



THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

JANUARY - FEBRUARY
2012



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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.

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Club Reps Mike Gardner (DVO); Bob Haskins (LEI);
Sean Harrington (LOG); Pauline Olivant (NOC);

Posts Vacant: Vice-Chairman; Secretary; Development Officer

Please can someone step forward for these roles on the EMOA Committee

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **19th March 2012 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - Thanks again to Ernie Williams for his cover. And to all you planners and controllers please take time out to have a look at the rules.

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Contents – EMEWS 239

Cover – Ernie Williams	1
EMOA Committee Meeting – 16 th January 2012	4
Famous at Last? – Richard Robinson	5
Providing High Quality Events in the East Midlands – Ernie Williams	8
EMOA Planners and \Controllers Conference – Ernie Williams	9
Mid Week Orienteering – John Middler	10
East Midlands Junior Squad News – Richard Robinson	10
EM League - 2012	12
EM League 2011	12
Fixtures	17



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EMOA Committee Meeting Report – January 16th 2012

EMOA Development Plan Review – The committee reviewed the EMOA Development Plan and for each of the current activities reviewed what has happened and what needed to be done in the next year. A new version of the development plan will be created following the meeting.

Junior Squad – Need to ensure there is more information on how to get in to the squad and get this in EMEWS and on EM website (see article in EMEWS later).

Urban League – It was agreed that EMOA should look to have mementoes for the urban league with 12 awards based on the standard 6 male and 6 female groups. We need a volunteer to co-ordinate the league. Please contact the editor if you are willing to do this. It should just be to co-ordinate the results across the 4 events. DVO hope to host their event in November at Wirksworth.

Night League – EMOA also want to see a Night League set up for next winter. Most clubs are already running Night Events so we also need someone to co-ordinate these events and create a Night League. Again a volunteer is required to co-ordinate this. Please contact the editor.

East Midlands League – It was agreed that for the Green and Blue courses we should add extra awards for the top juniors in these from next year. We plan to publish the top 3 juniors in EMEWS as well as top 10 of the overall set. Also have the Short Green in the League this year.

Annual Volunteer Day – EMOA wish to retain the Annual Volunteer Day. However, we do need someone to co-ordinate the 2012 Volunteer Day. Again volunteer via the editor.

Awards System for Volunteers – It was felt that this is really at a club level rather than regional level. Need to encourage clubs to make use of volunteer awards in councils etc (often folk won't put themselves forward but if see it gets extra publicity for the sport they will stand). Also clubs should be encouraged to look at national awards.

Support for Senior and Elite Orienteers – It was noted that if any club wants to provide senior coaching in parallel with Junior Squad this could be done (may simplify logistics, etc). In addition Richard Robinson suggested that we may want to consider, rather than the Junior Squad putting on an event, they could host a Coaching Day for a club. Putting out so many kites and providing suggested exercises. If clubs interested they should contact Richard Robinson / Hilary Palmer and will look to stage first session in September (may be on a Saturday).

East Midlands Constitution – The party reviewing the constitution are still looking at it and it is hoped to have a proposal for the next EMOA meeting to review.

EM League 2012 – The list of events is later in EMEWS.

Future Events – The following future events are planned for the Region:

- 3rd November 2012 – LEI have proposed hosting a Midlands Night Champs.
- 3rd February 2013 – Midland Champs planned to be in Sherwood Forest – Access problems resolved, slight change to use area not used for some time.

- 17th February 2013 - British Club Champs / Compass Sport Cup Round - Fineshade Woods: 12 month embargo in place
- April 20th 2013 - British Sprint Champs - Loughborough University - 24 month embargo. Currently being mapped. Planner and Organiser are appointed.
- April 21st 2013 - British Middle Champs - Stanton Moor Still some issues but looking to resolve them.
- 7th July 2013 - Yvette Baker Trophy Final - LOG to host at Belton.
- November 2013 - British Schools Championships - DVO will host at Shipley Park - all OK.
- JK 2014 - Possible involvement - no correspondence recently.

EMOA Committee Meetings - The venue for the next meeting will be Clifton Church Hall, Pace Room on 19th March 2012 at 7:30pm. The next meeting after that will be 28th May.

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Famous at Last?

World Cup Round 3, Czech Republic and Round 4, Switzerland 2011

I had had a positive season with my second place at the British Elite Middle being the highlight and beyond my expectations for the year; but there was one main goal for the year that I made last winter that I had not completed; GBR Team selection for a round of World Cup Races. My form since June had not been great, not helped by my training been fragmented a little due to injuries and struggled on a GBR development team training camp at Euromeeeting in June. I had pretty much written off any chance of being selected for either of the final two rounds of World Cup races, so was delighted when I was invited to run both World Cup Rounds 3 and 4 in the Czech Republic and Switzerland respectively. NOC's Helen Palmer was also in the team for both rounds with Peter Hodgkinson also of NOC selected to run in Switzerland.

We were greeted to clear blue skies and warm sunshine in Prague, weather we were treated to for the whole trip, and made our way to Liberec in the north of the country in the Jizera Mountains and overlooked by the iconic Ještěd Tower. We arrived with enough time to check out the terrain on the model area. The terrain was typical Czech Terrain with steep valleys, pine forest of mixed runnability with areas of intricate rock detail; there were plenty of brashings on the floor to deal with too.



The World Cup races in Czech comprised a Middle race on the Saturday with a chasing start long race with dynamic gaffling. We had quite a long time to wait in quarantine for the middle race as the women's race was first. I started the middle race well but wasn't feeling too strong through the terrain and up the hills. The events were both live on Czech TV and TV cameras were out in the forest and in some areas there were numerous cables particularly the leg 5-6. I

EMEWS

made a two minute error at no.7 and was caught by a Czech runner who started 2mins behind and then proceeded to make a few other smaller mistakes and never felt like I was running all that well. I finished disappointed with my performance (76th out of 89) over 10mins down on winner Pasi Ikonen but not disastrous; the other male Brits generally didn't fare too well today. In the women's, Helen finished in 45th position with Dana Brožková taking the win on home soil.

The Long on the Sunday turned out to be one of the most enjoyable but tough races I have raced; 16.5km with around 750m climb. We started the long in the race arena in front of a decent crowd, the TV cameras and large screen. We picked up our map from a map tree just after the start and were immediately greeted to a 2km+ leg. I chose a different route to the two runners who had started just a few seconds in front of me but ended up in a pack with them anyway at no.1 as we converged at the control. We had a Phi loop at no.5 and ended up in a large pack of runners who were on their way round their second part of the loop. I was orienteering well and making good plans; something we had spoke about with team coach Toni Louisola the previous evening. We had a map exchange at around the 10km point; we were handed our new map as we ran along a taped section. We didn't realise at the time but this was dynamic gaffling to immediately split up groups of runners going into the next butterfly loops. We had a long leg into the last, small butterfly loop before the finish and surprisingly ended up with the same runners that I started with despite only seeing them fleetingly around the course. I finished the race in 62nd on the day in 2:04:27 and 65th overall. I was happy with my technical performance making less than 90s of mistakes but did make some poor route choices on 3 of the long legs which maybe lost me 4-5mins. Helen was 44th on the long finishing 44th overall.

The following day we flew on to Switzerland for a training camp near Neuchatel in the north west of the country for a training camp ahead of next year's world champs in the area. We were staying on the northern side above Lake Neuchatel and had a superb view across the lake from the accommodation. Each day the local clubs had put on a local race with controls and Sport Ident punching out. The areas were largely uninspiring with some heavy undergrowth in some areas but there were also some very pleasant beach forest. The Thursday and Friday were easier days with some light training on the model area for the Final World Cup races of the year based around the town of La Chaux-de-Fonds. The model area was predominantly steep but runnable alpine woodland with was both technical and physical but also very enjoyable.

I was determined to run well in Saturday's world cup middle race and felt good after my warm up. I didn't fully focus myself though at the start and didn't make any sort of plan on the first leg. The first leg was quite long for a middle race and through thicker forest than I was expecting. I lost over 4mins on the first control and



Me at the last control

made a number of small mistakes shortly afterwards. The split times show I was in last place at the first intermediate control. I managed to pull things together on the second half and was running strongly - better than the previous week. I finished 62nd on the day in 48:32; 12:40 down on the winner Thierry Gueorgiou! Peter made a solid debut to finish in 55th with a time of 45:34. In the women's Helen finished in 54th, 11mins down on the rising start from Sweden Tove Alexanderson who is still only a W20.

The Sunday race was the Post Finance Sprint World Cup Final race for the top 40 athletes in the World Cup rankings. The rest of us ran a National middle race on a fairly uninspiring area with sections with significant undergrowth. I had another poor race technically though again physically felt good - I put it down to mental fatigue; not being used to orienteering this many days consecutively. Prior to heading to watch the Post Finance Sprint we had a number of local juniors come and ask for our autographs. We of course happily signed their O tops; we then had their friends come asking for autographs too! Fame at last!



Tess on the sprint run in

The Post Finance Sprint was based in the centre of La Chaux-de-Fonds. Most of the town had been closed to traffic, a large screen TV was up in the middle of the square beaming back footage from around the course, all runners carried GPS and the event was also live on Swiss TV. The square was packed with spectators with the start, finish and a run through lots to get excited about. For Great Britain we had Graham Gristwood and Scott Fraser in the men's with Sarah Rollins and Tessa Hill in the women's. The Women's race was first. Tessa produced an excellent run from the earlier starters to take the lead which she held for a long time. In the end Tessa finished in 4th and a podium position (top 6 is a podium position), which was a fantastic result in a world class field. In the Men's Scott Fraser was having a great performance with his intermediate times having him in the top 3 for most of the race but unfortunately he slowed a little over the last

section possibly down to his recent cold and finished just off the podium in 7th. The Swiss men dominated as expected with 6 in the top 10 including winner Daniel Hubmann. This race was a great spectacle and a race I'd love to race in myself; hopefully in future years.

The experience has provided me with a great insight into international racing and has given me the motivation to train even harder to make the step up to running at the World Championships. I would like to thank EMOA for helping me financially towards the cost of the trip as I was along on a self help basis.

Richard Robinson

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As can be seen by the flyer in this edition of EMEWS, there is to be a one day Conference for Planners and Controllers, together with aspiring Planners and Controllers, on Saturday 26th May 2012.

Allied to this, the new Rules of Orienteering for 2012, together with revised Appendices and updated Competition Rules and Event Guidelines, are now available for download from the British Orienteering web site at:

http://www.britishorienteering.org.uk/page/events_documents

There have been comments in the very recent past in connection with East Midlands League Events towards the end of 2011 and at the start of 2012 about various aspects of planning and controlling. I am sure that all of you will need no reminding that professional Event Officials in the UK are, to say the least, as rare as the proverbial 'hen's teeth' - events take place on very regular basis throughout the year, especially in the East Midlands, because of the very hard and dedicated work of volunteers who care about the sport that we all experience in a multitude of formats from the small Level D Event to major Events such as the British Championships. No Organiser, Planner or Controller sets out to make mistakes but, as in all walks of life, mistakes do happen.

Attendance at Training Sessions for 'Event Volunteers' are now leading to formal 'qualifications' and are listed in the British Orienteering database, and personal information can be accessed by completing the 'Username' and 'Password' sections on the 'Login' section of the British Orienteering Home Page and then clicking on the link on the 'Welcome: Your Name' page for 'My Qualifications':

<http://www.britishorienteering.org.uk/page/home>

My message to all orienteers in the East Midlands is simply this - the Rules, and the wide range of documents that accompany the Rules, are there to be consulted and used and many of the Rules have the word 'shall' in them whilst many others say 'should'. Either way, if these documents, freely available, are to play their part then they need to be used, especially by Organisers, Planners and Controllers at the very outset of their work and throughout the time leading up to the event. If they are checked and used and if any orienteer still feels that something was not quite right, then an informal but polite comment to the Organiser, Planner or Controller should suffice and, if not, a formal complaint or a formal protest can be made to the Organiser. If in any doubt the 2012 Rules cover all aspects of our sport and should be the first place in which all of us look for guidance.

If you wish to contribute to the discussion on the provision of 'High Quality Events' within our Region please sign-up for the 26th May EMOA Conference - your presence will be very much appreciated.

Ernie Williams
Chairman of EMOA



'Providing high quality events'

An EMOA Conference for Planners and Controllers and those interested in becoming Planners and Controllers

Saturday 26th May, 10.00 - 15.00

(tea/coffee from 09.30)

**at Rushcliffe Country Park, A60 (Loughborough Road), Ruddington,, Nottinghamshire,
NG11 6JS**

During the day we will look at the range of different event formats currently being used, including Long, Middle, Sprint and Urban. We will focus primarily on Level C events, but it will also be of interest to those involved with Levels B and D.

Through a series of role plays, small group and plenary discussion the emphasis will be on the practical interpretation of the BOF Rules, Guidelines and Appendices as they relate to the events with which we are involved. We will use some recent events to analyse the courses and consider planning and controlling issues, including the need to change the map during the process.

We hope to have a speaker who has wide experience of planning, controlling, mapping and advising at national and international level - details to follow.

If you are interested in coming, please let Ranald Macdonald know by Monday 14th May:

r.f.macdonald@btinternet.com

Lunch and drinks will be provided if we know by this date - late bookers may have to bring their own!

There will be no charge for the event as it is being run as part of EMOA's Development Plan activities for 2012.

The day will be run by Ranald Macdonald (DVO) and Roger Edwards (LEI). If there are particular issues you would like us to bring into the workshop, please let Ranald know in advance.

MID WEEK ORIENTEERING

For those who are not yet aware, we have an emerging Wednesday league, courtesy of BAOC Mil League Central. The league is not new. It has been in suspended animation for several years and was formerly known as the East of England league and incorporated the RAF, mainly in East Anglia and Lincolnshire. However, with the strategic defence reviews and reorganisation of Divisional boundaries, the 5th Division area now covers the central belt from Wales through the Midlands, to East Anglia. There have already been 3 events this season. They were Luffenham, Hopwas and Tern Hill, Market Drayton. They are based on one per month. However they are growing in popularity and, in particular, civilian attendance. The event at Hopwas attracted 28 civilians and a total of 50 have attended one or more events. The success of the league so far is owed to the dedication of the secretary, Mark Beverley, who is almost single handedly planning and organising the events. This is why I would like to appeal to those keen Wednesday orienteers. We, as civilian clubs could supplement the league by offering to stage one event (per club) and increase the number of events from once per month to one per fortnight. Events generally cater for 3 courses, A - Blue/ brown, B - Green, C - Orange/ Light Green. So they are similar to low key Saturday morning/ summer evening events that many clubs already run. If clubs wish to appoint a Mil rep with a view to hosting a Wednesday event at some stage in the future, it would be greatly appreciated.

Link to BAOC website: <http://www.baoc.org.uk/>

League secretary: markbev.10@gmail.com

John Middler: johnmiddler@yahoo.com

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East Midlands Junior Squad News

New Squad Athletes

Congratulations to the following juniors that have recently accepted places in the Junior squad following good results and who show a desire to improve their orienteering:

- Eleanor Cooley - NOC
- Hannah Cox - LEI
- Matthew Cox - LEI
- Louis Forshaw-Perring - DVO
- Benedict Harwood - NOC
- Finn Lydon - LEI
- Nicola Northcott - DVO
- Gabriel Rawlinson - LEI
- Jessica Selby - DVO
- Joe Uprichard - DVO
- Simon Warrener - NOC

- Nicholas Wilson - LEI

Congratulations to all the new squad members. The squad for many years has largely been made up with Juniors from orienteering families with a handful from schools orienteering with Nottingham High School producing many squad members. NOC has also produced the lions share of juniors. It is therefore pleasing to see that many juniors are now also coming through from the other East Midland clubs with many of the juniors from 'Hub Clubs' which emphasises the great development work that is being done in the East Midlands.

Website

The Junior Squad now has its own website which lists all the latest news and activities. You can visit it at: <https://sites.google.com/site/eastmidsjuniororienteers/>

Recent Activities

2nd/3rd July 2011: Junior Inter Regional Championships (JIRC's) - The Junior squad finished in 7th position overall at this years JIRC's held in the Lake District which is an improvement on the 9th position that the squad finished in 2010 and also significant closed the points gap with a number of Regions finishing only a few points ahead. The Individual race on the Saturday was held on the Sand dunes of Haverigg. The best results were produced by Nathan Lawson (4th on M14), Ben Beresford (8th on M16), Harriet Lawson (7th on W16) and Jenny Evens (7th on W18). The Relays were held at Simpson Ground which proved a tough area particularly for a relay but consistent performances gave the East Midlands an overall position of 7th and finishing 6th region in the Relays.

2nd October 2011: Training Session at Harborough Rocks - A large group of juniors including many of the New Squad members had a training day on Harborough Rocks where many were introduced to intricate contour features and rock detail.

5th/6th November 2011: November Classic Weekend - The Juniors had a training session on Star Post on their way down to the New Forest where they ran the November Classic race on Sunday; an Interland Selection Race for the England Team. There were a number of strong performances from the Juniors including Will Parkinson coming 2nd overall on the Blue (M16) with Nathan Lawson coming 2nd M14 and Harriet Lawson 1st W16 on the same course. On the light green (M14) Euan Tebbut finished 5th while on the Orange (M/W12) Nick Wilson finished 2nd, Finn Lydon finished in 4th with Gabriel Rawlinson finished in 6th overall and 1st in W12 beating many boys in the process.

25th-27th November 2011: Hawkshead Training Weekend - A small group of juniors travelled to the Lake District for a weekend of training organised exclusively for the M/W16 in each of the 12 junior squads. As always a fantastic weekend of training was had with a night relay around the grounds of the hostel on Saturday evening.

December 2011: Walesby Xmas Sprint - As has become custom in recent years the juniors had an informal sprint around the built up areas of Walesby followed by a Christmas fuddle and prizes.

Upcoming Activities

The Squad have the following training and racing weekends planned:

EMEWS

- 28th/29th January 2012 - A Training weekend on Cannock Chase where we will be joined by the Welsh and West Midlands Junior Squads.
- 3rd/4th March 2012 - We will be using the British Orienteering training day in the Lake District on the Saturday as a training opportunity with a race on Sunday at Whitbarrow.
- 28th/29th April 2012 - Joint training on the Saturday in the Forest of Dean with the Welsh Junior Squad followed by the BOKTrot Level B event on Sunday.
- 27th May 2012 - Training day in the East Midlands. Venue TBC
- 23rd/24th June 2012 - Junior Inter Regional Championships in East Anglia. As normal a team of 4 in each of the categories M/W14-18 will be selected.

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East Midlands League 2012

This years EM League has now got underway with the Shining Cliff event on 15th January, and will be including the Short Green course as well as all of the current courses.

The following are the dates currently scheduled for East Midlands League events in 2012:

15 th Jan - Shining Cliff (DVO)	22 nd Jan - Blidworth (NOC)
29 th Jan - Welbeck DSFC (LEI)	12 th Feb - Thieves Wood (NOC)
26 th Feb - Lindop (DVO)	4 th Mar - South Common (LOG)
18 th Mar - Thoresby North (NOC)	1 st Apr - Ratby (LEI)
15 th Apr - Riber / Bow Woods (DVO)	19 th May - Bradgate Park (LEI)
10 th Jun - Allestree (DVO)	9 th Sept - Longshaw (DVO)
21 st Oct - Byrons Walk (NOC)	28 th Oct - Carsington (DVO)
4 th Nov - Spring Cottage (LEI)	11 th Nov - Wellow (NOC)
23 rd Dec - Walesby (NOC)	30 th Dec - Beacon Hill (LEI)

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East Midlands League - 2011

The 2011 East Midlands League is now complete and here are the final positions. Trophies will be presented on 21st January at Blidworth.

1 = Eyam Moor	2 = Shining Cliff	3 = Bagworth Heath	4 = Hardwick Hall
5 = Belton Park	6 = Ratby Woods	7 = Crich Chase	8 = Harlow Woods
9 = Kedleston	10 = Burrough Hill	11 = Carsington	12 = Outwoods
13 = Bramcote	14 = Byrons Walk	15 = Calke Park	16 = Walesby
17 = Willesley			

EMEWs

White Course - Boys/Men

Forename	Surname	Club		1	2	3	4	5	6	7	8	Best 8	Pos
Samuel	Davis	DVO	10	940-1	1000-3	1000-5	864-7	1000-8	1000-9	1000-10	917-11	7721	1
Tom	Cooley	NOC	8	1000-4	930-5	1000-6	773-9	1000-14	671-16	1000-17		6374	2
Ben	Hardy	LEI	10	600-6	1000-7	807-10	1000-12	1000-15				4407	3
Ben	Mackervoy	DVO	10	1000-1	829-2	718-4						2547	4
Toby	Williams	LOG		892-5	817-14	573-16						2282	5
James	Bedwell	DVO	10	525-9	502-10	543-16						1570	6
Peter	Mackervoy	DVO	8	373-1	1000-2							1373	7

White Course - Girls/Ladies

Rachel	Duckworth	DVO	10	1000-7	1000-8	1000-9	1000-11	1000-12	1000-13	1000-14	1000-15	8000	1
Reed	Lydon	LEI	10	482-5	1000-6	866-7	857-9	1000-10	909-11	884-15	1000-16	6998	2
Alexa	Lindsay	DVO	10	574-1	786-6	608-8	439-9	816-13	487-14	687-16	766-17	5163	3
Sophie	Vincent	DVO		1000-2	779-6	804-11	477-14					3060	4
Rhiannon	Emery	NOC	10	988-1	930-4	1000-5						2918	5
Lauren	Emery	NOC	7	1000-1	891-4	818-5						2709	6
Ngaia	Herd	LEI	10	536-9	711-10	461-15	1000-17					2708	7
Hazel	Williams	LOG		1000-4	722-14							1722	8
Sian	Edwards	LEI	10	824-10	688-15							1512	9
Elisa	Wayles	NOC		583-4	644-16							1227	0

Yellow Course - Boys/Men

Jamie	Lowthian	NOC	10	667-3	1000-5	1000-6	1000-7	1000-10	1000-12	988-13	965-14	7620	1
Ben	Mather	LOG	7	529-3	448-4	468-9	492-11	662-13	923-15	1000-16	1000-17	5522	2
Fraser	Ridgway	NOC	10	827-11	207-12	1000-13	547-15	903-16	973-17			4457	3
James	Peet	NOC	12	915-5	707-6	693-7	486-8	521-9				3322	4
Russell	Kirk	RAFO	16	303-3	463-4	381-5	205-6	393-7	301-9	604-10		2650	5
Harry	Graham,	DVO	12	1000-11	1000-15							2000	6
Samuel	Davis	DVO	10	478-14	574-15	701-16						1753	7
Harry	Wickham	NOC		805-13	711-16							1516	8
Matthew	Coates	LEI		656-12	794-14							1450	9
Michael	Theobald	RAFO	16	1000-4	440-7							1440	0

Yellow Course - Girls/Ladies

Sarah	Duckworth	DVO	10	1000-1	1000-2	1000-7	1000-8	1000-11	1000-12	1000-13	1000-14	8000	1
Eleanor	Cooley	NOC	12	961-5	1000-6	934-9	1000-10	757-14	622-17			5274	2
Daisy	Herd	LEI	10	919-6	855-9	685-10	1000-15	809-17				4268	3
Maria	Locke	RAF	16	1000-3	728-4	1000-5	609-6	579-9				3916	4
Isabella	Edwards	DVO	8	816-2	1000-4	1000-9	925-11					3741	5
Rachel	Duckworth	DVO		1000-16	1000-17							2000	6
Charlotte	Fox	LOG		763-5	437-12	549-14						1749	7
Elizabeth	Bedwell	DVO	12	753-9	917-10							1670	8
Holly	White	LEI		982-10	676-14							1658	9
Rachel	Kirk	RAF	20	619-3	398-4	425-5	138-7					1580	0

EMEWS

Orange Course - Boys /Men

Ethan	Tebbutt	LEI	10	1000-3	832-4	962-5	1000-7	864-8	1000-13	1000-14	931-17	7589	1
Nicholas	Gordon	DVO	14	873-1	890-2	688-4	735-11	1000-12	1000-15	570-16	820-17	6576	2
Alexander	Ridgway	NOC	14	789-11	582-13	600-15	697-16	1000-17				3668	3
Thomas	Webster	NOC	14	696-2	556-5	516-7	675-11	452-13	588-14			3483	4
Michael	Theobald	RAF	16	917-5	876-9	644-10	664-16					3101	5
Louis	Forshaw-Perring	DVO	12	1000-1	1000-2	1000-4						3000	6
Alex	Wright	RAF	16	984-4	971-6	1000-16						2955	7
Simon	Warrener	NOC		749-2	1000-5	1000-8						2749	8
Jacob	Pulling	RAF	16	535-3	392-4	716-5	697-6	378-7				2718	9
Cameron	Ridgway	NOC		744-11	512-15	361-16	610-17					2227	0

Orange Course - Girls /Ladies

Nicola	Northcott	DVO	14	1000-1	1000-2	1000-3	959-4	1000-8	1000-9	1000-11	1000-12	7959	1
Imogen	Wilson	LEI	12	975-3	1000-4	1000-5	1000-6	772-9	997-10	695-14	884-17	7323	2
Lauren	Bates	RAFO	16	769-5	970-9	1000-10	448-16	608-17				3795	3
Heather	Stacey	RAFO	16	569-3	411-4	938-5	482-6	534-16	545-17			3479	4
Milly	Beach	RAFO	16	766-3	949-9	629-16	590-17					2934	5
Sarah	Duckworth	DVO	10	971-15	717-16	1000-17						2688	6
Kathryn	Spendlove	DVO		401-9	542-12	375-16						1318	7
Maria	Lockie	RAF		352-16	680-17							1032	8

Light Green Course - Boys /Men

Finn	Lydon	LEI	12	902-3	1000-4	1000-8	1000-9	963-11	1000-12	1000-13	988-14	7853	1
Luke	Fortune	RAFO	14	517-3	922-4	655-5	999-6	770-7	886-9	1000-17		5749	2
Jack	Lord	NOC	14	606-1	823-2	705-3	1000-7	794-14				3928	3
Nicholas	Wilson	LEI	12	980-3	1000-5	1000-10	661-14					3641	4
Simon	West	LEI		1000-1	656-2	985-3	777-5					3418	5
Louis	Forshaw-Perring	DVO	12	739-9	620-12	889-15	1000-16					3248	6
John	Pickles	NOC	60	506-5	809-6	478-8	420-14	545-15	388-16			3146	7
Brian	Ward	DVO		945-1	730-12	700-14	726-16					3101	8
Miles	Plaskett	DVO	18	591-4	510-9	586-12	568-14	602-15				2857	9
Andrew	Oxby	RAF		749-4	566-5	703-6	534-17					2552	0

Light Green Course - Girls /Ladies

Joanne	Goodhead	DVO	14	978-2	888-6	869-7	1000-8	946-10	959-11	906-15	838-16	7384	1
Charlotte	Webster	NOC	12	943-1	932-2	822-7	957-8	742-10	655-11	818-13	789-17	6858	2
Molly	Smith	LEI	65	793-3	761-4	951-7	883-8	761-10	744-14	839-15	749-16	6481	3
Sophie	Gordon	DVO	16	829-1	938-2	727-11	904-12	1000-15	965-16	1000-17		6363	4
Margaret	Buckland	NOC	70	824-2	744-3	802-5	737-6	923-8	809-10	755-12	756-16	6350	5
Hannah	McNab	RAF	16	978-3	879-4	1000-6	1000-7	1000-10	804-16			5661	6

EMEWS

Wendy	West	LEI	45	575-1	536-4	541-6	704-8	627-10	534-15	672-16	736-17	4925	7
Alison	Hayes	DVO	45	910-2	797-8	1000-9	680-14	667-15	807-17			4861	8
Karen	Bedwell	DVO	40	654-3	742-9	541-10	523-12	617-16				3077	9
Christine	Elliott	NOC		1000-5	1000-11	1000-14						3000	0
Green Course - Boys /Men													
Stephen	Wright	NOC	65	1000-2	909-4	986-5	918-6	1000-7	936-9	1000-11	1000-12	7749	1
David	Anderson	LEI	70	852-4	1000-5	980-6	1000-8	944-9	1000-10	848-15	1000-17	7624	2
Dave	Skidmore	DVO	65	969-5	972-6	860-8	944-9	977-13	915-14	985-16	980-17	7602	3
Peter	Leake	LEI	70	951-2	1000-3	1000-4	838-11	822-14	1000-15	1000-16	954-17	7565	4
Andy	Hawkins	DVO	60	972-5	974-6	834-10	796-12	961-13	864-15	924-16	919-17	7244	5
Andrew	Breakwell	NOC	60	805-1	887-4	663-5	1000-6	1000-9	829-11	857-13	788-15	6829	6
Tony	Buckland	NOC	75	789-2	767-3	786-4	776-5	988-6	902-8	824-10	838-13	6670	7
John	Palmer	NOC	65	795-4	895-5	773-7	820-8	685-12	699-14	829-15	923-16	6419	8
Euan	Tebbutt	LEI		674-2	900-5	646-7	798-8	853-13	765-14	746-16	815-17	6197	9
John	Woodall	NOC	70	659-1	771-5	791-6	686-9	774-13	717-15	730-16	783-17	5911	0
Green Course - Girls /Ladies													
Ruth	Ellis	DVO	60	944-4	935-5	969-6	935-5	1000-10	852-12	878-16	843-17	7376	1
Rachel	Davis	DVO	45	915-4	911-5	1000-6	905-8	957-10	784-11	795-16	837-17	7104	2
Victoria	Littlewood	NOC	16	776-3	1000-5	748-7	792-11	886-12	713-13	1000-16	1000-17	6915	3
Jane	Booker	NOC	55	958-1	692-2	764-7	1000-8	872-10	526-14	970-16	966-17	6748	4
Margar et	Keeling	DVO	60	820-3	922-4	689-6	836-11	744-12	825-15	970-16	858-17	6664	5
Trish	Lydon	LEI	40	971-8	732-9	940-10	904-11	649-12	564-13	561-14	738-16	6059	6
Barbara	Tebbutt	LEI		599-2	826-4	858-5	791-8	729-12	545-13	794-16	752-17	5894	7
Helen	Parkinson	NOC	45	1000-4	930-5	587-7	978-8	651-9	752-11	931-16		5829	8
Tracey	Brookes	LEI		624-3	671-6	644-9	892-10	719-11	557-14	719-16	852-17	5678	9
Cathryn	Goodhead	DVO	45	540-2	675-3	820-4	760-6	813-8	710-10	598-15	672-16	5588	0
Blue Course - Boys /Men													
Roger	Edwards	LEI	60	915-3	941-5	1000-7	892-8	993-12	1000-13	966-16	995-17	7702	1
Glynn	Smith	LEI	65	1000-6	970-7	967-8	872-10	813-13	1000-14	1000-15	905-16	7527	2
Simon	Ford	LEI	65	918-1	974-2	950-3	944-8	930-10	901-12	975-14	887-16	7479	3
Derek	Gale	DVO	65	966-3	891-4	951-5	859-7	876-10	916-14	869-15	935-17	7263	4
John	Marriott	LEI		830-2	1000-3	807-4	893-10	876-11	811-13	889-14	836-17	6942	5
Robert	Haskins	LEI	60	893-3	877-4	945-5	791-6	823-9	807-12	786-15	804-17	6726	6
Ian	Wilson	LEI	45	885-	853-5	865-6	813-	848-14	797-	788-16	857-	6706	7

EMEWS

Michael	Nell	RAF	60	910-3	805-4	846-5	876-9	809-7	804-15	781-12	810-17	6379	8
Keith	Roberts	NOC	50	866-3	745-6	776-7	827-6	751-13	823-9	781-15	810-17	6379	9
Stephen	Kimberley	DVO	50	738-1	872-3	960-8	936-9	879-12	913-13	942-15		6240	0

Blue Course - Girls /Ladies

Alison	Hardy	LEI	45	932-1	1000-3	1000-5	1000-6	1000-7	1000-13	1000-14	1000-15	7932	1
Tanya	Taylor	LOG	40	854-2	803-5	904-6	1000-9	851-11	887-13	813-15	1000-16	7112	2
Joanne	Nell	RAF O	45	757-3	946-4	935-5	879-6	765-7	865-10	1000-12	871-16	7018	3
Ursula	Williamson	LEI	45	851-3	770-4	805-6	756-7	760-8	786-9	856-12	815-13	6399	4
Kim	Buxton	DVO	50	857-1	820-2	936-4	946-5	951-6	932-8	836-9		6278	5
Ann-Marie	Duckworth	DVO	45	891-1	692-7	956-8	829-13	880-15				4248	6
Janet	Evans	NOC	50	1000-1	1000-11	818-15	919-16					3737	7
Rebecca	Perring	DVO	45	716-1	741-2	792-4	681-7	608-15				3538	8
Catherin	Hughes	NOC	40	898-5	836-6	906-7	789-9					3429	9
e Fiona	Sellars	DVO		788-3	1000-4	886-11						2674	0

Brown Course - Boys /Men

John	Duckworth	DVO	45	1000-1	1000-2	1000-7	948-8	959-9	892-11	1000-12	1000-13	7799	1
Paul	Murgatroyd	LOG	40	973-3	958-4	993-5	939-6	918-9	886-13	938-15	1000-17	7605	2
Steve	Green	NOC	55	982-3	940-4	921-5	819-6	978-10	847-11	835-14	927-16	7249	3
Dave	Denness	LOG	50	834-3	888-4	779-6	786-8	893-9	1000-10	852-13	821-17	6853	4
Russell	Buxton	DVO	50	644-2	868-4	827-5	793-6	701-8	718-9	712-12	810-16	6073	5
Matt	Green	NOC		648-3	816-4	703-5	722-6	709-9	710-11	800-16	710-17	5892	6
Mark	Webster	NOC	45	734-1	707-4	776-5	717-8	764-10	669-13	693-15	741-17	5801	7
John	Mather	LOG	40	778-3	714-5	684-6	691-9	807-10	637-11	659-12	712-15	5682	8
Paul	Goodhead	DVO	50	743-2	879-3	876-4	752-6	681-8	775-9	838-10		5544	9
Howard	Alcock	LEI		807-3	864-6	804-12	777-14	885-17				4137	0

Brown Course - Girls /Women

Catherine	Hughes	NOC	40	961-10	887-12	1000-14	1000-15	793-16	1000-17	5641	1
Helen	Chiswell	DVO	21	740-12	784-14	840-15	852-17			3216	2
Ruth	Shedden	LEI		1000-10	1000-12	1000-13				3000	3
Rebecca	Perring	DVO		1000-9	654-12	636-14	561-16			2851	4
Jeanne	Gaudin	LOG		1000-8	822-13					1822	5

Fixtures

This fixture list is intended to list all major events in the UK, and all East Midlands events. It includes all the information available to me about the event at the time of going to press. Unless otherwise stated, 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 using a Standard Entry Form (SEF); entry on the day (EOD) will usually be limited and more expensive. Cheques payable to organising clubs given at beginning of details, if not specified.

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

January

Sat 28 th	EM	LOG	Level D	LOG Winter Series #6	Sudbrooke Park	Lincoln	TF034762
Two courses: the short at 2-3k, and a long (4-5k). Coaching and advice is available from 10am, with starts on the two courses from 10:30am-12pm. £3/£2							
Sat 28 th	NW	MDOC	Level D	MDOC Park Event with Chasing Sprint	Bruntwood Park	Cheadle	SJ861870
Sat 28 th	YH	SYO	Level D	Saturday Score Event	Ecclesall Woods	Sheffield	SK310826
Sun 29 th	EM	LEI	Level C	EMOA League Event Welbeck & Beaumanor	Welbeck DFS and Beaumanor Hall	Leicester	SK538155
Org: Chris Phillips; Full range of White to Brown £8/£2; Carpark: Beaumanor Hall. Off Forest Rd, Woodhouse, Leicestershire							
Sun 29 th	SC	BKO	Level B	BKO Concorde Chase Level B Event	Yateley Heath and Minley Woods	Yateley	SU827577

February

Sat 4 th	EM	NOC	Level D	NOC Winter League 4	Clifton Campus	Nottingham	SK548354
Sat 4 th	YH	SYO	Level B	Northern Nights/YHOA Night League	Canklow	Rotherham	SK433913
Sun 5 th	YH	SYO	Level B	YHOA Superleague	Big Moor	Chesterfield	SK254754
Sun 5 th	WM	OD	Level C	OD Colour-coded Event & WMOA League 2	Coombe Country Park	Coventry	SP404794
Sun 5 th	EA	SOS	Level C	SOS Colour Coded Event Baddow Ridge incorporating EA League	Baddow Ridge	Danbury	TL770063
Tue 7 th	EM	LEI	Level D	LEI Winter League 10 Bosworth Country Park (night event)	Market Bosworth Country Park	Hinckley	SK407030
Thu	EM	LOG	Level D	LOG Night Score Cup #1	West Common	Lincoln	SK961722

EMEWS

9 th							
Sat 11 th	EM	NOC	Level D	NOC Night Event	Thieves Wood	Mansfield	SK544568
Sun 12 th	EM	NOC	Level C	EM League Event	Thieves Wood	Mansfield	SK544568
Sun 12 th	YH	EPOC	Level C	YHOA Superleague/YHOA Middle Distance Championships	Norland Moor	Sowerby Bridge	SE063219
Tue 14 th	EM	LEI	Level D	LEI Winter League 11 Outwoods	Outwoods	Loughborough	SK515160
Thu 16 th	EM	LOG	Level D	LOG Night Score Cup #2	Hartsholme Park	Lincoln	SK946697
Sun 19 th	EA		Level B	EAOA CompassSport Cup & Trophy Heat	Thetford Warren	Thetford	TL833853
Sun 19 th	WM	WCH	Level B	WMOA CompassSport Cup & Trophy Heat	Brereton	Rugeley	SK040146
Thu 23 rd	EM	LOG	Level D	LOG Night Score Cup #3	South Common	Lincoln	SK979699
Sat 25 th	SW	SARUM	Level A	British Night Championships	Hamptworth	Salisbury	SU228167
Sat 25 th	EM	LEI	Level D	LEI Winter League 12 (final) Beacon Hill	Beacon Hill	Loughborough	SK521148
Sun 26 th	EM	DVO	Level C	DVO Regional Event & EM League	Lindop	Bakewell	SK259686
Sun 26 th	SW	SARUM	Level C	SARUM Saunter Regional Event	Hamptworth	Salisbury	SU228167

March

Thu 1 st	EM	LOG	Level D	LOG Night Score Cup #4	Riseholme Park	Lincoln	SK984757
Sat 3 rd	EM	NOC	Level D	NOC Winter League 5	Haywood Oaks	Mansfield	SK609547
Sun 4 th	EA	SMOC	Level C	SMOC Holcote & Reynolds Wood EAOA League event	Holcote and Reynolds Wood	Brogborough	SP969393
Sun 4 th	EM	LOG	Level C	EMOA League South Common	South Common	Lincoln	
Sun 4 th	Wales	SWOC	Level B	Welsh Championships 2012	Pwll Du	Blaenavon	SO236098
Sun 4 th	NW	SROC	Level B	NWOL Event	Whitbarrow	South Lakes	SD450870
Sun 4 th	SE	GO	Level B	GO Regional & SE League	Furnace Ponds & Woolbeding	Midhurst	SU880270
Sat 10 th	WM	HOC	Level C	HOC Great Malvern Urban race and Nopesport Urban League event	Malvern	Malvern	
Sat	YH	SYO	Level	YHOA Urban League (ShAFF weekend)	Sheffield City Centre	Sheffield	SK360870

EMEWS

10th			C		(East)		
Sun 11 th	WM	HOC	Level A	Midlands Championships	Foxley and Garnstone	Hereford	SO423471
Sun 11 th	EA	WAO	Level D	WAO Wimpole Hall Colour Coded	Wimpole Hall	Cambridge	TL343511
Sun 11 th	NE	CLOK	Level B	CLOK Regional Event	Arncliffe Woods & Scarth Wood MoorC	Northallerton	NZ450005
Sun 18 th	EM	NOC	Level D	NOC Winter League 6	Holme Pierrepont	Nottingham	
Sun 18 th	SE	DFOK	Level C	DFOK Regional Event	Mereworth	Wrotham	TQ644555
Sat 24 th	YH	EBOR	Level A	British Sprint Orienteering Championships	York University	York	SE620504
Sun 25 th	YH	EBOR	Level A	British Middle Distance Orienteering Championships	Srensall Common	York	

April

Thu 1 st	EM	LEI	Level C	EMOA League Event Ratby Burroughs & Martinshaw	Ratby Burroughs & Martinshaw Woods	Leicester	SK51870
Sun 1 st	YH	EPOC	Level C	Regional Event	Newmillerdam	Wakefield	
Thu 5 th	EM	LOG	Level D	LOG Summer Series #1	TBA		
Fri 6/7/8/9 th	SOA		Level A	JK Weekend - Day 1 – Sprint Day 2 Day 3 Day 4 - Relays	Livingston Centre Dunalastair Craig a'Barns Newtyle Hill	Livingston Tummel Bridge Dunkeld Dunkeld	NT048667 NN712594 NO021433 NO065412
Thu 12 th	EM	LEI	Level D	LEI Summer League 1 Bagworth	Bagworth Woodlands	Leicester	SK458068
Sun 15 th	YH	SYO	Level C	SYO Regional Event	Bawtry Forest	Doncaster	SK635935
Sun 15 th	EM	DVO	Level C	DVO Regional Event & EM League	Riber Hillside/Bow Woods	Matlock	SK318564
Tue 17 th	EM	LEI	Level D	LEI Summer League 2 Beauchamp College	Beauchamp College Campus	Leicester	SP627993
Thu 19 th	EM	LOG	Level D	LOG Summer Series #2 Bourne Woods		Bourne	
Sat 21 st	SC	JOK	Level C	JOK Chasing Sprint	Greythwaite	Windermere	
Sun 22 nd	WM	OD	Level B	OD Regional Event	Bentley Wood	Atherstone	SP291967
Sun 22 nd	EM	NOC	Level D	NOC Regional Event & EM League	Thoresby North	Mansfield	SK626675
Sun 22 nd	NW	LOC	Level B	NWOL Event	Stickle Pike	Broughton In Furness	SD210947
Wed 25 th	EM	LEI	Level D	LEI Summer League 3 Charnwood Forest South	Charnwood Forest South	Loughborough	SK523118
Sun 29 th	SE	SN	Level C	SN Regional	Merrist Wood	Worplesdon	

EMEWs

Sun 29 th	SW	BOK	Level B	Mike Nelson BOKTrot & ASO Ind Champs	Beechenhurst	Forest of Dean	SO 614120
Sun 29 th	YH	EBOR	Level B	YHOA Superleague	White Horse	Thirsk	

May

Tue 1 st	EM	LEI	Level D	LEI Summer League 4 Linford Woodlands	Linford Woodlands	Leicester	SK504105
Thu 3 rd	EM	LOG	Level D	LOG Summer Series #3 Harlaxton College		Grantham	
Sat 5 th	NW		Level A	British Orienteering Championships	Dalegarth	Seascale	NY170000
Sun 6 th	NW		Level A	British Relay Championships	Heslington Burrows	Kendal	
Mon 7 th	NW	LOC	Level B	BOC Weekend Urban Event	Kendal	Kendal	SD515926
Thu 10 th	EM	LEI	Level D	LEI Summer League 5 Evington Park	Evington Park and Arboretum	Leicester	SK628021
Sun 13 th	EM	NOC	Level D	NOC Summer League 1/6	Burnstump Country Park	Nottingham	SK575505
Sun 13 th	YH	AIRE	Level B	Dales Town & Country Weekend - YHOA Superleague	Kilnsey North	Grassington	SD958698
Tue 15 th	EM	LEI	Level D	LEI Summer League 6 Grange Woods	Grange Woods	Coalville	SK425093
Thu 17 th	EM	LOG	Level D	LOG Summer Series #4 Twyford Woods		Colsterworth	
Sat 19 th	NW	MDOC	Level A	Northern Championships, Twin Peak Day 1	Finsthwaite	Newby Bridge	SD364870
Sat 19 th	EM	LEI	Level D	EMOA League Event Bradgate Park	Bradgate Park	Leicester	
Sun 20 th	NW	MDOC	Level B	Twin Peak Day 2	High Dam	Newby Bridge	
Thu 24 th	EM	LEI	Level D	LEI Summer League 7 Aylestone	Aylestone Meadows	Leicester	SK573014
Sun 27 th	WM	HOC	Level B	HOC Regional Event	Brown Clee Hill	Ludlow	
Wed 30 th	EM	LEI	Level D	LEI Summer League 8 Loughborough	Loughborough Endowed Schools	Loughborough	
Thu 31 st	EM	LOG	Level D	LOG Summer Series #5 RAF Cranwell		Sleaford	