

EMEWS

25/6

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SEPTEMBER - OCTOBER - NOVEMBER
2015



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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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East Midlands website: www.emoa.org.uk

Copy Date for next issue: **15th January 2016 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - A cover as usual from Ernie.

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Editorial

We wanted to get the EMOA AGM materials out to members as soon as possible so this EMEWS is primarily devoted to the EMOA AGM materials, along with the leagues and fixtures. The next EMEWS will be out around the end of January 2016, so happy new year!



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MINUTES OF THE 51st ANNUAL GENERAL MEETING OF THE EAST MIDLANDS ORIENTEERING ASSOCIATION HELD ON MONDAY 21st September 2015 at Clifton, Nottingham at 19.30.

Present: Andrew Breakwell (NOC), Roger Edwards (LEI), Mike Gardner (DVO), Liz Godfree (DVO), Mike Godfree (DVO), Bob Haskins (LEI), John Hurley (DVO), Ranald Macdonald (DVO), David Olivant (NOC), Hilary Palmer (NOC), Chris Phillips (LEI), Amanda Roberts (LOG), Julie Webster (NOC), Mark Webster (NOC), Ursula Williamson (LEI), Dorothy Woodall (NOC), John Woodall (NOC) and Ally Wright (LOG).

1. **Apologies for absence:** Apologies were received from Dai Bedwell (DVO), Roy Denney (LEI), Judith Holt (DVO), Paul Murgatroyd (LOG), Pauline Olivant (NOC), and Ernie Williams (LEI).
2. **Minutes of the 50th AGM held on Monday 15th September 2014.** It was agreed that the minutes were a true record as proposed by Ranald Macdonald (DVO) and seconded by Hilary Palmer (NOC).
3. **Proposed Standing Order Change.** There were no standing order changes to be discussed.
4. **Chairman's Report**

Firstly I need to explain why this report is being presented by me. At the 2014 AGM I was elected as Vice-Chair and there were no volunteers for the post of Chair, which was left vacant. Subsequently at the first meeting of the Executive Committee I volunteered to act as Chair until the next AGM, Amanda Roberts (LOG) volunteered to take over as Vice-Chair until the next AGM and these appointments were approved by the Committee.

I have been well supported during the year by the three other Principal Officers and I'd like to thank them for their efforts. As Financial Secretary, Mark Webster (NOC) has overseen a turn round in the financial position from a significant loss last year to a small surplus in 2014/15. Our Development Co-ordinator Chris Phillips (LEI) has continued to take forward the regional Development Plan, and Amanda Roberts has gained good experience in the running of the Association.

During the year Dai Bedwell (DVO) has taken over the running of the regional Junior Squad, with assistance from Steve Kimberley (DVO). A well-balanced programme of coaching activities has been carried out, including both sessions within the region and weekends away, and some successful results have been achieved, with a particular highlight being the selection of Hannah Cox (LEI) for the British team at the Junior World Championships (JWOC). Additional sources of income have been tapped (or should I say "baked") and squad finances are back under control.

Due to personal circumstances Paul Beresford stood down as Fixtures Secretary during the year. Thanks are due to Ursula Williamson (LEI) who took over this role at short notice, while also continuing with her previous role as EMOA League secretary.

Thanks are also due to those others with specific roles including John Cooke (Webmaster), Paul Murgatroyd (Urban League secretary), Hilary Palmer (Coaching), David Olivant (Mapping), Roy Denney (National Forest) and John Woodall (President and British Orienteering Director). The Club Representatives have been Bob Haskins (LEI), Amanda Roberts (LOG), Pauline Olivant (NOC) and Mike Gardner (DVO), and Mike has also produced the minutes of our meetings and continued as editor of EMEWS.

All four clubs have continued to provide a regular series of events as part of the EMOA League and urban league, as well as many Level D events and other activities. However after consultation with the clubs we have decided not to go ahead with the suggested EMOA night league.

Major activities during the year included the Midlands Championships held by DVO at Longshaw on 26/10/2014, and the Yvette Baker Trophy final held by NOC at Nottingham University on 5/7/2015. The first EMOA Sprint Championships were held by DVO at Abbotsholme School on 29/11/2014. The EMOA Score Championships should have been held by NOC at Clumber Park on 12/4/2015 but unfortunately this event had to be called off on the morning of the race due to forecast high winds. It has been rescheduled for February 2016.

The Conference for planners and controllers was held at Rushcliffe Country Park on 4/10/2014. Arrangements are well in hand for the next Regional Training and Development Day, which is to be held at Charnwood College on 31/10/2015.

I have no dramatic new plans for next year. We will continue to develop the sport of orienteering within the East Midlands, in line with the specific actions identified in the Development Plan. We will support the interests of

our members and we will seek to increase participation. I think it is particularly important that we should increase participation among the younger age groups and I'd welcome suggestions as to how this might be achieved.

John Hurley

5. Treasurer's Report including membership numbers and presentation of accounts.

Copies of the Report are attached to these minutes.

Membership has fallen slightly by 14 members this year.

The Accounts have been examined by the Independent Financial Examiner, Andrew Lucas. They show a surplus of £8.19 on the year.

The Accounts now show the Junior Squad Deposit Account and Junior Squad clothing as assets on the balance sheet

There has been a slight decrease in participation numbers but the event income is up due to raising of levy last year.

6. Approval of Balance Sheet and Income and Expenditure Statement

The meeting agreed to approve the balance sheet and expenditure.

Proposed: Hilary Palmer

Seconded: David Olivant

7. Election of Principal Officers

John Woodall took the chair for the election of officers. He proposed the following officers who were willing to stand for election:

Post	Name
Development Co-ordinator	Chris Phillips
Financial Secretary	Mark Webster
Vice-Chair	Amanda Roberts
Chair	John Hurley

The meeting offered no alternatives and the officers were elected unanimously by the meeting.

8. Election of Other Officers

The only other officers on the committee in the new constitution are the club reps. These are elected by the clubs.

The other delegates / roles were identified in the meeting as:

Mapping – Dave Olivant

Coaching – Hilary Palmer

Juniors – Dai Bedwell supported by Steve Kimberley

EM League – Ursula Williamson

Urban League – Paul Murgatroyd

Fixtures – Ursula Williamson

President – John Woodall

Minutes Secretary – Mike Gardner

EMEWS – Mike Gardner

Webmaster – John Cooke

National Forest – Roy Denney

9. Appointment of Independent Financial Examiner.

Mark Webster has asked Andy Lucas if he would perform the role again next year and he has agreed.

10. Budget projections

The Financial Secretary presented a projected budget that is attached to these minutes.

He proposed the membership fees and event levies should remain the same (see below).

11. Fixing of Charges.

Financial secretary proposed no changes in membership fees or event levies.

Thus charges will be

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Senior membership fee is £3

Junior membership fee is £1.

Associate membership fee is £10

Club membership fee is £15.

Event levies: 50p per adult and 10p per junior with the first £25 being exempt.

Proposed: Ranald Macdonald

Seconded: Ursula Williamson

12. **Plans for the coming year.**

Chris Phillips talked about the Development Plan which he had circulated to committee members before the meeting and had available for those present. He will want to look at a longer term strategy during this year as currently it is focused on a year by year basis.

Club reps were asked to consider what they wanted to see form part of the longer term development plan and that this should be added to the next EMOA Committee meeting agenda.

13. **Any Other Business**

Regional Training Day

There are a variety of courses on offer which have been advertised outside the region as well as within EMOA. So far there have been no volunteers for the controllers course which is a concern as we need more volunteers in this area. Ranald Macdonald did state that he is running a controllers course for Grade B/C on 14th November at Eccleshall Woods in Sheffield, so if only one or two controllers do wish to attend they could attend the course Ranald is running.

John Woodall stated that some folk in WMOA thought that numbers were constrained from outside EMOA. The only course where this is the case is the Mappers course (which has limited numbers). John would email secretary of WMOA to ensure they knew this.

Safety Workshop – Hilary Palmer stated that also on 14th November she was running a Safety Workshop (as some folk attending the Development Day were on other courses and so she was running a second course). This was at Rushcliffe Country Park. Having attended the Event Safety Workshop will be mandatory for all officials from 1st January 2017.

Urban League

The proposed schedule for the 2016 Urban League was proposed:

Date	Venue	Club
1 st Jan	Ashbourne	DVO
8 th May	Southwell	NOC
26 th Jun	Ibstock & Heather	LEI
17 th Jul	TBD	NOC
14 th Aug	Lincoln	LOG
1 st Oct	Dishley Grange	LEI
23 rd Oct	Bourne	LOG
11 th Dec	Wirksworth	DVO

Controlling

Andy Ridgway had asked if it could be mandatory for all Urban League events to be controlled by someone from outside of the club. John Hurley proposed this should be discussed at the next committee meeting.

BO Club Conference

Mark Webster will attend the BO Club Conference on behalf of EMOA. EMOA can nominate 2 attendees and John Woodall recommended that EMOA (and clubs) send more if they can.

Officers

John Woodall asked the meeting to thank all of the officers for standing again this year and especially to John Hurley for stepping in. EMOA were very grateful to John for stepping in at the last minute.

There being no further business the Chairman thanked all present for their attendance at the 2015 AGM and declared the meeting closed at 20.09.

Mike Gardner 26.09.2015

Appendices - Treasurer's report 2015

Appendix - Membership

Membership as at August 1st 2015 is down by 30 members.

	Members	Units
2015	660	445
2014	690	459
2013	687	444
2012	802	464
2011	838	477
2010	1056	Not known

2015 figures compared with 2014

	2015	2014
Senior	257	271
Junior	60	58
Family	128 (236s, 107j)	130 (232s, 129j)
Totals	445 units	459 units

Appendix - 2014/2015 Accounts

The EMOA year end is 30th June 2015, Andrew Lucas issued the following statement.

I have examined the Income and Expenditure Accounts for 2014/5 and the Balance sheet as at 30th June 2015 and confirm they represent a true and fair statement of the finances of EMOA at 30th June 2015."

Andy was thanked for being the independent financial examiner of the accounts.

EMOA made a surplus for 2014/15 of **£8.19**. The budget was for a £1,000 loss, income and expenditure predictions seem fairly close, the coaching development and coach education grant however appear not to have been spent so as an expenditure are lower than budgeted.

Total assets increased as a result of the Junior Squad deposit account and the squad tops, which are now being shown as an EMOA asset.

The Income and Expenditure sheet is shown below.

East Midlands Orienteering Association				
2014-15			As at 30 th June 2015	
INCOME	2013/14 budget	2013/14 actual	2014/15 budget	2014/15 actual
Membership	1250.00	1231.00	1750.00	1640.00

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Event levies	1000.00	1153.00	1400.00	1664.80
Interest	0.00	0.00	0.00	0.00
Sponsorship and other income	100.00	0.00	200.00	200.00
EMJS Income	3000.00	1880.00	2000.00	1780.50
EMJS Clothing sales	0.00	65.00	65.00	289.50
L2 Coaching Course	0.00	362.50	0.00	1560.00
INCOME	5350.00	4691.80	5415.00	7134.80

EXPENDITURE	2013/14 budget	2013/14 actual	2014/15 budget	2014/15 actual
Regional Development Plan				
Junior Squad – Expenses	2000.00	3861.40	3000.00	2648.24
Trophies & Certificates	200.00	228.42	200.00	218.88
Volunteer Development	1100.00	969.55	250.00	214.00
Coaching Development	200.00	84.00	200.00	55.00
Conferences	150.00	0.00	150.00	110.63
Support for Senior / Talented Orienteers	1000.00	696.67	1000.00	1037.98
Coach Education Grant	1500.00	1000.00	1000.00	200.00
L2 Coaching Course				1560.00
Clothing Store				542.06
Sub-Total	6150.00	6840.04	5800.00	6586.79
Running Costs				
Phone, post and web licence	100.00	37.30	100.00	45.82
Hire of meeting room	150.00	125.00	150.00	150.00
English Orienteering Council	490.00	490.00	366.00	344.00
Sub-total	740.00	652.30	616.00	539.82
EXPENDITURE	6890.00	7492.34	6416.00	7126.61
Surplus / Loss	-1540.00	-2800.54	-1001.00	8.19

Bank balances	
Balance at 30 June 2014	2220.09
Income	7134.80
Total	9712.43
EXPENDITURE	7126.61
Assets	
Bank Balance today	2228.28
Plus Bond	8063.64
Junior Squad: Deposit Account	1486.80
Clothing stock – 16 tops @ £32.50	520.00
Total	12298.72

2014/15 - EMOA Income from the event levies.

Based on a levy of 50p per senior and 10p junior, less £25

Event	2014/15 Income	Seniors	Juniors
Carsington	47.30	173	31
Newark	36.50	149	19
Lincoln City Race	28.00	129	14
Notts University	11.90	90	9
New levy introduced			
Byron's Walk	55.30	154	33
Bradgate Park	54.50	150	45
Washingborough Village	1.00	51	5
Longshaw	191.10	497	173
Loughborough	61.20	168	22
Beacon Hill	45.50	129	60
Spring Cottage	31.10	116	31
Walesby	73.50	184	65
Stanton Moor	86.00	213	51
Outwoods	61.20	161	57
Crich Chase	112.30	260	73
Bagworth	58.50	158	45
Ratby	63.40	166	54
Kedleston	82.10	202	61
Harlow Wood	69.20	179	47
Sherwood Pines (CSC)	258.20	536	152
Cromford Moor	101.90	226	139
Nottingham City	42.00	128	30
Chesterfield	58.70	164	17
Ashby Urban	34.40	114	14
Totals	1664.80	4497	1247

	Total no of runners	Income	Seniors	Juniors
2009/10 – 19 events	4912	1100	3614 (74%)	1298 (26%)
2010/11 – 23 events	4932	992	3605 (73%)	1327 (27%)
2011/12 – 22 events	4973	963	3675 (74%)	1298 (26%)
2012/13 – 24 events	6121	1413	4671 (76%)	1450 (24%)
2013/14 – 24 events	5941	1153	3868 (65%)	2073 * (35%)
*713 juniors 0 adults at Shipley Park Event				
2014/15 – 24 events	5744	1665	4497 (78%)	1247 (22%)

EMOA Budget for 2015/16

Here is the proposed budget for the A.G.M.

Financial secretary's proposal: No change in the membership fees and the event levies. EMOA no longer keeps electronic equipment to be rented out to clubs, so rental fees are obsolete.

Thus the fees will remain at:

Senior membership fee is £3

Junior membership fee is £1.

Associate membership fee is £10

Club membership fee is £15.

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Event levies: 50p per adult and 10p per junior with the first £25 being exempt.

The volunteer development day for this year will offer more including organisers/mappers, safety as well as last year's planners and controllers therefore there is a cost increase.

The junior squad spending shall be restricted to a maximum loss of £1000, and extra spending should come from their deposit account.

There has been some confusion between the coaching community orienteering grant and the coaching development pot. For simplicity and to tie in with the EMOA Development Plan we have gone with a figure of £300 left in the community grant and an annual £200 for coaching development.

Budget for 2015/16 a loss of £1200.

East Midlands Orienteering Association 2015/16

INCOME	2014/15 actual	2015/16 budget
Membership	1640.00	1640.00
Event levies	1664.80	1665.00
Interest	0.00	0.00
Sponsorship and other income	200.00	100.00
EMJS Income	1785.00	2000.00
EMJS Clothing sales	289.50	150.00
Volunteer Dev Day	0.00	200.00
INCOME	5574.80	5755.00

EXPENDITURE	2014/15 actual	2015/16 budget
Regional Development Plan		
Junior Squad – Expenses	2648.24	3000.00
Trophies & Certificates	218.88	250.00
Volunteer Development	214.00	1300.00
Community Coaching Development	55.00	300.00
External Conferences	110.63	300.00
Support for Senior / Talented Orienteers	1037.98	1000.00
Coach Development	200.00	200.00
Clothing	542.06	0.00
Sub-Total	5026.79	6350.00
Running Costs		
Phone, post and web licence	45.82	100.00
Hire of meeting room	150.00	150.00
English Orienteering Council	344.00	337.00
Sub-total	539.82	587.00

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EXPENDITURE	5566.61	6937.00
Surplus / Loss	8.19	-1182.00



East Midlands Orienteering Association Development Plan 2015/16

In accordance with the constitution, the objectives of the Association include "... to co-ordinate and develop the sport of orienteering within the East Midlands, and so to further the development and participation in the sport of orienteering".

This Development Plan has been drawn up to take forward those objectives

Action	Responsibility to initiate	When	Resources	Actions 2015/16
Community orienteering				
Support the community orienteering programme and other participation initiatives set out in the BO development strategy.	DVO - Matlock LEI - Groby, Glenfield & Ashby NOC - Bassetlaw, Broxtowe, West Nott's, Rushcliffe LOG - Lincoln,	Ongoing	Coach Training £300	EMOA is providing funding for training coaches.
Junior Squad				
Development of the junior squad through training and weekend sessions; • To represent East Midlands • Where appropriate, to go onto the Talent Squad • Develop coaches	Junior squad officers	Ongoing	£1,000 for expenses which are not covered by the charges made to the juniors	The current funding is spent on coach development, infrastructure & coaches' expenses to support the junior squad training weekends and development. The Juniors are expected to contribute towards training and events...

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		Events		
Co-ordination of Fixtures programme	EMOA Fixtures Secretary	Ongoing	None	Represent the Region at the national Event Scheduling Group Continue to coordinate the regional fixtures programme. Liaise with Club Fixtures Secretaries.
Run a varied range of competitions at all levels including the EM League, Urban League and EM Championship	EMOA Committee	Ongoing	£250 pa for trophies	East Midlands Champs, EM Urban League and EM League are set up. Co-ordinators appointed.
Co-ordination of multi-day major events (e.g. BOC, JK); Home Internationals	EMOA Committee and neighbouring regions	As appropriate	None. Maintain reserves to cover non BO franchised events	Regional Fixtures Secretary act as communication channel to Event Scheduling Group and Events & Competitions Committee.
Development of technical knowledge best done at a regional level	EMOA Committee		None at present but need to maintain reserves to cover this aspect of the Development Plan	e.g. Mapping
Volunteers				
Annual volunteers' development day	EMOA Development Co-ordinator	31.10.15	£1,000 (less Contribution from clubs)	
Coaching development	EMOA Coaching Co-ordinator	Ongoing	£200 pa	Room hire as and when required
Conferences	EMOA	Spring 2016	£300 for	Expenses for Association

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Bi-annual Planners and Controllers conference	Development Co-ordinator.	External Conferences	conference £300	Representative(s) attending Conferences
Orienteers				
Support for senior and elite orienteers: • EMOA coaching days for all senior orienteers • Support for talent and elite orienteers to train and compete	EMOA Committee and Club representatives	Ongoing	£1000 pa for seniors, talent and elite orienteers	

The estimated level of EMOA funding required, for the Development Plan, is therefore £4,350.

East Midlands Orienteering Association

Regional Training and Development Day

Saturday 31st October 2015

At Charnwood College, Thorpe Hill, Loughborough LE11 4SQ

As part of the EMOA's commitment to the initial training and development of event officials, coaches and those wishing to refresh their knowledge and experience we will be putting on another series of workshops and courses on Saturday 31st October 2015.

Courses on offer.

Event Safety & Welfare Module (Morning)

This qualification is now mandatory for all events officials.

Event Organiser Level C/B (Afternoon)

Primarily of interest to those Organising Level C and D events for the first time but a re-cap for all organisers.

Event Planner Level C/B.

For all interested in Planning at whatever level, though primarily of interest to those starting at Level C and D. Use will be made of the British Orienteering Appendix to the Rules of Orienteering on Planning.

Controller Level C.

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For experienced event officials who wish to take on the role of Controller, primarily at Level C and D. Participants must have planned and organised at Level C within the last 5 years.

Mapping - Basic Course.

This is the first part of a two-day course intended to get novice mappers up to the level where they can carry out initial surveying and cartography, including the use of mapping software.

Physical Conditioning for Club Orienteering Coaches (of any level)

A workshop led by Paul Murgatroyd.

Paul is a member of LOG, an active Level 3 Coach, a senior lecturer in Sport & Exercise Science at the University of Lincoln and is currently working in a consultancy role as the physical conditioning coach to the GB Talent Squad.

During the day there will be a mix of theory and practical examples so that coaches will feel more confident leading physical training in their clubs.

This workshop will be very good personal development for coaches and participants will receive a British Orienteering attendance certificate. For those who may want to progress to Level 3 at a later date, this will count towards your prior learning.

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There will be some pre-workshop reading for all participants which will be sent by email 2 - 3 weeks before the day.

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Lunch, teas and coffee will be provided for all participants. Please let me know if you have special dietary needs.

To book a place contact Chris Phillips, Regional Development Coordinator. Email onecp47@gmail.com

Closing date for entries 30th September 2015 (any last minute requests contact Chris)

Clubs are asked to make a contribution of £5 (£15 for non EMOA clubs) per club member attending the Regional Training Day.

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East Midlands League 2015

The East Midlands League for 2015 is now underway. As usual it is the top 8 scores have counted. The following events have taken place and the codes are used in the tables.

1 - Outwoods (LEI)	2 - Crich Chase (DVO)	3 - Bagworth (LEI)
4 - Harlow (NOC)	5 - Ratby (LEI)	6 - Kedleston (DVO)
7 - Cromford (DVO)	8 - Chinley Churn (DVO)	

The following are the planned events for the rest of the year:

4 th Oct - Burghley (LOG)	11 th Oct - Shirebrook (NOC)	1 st Nov - Burbage (LEI)
8 th Nov - Thoresby N (NOC)	13 th Dec - Longstone (DVO)	20 th Dec - Bramcote (NOC)

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27th Dec - Castle Hill (LEI)

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

White - Male

Forename	Surname	Club	Age	1	2	3	4	5	6	7	Best 8	
Teddy	Edwards	DVO	7		1000					1000	2000	1
Rory	Squire	NOC	10					1000	868		1868	2
Alex	Darwin	LEI	10					834	1000		1834	3

White - Female

Robyn	Jarvis	LEI	10		100	741	557	806	997	440	975	5516	1
Alexa	Lindsay	DVO	10	1000			1000	339	990	782	1000	5111	2
Daisy	Rennie	LEI	8	962		1000		1000		935		3897	3
Hebe	Darwin	LEI	8	767			654	388	1000	1000		3809	4
Charlotte	Squire	NOC	10					836	848			1684	5

Yellow - Male

Adam	Concannon	LEI	8			1000		1000			2000	1=
Harrington	Leake	LEI	10		1000					1000	2000	1=
Finlay	Lothian	NOC	10				1000		952		1952	3
Daniel	Stothard	LEI	9	489			633		644		1766	4
Austin	Hibbs	ABBOTS	10						959	447	1406	5
Alex	Clements	NOC	7						900	390	1290	6

Yellow - Female

Hannah	Mather	LOG	10	1000	441			1000	1000	450	3891	1
Aimee	Mayfield	ABBOTS	10		1000				915	507	2422	2

Orange - Male

Ben	Hardy	LEI	12	1000		856		1000		955	3811	1
Charlie	Rennie	LEI	12	853		1000		845		1000	3698	2
Harrington	Leake	LEI	10	830		800	1000	924			3554	3
Ben	Mackervoy	DVO	12		1000				757	436	2193	4
Matthew	Griffiths	ABBOTS	12		771				700	455	1926	5
Ben	Squire	NOC	12					832	1000		1832	6
Peter	Mackervoy	DVO	14						801	511	1312	7

Orange - Female

Anne	Leake	LEI	45		741		1000	1000			2741	1	
Elsie	Jones	DVO	12						1000	589	1000	2589	2
Libby	Barber	LEI	12	1000				963			1963	3	
Isabella	Edwards	DVO	14		1000					527		1527	4
Viv	Macdonald	DVO	60		791				479			1270	5

Light Green - Male

Benjamin	Mather	LOG	12	1000	777	1000	919	1000	1000	856		6552	1
Donald	Flynn	NOC	16		420	880		740	621	691	775	4127	2
Oscar	Ferris	LEI	12	890		701	1000					2591	3
John	Pickles	NOC	65			818	904		802			2524	4
Francis	Mayes	LEI	14	715				589		592		1896	5
Samuel	Davis	DVO	14	742			847					1589	6
Ray	Stuart	DVO	65					781	690			1471	7
Stephen	Knowles	DVO	60						660	515		1175	8

Light Green - Female

Rachel	Duckworth	DVO	12	1000	1000		1000	954	1000	1000		5954	1
Reed	Lydon	LEI	14	905	389	759	652	496	635			3836	2
Caitlin	Chafer	LEI	14		530	1000	708	650				2888	3
Daisy	Herd	LEI	14			915		725	580	552		2772	4
Amanda	Price	DVO	50		313			676			1000	1989	5

EMEWS

Sarah	Parkin	DVO	40		381				481	443	653	1958	6
Peta	Jarvis	LEI	14				608				573	1181	7
Grace	Pennell	DVO	14		379					685		1064	8
Sarah	Blackburn	DVO	45				489			528		1017	9

Short Green - Male

John	Woodall	NOC	75	701	698	734	837	758	844	745	639	5956	1
Kevin	Gallagher	LEI	65	1000	1000		1000	975		1000		4975	2
Peter	Leake	LEI	75	860	901	908		1000			1000	4669	3
David	Parkin	DVO	80	887	893		895		1000	889		4564	4
David	Bray	LEI	60	806	896	827	944	868				4341	5
Laurie	Fluck	LEI	65	544	577		641	550	773	547	559	4191	6
Ernie	Williams	LEI	70		773	755	803	909	914			4154	7
Roger	Keeling	DVO	70	478			574	546	682		454	2734	8
Chris	Phillips	LEI	65			764	609	694			612	2679	9
Eric	Porter	LEI	70					937	921		792	2650	10

Short Green - Female

Ann	Armistead	DVO	65		943	730	1000	896	1000	1000		5569	1
Pauline	Ward	DVO	70	823	1000	1000		1000	920			4743	2
Alison	Hayes	DVO	50		714	536	656	542	586	526	480	4040	3
Helen	Finlayson	DVO	70		912				906	931	889	3638	4
Jen	Gale	DVO	65		861	739	852					2452	5
Christine	Middleton	DVO	65	610	978						840	2428	6
Diane	Ford	LEI	65	473			666	621	626			2386	7
Marie	South	LEI	65			398		623	703	367		2091	8
Sue	Porter	LEI	70					737	878			1615	9
Julie	Starkey	LEI	50	376	434	355		422				1587	10

Green - Male

Alastair	Flynn	NOC	16		784	654	831	715	807	823	690	5304	1
Peter	Cholerton	NOC	60	740	687	835	718	758	780	778		5296	2
Andy	Hawkins	DVO	65	918	961		797	924		815	769	5184	3
Simon	Ford	LEI	70		1000		1000	1000	1000	811		4811	4
Roger	Edwards	LEI	65	1000	955	1000			846		985	4786	5
David	Skidmore	DVO	65		938	955	804	860			865	4422	6
Jeffrey	Baker	LOG	60	662	676		687	774	853	702		4354	7
Stuart	Swalwell	DVO	65		881	818	804	825			775	4103	8
Andy	Portsmouth	LEI	60				792	717	757	814	726	3806	9
Mike	Godfree	DVO	65		973				838	1000	948	3759	10

Green - Female

Amanda	Roberts	LOG	50	907	689	752	947	1000	879	910		6084	1
Sarah	Duckworth	DVO	14	1000	1000		1000	973		850		4823	2
Jane	Dring-Morris	LEI	45	657	584	701	631	664		547	568	4352	3
Jane	Booker	NOC	60		713			946	849	779	772	4059	4
Margaret	Keeling	DVO	65	740	565		712	724	729	562		4032	5
Liz	Godfree	DVO	65			1000			1000	1000	1000	4000	6
Ashleigh	Howells	LEI	16		854	872		752	795	690		3963	7
Cathryn	Goodhead	DVO	50	553	539	724	697		579	479		3571	8
Clare	Hanna	LOG	50	621	520		711	724		486		3062	9
Lyndenn	Hartmann	DVO	60		700		729		772	730		2931	10

Blue - Male

Derek	Gale	DVO	70	931	954	913	1000	901	921	947		6567	1
Michael	Lindsay	DVO	65	773	847	729	913	975		819	908	5964	2
Paul	Hudson	NOC	50	825	732	785	875		901	880		4998	3
Doug	Dickinson	DVO	70	954	1000	1000	937			1000		4891	4
Robert	Haskins	LEI	60			822	791	777	824	689	658	4561	5

EMEWS

Andrew	Henderson	LEI	50	855			812	905	919	840		4331	6
Jamie	Sutherland	LEI	45	725	664	739	738		737	696		4300	7
Ian	Howells	LEI	50		807	796		921	846	706		4076	8
Dave	Chaffey	DVO	50	767		734		773	884		891	4049	9
Stephen	Chafer	LEI	45	662	654	656	722	702		555		3951	10

Blue - Female

Tanya	Taylor	LOG	45	1000	858	1000	1000	1000	1000	1000	1000	7858	1
Sal	Chaffey	DVO	50	912	1000	865		910	999	983	892	6561	2
Trish	Lydon	LEI	45	846	905	619	678	644	850	705		5247	3
Tracey	Brookes	LEI	50	838		780	777		822	816	832	4865	4
Kim	Buxton	DVO	50	756	835	655	775	755	744			4520	5
Rachel	Davis	DVO	50	775	691		685	707	728	721		4307	6
Joanna	Goodhead	DVO	18	704	939	680	745		758			3826	7
Liz	Heaton	LEI	21	626	645	468		637	624		624	3624	8
Ursula	Williamson	LEI	50		775	714	636		734		640	4399	9
Catherine	Hughes	NOC	45		882		885		850	874		3491	10

Brown - Male

John	Duckworth	DVO	45	1000	889		1000	1000	1000	710		5599	1
Alan	Le Moigne	DVO	40	642	552	739	666	711	716	593	667	5286	2
Nigel	Lydon	LEI	45	686	538	721	660	782	746	569		4702	3
Russell	Buxton	DVO	55	656	697	781	758	870	727			4489	4
John	Mather	LOG	45		574	834	751	863	820	604		4446	5
David	Pettit	DVO	21	595	477		631	656	669	536	631	4195	6
Paul	Addison	DVO	55	875	1000		980			1000		3855	7
Finn	Lydon	LEI	16	987		955	772	917				3631	8
John	Worth	LEI	50	739	629		708	815		619		3510	9
Howard	Alcock	LEI	45	822		1000			833		817	3472	10

Brown - Female

Helen	Chiswell	DVO	35	962	1000	1000	865		1000	1000	1000	6827	1
Julie	Ferris	LEI	45	857		905	717	1000		802		4281	2

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East Midlands Urban League 2015

The EM Urban League for 2015 has not yet started. The dates for the events are shown below.

The scoring is the best 4 out of 7 events to count.

- **EMUL 1** 4 May: Nottingham (NOC)
- **EMUL 2** 14 June: Chesterfield (DVO)
- **EMUL 3** 21 June Ashby (LEI)
- **EMUL 4** 5 September: Lincoln City (LOG)
- **EMUL 5** 6 September: Loughborough University (LEI)
- **EMUL 6** 25 October: Grantham (LOG)
- **EMUL 7** 15 November: Matlock (DVO)
- **The NOC event at Southwell has been cancelled. It will take place next year and be part of next year's league**



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

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

Junior Men

					EMUL1	EMUL2	EMUL3	EMUL4	EMUL5	EMUL6	EMUL7
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EMEWS

	Name		Club	best 4	4May	14Jun	21Jun	5Sep	6Sep	25Oct	15Nov
1	Alastair Flynn	M16	NOC	400/4	100	100	100		100		
2	James Lowthian	M14	NOC	368/4	93	93	93	89			
3	Donald Flynn	M16	NOC	363/4	89	91	90		93		
4	Simon Warrener	M16	NOC	288/3	96	96			96		
5	James Peet	M16	NOC	181/2	90				91		
6	Samuel Davis	M14	DVO	179/4	88	0	91		0		
7	George Carley	M14	NOC	100/1				100			
8	Monty Barker-Pilsworth	M16	RAFO	96/1				96			
9	Sasha Barker-Pilsworth	M14	RAFO	93/1				93			
10=	Fraser Ridgway	M14	NOC	91/1	91						
10=	Toby Williams	M12	LOG	91/1				91			

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Ashleigh Howells	W16	LEI	392/4	96		100	100	96		
2	Jessica Dring-Morris	W16	LEI	186/2			96		90		
3=	Sarah Duckworth	W14	DVO	100/1	100						
3=	Anna Barber	W16	LEI	100/1					100		
5	Hannah Mather	W10	LOG	96/1				96			
6	Imogen Wilson	W16	LEI	93/1					93		
7	Sophie Vincent	W14	DVO	91/1					91		

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Alan Le Moigne	M40	DVO	348/4	87	87	88		86		
2	Anthony Squire	M35	NOC	278/3	96	91			91		
3	Craig Lucas	M18	LOG	239/3	78			84	77		
4	Philip Johnston-Davis	M40	LOG	181/2		90		91			
5	Roger Phillips	M35	LEI	165/2			84		81		
6	Andy Lucas	M50	LOG	158/2				82	76		
7	Simon West	M18	LEI	154/3			0	79	75		
8	Finn Lydon	M16	LEI	100/1				100			
9=	Joe Taunton	M21	NOC	96/1		96					
9=	Liam Harrington	M21	LOG	96/1				96			

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Sal Chaffey	W50	DVO	372/4	100	90	91	91			
2	Liz Heaton	W21	LEI	366/5	93	88	90	90	93		
3	Hannah Cox	W18	LEI	289/3		93	100		96		
4	Helen Chiswell	W35	DVO	184/2			93		91		

EMEWS

5=	Tracey Brookes	W50	LEI	176/2				88	88		
5=	Nicole Schmid	W21	LEI	176/2		87	89				
7	Emily Powell	W21	DVO	96/1	96						
8	Andrea Page	W35	LOG	89/1				89			
9	Sarah Edwards	W35	LOG	87/1				87			
10	Joanna Goodhead	W18	DVO	86/1		86					

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Francesco Lari	M50	NOC	363/5	91	90	91	91	88		
2	Graham Thorne	M40	NOC	354/4	84	82	85	82			
3	Jamie Sutherland	M45	LEI	333/4	85	84	84	80			
5	Alastair Paterson	M45	LEI	324/5	82	80	81	81	77		
6	Keith Lowthian	M45	NOC	303/4	80	70	76	77			
7	Iain Phillips	M45	LEI	298/4	77	69	77	75			
8	Paul Murgatroyd	M45	LOG	289/3	93	100	96				
9	Andrew Ridgway	M50	NOC	257/3			83	87	87		
10	Ian Howells	M50	LEI	249/3	87		79		83		

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Tanya Taylor	W45	LOG	392/5	100	100	90	96	96		
2	Helen Parkinson	W45	NOC	368/5	93	93	91	91	90		
3	Rachel Davis	W50	DVO	347/4	89	84	89		85		
4	Sue Russell	W50	DVO	343/4	84	87	88		84		
5	Clare Hanna	W50	LOG	340/5	81	83	86	90	77		
6	Ursula Williamson	W50	LEI	327/4	82	79	84		82		
7	Karen Howells	W40	LEI	256/3	85		85		86		
8	Kim Buxton	W50	DVO	251/4	86	82	0		83		
9	Wendy West	W50	LEI	243/3		80	83		80		
10	Alison Hardy	W45	LEI	187/2		91	96				

Supervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Paul Morris	M55	NOC	379/4	93		100	96	90		
2	Robert Parkinson	M55	NOC	356/5	91	90	85	90	85		
3	Robert Haskins	M60	LEI	348/4	89	86	87	86			
4	Russell Buxton	M55	DVO	324/4	83	83	81		77		
5	Jeffrey Baker	M60	LOG	314.5/4		75	77.5	83	79		
6	Graeme Huggan	M55	NOC	250/3	82	80		88			
7	Pete Hornsby	M60	LEI	232/3			79	80	73		
8	Alan West	M55	LEI	226.5/3		74	77.5		75		
9	David Booker	M60	NOC	166/2	85	81					
10=	Mike Gardner	M55	DVO	161/2		79	82				

EMEWS

10=	Martin Wheeler	M60	LOG	161/2	80			81			
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Supervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Ruth Ellis	W60	DVO	267/3	91	85	91				
2	Jane Booker	W60	NOC	196/2	100	96					
3	Val Johnson	W55	DVO	186/2	96	90					
4	Anne Gibbs	W70	LOG	182/3	89	0		93			
5	Trudy Crosby	W55	LOG	100/1				100			
6	Lynden Hartmann	W60	DVO	91/1		91					
7=	Viv Macdonald	W60	DVO	88/1		88					
7=	Margaret Keeling	W65	DVO	88/1	88						
9	Anne Kimberley	W55	DVO	87/1		87					
10	Kirsten Williams	W60	DVO	82/1		82					

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Doug Dickinson	M70	DVO	396/5	91	100	100	100	96		
2	Kevin Gallagher	M65	LEI	351/5	84	82	91	93	83		
3	Andy Hawkins	M65	DVO	340/4	89	79	88		84		
4	Jim Smith	M65	LEI	312/4	77	71	85		79		
5	Laurie Fluck	M65	LEI	310/5	75	66	81	83	71		
6=	Rex Bleakman	M70	DVO	268/3	88	89			91		
6=	Derek Gale	M70	DVO	268/3		88	90		90		
8	Roger Edwards	M65	LEI	262/3	87		93		82		
9	Ian Parfitt	M65	DVO	261/3	90	84	87				
10	Chris Phillips	M65	LEI	231/3	76	72	83				

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Hilary Palmer	W65	NOC	384/4	96		96	96	96		
2	Judith Holt	W65	DVO	282/3		96	93		93		
3	Liz Godfree	W65	DVO	200/2	100	100					
4	Pauline Ward	W70	DVO	180/2	91	89					
5	Jen Gale	W65	DVO	177/3		86	91		0		
6	Diane Ford	W65	LEI	172/2	88	84					
7	Ann Armistead	W65	DVO	87/1		87					

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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.

October

Sat 3 rd	VHI & Welsh Championships Classic	B	MWOC	WOA	Llynnoedd Teifi	Tregaron	SN760657
Sat 3 rd	October Odyssey Day 1	B	CLOK	NE	Eston Moor	Middlesbrough	
Sat 3 rd	WMUL HOC Urban - Redditch Area	C	HOC	WM	Walter Stranz Square, Redditch	Redditch	SP043675
Sat 3 rd	LEI Winter League 1 Martinshaw and Ratby Woodlands	D	LEI	EM	Ratby Woodlands	Leicester	SK497061
Sun 4 th	October Odyssey Day 2	B	CLOK	NE	Silton Forest	Northallerton	SE466936
Sun 4 th	LOG Level C (EM League)	C	LOG	EM	Burghley	Stamford	TF0485906083
Sun 4 th	POTOC 40th Anniversary (WMOA Champs & WMOA League 8)	C	POTOC	WM	Whitfield Valley	Burslem, Stoke on Trent	SJ888508
Sat 10 th	DEE Sprint Weekend - Forest Sprint (UKOL)	B	DEE	NW	Eastham Country Park	The Wirral	SJ363820
Sat 10 th	DEE Sprint Weekend - Night Sprint	C	DEE	NW	Grosvenor Park	Chester	
Sun 11 th	DEE Sprint Weekend - Urban Sprint (UKOL)	B	DEE	NW	Chester City Centre and Chester North	Chester	
Sun 11 th	NOC Regional Event (EM League)	C	NOC	EM	Shirebrook Wood	Shirebrook	SK536665
Sun 18 th	Compass Sport Cup Final	A	SROC	NW	Helsington Barrows	Kendal	SD502915
Sun 18 th	LEI Club Championships	D	LEI	EM	Hicks Lodge & Shellbrooke	Ashby de la Zouch	
Sun 18 th	NOC Winter Series & AGM	D	NOC	EM	Harlow Wood	Mansfield	SK550568
Wed 21 st	LEI Winter League 2 - Watermead	D	LEI	EM	Watermead Country Park	Leicester	SK607114
Sat 24 th	Cambridge City Race	B	CUOC	EA	Cambridge	Cambridge	TL450577
Sat 24 th	OD Warwick University 50 Control Anniversary Event	D	OD	WM	University of Warwick	Coventry	SP298766
Sun 25 th	YHOA Superleague	B	EPOC	YH	Ogden Water	Halifax	
Sun 25 th	WCH Colour Coded (WMOA League 9)	C	WCH	WM	Oldacre	Stafford	SJ975175

EMEWS

Sun 25 th	WAOC Colour Coded and EAL	C	WAOC	EA	Bush Heath	Brandon	
Sun 25 th	Grantham Urban Race	C	LOG	EM	Grantham College	Grantham	SK918653
Sun 25 th	St Albans City Race	C	HH	SE	St Albans	St Albans	TL142065
Sat 31 st	YHOA Night League	C	SYO	YH	Ramsley Moor	Sheffield	sk256856
Sat 31 st	Northern Night Champs	C	NATO	NE	Slaley Hall Estate	Hexham	NY988547

November

Sun 1 st	November Classic	B	SOC	SC	Burley West, New Forest	Southampton	SU212031
Sun 1 st	Regional Event	C	SYO	YH	Ramsley Moor	Chesterfield	SK295749
Sun 1 st	EMOA League Event - Burbage Common	C	LEI	EM	Burbage Common	Leicester	
Sat 7 th	LOC Middle Distance Event (UKOL)	B	LOC	NW	Simpson Ground	Newby Bridge	SD395865
Sun 8 th	LOC event (UKOL)	B	LOC	NW	Bethacar Moor	Coniston	
Sun 8 th	NOC Regional Event (EM League)	C	NOC	EM	Thoresby North	Ollerton	SK640730
Tue 10 th	LEI Winter League 3 Grange Wood	D	LEI	EM	Grange and Battram Woods	Coalville	SK425093
Sat 14 th	OD Local Event Spiceball Park, Banbury	D	OD	WM	Spiceball Park	Banbury	SP457410
Sun 15 th	Aire Regional Event	C	AIRE	YH	Middleton Park	Leeds	
Sun 15 th	Matlock Urban Event	C	DVO	EM	Matlock	Matlock	
Sun 15 th	SAX South East League event	B	SAX	SE	Hindleap	Kent	TQ407323
Sat 21 st	Southern Night Champs	C	LOK	SE	Holmbury	Dorking	
Sat 21 st	Race the Parks	D	LOG	EM	Boultham Park	Lincoln	SK965690
Sun 21 st	Level B event Bradgate and Swithland NOTE CHANGE OF DATE	B	LEI	EM	Bradgate & Swithland	Leicester	SK522116
Sun 22 nd	OK Nuts Trophy SE League event	B	SLOW	SE	Winterfold	Cranleigh	TQ059389
Sun 22 nd	Welsh League Event 2015	C	SBOC	WOA	Merthyr Mawr	Bridgend	
Sun 22 nd	YHOA Superleague	C	CLARO	YH	Brimham Rocks	Pateley Bridge	
Sat 28 th	Race the Parks	D	LOG	EM	Hartsholme Park	Lincoln	SK947976
Sun 29 th	Regional B Event (EM Champs) & EM League	B	DVO	EM	Birchen Edge & Gardoms Edge	Matlock	SK279721

December

Sat 5 th	LEI Christmas Novelty Event	D	LEI	EM	In a very dark forest with lots of Reindeer	Lapland	
Sat 5 th	Race the Parks	D	LOG	EM	West Common	Lincoln	SK964547
Sat 5 th	Informal Event - Matlock Moor	D	DVO	EM	Matlock Moor	Matlock	SK298613
Sun 6 th	Regional Event	C	SYO	YH	Wharnccliffe South	Sheffield	SK314934
Sun 6 th	OD Event Brandon Wood (WMOA League 11)	C	OD	WM	Brandon Wood	Coventry	SP386762

EMEWS

Sun 6 th	WAOC Colour Coded	C	WAOC	EA	Rowney Warren	Shefford	
Sat 12 th	Race the Parks	D	LOG	EM	South Common	Lincoln	SK9772069
Sun 13 th	EM League Event - Longstone	C	DVO	EM	Longstone Moor	Bakewell	SK195735
Sun 13 th	WCH Colour Coded (WMOA League 12)	C	WCH	WM	Badgerslade	Stafford	
Tue 15 th	LEI Winter League 4 Swithland Woods	D	LEI	EM	Swithland Woods	Leicester	SK537118
Sun 20 th	SN Trophy Event	B	SN	SE	Ash Ranges	Ash Aldershot	
Sun 20 th	NOC Regional Event (EM League)	C	NOC	EM	Bramcote Hills & The Hemlockstone	Nottingham	SK503383
Sat 26 th	Boxing Day Score Event	D	WCH	WM		Rugely	
Sun 27 th	EMOA League Castle Hill	C	LEI	EM	Castle Hill	Leicester	

January

Fri 1 st	EM Urban League	C	DVO	EM	Ashbourne	Ashbourne	
Sat 2 nd	MDOC New Year Charity Event	D	MDOC	NW	Lyme Park	Disley	SJ964823
Sun 3 rd	NOC Regional Event (EM League)	C	NOC	EM	Boundary Wood & Haywood Oaks	Mansfield	
Sun 10 th	Regional Middle Distance Event	C	SYO	YH	Canklow	Rotherham	
Sun 17 th	CHIG South East League event	B	CHIG	SE	Epping North	Epping	
Sun 17 th	EM League	C	DVO	EM	Eyam Moor	Eyam	
Wed 20 th	LEI Winter League 5 The Outwoods	D	LEI	EM	The Outwoods	Loughborough	SK516176
Sun 24 th	Aire Regional Event	C	AIRE	YH	Flasby Fell	Skipton	
Sun 24 th	OD Event Hartshill Hayes	C	OD	WM	Hartshill Hayes Country Park, Nuneaton	Nuneaton	SP469735
Sun 24 th	NOC Winter Series	D	NOC	EM	Rufford Country Park	Ollerton	SK645648
Sun 31 st	EM League Hicks Lodge	C	LEI	EM	Hicks Lodge	Leicester	
Sun 31 st	Sport Relief Regional Event	C	SYO	YH	Brodsworth	Sheffield	

February

Sat 6 th	OD Local Event Daventry Country Park	D	OD	WM	Daventry Country Park	Daventry	SP575641
Sat 6 th	LEI Winter League 6 Brocks Hill	D	LEI	EM	Brocks Hill Country Park	Leicester	SP619997
Sun 7 th	Regional Event	C	EPOC	YH		Huddersfield	
Sun 7 th	EM Score Championships	C	NOC	EM	Clumber Park	Worksop	SK620752
Sun 7 th	Colour Coded	C	WCH	WM		Chillington	
Thu 11 th	LEI Winter League 7 Sence Valley	D	LEI	EM	Sence Valley County Park	Coalville	SK404113
Sun 14 th	NOC Regional Event (EM League)	C	NOC	EM	Thieves Wood	Mansfield	

EMEWS

Sun 14 th	HOC Event - WM League	C	HOC	WM	Longdon, Wyre Forest	Bewdley	SO755781
Wed 17 th	LEI Winter League 8 West Leicester Parks	D	LEI	EM	Western Park	Leicester	SK561042
Sat 20 th	DVO Informal Event	D	DVO	EM		Derby	
Sun 21 st	Regional Event	C	EBOR	YH	Cawthorne and Keldy	Pickering	
Sat 27 th	British Night Championships (UKOL)	A	LEI	EM	Cademan & Thringstone Woods	Loughborough	
Sun 28 th	Midlands Championships (UKOL)	A	NOC	EM	Sherwood Forest	East Midlands	

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

Ashby Map Runners			
Wednesday 7 th October	LEI	Ivanhoe College, North Street, Ashby-de-la-Zouch	Willesley
Wednesday 14 th October	LEI	Hermitage Leisure Centre	Ashby de la Zouch

LOG O-Fitness			
Thursday 8 th October	LOG	O Fitness	Lincoln
Thursday 15 th October	LOG	O Fitness	Lincoln
Thursday 22 nd October	LOG	Training	Lincoln

Leicester (Groby) Club Night			
Monday 5 th October	LEI	Brookvale College	Leicester
Monday 12 th October	LEI	Brookvale College	Leicester
Monday 26 th October	LEI	Brookvale College	Leicester

Glenfield Club Night			
Thursday 8 th October	LEI	Glenfield Pavilion, Anstey Lane, Glenfield	Leicester
Thursday 15 th October	LEI	Glenfield Pavilion, Anstey Lane, Glenfield	Leicester

Matlock Club Night			
Wednesday 7 th October	DVO	Whitworth Park	Matlock

Rushcliffe Orienteers			
Wednesday 24 th October	NOC	Rushcliffe Country Park	Ruddington
Saturday 14 th November	NOC	Rushcliffe Country Park	Ruddington
Saturday 12 th December	NOC	Rushcliffe Country Park	Ruddington