Tue 8 th	Evening Countryside Score Maprun	Locl	SYO	YH	Hathersage	Sheffield	SK231815
Sun 13 th	RUGBY URBAN - WMUL	Regl	OD	WM		Rugby	
Wed 16th	LEI Summer League 17	Locl	LEI	EM	Aylestone	Leicester	
Thu 17th	Find Your Way Activity - Arboretum Park	Act	DVO	EM	Arboretum Park	Derby	
Sat 19 th	YHOA Urban League Sprint Event	Regl	SYO	YH	Weston Park / Sheffield University	Sheffield	SK340873
Sat 19 th	Milton Keynes Urban and Keyne-O 5	Regl	SMOC	EA		Milton Keynes	
Sun 20th	EMUL 2023 Lincoln City Urban	Regl	LOG	EM	Lincoln City	Lincoln	SK975641
Wed 23 rd	Rough Close Evening Event	Locl	OD	WM	Rough Close Scout Camp	Coventry	
Wed 23 rd	Summer 2023 MapRun league	Locl	WAO C	EA	Cambourne	Cambourne	
Fri 25 th	White Rose Night Score	Locl	EBOR	YH	Pickering Forest	Pickering	SE813923
Sat 26 th	White Rose Middle Distance	Natl	EBOR	YH	Pickering Forest	Pickering	SE813923
Sat 26 th	White Rose Trail O	Locl	EBOR	YH	Pickering Forest	Pickering	SE811928
Sun 27 th	White Rose & YHOA SuperLeague	Natl	EBOR	YH	Pickering Forest	Pickering	SE813923
Sun 27 th	MV Urban Event	Natl	MV	SE	Reigate	Reigate	
Mon 28 th	White Rose Sprint	Regl	EBOR	YH	Pickering Forest	Pickering	SE813923
Thu 31st	Find Your Way Activity - Allestree Park	Act	DVO	EM	Allestree Park	Derby	

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September 2023

Sat 2 nd	CAPRICORN 2023	Locl	PFO	NW	Gisburn Forest & Bowland Fells	Settle	SD745560
Sun 3 rd	EMUL 2023 Nottingham University Urban	Regl	NOC	EM	Nottingham University	Nottingham	
Sun 3 rd	Burton Dassett - WM League	Regl	OD	WM	Burton Dassett Country Park	Northend	
Sat 9 th	Senior Home Internationals Individual & Welsh League Event	Natl	SWOC	WO	Merthyr Common South	Merthyr Tydfil	
Sat 9 th	Dales Town and Country Weekend	Regl	AIRE	YH	Ilkley	Ilkley	
Sat 9 th	Saturday Series 1	Locl	SYO	YH	Endcliffe Park	Sheffield	SK325858
Sun 10 th	Peter Palmer Junior Team Relays	Natl	SMOC	EA	National Trust Stowe	Buckingham	
Sun 10 th	Dales Town and Country Weekend & YHOA SuperLeague & YHOA Championships	Regl	AIRE	YH	Conistone South	Grassington	
Sun 10 th	EMOA League 2023 Kedleston Park	Regl	DVO	EM	Kedleston Park	Derby	SK305412
Sun 10 th	WMUL Event - Malvern Urban	Regl	HOC	WM		Malvern	
Sat 16 th	City of London Race (UKOL)	Natl	SLOW	SE	Rotherhithe	London	
Sat 16 th	Fenton Park	Locl	POTOC	WM	Fenton Park	Fenton	
Sat 16 th	MDOC Saturday Park series (1)	Locl	MDOC	NW	Teggs Nose Country Park	Macclesfield	SJ949732
Sun 17 th	Regional Long Distance	Regl	CLOK	NE	South Gare	Redcar	NZ574256
Sun 17 th	British Sprint Relay Championships	Majr	LOK	SE	Brunel University	London	
Wed 20th	Derby Night Map Run	Act	DVO	EM	Darley Park	Derby	
Thu 21st	Derby Night Map Run	Act	DVO	EM	Darley Park	Derby	
Sat 23 rd	Junior Inter Regional Championships & Welsh League Event	Natl	SBOC	WO	Kenfig Burrows	Port Talbot	SS801810
Sat 23rd	DVO Club Champs (Closed)	Act	DVO	EM	Shipley Park	Heanor	
Sat 23 rd	NW Sprint Champs	Regl	MDOC	NW	Offerton Estate	Stockport	
Sun 24 th	Regional Event	Regl	CLARO	YH	Swinsty	Harrogate	
Sun 24 th	UKUL event	Regl	MDOC	NW	Birchwood, including Locking Stumps	Warrington	
Sun 24 th	TVOC Urban Regional Event	Regl	TVOC	SC	Abingdon	Abingdon	
Sun 24 th	EMOA League 2023 (Irchester)	Regl	LEI	EM	Irchester Country Park	Wellingborough	
Sun 24 th	WMOA Relays	Regl	WCH	WM	Hednesford Camp	Hednesford	
Thu 28th	Derby Map Run	Act	DVO	EM	Derby North	Derby	
Sat 30 th	October Odyssey Day 1	Natl	NN	NE	Brandon, Durham	Durham	
Sat 30 th	Caddihoe Day 1 (UKOL)	Natl	NGOC	SW	Mallards Pike	Coleford	

October 2023

Sun 1 st	Regional Event	Regl	SYO	YH	Rivelin Central	Sheffield	
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					(including Blackbrook Woods)		
Sun 1 st	October Odyssey Day 2	Natl	NN	NE	Doctor's Gate	Wolsingham	
Sun 1 st	Caddihoe Day 2 (UKOL)	Natl	NGOC	SW	Mallards Pike	Coleford	
Thu 5th	Derby Night Map Run	Act	DVO	EM	Mickleover	Mickleover	
Sat 7 th	Autumn in Anglia Day 1	Regl	SUFFO C	EA	West Stow	Thetford	
Sat 7 th	Double Sprint Event	Regl	DEE	NW	Queens Park	Crewe	SJ688558
Sat 7 th	MDOC Saturday Park series (2)	Locl	MDOC	NW	Bruntwood Park	Stockport	SJ856873
Sun 8 th	Winsford Urban (UKUL)	Natl	DEE	NW	Winsford	Winsford	SJ640659
Sun 8 th	Autumn in Anglia Day 2	Regl	WAO C	EA	Newmarket	Newmarket	
Sun 8th	EMOA League 2023 Longshaw	Regl	DVO	EM	Longshaw	Sheffield	SK265799
Thu 12th	Derby Night Map Run	Act	DVO	EM	Chester Green	Derby	
Fri 13 th	Eurometing Mixed Sprint Relay (and supporting public race)	Natl	FVO	SOA	Dunblane	Dunblane	
Sat 14th	British Schools Score Championships	Natl	LEI	EM	Martins Shaw Woods	Leicester	
Sat 14 th	Eurometing KO Sprint (and Individual Sprint for public race classes)	Natl	FVO	SOA	Stirling University	Stirling	
Sun 15 th	Eurometing Individual Sprint with Stirling City Race for other classes (SOUL10)	Natl	FVO	SOA	Stirling	Stirling	
Sun 15 th	YHOA SuperLeague	Regl	EBOR	YH	Skipwith Common	Selby	
Sun 15th	EMUL 2023 Grantham Urban	Regl	LOG	EM	Grantham	Grantham	SK939375
Sun 15 th	Woodside Urban - UKUL, WMUL	Regl	WRE	WM	Woodside	Telford	SJ686042
Sun 15 th	NOR Blickling	Regl	NOR	EA	NT Blickling	Aylsham	
Sat 21st	Elvaston Castle Local Event	Locl	DVO	EM	Elvaston Castle	Derby	SK407330
Sun 22nd	YHOA SuperLeague	Regl	EPOC	YH	Royds Hall Woods (aka Judy Woods)	Bradford	
Sun 22nd	EM Urban League Southwell (provisional)	Regl	NOC	EM	Southwell	Southwell	
Sat 28 th	Cambridge City Race	Regl	CUOC	EA		Cambridge	
Sat 28 th	Downs Banks	Locl	POTOC	WM	Downs Banks Country Park	Stone	
Sat 28 th	EBOR Indoor Orienteering Event	Regl	EBOR	YH	York	York	
Sun 29 th	YHOA Urban League	Regl	HALO	YH	Brough	Brough	
Sun 29th	EMOA League 2023 Donisthorpe (TBC)	Regl	LEI	EM	Donisthorpe	Loughborough	

November 2023

Sat 4 th	Urban (UKOL) - November Classic Weekend	Natl	BAOC	SC	Winchester	Winchester	
Sun 5 th	November Classic & Southern Championships (UKOL)	Natl	SOC	SC	New Forest - Fritham and Bentley	Lyndhurst	

EMEWS

Sat 11 th	MDOC Saturday Park series (3)	Locl	MDOC	NW	Bramhall Park	Stockport	SJ889862
Sat 11 th	Chaddesdon Park Local Event	Locl	DVO	EM	Chaddesdon Park	Derby	SK382366
Sun 12 th	CompassSort Cup Final	Majr	BOK	SW	New Beechenhurst	Coleford	
Thu 16 th	Derby Night Map Run	Act	DVO	EM	Chaddesdon Park	Derby	
Sun 19 th	EMOA League 2023 Watchwood and Calverton	Regl	NOC	EM	Watchwood and Calverton	Arnold	
Sun 19 th	WML Event - Burlish Top	Regl	HOC	WM	Burlish Top	Kidderminster	
Thu 23 rd	Derby Night Map Run	Act	DVO	EM	Allestree	Derby	
Sat 25 th	Cheddleton Heath	Locl	POTOC	WM	Cheddleton Heath	Leek	
Sat 25 th	EMOA League 2023	Regl	DVO	EM	Linacre	Chesterfield	SK342734
Sat 25 th	Southern Night Championships	Locl	BAOC	SE	Pirbright Range Complex & Bisley Camp	Camberley	
Sun 26 th	SYO Regional Event	Regl	SYO	YH	Baslow Edge & Big Moor	Sheffield	
Sun 26 th	SN Trophy	Natl	SN	SC	Mytchett	Aldershot	SU922562
Thu 30 th	Derby Night Map Run	Act	DVO	EM	Alvaston Park	Derby	

December 2023

Sun 3 rd	CHIG SEL event	Natl	CHIG	SE	Epping NW		
Sun 3 rd	YHOA SuperLeague	Regl	HALO	YH			
Sun 3 rd	EMOA League 2023 (Ratby) (TBC)	Regl	LEI	EM	Ratby	Ratby	
Thu 7 th	Derby Night Map Run	Act	DVO	EM	Markeaton Park	Derby	
Sat 9 th	MDOC Saturday Park series (4)	Locl	MDOC	NW	Riverside Park	Macclesfield	SJ915745
Sun 10 th	AIRE Regional Event	Regl	AIRE	YH	Bramley Fall & Hawksworth Woods	Leeds	
Sun 10 th	TVOC Chiltern Challenge Regional Event & SCOA Championships	Natl	TVOC	SC	Naphill and Bradenham	Princes Risborough	
Sun 10 th	Sutton Park South - WM League	Regl	OD	WM	Sutton Park Boldmere Gate Entrance	Sutton Coldfield	
Sun 17 th	EPOC Regional Event	Regl	EPOC	YH		East Pennines	
Sun 17 th	EMOA League 2023 Strawberry Hill	Regl	NOC	EM	Strawberry Hill		
Thu 28 th	EBOR Regional Event	Regl	EBOR	YH	York University East	York	
Fri 29 th	SN Regional event	Regl	SN	SE	Hogmoor	Bordon	SU785349

UK Urban League 2023 (to go)

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