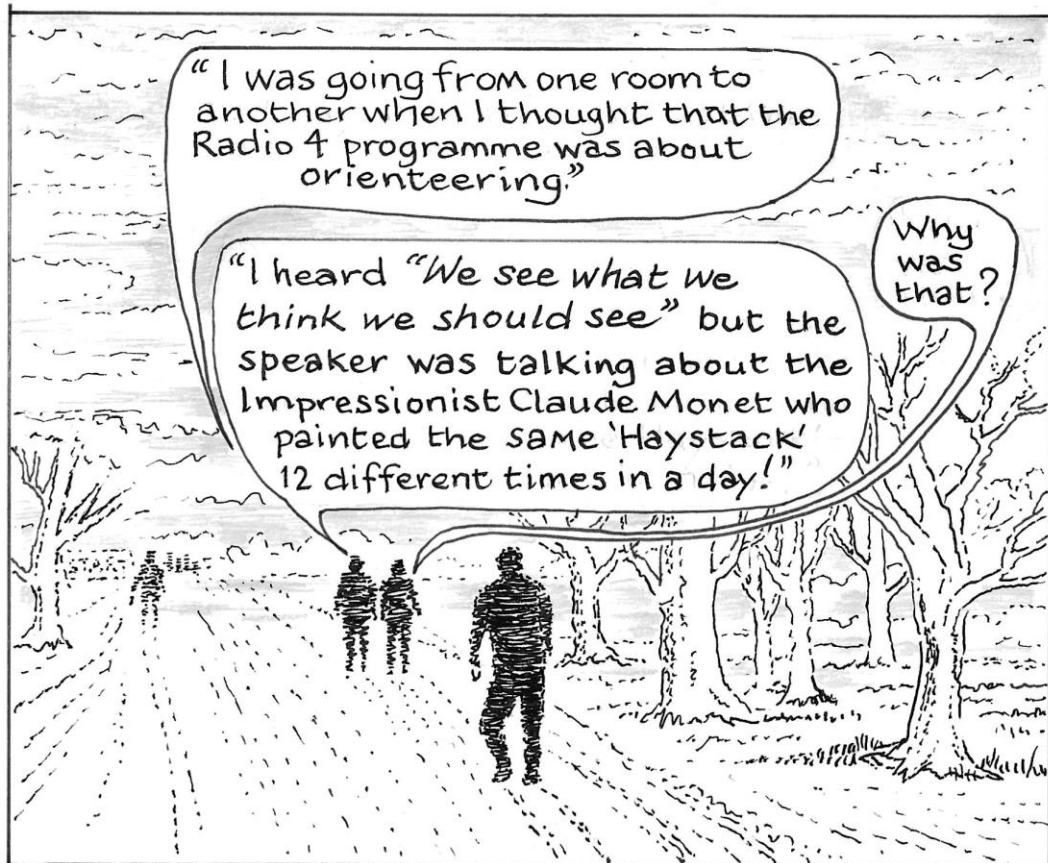


THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

WINTER INTO SPRING 2024



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EMEWS

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

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Copy Date for next issue: **28th February 2024 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

I will then get the next edition out in March 2024.

Cover - Thanks again to Ernie for the cover. A little bit of background from Ernie. It is based around a couple conversing whilst going towards the Start on a misty Sunday morning (might be familiar to those who took part in EMLE at Martinshaw recently), and with a little bit of Art History in there as well. Monet painted well over a couple of dozen 'Haystacks' all told - some say 'Hayricks' - either way they look like straw huts in sunshine and shadow, and all painted at different times 'en plein air' throughout the harvesting day or days, and Monet also did something similar with the west facade of Rouen Cathedral too!

Contents – EMEWS 290

Notes from EMOA Committee Meeting on 27 th November 2023	3
Orienteering Foundation Report – November 2023 – Pauline Olivant	6
EMJOS Summary September to October 2023 – Ann-Marie Duckworth	7
A Big Mistake on the Big Stage – Rachel Duckworth	9
Stockholm JROS – Hannah Mather	11
East Midlands Urban League 2023	13
East Midlands Urban League 2024	16
East Midlands League 2023	17
East Midlands League 2024	20
Puzzle Page	21
Fixtures	22

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Notes from EMOA Meeting – 27th November 2023

Officials Required – The EMOA Committee will need a new Vice-Chair and a new Financial Secretary at the AGM in September 2024. Please consider coming forward to assist as we need these roles filling going forward (you can talk to any of the committee to understand the roles if interested).

Constitution – The updated EMOA constitution, following the changes agreed at the 2023 AGM, is now available on the EMOA website at <http://www.emoa.org.uk/members/constitution.php>.

Financial Secretary Report – In terms of income, membership income had as expected been low during the months to November, but now new members and renewals had started to come in. All event levies were up to date. The main expenditures had been on EMJOS kit and talent requests (see below).

Talent Requests – The EMOA Committee wants to continue to provide support for EMOA orienteers. One problem is that there now seem to be higher costs for most tours for those involved (less SportEngland support), along with fewer options to get support for competitors. This has resulted in a number of quite large requests that if these were fulfilled at this stage would leave no budget for other competitors later in the financial year. For this reason the EMOA Committee has decided to cap the amount provided to any one orienteer to a maximum of £250 per annum. That way there should be funds to support most of the requests this financial year. Information on applying and the limit is available on the EMOA website at <http://www.emoa.org.uk/members/finance.php>. The good news is that we do seem to have a number of orienteers requiring support this year.

Development – Following the AGM where we had no volunteer for the Development Co-ordinator role, John Hurley has volunteered to step forward as Acting Development Co-ordinator in the short term. However, John stated he would want to make sure we managed the development work in a strategic way and his first priority would be to work with the club reps

EMEWS

on the Development Working Party to deliver a development plan in time for the next EMOA AGM. John also wants to request information from each of the clubs as to what each club are doing in terms of development activity (as it may well be that some of this could be shared across the other clubs). The committee agreed to formally co-opt John as Development Co-ordinator up to the next EMOA AGM.

Budget for Development - In the short term £2,000 had been agreed for development activity for 2023/24 as part of the budget. This money will continue to be available for development and will roll over to 2024/25 if not used this year.

Reserves Balance - In the longer term an action had been raised at the EMOA AGM "ACTION: The Officers and Committee members are tasked to report back on the finally agreed figure for an 'EMOA Reserves Balance', and the date for implementation, to the membership by Monday 11th March 2024 at the latest." After discussion at the EMOA Committee the following was agreed. The agreement at the AGM was to drop the reserve balance to £9,000 this year. This is how the budget has now been planned. We will then use the Development Plan that John Hurley is creating to drive the reserve balance proposal to the 2024 AGM (and drive the 2024/25 budget).

Officials Training Day 2024 - Discussion took place on the timing and requirements for the Officials Training Day. Given the majority of the senior officials are heavily involved in the JK, it is proposed that we aim to have a Development Day in the early Autumn of 2024. There are now a number of e-learning courses available to assist with this training (e.g., Planner's course). We should, where available, make these part of our training (e.g., a pre-requisite for attendance on the courses). The training day itself can then focus on the more practical aspects of the training and potentially be of a shorter duration. The courses identified as potentially needed would be:

- Controllers Course
- Planners Course
- Organisers Courses
- Mapping session for expert mappers to discuss the latest map standard updates

Potential location for the course would be Groby Community College (as provides access to Ratby which can be used for practical exercises) or Charnwood College.

If members are interested in attending any of these courses or believe other courses are required please let your club rep know.

Coaching - The new Orienteering Coach Award (to replace the BOF/1st4Sport L2 Coach Award) is being developed with 6 e-learning modules, some online seminars and 1 practical session - these will replace the current 3 days training course. After the initial training coaches will plan and deliver 4 orienteering technique sessions and 1 physical training session and then be assessed delivering a coaching session of approx. 1 hour. If anyone interested in attending please let Hilary Plamer know. This should allow people to complete their coaching qualification within 1 year.

NOC's MapActive - NOC have continued to run their MapActive courses. Stage 2 starts on 2nd December and has 9 people signed up. Details are on the NOC website: <https://www.noc-uk.org/Introduction/MRC>. NOC are happy to share information to any club coaches if interested.

Club Member Coaching - Hilary is looking to run a series of club coaching sessions across EMOA and has asked each club to offer an area. The sessions would be open to all EMOA members. The initial NOC forest session is on January 13th, but is open to all (names required by 2nd January as numbers are limited by their access agreement) - See <https://www.noc-uk.org/Introduction/RO>.

EMJOS - See separate report.

British Orienteering Trans Policy - BOF has circulated their Trans Policy to clubs and regions. It is available at https://www.britishorienteering.org.uk/?pg=news_archive&item=6291. The BOF Policy is basically "Individuals are free to self-identify their sex on the British Orienteering database or when entering an event without a requirement for further evidence. At all events and competitions, the male category in all age classes is open to all without restriction..... At the Identified Major Events, individuals will be eligible to compete in the female category in all age classes if and only if they are eligible to compete in the female category under the IOF Transgender Policy..... Any trans individual whose sex assigned at birth was not female and who wishes to compete in the female category at an Identified Major Event must, before entering the event, provide evidence to British Orienteering that they meet the requirements of the IOF Transgender Policy, in accordance with the process set out in Appendix A..... At the Identified Major Events, any trans individuals who are not eligible to compete in the female category under the IOF Transgender Policy may nevertheless be able to participate in that category, but must declare themselves to be non-competitive and will not be eligible to win titles, medals, prizes or trophies, either individually or as part of a team."

It was agreed that as EMOA follows all BOF policies we would adopt the same policy as BOF in terms of our major event (EMOA Champs) and the 2 EMOA Leagues.

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

- **Future Major Events**

- a. **21 Jan 2024 - National - DVO - Eyam Moor**
- b. **28 Jan 2024 - National - NOC - Robin Hood Trophy (Sherwood Forest)**
- c. **25 Feb 2024 - East Midlands Champs - LOG - Chambers Wood (new area)**
- d. **29 Mar 2024 - JK Sprint - LEI - Loughborough**
- e. **1 Apr 2024 - JK Relays - DVO - Stanton Moor**
- f. **16 Feb 2025 - CompassSport Cup Heat - NOC - Clumber**
- g. **12 Jul 2025 - EuroCity Day 1 - NOC**
- h. **13 Jul 2025 - EuroCity Day 2 - LOG**
- i. **7 Sep 2025 - Midland Champs - DVO - Chinley Churn**
- j. **2025 - East Midlands Champs - LEI**

- **JK** - The entries should open shortly and at this stage all events seem to be progressing well.
- **Future Urban League Scoring** - Discussion took place on the scoring system used for the EMOA Urban League. The forest league is only score based on EMOA members and after discussion it was agreed that the same approach should apply to the EMOA Urban League (this would not have impacted any winner in 2023 but lower down the tables some folk would have been impacted). The problem was that some events (e.g. particularly those in UK Urban League) attracted more competitors from outside EMOA and this meant the scoring of EMOA members in those events was adversely impacted. The scoring system will remain the same but from the 2024 league onwards only EMOA members will be scored in the league (i.e., first EMOA member in a class = 100, 2nd EMOA member = 96, 3rd EMOA member = 93, 4th EMOA member = 91, 5th EMOA member = 90, etc.).

Quiet Parking & Starts - You may have noticed that some events are now offering quiet parking and starts to help people who prefer not to be in the noise and hustle / bustle of the pre-start. This is aimed at those with autistic tendencies but others may make use of them.

Course planning for elderly and infirm orienteers - Looking at recent event results (not just across EMOA) it can be seen that there are some very long finishing times and lot of retirals on the Short Green course. When planning these courses planners and controllers need to consider the mobility issues of competitors. The following paragraph is being considered for inclusion in the rules "Planners must remember that elderly and/or infirm orienteers have difficulties crossing rough ground - going up and down steep slopes; scrambling over boulder fields and rocky ground; getting into and out of steep sided hollows, gullies, streams, etc; pushing through dense vegetation with low branches; and climbing over fences and stiles. Some competitors use a stick for balance which can also make movement more awkward in the terrain. Hence, as far as possible, such obstacles should be avoided/minimised on their courses." It has also been suggested that we may want to consider including a Very Short Green in the East Midlands League in the future. This will be discussed at the next EMOA committee meeting.

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Orienteering Foundation Report November 2023

Latest news.

- The Orienteering Foundation sponsored Coaching Day at Graythwaite Estate area became unavailable and was hastily rebooked to Great Tower, over 90 orienteers still enjoyed a great day's coaching thanks to Derek Allison's hard work.
- We received a detailed report of the grant we gave to JROS towards their UKCC level 2 Coaching course in the summer, read more all about it [here](#).
- We relaunched the Legacy donations programme earlier in the year and have just gratefully received donations in memory of [Dave Caudwell](#) and [Keith Marsden](#). Click on the names to read more.
- A working group for a Volunteering project which the Foundation are initiating, looking at good practice, would still welcome more people to take part. If you are interested to find out more [here](#).
- Foundation has Implemented a rolling strategy for investments in bonds to secure higher interest rates on reserves.
- Thanks to the Northern Ireland OA, the organisers of the British Middle and Sprint Championships, donations raised were £500, more details [here](#).
- The Club Development officers which are helped by funding from the Foundation are doing some great work, latest reports can be read here.
 - [Cleveland OK](#)
 - [Lakeland OC](#)
 - [Derwent Valley OC](#)
- There were several applications for grants this quarter and we have awarded contributions to the following.
 - [South East Lancs OC](#) towards projects to Engaged new adults and families.
 - [Freddie Carcas](#) towards his expenses for the European Championships.
 - [Stirling University](#) Phase 2 of their development
 - [JROS](#) to support coach gaining mini bus licence.
- We are receiving a steady income from racesignup donation of £0.01 per entry they take.



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

EMJOS Summary September to October 2023

Training, events and JROS camps:

Preparation Zoom call for JIRCS 2023

An evening session (1hour) was arranged to study the two very different areas for the Junior Inter Regional Championships in South Wales.

The individual day was at Kenfig Burrows sand dunes (Port Talbot) and the relay was held on the completely different dense forest Llantrisant Forest (North west of Cardiff). We studied previous route choices from the last events held on these areas - trying to point out to the juniors that the marsh areas can be handrails. Also finding videos posted by mountain bikers to see what the forest terrain is like now because the available map was nearly 10years old.

JIRCS (23rd & 24th Sept) hosted by Wales and Swansea Bay Orienteering Club:

The individual results showed that the East Midlands dropped a few places because of not having the number of juniors to count - only 6 juniors. But we had the following results:

Felix (LEI) M14 14th

Eoin (LEI) M14 21st

Josh (LOG) M16 31st

Ellie (LEI) W16 12th

Hannah (LOG) W18 8th

Robyn (LEI) W18 32nd

Relay results: we ran the girls in the boys race and entered two competitive teams that all completed runs (no mis punching).

Boys relay Ellie, Felix, Hannah 18th place

Boys relay Josh, Eoin, Robyn 27th place

Overall EMJOS cam 11th out of 12 regions.

4th November O' Foundation Lakes training day - EMJOS and WMJS attended the Saturday event together. Combining the coaching staff (male/female, high mountain first aid awareness, experience of the area) and effort required.

The last minute switch of area to Great Tower Scout camp (Graithwaite double booked Derek Allison with a pheasant shoot!) did not diminish the technical TD5 coaching exercises planned by Toni O'Donovan (LEI).

Using local accommodation (Brathay Hall, Ambleside) allowed us to self-cater and keep the food costs down.

Then all EM runners attended the Roanhead sand dunes on Sunday (Ulverston).

JROS Hawkshead weekend for M/W15 & 16 24th to 26th November

All squads arrive on Friday, this permits squads to rotate around three training areas (2 on Saturday and Sunday morning): Esthwaite, Great Tower and Tarn Hows.

East Midlands budy'ed up with Norther Ireland to share a male coach and increase numbers of juniors. Two juniors (Ellie and Josh) attended with Ann-Marie.

Esthwaite challenged the athletes with fine navigation on corridor maps on rough terrain. Also short loops (<1.2km) added control flow and prep for the following legs. An interesting challenge was the no compass exercise - relying on just the contour detail going around the top of a hill. Great Tarn has no undergrowth to speak of, so the corridor exercises were much narrower (harder).

The Sunday morning exercises on Tarn Hows were relatively long (2km) so we split into two teams and ran Trains - staggered start, with everyone waiting after 3 controls for a bit of coach debriefing, before running the next 3 controls. The athletes then went off and did another loop concentrating on the slope detail - some maps did not have paths.

Future training:

The December date for training has not been popular. So we have cancelled this.

The next date is **23rd March 2024** probably at Black Rocks (Wirksworth) combined with the DVO event at Lindop (TBC). It may work to have a night stay in a local hall, inviting West Midlands and Yorkshire and Humberside squads to join us.

Final note - more junior athletes required...

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? The region does need more juniors to encouraged through the Orange level on to Green.

Ann-Marie Duckworth, Ant Squire Toni O'Donovan and Andy Simpson - East Midlands Junior Squad coaches - November 2023

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A Big Mistake on the Big Stage - Rachel Duckworth

This summer I raced at my second Junior World Championships (JWOC) in Baia Mare, Romania. This was my final season as a W20, and I was one of the oldest members of the Great Britain team - I felt the pressure was on more than the previous year. I had great selection races in the spring and was excited to attack my world champs, focusing more on the forest disciplines. The Derbyshire hills were finally going to pay off on the steep, beech forested slopes in rural Romania.

A technical middle distance in beautiful forests has my name written all over it, I am much stronger in woodland and thrive off technical contour and rock features. The JWOC middle was just that. Personally, I had done a considerable amount of 'geeking' of the map and spent 2 weeks in the area getting familiar, so coming into the races I was excited to see how I could perform if it all came together successfully. Well, spoiler alert - it did not.

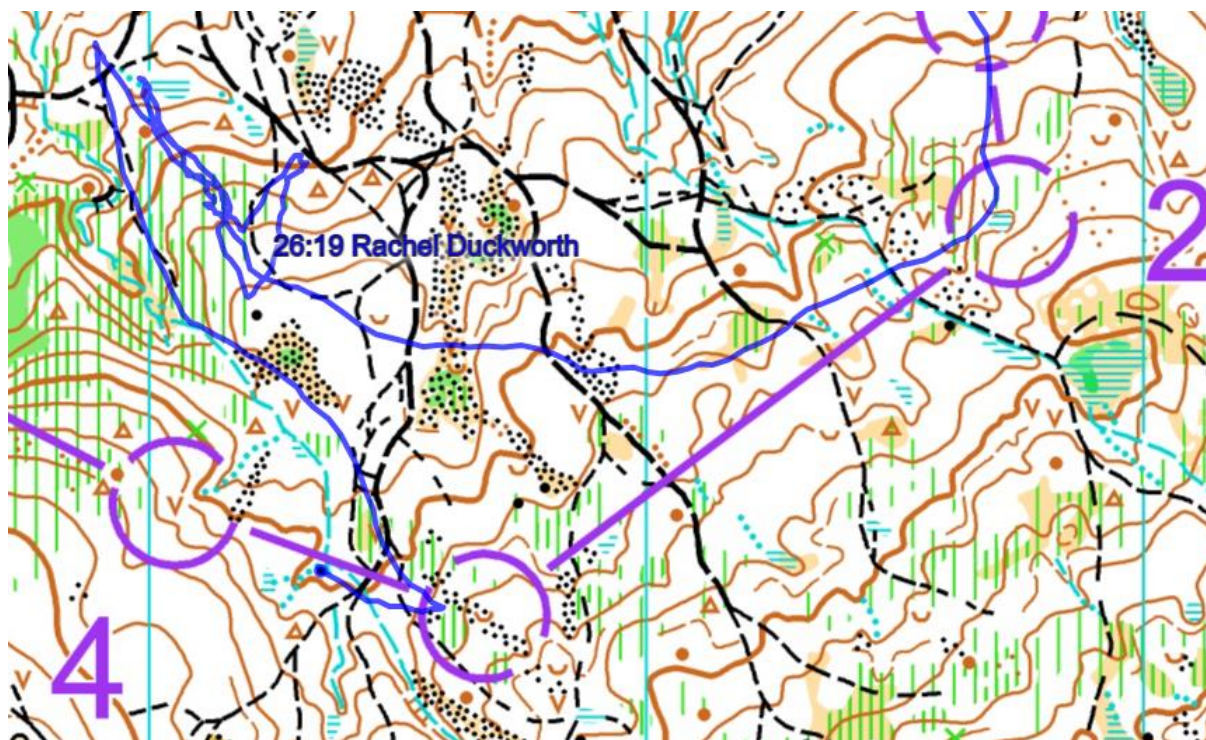
The start of an international race is quite high pressure and tense - no one talks, headphones on, in the zone. This doesn't help my own nerves, but I am starting to get used to these situations and I have found my own coping mechanisms. For example, I always make sure the GB staff member at the start is prepared to chat with me, usually about anything and everything and always complete nonsense. I find this calms me down and stops me from getting too worked up about the job at hand - at the end of the day, it is only orienteering and its just another

EMEWS

course. The JWOC middle was no exception to this usual environment but I think I coped with it well.

Out in the forest I was initially orienteering well, I was executing my strategy and plans for each control. Until number 3. I have no recollection of the reason I came offline, usually I can pinpoint a moment where it started to go wrong. But as you can see from the image attached below with my trace - I went very offline. Coming away from your plan is common, it happens all the time, but it is how you react and start to relocate that is the important aspect. I have done countless relocation exercises with EMJOS and on my own but trying to relocate is slightly different when you have a GPS tracker on your back which you know the arena and everyone at home is watching. You know they have all just watched you make a mistake - screaming at the laptop screen "don't go down the hill!" and "turn left, turn left!". This ramps up the pressure to relocate properly and fast. I relocated fast - but parallel to where I thought I was. An Australian friend even ran past me and tried to describe where I was, which solidified my incorrect judgement further.

I eventually worked out where I was and carried on the course with my ego and pride a little damaged. This mistake cost me 20 minutes on a course with a winning time of 25 minutes, one of



the worst mistakes I have made in years - let alone in an international competition. Let's hope this isn't a repeating occurrence!

One bad control didn't shape my whole JWOC 2023 experience

and I went on to have some great runs later in the week. I got a top 50 place and best GB girl in the long-distance race and had a great first leg relay run. I think this is testament to my resilience after a bad race and I am proud of myself for how I bounced back and executed some super orienteering.

Looking to the future, I think it has taught me a lot about how I react when things go wrong and given me experience on the international stage regardless of the result. I am very grateful

for the support EMOA has given me so far in my elite career and going forwards as I transition to the senior competition.

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Stockholm JROS

I was delighted to be selected to go on the Stockholm JROS tour this summer, and it was 100 times better than I expected. The tour itself lasted 12 days, with 8 days of training and 4 days where we went to races. For the first couple of days getting used to the terrain was hard, with it being incredibly different to anywhere in the UK, so it was not just physically demanding but also mentally challenging. I quickly learnt to love the areas, with the bear rock, marshes and overall, incredibly runnable woods.



The first weekend there we did two races, a long and a middle. Saturday was the middle, where I got to see how I coped within the terrain in a race environment on the D21 course. I'm just going to say that it did not go well, with me spending 31 minutes on control 5 where I went off the map. However, I enjoyed the area a lot and it gave me learning experiences and things to target through the rest of the camp. The

next day, Sunday, I was starting last out of every competitor on the long course, which was exciting because it meant it challenged my skills a lot more too. This event took place in the same area as the middle on the previous day, so I wanted to try and redeem myself from that performance. I set out on the D18 and was focused on my direction and compass skills which was what failed me the day before. As I had expected I ended up running the whole course with only seeing one other orienteer, this at times created some doubt in my mind but I ended the run with only two minor mistakes. This race was what I needed to show that I could do it in new terrain.

Going into the rest of the tour we trained every morning and then would train either in the afternoon or evening depending on the session. Most training we did was morning and afternoon, but on the OK Ravinen club training nights we joined them and did their sessions which was really fun. For club training we did terrain intervals on one of them and on another we did butterfly loops where I focused on compass bearings. The rest of the time we trained we were

EMEWS

in some beautiful areas with open rock mounds, intricate contour detail and plenty of bilberries.

The last weekend we were there, we took part in the Stockholm champs, where we did the long and middle distance again. Saturday we did the long in a very intricate and complicated area, the 1:15000 scale was a shock to the system when I hadn't seen one since the JK long day. Overall, I really enjoyed the area, and especially enjoyed seeing my personal improvements since the previous weekend's races. The day was warm, and the area/ finish area was full of mosquitoes which was sort of annoying, but the area was beautiful. I had a couple errors which took me a while to sort out but overall, it was a lot better than the last long. The middle distance the next day was the last day on the tour, so we were running our race and then going straight to the airport. The course was good, it took place in the same area as the long had the previous day but felt entirely different for me. The light green vegetation was like swimming through trees which was funny.

Being away training with friends was very fun, spending all day with each other. During the time we were at the OK Ravinen hut we played football, volleyball and sometimes went swimming in the lake. On one of the rest afternoons, we went to the Vasa Museum (a museum about a big boat) which was interesting, and we had fun playing the games as well. We also went to Grona Lund where we spent the evening on all the rides which was a



really good way to relax for a while. I fully appreciate the opportunity I have had to work with amazing coaches such as Toni O'Donovan, Nick B, Nick J, and some GB athletes Chloe Potter and Ralph Street. Overall, it was amazing to spend time with my friends for nearly two weeks and doing a sport I really enjoy. It was also an exhausting 12 days, with the intense training and the races, however if I had the chance to go back and do it all again I would.

Hannah Mather

East Midlands Urban League 2023

The following is the final table for the EMOA Urban League 2023 which comprised of the following events:

- 2nd January - Dronfield (DVO) (UL1)
- 23rd April - Buxton (DVO) (UL2)
- 21st May - Dishley (LEI) (UL3)
- 25th June - Barrow on Soar (LEI) (UL4)
- 20th August - Lincoln City (LOG) (UL5)
- 3rd September - Nottingham University (NOC) (UL6)
- 15th October - Grantham (LOG) (UL7)
- 22nd October - Southwell (NOC) (UL8)



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Your best 4 scores will count from the 8 events. Below is the final table showing the top 10 and omitting non-EMOA members:

Junior Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Daniel Glover	M16	LEI	200			100	100				
2	Lewis Bones	M14	LOG	96								96

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Elia Brook	W10	LOG	100							100	
2	Alice Woodward	W16	DVO	96	96							

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Nerijus Rozkovas	M35	DVO	400	70	90	100	100	96	96	100	100
2	Mike Chapman	M40	LOG	369	72	89	93	93	89	79	93	90
3	Philip Johnston-Davis	M50	RAFO	359	85				91	90		93
4	Ed Cochrane	M35	NOC	275	83		96	96				
5	Craig Lucas	M21	LOG	258					85	84	89	
6=	Edward De Salis Young	M50	LEI	176	86			90				
6=	Richard Crabb	M40	RAFO	176					86		90	
8	David Schorah	M35	NOC	100						100		
9	John Duckworth	M55	DVO	96							96	
10	Jake O'Donnell	M18	DVO	93		93						

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrea Page	W45	LOG	396	86	96	100	100		89	93	100
2	Anna-Kaisa Koskela-Brook	W40	LOG	185					89		96	
3	Hannah Mather	W18	LOG	100							100	

EMEWs

4	Libby Barber	W20	LEI	96				96				
5	Charlotte Elliss	W35	RAFO	93		93						
6	Alison Wright	W35	LOG	91							91	
7	Monica Henderson	W21	NOC	90						90		

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andy Nicholls	M45	LEI	392	100	0	93	100	96	96		96
2	Benjamin Cluderay	M40	RAFO	371					91	87	100	93
3	Tom Hartland	M45	DVO	358		86	88	93				91
4	James Prince	M50	DVO	353	84	88	90	91				
5	Andrew Selby	M45	DVO	351	78	82	87				93	89
6	Roy Mitton	M50	NOC	246	79	83	0			84		
7	Stephen Bones	M40	LOG	178							90	88
8	Andrew Evans	M40	LOG	177							91	86
9	Roger Phillips	M45	LEI	173			0		87	86		
10	David Sissons	M50	NOC	167						82		85

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	392	91	96	100	0	0		100	96
2	Carol Stynes-Martin	W50	LEI	388	88		96	96			96	100
3	Claire Selby	W50	DVO	373	85	86	93	100	89	88		91
4	Jo White	W45	LEI	268	84		91					93
5	Patricia Wong	W50	NOC	267		84	90	93				
5	Helen Chiswell	W45	DVO	189		93				96		
7	Jane Deville	W45	LOG	96					96			
8=	Andrea Page	W45	LOG	93					93			
8=	Lizzie Rosewell	W40	NOC	93						93		
10=	Michelle Mackervoy	W50	DVO	90	90							
10=	Hayley Fox	W45	LOG	90					90			
10=	Joy Pollock	W40	LOG	90								90

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Richard Parkin	M55	DVO	396		100			100	96		100
2	Andrew Ridgway	M60	NOC	385	93	89	100	96	0	91	96	
3	Dave Chaffey	M60	DVO	369	91			100	90	88		
4	Stephen Martin	M60	LEI	363	85		91	91			88	93
5	David Cladingboel	M55	LEI	363	84	88		0	89	90	93	91
6	Alastair Paterson	M55	LEI	357		85	93	90	83	82	89	85
7	David Vincent	M60	DVO	356	86	93		89	88			

EMEWS

8	Murray White	M55	DVO	354	88	86	90	88	85	84		88
9	Francesco Lari	M55	DVO	348					87	85	90	86
10	Jonathon Lee	M60	LEI	331		0		86	81		84	80

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Helen Parkinson	W55	NOC	396	90	100	0	96			100	100
2	Sal Chaffey	W55	DVO	392	93	96	100		96	100		
3	Alison Hardy	W55	LEI	388	91	90	96	100		96	96	96
4	Amanda Roberts	W60	LOG	368	89	93			93			93
5	Kim Buxton	W60	DVO	365	81	88	93	91	88	84	91	90
6	Anne Kayley-Burgess	W55	DVO	345	74		89	88	85	83	0	0
7	Ursula Williamson	W60	LEI	341	76		86			82	87	86
8	Anne Kimberley	W60	DVO	312	71	80				80		81
9	Tracey Brookes	W55	LEI	265			91	89		85		
10	Jane Dring-Morris	W55	LEI	263				90	87	86		

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Paul Morris	M65	NOC	400	90.5	100		100	0	100	100	
2	Stephen Kimberley	M65	DVO	375	64	88	100			92	93	90
3	John Hurley	M65	DVO	368	79	90	91	96			91	89
4	Mike Gardner	M65	DVO	359	77	77	90	91	89		89	87
5	Robert Parkinson	M65	NOC	353		83	96	0			88	86
6	John Hopper	M70	DVO	348	76		87	88	83	86	87	
7	Malcolm Spencer	M65	DVO	346	65.5	81		93		87		85
8	Kevin Gallagher	M70	LEI	344	71	72	86		86	88	84	77
9	Jeffrey Baker	M70	LOG	340.5	62	79	84	89.5	84		80	83
10	Mike Godfree	M70	DVO	336.5	72	74	88	89.5		85		

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Jane Kayley-Burgess	W65	DVO	384	90		96	93	93	96	96	96
2	Ruth Ellis	W70	DVO	382	88	89	100	96	90	90	93	93
3	Maureen Webb	W70	LEI	357	85		91		88	87	88	90
4	Ann Armistead	W70	DVO	351	86	90	90			85		
5	Viv Macdonald	W70	DVO	335	80	87				80		88
6	Judith Holt	W70	DVO	183	83						100	
7	Jane Booker	W65	NOC	182						91	91	
8	Anne Gibbs	W75	LOG	175					86		89	
9	Elaine Smith	W65	NOC	174						83		91
10	Hilary Hodgkinson	W65	NOC	169						84		85

EMEWS

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Doug Dickinson	M75	DVO	400	100	100		96	93	100		100
2	Pat Squire	M75	NOC	378		90	96			96	96	
3	Derek Gale	M75	DVO	372	90	91	91	90	0		100	
4	Rex Bleakman	M75	DVO	366	91	89	0	93		93		89
5=	Dave Skidmore	M75	DVO	357	82	87	89	88	88	90	90	87
5=	John Palmer	M75	NOC	357		88		86	86.5	88	93	88
7	John Marriott	M75	LEI	356		85	90	91				90
8	Peter Chick	M75	LEI	354	88	86	88	85	86.5	89	89	
9	Peter Leake	M80	LEI	343	80	83		84		86	88	85
10	Simon Ford	M80	LEI	340	81		85	83	84	84	87	83

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1=	Hilary Palmer	W75	NOC	396		100	96		96		100	100
2	Liz Godfree	W75	DVO	392	100	96	91	96		100		
3	Margaret Keeling	W75	DVO	367	88	90	93	91	88	90	93	90
4	Tricia Neal	W75	NOC	355	84		90	87	87	87	89	89
5	Jen Gale	W75	DVO	352	85	86	88	88			90	
6	Diane Ford	W75	LEI	348	83		87	0	85	85	88	88
7	Christine Middleton	W75	DVO	278	91					96		91
8	Diane Boulton	W75	DVO	273	93	89				91		0

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East Midlands Urban League 2024

The following are the events planned for the EMOA Urban League in 2024:

1st January - Ashbourne (DVO) (UL1)

2nd June - Ibstock (LEI) (UL2)

30th June - Clifton (NOC) (UL3)

14th July - Chesterfield (DVO) (UL4)

11th August - Coalville & Whitwick (LEI) (UL5)

18th August - Lincoln City (LOG) (UL6)

29th September - Nottingham City (NOC) (UL7)

20th October - To be decided (LOG) (UL8)

Your best 4 scores will count from the 8 events.

NOTE: For 2024 the scoring system will be amended slightly to only count the EMOA members rather than all runners in the scoring system (i.e. the top EMOA member will be 100, 2nd will be 96, etc.).

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East Midlands League 2023

The tables below provide the final 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 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 were:

- 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 - 11th June - DVO - Carsington Pastures
- 7 - 10th September - DVO - Kedleston Park
- 8 - 24th September - LEI - Irchester Country Park
- 9 - 8th October - DVO - Longshaw
- 10 - 29th October - LEI - Donisthorpe
- 11 - 19th November - NOC - Watchwood & Calverton
- 12 - 25th November - DVO - Linacre (note: a Saturday)
- 13 - 3rd December - LEI - Ratby
- 14 - 17th December - NOC - Strawberry Hill

White - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Darwin Buxton	DVO	M10	1000						1000								2000	1=
Noah Lurati	DVO	M10						1000			1000						2000	1=

White - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Lily Robinson	NOC	W10			1000	1000						769					2769	1

Yellow - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Ewan Llewellyn	NOC	M10					1000						1000			1000	3000	1
Hugh Chester	LEI	M10	704			680		730									2114	2
Aidan Chester	LEI	M12	1000					1000									2000	3

Yellow - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Grace Robinson	NOC	W10	767		1000	1000			1000		874	1000					5641	1
Lily Robinson	NOC	W10							808		556					1000	2364	2
Alice Powell	DVO	W10	1000								969						1969	3

Orange - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Isaac Rosewell	NOC	M12			604	910					1000	1000					3514	1
Michael May	LOG	M10																
Aidan Chester	LEI	M12			1000	655											1655	3

EMEWS

Orange - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Score	Pos
Sindy Chafer	LEI	W55	970			691	472		1000		522	533	396	988	1000		6176	1
Emma Rosewell	NOC	W12			1000	1000		1000			1000	794					4794	2
Isabel May	LOG	W14											1000			1000	2000	3
Katherine Brook	DVO	W35											461	1000			1461	4

Light Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Daniel Stothard	LEI	M18		1000	1000		741		1000			888		1000	1000	1000	7629	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	6	7	8	9	10	11	12	13	14	score	Pos
Karen Ives-Smith	LEI	W55	998	1000		1000		1000	1000	1000	1000	1000	1000		1000	736	8000	1
Alice Woodward	DVO	W16			570	609								1000			2179	2
Cathryn Goodhead	DVO	W60									900	979					1879	3

Short Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	scores	Pos.
Matt White	LEI	M55	977		798	837	902	951	1000				868	1000	1000	965	7663	1
Robert Titterington	LEI	M80	750	908		961	758			775	1000	982	957	951	790	984	7533	2
Doug Dickinson	DVO	M75	907	765	1000	1000	1000						964	944		934	7514	3
Dave Skidmore	DVO	M75	914	958		893		776	851	682	954	977	956	897	885	885	7434	4
Chris Bosley	LEI	M75	970		870	955		900	925	752	994	913	843	893		874	7424	5
Kevin Gallagher	LEI	M70	777	873	671	828	779	1000	901		903		899		943	942	7289	6
Donald Moir	LEI	M90	781	1000	862	954	825	968		754		656		787		767	6944	7
Jeff Baker	LOG	M70		701	784	869	760	885			866		923	764	764	762	6617	8
John Palmer	NOC	M75	1000	844			774	858	781		714	836	670			683	6490	9
Peter Chick	LEI	M75	671	769	617	763	631	871	712	759	727		1000	706		812	6413	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	P
Liz Godfree	DVO	W75	970	1000	1000		926	922	1000		865	962	1000	1000			7858	1
Jane Kayley-Burgess	DVO	W65	820	988		962	1000	824	731	1000	939		910	688		1000	7623	2
Ruth Ellis	DVO	W70	915	958		716	853	607	755	827	822	1000	915	703	815	694	7105	3
Viv Macdonald	DVO	W70	530				586	717				823	877	761	685		5657	4
Judith Holt	DVO	W70					597	626				1000	743	878	802		5599	5
Maureen Webb	LEI	W70	737	678	577	782	699	665	661				637		704		5563	6
Margaret Keeling	DVO	W75	779			779	624	794				806		695		1000	5477	7
Christine Middleton	DVO	W75				903	1000		657					822	710		4995	8
Elaine Smith	NOC	W65	773			721				620		678		678	715		4909	9
Ann Armistead	DVO	W70				835				812		827		768	724		4828	10

Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	scores	P
John Marriott	LEI	M75	1000	946	835	839	848	761	954		901	1000	906	768	948	847	7503	1
John Hurley	DVO	M65	787		607	829	933	759	995		828	927		806	944	945	7207	2
Mike Gardner	DVO	M65	651		972			768		896	822		1000	754	1000	990	7202	3
Mike Godfree	DVO	M70	796	1000			973	838	951		947	810	757	721			7072	4
Derek Gale	DVO	M75	870				939	848	923		776	800		717		1000	6873	5
Paul Goodhead	DVO	M60		940	735	704	802	801	966		797	767			941		6749	6

EMEWs

John Hopper	DVO	M70			599		907	835	870		854	774	757	647		856	6500	7
Mike Dallaway	LEI	M60	631	810			717		762	1000	761	769	749			564	6199	8
Russell Buxton	DVO	M65	781	985			754	827	866		825		763				5801	9
Andrew Wallace	NOC	M65			594		749	657	842		614	651	702		740	757	5712	0

Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	scores	Pos
Kim Buxton	DVO	W60	982	893			1000	924	1000		850	890				1000	7539	1
Ursula Williamson	LEI	W60	826	747		951	890		920	1000	674	733	639	1000		872	7192	2
Anne Kayley-Burgess	DVO	W55	703	452		859	836	733	730	776		590	652	879		652	6168	3
Karen White	LEI	W55	623			517	881	785	861						625	534	4826	4
Jane Dring-Morris	LEI	W55	797					746	797		676		806			784	4606	5
Amanda Roberts	LOG	W60		1000							997		990		1000		3987	6
Jo White	LEI	W45	562		590							646		849	582	716	3945	7
Christine Elliott	NOC	W65					870				825		1000			745	3440	8
Jane Booker	NOC	W65		757		1000	679				674						3110	9
Tracey Brookes	LEI	W55										609	650		812	834	2905	10

Blue - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	scores	Pos
Paul Morris	NOC	M65	957		1000		1000	961			1000	1000		975		1000	7893	1
David Vincent	DVO	M60	966		799			845	937	868	815		942	891			7063	2
Francesco Lari	DVO	M55	864	786	740	799	750	760	807		687	746		795		674	6307	3
Alastair Paterson	LEI	M55	800	699	684	597	627		777	873	664	735	820	770	772		6246	4
Andy Sykes	DVO	M55		956		787	876	853					943	913		813	6141	5
James Prince	DVO	M50	706		633	743	714	602	795			734	772	828	669		5961	6
Tom Hartland	DVO	M45	778		640	703	633	656	672		607	657	799	786	671	653	5722	7
Murray White	DVO	M55	737	738		670	674	634	795				756	697			5701	8
David Cladingboel	LEI	M55	820			630	672		750	762	567			675	568	545	5444	9
Steve Chafer	LEI	M55	791				555		750	859			849	801	786		5391	10

Blue - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Tanya Taylor	LOG	W50	1000	979	1000	909	1000	1000		973	1000	1000	1000	945	1000	1000	8000	1
Alison Hardy	LEI	W55	756	892		951	972	944	1000	1000	879	950	923	1000	999	740	7795	2
Nicola Hart	DVO	W60	635	844	586		898				891	851		709		722	6135	3
Helen Chiswell	DVO	W45			823			762	862	877		831		704		828	5687	4
Sal Chaffey	DVO	W55	727	1000	896	1000							887	983			5493	5
Monica Henderson	NOC	W21	439		551	677			665		673	561	817	622			5005	6
Lizzie Rosewell	NOC	W40			695	727		686			767	775					3650	7
Joanna Goodhead	DVO	W21			704			654			747						2105	8
Sally Calland	DVO	W45	753	889													1642	9
Esther Revell	LEI	W35					788							698			1486	10

Brown - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Richard Parkin	DVO	M50	998	1000		1000	1000	887	849	970		1000	1000				7855	1
Nerijus Rozkovas	DVO	M35	728		627	810	718	617	721	755	740	875		796	975		6378	2
John Duckworth	DVO	M55	1000					964	1000	1000	965			1000			5929	3
Andrew Ridgway	NOC	M60	671	714	688	726	716		687	653		791	635	730			5723	4
Ian Wells	RAFO	M70	529		558	623	592		640	609	629	691	656	679	835		5362	5
Richard Robinson	NOC	M40			1000			803			948	956				1000	4707	6
Andrew Ward	LEI	M35	517		574		602		551			687		535			3466	7

EMEWS

David Newton	DVO	M45						569			623	724		763		762	3441	8
Andy Nicholls	LEI	M45	648				809	543		626		726					3352	9
Phillip Johnston-Davis	RAFO	M50	730	861	853									818			3262	10

Brown - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	score	Pos
Emily Gay	DVO	W35							1000			1000		1000		1000	4000	1
Hannah Mather	LOG	W18	1000								1000						2000	2

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East Midlands League 2024

The following are the events to be used in the East Midlands Forest League for 2024. At this stage we only have 11 events, so the best 6 will count.

The events included in the League for 2024 are:

- 1 - 7th January - LEI - Bagworth (TBC)
- 2 - 11th February - LEI - Beacon Hill (TBC)
- 3 - 3rd March - DVO - Lindop (TBC)
- 4 - 17th March - NOC - Byron's Walk
- 5 - 7th April - NOC - Boundary and Tippings Wood
- 6 - 19th May - DVO - Hardwick Park (also Yvette Baker Trophy Heat)
- 7 - 6th October - DVO - Venue to be decided
- 8 - 27th October - LEI - Cademan and Thringstone Woods (TBC)
- 9 - 17th November - NOC - Shirebrook (TBC)
- 10 - 15th December - LEI - New area (TBC) - Outwoods as back up
- 11 - 22nd December - NOC - Walesby

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.

January 2024

Mon 1 st	EMUL 2024 Ashbourne Urban	Regl	DVO	EM	Ashbourne	Ashbourne	
Mon 1 st	Laurie Bradley Trophy Score Event	Reg	OD	WM	Pooley Fields Country Park	Polesworth	
Sat 6 th	Saturday Series 4	Locl	SYO	YH	Botanical Gardens	Sheffield	SK334863
Sat 6 th	MDOC New Year Charity Event	Locl	MDOC	NW	Lyme	Disley	SJ964823
Sun 7 th	EMOA League 2024 Bagworth (Middle Distance)	Regl	LEI	EM	Bagworth	Leicester	SK458068
Tue 9 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Sat 13 th	NOR - Felbrigg night event	Locl	NOR	EA	NT Felbrigg	Cromer	
Sat 13 th	MDOC Saturday morning series (1)	Locl	MDOC	NW	Woodbank Park	Stockport	SJ908899
Sat 13 th	SYO Regional Middle Distance Event (rescheduled from 26 Nov 2023)	Regl	SYO	YH	Baslow Edge & Big Moor	Sheffield	SK249740
Sun 14 th	YHOA SuperLeague and YHOA Championships	Regl	SYO	YH	Hathersage Moor (Burbage West)	Sheffield	SK252802
Sun 14 th	NOR - Pretty Corner	Regl	NOR	EA	Pretty Corner	Sheringham	
Sun 14 th	WML Event - Bodenham Arboretum & Shatterford Woods	Regl	HOC	WM	Bodenham Arboretum & Shatterford Woods	Kidderminster	
Tue 16 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Wed 17 th	LEI Winter League 5 Shepshed	Locl	LEI	EM	Shepshed	Shepshed	SK477195
Wed 17 th	Night Urban Event	Locl	SYO	YH	Crookes	Sheffield	
Sat 20 th	Winter series no 1 - Little Budworth Common	Regl	DEE	NW	Little Budworth Common	Tarporley	SJ584653
Sat 20 th	Little Budworth Night Event (NWNL)	Locl	DEE	NW	Little Budworth Common	Tarporley	SJ584653
Sun 21 st	Eyam Moor & Bretton Clough	Natl	DVO	EM	Eyam Moor & Bretton Clough	Eyam	SK181787
Tue 23 rd	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	

EMEWS

Thu 25 th	LEI Winter League 6 Dishley	Locl	LEI	EM	Dishley	Loughborough	SK513203
Sat 27 th	BKO Urban Event (UKUL)	Regl	BKO	SC	Birch Hill	Bracknell	
Sat 27 th	Everdon Stubbs Local Event	Locl	OD	WM	Everdon Subbs	Weedon	
Sat 27 th	MDOC NW Night League	Locl	MDOC	NW	Heaton Park	N.Manchester	SD830045
Sat 27 th	Whitfield Valley	Locl	POTOC	WM		TUNSTALL	
Sun 28 th	Concorde Chase 2024	Natl	BKO	SC	Barossa	Sandhurst	
Sun 28 th	Robin Hood Trophy at Sherwood Forest	Natl	NOC	EM	Sherwood Forest	Edwinstowe	
Tue 30 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Wed 31 st	Night Event	Locl	SYO	YH	Lees Hall and Coneygree Wood	Sheffield	SK359827

February 2024

Thu 1 st	MDOC Night Street League (6) NSL100!	Locl	MDOC	NW	Streets around Marple	Marple	
Sat 3 rd	Rowney Warren Night Event	Regl	WAOC	EA	Rowney Warren	Shefford	
Sat 3 rd	YHOA Night League	Regl	HALO	YH	Normanby South	Scunthorpe	
Sat 3 rd	LEI Winter League 7 Abbey Park	Locl	LEI	EM	Abbey Park	Leicester	SK589057
Sat 3 rd	Saturday Series 5	Locl	SYO	YH	Ecclesall Woods	Sheffield	SK310823
Sun 4 th	GO SEL event & Southern Champs	Natl	GO	SE	Redlands	Dorking	
Sun 4 th	Rowney Doubler-Night and Day	Regl	WAOC	EA	Rowney Warren	Shefford	
Sun 4 th	EPOC/PFO Regional Event	Regl	EPOC	YH	Hardcastle Craggs	Hebden Bridge	
Tue 6 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Sat 10 th	British Night Champs (UKOL)	Majr	WCOC	NW	Hawse End	Keswick	
Sat 10 th	MDOC Saturday morning series (2)	Locl	MDOC	NW	Chorlton Water Park	Chorlton	SJ823919
Sun 11 th	MV SE League event	Natl	MV	SE	Netley Heath	Dorking	
Sun 11 th	YHOA SuperLeague	Regl	CLARO	YH	Guissecliff	Pateley Bridge	
Sun 11 th	Bickerton regional event	Regl	DEE	NW	Bickerton Hill	Tarporley	
Sun 11 th	EMOA League 2024 TBC	Regl	LEI	EM	Beacon Hill TBC	TBC	
Tue 13 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Sun 18th	CompassSport Cup Heats – see club for details	Natl			Various		
Tue 20 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Wed 21 st	LEI Winter League 8 Queen Elizabeth Diamond Jubilee Woods	Locl	LEI	EM	Queen Elizabeth Diamond Jubilee Woods	Ibstock	SK384119
Sat 24 th	YHOA Night League	Regl	SYO	YH	Loxley	Sheffield	
Sat 24 th	Hartshill Hayes Local event	Locl	OD	WM	Hartshill Country Park	Hartshill	
Sat 24 th	Scottish Night Champs	Regl	SOLW AY	SO A		Dumfries-shire	
Sat 24 th	Hem Heath Woods	Locl	POTOC	WM		Newcastle under Lyme	
Sun 25 th	East Midlands Championships 2024	Natl	LOG	EM	Chambers Wood TBC (NB New venue)	Lincoln	
Sun 25 th	HH SE League event	Natl	HH	SE	Ashridge	Tring	

EMEWS

Sun 25 th	Local Event	Locl	SYO	YH	Loxley	Sheffield	
Sun 25 th	Fernworthy	Regl	DEVON	SW	Fernworthy	Chagford	
Tue 27 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	

March 2024

Sat 2 nd	YHOA Night League and Northern Night Championships	Regl	EBOR	YH	Wheldrake Woods	York	
Sun 3 rd	Welsh Championships	Natl	SWOC	WO A	South Wales	South Wales	
Sun 3 rd	EMOA League 2024 Lindop (TBC)	Regl	DVO	EM	Lindop	Ambergate	SK350530
Sun 3 rd	SAX National event	Natl	SAX	SE	Knole Park	tbc	
Tue 5 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Thu 7 th	MDOC Night Street League (9)	Locl	MDOC	NW	Streets around High Lane	High Lane, Stockport	
Sat 9 th	Midland Champs (UKOL) and BUCS individual	Natl	NOR	EA	Sandringham	Kings Lynn	
Sat 9 th	MDOC Saturday morning series (3)	Locl	MDOC	NW	Manor Park, Glossop	Glossop	SK039942
Sun 10 th	Sarum Saunter	Natl	SARU M	SW		Salisbury	
Sun 10 th	NOR - Bawsey	Regl	NOR	EA	Bawsey Country Park	Kings Lynn	
Tue 12 th	LEI Winter/Spring Club Night	Act	LEI	EM	Copt Oak	Copt Oak	
Sat 16 th	Apedale Country Park	Locl	POTOC	WM		Newcastle under Lyme	
Sun 17 th	AIRE Urban Event	Regl	AIRE	YH	Sherburn	Leeds/Selby	
Sun 17 th	East Midlands League 2024	Regl	NOC	EM	Byron's Walk	Hucknall	
Tue 19 th	LEI Winter/Spring Club Night	Act	LEI	EM	Copt Oak	Copt Oak	
Sat 23 rd	Saturday Series 6	Locl	SYO	YH	Norfolk Park	Sheffield	SK368857
Sun 24 th	TVOC Chiltern Challenge National Event	Natl	TVOC	SC	Penn & Common Woods	High Wycombe	
Sun 24 th	The John Bennison Long O - Provisional	Locl	WRE	WM	Long Mynd	Church Stretton	SO449935
Sun 24 th	Coombe Abbey Country Park WML Event	Regl	OD	WM	Coombe Abbey Country Park	Coventry	
Tue 26 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	
Fri 29 th	Jan Kjellström Orienteering Festival - Sprint (UKOL)	Majr		EM	University of Loughborough	Loughborough	
Sat 30 th	Jan Kjellström Orienteering Festival - Middle (UKOL)	Majr		WM	Beautesert	Cannock	
Sun 31 st	Jan Kjellström Orienteering Festival - Long (UKOL)	Majr		WM	Beautesert	Cannock	

April 2024

Mon 1 st	Jan Kjellström Orienteering Festival - Relays	Majr		EM	Stanton Moor	Matlock	
Sun 7 th	East Midlands League 2024	Regl	NOC	EM	Boundary Wood & Tippings Wood TBC	Mansfield	

EMEWs

Sat 13 th	British Orienteering Championships (UKOL)	Majr	CLOK	NE	Hutton Mulgrave	Whitby	
Sun 14 th	British Relay Championships	Majr	CLOK	NE	Hutton Mulgrave & Skelder Woods	Whitby	
Sat 20 th	Thetford Urban	Regl	NOR	EA		Thetford	
Sat 20 th	Scottish Middle Championships	Natl	TAY	SO A	Hill of Alyth	Alyth	
Sat 20 th	"War of the Roses" urban weekend - day 1 - Hebden Bridge	Locl	EPOC	YH	Mytholmroyd and Hebden Bridge (2 part sprint)	Hebden Bridge	
Sat 20 th	Saturday Series 7	Locl	SYO	YH	Parkwood Springs	Sheffield	SK353895
Sun 21 st	Ickworth Park (incorporating Yvette Baker heat)	Regl	SUFFO C	EA	Ickworth Park	Bury St Edmunds	
Sun 21 st	SYO Middle Distance Event	Regl	SYO	YH	Hugset Wood	Barnsley	
Sun 21 st	"War of the Roses" Urban Weekend	Regl	PFO	NW	Burnley	Burnley	
Sun 21 st	WMOA Relays 2024 - Baggeridge	Regl	HOC	WM	Baggeridge	Wombourne	
Sat 27 th	British Middle Championships (UKOL)	Majr	AIRE	YH	Danefield & The Chevin	Otley	
Sun 28 th	Northern Championships (UKOL)	Natl	CLARO	YH	Kilnsey South	Grassington	

May 2024

Sat 4 th	Manchester in May	Regl	MDOC	NW	East Manchester	Manchester	
Sun 5 th	Manchester in May	Natl	MDOC	NW	Manchester City	Manchester	
Sat 11 th	SO Sunny Sussex Weekend - Middle distance	Regl	SO	SE	Eartham N	tbc	
Sat 11 th	SO Sunny Sussex Weekend - Evening Sprint	Regl	SO	SE	Chichester Uni	tbc	
Sun 12 th	SO Sunny Sussex Weekend SE League event	Natl	SO	SE	Houghton Forest	tbc	SU995115
Sun 12 th	YHOA SuperLeague	Regl	EPOC	YH	Honley	Huddersfield	
Sun 12 th	West Midlands Championships + WML	Regl	POTOC	WM	Morridge	Leek	
Sat 18 th	LOC National Weekend	Natl	LOC	NW	Colonel's Drive	Graythwaite	
Sat 18 th	Saturday Series 8	Locl	SYO	YH	Graves Park	Sheffield	SK357826
Sun 19 th	Chelmsford City Urban	Regl	SOS	EA	Anglia Ruskin University	Chelmsford	TL709076
Sun 19 th	EMOA League 2024 Hardwick Park & YBT Heat	Regl	DVO	EM	Hardwick Park	Chesterfield	SK463637
Sun 19 th	LOC National Weekend	Natl	LOC	NW	Holme Fell	Coniston	
Sun 19 th	Newbold Comyn WML Event (tbc)	Regl	OD	WM		Leamington Spa	
Sat 25 th	Scottish Championships - Individual (UKOL)	Natl	INVOC	SOA	Creag Leach	Inverness	
Sun 26 th	Scottish Championships - Relays	Natl	MOR	SOA	Roseisle	Forres	NJ117686
Mon 27 th	York City Race	Regl	EBOR	YH	York	York	

June 2024

Sun 2 nd	EMUL 2024 Ibstock Urban (TBC)	Regl	LEI	EM	Ibstock TBC	Leicester	
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EMEWS

Sat 8 th	BOK Regional weekend Day 1	Regl	BOK	SW	University of Bath TBC	Bath	
Sat 8 th	Double Sprint Day - Milton Keynes	Regl	SMOC	EA		Milton Keynes	
Sat 8 th	Saturday Series 9	Locl	SYO	YH	Meersbrook Park	Sheffield	SK353839
Sat 8 th	Brough Park Sprint event	Locl	POTOC	WM		Leek	
Sun 9 th	HALO Urban	Regl	HALO	YH	Barton-Upon-Humber	Barton-Upon-Humber	
Sun 9 th	Bedford Urban based at Priory Park	Regl	WAOC	EA	Priory Park	Bedford	
Sat 15 th	SYO Urban Sprint	Regl	SYO	YH	Edge Campus	Sheffield	
Sun 16 th	National Urban Event (UKUL)	Natl	SYO	YH	Walkley	Sheffield	
Sat 22 nd	British Sprint Relay Championships	Majr	HOC	WM	Birmingham University tbc	Birmingham	
Sun 23 rd	British Sprint Championships (UKOL)	Majr	OD	WM	Warwick University tbc	Warwick	
Thu 27 th	Biddulph Grange Country Park	Locl	POTOC	WM		Biddulph	
Sat 29 th	EPOC Urban Weekend	Regl	EPOC	YH	Brighouse	Brighouse	
Sun 30 th	Harvester Relays	Natl				tbc	
Sun 30 th	EPOC Urban Weekend	Regl	EPOC	YH	Rastrick	Brighouse	
Sun 30 th	East Midlands Urban League 2024	Regl	NOC	EM	Clifton, Nottingham	Nottingham	

UK Urban League 2024

1	DVO	Ashbourne	01-Jan	2	BKO	Bracknell	27-Jan
3	NOR	Thetford	20-Apr	4	MDOC	Manchester	05-May
5	STAG	Glasgow (CRET)	12-May	6	NATO	Washington	12-May
7	SN	Aldershot	01-Jun	8	SMOC	Milton Keynes Sprints	08-Jun
9	SYO	Sheffield	16-Jun	10	AIRE	Leeds Sprints	07-Jul
11	RR	Edinburgh (WOC Tour)	15-Jul	12	NGOC	Gloucester	31-Aug
13	HOC	Worcester	01-Sep	14	SELOC	Salford Quays	08-Sep
15	SLOW	London	14-Sep	16	CLOK	Barnard Castle	22-Sep
17	NOC	Nottingham	29-Sep	18	OD	Stratford-upon-Avon	13-Oct
19	DFOK	Thamesmead	26-Oct	20	SARUM	Salisbury	02-Nov
21	FVO	Stirling	03-Nov				