

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

WINTER 2022



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 2022/2023

Chairman	Chris Phillips	onecp47@gmail.com
Vice Chairman	Vacant	
Financial Secretary	Paul Young	treasurer.emoa@gmail.com
Development Co-ordinator	Ranald Macdonald	r.f.macdonald@btinternet.com

Club Rep Roles

DVO Rep	John Hurley	johnhurley870@btinternet.com
LEI Rep	Iain Phillips	iain.phillips4.co.uk
LOG Rep	Trudy Crosby	trudycrosby@live.co.uk
NOC Rep	Pauline Olivant	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	Ann-Marie Duckworth	jasrduckworth@btinternet.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	Ursula Williamson	ursula.williamson.orienteer@gmail.com
National Forest	Roy Denney	roydenney@hotmail.com
President	John Woodall	woodall.ja@ntlworld.com

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **20th February 2023 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - Thanks as usual to Ernie for his cover. It is based on his experience at the NOC 'The Meadows' Urban Event. He went from 15 to 17 and missed out 16, but realised and so in the end did 15, 17, 16 and back to 17. As he states "must classify as a real 'Senior Moment' but definitely not disguised as Santa!".

Also hope Ernie gets over all his hospital appointments he has had in the last few weeks.

----0000----

Contents – EMEWS 285

Notes from EMOA Meeting on 21 st November 2022	3
EMOA Development Conference Report	5
Orienteering Foundation Report – Pauline Olivant	7
EMJOS Summary – June to November 2022 – Ann-Marie Duckworth / Ant Squire	8
EMJOS Compete at the Junior InterRegional Champs – The Junior Squad	9
Junior World Orienteering Championships – Rachel Duckworth	11
East Midlands Urban League 2022	13
East Midlands Urban League 2023	16
East Midlands League 2022	17
East Midlands League 2023	20
Puzzle Page	21
Fixtures	21

-----000-----

Notes from EMOA Meeting on 21st November 2022

The meeting was held in the Pace Room in Clifton Village.

Financial Secretary's Report – The financial secretary provided a number of statements that showed the accounts are largely on track against our budget. It was identified at the meeting that we may see more requests for funding as we have had quite a few members selected for tours and to represent the country.

Development – See Development conference report below which also covers the discussions on development at the committee meeting.

Level of Reserves – At the EMOA AGM a proposal was made that “the EMOA Committee is tasked to determine what the appropriate level of reserves should be going forward (identifying what the purpose is for having these reserves, and what they are intended to achieve)”. The EMOA committee identified that there were 2 reasons for holding reserves:

- 1) reserve for normal annual operating expenditure which would most likely include day-to-day development expenditure. The level of reserves to be a multiple of the annual expenditure.
- 2) reserve to cover abnormal expenditure/liability (e.g. loss of a major event).

The meeting also discussed the level of reserves that should be retained. It was felt that 3 times the annual level of expenditure (excluding the EMJOS Accounts) would be a reasonable level to maintain. The annual expenditure is around £3,500, so on that basis it was proposed that EMOA should look to retain around £10,000 in reserve (excluding EMJOS Accounts). It was proposed that this figure was reviewed on an annual basis by the committee, and that the EMOA budget should aim to move the region towards this figure.

EMEWS

Coaching - Hilary Palmer asked if any clubs needed members to be trained as a coach, then please let her know and she could look to arrange any necessary courses.

Fixtures -

Future Major Events

- i) 29 Jan 2023 - East Midland Champs - NOC - Clumber Park
- ii) 12 Feb 2023 - Compass Sport Cup Heat - LEI - Beacon Hill
- iii) 14 Oct 2023 - British Schools Score Champs - LEI - Martinshaw
- iv) 25 Feb 2024 - East Midland Champs - LOG
- v) 29 Mar - 1 Apr 2024 - JK2024 - DVO / LEI

EMOA League 2022 - The presentation of the awards for the EMOA League 2022 will take place at NOC Strawberry Hill event on 5th March 2023.

EMOA League 2023 - There are 14 events planned for the league (though some are very provisional and may not take place) - See later in EMEWS for the list of events.

EMOA Urban League 2022 - The presentation of the awards for the EMOA Urban League will take place at DVO Dronfield event on January 2nd 2023.

EMOA Urban League 2023 - There are 8 events planned for the league (though some are still provisional) - See later in EMEWS for the list of events.

JK 2024 - It is hoped there will be more details available early in the new year, but all EMOA members are encouraged to keep the weekend free to help out as we will need all the help we can get.

Best Practice - NOC have developed a new approach called MapActive. It is based on "Couch to Green", which CLOK have developed. It uses paid Facebook advertising to attract attendees and is formed of 2 stages, Part 1 skills to > Orange standard, Part 2 > Light Green/Green standard.

Both parts comprise of 4 Face to Face weekly coaching sessions, interspersed with 1 hr online session on a Wed night with recap notes sent on afterwards. A 5th activity was the NOC Shirebrook (included in fee).

Coaches have done the planning but others club members have helped at the sessions. The take up has been from 5 women for first course, we are finishing at Walesby. Time of year may have affected attendance, but NOC wanted to get started and learn as they progressed. The overall plan and online PowerPoint will be available shortly after NOC have finished stage 2. Details of MapActive are available at [NOC - Map Reading Course \(noc-uk.org\)](https://noc-uk.org)

Dates and venues for future meetings - The next committee meeting is scheduled for Monday January 30th 2023 at 7:30pm and will be held over Zoom.

The following committee meeting will be on Monday April 24th 2023 at 7:30pm and will also be held over Zoom.

If any members wish to attend then please contact the EMOA secretary in advance and he will provide the Zoom details.

East Midlands Development Conference – 29th October 2022

Around 18 members of the East Midlands attended the EMOA Development Conference organised by Randal Macdonald at Rushcliffe Country Park. The meeting was split into a number of sessions which included:

Access and the Environment

Emma Monkman from British Orienteering led the initial discussions on this topic. She provided statistics on the current participation levels in British orienteering events which showed a downward trend, and the meeting discussed reasons why this could be happening. Emma also identified some of the problems of access that clubs had and talked about the new Habitat Regulation Assessment forms that most landowners will need to complete in the future (see [Habitats regulations assessments: protecting a European site - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/habitats-regulations-assessments-protecting-a-european-site)). While at first sight these appear to add more complexity for land access, Emma has been working with Natural England to ensure that when completing these forms the landowners take account of the actual impact of orienteering on the sites (like SSSIs). Working with Southampton Orienteering Club to ensure better access to the New Forest has been one result of this. So, as these HRAs are put in place for other land it may be possible to negotiate better access for orienteering. Emma is continuing to work with English Nature to ensure results of studies showing the real impact of orienteering is taken into account when access is considered.

The meeting also brainstormed other reasons that access was being limited by landowners, or why fewer areas were available (these included costs of access, SSSIs, time of year restrictions, age of officials getting older, etc.).

Other programs to increase activity are things like the Find Your Way Project (www.findyourwayvo.org.uk). This is using MapRun to introduce newcomers to orienteering.

Rule Changes and Fixtures

There has been an update to the BO rules (v3.10) which are available at <https://www.britishorienteering.org.uk/doc/competition-rules/rules-of-orienteering-v3-10>. The changes are highlighted at the front of the rules. Much is to do with seeding of competitors at major events.

- 1) When measuring the length of urban events, the distance measured for the course length should show the optimal distance that can be followed. (At present many events are still showing the straight-line distance). (In the current rules Appendix B section 11.6 the table is still showing recommended lengths based on straight-line distance, so it should be recognised that recommended lengths when measured by optimal distance will be longer than shown in this table). We would encourage EMOA planners and controllers to ensure this rule is applied for our urban league events.
- 2) The Midland Championships is no longer a level A event, but is treated as a level B event. This should make it slightly easier to organise (However, seeding requirements do still apply).
- 3) The requirements for controllers at level C events states that they should preferably be from another club. The requirements for controllers at level B events states that, ideally

they should be from a different Region. They must be from a different club, but that can be from a club in the same region.

- 4) A new rule was added in v3.10, rule 27.11 - "The start times of competitors shall not be disclosed to other competitors until entries and entry changes have closed". The rule does not state which events this applies to and potentially could apply to all levels of event. It was agreed at the EMOA committee that in EMOA we will implement our veto for this rule in regards to all level C and D events within the region.

Development Plan for EMOA

The attendees looked to brainstorm areas where we believed there should be more focus in the EMOA Development Plan.

There were a number of ideas put forward to encourage participation, but there were differences between the attendees as to what were the areas to focus on. Some folk felt more focus on training / coaching could help, while others felt it was important to have events available most weekends.

Subsequent to the conference, Ranald has produced a draft Development Plan which he circulated to the attendees and presented to the EMOA Committee meeting. Included in the Draft Development Plan is the statement *"The spirit of the plan is to encourage co-operation and collaboration between clubs within EMOA to provide better value for the resources being used, the sharing of good practice and dealing with issues across clubs."*

The aim would be to earmark a sum from the EMOA reserves for development activities and identify potential projects that should / could be funded out of those reserves. Ranald proposed that a representative from each EMOA club would form part of a group, along with himself as Development Co-ordinator, who would refine the Development Plan and then agree on the projects that should be funded going forward. (This is obviously going to take some time to set up and get going and does not prevent other development work from continuing in the meantime.). Once the Development Plan has been finalised it will be shared in EMEWS. The actions at the EMOA meeting were for club reps to come back to Ranald with names for their development representatives, and then Ranald would set up a session(s) with them to finalise the Development Plan and then to start reviewing proposals from the clubs for development activity.

The actual level of funds available should be based on the amount of funds in the accounts over and above the determined level of reserves. However, we should not formally identify that figure until the JK 2024 budget responsibility was clearly defined (it is felt that this will be the responsibility of British Orienteering and not EMOA, but we need to ensure this is documented before we start to commit funds to developmental activity).

-----000-----

Orienteering Foundation Report – Nov 2022



The Orienteering Foundation are pleased to welcome Clare Dallimore (supported by James Clemence) as an Ambassador for Wales, all regions now have either a Trustee or Ambassador to contact and help support the foundation.

Latest news.

- The board for trustees were able to meet face to face for the first time in 3 years and will use a mixture of Face to Face and Zoom meetings in the future.
- Great Coaching day on 24th Sept in the Lakes, report of the day can be found [here](#) If any clubs/regions are interested in putting on a coaching day please contact one of the [Trustees](#) or [Ambassadors](#).
- The Aspiring Elites project has now finished and we heard from the new performance pathway director, Bernie Dietzig, on their plans for the future. We will also be discussing how we could best support WOC 2024 at our next meeting.
- The Foundation are working with an undergraduate at Edinburgh University to measure the impact we are having and what aspects are the most effective to support Orienteering.
- A grant was agreed to support the JWOC to attend the rescheduled event in Portugal.
- We agreed further actions to take on the recommendations from the Newcomer Retention Group report and took early steps towards looking at Volunteering as a project.
- A report was received from a previous grant to support development in the Kingdom of Fife Orienteers club full report [here](#)

If you would like to read more about this news or would like to find out more about the work of the Foundation please see their web site, www.orienteeringfoundation.org.uk,

Why not sign up for the Orienteering [newsletter](#), [Facebook](#), or [Twitter](#) accounts .

Pauline Olivant

Trustee Orienteering Foundation

01623 792336

p.olivant@btinternet.com

-----000-----

EMJOS Summary June to November 2022

Training:

Saturday 17th Sept: Dai Bedwell led the joint EMJOS and West Midlands Junior Squad session at Hartshill (WCH area). 5 EM juniors plus about 15 WMJS used the contour exercises to brush up their observational and O' skills after the summer break. It was also good to have a joint session to make and meet friends before the Junior Inter Regional Championships in Ireland the following week.

Zoom call preparation for the JIRCS races: 4 of the juniors joined Ant and Ann-Marie, to look at the old map of Tyrella sand dunes (previous JK area), old Route Gadget routes, Google Earth and the final details. Last minute information past on from Organisers about changes to accommodation, travel and the need to go out Saturday evening for supper.

JIRCS 2022 24th to 26th September Newcastle Northern Ireland. 9 juniors and 4 coaches/adults travelled. The juniors performed well on both the individual and relay days. Very good joint 7th position first day (combined men's and women's) individuals, with East Anglia and North East squad just 2 points behind. With final 10th position just 3 points behind East Anglia after the relays. Read the Juniors' own report (EMEWS) on what they felt about their experiences.

Allestree Park 13th November: 2 juniors and 2 adults took the challenge to practice at the local event with course maps changed to remove footpaths and cover (white-out) some of the detail. More difficult because Ann-Marie forgot to mention that there were extra controls to visit, so don't pick up the event control descriptions. But the feedback was the focus on using other liner features (veg boundaries) was good practice.

Summer JROS tour and international competitions:

Ben Squire was at the 2022 European Youth Orienteering Championships, held in Salgótarján, Hungary, 1 - 4 July 2022. After a tough first day on the Long course (7.7km) coming 40th (1:12:9 compared to 57:38), he had the sprint day where he came joint 32nd running 17:06, only 1:41 down on the winner. The relay placed GB a good 10th place.



Rachel Duckworth was eagerly anticipating the summer racing in Portugal at JWOC but as the heat and risk of forest fires increased to dangerous levels, the Portuguese government banned everyone from entering the forests. Therefore Part 1 in July was just the sprints. She came 87th (19:22 compared to 14:57 winners time). The Organisers then ran 2 more sprint relay races using the same village (Carapito, east of Porto).

Part 2 (3rd - 6th November) was Middle, Relay and Long distances in the forest. As she herself summed up her performance - happy with a good and steady in the Middle, very happy with the relay run passing many (team was 10th), and then the worst nightmare possible on Long: losing her dibber in the undergrowth and retiring. But she took away from her first major international competition a lot of learning points and now looking forward to next year's competitions in the UK, Australia and New Zealand.

Ellie Simpson and Daniel Glover (LEI) both attended Lagganlia, Scotland JROS camp for M/W14. From the video (<https://youtu.be/a8Z1-wTBw34>) it looked like they had good weather and enjoyed the best technical training possible.

Selections:

Talent North, South and Scotland (M/W15 onwards) continue to develop the talent from our regional squad level to the Development (M/W19) and on to Performance Squads. We are encouraging our M/W16 and 18 juniors to aspire and seek selection to the Talent North group, which is also being assisted by coach Ant Squire.

Future EMJOS training:

Plans made to join NOC's MapActive at Burntstump has not received any takers.

We have been invited to join WMJS at their Christmas session on Pooley Fields CP (near Tamworth) on Sunday 11th December. With friends in both squads I am hopeful some juniors will take this opportunity.

January 2023: an away weekend, combined with a local quality event on different terrain might be possible - access permitting.

Sunday 5th Feb 2023 Chambers Wood (near Lincoln) in conjunction with the LOG EM event, run by John Mather (EMJOS coach).

Ann-Marie Duckworth and Ant Squire (East Midlands Junior Squad coaches) November 2022

-----000-----

EMJOS compete at the Junior Inter Regional Championships

Friday 23rd to 25th Sept 2022, hosted by Northern Ireland

A joint report written by the Juniors.

Friday night saw our team of 9 EMJOS juniors and 4 coaches set off from East Midlands Airport, heading to Belfast for an exciting JIRCS weekend around "Tyrella" near Ballykinler military base near Newcastle County Down.



The area posed a technical challenge with intricate contour detail and scattered gorse bushes. A tough area but EMJOS saw several well-placed runs and everyone ran with maximum effort: everyone scored points for the team: After individual runs 7th place, 10th place for relays, and overall 10th position (1st ScotJOS, 2nd Y&HJS, 3rd NWJS).

The area was tricky - there were many contour features and running was difficult. The dark green patches of spikey gorse were easy to get stuck in and hard to get out (scratches and red spots are

numerous).

The squads were woken at 6:45am and we headed for breakfast before leaving via buses to go to the event start. The area was runnable sand dunes that were far too easy to get lost in. Once we completed our runs, we all headed into Newcastle for fish & chips and pizza supper.

Losing the barrack accommodation, the weekend before the event, saw the local secondary school,

Shimna Integrated College, step in to help by providing

two sports halls (packed to the roof with army camp beds) and catering provided by the school Caretaker and friends (fresh fruit, pancakes, croissants and cereal).

The relay (Sunday) was on the same area as the individual competition, so we had a slight idea what the area and courses would be like. The mass start was unreal and we headed into the dunes where it was a short course with intricate contour features.

Our teams had mid table results with the men's team placing 20th [Jake (3), Daniel (10), Ben (27)] and the women's placing 16th [Hannah (10), Ellie (14), Libby (15)]. The AdHoc teams came 1st [Josh (2), Eoin (1), NI runner (2)] and 2nd [SW runner, SE runner, Robyn].

On the Saturday evening we went down into town and had dinner, went to the beach (raced to touch the sea



waves) and played in an arcade. We won some sweets, a slinky, more sweets and more importantly a speaker that is quieter than our phone. Also, we got ice cream 😊.

Back at the school there was a ceilidh. It was a great way to meet people as you had to keep changing who you were dancing with.

Overall, we all had a great time and had a lot of fun orienteering in Northern Ireland, as well as enjoying the time we had together. We all did incredibly good in all the races individually and in the relay.



Ben, Libby, Robyn, Jake, Hannah, Josh, Ellie, Eoin and Daniel.

Accompanied by Ann-Marie, Chris, John and Stephen

---000---

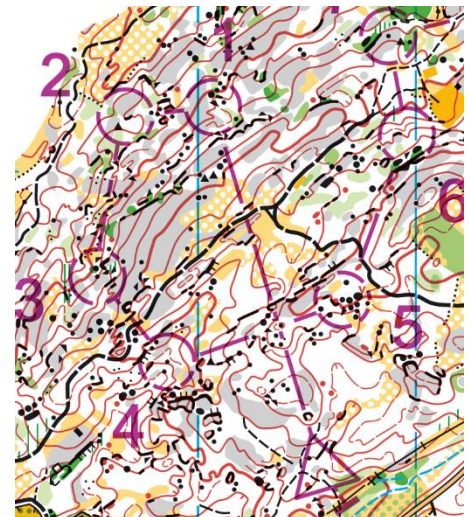
Junior World Orienteering Championships 2022 – Aguiar da Beira, Portugal

Rachel Duckworth

During July when the original JWOC was planned there were scorching temperatures of over 40 degrees. The forests got closed due to fire warnings being high and a different schedule was organised. The forest races were rescheduled to the autumn and took place over the first week of November. I was very fortunate to be able to travel with the team once again and compete in the 3 races – Middle, Relay and Long.

I had a mixed bag of races: one was great with bad ending; one was great all the way through, and one was terrible!

Middle distance on Quinta das Lameiras, 67th. Unlike most of my teammates I had not spent much prior time in Portugal due to exams so worked really hard in the days leading up to the competition to get my head into the maps and fine tune my Portuguese orienteering. I took some great route choices with safety being my priority during the first $\frac{3}{4}$ of the course. The



EMEWS

terrain in these forests consisted of lots of bare rock and boulder detail, using the rock slabs as speedy directional aids. I struggled on some of the steeper exposed sections as I hadn't packed my dobs so had to put full faith in my Inov-8 graphite traction. The last section of the course was in thicker green undergrowth which made progress much slower. I wasn't looking ahead enough at the macro route choice on the ground and became stuck in multiple places, resulting in me turning around to try a different route. I lost a lot of time during these 2 controls which was very disappointing.

Relay on Quinta das Lameiras, 2nd leg, gained 7 places. In domestic relays I tend to run first leg as I enjoy the head-to-head aspect and the pressure. Due to the high calibre of the field this head-to-head racing is still present in the 2nd and sometimes 3rd leg. I was in a pack for most of my course and it was super fun running with the 3 other girls. We started in the green, thick vegetation which I struggled with the day before, so my concentration had to be 100% right from the start and focused on safe route choices. The course was planned well and included a run-through with about 1.5km still to go. To hear the whole GB team cheering you on is a great feeling. I delivered a really clean but aggressive run; this is probably my best race of the year and I'm super proud of myself for delivering on the biggest stage.



Long on Carapito and Eirado, DNF. Going into this race I knew it was going to be a massive effort and almost like a survival mission. I executed the first 8 controls well and was happy with my progress before the longest leg 8-9. I took a variation of one of the fastest routes but didn't analyse all aspects of it and lost quite some time. I had a small navigational error which resulted in me fighting through green once again, slowing my progress greatly! And a slight miss once in the control circle. I knew there was going to be a super long leg similar to what we received but did not prepare accordingly. On the way to number 11 my Si card got pulled off my finger by a small bush. I stopped immediately and searched for it on all the neighbouring shrubs and then on the floor in the pine needles. As I started to become frantic and lose more time the search was not improving. It would be easy to find a blue dibber in a brown forest, right? Well, I never found it. I had to jog home to the arena and retire from the long race. I was extremely disappointed in myself, and I felt it could've been prevented. That morning, a coach and I had joked I should use her dibber elastic, but I didn't want to look 'amateur'. That was an embarrassing comment! I will now forever be wearing a dibber elastic when racing...

I learnt a lot of from this week and enjoyed myself thoroughly. It was great to be back in the team and surrounded by so many enthusiastic orienteers and young people. I would like to thank EMOA and DVO for their continued support. I would also like to thank the Orienteering Foundation for the huge financial support this autumn.

-----000-----

East Midlands Urban League 2022

The following are the planned events for the East Midlands Urban League in 2022:

2nd January - Melbourne (DVO) (UL1)

23rd January - Coalville (LEI) (UL2)

10th July - Retford (NOC) (UL3)

31st July - Belper (DVO) (UL4)

21st August - Lincoln City (LOG) (UL5)

19th September - The Meadows, Nottingham (NOC) (UL6)

16th October - Stamford (LOG) (UL7)

11th December - Dishley Grange (LEI) (UL8)



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

Since 1992

[Buffwear](http://www.buffwear.co.uk)

Your best 4 scores will count from the 8 identified so far.

Below is the latest table based on the results so far showing the top 10 and omitting non-EMOA members (if I knew that was definitely the case):

Junior Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Daniel Glover	M14	LEI	200	100	100						
2	Peter Birchall	M14	DVO	191	91			100				
3=	Josh Bones	M16	LOG	100							100	
3=	Michael May	M10		100					100			
5=	Jake O'Donnell	M16	DVO	96	96							
5=	Eoin Simpson	M12	LEI	96						96		
5=	George Grant	M16	LOG	96							96	
8	Sam Jones	M16	NOC	93	93							

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1=	Hannah Mather	W16	LOG	100	100							
1=	Maija Brook	W10	LOG	100							100	
1=	Ellie Simpson	W14	LEI	100						100		
4	Alice Woodward	W16	DVO	100	0			100				
5=	Elia Brook	W10	LOG	96							96	
5=	Cerys Glover	W12	LEI	96	96							
7	Isabel May	W12		93					93			

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Mike Chapman	M40	LOG	382	85	96	93	93	91	83	100	
2	Craig Lucas	M21	LOG	353	88				87	88	90	
3	Richard Robinson	M40	NOC	300	100		100			100		
4	Philip Johnston-Davis	M45	LOG	279	90	93			96			
5	Liam Harrington	M21	LOG	182	86						96	

EMEWs

6	Ed Cochrane	M35	NOC	178				91		87		
7	Andy Simpson	M45	LEI	93						93		
8	Andy Glover	M40	LEI	91		91						
9	Tom George	M21	LOG	89							89	
10=	Ben Shannon	M35	LEI	88		88						
10=	Andrew Ward	M21	LEI	88				88				

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrea Page	W45	LOG	388	89	96	100	93	93	96	96	
2	Alison Wright	W35	LOG	276					90	93	93	
3	Hannah Mather	W16	LOG	191					91		100	
4	Anna Fowler	W21		180					89	91		
5	Leah Williams	W21	LUOC	100				100				
6=	Anna-Kaisa Koskela-Brook	W35	LOG	91							91	
6=	Emily Gay	W45	DVO	91	91							
8	Alison Coulling	W45		88					88			

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andy Nicholls	M45	LEI	382	89	100	96	93		93		
2	Andrew Selby	M45	DVO	352		93		86	83		90	
3	Richard Parkin	M50	DVO	286	93				93	100		
4	Gary Peet	M50	NOC	269			93	87		89		
5	Tom Hartland	M45	DVO	258	86	90		82				
6	John Mather	M50	LOG	188	88						100	
7	Ian Crowe	M45		183					90		93	
8	Roger Phillips	M45	LEI	180		89					91	
9	James Prince	M50	DVO	166	81			85				
10	Andy Glover	M40	LEI	100	100							

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	400	100	96	100	96	96	100	100	
2	Claire Selby	W50	DVO	359		90		90	90		89	
3	Jane Dring-Morris	W50	LEI	357	90	89		89	89	89		
4	Sally Calland	W45	DVO	293		100		100	93			
5	Carol Stynes-Martin	W50	LEI	179						88	91	
6	Jo White	W45	LEI	178		88				90		
7	Nicola Hart	W60	DVO	96	96							
8=	Nic O'Donnell	W50	DVO	93	93							
8=	Helen Chiswell	W45	DVO	93							93	
10	Katy Black	W40		88					88			

EMEWS

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrew Ridgway	M60	NOC	373	88	100		93	85	90	90	
2	<u>Francesco Lari</u>	M55	DVO	359				87	90	91	91	
3	Murray White	M55	DVO	353		88	88		82	85		
4	David Cladingboel	M55	LEI	337	82	86		82	83	80.5	86	
5	Alastair Paterson	M55	LEI	331	80	83			84	83	81	
6	Mike Gardner	M60	DVO	324	79		87	79	74		79	
7	Jonathan Lee	M60	LEI	306	75	84			71		76	
8	Dave Chaffey	M55	DVO	266	90				87	89		
9	David Vincent	M65	DVO	258			91	86	81			
10	Paul Hudson	M60	NOC	254.5		91		85		78.5		

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Sal Chaffey	W55	DVO	396	100	100			96	100		
2	Helen Parkinson	W55	NOC	389	90		100	100	93		96	
3	Alison Hardy	W55	LEI	376	91	96			91	96	93	
4	Kim Buxton	W60	DVO	368	86	91	93	96		88		
5	Amanda Roberts	W60	LOG	363	96				88	90	89	
6	Ursula Williamson	W60	LEI	249	82	84				83		
7	Trudy Crosby	W60	LOG	240					75	84	81	
8	Anne Kimberley	W60	DVO	238	81	83			74			
9	Amanda Price	W55	DVO	189	93		96					
10=	Tracey Brookes	W55	LEI	178	88	90						
10=	Val Johnson	W60	DVO	178					87	91		

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Paul Morris	M65	NOC	382	91	93	96	93		93	100	
2	Robert Parkinson	M65	NOC	363	85		89	91	87		96	
3	Roger Edwards	M70	LEI	356	87	89		90			90	
4	John Hopper	M70	DVO	346	87		87	89	81	86	81	
5	Kevin Gallagher	M70	LEI	341	81	83	86	84	83	84	87	
6	Andrew Wallace	M65	NOC	335	82	84		79	80	83	86	
7=	Russell Buxton	M65	DVO	324	73	91	85	74		74		
7=	Andy Portsmouth	M65	LEI	324		80	83	80		81	80	
9	John Marriott	M70	LEI	320	78	79				80	83	
10	Martin Wheeler	M65	LOG	318			84	78	74		82	

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Liz Godfree	W70	DVO	392	100			96	96		100	
2	Jane Booker	W65	NOC	374		88	100			90	96	

EMEWS

3	Ruth Ellis	W70	DVO	368	91	91	93	89	86	91	93	
4	Maureen Webb	W65	LEI	364	90	87	96	90	88	88	0	
5	Viv Macdonald	W70	DVO	175	88					87		
6	Jane Kayley-Burgess	W65	DVO	91	0				91			
7	Ann Armistead	W70	DVO	88				88				

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Doug Dickinson	M75	DVO	389		100	93	0	96	93	100	
2	Derek Gale	M75	DVO	370	0	93		91	93		93	
3	Peter Chick	M75	LEI	362	89	90		93	90	88	88	
4	Dave Skidmore	M75	DVO	359	88	87	90	90	86.5	89	90	
5	John Palmer	M75	NOC	355	90	88	88		85	87	89	
6	Peter Leake	M80	LEI	345	86	84	89	86				
7	Simon Ford	M75	LEI	341	82	83		88	83		87	
8=	John Woodall	M80	NOC	335	78	77	86		81	83	85	
8=	Ernie Williams	M80	LEI	335	79	79	83	84	79	82	86	
10	Roger Keeling	M75	DVO	322	77	76	84		77		84	

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Hilary Palmer	W75	NOC	388	96	96	96		100	96	96	
2	Margaret Keeling	W75	DVO	368	93	91	91	91	93		91	
3	Tricia Neal	W75	NOC	359	87	89	89	90	90	90	89	
4	Jen Gale	W75	DVO	357	90	90		89	87		88	
5	Diane Ford	W75	LEI	347	86	88			86		87	
6=	Diane Boulton	W75	DVO	91	91							
6=	Christine Middleton	W75	DVO	91						91		

----000----

Dates for East Midlands Urban League 2023

The following are the dates for the East Midlands Urban League events in 2023 (some are still provisional):

2nd January - DVO - Dronfield

23rd April - DVO - Buxton

21st May - LEI - Ibstock

25th June - LEI - Barrow

16th July - NOC - Newark

20th August - LOG - Lincoln

3rd September - NOC - Nottingham University

15th October - LOG - Grantham

East Midlands League 2022

The tables below provide the current standings for the EMOA League 2022. With a total of 13 events, the best 7 scoring events counting towards the league. Tables below are based on current standing in the league counting in at least 2 events, scoring more than 1000 points in total, and in the top 10 for that class.

There have been 9 events so far and there are still 4 more to go.

The events included in the League for 2022 so far are:

- 1 - 29th Jan - Chatsworth (DVO)
- 2 - 20th Feb - Martinshaw & Ratby Woodlands (LEI)
- 3 - 3rd April - Burbage Common & Woods (LEI)
- 4 - 24th April - Belton & Loundthorpe (LOG)
- 5 - 1st May - Aylestone Meadows (LEI)
- 6 - 8th May - Bramcote Hills (NOC)
- 7 - 15th May - Black Rocks (DVO)
- 8 - 25th September - Calke Park (DVO)
- 9 - 23rd October - Bagworth (LEI)
- 10 - 13th November - Allestree Park (DVO)
- 11 - 20th November - Shirebrook (NOC)

The following are the remaining events identified for the East Midlands League in 2022:

- 27th November - Boothorpe (LEI)
- 18th December - Walesby (NOC)

If there is no table below for a course / gender then there are currently no scorers meeting the criteria to be included yet.

White - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Grace Robinson	NOC	W10	1000		1000									2000	1
Alice Powell	DVO	W10							1000			1000		2000	1
Lily Robinson	NOC	W10	824										1000	1824	3

Yellow - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Hugh Chester	LEI	M10				1000				665				1665	1

Orange - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Daniel Stothard	LEI	M16	612	627			1000	1000			1000			4239	1
Peter Birchall	DVO	M14								1000		1000		2000	2
Lewis Bones	LOG	M14		1000		1000								2000	2

EMEWS

Peter Leake	LEI	M80								885	493			1378	4
-------------	-----	-----	--	--	--	--	--	--	--	-----	-----	--	--	------	---

Orange - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Alice Woodward	DVO	W16		1000				571	544	1000		730	1000	4845	1
Karen Ives-Smith	LEI	W55					1000		485		1000	1000	934	4419	2
Cerys Glover	LEI	W12			1000			1000	1000					3000	3
Sindy Chafer	LEI	W55			257			371	410		494			1532	4

Light Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Rob Henderson	NOC	M21					995		1000		1000	398	1000	4393	1
Felix Jarvis	LEI	M12		586	1000		1000				988			3574	2
Andrew Shearing	DVO	M45	639						785	728		433		2585	3
Andrew Selby	DVO	M45				1000				901		642		2543	4
Eoin Simpson	LEI	M12		1000								1000		2000	5

Light Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Susan Grant	LEI	W50	402		851		878			549	1000	686	1000	5366	1
Judith Wicks	DVO	W18			1000		1000					876		2876	2
Joy Pollock	LOG	W40	655	1000							843			2498	3
Hebe Parr	NOC	W21	812									1000		1812	4
Amy Ransley	NOC	W35								451			784	1235	5

Short Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Matt White	LEI	M55	1000	638	888		799	1000	926	664	855	676	1000	6468	1
John Palmer	NOC	M75		904	803	932	639	731		806	1000	802	813	6060	2
Robert Titterington	LEI	M80			1000		1000		1000		998	1000	990	5988	3
Dave Skidmore	DVO	M75		1000	925	860	759	750		771			872	5937	4
Peter Chick	LEI	M75	965	870		890	629	750	847	633	688		854	5864	5
David Anderson	LEI	M80	944	863		779			671	742		736	756	5491	6
Peter Leake	LEI	M80	812	898		733	471	680	792			768	790	5154	7
Kevin Gallagher	LEI	M70	923	881	884	904			808				936	5336	8
John Woodall	NOC	M80	778	716	739		432	664	721	604			753	4975	9
Ernie Williams	LEI	M80		772	813		425	582	637	589	707	738	659	4915	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos.
Ruth Ellis	DVO	W70	631	841	953	727	584	1000	710	824			896	5951	1
Margaret Keeling	DVO	W70	732	740	970		659	619			1000	995	871	5951	2
Jane Booker	NOC	W65			749	727	707	810		810		1000	964	5767	3
Jane Kayley-Burgess	DVO	W65		1000	1000		897	996			957		914	5764	4
Liz Godfree	DVO	W70	857			1000	964		1000	1000				4821	5
Maureen Webb	LEI	W65	593	603	742	663		751		782			646	4780	6
Jen Gale	DVO	W75	548	693		532	717		522			862	600	4474	7

EMEWS

Pauline Ward	DVO	W75	634					751		845		945	910	4085	8
Viv Macdonald	DVO	W70	796	742					715	610		999		3862	9
Christine Middleton	DVO	W75						952	1000		837		1000	3789	10

Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos
Paul Morris	NOC	M65		1000	1000	1000				1000	828	1000	1000	6828	1
Derek Gale	DVO	M75	1000	869		712	1000	845	1000	792		857	821	6392	2
Chris Bosley	LEI	M75		771	742		878		831	699	671	651	714	5306	3
Mike Godfree	DVO	M70	806			918	905		888	727		899		5143	4
Andy Portsmouth	LEI	M65	711	651	701	697	649	694		735		714	619	4903	5
Stuart Wicks	DVO	M55		715	570		713	646		631		653	635	4563	6
John Marriott	LEI	M70	778		688		787	757				814	734	4558	7
Malcolm Spencer	DVO	M65	840	718	736				842				829	3965	8
Roger Edwards	LEI	M70					890	1000		870	1000			3760	9
Andrew Middleton	DVO	M70	979			934	987						723	2623	10

Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Ps
Kim Buxton	DVO	W60	830	1000			1000	992	1000	1000		806	865	6687	1
Ursula Williamson	LEI	W60	634	741		693	994	976		878	1000	686	655	5968	2
Karen White	LEI	W55		737	694		897	854	725	715	841	643	760	5529	3
Jane Dring-Morris	LEI	W50	628			673	891		666	763	949	618	791	5361	4
Anne Kaley-Burgess	DVO	W55		629	647		628			744	881	527	668	4724	5
Sue Russell	DVO	W60	752						971	986		841		3550	6
Claire Selby	DVO	W50				715		1000		854		780		3349	7
Robyn Jarvis	LEI	W16		677	606	551	570	735						3139	8
Jo White	LEI	W45	560	617	642			550					697	3066	9
Amanda Roberts	LOG	W60				1000						1000	1000	3000	10

Blue - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Ps
Andrew Ridgway	NOC	M60	887	977	1000		1000	751	798	846		832	832	6374	1
Francesco Lari	DVO	M55	901	993	858			784	871	886	1000	781	733	6293	2
Dai Bedwell	DVO	M55	1000					890	1000	1000		921	974	5785	3
Alastair Paterson	LEI	M55	761	713	829		902	687	703	732	989		710	5636	4
Andy Sykes	DVO	M55	905		967		891		898	846			920	5427	5
James Prince	DVO	M50		805			815	658	697		907	700	670	5252	6
Simon Brister	DVO	M70	903		863		983	719		883		764		5115	7
David Cladingboel	LEI	M55	542	934	801		777	503		749		549		4855	8
Mike Gardner	DVO	M60	753	914					729		923	637	665	4621	9
Steve Schofield	NOC	M55	832	1000			652			810	881			4175	10

Blue - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Ps
Tanya Taylor	LOG	W50	990	986	1000		1000			1000	1000		966	6942	1
Alison Hardy	LEI	W55		819	925	1000	866	1000	1000	972		1000	952	6849	2
Nicola Hart	DVO	W60	844				779	842	942	755		918	895	5975	3
Sally Calland	DVO	W45			890	983	697			875		965		4410	4
Sal Chaffey	DVO	W55		880					777			971	1000	3628	5
Esther Revell	LEI	W35		773	689		705			648				2815	6
Helen Chiswell	DVO	W45	946							859		974		2779	7

EMEWS

Kate Lowndes	DVO	W35						662			574	625	594	2455	8
Toni O'Donovan	LEI	W45	1000	1000										2000	9

Brown - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Marcus Scotney	DVO	M45	886			1000	1000	891	1000	889	826			6492	1
Edward De Salis Young	LEI	M50	790	860	1000	945				1000	918			5513	2
Andy Nicholls	LEI	M45		727	944		731	449	403		814	585		4653	3
Andy Glover	LEI	M40		748	952		782	620	713			761		4576	4
Richard Robinson	NOC	M40	1000				950	1000			1000			3950	5
Richard Parkin	DVO	M50							955	924		1000	1000	3879	6
Andrew Powell	DVO	M40	772						884	812		841		3309	7
Philip Johnston-Davis	RAFO	M45				892	823	748			654			3117	8
Andrew Ward	LEI	M21		609	688		607	489	543					2936	9
David Pettit	DVO	M35	656			684			715	701				2756	10

Brown - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	Scr	Pos
Leah Williams	LUOC	W21		1000			1000	973	1000					3973	1
Emily Gay	DVO	W35							906	1000	1000	1000		3906	2

-----000-----

East Midlands League 2023

The following are the dates for the East Midlands League events in 2023 (some are still provisional):

22nd January - LEI - Outwoods
 5th February - LOG - Chambers Wood
 25th February - DVO - Birchen Edge
 5th March - NOC - Strawberry Hill
 19th March - LEI - Burbage Common
 16th April - NOC - Byron's Walk
 11th June - DVO - Carsington Pastures
 19th September - DVO - Kedleston Park
 24th September - LEI - Irchester Country Park
 8th October - DVO - Longshaw
 29th October - LEI - Bradgate Park
 19th November - NOC - Watchwood & Calverton
 3rd December - LEI - Ratby
 17th December - NOC - Walesby

The number of counting events towards your overall score will be half the total number of events, (rounded down to the nearest whole number), plus one. E.g., with 14 events, your best 8 scores will count.

-----000-----

Puzzle Page

Puzzle Result - Below is the answer for the puzzle set in EMEWS 284:

Week	Orienteer	Club	Area
20 th July	Bob Smith	NOC	Bracken Moor
27 th July	Julie Wright	DVO	Wooden Forest
3 rd August	Pat Holden	SYO	Nice Park
10 th August	Fred Jones	LEI	Holly Wood
17 th August	Anne Hobbs	LOG	Yellow Common

This Month's Puzzle

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

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

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

----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

EMEWS

of courses than others. Regional events provide colour coded within which age classes can be run. National events provide a range of age-related courses and are normally entered in advance.

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

Many events are currently pre-entry only, so please check the event details before travelling.

December 2022

Tue 6 th	Tuesday Club Night - Coalville	Act	LEI	EM	Coalville	Coalville	
Tue 6 th	WCH Urban Night Maprun, Pye Green	Locl	WCH	WM		Cannock	
Thu 8 th	Training	Act	LOG	EM	South Common	Lincoln	
Sat 10 th	MDOC Saturday morning series (4)	Locl	MDOC	NW	Longford Park	Stretford	SJ808943
Sun 11 th	Kelling Heath EAL	Regl	NOR	EA	Kelling Heath	Holt	TG118414
Sun 11 th	EM Urban League 2022	Regl	LEI	EM	Dishley Grange	Loughborough	
Sun 11 th	Middleton Woods - Regional Event	Regl	AIRE	YH	Middleton Woods	Ilkley	SE118484
Thu 15 th	LEI Winter League 4	Locl	LEI	EM	Outwoods	Loughborough	SK514159
Sun 18 th	TVOC Regional event	Regl	TVOC	SC	Wycombe Abbey School	High Wycombe	
Sun 18 th	East Midlands League 2022	Regl	NOC	EM	Walesby Forest	Ollerton	
Sun 18 th	Regional Event	Regl	EPOC	YH	Oakwell Hall	Batley	
Tue 20 th	WCH Urban Night Maprun, Etching Hill	Locl	WCH	WM		Rugeley	
Tue 27 th	OD Christmas Relays	Locl	OD	WM	Rough Close Scout Camp	Coventry	
Wed 28 th	Local Event	Locl	EBOR	YH	Bishop Wood North	Selby	SE546338
Fri 30 th	LEI Winter League 5	Locl	LEI	EM	Fosse Meadows	Husbands Bosworth	

January 2023

Sun 1 st	Laurie Bradley NYD Score Event	Regl	WRE	WM	Telford Town Park	Telford	SJ698079
Mon 2 nd	EMUL 2023 Dronfield Urban	Regl	DVO	EM		Dronfield	
Sat 7 th	Park-O Wandlebury	Locl	WAOC	EA	Wandlebury Country Park	Cambridge	
Sat 7 th	Saturday Series 4	Locl	SYO	YH	Ecclesall Woods	Sheffield	SK310823
Sun 8 th	Hebers Ghyll Regional Middle Distance Event	Regl	AIRE	YH	Heber's Ghyll Woods & Ilkley Moor West	Ilkley	
Sun 8 th	Knettishall	Regl	SUFFO C	EA	Knettishall Heath	Thetford	TL954807
Tue 10 th	WCH Urban Night Maprun, Stafford	Locl	WCH	WM	Stafford	Stafford	
Wed 11 th	Night event	Locl	SYO	YH	Beauchief golf course & Ladies Spring Woods	Sheffield	
Sat 14 th	LEI Winter League 6	Locl	LEI	EM	Market Bosworth Country Park	Market Bosworth	

EMEWS

Sun 15 th	WAOE 50th Anniversary event	Regl	WAOE	EA	Maulden Wood	Bedford	
Sun 15 th	West Haigh Regional Event	Regl	SYO	YH	West Haigh	Barnsley	SE429085
Sun 15 th	Longdon - WM League	Regl	HOC	WM	Wyre Forest	Bewdley	SO755781
Sat 21 st	WHITFIELD VALLEY EVENING SCORE	Locl	POTOC	WM	whitfield valley (north)	TUNSTALL	
Sun 22 nd	DFOK SE Long Championships and SE League National	Natl	DFOK	SE	Chelwood	East Grinstead	TQ414304
Sun 22 nd	SMOC EA League - venue TBC	Regl	SMOC	EA		Milton Keynes	
Sun 22 nd	EMOA League 2023 (Outwoods)	Regl	LEI	EM	Outwoods	Loughborough	
Wed 25 th	LEI Winter League 7	Locl	LEI	EM	Quorn	Loughborough	
Sat 28 th	Saturday Series 5	Locl	SYO	YH	Norfolk Park	Sheffield	
Sun 29 th	Concorde Chase 2023	Natl	BKO	SC	Star Post	Bracknell	
Sun 29 th	East Midlands Championships 2023	Natl	NOC	EM	Clumber Park	Workshop	

February 2023

Sat 4 th	YHOA Night League	Regl	SYO	YH	Bowden Housteads	Sheffield	
Sat 4 th	Park-O Coldhams Common	Locl	WAOE	EA	Coldhams Common	Cambridge	
Sat 4 th	LEI Winter League 8	Locl	LEI	EM	Watermead Park	Leicester	
Sun 5 th	GO Waggoner Wells National SEL	Natl	GO	SE	Waggoners Wells	Haslemere	SU860350
Sun 5 th	EMOA League 2023 Chambers Wood	Regl	LOG	EM	Chambers Wood	Lincoln	
Tue 7 th	WCH Urban Night Maprun, Brereton	Locl	WCH	WM	Brereton	Rugeley	
Sat 11 th	Hartshill Hayes (TBC)	Locl	OD	WM	Hartshill Country Park	Hartshill	
Sun 12 th	CompassSport Cup Heat	Natl	DEE	NW	Bickerton Hill	Tarporley	SJ509535
Sun 12 th	YHOA SuperLeague and YHOA Middle Distance Championships	Regl	CLARO	YH	Brimham	Pateley Bridge	
Sun 12 th	CompassSport Cup Heat	Natl	NOR	EA	Hockham	Thetford	
Sun 12 th	CompassSport Heat (Beacon Hill)	Natl	LEI	EM	Beacon Hill	Loughborough	SK510145
Sat 18 th	British Night Championships (UKOL)	Maj	WIM	SW	Moors Valley Country Park	Ringwood	
Sat 18 th	Icenian Day 1 - Two Part Sprint	Regl	CUOC	EA	Science Park and Kings Hedges	Cambridge	
Sat 18 th	BATHPOOL local event	Locl	POTOC	WM	bathpool country park	KIDSGROVE	
Sun 19 th	Icenian Day 2 - Croxton Heath	Regl	WAOE	EA	Croxton Heath	Thetford	
Sat 25 th	EMOA League 2023 Birchen Edge (UKOL)	Regl	DVO	EM	Birchen Edge	Chesterfield	SK279721
Sun 26 th	TVOC Chiltern Challenge National Event	Natl	TVOC	SC	Whiteleaf and Great Hampden	Princes Risborough	
Sun 26 th	Northern Championships & YHOA SuperLeague (UKOL)	Natl	SYO	YH	Burbage	Sheffield	

March 2023

Sun 5 th	SROC National event	Natl	SROC	NW	Whitbarrow Scar	Kendal	
---------------------	---------------------	------	----------------------	----	-----------------	--------	--

EMEWS

Sun 5 th	HH National Event	Natl	HH	SE	Burnham & Egypt Woods	Slough	
Sun 5 th	Regional Event	Regl	EBOR	YH	Wheldrake Woods	York	SE667472
Sun 5th	EMOA League 2023 Strawberry Hill	Regl	NOC	EM	Strawberry Hill	Mansfield	
Sat 11 th	Welsh Championships (UKOL) & SBOC Winter League 13	Natl	SBOC	WOA	Margam Park and Graig Fawr	Port Talbot	SS805863
Sat 11 th	Saturday Series 6	Locl	SYO	YH	Norfolk Park	Sheffield	
Sun 12 th	COMPASS SPORT CUP HEAT	Natl	POTOC	WM	Park Hall	Stoke	
Sat 18 th	Park-O Hinchbrook	Locl	WAO C	EA	Hinchbrook Country Park	Hinchbrook	
Sat 18 th	Everdon Stubbs combined day and night event (TBC)	Locl	OD	WM	Everdon Stubbs	Everdon	
Sun 19 th	MV SE League event	Natl	MV	SE	Balcombe	Crawley	
Sun 19 th	Sarum Saunter	Natl	SARUM	SW	Great Ridge	Salisbury	ST927345
Sun 19 th	Acorn Event Long Distance	Natl	CLOK	NE	Silton Forest	Northallerton	
Sun 19 th	YHOA SuperLeague	Regl	AIRE	YH	Flasby Fell	Skipton	
Sun 19th	EMOA League 2023 Burbage Common	Regl	LEI	EM	Burbage Common	Burbage	
Sun 19 th	Frodsham Hill	Regl	DEE	NW	Frodsham Hill	Frodsham	SJ510760
Sun 19 th	WCH Regional Event Wyrley Common	Locl	WCH	WM	Wyrley Common	Brownhills	
Tue 21 st	WCH Urban Night Maprun, Stafford	Locl	WCH	WM	Stafford	Stafford	
Sat 25 th	British Orienteering Championships & Southern Championships (UKOL)	Majr	BKO	SC	Cold Ash	Newbury	
Sun 26 th	British Relay Championships	Majr	TVOC	SC	Hambleden	Henley-on-Thames	

April 2023

Sun 2 nd	Regional Event	Regl	EPOC	YH		East Pennines	
Sun 2 nd	Peterborough Urban	Regl	WAO C	EA	Hampton Hargate	Peterborough	
Sun 2 nd	Bentley Woods South - WM Champs, WM League	Regl	OD	WM	Bentley Woods South	Atherstone	
Fri 7 th	JK - Sprint (UKOL)	Majr		NW	Lancaster University	Lancaster	
Sat 8 th	JK - Middle (UKOL)	Majr		NW	High Dam	Newby Bridge	
Sun 9 th	JK - Long (UKOL)	Majr		NW	Bigland	Newby Bridge	
Mon 10 th	JK - Relays	Majr		NW	Bigland	Newby Bridge	
Sun 16 th	Regional Event & Yvette Baker Trophy Heat	Regl	HALO	YH		Humberside	
Sun 16th	EMOA League 2023 Byron's Walk YBT Heat	Regl	NOC	EM	Byron's Walk	Mansfield	
Sun 23rd	EMUL 2023 Buxton Urban	Regl	DVO	EM		Buxton	
Sat 29 th	Bilton Grange Prep.School (TBC)	Locl	OD	WM	Bilton Grange Prep.School	Rugby	
Sat 29 th	Saturday Series 7	Locl	SYO	YH	Parkwood Springs	Sheffield	
Sun 30 th	YHOA SuperLeague	Regl	SYO	YH	Wombwell	Sheffield	