



THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SUMMER 2023



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 July 2023 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

Cover - Thanks again to Ernie for the cover. The conditions at Burbage were a 'little' muddy causing quite a few slips and slides during the event.

-----0000-----

Contents – EMEWS 287

Notes from EMOA Meeting on 24 th April 2023	3
EMOA AGM Agenda - 11 th September 2023	5
Prize Winners	6
National Awards	7
In Memoria - Jenny Tennant	8
Lost - Jenny Tennant	9
EMJOS Report - November 2022 - April 2023	11
East Midlands Urban League 2023	12
East Midlands League 2023	15
Puzzle Page	18
Fixtures	20

-----000-----

Notes from EMOA Meeting – 24th April 2023

Financial Secretary Report - In terms of income, an additional £349 covering the period from January to end of February has been received from British Orienteering. Event levies are almost up to date and in the period £578 had been received. In terms of expenses, the major expense is trophies for the EMOA League prizes and the purchase of a new M90 trophy and backdated engraving of W14 trophy costing £220. The Development conference costs of £122 in relation to the event catering have gone out. Further support has been provided for talented athletes to attend events.

Development - The EMOA Development Working Party has now got representatives from all 4 clubs.

The following is how it is understood to be working from the EMOA Committee standpoint.

- 1) The Development Working Party is responsible for setting up the criteria for funding of future development initiatives.
- 2) The Development Working Party would create a form (possibly based on O Foundation request form) for the submission of requests for funding for development work.
- 3) The Development Working Party would review any submissions when they were received and make recommendations to the EMOA Committee on which should be pursued.
- 4) The EMOA Committee will have the final say on the actual funding allocated to each project (otherwise we may need to make constitution changes).
- 5) The Development Working Party may need to determine how long it exists for, as it may be once the processes are set up that it may then be able to disband.

Therefore, the next steps for the Development Working Party will need to be:

- 1) Create the criteria for deciding on how to decide which development activities should be pursued.
- 2) Create the form to be used for submission of requests for Development funding.

EMEWS

In order to assist the Development Working Party, the level of reserves to be retained by the overall EMOA Committee was discussed in the meeting. The current policy has talked about 3 times our annual turnover. However, this would always be a flexible figure as each year had a different budget. We need a reasonable reserve in place to be able to cater for problems with a major event, or impact of foot and mouth / COVID. After discussion the following policy was agreed:

- 1) The EMOA committee should aim to keep a reserve in place of around £10,000.00.
- 2) Any money above this would be considered for the use of Development activities (currently this would be around £2,000.00).
- 3) The policy should be reviewed on a regular basis as, if major development activity was felt to be appropriate, we may want to fund this, or set the annual fees / levies at different rates as appropriate.

This should provide the Development Working Party with some initial funding level available for projects.

Junior Squad - See separate article for this report.

Fixtures - The 2023 League and Urban League are covered separately in EMEWS.

- **Future Major Events**

- a. **14 Oct 2023 - British Schools Score Champs** - LEI - Martinshaw
- b. **25 Feb 2024 - East Midlands Champs** - LOG
- c. **29 Mar 2024 - JK Sprint** - LEI - Loughborough
- d. **1 Apr 2024 - JK Relays** - DVO - Stanton Moor
- e. **7 Sep 2025 - Midland Champs** - DVO
- f. We need nominations for 2025 for :
 - i. CompassSport Cup Heat
 - ii. Midland Champs 2025
 - iii. EMOA Champs 2025

- **JK** - There are still some core jobs to be filled such as someone required to organise the prize-givings on days 1 and 3.

Constitution - There were a number of proposed minor changes to the constitution. These have been agreed by the committee and are available for members to review prior to the EMOA AGM in September (see AGM Agenda below).

Officials - PLEASE, PLEASE consider coming forward as the EMOA Committee is in need of new blood as we need a new Chair, Vice-Chair and Development Co-ordinator. Anyone wanting to undertake the roles will be fully supported by the outgoing officials (where they are in place), and the rest of the EMOA Committee. Please consider volunteering as otherwise we will have problems continuing to provide an EMOA committee.

Next Committee Meeting - The next EMOA committee meeting is Monday 3rd July at 7:30pm and will be over zoom. If anyone wants to listen in please let the secretary know and they will provide the zoom details for you.

The 59th East Midlands Orienteering Association AGM

Notice is hereby given that the Annual General Meeting of the East Midlands Orienteering Association will be held at 7.30pm on Monday 11th September 2023 at the Pace Room, Clifton, Nottingham

AGENDA

1. Apologies for absence
2. Approval of minutes of last AGM September 12th 2022
3. Chair's Report
4. Financial Secretary's report including membership numbers and presentation of accounts
5. Approval of Balance Sheet and Income and Expenditure Statement
6. Election of Principal Officers
 - Chair
 - Vice Chair
 - Financial Secretary
 - Development Co-ordinator

7. Other EMOA Officers

Post	Nominee
Mapping	David Olivant (NOC)
Coaching	Hilary Palmer (NOC)
EM Junior Squad	Ann-Marie Duckworth (DVO), aided by Ant Squire (NOC)
EM League	Ursula Williamson (LEI)
Urban League	Ursula Williamson (LEI)
Regional Fixtures Secretary	Ursula Williamson (LEI)
President	John Woodall (NOC)
Minutes Secretary	Mike Gardner (DVO)
EMEWS Editor	Mike Gardner (DVO)
Webmaster	John Cooke (DVO)
National Forest	Roy Denney (LEI)

8. Appointment of Independent Financial Examiner
9. Budget projections for coming year to 30.6.2024 and recommendations for membership fees and event levies (Financial Secretary)
10. Fixing of charges
 - Membership fees
 - Event Levies

11. Changes to the EMOA Constitution

A number of proposed changes to the constitution are proposed. These are primarily to:

- ensure consistency for the use of the term British Orienteering Federation throughout the constitution

EMEWS

- remove the phrase about first year membership fees being waived (as this is not easily applied through British Orienteering)
- Clarify the ability of other committee members to be signatories for payments, where required
- along with a few minor typing error corrections

These detailed changes are listed on the EMOA website (at <http://www.emoa.org.uk/members/Proposed%20Constitution%20Changes%20v2.docx>)

along with a proposed draft updated constitution (at <http://www.emoa.org.uk/members/EMOA%20Constitution%20agreed%20AGM%2012%20September%202023%20draft.docx>), if all changes are agreed, to make it easier for members to see what the changes would mean.

12. Plans for the coming year (Chair)

13. Any Other Business

14. Close of formal meeting followed by open discussion

If anyone has any additional items they want adding to the agenda of the AGM, then please let EMOA Secretary (Mike Gardner) know. Also if anyone wants to send apologies please also let Mike know.

Note: EMEWS will be sent out with final details at the end of August /beginning of Sept.

-----000-----

Prize-Winners

The following are those I have spotted (apologies for any I have missed) who did well in the recent JK and British Champs in N. Ireland. I have tried to identify anyone in top 3 in A/L classes from the East Midlands:

JK Overall:

3 rd	M50L	Andy Simpson	LEI
1 st	M90	Donald Moir	LEI
1 st	W20E	Rachel Duckworth	DVO

JK Relays:

2nd Veteran Men (M165+) DVO Flying Saucers (Richard Parkin, Paul Addison, John Duckworth)

British Sprints:

2 nd	M45A	Anthony Squire	NOC
1 st	M50A	Andy Simpson	LEI
1 st	M70A	Michael Napier	NOC
1 st	W75A	Hilary Palmer	NOC

British Middle:

1 st	M50	Andy Simpson	LEI
1 st	M70	Michael Napier	NOC
2 nd	W75	Hilary Palmer	NOC

National Awards

At the recent National Awards, 2 members of the East Midlands community were awarded for their services to orienteering. In both cases they were unable to attend the actual event but were presented with their awards by the club at a later date:

- David Olivant (NOC) had won the Bonington Trophy mapping award this year.
- Ernie Williams (LEI) had won the Volunteer Award.

Below is David being presented with his Bonington Trophy award by the NOC Chairman, Richard Willis:



EMEWS

Ernie being presented with his award by Steve Chafer (chair of LEI), along with a photo of Ernie at finish of OD event at Hinckley:



---000---

In Memoria - Jenny Tennant

It is with deep regret we note the passing of Jenny Tennant (ex-DVO) at the end of March 2023. Jenny was the second chairman of EMOA and was heavily involved with the introduction of orienteering into the region. A full obituary is available in DVO Newstrack and has been sent to CompassSport, but to note a few of Jenny's accomplishments:

- In 1967 she won the first ever JK Individual Women class
- Selected for British Team in World Champs coming 35th in individual in 1970 and also in 1972 where she was part of British team who came 9th in relay.
- In 1969 she was instrumental in the setting up of DVO.
- In 1975 was part of the winning British Champs relay team for DVO.
- In 1982 she was joint organiser of British Champs in Shining Cliff and Crich.

Jenny was always trying to encourage others and helping folk to improve their orienteering and back in EMEWS 12 (May 1972) she started a series of 5 articles on how to improve. I have decided to re-produce one of those articles below (if folk are interested I can reproduce others as many still apply) in memory of Jenny (it also shows to more recent converts some of the "older" aspects of orienteering):

This was the fourth part of the series (from EMEWS 16 - October 1972) entitled Lost:

Lost

So - in spite of all - you're **LOST**. Never mind, it happens to us all!

The only written advice I have seen was in "The Orienteer", Vol 4 No 1 - and as I disagree with the fundamental thinking lying behind the writer's words it shows that there is more than one way to approach the problem. This is my way of getting on terms with the map again and relating myself to my surroundings - for you to adopt, adapt, or reject as you will.

a) Possible reasons for getting lost

- i. Going too fast to number 1 - before "getting into" the map safely.
- ii. "Speed in excess of capacity will make the brain numb and lazy" - C. Schanning. And speed is a relative term and applies to everyone. When tired errors are more easily made and harder to rectify.
- iii. Other people:
 - i. I may abandon a route choice for no good reason.
 - ii. I may be caught up and pressured into moving too fast.
 - iii. I may be elated at catching up someone else and become careless
- iv. Over reliance on the compass - failing to keep an eye on the map, nor checking distance. Failure to stick on a bearing or sticking on it too long - or dare I say it - reversing the bearing - all end up in the completely wrong place.

b) Recognition of the fact - the moment the truth dawns that all is not well - STOP. Maybe you are running into the sun and the sweat is dripping off your face before you realise that it should be on your back - or that you're coasting downhill when you thought you were going to struggle up, or fields lie ahead where there should be forest. The earlier you recognise your mistake the better - a good orienteer may recognise it when it is still in the planning stage and has not yet been put into action. So - STOP - and if you're the sort of person who is likely to run wide-eyed in circles - and there are people who do - sit down.

c) Appraising the situation -

- i. Orientate the map: acknowledge that you do not know where you are and keep an open mind for the moment. So often we try to "bond" the map and / or terrain to fit where we think we are.
- ii. Recall:
 - i. Where you last know for sure where you were. Estimate roughly how long ago this was, on minute, five, perhaps ten if you are moving slowly through rough and featureless terrain.
 - ii. Whether you came on a bearing or not. Did you reverse it? This is easy to correct but there is no short cut - backtrack to where you took the bearing.

Knowing where you have come from and how long ago, will at least show you in what section of the map you are - and unless it is very thick you will probably know the direction you've arrived from on the ground. (Here you can see the importance of stopping and not allowing yourself to wander in circles).

- iii. Check the map - if you know you are in a particular area of it - for any feature which is peculiar to that area i.e. lake, tarn, quarry, power line, etc. and then if you come across that feature while checking other points you can assume where you are.
 - iv. Look about you - for any feature the mapper would have put in: slope of the ground, its direction and steepness, vegetation change (perhaps), stream, ditch, ridge, distance glimpse of high land. Keep the map orientated (believing that your compass does not lie - the sun will confirm) and look for the features you have seen within the area of forest you know you are in e.g. S.W. facing slope appears to fall away steeply lower down; sky visible low down between trees higher up - near top of the slope? Don't jump to conclusions because one feature appears in the right place - keep an open mind until at least 3 pieces fit and nothing provides contrary evidence.
 - v. Action - Knowing approximately where you are is not good enough. Make for a large and obvious feature - in this country one can nearly always pick up a line feature - it may mean climbing, it may mean travelling out of your way. Having reached a line feature, pinpoint your position on it. This is not always easy in a featureless coniferous forest where every ride crossing appears the same and all tracks run in a regular pattern; the contours may help, a stream proving a re-entrant with its dip in the road, or by moving to a ride junction another vista will show the lie of the land. (In Scandinavia it is much more difficult: there may not be a gathering feature for miles. Little marshes repeat themselves again and again; hummocks and hillocks all look alike, and the forest goes on for ever. On one lonely occasion I resorted to climbing to a bump to get a view - I glimpsed competitors in the distance and found I'd left the map.
- d) Found - Having related yourself to the map - put the experience gained behind you. Do not try too madly to make up lost time - go steadily, ignore other people and keep in touch with the map at all times. Remember you've gone further and worked much harder than the winner so stop and make decisions carefully and you'll be surprised how quickly the controls and the Finish come round.
- e) No? Still Lost
- i. Check the time: the organisers will have put a closing time for the course by which you should have reported to the Finish. In the winter this will be at least an hour before sundown and in the summer 4pm or earlier. So, use your common sense, if

you have already been out a couple of hours you may have to make straight for the Finish.

- ii. Plan your route to the Finish by following a line feature until you hit a substantial path or track, where the going is easy: and travel in the approximate direction of the Finish. Ask any competitor you may see to show you where you are on your map - orienteers are sympathetic to anyone in genuine difficulty.
- iii. If you are still lost at dusk remain on a main path at a path junction so that you can see if possible in two directions. Use your whistle if you see or hear anyone collecting control or looking for you.
- iv. Remember the golden rule of orienteering - you **MUST** report to the Finish whether you complete the course or not - if you do not report then someone will be sent out to look for you.

When lost - STOP, appraise the situation - then act.

[Jenny wishes to thank Lol Clarke for reading this part of her series, and for the suggestions he made].

-----000----

EMJOS Report November 2022 to April 2023

Training:

Hawkshead 25th to 27th November JROS weekend

East Midlands sent 2 juniors (Hannah from LOG and Jake from DVO) to the JROS weekend based at Hawkshead YHA in the Lake District. A full 2 days of technical training and the infamous night relay in the grounds (see video on JROS website). Thanks to the coaches Dai, Chris and John for helping.

4th & 5th February 2023 Training with SCJS and YHJS

An opportunity to train on an adjacent area to the British Championships (Cold Ash) with South Central and Yorkshire & Humberside junior squads, was taken up by Ellie and Eoin with Ann-Marie as the coach. The training area was Rushall Woods (between Reading and Newbury) and then racing on the Sunday National Event at Waggoners Wells near Haslemere (near to last year's British Champs). Overnight accommodation was at the Scout Hall at Woking, with catering by the YHJS. Both juniors ran good runs at the National event, about 10mins off the winner's times.

Selections:

Talent North: Hannah (LOG) continues to participate with the training offered for the northern region.

Two of our mature juniors Rachel (W20 DVO) and Ben S (M20 NOC) have been selected again to **run for Great Britain** this summer:

Junior World O Champs (**JWOC**) 1 - 9 July 2023 in Baia Mare, Romania, and
Junior European Cup (**JEC**) 26 - 28 August in Virton, Belgium

EMEWS

Future training:

30th April Nottingham Trent Uni, Clifton Campus hosted by WMJS

A request for a university sprint area was organised for the West Midlands squad at Nottingham Trent university. Just Josh will be joining the other squad.

21st May Rough Close (near Coventry) hosted by WMJS

A future session again with West Midlands squad, will have Eoin and Ellie join their friends at this session.

Final note - more junior athletes...

Are there any ideas or plans to link up with other running clubs (cross country, athletics, team sports) that have a junior section and offer them an alternative activity experience?

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

-----000-----

East Midlands Urban League 2023

The following are the events which are currently planned to be part of the EMOA Urban League 2023:

2nd January - Dronfield (DVO) (UL1)

23rd April - Buxton (DVO) (UL2)

21st May - Dishley (LEI) (UL3)

25th June - Barrow on Soar (LEI) (UL4)

16th July - Newark (NOC) (UL5)

20th August - Lincoln City (LOG) (UL6)

17th September - Nottingham University (NOC) (UL7)

15th October - Grantham (LOG) (UL8)



Your best 4 scores will count from the 7 events. Below is the current table 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

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Alice Woodward	W16	DVO	96	96							

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Mike Chapman	M40	LOG	161	72	89						
2	Nerijus Rozkovas	M35	DVO	160	70	90						
3	Jake O'Donnell	M18	DVO	93		93						
4	Richard Robinson	M40	NOC	91	91							

EMEWS

5	James Mellor	M21	NOC	89	89							
6	Chris Millard	M40	DVO	88	88							
7	Edward De Salis Young	M50	LEI	86	86							
8	Philip Johnston-Davis	M50	RAFO	85	85							
9	Andy Glover	M45	LEI	84	84							
10	Ed Cochrane	M35	NOC	83	83							

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrea Page	W45	LOG	182	86	96						
2	Charlotte Elliss	W35	RAFO	93		93						

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	James Prince	M50	DVO	172	84	88						
2	Roy Mitton	M50	NOC	162	79	83						
3	Andrew Selby	M45	DVO	160	78	82						
4	Andy Nicholls	M45	LEI	100	100	0						
5	Wayne Byrne	M40	RAFO	89		89						
6=	Dave Chaffey	M60	DVO	87		87						
6=	Andy Parry	M45	DVO	87	87							
8	Tom Hartland	M45	DVO	86		86						
9	Gary Peet	M50	NOC	81	81							
10	Gary Kelsall	M50	DVO	80	80							

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	187	91	96						
2	Claire Selby	W50	DVO	171	85	86						
3	Helen Chiswell	W45	DVO	93		93						
4	Michelle Mackervoy	W50	DVO	90	90							
5	Carol Stynes-Martin	W50	LEI	88	88							
6	Jo White	W45	LEI	84	84							
7	Nicola Hart	W60	DVO	81	81							

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrew Ridgway	M60	NOC	182	93	89						
2	David Vincent	M60	DVO	179	86	93						
3	Murray White	M55	DVO	174	88	86						
4	David Cladingboel	M55	LEI	172	84	88						
5	Richard Parkin	M55	DVO	100		100						
6	Dave Chaffey	M60	DVO	91	91							
7	David Naish	M55	DVO	87	87							

EMEWS

8=	Alastair Paterson	M55	LEI	85		85						
8=	Stephen Martin	M60	LEI	85	85							
10	Simon Brister	M70	DVO	83	83	0						

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Helen Parkinson	W55	NOC	190	90	100						
2	Sal Chaffey	W55	DVO	189	93	96						
3	Amanda Roberts	W60	LOG	182	89	93						
4	Alison Hardy	W55	LEI	181	91	90						
5	Kim Buxton	W60	DVO	169	81	88						
6	Anne Kimberley	W60	DVO	151	71	80						
7	Val Johnson	W60	DVO	89		89						
8	Sue Russell	W60	DVO	86		86						
9	Amanda Price	W60	DVO	83	83							
10	Ursula Williamson	W60	LEI	76	76							

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Paul Morris	M65	NOC	190.5	90.5	100						
2	John Hurley	M65	DVO	169	79	90						
3	Mike Gardner	M65	DVO	154	77	77						
4	Stephen Kimberley	M65	DVO	152	64	88						
5	Andrew Wallace	M65	NOC	149	73	76						
6	Roger Edwards	M70	LEI	148	63	85						
7	Malcolm Spencer	M65	DVO	146.5	65.5	81						
8	Mike Godfree	M70	DVO	146	72	74						
9	Kevin Gallagher	M70	LEI	143	71	72						
10	Jeffrey Baker	M70	LOG	141	62	79						

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Ruth Ellis	W70	DVO	177	88	89						
2	Ann Armistead	W70	DVO	176	86	90						
3	Viv Macdonald	W70	DVO	167	80	87						
4	Jane Kayley-Burgess	W65	DVO	90	90							
5	Maureen Webb	W70	LEI	85	85							
6	Judith Holt	W70	DVO	83	83							

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Doug Dickinson	M75	DVO	200	100	100						
2	Derek Gale	M75	DVO	181	90	91						

EMEWS

3	Rex Bleakman	M75	DVO	180	91	89						
4	Peter Chick	M75	LEI	174	88	86						
5	Dave Skidmore	M75	DVO	169	82	87						
6	Peter Leake	M80	LEI	163	80	83						
7	Ernie Williams	M80	LEI	154	75	79						
8	John Woodall	M80	NOC	153	76	77						
9	Andrew Middleton	M75	DVO	96	96							
10	Pat Squire	M75	NOC	90		90						

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7
1	Liz Godfree	W75	DVO	196	100	96					
2	Diane Boulton	W75	DVO	182	93	89					
3	Margaret Keeling	W75	DVO	178	88	90					
4	Jen Gale	W75	DVO	171	85	86					
5	Hilary Palmer	W75	NOC	100		100					
6	Christine Middleton	W75	DVO	91	91						
7	Tricia Neal	W75	NOC	84	84						
8	Diane Ford	W75	LEI	83	83						

----000----

East Midlands League 2023

The tables below provide the current standings for the EMOA League 2023. With a total of 14 events, the best 8 scoring events count 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.

The events included in the League for 2023 are:

- 1 - 22nd January - LEI - Outwoods
- 2 - 5th February - LOG - Chambers Wood
- 3 - 25th February - DVO - Birchen Edge
- 4 - 5th March - NOC - Silverhill
- 5 - 19th March - LEI - Burbage Common
- ~~6 - 16th April - NOC - Byron's Walk (CANCELLED)~~
- 7 - 11th June - DVO - Carsington Pastures
- 8 - 19th September - DVO - Kedleston Park
- 9 - 24th September - LEI - Irchester Country Park
- 10 - 8th October - DVO - Longshaw
- 11 - 29th October - LEI - Bradgate Park
- 12 - 19th November - NOC - Watchwood & Calverton
- 13 - 3rd December - LEI - Ratby
- 14 - 17th December - NOC - Walesby

EMEWS

If there is no table below for a course / gender then there are no scorers meeting the criteria to be included (obviously with only 2 events so far there won't be too many classes where folk meet the criteria).

White - Female

Name	Club	Age	1	2	3	4	5	scores	Pos.
Lily Robinson	NOC	W10			1000	1000		2000	1

White - Male

Name	Club	Age	1	2	3	4	5	scores	Pos.
Hugh Chester	LEI	M10	704			680		1384	1

Yellow - Female

Name	Club	Age	1	2	3	4	5	scores	Pos.
Grace Robinson	NOC	W10	767		1000	1000		2767	1

Orange - Male

Name	Club	Age	1	2	3	4	5	scores	Pos.
Aidan Chester	LEI	M12			1000	655		1655	1
Isaac Rosewell	NOC	M12			604	910		1514	2

Orange - Female

Name	Club	Age	1	2	3	4	5	scores	Pos.
Sindy Chafer	LEI	W55	970			691	472	2133	1
Emma Rosewell	NOC	W12			1000	1000		2000	2

Light Green - Male

Name	Club	Age	1	2	3	4	5	scores	Pos.
Daniel Stothard	LEI	M18		1000	1000		741	2741	1
Stuart Swalwell	DVO	M70				933	853	1786	2
Felix Jarvis	LEI	M14	487			1000		1487	3

Light Green - Female

Name	Club	Age	1	2	3	4	5	scores	Pos.
Karen Ives-Smith	LEI	W55	998	1000		1000		2998	1
Alice Woodward	DVO	W16			570	609		1179	2

Short Green - Male

Name	Club	Age	1	2	3	4	5	scores	Pos.
Doug Dickinson	DVO	M75	907	765	1000	1000	1000	4672	1
Donald Moir	LEI	M90	781	1000	862	954	825	4422	2
Kevin Gallagher	LEI	M70	777	873	671	828	779	3928	3
John Woodall	NOC	M80	870	646	785	722	736	3759	4
Matt White	LEI	M55	977		798	837	902	3514	5
Peter Chick	LEI	M75	671	769	617	763	631	3451	6
Robert Titterington	LEI	M80	750	908		961	758	3377	7
Jeff Baker	LOG	M70		701	784	869	760	3114	8
David Anderson	LEI	M80	650		805	808	615	2878	9
Chris Bosley	LEI	M75	970		870	955		2795	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	score	Pos.
Liz Godfree	DVO	W75	970	1000	1000		926	3896	1
Jane Kayley-Burgess	DVO	W65	820	988		962	1000	3770	2
Maureen Webb	LEI	W70	737	678	577	782	699	3473	3
Ruth Ellis	DVO	W70	915	958		716	853	3442	4
Margaret Keeling	DVO	W75	779		779	624	794	2976	5
Tricia Neal	NOC	W75	539	565	361	431	637	2533	6
Diane Blount	DVO	W75			707	849	807	2363	7
Christine Middleton	DVO	W75			903	1000		1903	8
Viv Macdonald	SVO	W70	530			586	717	1833	9
Jane Booker	NOC	W65	1000		800			1800	105

Green - Male

Name	Club	Age	1	2	3	4	5	scores	Pos
John Marriott	LEI	M75	1000	946	835	839	848	4468	1
Paul Goodhead	DVO	M60		940	735	704	802	3181	2
John Hurley	DVO	M65	787		607	829	933	3156	3
Andy Portsmouth	LEI	M65	673	702		783	809	2967	4
Roger Edwards	LEI	M70			925	1000	1000	2925	5
Mike Godfree	DVO	M70	796	1000			973	2769	6
Malcolm Spencer	DVO	M65			864	839	826	2529	7
Russel Buxton	DVO	M65	781	985			754	2520	8
Jonathon Lee	LEI	M60		663	495	578	716	2452	9
Mike Dallaway	LEI	M60	631	810			717	2158	10

Green - Female

Name	Club	Age	1	2	3	4	5	scores	Pos
Ursula Williamson	LEI	W60	826	717		951	890	3384	1
Kim Buxton	DVO	W60	982	893			1000	2875	2
Anne Kayley-Burgess	DVO	W55	703	452		859	836	2850	3
Jane Booker	NOC	W65		757		1000	679	2436	4
Karen White	LEI	W55	623			517	881	2021	5
Clare Hanna	LOG	W55	543	562		781		1886	6
Wendy Foster	NOC	W60	553			594	667	1814	7
Claire Selby	DVO	W50	777				851	1628	8
Charlotte Elliss	RAFO	W35	498	387	453			1338	9
Jo White	LEI	W45	562		590			1152	10

Blue - Male

Name	Club	Age	1	2	3	4	5	scores	Pos
Francesco Lari	DVO	M55	864	786	740	799	750	3939	1
Alastair Paterson	LEI	M55	800	699	681	597	627	3404	2
Paul Morris	NOC	M65	957		1000		1000	2957	3
Murray White	DVO	M55	737	738		670	674	2819	4
James Prince	DVO	M50	706		633	743	714	2796	5
Tom Hartland	DVO	M45	778		640	703	633	2754	6
Andy Sykes	DVO	M55		956		787	876	2619	7
Simon Brister	DVO	M70	709		912		743	2364	8
David Cladingboel	LEI	M55	820			630	672	2122	9
Ed Chester	LEI	M45	717			654	678	2049	10

EMEWS

Blue - Female

Name	Club	Age	1	2	3	4	5	scores	Pos
Tanya Taylor	LOG	W50	1000	979	1000	909	1000	4888	1
Sal Chaffey	DVO	W55	727	1000	896	1000		3623	2
Alison Hardy	LEI	W55	756	892		951	972	3571	3
Nicola Hart	DVO	W60	635	844	586		898	2963	4
Monica Henderson	NOC	W21	439		551	677		1667	5
Sally Calland	DVO	W45	753	889				1642	6
Lizzie Rosewell	NOC	W40			695	727		1422	7
Robyn Jarvis	LEI	W18			576	519		1095	8

Brown - Male

Name	Club	Age	1	2	3	4	5	score	Pos
Richard Parkin	DVO	M50	998	1000		1000	1000	3998	1
Andrew Ridgway	NOC	M60	671	714	688	726	716	3515	2
Nerijus Rozkovas	DVO	M35	728		627	810	718	2883	3
Philip Johnston-Davis	RAFO	M50	730	861	853			2444	4
Ian Wells	RAFO	M70	529		558	623	592	2302	5
Andy Glover	LEI	M45	686			777	786	2249	6
Andrew Ward	LEI	M35	517		574		602	1693	7
Steve Schofield	NOC	M60			743	893		1636	8
Andy Sykes	DVO	M55	811		681			1492	9
Ben Glover	LEI	M18	699			767		1466	10

----000---

Puzzle Page

Puzzle Result - Below is the answer for the puzzle set in EMEWS 286:

Monday: Jim Smart; Brandon; SYO

Tuesday: Terry Jones; Comer Woods; HOC

Wednesday: Dominic Taylor; Canklow; HALO

Thursday: Raymond Grey; Beverley Westwood; OD

Friday: Simon Benson; Wykeham; EBOR

---0000---

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	6	4	6	4	3	5	4	
									6
									7
									2
									3
START									7
									6
									1
	FINISH								1

----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.

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

May 2023

Tue 23 rd	LEI Summer League 6	Locl	LEI	EM	Castle Hill	Anstey, Leicester	SK554083
Wed 24 th	Lincs Poacher 7 Normanby Hall	Locl	HALO	YH	Normanby Hall	Scunthorpe	SE887168
Sat 27 th	Scottish Championships (UKOL)	Natl	ECKO	SOA	Creag Mhic Chailein	West of Scotland	
Sat 27 th	Springtime in Shropshire Day 1	Natl	WRE	WM	Telford Town Park & Randlay	Telford	SJ6980808232
Sat 27 th	Darley Park Local Event	Locl	DVO	EM	Darley Park	Derby	SK353384
Sun 28 th	Scottish Relay Championships	Natl		SOA	Inverawe	Scotland	
Sun 28 th	Springtime in Shropshire Day 2 & Midlands Championships (UKOL)	Natl	HOC	WM	Brampton Bryan	Ludlow	
Mon 29 th	Springtime in Shropshire Day 3 (UKOL)	Natl	WRE	WM	Corndon	Montgomery	
Tue 30 th	LEI Summer League 7	Locl	LEI	EM	Brock's Hill	Leicester	SP618998
Wed 31 st	Lincs Poacher 8 Belvoir Estate, Cleethorpes	Locl	HALO	YH	Belvoir Park	Cleethorpes	TA301065

June 2023

Sun 4 th	YHOA Urban League - York City Race	Regl	EBOR	YH	York	York	
Sun 4 th	SO Regional Event - Capite Wood, Ashington	Regl	SO	SEO A	Capite Wood, Ashington	Ashington, A24, West Sussex	TQ158175
Wed 7 th	Hinkley North West Joint Event with Leicester OC	Locl	OD	WM	Clarendon Park, Rostron Drive, Hinkley	Hinkley	
Wed 7 th	Lincs Poacher 9 & LCS - Baysgarth Park, Barton	Locl	HALO	YH	Baysgarth Park	Barton	TA030212
Sat 10 th	Park-O Cherry Hinton Hall	Locl	WAO C	EA	Cherry Hinton Hall Park	Cambridge	
Sat 10 th	Saturday Series 9	Locl	SYO	YH	Graves Park	Sheffield	
Sun 11 th	EMOA League 2023 Carsington Pastures	Regl	DVO	EM	Carsington Pastures	Wirksworth	
Sun 11 th	SE Sprint Championships	Regl	SLOW	SE	Ham	Richmond	

EMEWS

Wed 14 th	Lincs Urban League	Locl	LOG	EM	Birchwood & Doddington	Lincoln	SK933694
Thu 15 th	LEI Summer League 9	Locl	LEI	EM	Burrough Hill	Leicester	SK766114
Sat 17 th	STONE COMMON PLOT	Locl	POTO C	WM	stone common plot	STONE	
Sun 18 th	YHOA Urban League	Regl	SYO	YH	SW Sheffield	Sheffield	
Tue 20 th	LEI Summer League 10	Locl	LEI	EM	Hermitage	Coalville	
Sat 24 th	YHOA Urban League - Sprint Scunthorpe (Day 1 Iron & Steel W/E)	Regl	HALO	YH	Lodge Moor and Kingsway	Scunthorpe	
Sat 24 th	Markeaton Park Local Event	Locl	DVO	EM	Markeaton Park	Derby	SK335370
Sat 24 th	Saturday Series prizegiving	Locl	SYO	YH	Millhouses Park	Sheffield	
Sun 25 th	Harvester Relays (unlikely)	Natl	BAOC	NE	Catterick	Richmond	
Sun 25 th	EMUL 2023 Barrow Urban	Regl	LEI	EM	Barrow	Loughborough	
Sun 25 th	YHOA Urban League - Scunthorpe (Day 2 Iron & Steel W/E)	Regl	HALO	YH	Scunthorpe	Scunthorpe	
Wed 28 th	LEI Summer League 11	Locl	LEI	EM	Boothorpe	Ashby	
Wed 28 th	Lincs Urban League	Locl	LOG	EM	Skegness	Lincoln	

July 2023

Sat 1 st	YHOA Urban League - EPOC Urban Weekend	Regl	EPOC	YH	Wakefield (Ossett)	Wakefield	
Sun 2 nd	YHOA Urban League - EPOC Urban Weekend	Regl	EPOC	YH	Mirfield	Mirfield	
Wed 5 th	LUL 4 - Brigg	Locl	HALO	YH		Brigg	
Wed 5 th	Summer Evening Spunch	Locl	MDO C	NW	Area around Ruston Spencer	Macclesfield	
Wed 5 th	Abbey Fields Evening Event (TBC)	Locl	OD	WM	Abbey Fields, Kenilworth	Kenilworth	
Thu 6 th	LEI Summer League 12	Locl	LEI	EM	Markfield	Leicester	SK486106
Sat 8 th	YHOA Urban League Sprint Event	Regl	SYO	YH	Parkwood Springs	Sheffield	
Sat 8 th	Allestree Park Local Event	Locl	DVO	EM	Allestree Park	Derby	SK352408
Sun 9 th	Yvette Baker Trophy Final	Natl	SYO	YH	Sandall Beat	Sheffield	
Sun 9 th	SILVERDALE COUNTRY PARK SCORE & PICNIC	Locl	POTO C	WM	silverdale country park	NEWCASTLE UNDER LYME	
Tue 11 th	LEI Summer League 13	Locl	LEI	EM	Bagworth	Ashby	SK457068
Wed 12 th	Lincs Urban League	Locl	LOG	EM	Washingborough	Washingborough	TF029696
Thu 13 th	MDOC Summer Evening event	Regl	MDO C	NW	Alderley Edge	Alderley Edge	SJ860772
Sat 15 th	YHOA Urban League Weekend	Regl	CLARO	YH	Knaresborough	Knaresborough	
Sat 15 th	Woodside Urban - UKUL, WMUL	Regl	WRE	WM	Woodside	Telford	SJ686042
Sun 16 th	YHOA Urban League Weekend - possibly EuroCity Race	Regl	CLARO	YH	Harrogate	Harrogate	
Sat 15 th	Wolds Mini Mountain Marathon	Locl	LOG	EM		Lincoln	

EMEWs

Wed 19 th	LEI Summer League 14	Locl	LEI	EM	Benion Pools	Leicester	SK571091
Wed 19 th	LUL 6- Ashby, Scunthorpe	Locl	HALO	YH		Scunthorpe	
Sat 22 nd	YHOA Urban League - Fat Rascal Weekend	Regl	AIRE	YH	Holt Park & Tinshill	Leeds	
Sun 23 rd	YHOA Urban League - Fat Rascal Weekend	Regl	AIRE	YH	Leeds - Whinmoor and Swarcliffe	Leeds	
Thu 27 th	LEI Summer League 15	Locl	LEI	EM	Anstey	Leicester	SK550087
Sun 30 th	S6D Moray 2023 Day 1	Natl		SOA	Lossie Forest	Lossiemouth	
Mon 31 st	S6D Moray 2023 Day 2 (UKOL)	Natl		SOA	Darnaway	Forres	9816156090

August 2023

Tue 1 st	S6D Moray 2023 Day 3	Natl		SOA	Roseisle Forest	Burghead	1175868664
Wed 2 nd	Scottish Six Days - Rest Day Sprint - UKUL14 & SOUL8	Regl	EUOC	SOA		Forres	
Wed 2 nd	S6D Moray Rest Day - Trail O	Locl		SOA	Roseisle Forest	Forres	
Thu 3 rd	S6D Moray 2023 Day 4 (UKOL)	Natl		SOA	Culbin	Forres	29864160552
Fri 4 th	S6D Moray 2023 Day 5	Natl		SOA	Culbin Forres	Forres	NH29864160552
Tue 8 th	LEI Summer League 16	Locl	LEI	EM	Knighton Park	Leicester	SK606008
Wed 16 th	LEI Summer League 17	Locl	LEI	EM	Aylestone	Leicester	
Sat 19 th	Milton Keynes Urban and Keyne-O 5	Regl	SMOC	EA		Milton Keynes	
Sun 20 th	EMUL 2023 Lincoln City Urban	Regl	LOG	EM	Lincoln City	Lincoln	
Wed 23 rd	Rough Close Evening Event	Locl	OD	WM	Rough Close Scout Camp	Coventry	
Sat 26 th	White Rose	Natl	EBOR	YH	Pickering Forest	Yorkshire	
Sun 27 th	White Rose & YHOA SuperLeague	Natl	EBOR	YH	Pickering Forest	Yorkshire	
Mon 28 th	White Rose Sprint	Regl	EBOR	YH	Pickering Forest	Yorkshire	

September 2023

Sat 2 nd	CAPRICORN 2023	Locl	PFO	NW	Gisburn Forest & Bowland Fells	Settle	SD745560
Sun 3 rd	EMUL 2023 Nottingham University Urban (TBC)	Regl	NOC	EM	Nottingham University	Nottingham	
Sun 3 rd	Burton Dasset - WM League	Regl	OD	WM	Burton Dasset Country Park	Northend	
Sat 9 th	Dales Town and Country Weekend	Regl	AIRE	YH	Ilkley	Ilkley	
Sun 10 th	Peter Palmer Junior Team Relays	Natl	SMOC	EA	National Trust Stowe	Buckingham	
Sun 10 th	Dales Town and Country Weekend & YHOA SuperLeague & YHOA Championships	Regl	AIRE	YH	Conistone South	Grassington	
Sun 10 th	EMOA League 2023 Kedleston Park	Regl	DVO	EM		Derby	
Sun 10 th	WMUL Event - Malvern	Regl	HOC	WM		Malvern	

EMEWS

	Urban						
Sat 16 th	City of London Race (UKOL)	Natl	SLOW	SE	Rotherhithe	London	
Sat 16 th	FENTON PARK	Locl	POTOC	WM	fenton park	HANLEY	
Sun 17 th	British Sprint Relay Championships	Majr	LOK	SE	Brunel University	London	
Sun 24 th	Regional Event	Regl	CLARO	YH	Swinsty	Harrogate	
Sun 24 th	UKUL event	Regl	MDOC	NW	Birchwood, including Locking Stumps	Warrington	
Sun 24 th	EMOA League 2023 (Irchester)	Regl	LEI	EM	Irchester Country Park	Wellingborough	
Sun 24 th	WMOA Relays	Regl	WCH	WM	Hednesford Camp	Hednesford	
Sat 30 th	October Odyssey Day 1	Natl	NN	NE		North East	
Sat 30 th	Caddihoe Day 1 (UKOL)	Natl	NGOC	SW	Mallards Pike	Coleford	

October 2023

Sun 1 st	Regional Event	Regl	SYO	YH	Whitwell Woods	Sheffield	
Sun 1 st	October Odyssey Day 2	Natl	NN	NE		North East	
Sun 1 st	Caddihoe Day 2 (UKOL)	Natl	NGOC	SW	Mallards Pike	Coleford	
Sat 7 th	Autumn in Anglia Day 1	Regl	SUFFOC	EA	West Stow	Thetford	
Sat 7 th	Double Sprint Event	Regl	DEE	NW		Crewe	
Sun 8 th	Winsford Urban (UKUL)	Natl	DEE	NW OA	Winsford	Winsford	SJ640659
Sun 8 th	Autumn in Anglia Day 2	Regl	WAO C	EA	Newmarket	Newmarket	
Sun 8 th	EMOA League 2023 Longshaw (TBC)	Regl	DVO	EM		Sheffield	
Sat 14 th	British Schools Score Championships	Natl	LEI	EM	Martinshaw Woods	Leicester	
Sun 15 th	YHOA SuperLeague	Regl	EBOR	YH	Skipwith Common	Selby	
Sun 15 th	EMUL 2023 Grantham Urban	Regl	LOG	EM	Grantham	Grantham	
Sun 15 th	NOR Blickling	Regl	NOR	EA	NT Blickling	Aylsham	
Sat 28 th	Cambridge City Race	Regl	CUOC	EA		Cambridge	
Sat 28 th	DOWNS BANKS	Locl	POTOC	WM	downs banks country park	STONE	
Sat 28 th	EBOR Indoor Orienteering Event	Regl	EBOR	YH	York	York	
Sun 29 th	YHOA Urban League	Regl	HALO	YH	Brough	Brough	
Sun 29 th	EMOA League 2023 (Bradgate Park) (TBC)	Regl	LEI	EM	Bradgate Park	Loughborough	

November 2023

Sat 4 th	Urban (UKOL) - November Classic Weekend	Natl	BAOC	SC	Winchester	Winchester	
Sun 5 th	November Classic & Southern Championships (UKOL)	Natl	SOC	SC	New Forest	Lyndhurst/Lymington	
Sun 12 th	CompassSort Cup Final	Majr	BOK	SW	New Beechenhurst	Coleford	
Sun 19 th	EMOA League 2023 Watchwood and Calverton	Regl	NOC	EM	Watchwood and Calverton	Mansfield	

EMEWs

Sun 19 th	WML Event - Burlish Top	Regl	HOC	WM	Burlish Top	Kidderminster	
Sat 25 th	CHEDDLETON HEATH	Locl	POTO C	WM	cheddleton heath	LEEK	
Sat 25 th	EMOA League 2023	Regl	DVO	EM	Linacre	Chesterfield	
Sat 25 th	Southern Night Championships	Locl	BAOC	SE	Pirbright Range Complex & Bisley Camp	Camberley	
Sun 26 th	SYO Regional Event	Regl	SYO	YH	Baslow Edge & Big Moor	Sheffield	
Sun 26 th	SN Trophy	Natl	SN	SC	Mytchett	Aldershot	SU922562

December 2023

Sun 3 rd	CHIG SEL event	Natl	CHIG	SE	Epping NW		
Sun 3 rd	YHOA SuperLeague	Regl	HALO	YH			
Sun 3 rd	EMOA League 2023 (Ratby) (TBC)	Regl	LEI	EM	Ratby	Ratby	
Sun 10 th	TVOC Chiltern Challenge Regional Event & SCOA Championships	Natl	TVOC	SC	Naphill and Bradenham	Princes Risborough	
Sun 10 th	Sutton Park South - WM League	Regl	OD	WM	Sutton Park Boldmere Gate Entrance	Sutton Coldfield	
Sun 17 th	EPOC Regional Event	Regl	EPOC	YH		East Pennines	
Sun 17 th	EMOA League 2023 Strawberry Hill (TBC)	Regl	NOC	EM	Strawberry Hill		
Thu 28 th	EBOR Regional Event	Regl	EBOR	YH	York University East	York	
Fri 29 th	SN Regional event	Regl	SN	SE	Hogmoor	Bordon	SU785349

UK Urban League 2023 (to go)

8	EBOR	York City Race	04-Jun
9	RR	Kelso Urban	10-Jun
10	BADO	Whitchurch Urban	17-Jun
11	CLOK	Barnard Castle Urban	09-Jul
12	WRE	Woodside Urban, Telford	15-Jul
13	CLARO	Harrogate Urban	16-Jul
14	S6D	Forres Sprint	02-Aug
15	LOG	Lincoln Urban	20-Aug
16	MV	Reigate Urban	27-Aug
17	Masterplan	Sprint Scotland	03-Sep
18	SLOW	City of London Race	16-Sep
19	MDOC	Birchwood Urban, Warrington	24-Sep
20	TVOC	Abingdon Urban	24-Sep
21	DEE	Winsford Urban	08-Oct