



THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SUMMER INTO AUTUMN 2016



EMEWS EDITOR:

Mike Gardner
3 Gatcombe Close
Oakwood
Derby
DE21 2PZ

Email: mikegardvo@sky.com

EMEWS

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

East Midlands Orienteering Association Officials 2015/2016

Chairman	John Hurley	johnhurley870@btinternet.com
Vice Chairman	Amanda Roberts	amandaroberts1962@googlemail.com
Financial Secretary	Mark Webster	markandjuliewebster@yahoo.com
Development Co-ordinator	Chris Phillips	onecphillips@lineone.net

Club Rep Roles

DVO Rep	Mike Gardner, 3 Gatcombe Close, Oakwood, Derby, DE21 2PZ 01332 665671	mikegardvo@sky.com
LEI Rep	Bob Haskins	bobh@piperdrive.org.uk
LOG Rep	Amanda Roberts	amandaroberts1962@googlemail.com
NOC Rep	Pauline Olivant, 89 Southcliffe Road, Carlton, Nottingham, NG4 1E5. 0115 9872083	p.olivant@btinternet.com

Other Committee Roles

Minutes Secretary	Mike Gardner	mikegardvo@sky.com
Fixtures Secretary	Ursula Williamson	ursula.williamson.orienteer@gmail.com
Coaching Coordinator	Hilary Palmer	hjpalmer@ntlworld.com
Junior Squad	Steve Kimberley	lazyorienteer@googlemail.com
Mapping	David Olivant	d.olivant@btinternet.com
EMEWS Editor	Mike Gardner	mikegardvo@sky.com
Webmaster	John Cooke	jholtcooke@btinternet.com
EMOA League	Ursula Williamson	ursula.williamson.orienteer@gmail.com
Urban League	Paul Murgatroyd	pmurgatroyd@lincoln.ac.uk
National Forest	Roy Denney	rdenney@ntlworld.com
BO Directors for EMOA	John Woodall / Judith Holt	woodallja@ntlworld.com Judith.holtcooke@btinternet.com
President	John Woodall	woodallja@ntlworld.com

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **7th November 2016 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - A cover as usual from Ernie.

----0000----

Contents - EMEWS 259

Minutes of East Midlands AGM	4
Financial Secretary's Report - Mark Webster	7
Planners & Controllers Conference - Chris Phillips	11
Event Safety Workshop - Ernie Williams	11
JROS Stromstad Conference - Finn Lydon	11
East Midlands Urban League 2016	14
East Midlands League 2016	15
Fixtures	20



For expert advice, competitive prices and high performance clothing, visit <http://www.ultrasport.co.uk>

<u>Best Shoes</u>	<u>Best Compasses</u>	<u>Best Clothing</u>	<u>Best Equipment</u>
VJ Irock - £100	Moscow 11C + £27	Ultrasport OTops From £30	SI Card - £1.50
VJ Falcon - £100	Moscow 11T+ £27	Aries Knee Pants - £24	Whistle - £0.50
VJ Integrator M/L- £100	Moscow 2C \$ £38	Aries Trousers - £22	Coded Punches - £32
VJ Supra - £95	Moscow 3C \$ £38	Aries Pro Gaiters - £24	Control Flag 30x30 - £4.40
VJ Integrator High- £110	Moscow 3T \$ £38	VJ Protech Gaiters - £25	Training Flag 15x15 - £3.75
Inov8 Oroc 280 £90	Moscow 9-11-2 £38	Vapro Gaiters - £24	H/Grade Sports Tape 3.8x13.7 - £3.50
Inov8 Mudclaw300 - £90	Silva Race 360 Jet £65	M/L Capri Tights - £20	H/Grade Sports Tape 5cmx13.7m - 4.50
Inov8 Mudclaw 265 - £90	Silva Race S Jet £65	M/L Tights - £24	Zinc Oxide SportsTape 2.5cmx10m - 2.00
Inov8 X-Talon 212 - £90 Mens	Siva 5 Jet \$ £60	Trail Jackets - £30	Zinc Oxide Sports Tape 3.8cmx10m - £3.00
Inov8 X Talon 212 - £90 Ladies	Silva Nor 360 L/H £36	Gloves - From £8	Zinc Oxide Sports Tape 5cmx10m - £3.50
#Metal Stud *Non Metal	Silva Nor Spectra L/H £36	RonHill Tracksters - £18	Ultimate Performance Ankle Brace - £20
	Silva Race Plate Zoom\$-£65	1000Mile Socks £8	Forearm descr Holder - £8
Please check website for Saucony On/Off Road shoes	\$ Superfast + Fast Needle	M/L - Mens & Ladies	LED Lenser SEO7R Headtorch - £75

TO SEE OUR FULL RANGE & SPECIAL OFFERS VISIT OUR WEBSITE: www.ultrasport.co.uk

Ultrasport Ltd, Nova House, Audley Avenue Enterprise Park, Newport, Shropshire TF10 7DW Tel: 01952 813 918 Fax: 01952 825 320 E-Mail: ian@ultrasport.co.uk

MINUTES OF THE 52nd ANNUAL GENERAL MEETING OF THE EAST MIDLANDS ORIENTEERING ASSOCIATION HELD ON MONDAY 19th September 2016 at Clifton, Nottingham at 19.30.

Present: Jill Barker (NOC), Mike Gardner (DVO), Liz Godfree (DVO), Mike Godfree (DVO), Bob Haskins (LEI), John Hurley (DVO), Chris Phillips (LEI), Amanda Roberts (LOG), Graeme Watson (NOC), Julie Webster (NOC), Mark Webster (NOC), Ernie Williams (LEI), Ursula Williamson (LEI), Dorothy Woodall (NOC), and John Woodall (NOC).

1. **Apologies for absence:** Apologies were received from Roger Edwards (LEI), Judith Holt (DVO), Ranald Macdonald (DVO), Paul Murgatroyd (LOG), David Olivant (NOC), Pauline Olivant (NOC), and Hilary Palmer (NOC).
2. **Minutes of the 51st AGM held on Monday 21st September 2015.** It was agreed that the minutes were a true record as proposed by Ursula Williamson (LEI) and seconded by Bob Haskins (LEI).

John Hurley reported that at the last AGM a proposal was made to request that all Urban League Events have controllers from outside the organising club. The committee discussed this at the next meeting and while they felt that this might be good practice, they did not want to impose additional restraints that might jeopardise future events.

3. **Proposed Standing Order Change.** There were no standing order changes to be discussed.

4. **Chair's Report**

I have again been well supported during the year by the three other Principal Officers and I'd like to thank them for their efforts. Our Vice Chair, Amanda Roberts, has assisted me in various areas and accompanied me to the British Orienteering Board/Associations meeting in Birmingham on 13/2/2016 at which the Board's Strategic Plan and finance issues were discussed. For the second year in succession, our Financial Secretary Mark Webster (NOC) has led us to a small surplus. Our Development Co-ordinator Chris Phillips (LEI) has continued to take forward the regional Development Plan. Chris also organised our regional Training and Development Day on 31/10/2015 which was attended by 36 EMOA members and also by 6 members of neighbouring associations.

Dai Bedwell (DVO) has co-ordinated the running of the regional Junior Squad throughout the year. A well-balanced programme of coaching activities has been carried out, including both sessions within the region and weekends away. Unfortunately a planned weekend away at Malham in Yorkshire in March had to be cancelled at short notice due to snow on the access roads, but this weekend has been rescheduled for Autumn 2016. The region achieved 5th place in the 2015 Junior Inter-Regional Squad Championships (JIRCS), which is the highest position for some years, and Dai has put considerable work into arrangements to send our team to the 2016 JIRCS which will be held next weekend in the north of Scotland. To help with their fundraising, the regional Junior Squad, with some assistance from their parents, successfully organised a level C event at Bramcote on 20/12/2015.

Ursula Williamson (LEI) has continued in her dual roles as Fixtures Secretary and EMOA League secretary, and has risen to the challenge of scheduling what seems to be an ever-increasing number of national events, regional championships and various junior competitions.

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). John Woodall stood down as a British Orienteering elected director in March but he has been replaced by Julie Webster (NOC), so we continue to have a good presence on the BO Board. 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.

Major activities during the year included the East Midlands Championships held by DVO at Birchen Edge on 27/11/2015, the first EMOA Score Championships held by NOC at Clumber Park on 7/2/2016, the British Night Championships held by LEI at Cademan Woods on 27/2/2016, the Midlands Championships held by NOC at Sherwood Forest on 28/2/2016 and the Peter Palmer junior relays held by LEI at Groby on 11/9/2016. We have

agreed to hold the East Midlands Score Championships and Sprint Championships in alternate years, so the Sprint Championships will be held in 2017.

I should like to congratulate Peter Hodkinson (NOC) and Liz Godfree (DVO) on their achievements in international competitions during the summer of 2016. Peter was a member of the GB mixed sprint relay team which won the gold medal at the World Universities Orienteering Championships in Hungary, and he also came 9th in the individual sprint. A few weeks later Peter was in the GB mixed sprint relay team which came 4th in the World Orienteering Championships in Sweden, and he also came 22nd in the individual sprint. Meanwhile Liz won the bronze medal in the W65 class in the sprint race at the World Masters Orienteering Championships in Estonia. The region seems to be developing a specialism in sprint events (although there is as yet no sign of a membership application from Usain Bolt).

My attention has recently been drawn to the British Orienteering O-Safe document, which sets out a framework to meet our commitment to good practice and the safeguarding and welfare of children and at-risk adults within orienteering and orienteering-related activities. This document can be found on the “About” page of the BO website and it is shortly to be updated. Appendix B of O-Safe sets out some regulations related to safeguarding, which are intended to be included in the constitutions of all affiliated regional associations and clubs. We will prepare proposals for the necessary changes to the EMOA constitution and bring them for agreement at the 2017 AGM. In the meantime, clubs are encouraged to familiarise themselves with the updated O-Safe document and consider similar changes to their constitutions.

John Hurley

5. **Financial Secretary’s Report including membership numbers and presentation of accounts.**

Copies of the Report are attached to these minutes.

Membership has fallen slightly by 12 members this year.

The Accounts have been examined by the Independent Financial Examiner, Andrew Lucas. They show a **surplus of £99.41** on the year. The original budget was for a loss of approximately £1,200.

Levy revenue was higher than expected with 32 events paying a levy rather than the average of 24 over the past three years. This is one reason why we have made a surplus, though had planned for a loss.

Savings on expenditure at the Development Day, and a better than expected revenue from attendees from outside the regions also contributed to the surplus.

Expenditure on community coaching, coach development and external conferences was practically zero as opposed to £800 budget.

Andrew Lucas was thanked for being the Independent Financial Examiner.

6. **Approval of Balance Sheet and Income and Expenditure Statement**

The meeting agreed to approve the balance sheet and income and expenditure statement.

Proposed: Chris Phillips

Seconded: Ernie Williams

7. **Election of Principal Officers**

John Woodall took the chair for the election of officers. He proposed a vote of thanks to all the principal officers for all their work over the last year.

While two of the Officers have reached the end of their 3 year term, all stated they would stand again (though would like to see alternatives next year). It was agreed that the committee would change the standing orders to permit this at the next meeting. 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.

Proposed: John Woodall

Seconded: Mike Gardner

EMEWS

8. **Appointment of Independent Financial Examiner.**
Mark Webster informed the meeting that Andy Lucas wanted to stand down as Independent Financial Examiner. Alternative names were suggested and these will be approached by Chris Phillips to see if they will fulfil this role.
9. **Budget projections for coming year**
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).
10. **Fixing of Charges.**
Financial secretary proposed no changes in membership fees or event levies.
Thus charges will be
 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: John Hurley
Seconded: Amanda Roberts
11. **Plans for the coming year.**
John Hurley reported that he had 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. We will also provide constructive feedback on the British Orienteering Strategic Plan as and when it is issued for consultation.
Chris Phillips stated that as part of the Development Plan, the main activity for next year would be the Planners and Controllers Conference which is planned for Saturday March 4th. Chris would like any suggestions for topics to be sent to him and will create an article for the next EMEWS along these lines.
12. **Any Other Business**
Wirksworth Event - Mike Godfree requested that folk take note that the DVO Urban event at Wirksworth is on 20th November as it had two different dates in the last EMEWS.
Amanda Roberts will get Paul Murgatroyd to check the date on the EMOA Urban League website is correct and Mike Gardner will ensure correct in EMEWS.
Club & Association Conference – John Woodall brought up the fact that the Club & Association Conference was to take place on 29th October, which is before the next EM Committee meeting. It is recommended that the region sends 2 reps and it was agreed that John Hurley and John Woodall should attend on behalf of EMOA.
BO EGM Proposals – There was no consistent view across the East Midland clubs as to which was the proposal that should be accepted. Members were encouraged to use their vote when the final draft comes out.
Urban League – Amanda Roberts reported that the 2017 Urban League events are being finalized and LEI, LOG and DVO have 2 events in the League. Paul is trying to get the final dates from NOC for their events. Ursula Williamson will chase up with NOC to confirm suitable dates from them.
Mandatory Event Safety Workshop – Ernie Williams requested that he would like to add a few paragraphs in next EMEWS to remind folk that ALL officials of ALL levels of events MUST have attended an Event Safety & Welfare Workshop from 1st January 2017. This is part of the BO Insurance requirement.
There being no further business the Chairman thanked all present for their attendance at the 2016 AGM and declared the meeting closed at 20.18.

Mike Gardner 20.09.2016

Post Meeting Note - Other EMOA Officers

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

Mapping – Dave Olivant
Coaching – Hilary Palmer
Juniors – TBD
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

-----000-----

Financial Secretary's Report

Membership

Membership as at August 1st 2016 is down by 12 members.

	Members	Units
2016	648	444
2015	660	445
2014	690	459
2013	687	444
2012	802	464
2011	838	477
2010	1056	Not known

2016 figures compared with 2015

	2016	2015
Senior	282	257
Junior	40	60
Family	122 (222s, 104j)	128 (236s, 107j)
Totals	444 units	445 units

2015/2016 Accounts

The EMOA year end is 30th June 2016, Andrew Lucas issued the following statement:

"I have examined the Income and Expenditure Accounts for 2015/16 and the Balance Statement as at 30th June 2016 and confirm they represent a true and fair statement of the finances of EMOA at 30/06/2016."

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

EMOA made a **surplus** for 2015/16 of **£99.41**.

The budget was for a loss of approximately £1200.

EMEWS

Levy revenue was higher than expected with 32 events paying a levy rather than the average of 24 over the past three years.

Savings on the expenditure at the development day and a better than expected revenue from attendees from outside the region also contributed to the surplus.

Expenditure on community coaching, coach development and external conferences was practically zero as opposed to the £800 budget.

The Income and Expenditure sheet is shown below:

I&E East Midlands Orienteering Association 2015/16 As at 30th June 2016

Income	2014/15	2014/15	2015/16	2015/16
	Budget	Actual	Budget	Actual
Membership	1750.00	1640.00	1640.00	1677.00
Event Levies	1400.00	1664.80	1665.00	2035.80
Interest	0	0	0	0
Sponsorship and other income	200.00	200.00	100.00	100.00
EMJS Income	2000.00	1780.50	2000.00	1611.50
EMJS Clothing Sales	65.00	289.50	150.00	195.00
Volunteers Dev. Day			200.00	275.00
INCOME	5415.00	7134.80	5755.00	5894.30
Expenditure				
Regional Development Plan				
Junior Squad – expenses	3000.00	2648.24	3000.00	2976.74
Trophies & certificates	200.00	218.88	250.00	193.74
Volunteer development	250.00	214.00	1300.00	669.40
Community Coaching dev	200.00	55.00	300.00	0
External conferences	150.00	110.63	300.00	31.33
Support for senior/talent orienteers	1000.00	1037.98	1000.00	1437.98
Coach development	1000.00	200.00	200.00	0
Sub total	5800.00	6586.79	6350.00	5309.19
Running costs				
Phone, post and web license	100.00	45.82	100.00	23.70
Hire of meeting room	150.00	150.00	150.00	125.00
English Orienteering Council	366.00	344.00	337.00	337.00
Sub total	616.00	539.82	587.00	485.70
EXPENDITURE	6416.00	7126.61	6937.00	5794.89
Surplus / Loss	-1001.00	8.19	-1182.00	99.41

Bank Balance

Balance as 30 June 2015	2228.28
Income	5894.30
	8122.58
EXPENDITURE	5794.89

EMEWS

Assets	
Bank Balance Today	2327.69
Plus Bond	8086.72
Junior Squad: Deposit Account	2447.40
Clothing stock 10 tops @32.50	325.00 (started with 16 at start of year)
Total	13186.81

2015/16 Income from the event levies

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

Event	2015/16 Income	Seniors	Juniors
YBT Final (NOC University)	61.30	114	293
Loughborough Urban	56.80	157	33
Lincoln City Race	25.90	99	14
Chinley Churn	54.30	153	28
Burghley	37.50	119	30
Shirebrook	33.30	110	33
Burbage	24.90	93	34
Grantham	21.50	91	10
Matlock Urban	56.70	160	17
Thoresby (£10 too much)	68.10	155	56
Birchen Edge	120.30	274	83
Bradgate Park	76.80	197	33
Longstone Moor	53.60	151	31
Castle Hill	36.30	118	23
Ashbourne	32.30	111	18
Boundary Wood (£10 less)	37.90	139	34
Bramcote	64.10	168	51
Hicks Lodge	65.80	173	43
Rufford	7.20	59	27
British Night Champs (Cademan)	133.30	306	53
Clumber	35.70	113	42
Bestwood	54.20	149	47
Longshaw	121.60	277	81
Grimsthorpe	27.70	102	16
Sherwood Pines	73.00	188	40
Sherwood Forest	341.80	692	208
Spring Cottage	78.80	194	68
Calke Park	96.90	233	54
Hanging Hill	32.60	112	16
Southwell Urban	34.90	118	9
Ashby Urban	25.80	100	8
Carsington	44.90	135	24
Totals	2035.80	5360	1557

	Total No of Runners	Income	Seniors	Juniors
2009/10 – 19 events	4912	1100.00	3614 (74%)	1298 (26%)
2010/11 – 23 events	4932	992.00	3605 (73%)	1327 (27%)
2011/12 – 22 events	4973	963.00	3675 (74%)	1298 (26%)

EMEWS

2012/13 – 24 events	6121	1413.00	4671 (76%)	1450 (24%)
2013/14 – 24 events*	5941	1153.00	3868 (65%)	2073 (35%)
* 713 juniors, 0 adults at Shipley Park Event				
2014/15 – 24 events	5744	1665.00	4497 (78%)	1247 (22%)
2015/16 – 32 events	6917	2035.80	5360 (77%)	1557 (23%)

EMOA Budget for 2016/17

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

Financial Secretary's proposal: No change in the membership fees and the event levies.

Thus the fees will remain at:

Senior membership fee is £3.00

Junior membership fee is £1.00

Associate membership fee is £10.00

Club membership fee is £15.00

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

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

We are hoping to stage a Planners and Controllers Conference which is pencilled in for March 2017. We won't be charging participants.

Budget for 2016/17 a loss of approx. £500 to £600.

East Midlands Orienteering Association - 2016/17 Proposed Budget

Income	2015/16	2016/17
	Actual	Budget
Membership	1677.00	1650.00
Event levies	2035.80	1700.00
Interest	0	0
Sponsorship and other income	100.00	100.00
EMJS income	1611.50	2000.00
EMJS Clothing Sale	195.00	182.50
Volunteers Dev. Day	275.00	0
Income	5894.30	5612.50
Expenditure		
Regional Development Plan		
Junior squad – expenses	2976.74	3000.00
Trophies & certificates	193.74	250.00
Volunteer development	669.40	500.00
Community Coach Dev	0	300.00
External conferences	31.33	300.00
Support for senior / talent orienteers	1437.98	1000.00
Coach development	0	200.00

EMEWS

Sub total	5309.19	5550.00
Running costs		
Phone, post & web license	23.70	100.00
Hire of meeting room	125.00	150.00
English Orienteering Council	337.00	365.00
Sub total	485.70	615.00
Expenditure	5794.89	6165.00
Surplus / loss	99.41	-552.50

-----000-----

Planners & Controllers Conference

The date for the Planners & Controllers Conference is set for Saturday March 4th. If anyone has any topics they wish to see covered at the session please let Chris Phillips know.

-----000-----

Requirement that all Level A, B, C and D Event Officials have attended an Event Safety & Welfare course

It is essential that all Event Officials at whatever level meet the deadline of 1st January 2017, and before taking on the post of event official have attended an Event Safety & Welfare course. All members need to be aware of this fact as it is a requirement linked to the important task of completing the Risk Assessment, which should be prominently displayed at Events, together with information on First Aid and Hospital availability and locations. However, it is also a requirement to meet British Orienteering Insurance requirements.

-----000-----

JROS Stromstad Camp 2016 by Finn Lydon (LEI)

Sweden will forever hold a place in my heart as one of the most beautiful countries ever visited. Not only was the running and orienteering terrain some of the greatest in the world, but the atmosphere and the hospitality of the Swedish crowd, surrounding the World Orienteering Championship events, which were being held the same week, was brilliant.

The 12 day trip to the Stromstad camp, started with a plane ride to Gothenburg airport where all of the coaches and young athletes that got onto the tour, met up. Then for a one and a half hour bus journey from the airport to the Idefjordens SK club hut situated somewhere in the forests of Sweden, only about 2 kilometres from the Sweden/Norway border. By the time we ended up settling down at the hut it was time for bed but in the morning, when the mist had cleared and the sun started to gleam, we got to see the full glory of the surrounding wonder - sublimely runnable woodland with patches of exposed rock which made running through terrain feel like heaven. Surprisingly I don't think I found a single bramble bush, so felt a little out of place as I'm used to fighting through tonnes of it in local LEI areas.

For the first few days we trained from the club hut. All coaches were very helpful and put extra effort into those who had not ran in Scandinavian terrain before. For the first time,

running through the forest it felt like all the features had doubled in size. The crags were no longer little ones that you would find in places like the Outwoods or Beacon, they were the size of houses, the boulders in Sweden made our boulders look like pebbles, and the contour detail was second to none.

After a couple of tough training days, it was time to compete in the ROC races that were staged alongside WOC 2016. There were some beautiful, challenging and fantastic areas that we ran on. The first of which was the Sprint area - Strömsvallen Strömstad. It mixed some high speed urban with fast open hillside, making it tough to always be thinking ahead. The Sprint race results weren't as planned but we soon realised that the level of competition was higher than that of any English race. After the event we went to watch the final of the men's and women's sprint in the centre of Strömstad. The atmosphere was electric and you could feel the buzz of the crowd all around. Looking over the sprint arena was a huge cliff lined with orienteers and spectators all eager to watch the racing.

After all the hard days of spectating, cheering and competing, we would always be fed a good meal back at the club hut. Carol the cook would work tirelessly - alongside walking almost 7 miles a day to keep fit - to produce endless amounts of quality food for the whole group. And after dinner we would all come together to work on our post-race analysis, where we were helped by the coaches and each other to see where we went right or wrong and how to improve our skills for the next race. This would then be followed up by a nightly quiz, where 4 teams would compete to see who has the best general knowledge. Between events we would often go to a lake swimming spot that we had only just found and go for a swim for half an hour, part of our down-time.

The next race was the first of the Middles, Medeldistans - Strömsvallen, which was near the same area as the Sprint. This area was tough technically but fairly good running. After the event we all went back to the Sprint arena - in the same place as the day before - to watch the WOC Mixed Sprint Relay. All athletes and spectators were extremely excited and proud to see GB come in a fantastic 4th position.

The following day we did Trail-O, which is orienteering without the physical part. There is one path which you have to walk up and down on and there are control circles which can have more than one control in them. You have to then decide which control is in the correct place. If you get bored easily, this is probably not the sport for you. After an hour of this you can become somewhat mentally drained but it is great for those who like a challenge. It is also very relaxing if you like to take in the scenery if nothing else.



The next two Middle distance days, Medeldistans - Tanum being the first, went smoothly with both areas being extremely challenging both physically and mentally.

The next rest day from racing, we did a very hard and long training run through tough terrain and then some more Trail-O the following day before the weekend of the two Long races.

Both Long races were pretty gruelling. The first of the two races, Langdistans Buar Stromstad, was super tough as it had some really long legs which truly tested your navigation, map reading and route planning skills. It also meant that you had to trust yourself entirely, so thumbing the map was essential. The second of the two Long races, Langdistans Tanum, was also like this but with much shorter legs. After the first Long, we stayed to watch the men's and women' relay. We were so glad to see our boys bringing it home in 4th but still proud of our girls for sticking in there.

After all that it was time to say goodbye at the airport. After 12 days of solid running and having a tonne of fun, we all had to depart our separate ways. The whole 12 days was a brilliant experience and I would recommend this tour to anyone that has a chance to go.

Many thanks to LEI and EMOA for their help with funding towards this trip, it is, as always much appreciated!

Also a big thank you to Nick Barrable and all the brilliant coaches on this trip that made it 12 days to remember!



Finn Lydon M18 (LEI)

-----000-----

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 Grange (LEI)
- **EMUL 7** 23 October: Bourne (LOG)
- **EMUL 8** 20 November: Wirksworth (DVO)



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

Since 1992

Buffwear

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

EMEWS

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Charlie Rennie	M14	LEI	200/2			100	100	
2	Ben Mather	M14	LOG	192/2				96	96
3	Donald Flynn	M16	NOC	187/2			96	91	
4	James Peet	M16	NOC	93/1				93	
5=	Oscar Wilkinson	M14	LEI	91/1			91		
5=	James Bedwell	M14	DVO	91/1					91
7	Thomas Allery	M14	LEI	90/1				90	

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Ashley Howells	W16	LEI	200/2				100	100
2	Jessica Dring-Morris	W16	LEI	196/2		100		96	
3	Charlotte Fox	W12	LOG	183/2				93	90
4	Imogen Wilson	W16	LEI	100/1			100		
5	Rachel Duckworth	W14	DVO	96/1	96				
6	Sarah Duckworth	W16	DVO	93/1	93				
7=	Sophie Vincent	W14	DVO	91/1	91				
7=	Hannah Mather	W10	LOG	91/1					91
9	Grace Pennell	W16	DVO	90/1	90				

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Joe Taunton	M21	NOC	184/2				96	88
2	Alan Le Moigne	M40	DVO	182/2		89	93		
3=	Dai Bedwell	M45	DVO	177/2				90	87
3=	William Parkinson	M20	NOC	177/2			89	88	
5	Alastair Flynn	M18	NOC	171/2		87		84	
6	Andis Ozols	M35	DVO	168/2			83	85	
7	Richard Robinson	M35	NOC	100/1				100	
8=	James Mellor	M20	NOC	96/1			96		
8=	Finn Lydon	M18	LEI	96/1		96			
10	Campbell Walsh	M35	NOC	93/1				93	

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Liz Heaton	W35	LEI	296/3		100		96	100
2	Andrea Page	W40	LOG	186/2		96			90
3	Hannah Cox	W20	LEI	100/1			100		
4	Sal Chaffey	W50	DVO	96/1			96		
5	Holly Haywood	W21	LOG	88/1					88
6	Francesca Olivadoti	W21	LOG	87/1					87
7	Elizabeth Bedwell	W18	DVO	86/1					86

EMEWS

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Francesco Lari	M50	NOC	362/4	93	91		93	85
2	Paul Hudson	M50	NOC	314/4	82	82		75	75
3	Andrew Selby	M40	DVO	311/4	75	77	81	78	
4	Iain Phillips	M45	LEI	302/4	76		82	74	70
5	Alastair Paterson	M45	LEI	244/4		79	84	81	0
6	Jonathon Cundill	M50	DVO	237/3			85	79	73
7	Richard Parkin	M45	DVO	180/2	91	89			
8	Jamie Rennie	M45	LEI	176/2			90	86	
9=	John Mather	M45	LOG	169/2				85	84
8	Graham Thorne	M45	NOC	169/2		86		83	

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Tanya Taylor	W45	LOG	400/4	100	100	100	96	100
2	Helen Parkinson	W50	NOC	372/4	93	93	96	90	90
3	Amanda Roberts	W50	LOG	368/4	90	96	93	87	89
4	Ursula Williamson	W50	LEI	342/4	85	86	88	83	
5	Claire Selby	W40	DVO	259/3		89	89	81	
6	Sally Calland	W40	DVO	193/2				100	93
7	Julie Ferris	W45	LEI	181/2	91	90			
8	Jane Dring-Morris	W45	LEI	174/2		88		86	
9	Clare Hanna	W50	LOG	169/2		84			85
10	Karen Howells	W45	LEI	163/2				80	83

Supervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Robert Parkinson	M55	NOC	360/4	93	86	93	88	84
2	Mike Gardner	M55	DVO	350/4	83	84		93	90
3	Paul Morris	M55	NOC	288/3			96	96	96
4=	Mick Lucking	M55	NOC	262/3	89	90			83
4=	Graham Johnson	M60	DVO	262/3	88	87		87	
6	Russell Buxton	M55	DVO	261/3	87	88		86	
7	David Booker	M60	NOC	252/3	84	80	88		
8	David Vincent	M55	DVO	200/2		100		100	
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	UL5
1	Viv Macdonald	W60	DVO	359/4	87	90	91	91	
2	Ruth Ellis	W65	DVO	355/4	85	86	93	88	88

EMEWS

3	Liz Godfree	W65	DVO	292/3	100	96		96	
4=	Jane Booker	W60	NOC	270/3	89	91	90		
4=	Kim Buxton	W55	DVO	270/3	91	89		90	
6	Val Johnson	W55	DVO	186/2	93	93			
7	Trudy Crosby	W55	LOG	171/2		87			84
8	Chris Horsewill	W55	NOC	164/2		80		84	
9=	Lynden Hartmann	W60	DVO	89/1				89	
9=	Margaret Keeling	W65	LEI	89/1			89		

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Doug Dickinson	M70	DVO	387/4	100	96	100	91	90
2	Robert Haskins	M65	LEI	364/4	96	89	0	93	86
3	Jeffrey Baker	M65	LOG	351/4	89	87	91		84
4	Dave Skidmore	M70	DVO	319/4	86	80		83	70
5	Derek Gale	M70	DVO	260/4	90	83	0	87	
6	Ian Parfitt	M65	DVO	257/4	91	88	0		78
7	Roger Edwards	M65	LEI	254/3	87	82		85	
8	Kevin Gallagher	M65	LEI	251.5		90	0	86	75.5
9	John Cooke	M70	DVO	241/3	82	74	85		
10	Chris Phillips	M65	LEI	234/3	83	76		75	

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5
1	Hilary Palmer	W65	NOC	396/4	100	96		100	100
2	Jen Gale	W70	DVO	280/4	96	91	0	93	
3	Judith Holt	W65	DVO	193/2		93	100		
4	Margaret Keeling	W65	LEI	93/1					93
5=	Anne Gibbs	W70	LOG	89/1		89			
5=	Pauline Ward	W70	DVO	89/1					89

-----000-----

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) |

EMEWS

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
-------	---------	-----	----	--------	--------	--------	--------	--------	--------	------	---

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

Light Green - Female

Red	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

EMEWS

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
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

EMEWs

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

-----000----

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.

September

Sat 24 th	OD Local Saturday Morning Event	D	OD	WM	Ryton Pools Country Park	Coventry	SP370724
Sun 25 th	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	

EMEWS

October

Sat 1 st	Caddihoe Chase Day 1 (UKOL)	B	WSX	SW	Agglestone Heath	Poole	SZ034836
Sat 1 st	EM Urban League	C	LEI	EM	Dishley Grange	Loughborough	
Sun 2 nd	Caddihoe Chase Day 2 (UKOL)	B	WSX	SW	Agglestone Heath	Poole	SY995835
Sun 2 nd	Regional Event	C	HALO	YH	Pillar Woods	Caistor	TA139027
Sun 2 nd	HAVOC Epping Forest SW and EAL	C	HAVOC	EA		Chingford	
Sun 2 nd	SMOC Keyne-O	D	SMOC	EA	Linford Wood	Milton Keynes	SP845406
Sat 8 th	October Odyssey Day 1	B	NATO	NE	Simonside	Rothbury	
Sat 8 th	British Schools Score Championships	B	LEI	EM	Bagworth Common and Woods	Leicester	SK458068
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	
Sun 16 th	NOC Autumn Series	D	NOC	EM	Brierley Forest Park	Sutton-in-Ashfield	SK481598
Sat 22 nd	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 23 rd	EMUL League	C	LOG	EM	Bourne Town	Bourne	TF096200
Sun 23 rd	HOC Event - WMOA League 9	C	HOC	WM	Castlemorton Common	Malvern	SO766382
Sun 23 rd	NOR Colour Coded	C	NOR	EA	Shouldham Warren & The Sincks	Downham Market	TF654093
Sat 29 th	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	SJ650911
Sat 5 th	Race the Parks	D	LOG	EM	Londonthorpe Woods	Grantham	SK944379
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	Bury Ditches WMOAL 11	D	WRE	WM	Bury Ditches Hill Fort	Bishops Castle	SO333840
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 12 th	DVO Informal Event, Allestree (tbc)	D	DVO	EM		Derby	
Sat 12 th	OD Local Saturday Morning Event	D	OD	WM	Coombe Abbey Country Park	Coventry	SP404790
Sat 12 th	Race the Parks	D	LOG	EM	Grantham Town	Grantham	
Sun 13 th	LOC/SROC Weekend (UKOL)	B	SROC	NW	Torver High Common	Coniston	

EMEWS

Sun 13 th	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
Sat 19 th	Race the Parks	D	LOG	EM	Harlaxton Uni	Grantham	SK895322
Sat 19 th	NOC Autumn Series & AGM	D	NOC	EM	TBC	Nottingham	
Sun 20 th	TVOC Regional Event & SCOA	C	TVOC	SC	Shotover Country Park	Oxford	
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 20 th	East Midlands Urban League - Wirksworth	C	DVO	EM	Wirksworth	Wirksworth	
Sat 26 th	Southern Night Championships	B	QO	SW	Ramscombe	Bridgwater	ST168376
Sat 26 th	POTOC Leisure and Training Event	D	POTOC	WM	Downs Banks	Stone	
Sun 27 th	East Midlands Championships	B	LEI	EM	Wakerley Great Wood	Corby	SP960987

December

Sat 4 th	Regional Event	C	AIRE	YH	Northcliffe Park & Heaton Royds	Shipley	
Sat 4 th	East Midlands League	C	NOC	EM	Byron's Walk	Kirkby-in-Ashfield	SK513528
Sat 4 th	HOC Event - WMOA League & Champs 12	C	HOC	WM	Dymock Forest	Ledbury	SO679274
Dec 4 th	WAOC Colour Coded	C	WAOC	EA	Maulden Woods	Maulden	
Sun 11 th	Regional Event	C	HALO	YH		Beverley	
Sun 11 th	NOR Colour Coded	C	NOR	EA	Sandringham Estate	Kings Lynn	TL690290
Sun 11 th	SN Trophy event	B	SN	SC	Long Valley North	Aldershot	SU849527
Sun 11 th	East Midlands League	C	DVO	EM	Eyam Moor	Grindleford	SK224780
Sat 17 th	YHOA Night League	C	EPOC	YH	Storthes Hall	Huddersfield	
Sun 18 th	YHOA Superleague	C	EPOC	YH	Storthes Hall	Huddersfield	
Sun 18 th	East Midlands League	C	NOC	EM	Walesby Forest	Ollerton	SK668703
Mon 26 th	Boxing day Score Event	D	WCH	WM		Hendesford (Camp)	
Tue 27 th	Regional Event	C	EBOR	YH		York	
Sat 31 st	East Midlands League	C	LEI	EM	Ratby Woodlands & Martinshaw Woods	Leicester	

January

Sun 1 st	Laurie Bradley New Years Day Score Event	C	POTOC	WM	Bathpool	Kidsgrove ,Staffs	
Mon 2 nd	East Midlands Urban League	C	DVO	EM	Belper	Belper	SK351474
Sat 7 th	MDOC New Year Charity Event	D	MDOC	NW	Lyme Park	Disley	SJ964823
Sun 8 th	CHIG Mitre SE League event	B	CHIG	SE	Epping East	Loughton	
Sun 8 th	Robin Hood Trophy	B	NOC	EM	The Dukeries	Ollerton	SK628728
Sun 8 th	Regional Event	C	AIRE	YH	Buck Wood	Shipley	
Sun 15 th	DFOK South East League Regional Event	B	DFOK	SE	Westerham	Sevenoaks	
Sun 15 th	Regional Event	C	EPOC	YH		East Pennines	

EMEWS

Sun 15 th	East Midlands League	C	LEI	EM	Bagworth Common and Woods	Leicester	
Sun 22 nd	Regional Event	C	SYO	YH	Big Moor	Chesterfield	
Sun 29 th	DVO Level B - Shining Cliff	B	DVO	EM	Shining Cliff	Matlock	
Sun 29 th	DEE Middle Distance	B	DEE	NW	Thurstaton	Wirral	

February

Sat 4 th	Icenian 2017	B	CUOC	EA		Thetford	
Sat 4 th	YHOA Night League	C	SYO	YH		Sheffield	
Sun 5 th	MV SE League event	B	MV	SE	South Ashdown	Forest Row	
Sun 5 th	East Midlands League	C	LOG	EM	Stapleford Woods	Stapleford	
Sun 5 th	Level C	C	WCH	WM	Badgerslade	Cannock	SJ980160
Sun 5 th	WAOC Thetford Warren	C	WAOC	EA	Thetford Warren	Thetford	
Sat 11 th	Twin Peak	B	MDOC	NW	Torver Back Common	Coniston	
Sun 12 th	Twin Peak	B	MDOC	NW	Bleathwaite and Banishead	Coniston	
Sun 12 th	East Midlands League	C	NOC	EM	Harlow Wood	Mansfield	SK555570
Sun 19 th	HH SE League event	B	HH	SE	Northaw Great Wood	Cuffley	
Sun 19 th	EBOR Regional Event	C	EBOR	YH	Wheldrake Woods	York	
Sun 19 th	East Midlands League	C	LEI	EM	Beacon Hill	Loughborough	
Sat 25 th	British Night Championships (UKOL)	A	LOC	NW	Great Tower	Newby Bridge	
Sun 26 th	Northern Championships (UKOL)	A	LOC	NW	Bigland	Ulverston	
Sun 26 th	East Midlands League	C	DVO	EM	Lindop Wood	Matlock	
Sun 26 th	TVOC Level C Regional Event	C	TVOC	SC	Nettlebed Woods	Wallingford	
Sun 26 th	SUFFOC Knettishall Heath Colour Coded & ESSOL	C	SUFFOC	EA	Knettishall Heath	Knettishall	TL956806

March

Wed 1 st	Dovedale-Thorpe Pastures - Military League Event	D	DVO	EM	Dovedale - Thorpe Pastures	Ashbourne	SK162504
Sat 4 th	EMOA Planners and Controllers Conference			EM			
Sun 5 th	Welsh Championships	B	SBOC	WOA	Merthyr Mawr Warren	Bridgend	
Sun 5 th	YHOA Superleague	C	AIRE	YH	Ilkley and Burley Moors	Ilkley	
Sun 5 th	colour coded	C	WCH	WM	Chillington Hall	Codsall	
Sun 5 th	East Midlands League	C	NOC	EM	Silverhill Wood	Sutton-in-Ashfield	SK473622
Sat 11 th	OD Local Saturday Morning Event	D	OD	WM	Memorial Park (tbc)	Coventry	SP322722
Sun 12 th	Compass Sport Cup Heat	B	POTOC	WM	Park Hall country park	stoke , staffs	
Sun 12 th	CompassSport Cup Heat	B	LOG	EM	Burwell & Haugham	Louth	TF366823
Sun 19 th	SAX SE League Event	B	SAX	SE	Millbank	Sevenoaks	TQ510530
Sun 19 th	YHOA Middle Distance Championships & Superleague	B	SYO	YH	Hugset	Barnsley	

EMEWS

Sun 19 th	Rushmere EAOA Championships	C	SMOC	EA	Rushmere	Bletchley	
Sun 19 th	WM Yvette Baker Round 1	D	HOC	WM	Baggeridge Country Park	Wombourne	SO898931
Sat 25 th	Midlands Champs Weekend Urban	B	OD	WM	Rugby	West Midlands	
Sun 26 th	Midlands Championships (UKOL)	A	OD	WM	Bentley Wood	Atherstone	
Sun 26 th	YHOA Superleague	C	CLARO	YH	Guissecliff	Harrogate	

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

LEI Monday Night Club

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

Monday 26 th September	Ratby Woodlands – Burrough Lane
Monday 3 rd October	Groby Community College
Monday 10 th October	Groby Community College

Ashby Map Runners

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

Wednesday 5 th October	Markfield
Wednesday 12 th October	Hermitage Leisure Centre, Coalville
Wednesday 26 th October	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 2 nd November	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 9 th November	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 16 th November	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 23 rd November	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 30 th November	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 7 th December	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 14 th December	Ivanhoe College, Ashby-de-la-Zouch
Wednesday 11 th January	Ivanhoe College, Ashby-de-la-Zouch

LEI Thursday Night Club

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

Thursday 29 th September	Ratby Woodlands – Burrough Lane
Thursday 6 th October	Glenfield Pavilion, Leicester
Thursday 13 th October	Glenfield Pavilion, Leicester
Thursday 20 th October	Glenfield Pavilion, Leicester
Thursday 27 th October	Glenfield Pavilion, Leicester

DVO Activities

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

Sunday 23 rd October	Belper North Mill & River Gardens Taster
---------------------------------	--

LOG Fitness

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

Thursday 29 th September	Uni
-------------------------------------	---------------------