

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SPRING 2024



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 2023/2024

Chairman	Chris Phillips	onecp47@gmail.com
Vice Chairman	Ann-Marie Duckworth	jasrduckworth@btinternet.com
Financial Secretary	Paul Young	treasurer.emoa@gmail.com
Development Co-ordinator	John Hurley	johnhurley870@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	woodallja@ntlworld.com

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **28th June 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 on what actually happened at the LEI Winter League Sprint Event at Abbey Park in Leicester on the morning into very early afternoon on 3rd February, and there was good turn-out with 8 on Short, 55 on 'A', then 53 on 'B', and finally 16 on 'C', and towards mid-day one of the competitors, knowing Iain Phillips, JK 24 Day 1 Organiser, was nearby, quipped that Ernie was getting in some practice for the Day 1 Start just in case there was a glitch with the automatic timing clock on Good Friday!

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Notes from EMOA Meeting – 29th January 2024

Financial Secretary Report – In terms of income the funds from new BOF membership had started to come through, and we had event levies from 6 events (thanks to all clubs for providing levy payments from events quickly). In terms of expenditure, we had provided funds for EMJOS events, and also trophies and certificates for both the EMOA Forest and Urban Leagues. Talent payments had also been provided to a number of EMOA members.

There are no worries with regard to income and expenditure at this stage as seem to be in line with our proposed budget.

In line with the constitution Paul has been keeping historic paperwork. However, the constitution only calls for 7 years of paperwork to be retained. Paul asked for permission to destroy old paperwork more than 7 years old. The meeting agreed that Paul could do this (through a shredder).

Development – John Hurley reported on:

Officials Training Day 2024

The provisional date at this time is Saturday October 12th, and the proposed venue is Groby Community College.

The proposed courses and presenters are:

- **Organisers** : Chris Phillips
- **Planners** : Mike Gardner
- **Controllers** : Ranald Macdonald
- **Mapping Workshop** : David Olivant (The session will be aimed at experienced mappers, but others can attend as long as they realise this will not be a training course).

Development Projects

- Firm applications for EMOA funding – None so far.
- Preliminary expressions of interest – DVO are also interested in a grant for starting a Map Active scheme (using similar approach to NOC). John is going to approach DVO to

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get a rough draft of what they hope to do and then will liaise with NOC to see if can get a 2-club project together. He hopes then to share the approach with LOG and LEI and see if they also want to be involved.

- Club-funded development projects
 - DVO - Club Development Officer. Pursuing various strategies to attract new participants, including urban Maprun events targeting running clubs.
 - NOC - MapActive. Learn advanced mapreading skills applicable to a range of outdoor activities, and practice them at an orienteering event.

Coaching - The event at Shirebrook on 13th January attracted folk from NOC, DVO and LEI. It was supported by 3 NOC coaches and 1 DVO coach. It seemed to go well. Following on from Shirebrook, Hilary hopes to get a series of coaching sessions off the ground (perhaps 4 a year). The next session s hoped to be aligned to EMJOS squad in March at Shipley Park.

EMJOS - There has been no activity since November. The squad coaches are having a meeting to decide what to do in March (possibly a link with WMOA for Welsh Champs or use Shipley Park on 2nd/3rd March). There are a few new people coming through and want to encourage them.

In terms of the action for allowing clubs to merge junior teams at British and JK Relays, just after the last meeting JROS was approached by BOF to get their views on a similar proposal. Ann-Marie obviously fed back our view of allowing adjacent clubs to share juniors in these relays. It is going back to BOF and will be raised at the Events and Competitions Committee. So, at this stage Ann-Marie is awaiting further feedback to see if this will happen at this year's JK and / or British.

Update to BOF Rules - There has been a major update of the BOF rules which is available on the BOF website [here](#). The change has been driven by the new British Orienteering policy (in line with that of the IOF) that men's and women's winning times should be equalised. This has had a knock-on effect in many areas and means that the 2023 edition is totally superseded by that for 2024.

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

- **Future Major Events**
 - a. **25 Feb 2024 - East Midlands Champs** - LOG - Chambers Wood (new area)
 - b. **29 Mar 2024 - JK Sprint** - LEI - Loughborough
 - c. **1 Apr 2024 - JK Relays** - DVO - Stanton Moor
 - d. **16 Feb 2025 - East Midlands Champs** - LEI
 - e. **23 Feb 2025 - CompassSport Cup Heat** - NOC - Clumber
 - f. **12 Jul 2025 - EuroCity Day 1** - NOC
 - g. **13 Jul 2025 - EuroCity Day 2** - LOG
 - h. **7 Sep 2025 - Midland Champs** - DVO - Chinley Churn

- **Very Short Green** - It was agreed that for the East Midlands Forest League in 2025 we would also include the Very Short Green class in the League. If clubs want to use the course in events this year they can do so, but the folks running the course will not count towards the EMOA League in 2024 (we have already had events and it would be unfair to add a class partway through the year).
- **Very Short Hypervets** - Discussion took place as to whether we should also add a Very Short Hypervets class to the EMOA Urban League next year. The problem is that currently there is no definition as to what standards such a course should meet (it is not in BOF classes currently) and it is not part of the scoring system for the UK Urban League. It was agreed that we should discuss this with the UK Urban League to see if there is a demand country wide for this class, which would make it easier to implement in EMOA. Again, if clubs do want to try this course out during 2024 they could do so, but need to make folk aware it will not count towards the 2024 League.

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BOF Major Events Webinar Series 2024

The BOF Major Events webinars took place on a series of 3 Monday evenings in February, each session lasting around 2 hours, and open to all level A and B controllers. There were around 80 attendees for the first session and over 60 for the following 2 sessions. If anyone wants to see them they are available on the [BOF Youtube channel](#).

The first session covered the revised BOF Rules, updates to the IOF pictorial descriptions, and lessons learned from major events.

There are quite a lot of minor rule changes due to consolidation, etc. Some of the major changes are:

- Align with IOF rules to equalise men's and women's winning times for all age classes, based on M/W21E being 88-92 minutes.
- This has a knock-on effect of ensuring all course tables take equal women's winning times into account, thus many women's courses are now expected to run longer than before (or moved to a higher colour coded course combination in new rules). Note: This will have the most impact on many average competitors, and especially women, as now expected to run on higher category colours than may have done in previous years.
- Ensure standardisation of using International Specification for Orienteering Maps and International Specification for Sprint Orienteering Maps
- Some parts of appendices have been emboldened to show they are mandatory.
- Scaling of course ratios (which were originally set in 1995) updated to reflect 2024 winning times (for instance, some older men are winning courses in much faster mins/km than in 1995, so they have been moved to a higher colour coded course (i.e. M70 goes from Green to Short Blue)). Many women's courses impacted due to aligning to men's winning times as well (e.g. W55 goes from Green to Short Blue). So, impact is at major events the rules now show older age classes expected to run longer colour coded courses in future. Question - Is this what people really want?

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There are a number of minor changes but the key ones I noted that the majority of orienteers might see are:

- If the clarification symbol in column C is not sufficient to unambiguously define the placement of the control flag then the feature is not suitable for a control site.
- Use of Copse symbol extended to include a more runnable area of trees surrounded by thicker forest (see image on right). (In past a copse has only been an area of woodland in an open area).
- Use of Building symbol extended to include a pillar supporting a roof.
- New symbol added for a Railway or tramway.
- Use of Top and Beneath symbols extended to include the Upper or Lower of two levels (more for urban events).
- New symbol added for a map flip (turn the map over). See below (this was used at East Midlands Champs for the longer courses).



The third part of the session was some lessons learned from major events. The following were some of the key points that contributed to the success of major events:

- Good/great weather, centre, courses, map, 'team'
- Effective communications (across teams at event, and with all third parties)
- Having deputies for Planner and Controller
- Mentoring a potential Level A Controller
- Courses ready ~7 months before event
- Liaison with landowners, police, council etc

Some areas of problems identified were:

- Later-than-ideal appointment of key officials (ensure have a timeline agreed and meetings scheduled with key officials well in advance)
- Key officials may have limited capacity (work/other events/holidays)
- Too much Lastminute.com...
- Permissions (it is suggested you have a person who has this as their sole responsibility)
- Starts (have not been set up on time, start officials making decisions compromising the event)

The second session covered planning for older competitors, relay planning and quick wins for level A events.

The meeting was given a lot of recent major event courses and provided with the times taken by all competitors on that course (one problem with this was that the times were not broken out to only show the older competitors times as a course might also include W16, so the graphs could be misleading). The graphs did show that at a lot of events there were some very long

times for older competitors. So, the meeting discussed what should be considered when planning for older competitors. The following were some of the thoughts:

- We should not dumb down the course, a competitor still wants a challenge. Ideally try to provide a mix of leg lengths as would do for other courses.
- Avoid height climb, especially steep slopes, both up and down (also consider getting in and out of features like ditches, depressions, etc.)
- Avoid rough ground where possible
- High stiles can be difficult for older competitors
- If a young planner and controller, maybe they should make sure they have an older competitor to advise them
- Eyesight can mean reading a map is more difficult (be flexible about map scales to improve visibility)
- Long walks to start / finish has more impact on older competitors (and if these walks are only 1 person wide this can cause older competitors to feel they are in the way of younger ones trying to jog to the start).
- The ratio of times taken between fastest and slowest competitors is greater for older competitors.

One concern I had was that the points made were all valid, but the graphs had not taken account of junior competitors, and nobody had actually approached the older competitors directly to get their views on the courses we were asked to analyse. Winners routes had been provided but maybe we need to talk more to the "average" competitor to get their views.

The table below illustrates the course rules for long distance events and for major events which classes are now recommended for that colour course (I have omitted the B and short classes for clarity) (those classes in red have moved up to a longer colour, those in blue down to a shorter colour):

Colour	Course Length Ratio	Min / Max Length in km	Tech Diff	Men's classes (old rules)	Men's classes (new rules)	Women's classes (old rules)	Women's classes (new rules)
Black	1.00	10.0 - 14.0	5	M21	M21		
Brown	0.85	8.5 - 12.0	5	M35 / M40	M20 / M35 / M40		W21
Short Brown	0.69	7.0 - 10.0	5	M18 / M20 / M45 / M50	M18 / M45 / M50	W21	W20 / W35
Blue	0.56	5.5 - 7.5	5	M16 / M55 / M60	M16 / M55 / M60	W35 / W40	W18 / W40 / W45
Short Blue	0.45	4.5 - 6.5	5	M65	M65 / M70	W18 / W20 / W45 / W50	W16 / W50 / W55
Green	0.39	3.5 - 5.0	5	M70	M75	W16 / W55 / W60	W60 / W65
Short Green	0.33	3.0 - 4.0	5	M75 / M80 / M85 / M90	M80	W65 / W70	W70

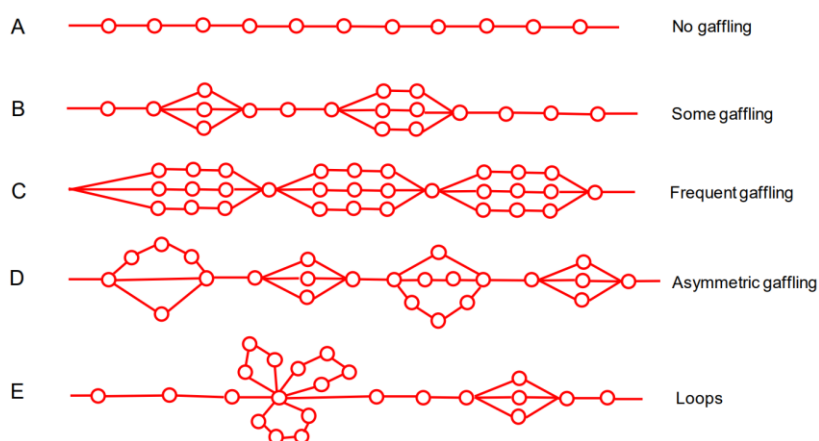
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Very Short Green	0.28	2.5 - 3.5	5		M85 / M90	W75 / W80 / W85 / W90	W75 / W80 / W85 / W90
Light Green	0.30	3.0 - 4.0	4	M14	M14	W14	W14
Orange	0.25	2.5 - 3.5	3	M12	M12	W12	W12
Yellow	0.22	2.0 - 2.9	2	M10	M10	W10	W10
White	0.14	1.0 - 1.9	1				

The other thing that I noticed was that there seemed to be a major discrepancy in the first session we were told that the new rules are going to increase winning times for older competitors, yet in the discussions of senior orienteer planning (see session 1) the concern is we have a lot of older competitors out for a very long time. So if we do have this problem, why are we lengthening the times for these competitors at major events?

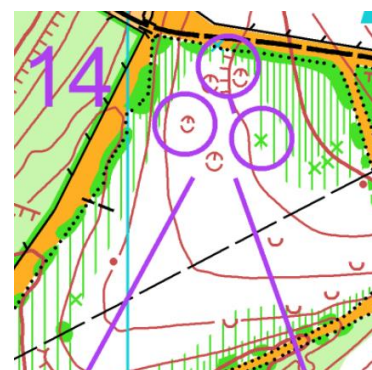
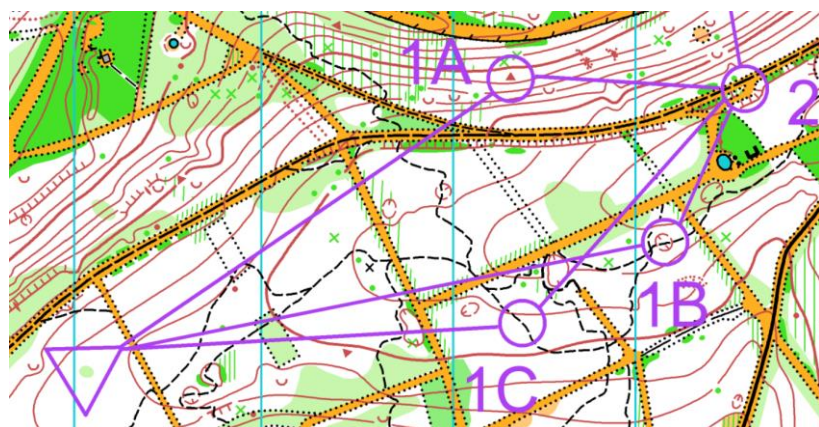
In terms of relay planning, a number of topics were covered including what types of gaffling

were recommended (Gaffling is the way that relay runners run different controls but ensure all teams visit the same controls). For the junior competitors then no gaffling may be appropriate, but for others the recommendation was that relay races are meant to encourage head-to-head racing and so some gaffling would be the preferred approach, and the last few legs could be ungaffled to provide good head-to-head racing. (I would be



interested in other folks views on this as my thought was orienteering was about navigation and I would have thought frequent gaffling was more appropriate!).

Also considered was the location of controls. Below are two example maps. The first shows 3 controls all very close together (assuming



they were on different gaffled legs). The problem with this set of controls is that they are all in the same area very close together, so if you follow another competitor, and they had started a different gaffle then you would not lose much time as would have been led into the correct area anyway.

The second map segment shows 3 legs, but the problem with this is that competitors going to control 1A have much more climb (in and out of control) and so are likely to be left behind when compared to competitors going to 1B or 1C. While overall all teams would run each leg, those on 1A could get dropped from the leaders and lose the ability to compete head-to-head with other competitors. Ideally you need to keep the legs of the gaffles similar but controls far enough apart so if you follow someone into wrong control, you won't find yours very close by.

Other things considered were arena design (ensure competitors have good line of sight of their previous runners coming in), where the finish punches should be (for legs 1 and 2 this should be before they handover, for leg 3 after the finish line), and the labelling of maps (ideally ensure the control code is alongside the number on the map for relays, using Purple Pen can also now generate individual maps to show team number and leg and have that displayed to the competitor as they pick up the map).

What makes a good event was also considered. Things like what makes a memorable major event. The key things were to get the big things right (maps, controls, courses, results) but also make sure there is a good arena to generate an atmosphere, get the pre-event details out as early as possible (so competitors know how far away start and finish are), understand how to deal with problems (have competent people at key places like Start), signage should be clear.

The third session covered what happens if your event is made a World Ranking Event (WRE) and also looking at some scenarios that might come up at events to a jury. One thing that was mentioned was that the jury (only really applicable for level B events and above) can have multiple members of the same club, but that the jury should not really discuss with the organiser / planner and controller what their initial response is to a protest made by a competitor (i.e. the organiser should respond and only if there is a protest should the jury be called in; the jury members should not really discuss the initial response to a protest with the competitor).

In terms of a WRE event the main impact is that this normally requires a panel of event advisors to be appointed (ideally international). The BOF Rules have been deliberately written to comply with IOF Rules so in terms of rules there are not major differences for the event itself.

In terms of the jury scenarios that were discussed the main points discussed were to do with competitors crossing "uncrossable" features. When do you alter the results? How should you respond?

- If a member of the public says someone crossed an uncrossable wall, could you do anything about it, with no details of the competitor?
- What, if after the event, you look on route gadget and see the winner has shown they have crossed the uncrossable wall?
- What, if after the event, many competitors are shown as having taken this route?

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One thing discussed was whether routes, particularly in urban events, that might mislead a competitor to take a route to a dead end are "fair". There seemed to be a lot of thought that we should not plan to include this sort of option (personally I am not sure I agree with this!!).

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East Midlands Champions 2024

The East Midlands championships were held at Chambers Wood in Lincolnshire on a nice sunny day. The ground was a rather wet following all the recent rains, so the paths were quite muddy (hard going) and any below ground features tended to be full of water! The area proved quite tricky in that ensuring you were on the correct ditch needed accurate navigation, and the area, particularly the eastern side was quite runnable.



Congratulations to all our 2024 EMOA Champions.

Below are the East Midlands champions based on the results:

M10	Hugh Chester - LEI	W10	No competitors
M12	No competitors	W12	Emma Rosewell - NOC
M14	Eoin Simpson - LEI	W14	No competitors
M16	No competitors	W16	Ellie Simpson - LEI
M18	Josh Bones - LOG	W18	Hannah Mather - LOG
M20	No competitors	W20	No competitors
M21	Richard Crabb - RAFO	W21	Joanna Goodhead - DVO
M35	Nerijus Rozkovas - DVO	W35	No competitors
M40	Benjamin Cluderay - RAFO	W40	Toni O'Donavon - LEI
M45	Richard Parkin - DVO	W45	No competitors
M50	Marcus Scotney - DVO	W50	Tanya Taylor - LOG
M55	John Duckworth - DVO	W55	Sal Chaffey - DVO
M60	Adrian Chapman - LOG	W60	Amanda Roberts - LOG
M65	Mick Lucking - NOC	W65	Val Johnson - DVO
M70	David Booker - NOC	W70	Jane Booker - NOC
M75	Mike Godfree - DVO	W75	Hilary Palmer - NOC

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M80 Peter Chick - LEI

M85 John Woodall - NOC

M90 Donald Moir - LEI

W80 Sue Bicknell - LEI

W85 No competitors

W90 No competitors

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Orienteering Foundation Report March 2024

Latest news.

- The Orienteering Foundation took part in the recent British Orienteering Development Conference, the session was videoed, a replay can be found [here](#).
- Any clubs interested in more information on the CDO projects can be found [here](#).
- Latest report from projects we have made grants to have been added to the web site.
 - [Moravian Orienteers CDO](#)
- A grant was agreed to Glasgow University to help with establishing their uni club by attending BUSA and providing coaching sessions.
- Annual report for 2023 can be found [here](#)
- Compass Sport have kindly agreed to publish a series of articles to showcase the Foundation, watch out in the next edition for the first one.



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

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East Midlands Urban League 2024

The following is the current table for the EMOA Urban League 2024 which comprises of the following events:

- 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)



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Your best 4 scores will count from the 8 events. Below is the current table showing the top 10 and omitting non-EMOA members (this year scoring based only on EMOA members):

Junior Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Isaac Rosewell	M14	NOC	100	100							
2	Peter Birchall	M16	DVO	96	96							

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Imogen Satherley	W12	DVO	100	100							

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	John Duckworth	M55	DVO	100	100							
2	Nerijus Rozkovas	M35	DVO	96	96							
3	Mike Chapman	M45	LOG	93	93							
4	Liam Harrington	M35	LOG	91	91							

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Rachel Duckworth	W21	DVO	100	100							
2	Andrea Page	W45	LOG	96	96							
3	Jennamari Terava	W35	DVO	93	93							
4	Kate Lowndes	W35	DVO	91	91							

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andy Nicholls	M45	LEI	100	100							
2	Neil Rosewell	M45	NOC	96	96							
3	Andrew Selby	M45	DVO	93	93							
4	James Prince	M50	DVO	91	91							

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5	Tom Hartland	M45	DVO	90	90							
6	Andrew Evans	M40	LOG	89	89							
7	David Sissons	M50	NOC	88	88							

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	100	100							
2	Michelle Mackervoy	W50	DVO	96	96							
3	Lizzie Rosewell	W40	NOC	93	93							
4	Patricia Wong	W50	NOC	91	91							

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Paul Murgatroyd	M55	LOG	100	100							
2	Andrew Ridgway	M60	NOC	96	96							
3	David Cladingboel	M55	LEI	93	93							
4	David Vincent	M60	DVO	91	91							
5	Alastair Paterson	M55	LEI	90	90							
6	Steve Edgar	M55	LEI	89	89							
7	Mike Dallaway	M60	LEI	88	88							
8	Robert Orgill	M55	NOC	87	87							
9	Mark Sherriff	M60	LEI	86	86							
10	Jonathon Lee	M60	LEI	85	85							

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Helen Parkinson	W55	NOC	100	100							
2	Amanda Roberts	W60	LOG	96	96							
3	Alison Hardy	W55	LEI	93	93							
4	Sue Russell	W60	DVO	91	91							
5	Jane Dring-Morris	W55	LEI	90	90							
6	Louise Orgill	W55	NOC	89	89							
7	Ursula Williamson	W60	LEI	88	88							

Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Graham Johnson	M65	DVO	100	100							
2	Paul Morris	M65	NOC	96	96							
3	John Hurley	M65	DVO	93	93							
4	Mike Gardner	M65	DVO	91	91							
5	Malcolm Spencer	M65	DVO	90	90							
6	Robert Parkinson	M65	NOC	89	89							
7	John Hopper	M70	DVO	88	88							

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8	Andrew Wallace	M65	NOC	87	87							
9	Stephen Kimberley	M65	DVO	86	86							
10	Jeffrey Baker	M70	LOG	85	85							

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Val Johnson	W65	DVO	100	100							
2	Judith Evans	W65	NOC	96	96							
3	Jane Kayley-Burgess	W65	DVO	93	93							
4	Trudy Crosby	W65	LOG	91	91							
5	Maureen Webb	W70	LEI	90	90							
6	Ruth Ellis	W70	DVO	89	89							

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Kevin Gallagher	M75	LEI	100	100							
2	Pat Squire	M75	NOC	96	96							
3	Rex Bleakman	M80	DVO	93	93							
4	Derek Gale	M80	DVO	91	91							
5	Dave Skidmore	M75	DVO	90	90							
6	John Palmer	M75	NOC	89	89							
7	Peter Leake	M85	LEI	88	88							
8	Chris Phillips	M75	LEI	87	87							
9	John Woodall	M85	NOC	86	86							

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Liz Godfree	W75	DVO	100	100							
2	Hilary Palmer	W75	NOC	96	96							
3	Ann Armistead	W75	DVO	93	93							
4	Diane Blount	W75	DVO	91	91							
5	Pauline Ward	W80	DVO	90	90							
6	Tricia Neal	W75	NOC	89	89							
7	Jen Gale	W75	DVO	88	88							

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East Midlands League 2024

The tables below provide the current standings for the EMOA League 2024. With a total of 12 events (one event added), the best 7 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 so far are:

- 1 - 7th January - LEI - Bagworth
- 2 - 11th February - LEI - Beacon Hill
- 3 - 3rd March - DVO - Shipley Park

The events still to be included in the League for 2024 are:

- 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 - 29th September - DVO - Calke Park
- 8 - 27th October - LEI - Cademan and Thringstone Woods (TBC)
- 9 - 17th November - NOC - Shirebrook (TBC)
- 10 - 24th November - DVO - Longstone Moor (TBC)
- 11 - 15th December - LEI - New area (TBC) - Outwoods as back up
- 12 - 22nd December - NOC - Walesby

White - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	Score	Pos
Oscar Buxton	DVO	M10	1000	855										1855	1

Yellow - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Noah Lurati	DVO	M10	837	1000										1837	1

Orange - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Laurie Fluck	LEI	M75	1000	385										1385	1

Orange - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	Score	Pos
Imogen Satherley	DVO	W12	1000	599	1000									2599	1
Emma Rosewell	NOC	W12	877	1000										1877	2
Cara Tolley	LEI	W14		845	933									1778	3

Short Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos.
Kevin Gallagher	LEI	M75	1000	972	1000									2972	1
Chris Bosley	LEI	M75	758	692	829									2279	2
Dave Skidmore	DVO	M75	747	759	759									2265	3
Jeffrey Baker	LOG	M70	664	652	829									2145	4
Andrew Middleton	DVO	M75	829	1000										1829	5
John Cooke	DVO	M75	601	596	567									1764	6
George Normand	LEI	M75	886	824										1710	7
Doug Dickinson	DVO	M75	763		896									1659	8
John Palmer	NOC	M75	763		781									1544	9
Ranald Macdonald	DVO	M70	744	759										1503	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	P
Liz Godfree	DVO	W75	1000	1000	1000									3000	1
Judith Holt	DVO	W70	869	829	989									2687	2
Ann Armistead	DVO	W75	978	741	882									2601	3
Jane Booker	NOC	W70	925	673	870									2468	4
Christine Middleton	DVO	W75	879	708	785									2372	5
Sue Bicknell	LEI	W80	740	745	802									2287	6
Trudy Crosby	LOG	W65	755	653	801									2209	7
Maureen Webb	LEI	W70	709	599	667									1975	8
Karen Ives-Smith	LEI	W60	668	518	577									1783	9
Hilary Hodgkinson	NOC	W70	709		887									1596	10

Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	P
Mike Gardner	DVO	M65	1000	995	967									2962	1
John Hopper	DVO	M70	875	1000	1000									2875	2
Malcolm Spencer	DVO	M65	897	838	945									2680	3
Mike Godfree	DVO	M75		994	992									1986	4
Stephen Martin	LEI	M65	942	966										1908	5
John Hurley	DVO	M65	941		946									1887	6
Paul Stothard	LEI	M55	557	599	553									1709	7
Daniel Stothard	LEI	M18	580	616	493									1689	8
Simon Starkey	LEI	M65	791	834										1625	9
Lester Evans	DVO	M70	790		819									1609	10

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Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos
Ursula Williamson	LEI	W60	760	1000	704									2464	1
Amanda Roberts	LOG	W60	1000		983									1983	2
Tracey Brookes	LEI	W55	717	988										1705	3
Kim Buxton	DVO	W60	876		728									1604	4
Jane Dring-Morris	LEI	W55	685	900										1585	5
Anne Kayley-Burgess	DVO	W55	597	739										1336	6
Hebe Parr	NOC	W21	561		529									1090	7

Blue - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos
Kevin Lomas	NOC	M65	977	1000	945									2922	1
Andy Sykes	DVO	M55	868	933	924									2725	2
David Vincent	DVO	M60	831	862	913									2606	3
Andrew Ridgway	NOC	M60	778	755	778									2311	4
Alastair Paterson	LEI	M55	789	730	702									2221	5
David Cladingboel	LEI	M55	710	715	668									2093	6
Tom Hartland	DVO	M45	697	693	668									2058	7
Mark Sheriff	LEI	M60	621	664	687									1972	8
Paul Morris	NOC	M65	1000	969										1969	9
David Sissons	NOC	M50	580	579	628									1787	10

Blue - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Alison Hardy	LEI	W55	1000		1000									2000	1
Tanya Taylor	LOG	W50	870	966										1836	2
Lizzie Rosewell	NOC	W40	777	766										1543	3
Sophie Vincent	DVO	W21	656		757									1413	4
Monica Henderson	NOC	W35		659	711									1370	5

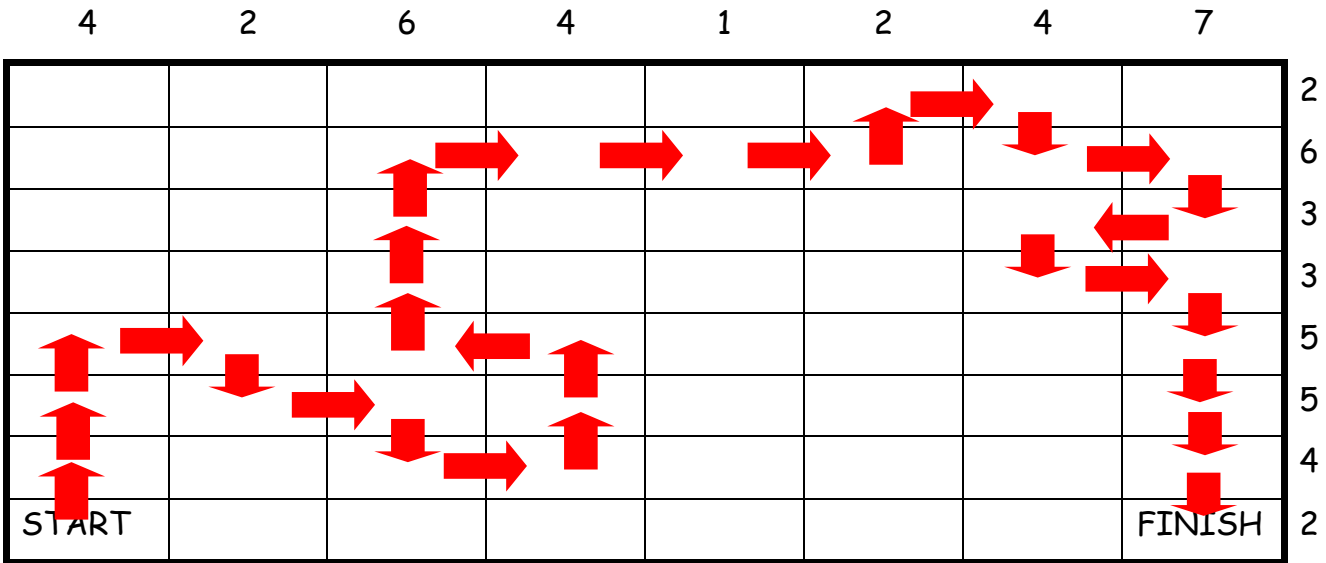
Brown - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Steve Schofield	NOC	M60	941	880	901									2722	1
Nerijus Rozkovas	DVO	M35	906	831	885									2622	2
Andrew Powell	DVO	M40	899		925									1824	3
Richard Willis	NOC	M50		785	827									1612	4

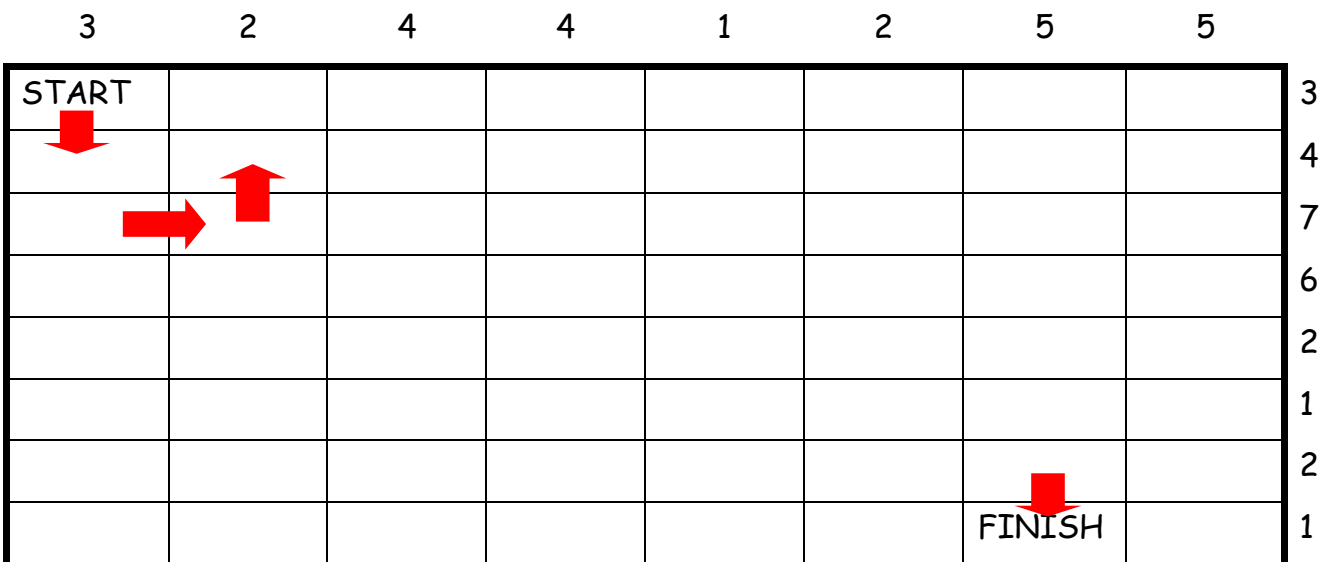
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Puzzle Page

Answer to EMEWS 290 Puzzle



This edition's puzzle is similar to last EMEWS, we go back to the plantation grid and see how competitors 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.



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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.

March 2024

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	SJ950854
Thu 7 th	Duffield Night MapRun	Locl	DVO	EM	Duffield	Derby	SK344432
Thu 7 th	Tech training	Act	LOG	EM	South Common	Lincoln	
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	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	
Tue 12 th	Night Urban Event	Locl	SYO	YH	Kelham Island, Sheffield	Sheffield	SK352880
Thu 14 th	Heatherton Night MapRun	Locl	DVO	EM	Heatherton	Derby	SK344432
Thu 14 th	Tech training	Act	LOG	EM	West Common	Lincoln	
Sat 16 th	Apedale Country Park	Locl	POTOC	WM	Heritage centre	Newcastle under Lyme	SJ822483
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	
Thu 21 st	Mackworth Night MapRun	Locl	DVO	EM	Mackworth	Derby	SK318364
Thu 21 st	Tech training	Act	LOG	EM	Riseholme Park	Lincoln	
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	SP404791
Tue 26 th	LEI Winter/Spring Club Night	Act	LEI	EM	Markfield Community Centre	Markfield	

EMEWS

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	
Thu 4 th	Spring Series	Locl	LOG	EM	Riseholme	Lincoln	SK981756
Sun 7 th	East Midlands League 2024	Regl	NOC	EM	Boundary Wood & Tippings Wood TBC	Mansfield	
Thu 11 th	Spring Series	Locl	LOG	EM	Harlaxton	Lincoln	SK895322
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	
Wed 17 th	LEI Summer League 1	Locl	LEI	EM	Groby urban	Leicester	SK519076
Thu 18 th	Spring Series	Locl	LOG	EM	South Common	Lincoln	SK977698
Thu 18 th	Markeaton MapRun	Locl	DVO	EM	Markeaton	Derby	SK332380
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	TL825619
Sun 21 st	SYO Regional Event	Regl	SYO	YH	Sandall Beat	Doncaster	SE610037
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	
Tue 23 rd	LEI Summer League 2	Locl	LEI	EM	Watermead	Leicester	SK605106
Thu 25 th	Spring Series	Locl	LOG	EM	Londonthorpe	Lincoln	SK944379
Thu 25 th	Chester Green MapRun	Locl	DVO	EM	Chester Green	Derby	SK356385
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

Wed 1 st	LEI Summer League 3	Locl	LEI	EM	Birstall urban	Leicester	SK91105
Thu 2 nd	Spring Series	Locl	LOG	EM	Ostlers	Lincoln	TF216628
Sat 4 th	Markeaton MapActive Stage 1	Act	DVO	EM	Markeaton Craft Centre Car Park	Derby	
Sat 4 th	Manchester in May. Middle Distance Urban event	Regl	MDOC	NW	East Manchester	Manchester	
Sun 5 th	Manchester in May, UKUL National Urban event	Natl	MDOC	NW	Manchester City	Manchester	
Mon 6 th	Manchester in May May Day O'Fest	Locl	MDOC	NW	Wythenshawe Park	Wythenshawe	
Thu 9 th	Spring Series	Locl	LOG	EM	Hartsholme	Lincoln	SK946695

EMEWS

Thu 9 th	LEI Summer League 4	Locl	LEI	EM	Castle Hill	Leicester	SK554083
Sat 11 th	SO Sunny Sussex Weekend - 1/3 - Eartham Wood (north) - middle distance	Regl	SO	SE	Eartham Wood (north)	Upwaltham	SU943120
Sat 11 th	SO Sunny Sussex Weekend - 2/3 - Chichester University & Oaklands Park Evening Sprint **SEOUL event**	Regl	SO	SE	Chichester University & Oaklands Park	Chichester	SU861053
Sat 11 th	Markeaton MapActive Stage 1	Act	DVO	EM	Markeaton Craft Centre Car Park	Derby	
Sun 12 th	SO Sunny Sussex Weekend - 3/3 - Houghton Forest, Arundel. National event / SE League event	Natl	SO	SE	Houghton Forest	Arundel	TQ001108
Sun 12 th	YHOA SuperLeague	Regl	EPOC	YH	Honley	Huddersfield	
Sun 12 th	West Midlands Championships + WML	Regl	POTOC	WM	Morridge	Leek	
Tue 14 th	LEI Summer League 5	Locl	LEI	EM	Atherstone	Atherstone	
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	SP333658
Wed 22 nd	LEI Summer League 6	Locl	LEI	EM	Bagworth	Leicester	SK457068
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	
Thu 30 th	LEI Summer League 7	Locl	LEI	EM	Tunnel Woods	Leicester	SK298173

June 2024

Sun 2 nd	EMUL 2024 Ibstock Urban (TBC)	Regl	LEI	EM	Ibstock TBC	Leicester	
Tue 4 th	LEI Summer League 8	Locl	LEI	EM	Glenfield	Leicester	SK539058
Sat 8 th	SW Sprint Champs (SEOUL) - Race 1 / Race 2	Regl	BOK	SW	University of Bath	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	
Sat 8 th	Darley MapActive Stage 2	Act	DVO	EM	Darley Cricket Pitch Car Park	Derby	
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	
Wed 12 th	Lincs Urban League	Locl	LOG	EM		Sleaford	

EMEWS

Wed 12 th	LEI Summer League 9	Locl	LEI	EM	Grange and Battram	Ibstock	SK424093
Sat 15 th	SYO Urban Sprint	Regl	SYO	YH	Edge Campus	Sheffield	
Sat 15 th	Darley MapActive Stage 2	Act	DVO	EM	Darley Cricket Pitch Car Park	Derby	
Sun 16 th	National Urban Event (UKUL)	Natl	SYO	YH	Walkley	Sheffield	
Tue 18 th	LEI Summer League 10	Locl	LEI	EM	Loughborough University	Loughborough	SK512186
Sat 22 nd	British Sprint Relay Championships	Majr	HOC	WM	Birmingham University tbc	Birmingham	
Sat 22 nd	Allestree Park Local Event	Locl	DVO	EM	Allestree Park	Derby	SK348407
Sun 23 rd	British Sprint Championships (UKOL)	Majr	OD	WM	Warwick University tbc	Warwick	
Tue 25 th	LEI Summer League 11	Locl	LEI	EM	Melton Country Park	Melton Mowbray	SK756208
Wed 26 th	Lincs Urban League	Locl	LOG	EM		Lincoln	
Thu 27 th	Biddulph Grange Country Park	Locl	POTOC	WM		Biddulph	
Sat 29 th	EPOC Urban Weekend	Regl	EPOC	YH	Brighouse	Brighouse	
Sat 29 th	WOC Test Race #1	Regl		SOA		TBC	
Sun 30 th	Harvester Relays	Natl				tbc	
Sun 30 th	EPOC Urban Weekend	Regl	EPOC	YH	Rastrick	Brighouse	
Sun 30 th	WOC Test Race #2	Regl		SOA		TBC	
Sun 30 th	East Midlands Urban League 2024	Regl	NOC	EM	Clifton, Nottingham	Nottingham	

July 2024

Wed 3 rd	LEI Summer League 12	Locl	LEI	EM	Sence Valley Country Park	Ibstock	SK403112
Fri 5 th	AIRE Sprint Weekend Score Event	Regl	AIRE	YH	Leeds Dock	Leeds	
Sat 6 th	AIRE Sprint Weekend & YHOA Sprint Championships (UKOL)	Natl	AIRE	YH	South Leeds	Leeds	
Sat 6 th	Allestree Park Relay and Picnic	Locl	DVO	EM	Allestree Park	Derby	SK341404
Sun 7 th	AIRE Sprint Weekend Urban (UKOL)	Natl	AIRE	YH	Little London	Leeds	
Wed 10 th	Lincs Urban League	Locl	LOG	EM		Lincoln	
Thu 11 th	WOC2024 Tour - warm up (and SoSOL)	Regl	RR	SOA	Holyrood Park	Edinburgh	
Fri 12 th	WOC2024 Tour - Urban sprint	Regl	RR	SOA	Leith	Edinburgh	
Sat 13 th	WOC2024 Tour - Indoor race	Regl	RR	SOA	King's Buildings Campus	Edinburgh	
Sat 13 th	Tunstall Park - Local Event	Locl	POTOC	WM		Tunstall	
Sun 14 th	EMUL 2024 Chesterfield Urban	Regl	DVO	EM	Chesterfield	Chesterfield	
Sun 14 th	WOC2024 Tour - Middle Distance (SOUL 5)	Regl	RR	SOA	Heriot-Watt Riccarton	Edinburgh	
Mon 15 th	WOC2024 Tour - Urban Historic Edinburgh UKUL	Regl	RR	SOA	Central Edinburgh	Edinburgh	
Tue 16 th	WOC2024 Tour - Urban sprint	Regl	RR	SOA	Wester Hailes	Edinburgh	
Tue 16 th	LEI Summer League 14	Locl	LEI	EM	Burbage Common	Hinckley	SP52940

EMEWS

Sun 21 st	Croeso Day 1 (UKOL)	Natl		WOA	Merthyr Mawr	Bridgend	
Mon 22 nd	Croeso Day 2 (UKOL)	Natl		WOA	Cribarth	Ystradgynlais	
Tue 23 rd	Croeso Day 3	Natl		WOA		South Wales	
Thu 25 th	Croeso Day 4	Natl		WOA		South Wales	
Fri 26 th	Croeso Day 5	Natl		WOA		South Wales	
Sat 27 th	Croeso Day 6	Natl		WOA		South Wales	

August 2024

Thu 1 st	LEI Summer League 15	Locl	LEI	EM	Markfield urban	Leicester	SK490098
Tue 6 th	LEI Summer League 16	Locl	LEI	EM	Outwoods	Loughborough	SK515159
Sun 11 th	EMUL 2024 Coalville/Whitwick Urban TBC	Regl	LEI	EM	Coalville/Whitwick TBC	Leicester	
Wed 14 th	LEI Summer League Presentation	Locl	LEI	EM	Queen Elizabeth Diamond Jubilee Woods	Ibstock	SK384119
Sun 18 th	EMUL 2024 Lincoln City Urban	Regl	LOG	EM		Lincoln	
Sun 18 th	Parkhall Country Park Score +Picnic/BBQ	Locl	POTOC	WM	Parkhall Country Park	Longton	
Sun 18 th	HH Urban Herts Uni and South Hatfield	Regl	HH	SE	Herts University	Hatfield	TL214071
Sat 24 th	White Rose	Natl	EBOR	YH	North Yorkshire	North Yorkshire	
Sun 25 th	White Rose and YHOA SuperLeague	Natl	EBOR	YH	North Yorkshire	North Yorkshire	
Mon 26 th	White Rose	Regl	EBOR	YH	North Yorkshire	North Yorkshire	
Sat 31 st	Scottish Sprint Championships (SOUL 6)	Regl	TAY	SOA		Crieff (tbc)	

September 2024

Sun 1 st	WMUL Event - Worcester Urban	Regl	HOC	WM		Worcester	
Sun 1 st	Yaxley Urban event	Regl	WAOC	EA	Yaxley, Peterborough	Yaxley, Peterborough	
Sun 8 th	Club Championships Longstone Moor	Locl	DVO	EM	Longstone Moor	Bakewell	SK197737
Sun 8 th	SELOC urban - City Race Euro Tour, UKUL and NWUL	Regl	SELOC	NW	Salford Quays	Salford	
Fri 13 th	London EuroCity weekend Race 1	Regl	DFOK	SE	Burgess Park	Elephant and Castle	
Sat 14 th	Dales Weekend Day 1 and YHOA SuperLeague (UKOL)	Natl	AIRE	YH	Monk's Road	Malham	
Sat 14 th	City of London Race	Natl	SLOW	SE	tbc	London	
Sun 15 th	Dales Weekend Day 2 and YHOA SuperLeague (UKOL)	Natl	AIRE	YH	Malham Moor	Malham	
Sat 21 st	Caddihoe Day 1 (UKOL)	Natl	DEVON	SW	Braunton Burrows	Braunton	SS463351
Sat 21 st	Hem Heath Woods	Locl	POTOC	WM	wedgwood car park	Newcastle under Lyme	
Sun 22 nd	NOR - Houghen	Regl	NOR	EA		Norwich	
Sun 22 nd	SYO Regional Event	Regl	SYO	YH	Cowms Rocks	Snake Pass	
Sun 22 nd	Caddihoe Day 2 (UKOL)	Regl	DEVON	SW	Braunton Burrows	Braunton	SS463351

EMEWS

Sun 29 th	EMOA League 2024 Longstone Moor TBC	Regl	DVO	EM	Longstone Moor TBC	Bakewell	TBC
Sun 29 th	WAOC local event	Locl	WAOC	EA	Cambourne	Cambourne	

UK Urban League 2024 (still to happen)

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				