

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SPRING INTO SUMMER 2016



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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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Copy Date for next issue: **4th July 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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Report on East Midlands Meetings – 27th June 2016

Treasurer's Report – The Treasurer provided copies of the provisional annual accounts which was showing a £600 surplus, mainly due to being under budget on grants allocation. It was noted that the Junior Squad expenditure included the deposits for flights to Scotland for JIRCS in September 2016.

Development – Chris Phillips is organising a new Planners / Controllers Conference for 4th March 2017. Any topics folk want raising should be sent to Chris. At present he has suggested a "Back to Basics" course to help tidy up some sloppy habits that are creeping in. He will also look at the National Major Events Conference for ideas.

Coaching – The Coaching Conference was scheduled for 14/15 January 2017 in Crewe. Hilary would email details in due course. The 'Working in More Challenging Terrain' module may be of particular interest to EM Coaches.

Junior Squad – Dai Bedwell has contacted John Hurley to inform him that he would be stepping down as Junior Squad Co-ordinator due to increased work commitments. A new Junior Squad Co-ordinator was now needed. Pauline Olivant offered help mentoring anyone who took on the post.

Future Events:

- (i) **11th Sept 2016 – Peter Palmer Relays – Groby (LEI).**
- (ii) **8 October 2016 – British Schools Score Champs – Bagworth Heath (LEI)**
- (iii) **27 November 2016 – East Midland Champs 2016 – Wakerley (LEI) – now confirmed and will require bussing from parking**
- (iv) **12 March 2017 – Compass Sport Cup Round – LOG – Burwell and Haugham – parking facilities now organised with land owner.**
- (v) **East Midland Sprint Champs 2017 – NOC – Venue, planner and map all organised (date to be confirmed)**
- (vi) **21 May 2017 – YBT Heat 2017 – Calke (DVO)**
- (vii) **10 December 2017 – East Midland Champs 2017 – Eyam Moor (DVO)**
- (viii) **18 March 2018 – Midland Champs 2018 – LEI – Belvoir**
- (ix) **29/30 September 2018 – Junior Inter-Regional Champs 2018**
- (x) **14/15 September 2019 – British Sprints / Middles 2019**
- (xi) **CompassSport Cup 2019 – NOC**

Future Possible Events

- i) **Midland Champs 2020 – DVO**
- ii) **CompassSport Cup Final 2020 – Oct 20th – Are EMOA interested in hosting?**
- iii) **Junior Home International 2020 – Consider after JIRCS 2018 sorted out.**
- iv) **British / British Relays 2021 – Looking in to possibly hosting using SYO areas at present. Awaiting response to Chris Phillips**
- v) **CSC Round 2021/2023**
- vi) **Midland Champs 2022 – NOC**

National Forest Report - The Chairman left the NFC when his term of office ended at the end of March coinciding with a change in status being in hand for the NFC. The company now has a new charitable status enabling them to qualify for new funding arrangements. They will remain under the umbrella of DEFRA and the three year funding agreement will remain, but a period of some uncertainty is unavoidable. Sir William Worsley is the new Chairman.

NFC is now working with Sport England with some new projects in mind and with a view to securing funding from them for a pilot project to encourage more physical activity.

The NFC has also started a pilot scheme to provide volunteer rangers for the national Forest Way directly organised by the Company. An initial 26 volunteers had come forward. They have received appropriate training and will undertake survey work and possibly carry out small repair works/clearance etc.

The NFC have now formed a partnership with Forest Holidays who build and manage luxury cabins in ten forest locations around Great Britain and that company will encourage charitable donations to NFC with any bookings of cabins within this forest.

Sharing Best Practice - NOC reported on the Beat the Street initiative sponsored by the National Charity Partnership. It was mainly aimed at schools and community groups in Nottingham but NOC entered a team. The team required a minimum of 25 runners. Each was issued with an oyster-type card and over a period of 6 weeks runners needed to tap as many of the 200 pre-placed controls as possible to score points. NOC won and in addition to the urban score training, they gained good publicity and won £500 for the club. Intelligent Health doesn't seem to have a 'fixture list' just 'partners'. In the East Midlands that just seems to be Nottingham for now but worthwhile looking out for in the future. Links are below:

<https://nottingham.beatthestreet.me/UserPortal/Nottingham>

<http://www.intelligenthealth.co.uk/wp-content/uploads/2016/02/IH-BTS-Brochure.pdf>

Fineshade Usage - The Forestry Commission will no longer allow use of Fineshade on Sundays, due to high volume of use by the general public and also by organisations willing to pay higher access charges. This will probably apply to other venues in due course.

BO Levies - The levies and fees consultation is in progress and the final proposal would be voted on at an EGM on 29 October 2016 at the Club & Association Conference.

AGM - Mark Webster (Financial Secretary) and Chris Phillips (Development Co-ordinator) had now done 3 years in post. Unless the Standing Orders were amended new officers were needed. Mike Gardner to send out draft AGM with EMEWS and a final agenda just before the AGM. If anyone has any items for inclusion in the agenda please inform John Hurley before the start of September.

Future Meetings - All meetings to be held at the Pace Room, St Mary's Church, Clifton Village, Nottinghamshire at 7.30 p.m. The EMOA AGM has been scheduled for Monday September 19th 2016. The next committee meeting is scheduled for Monday 7 November 2016.

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The 52nd 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 19th September 2016 at the
Pace Room, St Mary's Church, Clifton Village, Nottingham**

AGENDA

1. Apologies for absence
2. Approval of minutes of last AGM September 21st 2015
3. Proposed standing order changes
4. Chairman's Report
5. Treasurer's report including membership numbers and presentation of accounts
6. Approval of Balance Sheet and Income and Expenditure Statement
7. Election of Principal Officers
 - Chairman
 - Vice chair
 - Financial Secretary
 - Development Co-ordinator
8. Appointment of Independent Financial Advisor
9. Budget projections for coming year to 30.6.2017 and recommendations for membership fees, equipment rental fees and event levies (Treasurer)
10. Fixing of charges
 - Membership fees
 - Event Levies
 - Electronic equipment rental fees (formal agreement that no longer required)
11. Plans for the coming year (Chairman)
12. Close of formal meeting followed by open discussion
 - Tea and biscuits will be provided

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"Situation Vacant"

Mark Webster will be standing down as EMOA Financial Secretary at the AGM in September, having completed his standard three-year term. If anyone thinks they may be interested in taking over in this rewarding and prestigious position, please could they contact either Mark or John Hurley who will be able to discuss the Financial Secretary role in more detail.

Talent Squad Report

By Hannah Cox

The BOF Talent squad comprises of 20-30 athletes from across the UK from M/W16s to M/W20s. As well as providing support throughout the year the squad put on various training weekends across the country in order to prepare for the season ahead. This year we had a weekends training in Lincoln where we focussed on physical and psychological aspects of our orienteering, planning our training and learning various strength and conditioning exercises and drills to improve our stability and make injury less likely. The second weekend of the year was in Surrey where we used the Southern Night Championships and the OK Nuts Trophy events for training. We also did a map memory exercise involving the Venice sprint maps. Next it was up to the Lake District in January where we had a very snowy training weekend on some great areas. The final camp was in Pitlochry in February the 'Pre-Competition Camp'. The idea of this camp was to bring everything we'd learnt at the previous camps together in order to get us race ready for the up and coming selection races. Throughout the 4 days of training we cycled through the different disciplines and got plenty of race practise in challenging terrain. Across all the camps we did a lot of analysis using various programmes including quick route and 3d re-run alongside GPS routes in order to learn effectively from our training and take what we had learnt into future races. Although this year's selection races didn't go to plan for me being in the squad has provided me with many opportunities to improve which hopefully I can show in races to come. I'd like to thank EMOA for the support they have provided for me this year, and in previous years, that has enabled me to be in the squad.

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Subject: Interland 2017 - Junior Selection Policy

Please find attached the selection policy for the Junior members of the England team for the Interland International to be held in Belgium at the beginning of April 2017.

This policy will be available on the English Orienteering Council web site (<http://www.orienteeringengland.org.uk/>) in the next few days.

Just a couple of things to note;

- The Ainsdale event is likely to have an entry limit of 500. Please make sure that those wishing to use this as a selection race are aware of this.
- The use of Long Valley North is administered by Landmarc, who administer all MOD land. They are unlikely to provide final permission for the area use until nearer the date. The event details are on the BOF web site.

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World Cup Round 1

by Peter Hodgkinson, NOC

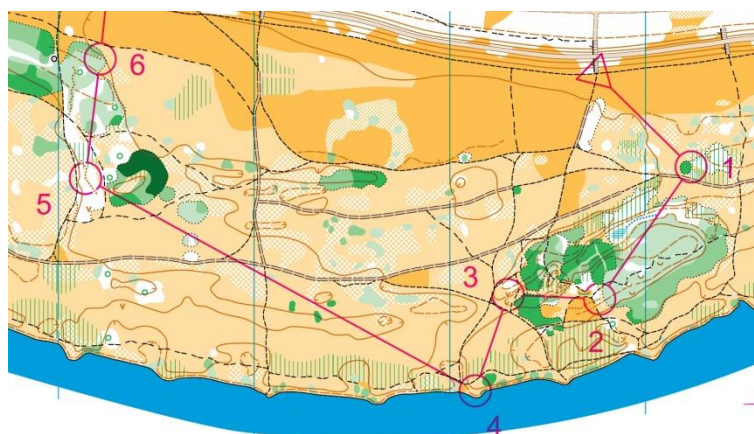
On the first weekend of May, I travelled to Wroclaw, Poland, to compete at the first round of the Orienteering World Cup. This was an exciting weekend for many elite orienteers as it marked the beginning of the international season after what felt like a long winter's break since we hosted the World Championships (WOC) back in August.



Team GB

After some good performances at the JK (Sprint 3rd, Middle 4th, Relay 5th), I had been picked to run the individual Sprint followed by the Mixed Sprint Relay the following day. At World Cups, the Sprint distance usually comprises a qualification race in the morning with a final for the top 40 runners held the same afternoon. This meant running three hard races in 24 hours which can leave your legs feeling pretty heavy by the end. I also find this schedule tough because of the constant mental pressure you are under.

The day of the Sprint was an early start. All the athletes are kept in a quarantine zone before the race to prevent us from seeing the map or course from earlier runners, the TV or GPS tracking. The GB team arrive around 8am and try to find a spot in the crowded sports hall. There's no phones allowed so most people read a book and try not to be distracted by how many world champions are sitting nearby. As



Sprint Qualification – Sprint O in non-urban areas is quite rare in Britain so extra care was needed!

often happens, there's only one toilet in the building. With over a hundred nervous athletes around it's important to get in the queue early! I listen to some music and mentally rehearse what I need to do in the race ahead. I've brought the JK Sprint map with me. Going through memories from that race in my head help me to feel confident and to picture what a good race feels like. We are given a map of the warm up area nearby and I also use this to practice on before going to the start.

The Qualification race was a nervous affair. I made quite a large mistake early in the course (#2) and knew that I would have to be very good through the remainder to make it into the final. I gave it everything and finished feeling more tired than I would have liked but thankfully I'd just done enough. Seven seconds slower and I would have been out.



It's all about the next race now so I warm down, eat, drink and focus on recovering as much as possible before the afternoon. All my thoughts and frustrations about mistakes from the first race are useless clutter in my head so I try to put all these aside. We have lunch together as a team, enjoy the sunshine for a bit then head off to quarantine to do it all over again for the Final.

This time the start runout is on a stage in the arena, with each runner announced to the crowd and a big TV screen with live results and tracking. It seems like there's people everywhere! Once I get going I quickly realise that this course is a lot trickier than the qualification. On some of the legs,

even finding a viable route quickly is a challenge - let alone picking the

Sprint Final - There are many possible routes to #4 but which is the fastest?

fastest. Some temporary fencing has been put up in places, which adds to the difficulty. The course takes us near to the arena many times and the support from the GB team is amazing! It's a really fun course and I have a stable race with no big misses, but I choose a few bad routes and find myself hesitating quite a bit during the race. Although I know I can do better, I'm quite pleased to come away with 27th which is a new best for me at a World Cup race. (I haven't had the most impressive record so far, with the 2015 race being voided and having been disqualified for crossing a forbidden fence in 2014!).

Ralph Street has had a great run, coming in 12th, and



On the run-in at the Sprint Final

we're all really pleased for him. Some of the other GB runners have had a day to forget but we're a close team and are all keen to encourage each other when it's gone badly and to celebrate when people run well. The next big competition for us is the European Championships which are being held just over the border in the Czech Republic at the end of May. I'll be racing the same races again at the start of the week, followed by the Middle and Relay races at the end so I'll need to practice running in the forests again before then! I'm really looking forward to it and am hoping to improve on my previous best (25th) from 2014 and get inside the top 20 in the Sprint. The World Cup was very encouraging and I've been feeling quite fit recently after a good winter's training so I think a good result is possible if I can keep my navigation head screwed on.

Having been chosen as the reserve runner in 2014 and 2015, my main goal this year is to break into the GB team for the World Championships in the summer. The key trial races used for selections are the JK, World Cup and Europeans - so if it goes well there could be a chance for more big races to come! I can't wait.

I'd really like to thank EMOA and NOC for continuing to help me follow my orienteering ambitions and providing me with funding assistance to attend the World Cup and Europeans.

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Common Problems

Rob Hickling, the Scottish Orienteering Association's Controllers' Coordinator', has written an article about some of the common problems that occur at all Levels of Events regarding both the Start and the Finish. Rob is thanked for giving his agreement for EMOA to have the opportunity to include his article in this edition of EMEWS.

Common Problems at the Start

Missing description for the start in the control descriptions.

This is very common - if I had a pound for each time I see this at an event, I'd be a rich man! It's something that Controllers should definitely pick up and correct.

The start location is on a decision point, or is not even on a line feature (for TD1-3 courses).

Elementary mistakes, but they have to be controlled out surprisingly often.

First controls are backwards from the start, or at a large angle to the left or right (so starters would waste time going to the start kite).

Ensure that all first controls are located in a forward direction out of the start, preferably in a reasonably acute-angled cone.

A good route choice to the first control is 180 degrees back through the start, through the waiting pens and/or through the call-up area.

I think this happened at a race at the Scottish Six Days in 1983! It also occurred at a large 2-Day event in England where there was a chasing start, and starters had to barge their way back through the line of runners in the chasing start call-up lane, causing great confusion!

This falls foul of the "no catching out" rule and creates serious unfairness, e.g. some runners gain an advantage by seeing other runners come back through the start, and so are alerted in advance to the abnormal route choice option, and thereby save time. It might well be grounds to void the course.

Competitors waiting in the pens or in the call-up area have a good long view of departing Starters, and can see the initial navigation decisions chosen by Starters.

Take advantage of the topography of the land, and the vegetation visibility, to select a start position so that waiting runners cannot see Starters after they leave the start. An excellent example of a good start location with no view of departing runners was the recent Affric SOL3 (far start).

The start kite is not clearly visible from all points on the start line and the map boxes, but the run-out to the start kite is not taped.

If in doubt, tape the run-out to the start kite. Continuous tape is much better here, rather than a few hanging tapes.

There's a very narrow or highly constricted run-out, before and immediately after the start kite.

There should be sufficient space to overtake other runners on the run-out (without barging people over!) so narrow single-track passages through dark green, or through windblown, or very rocky ground, should be avoided.

If the ground is quite rough, brashed or boggy, bear in mind that the first few starters can create a fast trod which then makes it very difficult to overtake (as it's much slower 'offline') Doing some gardening to widen the run-out, or using pre-runners to create several parallel fast trods, can sometimes solve the problem.

There are dangerous trip hazards on the run-out, before and immediately after the start kite.

Competitors have just picked up their map, and will understandably be looking down at their map to plan the first leg, rather than looking where to place their feet. Watch out for wire trip hazards, heavily brashed areas, and ditches or pits.

There was a serious incident at the VHI Relay in 2008, where runners had to cross a ditch soon after the start. One of the English team members in the mass start was looking down at their map, failed to spot the ditch, and suffered a broken arm.

At Moray 2003 Six Days, one race had a ditched stream a few metres after the start, which had to be crossed by all starters. A small wooden plank bridge was built, which promptly broke in half when it was tested pre-race! The M21s jumped the stream without trouble, but there were plenty who had more difficulty.

The start line and part of the run-out to the start kite are off the map, and/or the start kite is right on the edge of the printed map area.

Be very careful about this. It can be very disconcerting to competitors and might be regarded as trying to catch them out (outlawed in the Rules). This occurred at one of the

starts at a Scottish 6 Days race in 2011. It clearly increases the risk of competitors running off the map.

Common Problems at the Finish

There's no flag hung on the finish control stakes.

An orange/white control flag must be hung on the finish punch. If there are two or more finish punches, hang a flag on each one of them.

This is a common mistake seen at all sizes of events.

Have an adequate number of finish punches, on strong stakes that won't easily be knocked over.

Especially important for relays. If necessary, re-inforce each finish stake by firmly attaching it to a second metal stake securely driven into the ground. (You might also do this for the final control stakes at the start of the run-in).

The map shows a dashed line from the last control to the finish (indicating a taped route to the finish) but the route is not taped.

This is an exceedingly common mistake. For those using Condes course planning software, the default setting for the finish is "taped route to the finish". Planners who want to choose "navigate to the finish" frequently forget to change this setting (or may not know how to change it).

Conversely, when using Purple Pen course planning software, the default setting for the finish is "navigate to the finish" which may also need changing.

"Navigate to the finish" is chosen, but the route options from the final control(s) are not trivial and might lead to competitors failing to find the finish easily.

Although the rules (for non-IOF events) allow for the "navigate to the finish" option, there are also rules to ensure that this navigation should be entirely straightforward (even for technical courses). Para 5.1.3 of Appendix B states "There should be no possibility of a competitor being unable to find the finish."

When interpreting the rules, it should be borne in mind that the control descriptions do not offer much help to competitors as, although they indicate the distance to the finish, they do not contain a description for the finish point. (And indeed the finish point may not be on a normal clear feature typically used for controls.)

Example situations where "navigate to the finish" would be acceptable:

- The last control is placed on a forest road or track, and the finish is not far away down the same track.
- The last control is at the gate to a field, and the finish is in the field, and is visible from the gate.

In other words, the element of navigation involved should essentially be trivial, and taping is unnecessary.

Note that having a prominent finish banner hung near the finish punches is not necessarily sufficient to ensure that the finish will easily be found by every runner.

There should not be a long leg from the last control to the finish. Instead, add in an extra control just before the finish, and have a short taped finish run-in.

If in doubt, the Controller should require that the route from the last control to the finish be taped.

Remember that competitors and spectators all enjoy there being a common last control and a short sprint into the finish! It adds excitement, and runners on different courses can compare their finish splits.

Runners who have just finished are not led away from the finish punches, and congregate around them (perhaps chatting together about their runs), obscuring the flags from incoming finishers.

An example of this was the finish for the 2009 VHI in Yorkshire. There were no finish run-in tapes, and although there were two or three finish punches, only one had a flag hung on it. The flag was obscured by a crowd of earlier finishers.

To manage this issue:

- Hang a flag on each finish punch, and have a finish banner,
- Avoid tightly congested finish locations,
- Use signs and plenty of tapes to make it obvious which way runners should move away from the finish towards download or back to assembly,
- The Organiser can place a marshal at the finish, to usher finishers (and any spectators and supporters) away from the finish punches. The marshal must be careful not to obscure the finish flag themselves.
- A taped finish funnel can be used. Spectators generally stay behind tapes. Runners tend to recognise the tapes and may naturally tend to move away, out of the mouth of the funnel.

This problem becomes more difficult to manage if runners approach the finish from different directions (in which case the finish flag needs to be kept unobstructed across a wide angle of vision). This is another good reason why having a common last control, and a short run-in to the finish (possibly with a fully or partly taped funnel) is often the preferred arrangement.

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British Orienteering Coaching Conference 14 & 15 January 2017

Advance notice for your diaries

Times: 10.30/11am start Saturday to after lunch Sunday

Where? Crewe

Accommodation? Not included - book your own

Programme details: not yet available but will include:

Keynote speech by Mark Nixon - coaching in Scotland

Workshop on coaching in remote / challenging terrain which will enable BOF L3 /UKCCL2 coaches who are likely to want to coach in BOF Coaching Areas D to upgrade their licence

Orientation to new UKCCL2 Coach Training for current and potential tutors, assessors and verifiers. We are looking for new 'blood' in these roles so please contact me if you are interested.

Orientation for coaches who may be interested in tutoring the new 'Introduction to coaching' evening / half day workshops which will be the way we encourage new coaches to gain some 'in house' training before helping coaches in the clubs prior to going on to do the UKCCL2 Coach qualification

Practical coaching sessions and other topics.

All coaches will be sent details of the conference and how to book in the Autumn but in the meantime please save the dates and get in touch if you are interested in becoming a tutor for either/both new coaching training packages.

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East Midlands League 2016

The East Midlands League for 2016 is now underway. As usual it is the top 8 scores that count. The following events have taken place and the codes are used in the tables.

- | | | |
|------------------------------|--------------------------|--------------------------|
| 1 - Boundary Wood (NOC) | 2 - Hicks Lodge (LEI) | 3 - Bestwood (NOC) |
| 4 - Grimsthorpe Castle (LOG) | 5 - Sherwood Pines (NOC) | 6 - Spring Cottage (LEI) |
| 7 - Hanging Hill (LEI) | 8 - Calke Park (DVO) | 9 - Carsington (DVO) |

The following future events are planned for the 2016 East Midlands League:

- | | |
|--|---|
| 22 nd Oct - Grange Top Wood (DVO) | 13 th Nov - Bradgate & Swithland (LEI) |
| 4 th Dec - Byron's Walk (NOC) | 11 th Dec - Eyam Moor (DVO) |
| 18 th Dec - Walesby (NOC) | 31 st Dec - Ratby & Martinshaw (LEI) |

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

White - Male

Forename	Surname	Club	Age						Best 8	
George	Rennie	LEI	9	1000-1	1000-4	1000-6	1000-7	1000-8	5000	1
Leo	Crown	DVO	12	1000-3	926-8				1926	2

White - Female

Alexa	Lindsay	DVO	10	1000-1	1000-3	1000-5	1000-6	1000-8	1000-9	6000	1
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Yellow - Male

Ivan	Smith	DVO	10	1000-1	1000-2	636-3	1000-5		3636	1
Adam	Concannon	LEI	10	1000-3	724-6				1724	2

Yellow - Female

Daisy	Rennie	LEI	10	1000-1	1000-2	1000-6	1000-7	1000-8	5000	1
Robyn	Jarvis	LEI	10	500-1	536-2	626-3	324-6	401-8	2447	2
Charlotte	Fox	LOG	12	636-3	1000-5				1636	3

Orange - Male

Ben	O'Donnell	DVO	12	1000-3	993-6	934-8			2927	1
Harrington	Leake	LEI	12	1000-1	902-3	1000-6			2902	2
Benjamin	Squire	NOC	12	896-1	1000-5	989-6			2885	3
Jake	O'Donnell	DVO	10	965-3	971-6	809-8			2745	4
Ben	Hardy	LEI	12	1000-4	875-6				1875	5
Finlay	Lowthian	NOC	10	972-3	786-5				1758	6
Ben	Bishop	LEI	16	584-3	467-6				1051	7

Orange - Female

Anne	Cunnigham	DVO	50	751-1	882-2	782-3	877-5	499-6	1000-7	984-8	5775	1
Hannah	Mather	LOG	10	1000-1	840-2	1000-3					2840	2
Anna	Seaman	LEI	16	879-2	719-6	999-7					2597	3
Helen	Rennie	LEI	40	1000-4	1000-8						2000	4=
Libby	Barber	LEI	12	1000-2	1000-6						2000	4=
Caitlin	Chafer	LEI	16	988-5	701-6						1689	6
Manda	McNab	RAFO		479-2	539-4						1018	7

Light Green - Male

Charlie	Rennie	LEI	14	1000-1	1000-2	1000-4	1000-6	1000-7	1000-9	5000	1
Samuel	Davis	DVO	14	612-1	581-2	577-3				1770	2
Dave	Skidmore	DVO	70	674-7	1000-8					1674	3
Francis	Mayes	LEI	16	533-2	504-6	627-8				1664	4

EMEWS

Light Green - Female

Reed	Lydon	LEI	14	514-1	878-2	1000-3	571-6		2963	1
Isabella	Edwards	DVO	14	739-2	459-6	985-8	536-9		2719	2
Sophie	Vincent	DVO	14	696-1	617-6	1000-9			2313	3
Rachel	Duckworth	DVO	14	1000-1	1000-6				2000	4
Peta	Jarvis	LEI	16	621-1	668-2	695-6			1984	5
Lynette	Devlin	LOG	65	956-3	981-4				1937	6
Sarah	Parkin	DVO	40	537-2	637-3	471-6			1645	7
Sarah	Raisen	NOC	21	630-5	1000-7				1630	8
Kirsty	Turner	DVO	21	1000-2	586-6				1586	9
Daisy	Herd	LEI	16	960-2	615-6				1575	10

Short Green - Male

David	Bray	LEI	60	866-1	891-2	1000-3	873-6	994-8	979-9		5603	1
John	Woodall	NOC	75	855-1	807-2	752-3	689-4	800-6	784-7	839-8	5526	2
David	Parkin	DVO	80	851-1	824-3	749-7	731-8	799-9			3954	3
John	Palmer	NOC	70	1000-4	908-5	1000-6	991-9				3899	4
Ernie	Williams	LEI	70	721-1	809-2	824-3	733-4	737-5			3824	5
Martin	Wheeler	LOG	60	997-1	802-2	944-3	1000-8				3743	6
Dave	Skidmore	DVO	70	1000-1	907-2	964-3	784-4				3655	7
Laurie	Fluck	LEI	65	507-1	649-3	639-4	570-5	608-7	666-8		3639	8
Chris	Phillips	LEI	65	652-1	485-2	475-6	560-7	785-8	601-9		3558	9
Peter	Leake	LEI	75	1000-2	943-6	1000-7					2943	10

Short Green - Female

Ruth	Ellis	DVO	65	897-1	1000-3	1000-4	619-5	781-6	832-7	831-8	963-9	6923	1
Christine	Middleton	DVO	70	1000-1	751-2	997-3	776-5	1000-6	1000-7	827-8		6351	2
Jane	Burgess	DVO	55	854-1	762-2	606-5	784-6	747-7	747-8	985-9		5485	3
Jen	Gale	DVO	70	955-1	969-3	836-6	1000-9					3760	4
Grace	Pennell	DVO	16	727-1	736-3	487-7	569-8	729-9				3248	5
Alison	Hayes	DVO	50	469-1	638-3	413-5	423-6	454-8	624-9			3021	6
Pauline	Ward	DVO	70	1000-2	910-5	813-6						2723	7
Ann	Armistead	DVO	65	846-1	973-3	841-6						2660	8
Viv	Macdonald	DVO	60	837-1	919-4	826-8						2582	9
Helen	Finlayson	DVO	70	937-1	766-6	742-8						2445	0

Green - Male

Roger	Edwards	LEI	65	777-1	1000-2	994-3	968-4	1000-5	903-7	914-8	1000-9	7556	1
Jeffrey	Baker	LOG	65	873-2	692-5	824-6	864-7	887-8	875-9			5015	2
Andy	Hawkins	DVO	65	867-2	762-3	908-5	820-6	720-7	926-8			5003	3
David	Anderson	LEI	75	809-1	912-2	653-5	841-6	929-8	739-9			4883	4
Andy	Portsmouth	LEI	60	707-1	732-3	717-4	690-5	646-6	646-7	718-8		4856	5
Simon	Ford	LEI	70	1000-4	968-6	1000-7	873-8					3841	6
George	Normand	LEI	70	889-4	963-5	738-6	1000-8					3590	7
Peter	Chick	LEI	70	735-2	755-3	553-4	756-6	705-9				3504	8
Peter	Leake	LEI	75	827-3	853-5	887-8	883-9					3450	9
Geoff	Gibbs	LOG	75	659-1	639-3	666-4	583-5	697-8				3244	0

Green - Female

Liz	Godfree	DVO	65	981-1	1000-2	1000-4	1000-5	1000-6	1000-8	938-9		6919	1
Ursula	Williamson	LEI	50	790-1	667-2	725-3	596-5	675-6	681-7	744-8	532-9	5410	3
Amanda	Roberts	LOG	50	1000-1	825-2	1000-3	715-6	897-7	813-8			5250	3
Helen	Parkinson	NOC	50	939-1	793-3	671-4	694-5	824-8	844-9			4765	4

EMEWS

Kim	Buxton	DVO	55	827-1	852-2	806-3	658-6	781-8	695-9			4619	5
Jane	Dring-Morris	LEI	45	563-1	619-2	652-3	612-4	595-5	476-6	584-8	507-9	4608	6
Julie	Webster	NOC	50	756-1	633-2	722-3	659-4	542-6				3312	7
Jane	Booker	NOC	60	891-3	797-4	672-6	863-8					3223	8
Anne	Gibbs	LOG	70	794-1	741-3	728-5	781-8					3044	9
Margaret	Keeling	DVO	65	674-4	724-5	638-6	748-8					2784	0

Blue - Male

Richard	Parkin	DVO	45	901-1	904-2	968-3	992-5	1000-6	974-7	924-8	910-9	7573	1
Derek	Gale	DVO	70	816-1	1000-3	939-4	901-5	909-6	927-7	929-8	885-9	7306	2
Mike	Godfree	DVO	65	899-1	1000-2	992-4	987-5	980-6	934-8	1000-9		6792	3
Chris	Bosley	LEI	65	851-1	792-3	861-4	781-5	881-6	771-8	702-9		5639	4
Peter	Cholerton	NOC	60	557-1	817-2	735-3	688-4	625-6	633-7	642-8	460-9	5157	5
Alastair	Patterson	LEI	45	554-1	579-3	689-4	633-5	623-6	736-7	640-8	685-9	5139	6
Dave	Denness	LOG	55	838-1	878-2	916-3	861-4	839-5	761-7			5093	7
Michael	Lindsay	DVO	65	699-1	787-3	837-5	889-6	878-8	909-9			4999	8
Mike	Gardner	DVO	55	787-1	768-2	841-3	717-5	738-6	737-8			4588	9
Robert	Haskins	LEI	65	671-1	888-3	783-4	685-5	652-6	787-8			4466	0

Blue - Female

Tanya	Taylor	LOG	45	869-1	1000-2	1000-5	718-6	1000-7	1000-8	1000-9	5587	1
Joanne	Nell	RAFO	50	880-2	1000-3	829-4	925-5	900-6	867-8		5401	2
Alison	Hardy	LEI	50	1000-1	1000-3	868-6	885-8				3753	3
Elizabeth	Bedwell	DVO	18	866-3	962-5	819-8					2647	4
Tracey	Brookes	LEI	50	984-1	927-3	709-6					2620	5
Rachel	Davis	DVO	50	842-1	791-2	902-3					2535	6
Trish	Lydon	LEI	45	686-2	904-6	921-9					2511	7
Sal	Chaffey	DVO	50	1000-6	912-9						1912	8
Julie	Ferris	LEI	45	881-1	922-8						1803	9
Hannah	Cox	LEI	20	809-8	730-9						1539	0

Brown - Male

Francesco	Lari	NOC	50	896-1	1000-4	914-5	1000-7	866-8	840-9		5516	1
Alan	Le Moigne	DVO	40	648-2	683-3	597-5	766-6	754-7	807-8	653-9	4255	2
Ian	Wells	RAFO	60	813-1	829-3	695-4	786-7	798-8	549-9		4470	3
Richard	Dearden	NOC	45	881-2	1000-3	983-4	1000-6				3864	4
Robert	Smith	DVO	50	1000-1	807-2	980-3	968-5				3755	5
Jamie	Rennie	LEI	45	877-4	873-7	945-8	783-9				3478	6
Finn	Lydon	LEI	18	940-1	789-2	951-3	775-9				3455	7
David	Pettit	DVO	21	597-2	660-3	688-4	614-7	683-8			3242	8
Howard	Alcock	LEI	45	987-6	866-7	1000-8					2853	9
Anthony	Squire	NOC	35	936-1	988-5	862-6					2786	0

Brown - Female

Tracey	Brookes	LEI	50	1000-4	1000-7	1000-8					3000	1
Helen	Chiswell	DVO	35	1000-6	935-8						1935	2
Joanna	Goodhead	DVO	18	1000-2	875-8						1875	3
Liz	Heaton	LEI	35	930-4	849-8						1779	4

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East Midlands Urban League 2016

The EM Urban League for 2016 has been defined and 4 events have taken place. The scoring is the best 4 out of 8 events to count.

- **EMUL 1** 1 Jan: Ashbourne (DVO)
- **EMUL 2** 8 May: Southwell (NOC)
- **EMUL 3** 26 June Ashby (LEI)
- **EMUL 4** 17 July: Nottingham (NOC)
- **EMUL 5** 14 August: Lincoln (LOG)
- **EMUL 6** 1 October: Dishley (LEI)
- **EMUL 7** 23 October: Bourne (LOG)
- **EMUL 8** 11 December: Wirksworth (DVO)

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

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

The current standings after one event are:

Junior Men

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Charlie Rennie	M14	LEI	200/2			100	100
2	Donald Flynn	M16	NOC	187/2			96	91
3	Ben Mather	M14	LOG	96/1				96
4	James Peet	M16	NOC	93/1				93
5	Oscar Wilkinson	M14	LEI	91/1			91	
6	Thomas Allery	M14	LEI	90/1				90

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Jessica Dring-Morris	W16	LEI	196/2		100		96
2=	Imogen Wilson	W16	LEI	100/1			100	
2=	Ashley Howells	W16	LEI	100/1				100
4	Rachel Duckworth	W14	DVO	96/1	96			
5=	Sarah Duckworth	W16	DVO	93/1	93			
5=	Charlotte Fox	W12	LOG	93/1				93
7	Sophie Vincent	W14	DVO	91/1	91			
8	Grace Pennell	W16	DVO	90/1	90			

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Alan Le Moigne	M40	DVO	182/2		89	93	
2	William Parkinson	M20	NOC	177/2			89	88
3	Alastair Flynn	M18	NOC	171/2		87		84
4	Andis Ozols	M35	DVO	168/2			83	85



EMEWS

5	Richard Robinson	M35	NOC	100/1				100
6=	James Mellor	M20	NOC	96/1			96	
6=	Finn Lydon	M18	LEI	96/1		96		
6=	Joe Taunton	M21	NOC	96/1				96
9	Campbell Walsh	M35	NOC	93/1				93
10=	Paul Addison	M55	DVO	91/1	91			
10=	Liam Harrington	M21	LOG	91/1		91		

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Liz Heaton	W35	LEI	196/2		100		96
2	Hannah Cox	W20	LEI	100/1			100	
3=	Sal Chaffey	W50	DVO	96/1			96	
3=	Andrea Page	W40	LOG	96/1		96		

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Andrew Selby	M40	DVO	311/4	75	77	81	78
2	Francesco Lari	M50	NOC	277/3	93	91		93
3	Alastair Paterson	M45	LEI	244/3		79	84	81
4	Paul Hudson	M50	NOC	239/3	82	82		75
5	Iain Phillips	M45	LEI	232/3	76		82	74
6	Richard Parkin	M45	DVO	180/2	91	89		
7	Jamie Rennie	M45	LEI	176/2			90	86
8	Graham Thorne	M45	NOC	169/2		86		83
9=	Mark Webster	M50	NOC	164/2	81	83		
9=	Mark Sherriff	M50	LEI	164/2		78	86	
9=	Jonathon Cundill	M50	DVO	164/2			85	79

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Tanya Taylor	W45	LOG	396/4	100	100	100	96
2	Helen Parkinson	W50	NOC	372/4	93	93	96	90
3	Amanda Roberts	W50	LOG	366/4	90	96	93	87
4	Ursula Williamson	W50	LEI	342/4	85	86	88	83
5	Claire Selby	W40	DVO	259/3		89	89	81
6	Julie Ferris	W45	LEI	181/2	91	90		
7	Jane Dring-Morris	W45	LEI	174/2		88		86
8	Sally Calland	W40	DVO	100/1				100
9=	Rebecca Perring	W50	DVO	88/1	88			
9=	Alison Hardy	W50	LEI	88/1				88

Supervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Robert Parkinson	M55	NOC	360/4	93	86	93	88

EMEWS

2	Graham Johnson	M60	DVO	262/3	88	87		87
3	Russell Buxton	M55	DVO	261/3	87	88		86
4	Mike Gardner	M55	DVO	260/3	83	84		93
5	David Booker	M60	NOC	252/3	84	80	88	
6	David Vincent	M55	DVO	200/2		100		100
7	Paul Morris	M55	NOC	192/2			96	96
8	Mick Lucking	M55	NOC	179/2	89	90		
9	Andrew Wallace	M55	NOC	168/2		82	86	
10	Andy Portsmouth	M60	LEI	161/2		76	85	

Supervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Viv Macdonald	W60	DVO	359/4	87	90	91	91
2	Ruth Ellis	W65	DVO	352/4	85	86	93	88
3	Liz Godfree	W65	DVO	292/3	100	96		96
4	Jane Booker	W60	NOC	270/3	89	91	90	
5	Kim Buxton	W55	DVO	270/3	91	89		90
6	Val Johnson	W55	DVO	186/2	93	93		
7	Chris Horsewill	W55	NOC	164/2		80		84
8=	Lynden Hartmann	W60	DVO	89/1				89
8=	Margaret Keeling	W65	LEI	89/1			89	
10	Jane Burgess	W55	DVO	88/1	88			

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Doug Dickinson	M70	DVO	387/4	100	96	100	91
2	Robert Haskins	M65	LEI	278/4	96	89	0	93
3	Jeffrey Baker	M65	LOG	267/3	89	87	91	
4	Derek Gale	M70	DVO	260/4	90	83	0	87
5	Roger Edwards	M65	LEI	254/3	87	82		85
6	Dave Skidmore	M70	DVO	249/3	86	80		83
7	John Cooke	M70	DVO	241/3	82	74	85	
8	Chris Phillips	M65	LEI	234/3	83	76		75
9	Mike Godfree	M65	DVO	189/2		93		96
10=	Ian Parfitt	M65	DVO	179/3	91	88	0	
10=	Andy Hawkins	M65	DVO	179/2			90	89

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4
1	Hilary Palmer	W65	NOC	296/3	100	96		100
2	Jen Gale	W70	DVO	280/4	96	91	0	93
3	Judith Holt	W65	DVO	193/2		93	100	
4	Anne Gibbs	W70	LOG	89/1		89		

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.

July

Sat 16 th	Lincs Urban Series	D	LOG	EM	Grantham	Grantham	
Sun 17 th	East Midlands Urban League (NOC)	C	NOC	EM	Nottingham City	Nottingham	SK572399
Tue 19 th	LEI Summer League 13	D	LEI	EM	The Outwoods	Loughborough	SP516176
Wed 20 th	Matlock Summer Series, Whitworth Park	D	DVO	EM	Whitworth Park	Matlock	
Sat 23 rd	NOC Summer Series	D	NOC	EM	Rushcliffe Country Park	Ruddington	SK575320
Sun 24 th	Croeso 2016 Day 1 (UKOL)	B		WOA	Kenfig Burrows	Wales	SS802811
Mon 25 th	Croeso 2016 Day 2 (UKOL)	B		WOA	Kenfig Burrows	Wales	SS802811
Tue 26 th	Croeso 2016 Day 3	B		WOA	Margam Forest North	South Wales	SS819889
Thu 28 th	Croeso 2016 Day 4	B		WOA	Llangynidr	Tredeger	SO125150
Thu 28 th	LEI Summer League 14	D	LEI	EM	Loughborough University	Loughborough	SK523193
Thu 28 th	Lincs Urban League	D	LOG	EM	Washingborough	Lincoln	TF028695
Fri 29 th	Croeso 2016 Day 5 (the final day)	B		WOA	Craig Fawr, Margam Park	South Wales	SS827902
Sat 30 th	Wolds Mini Marathon	D	LOG	EM	Tetford	Louth	

August

Wed 3 rd	LEI Summer League 15	D	LEI	EM	Fosse Meadows	Leicester	SP489910
Sun 7 th	LEI Summer League 16 Score Cup	D	LEI	EM	Glenfield Village	Leicester	SK539057
Sun 14 th	EMUL League	C	LOG	EM	Lincoln City	Lincoln	SK976718
Tue 16 th	LEI Summer League 17	D	LEI	EM	Melton Mowbray Country Park	Melton Mowbray	SK756208
Sat 20 th	Foremark Reservoir Informal Event - S Derbyshire	D	DVO	EM	Foremark Reservoir	Derby	
Wed 24 th	DVO Try Orienteering Event - Longshaw	D	DVO	EM	Longshaw Estate	Sheffield	
Wed 24 th	LEI Summer League 18	D	LEI	EM	Donisthorpe country park	Ashby-de-la-Zouch	SK318141
Sat 27 th	White Rose Weekend	B	EBOR	YH	Dalby Forest	Pickering	
Sun 28 th	White Rose Weekend & YHOA	B	EBOR	YH	Dalby Forest	Pickering	

EMEWS

	Superleague						
Sun 28 th	MV Urban Event	C	MV	SE	Leatherhead	Leatherhead	
Mon 29 th	White Rose Weekend Relays	C	EBOR	YH	Dalby Forest	Pickering	
Mon 29 th	TVOC Urban Event	C	TVOC	SC	Grove	Wantage	
Wed 31st	DVO Try Orienteering Event - Ilam	D	DVO	EM	Ilam	Ashbourne	

September

Sat 3rd	The Liverpool Big Weekend	B	DEE	NW	Ainsdale	Formby	SD301111
Sat 3 rd	BOK Blast Sprint Orienteering including SWOA Championships	C	BOK	SW	Yate	Yate	ST707840
Sun 4 th	The Liverpool Big Weekend	B	SELOC	NW	Liverpool City Centre	Liverpool	SJ336906
Sun 4 th	BOK Blast - UK Urban Orienteering League	C	BOK	SW	Wells	Wells	ST546458
Sat 10 th	London City Race	B	SLOW	SE	City of London	London	
Sat 10 th	Local and schools event	D	SYO	YH	Endcliffe park	Sheffield	SK325858
Sun 11th	Peter Palmer Junior Team Relay	B	LEI	EM	Ratby Woodlands	Leicester	SK518070
Sun 11 th	Regional Event	C	SYO	YH	Wombwell	Barnsley	SE367028
Sun 11 th	London City weekend race 3	D	SLOW	SE	Soho	Soho	SO435968
Sun 11 th	SMOC Keyne-O	D	SMOC	EA	Willen	Milton Keynes	SP872405
Sat 17 th	PFO HotPot Weekend - Todmorden Urban (UKOL)	B	PFO	NW	Todmorden	Todmorden	SD929249
Sun 18 th	PFO HotPot Weekend - Long Distance (UKOL)	B	PFO	NW	Hurstwood	Burnley	SD881313
Sun 18 th	GO Guildford City Race	C	GO	SE	Burpham	Guildford	TQ005509
Sun 18 th	WAOA Ampthill Park Colour Coded	D	WAOA	EA	Ampthill Park	Ampthill	TL023382
Sun 18 th	Tony Haw Score Championships	C	OD	WM	Elmdon Park	Solihull	SP161828
Sat 24 th	OD Local Saturday Morning Event	D	OD	WM	Ryton Pools Country Park	Coventry	SP370724
Sun 25th	DVO Level B - Chinley Churn	B	DVO	EM	Chinley Churn	New Mills	SK021851
Sun 25 th	SUFFOC Colour Coded	C	SUFFOC	EA	Ickworth North	Bury St Edmunds	TL816614
Sun 25 th	YHOA Superleague	C	CLARO	YH	Harlow Carr & Hill	Harrogate	

October

Sat 1 st	Caddihoe Chase Day 1 (UKOL)	B	WSX	SW	Agglestone Heath	Poole	SY035836
Sat 1st	EM Urban League	C	LEI	EM	Dishley Grange	Loughborough	
Sun 2 nd	Caddihoe Chase Day 2 (UKOL)	B	WSX	SW	Agglestone Heath	Poole	SY035836
Sun 2 nd	Regional Event	C	HALO	YH		Scunthorpe	
Sun 2 nd	WMOA League 8	C	WCH	WM	Shoal Hill	Cannock	
Sun 2 nd	HAVOC Epping Forest SW and EAL	C	HAVOC	EA		Chingford	
Sat 8 th	October Odyssey Day 1	B	NATO	NE	Simonside	Rothbury	
Sat 8th	British Schools Score Championships	B	LEI	EM	Bagworth Common and Woods	Leicester	SK458068

EMEWS

Sat 8 th	WAOC Ely City Urban Race	C	WAOC	EA	Ely	Ely	
Sun 9 th	October Odyssey Day 2	B	NATO	NE	Slaley Hall estate	Hexham	
Sun 9 th	OD WMOA Urban League 4	C	OD	WM	Warwick	Warwick	
Sat 15 th	EPOC Regional Event	C	EPOC	YH		Huddersfield	
Sat 22nd	Grange Top Wood EM League	C	DVO	EM	Grange Top Wood	Swadlincote	SK265143
Sat 22 nd	HOC WMOA Urban League 5 (Malvern Area)	C	HOC	WM	Malvern	Malvern	SO777458
Sun 23rd	EMUL League	C	LOG	EM	Bourne Town	Bourne	
Sun 23 rd	HOC Event - WMOA League 9	C	HOC	WM	Castlemorton Common	Malvern	SO766382
Sun 23 rd	Senior Home Internationals & Welsh League Event 2016	B	ERYRI	WOA	Newborough Forest	Newborough, Anglesey	
Sat 29th	LEI Club Championships	D	LEI	EM	Bagworth Woods and Common	Leicester	SK440181
Sat 29 th	York Indoor Orienteering Cup	C	EBOR	YH	Millthorpe School	York	
Sun 30 th	Middle Race WMOA League 10	C	WCH	WM	Gentleshaw	Gentleshaw	
Sun 30 th	SMOC Colour Coded, Stowe Park	C	SMOC	EA	Stowe Park	Buckingham	SP670370

November

Sat 5 th	Salisbury City Urban	B	SARUM	SW	Salisbury City	Salisbury	
Sat 5 th	MDOC Urban event	C	MDOC	NW	Birchwood	Warrington	
Sun 6 th	SOC November Classic & Southern Championships	A	SOC	SC	Fritham / Islands Thorn	Southampton	SU252119
Sun 6 th	YHOA Superleague	C	SYO	YH	Burbage	Sheffield	
Sun 6 th	The Ercall WMOA League 11	C	WRE	WM	The Ercall	Telford	Sj649098
Sun 6 th	WAOC Colour Coded	C	WAOC	EA	Mildenhall	Mildenhall	
Sat 12 th	LOC/SROC Weekend (UKOL)	B	LOC	NW	Sandscale Haws	Barrow	
Sat 12th	DVO Informal Event, Allestree (tbc)	D	DVO	EM		Derby	
Sun 13 th	LOC/SROC Weekend (UKOL)	B	SROC	NW	Torver High Common	Coniston	
Sun 13th	EM League	C	LEI	EM	Bradgate & Swithland	Leicester	SK522116
Sat 19 th	Oxford City Race	C	OUOC	SC	Oxford City Centre	Oxford	SP513070
Sat 19 th	Double Dumpling County Event	C	NOR	EA	NT Blickling Estate	Aylsham	TG173285
Sun 20 th	Regional Event	C	EBOR	YH	Brayton Barff	Selby	
Sun 20 th	Double Dumpling City Event	C	NOR	EA	Norwich City Urban	Norwich	
Sun 20th	East Midlands Urban League - Wirksworth	C	DVO	EM		Wirksworth	
Sat 26 th	Southern Night Championships	B	QO	SW	Ramscombe	Bridgwater	ST168376
Sun 27th	East Midlands Championships	B	LEI	EM	Wakerley Great Wood	Corby	SP960987

December

Dec 4th	East Midlands League	C	NOC	EM	Byron's Walk	Mansfield	
Dec 4 th	WAOC Colour Coded	C	WAOC	EA	Maulden Woods	Maulden	
Sun 11 th	SN Trophy event	B	SN	SC	Long Valley North	Aldershot	SU849527
Sun 11th	East Midlands League	C	DVO	EM	Eyam Moor	Grindleford	SK224780
Sun 11 th	Regional Event	C	HALO	YH		Beverley	

EMEWS

Sun 11 th	NOR Colour Coded	C	NOR	EA	Sandringham Estate	Kings Lynn	
Sun 18 th	YHOA Superleague	C	EPOC	YH	Storches Hall	Huddersfield	
Sun 18th	East Midlands League	C	NOC	EM	Walesby Forest	Ollerton	
Mon 26 th	Boxing day Score Event	D	WCH	WM		Hendesford (Camp)	
Tue 27 th	Regional Event	C	EBOR	YH		York	
Tue 27 th	OD Christmas Relays	D	OD	WM	Rough Close Scout Camp (tbc)	Coventry	
Sat 31st	East Midlands League	C	LEI	EM	Ratby Woodlands & Martinshaw Woods	Leicester	

The following are regular **activity** sessions provided by the East Midland Clubs:

NOC Rushcliffe Country Park

There is a lot of information on NOC site at [NOC](#)

Tuesday 19th July

[Rushcliffe Country Park](#)

LOG Fitness

There is a lot of information on LOG Fitness activities at <http://www.logonline.org.uk/wp/>

Thursday 8th September

[Uni](#)

Thursday 15th September

[Uni](#)

Thursday 22nd September

[Uni](#)

Thursday 29th September

[Uni](#)