

THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

SUMMER 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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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
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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
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National Forest	Roy Denney	roydenney@hotmail.com
President	John Woodall	woodall.ja@ntlworld.com

East Midlands website: www.emoa.org.uk

Copy Date for next issue: **16th September 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 late September 2024 (depending on holidays).

Cover - Thanks again to Ernie for the cover. A little bit of background from Ernie. At the JK Sprint event in Loughborough a lady competitor did ask one of the hard-working JK24 Day 1 Car Park Team if he could find her a stepladder so that she could get closer to a fairly high information sign in order to know how to pay for the car parking and how much to pay on the day - one can only assume that she might well not have received the available discount or the loan of a stepladder!

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Notes from EMOA Meetings - 22nd April / 1st July 2024

Volunteer Required - At the AGM we do need a new Vice-Chair (we believe we have volunteers for all the other major roles for the AGM, but obviously members can always put themselves forward at the AGM). The role is not too difficult and we do provide support for anyone involved. The committee meetings are only every couple of months and it would be good to get some new names on the EMOA committee. Please could you consider volunteering for this role (if interested, contact any of the officials listed on the Contents page).

EMOA AGM - Details of this year's AGM (along with the minutes of the last AGM) are provided below.

Levy Payments for MapRun Events - A recent memo from BOF has provided an update on whether levies are paid on free MapRun events. This has been a major topic in recent times as many clubs put on free MapRun events and had assumed no levy was payable and then BOF have requested a levy. In summary, the new statement is that if the event is free and that the results of the event are only available in the App itself, then no BOF levy is due (obviously if the event has an entry fee, or the results are available elsewhere then the levy is due).

Financial Secretary Report - As come to year end (June 30th), in terms of income the funds from BOF membership have ended up being within £1 of original budget. Event levies are very slightly higher than last year. Interest has also been higher as have moved monies into Deposit Account from Current Account. In terms of expenditure trophies were slightly under budget, there had been no spend on external conferences, but senior and talent expenses were slightly higher. So, the accounts are not too far away from project budget. The annual accounts will be created in next few weeks and be available for the AGM.

Development -

Officials Training Day 2024

The date is booked for Saturday October 12th, at Groby Community College.

The proposed courses and presenters are:

- **Organisers** : Chris Phillips
- **Planners** : Mike Gardner
- **Controllers** : Randal 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 Funding

- DVO/24/1 - MapActive courses in May and June 2024 was provided with a grant of £500.00. The courses have taken place with 10 participants, with 2 already joined as DVO members.

Preliminary expressions of interest

- DVO/24/2 - Rebate of BOF levy for Spring 2024 MapRun events. Now withdrawn as BOF levy not now payable.
- LOG/24/1 - Club website update. LOG need professional assistance to update their website. Suggested chatting to other EMOA club website owners for assistance first.

Club-funded development projects

- DVO/23/1 - Club Development Officer. Pursuing various strategies to attract new participants, including urban MapRun events targeting running clubs.
- NOC/24/1 - MapActive. Learn advanced map-reading skills applicable to a range of outdoor activities, and practice them at an orienteering event.
- LEI / LOG - no information supplied

Coaching - Chris Millard (DVO) and Andy Simpson (LEI and EMJS Coach) both successfully completed the first 8 tasks for their Orienteering Qualification, the pilot course for the new qualification which replaces, and is on a par with, the former UKCC Level 2 Coach and BOF Club Coach qualification from pre-2008. They now have to complete by the end of January 2025 and they may need support for this, if they need to 'practise' with some club members. Please support them.

Safeguarding - The BOF Safeguarding eLearning course continues to be popular, and this year has seen a large uptake partly due to updating part of the coaching license requirement but also from lots of members supporting tours and training within clubs.

The eLearning course can be accessed here: <https://www.britishorienteering.org.uk/elearning>. Please note that there is a cost of £10 per registration for eLearning. Your club may be able to support you with this requirement.

Other providers courses will still be accepted on submission of attendance certificates. Scan and email to coachingadmin@britishorienteering.org.uk and ask that this is added to your qualifications on the database. If you do the BOF eLearning course your attendance is automatically updated.

EMJOS - See reports below.

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

- **Future Major Events**

- a. **16 Feb 2025 - EMOA Champs** - LEI - Ratby and Martinshaw
- b. **23 Feb 2025 - CompassSport Cup Heat** - NOC - Clumber
- c. **12 Jul 2025 - EuroCity Day 1** - NOC
- d. **13 Jul 2025 - EuroCity Day 2** - LOG
- e. **7 Sep 2025 - Midland Champs** - DVO - Chinley Churn
- f. **2028 British Nights** - LEI to host

- **East Midlands Urban League** - This year the scoring was changed to only count EMOA members. Once we have had all the events in this year's league we will review the scoring and decide whether to revert to the old system of scoring all runners (including those from outside the region) or keep the new system (looking at numbers attending and impact the changes have made on league positions).
- As the White Rose has been cancelled this year, DVO are introducing a series of events over that weekend (Bradford Dale Map Run score event on 24th Aug; Bakewell double sprint on 25th Aug; Matlock Map Run or an SYO event on 26th Aug).

EMOA Trophies Officer - Trudy Crosby volunteered to become the EMOA Trophies officer (as the previous officer has left the region).

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The 60th East Midlands Orienteering Association AGM

<p>Notice is hereby given that the Annual General Meeting of the East Midlands Orienteering Association will be held at 7.30pm on Monday 16th September 2024 at the Pace Room, Clifton, Nottingham.</p>

AGENDA

1. Apologies for absence
2. Approval of minutes of last AGM September 11th 2023
3. Chair's Report
4. Financial Secretary's report including membership numbers and presentation of accounts
5. Development Co-ordinator's Report
6. Approval of Balance Sheet and Income and Expenditure Statement
7. Election of Principal Officers

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Chair

Vice Chair

Financial Secretary

Development Co-ordinator

8. Other EMOA Officers

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

9. Appointment of Independent Financial Examiner

10. Budget projections for coming year to 30.6.2025 and recommendations for membership fees and event levies (Financial Secretary)

11. Fixing of charges

Membership fees

Event Levies

12. Changes to the EMOA Constitution

If any brought forward.

13. Plans for the coming year (Chair)

14. Any Other Business

15. Close of formal meeting followed by open discussion

If anyone has any additional items they want adding to the agenda of the AGM, then please let EMOA Secretary (Mike Gardner) know. If anyone has any proposals to change the constitution let Mike know as well as these need to be circulated in advance. Also, if anyone wants to send apologies please also let Mike know.

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DRAFT MINUTES OF THE 59th ANNUAL GENERAL MEETING OF THE EAST MIDLANDS ORIENTEERING ASSOCIATION HELD ON MONDAY 11th SEPTEMBER 2023 IN THE PACE ROOM, CLIFTON VILLAGE AT 19:30

Present: Sal Chaffey (DVO), Trudy Crosby (LOG), Roger Edwards (LEI), Mike Godfree (DVO), John Hurley (DVO), Jane Kayley-Burgess (DVO), Hilary Palmer (NOC), Chris Phillips (LEI), Amanda Roberts (LOG), Anthony Squire (NOC), Ernie Williams (LEI), Ursula Williamson (LEI), Dorothy Woodall (NOC), John Woodall (NOC), and Paul Young (DVO).

The Annual General Meeting being held at the Pace Room, Clifton Village, was declared as 'Quorate' by the Chair as 15 members were in attendance.

1. Apologies for absence:

Anne-Marie Duckworth (DVO), Mike Gardner (DVO), Liz Godfree (DVO), Ranald Macdonald (DVO), David Olivant (NOC), Pauline Olivant (NOC), and Iain Phillips (LEI) offered their apologies.

In the absence of Mike Gardner, due to serious and unforeseen circumstances, Ernie Williams volunteered to take the Minutes.

2. Approval of the Minutes of the 58th EMOA AGM held on Monday 12th September 2022.

Proposed by: John Hurley (DVO) Seconded by: Ursula Williamson (LEI).

"That the Minutes as circulated are a true and accurate record."

The proposal was carried nem con.

3. Report from the Chair for 2022-2023:

Chris Phillips as Chair presented his Report and went through the Association's Events and activities in 2022 to 2023 – these included the number and formats of Events including EMLE, EMUL, EM Championships, and Level B Events such as British School Score Championships at Shipley Park (DVO). East Midlands Championships at Clumber Park (NOC), and a 2023 Heat of the CSPC&T at Beacon Hill (LEI), together with Event Officials Qualification / Volunteer Development Sessions, planning for Regional Conferences, the regular activities and involvement of Junior members and Coaches in EMJOS, Ernie Williams being awarded the Federation's 'Continued Contribution to Orienteering Award' for over 40 years of active involvement in the sport, and finally Chris's very real thanks to the other Officers and Committee members for their support throughout the past year.

4. Financial Secretary's Report together with membership information, and presentation of Accounts:

Paul Young circulated copies of the 2022/2023 Accounts before the meeting began, which included his Financial Secretary's Report, the Accounts, the EMJOS Memorandum, the 2022/2023 Income from Event Levies together with Levy Analysis information, and the officially signed-off Income & Expenditure East Midlands Orienteering Association 2022/2023 Statement sheet, together with a set of 'Budget Proposals' for consideration by the members present later as Item 9 on the Agenda.

Paul thanked Roger Edwards, the Association's 'Independent Financial Examiner', for his support and work in scrutinising the financial activities during the past year and for formally 'signing off' the Accounts.

Fortunately the past year had been more normal than in previous years due to Covid-19 and the aftermath of the Pandemic, and the overall loss of £1460 was less than the budget prediction of £2678.

There had been a little higher than predicted expenditure regarding EMJOS but this was offset by the continuing participation at various venues of sessions and competitions within the East Midlands and further afield including JIRCS, and at the South Central weekend and in the Lake District.

Other financial outlay had been on Trophies and Certificates, Volunteer and Coach Development, 'Senior' and 'Talent' support, web licences, Bank charges, meetings, these in particular being offset by the use of 'Zoom', and the annual payment re EOC membership – Paul concluded his presentation of the 2022-2023 Accounts, with further details given in

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the tabled and distributed Annual Report, and he thanked his fellow Officers, Committee members, and the East Midlands Clubs and members for their support and assistance..

2022/23 Accounts:

The EMOA year end is 30th June 2023, and Roger Edwards, as the Independent Financial Examiner, has reviewed the accounts, and they were officially signed-off on 6th September 2023 with the following statement:

"I confirm that the accounts for the year ending 30th June 2023 are consistent with the underlying records of the Association."

Roger was thanked again by all present for being the Independent Financial Examiner of the Association's Accounts.

5. Approval of the Balance Sheet and the Income and Expenditure Statement for 2022/23:

No further matters were raised about the Financial Secretary's formal Presentation of the Association's Accounts.

Proposed by: John Hurley (DVO)

Seconded by: Ernie Williams (LEI)

"That the Balance Sheet and Income & Expenditure Statement be approved by those members present."

The proposal was carried nem con.

6. Election of Principal Officers:

Chris Phillips stated that two of Officers - himself as Chair and Paul Young as Financial Secretary – were willing to continue in place for 2023-2024. Pre-meeting an agreement had been reached with Anne-Marie Duckworth who had indicated that she would be willing to take on the role of Vice Chair for 2023-2024 and then as Chair for 2024-2025 if he was prepared to continue as Chair for the year 2023-2024 and this he had agreed so to do. Following the retirement of Ranald Macdonald, the role of Development Officer was currently vacant. The Chair asked if there were any nominations for this key role but there here were no nominations forthcoming.

The Principal Officers for the year 2023-2024 listed below were unanimously elected by a show of hands of those present and thanked for their willingness to both stand and serve.

Post	Nominee
Chair	Chris Philips (LEI)
Vice-Chair	Anne-Marie Duckworth (DVO)
Financial Secretary	Paul Young (DVO)
Development Officer	(Position vacant)

Proposed by: John Woodall (NOC)

Seconded by: John Hurley (DVO)

"That a 'Vote of Thanks' for each of the 2022 -2023 Principal Officers be given by the membership."

Those present were unanimous in their support with a show of hands and vocal agreement.

7. Other EMOA Officers:

Members of the Association shown below had expressed their willingness to continue to undertake for the year 2023-2024 the non-elected roles as listed and were thanked en-bloc for their continued service to and for the Association's membership.

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

EMEWS Editor	Mike Gardner (DVO)
Webmaster	John Cooke (DVO)
National Forest	Roy Denney (LEI)

NB: The Club Representatives for DVO, LEI, LOG, and NOC on the EMOA Committee are nominated by their Clubs.

8. Appointment of Independent Financial Examiner:

Roger Edwards agreed to continue as Independent Financial Examiner for the next year. Roger was once again thanked by the meeting for willingly performing this role.

9. Approval of the proposed Budget for the year 2023-2024:

Budget Proposals:

At this point in the meeting Paul Young went through each of his recommendations and Budget proposals for 2023-2024 (see below), some of which were directly linked to the 2023 British Orienteering Federation AGM Agenda Item 6 Proposals iii to vii of the Board that are to be put to the membership on Saturday, 16th September 2023 i.e.

iii. to create part-year membership fees for new members;

iv. to create a membership category for families;

v. to create a membership category for young adults between the ages of 21 and 25;

vi. to create a levy fee category for senior non-member participants;

vii. to approve the member, levy and club affiliation fees from 2024.

whilst others were about the Association's Reserves and East Midlands Event Levies etc.

Paul, as Financial Secretary, gave an 'Overview' of his Budget Proposals with regard to both 2023-2024 and to future years 2024-2025 and 2025-2026 as a 'Long-Term Forecast', with specific reference to EMOA and to EMJOS, and the intention of resulting in a 'break even' situation annually, and in reducing the Association's 'Reserves' to £5000 by the end of the 2025-2026 financial year.

(1) Membership:

The Financial Secretary's recommendation was that there should be no change to the existing membership fees for the calendar year 2024 i.e. £3 per Senior member and £1 per Junior member and, if the 'Young Adult' category is introduced following the 2023 BOF AGM, that the annual fee for the new category shall be £1.00. There was a discussion regarding whether or not the fee in question should be £2, and a majority show of hands supported the £1 'Young Adult' membership fee for the year 2024.

Proposed by: Paul Young (DVO) Seconded by: Hilary Palmer (NOC)

"The meeting is asked to approve the EMOA membership rates for the calendar year 2024 as Senior £3.00, Junior £1.00, Family comprising two adults and one child £7.00 and, if brought in at the 2023 BOF AGM, a Young Adult rate of £1.00"

The proposal was carried nem con.

(2) Event Levies:

The Financial Secretary's recommendation was that there should be no change to the existing Event Levies for Level C and above Events for the calendar year 2024 i.e. £0.50 per Senior member and £0.10 per Junior member and, if the 'Young Adult' category is introduced following the 2023 BOF AGM, that the Event Levy for the new category being 21 years of age and above shall be £0.50, and with no change to the provision for the first £25 to be retained by the Organising Club.

Proposed by: Paul Young (DVO) Seconded by: Ernie Williams (LEI)

"The meeting is asked to approve the EMOA Event Levy rates for Level C and above as £0.50 for Seniors, £0.10 for Juniors and, if brought in at the 2023 BOF AGM, a Young Adult rate of £0.50, and with the first £25.00 to be retained by the Organising Club."

The proposal was carried nem con.

(3) Expenses Policy:

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After a brief discussion and to general agreement the following proposal was put to the meeting.

Proposed by: Paul Young (DVO) Seconded by: John Woodall (NOC)

“That the rates of ‘£0.25 per mile with an additional £0.02 per mile for each relevant passenger up to a maximum of £0.29 per mile’ be approved for the financial year 2023-2024 for mileage incurred by members in relation to both EMOA and EMJOS matters.”

The proposal was carried nem con.

(4) Target for the ‘Reserves Balance’:

This item was discussed at length with a variety of opinions expressed, together with ‘target figures’ and future dates being suggested, and it was also noted that there was no proposal to be put to the meeting in relation to the EMJOS Reserves.

At the end of the discussion, and with the initial proposal not being put to a vote, it was agreed, by a show of hands, that it would be the mandated responsibility of the Principal Officers and Committee members to further debate the urgent matter of the Association’s ‘Reserves Balance’ and to make a Report, finally agreed upon, to the membership within six calendar months of the date of the 2023 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.

(5) HSBC Banking Mandate:

Paul explained the necessity of his next two proposals regarding the HSBC Banking Mandate and the ‘Authorised Signatories’ together with the formally named user of HSBC Business Internet Banking. Questions raised included the possible extension beyond the accepted three year term of office within EMOA, and the increasing incidence of fraud and money laundering and the need for the prevention of same.

Proposed by: Paul Young (DVO) Seconded by: John Woodall (NOC)

“That the meeting shall agree to the updating of the existing Bank Mandate and any associated documentation such that the Principal Officers of the Association who are appointed from the date of the 2023 AGM have the ability to replace any existing authorised signatories.”

The proposal was carried nem con.

Paul also put forward a proposal relating to the Financial Secretary being the approved ‘Primary User’ for HSBC Business Internet Banking. After a brief discussion this was agreed.

Proposed by: Paul Young (DVO) Seconded by: Ernie Williams (LEI)

“That the members of the Association are agreed that the Financial Secretary of the Association is to be the ‘Primary User’ of the HSBC Business Banking facility.”

The proposal was carried nem con.

(6) Deposit Account:

Paul explained to the meeting that there were opportunities for the Officers of the Association, with the prospect of better and more favourable rates of Interest becoming available, to agree that part of the ‘Reserves Balance’ can to be moved to a fixed rate of interest limited term saver or deposit or bond account.

Proposed by: Paul Young (DVO) Seconded by: Ursula Williamson (LEI)

“That the Principal Officers of the Association be granted the authority on behalf of the membership to open a new fixed term Saver/Deposit/Bond account into which, in the opinion of the Financial Secretary, a reasonable part of the Association’s ‘Reserves Balance’ can be deposited to accrue a better rate of interest than heretofore.”

The proposal was carried nem con.

(7) Budget 2023 -2024:

Proposed by: Paul Young (DVO) Seconded by: John Woodall (NOC)

“That those present approve the Budget headed ‘East Midlands Orienteering Association FY 2023/24 Budget v0.1’ as set out on Page 4 Appendix 1 of the tabled ‘Financial Secretary’s Budget Proposal 2023/24’ document”.

The proposal was carried nem con.

Paul Young was thanked by all present for his presentation and work on the financial affairs of the Association undertaken on behalf of all of the membership.

10. Fixing the rate of Membership Fee for Associates and Clubs:

Following discussions about both the BOF Board’s 2023 AGM and the Financial Secretary’s Proposals, other than the Individual and Family Membership Fees agreed earlier in Agenda Item 9 (1), it was agreed that there should be no change in two other membership fees.

Proposed by: Paul Young (DVO) Seconded by: Ernie Williams (LEI)

“That for the calendar year 2024 the fee for Associate membership to remain at £10.00 and the fee for Club membership to remain at £15.00.”

Proposal carried nem con.

11. Changes to the Constitution and to Standing Orders.

Chris Phillips as the Chair indicated that there were a significant number of changes to the Constitution and Standing Order requiring approval by the meeting. These had been made available pre-meeting for download but, due to a technical hitch, the document would not open for either reading or printing. In these circumstances Chris Phillips made an executive decision to verbally go through the changes section by section, giving detail as and when required, prior to acceptance by a show of hands.

- (i) Of the thirty-nine separate amendments, twenty one of them required a change whereby ‘Ltd’ is to be put after ‘British Orienteering Federation’;
- (ii) The section referring to ‘Open Clubs’ and ‘Closed Clubs’ has been rewritten to make the distinction between the two clearer;
- (iii) With regard to mentions of ‘BOF policies’ reference is now made as to “where available on the BOF website”;
- (iv) The section referring to the ‘Re-election of Officers’ has been re-worded to make it much clearer than before;
- (v) With regard to ‘Signatories’ on behalf of the Association the reference to ‘cheques’ has been removed.

In conclusion, following discussion on certain aspects of the proposals, it was unanimously agreed by those present to accept, by a show of hands, all of the proposed changes as listed in the document, except for any text that may be related to the Association’s Reserves, following previous discussion on the same subject.

ACTION: A request was made that Mike Gardner be enabled to update the Constitution and Standing Orders, and ensure that the updated Constitution and Standing Orders be made available on the EMOA website.

12. Plans for Coming Year: 2023/24:

The Chair gave details of plans, Events, and activities within the Association for the forthcoming year 2023-2024, including the hosting of JK 2024 World Ranking Event and Sprints Day 1 at the University of Loughborough and JK 2024 Day 4 at Stanton Moor. The Major Event Officials are in place and already working as Day Organisers, Day Planners, and Safety Officer etc, together with the externally appointed IOF WRE Adviser and BOF Grade A Controllers. JK 2024 Days 2 and 3 are being hosted by WMOA and taking place at Beaudesert in Cannock Chase. Members of the four East Midlands Clubs are already being approached to play as active a part as possible at JK 2024, both as helpers and competitors, particularly on Days 1 and 4, but also Days 2 and 3, especially as much higher numbers of competitors are expected than the average daily entry because of the accessible and central location of the East and West Midlands.

Mention was also made of LEI hosting the 2023 British Schools Score Championship and NOC hosting the 2024 East Midlands Championships. Club Fixtures Officers were asked to ensure that advance information on 2024 East Midlands League and East Midlands Urban Events was given to Regional Fixtures Secretary Ursula Williamson and EMEWS Editor Mike Gardner as soon as is possible, and that an EMOA Training Day is being planned for 2024. The members of EMJOS continue to be encouraged to take an active part in Events within the Region and further afield to gain experience of different types of terrain and to develop their talents in O-Sport. Finally, the Chair stressed the need for a Vice Chair to

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be elected at the 2024 AGM, and indicated that the next meeting of the Committee is provisionally scheduled for Monday 27th November 2023.

13. Any Other Business:

There was no 'Any Other Business' raised apart from the Chair inviting all present to the 'Open Discussion' to be held following a tea, coffee, and biscuits break.

14. Close of the formal meeting:

Those present were thanked for their attendance and contribution to the discussion on the Agenda items, and the Chair formally closed the 59th EMOA AGM at 20:45.

For info the 'Open Discussion' started at 20.55.

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Please, we need to be quorate at the AGM, so we recommend everyone to attend. The venue is just off the A453 to the SW of Nottingham in Clifton Village. Turn off the A453 into the Village itself and follow Village Road until it comes to an end at a sharp right hand bend. At this point stay on the main road which becomes Holgate. Before the manor and church at the end there is a car park. Probably best to use this, though can park on road side. Then go into St Mary's churchyard and follow the path round behind the church. The Pace Room is behind the church, so a little hidden away.

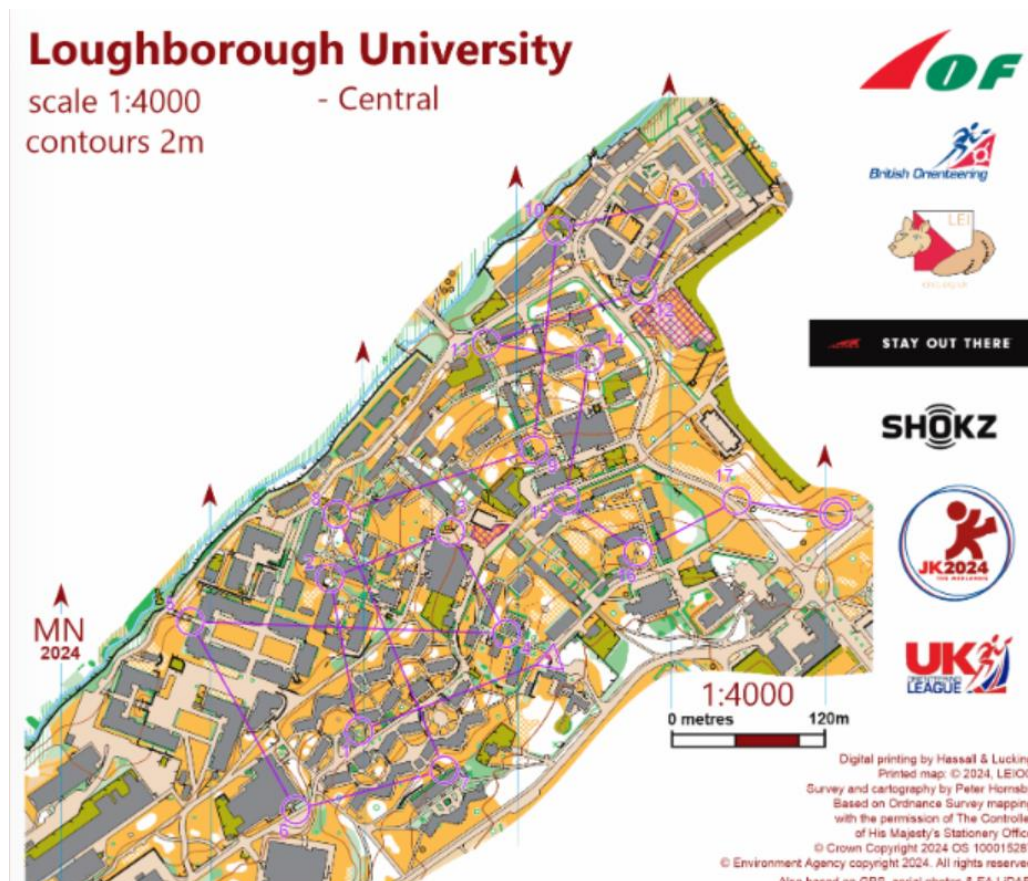
JK 2024

This year at least part of the JK at Easter took place in the East Midlands. Day 1 Sprint was at Loughborough University, while Day 4 Relays was at Stanton Moor, Days 2 & 3 being at Beaudesert in the West Midlands. The following are some of the top performances of East Midlands members during the weekend (apologies if I have missed anyone).



JK Sprint Day 1 - Loughborough University - EMOA Members in Top 3 of their class

M20E 3 rd	Ben Squire (NOC)	Mopen 3 rd =	Andrew Ward (LEI)
M75 1 st	Simon Brister (DVO)	W75 1 st	Hilary Palmer (NOC)
W75 2 nd	Liz Godfree (DVO)	W80 3 rd	Sue Bicknell (LEI)



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From a personal view point I found the Loughborough Sprint quite challenging as you had to stay in contact with the map all of the time, while still trying to run fast. I was also lucky with the rain as I avoided the occasional heavy shower.

JK Middle Day 2 - Beaudesert - EMOA Members in Top 3 of their class

M14A 3 rd	Eoin Simpson (LEI)	M21V 2 nd	Oliver Hague (LEI)
M40L 1 st	Richard Robinson (NOC)	W12B 2 nd	Grace Robinson (NOC)
W14B 2 nd	Cara Tolley (LEI)	W18L 3 rd	Robyn Jarvis (LEI)
W40S 1 st	Emily Powell (DVO)	W55L 3 rd	Sal Chaffey (DVO)
W75 1 st	Hilary Palmer (NOC)		

JK Long Day 3 - Beaudesert - EMOA Members in Top 3 of their class

M18L 2 nd	Josh Bones (LOG)	M21V 2 nd	Oliver Hague (LEI)
M40L 1 st	Richard Robinson (NOC)	M50S 3 rd	Kevin Swinbourne (LOG)
M55L 3 rd	John Duckworth (DVO)	M55S 2 nd	Andy Sykes (DVO)
W12B 3 rd	Grace Robinson (NOC)	W14B 2 nd	Cara Tolley (LEI)
W40S 1 st	Emily Powell (DVO)	W45S2 nd	Sally Calland (DVO)
W75 1 st	Hilary Palmer (NOC)		

JK Overall - EMOA Members in Top 3 of their class

M21V 2 nd	Oliver Hague (LEI)	M40L 1 st	Richard Robinson (NOC)
M55L 3 rd	John Duckworth (DVO)	W12B 2 nd	Grace Robinson (NOC)
W14B 2 nd	Cara Tolley (LEI)	W40S 1 st	Emily Powell (DVO)
W45S3 rd	Katherine Swalwell (DVO)	W75 1 st	Hilary Palmer (NOC)

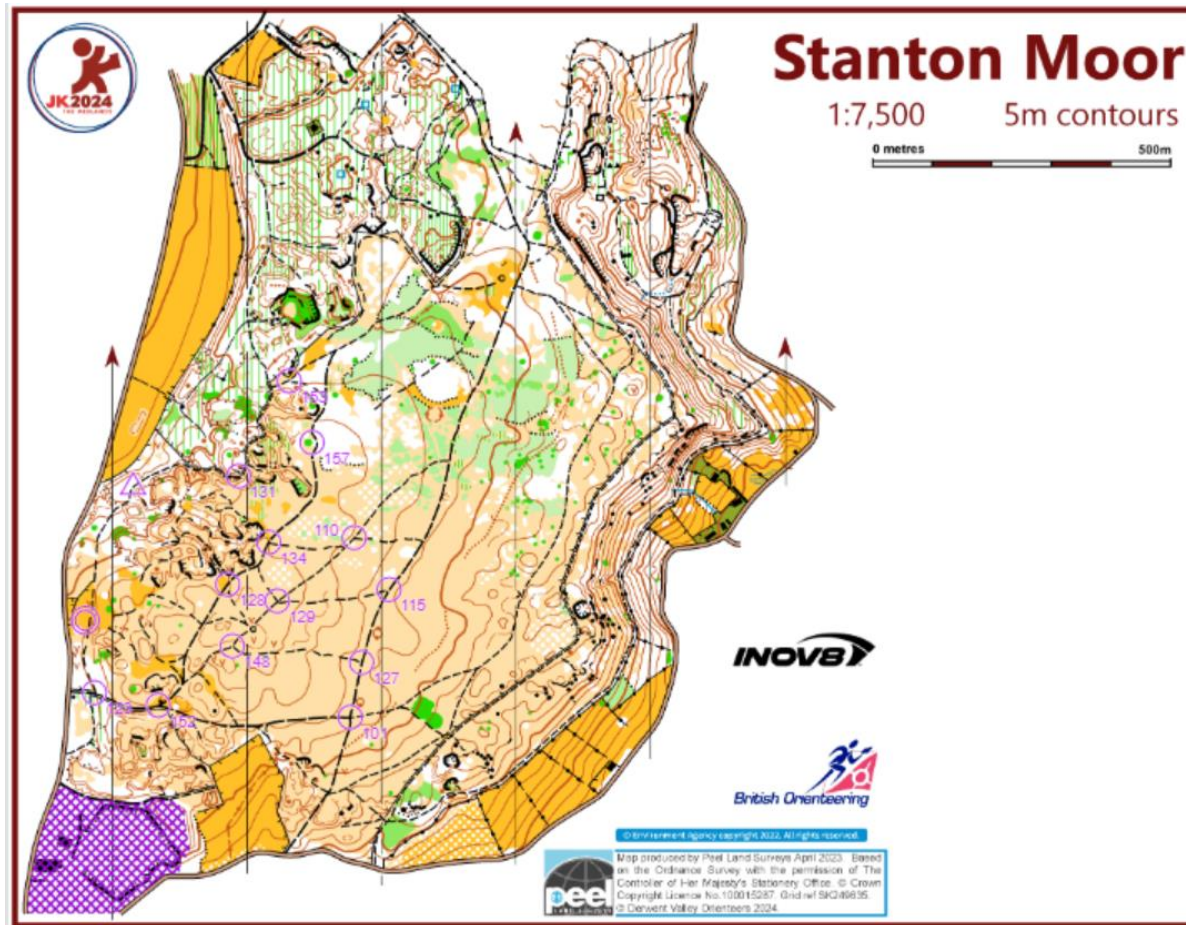


JK Relays - Stanton Moor - EMOA Teams in Top 3 of their class

Senior Men - 2nd NOC Ageing Stars (Richard Robinson, David Schorch, Anthony Squire)

I can't comment on the relays in terms of competition as I spent most of the time trying to ensure we checked people into the correct pens and validated their dibbers before they started. By the end of the day my voice was going. The weather was not so kind, but the

matting hired did allow everyone in and out of the car parking field without too many problems and we had a lot of very nice comments about John Duckworth's courses.



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A quick weekend on the continent – Interland 2024

By Rachel Duckworth, W21 DVO

Interland is the annual 6-sided match between England, 2 Belgian teams, France, Netherlands, and Luxembourg. This year it was hosted by Belgium in Habay, close to the French/Luxembourg borders.

After assembling on Friday night and catching the ferry across to Dunkirk, we had our warmup event on Saturday afternoon around a bordering forest to our race area. I had previously raced in these forests during the Junior European Cup in August of 2023 so was quite familiar with the terrain and my strategy going into the race. Nonetheless, it was a good opportunity to stretch our legs and get the navigational skills dialled in before the main race the following day. The weather was horrible (sleet and near 0-degree temperatures) but the terrain was lightning fast, much cleaner without the summer greenery and therefore I was getting excited! It was my first race as a fresh W21 so needed to keep the new extended distance in mind, but still enjoyed a few kms around the forest that afternoon.

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The actual race on the Sunday morning felt nothing more serious than an EMOA league race but



I was instead stood in England national kit. My main goal going into it was to have a clean run and enjoy myself in the forest. I was using the race as my final preparation for the JK which took place the following weekend.

Overall, my race went very well; my execution was high quality. With only one *slightly* questionable route on our long leg where I came back through the start. This caused lots of rumours among the other athletes who hadn't started yet - little did they know I shouldn't have been there. I tackled the numerous bingo controls well and enjoyed the high-speed orienteering. I finished in 4th - only seconds off the podium!

I've always loved the Interland competition and the format of the weekend with a high quality multi-generational team all socialising and racing well. The England team came away with the win overall, returning the trophy to home soil.

Once again, I'd like to thank the continued support of EMOA and DVO on both the domestic and international scene.



(Photo credits England Orienteering)

EMJOS January to April 2024 and May to July 2024

Training, events and JROS Camps

Sat 2nd March Training at Allestree Park was a combined event with **West Midlands Juniors** and an adult club members group session led by Hilary Palmer (NOC) (22 people from NOC, DVO and LEI). The Adult group used the same training exercises as the Junior squads but only the contour only exercises, as their session was only 2 hours long (morning only).

The junior session was focused on developing young EM juniors at TD3 (Orange) with formal training introducing the skills of planning a leg using other handrails, beacons and attack points. The afternoon then focused on the contour detail in the wooded area using maps with no footpaths, in preparation for the British Champs (Beaudesert). The more advanced WMJS squad flew through the morning stars and loops, so progressed on to the virtual MapRun courses (but also flagged by a helpful parent), around the wider park area.

Again, the combining of junior squads worked well, with our younger juniors getting a better feel of the buzz training with many juniors all together. Joining forces with the Adult club member group allowed both to use the same area access and training exercises, so reducing the effort to hold the training day.

Looking forward to the **JROS Summer camp and tours** we have 3 juniors wishing to go: Eoin Simpson (M14) will be nominated for Lagganlia (Championship times already achieved); Ellie Simpson has put her name forward to the selectors of Czechia tour (early setbacks for the selection races with asthma breathing problems, has meant emails have been sent from myself and parents explaining the situation); and finally Hannah Mather has emailed Mark Saunders regarding her interest in going on the Gothenburg tour.

Future training and events

Sprint training at Nottingham University 9th June (preparation for Sprint Champs at end of month) has been advertised to our squad, the neighbours as well as the Talent North and top tier 4/5 international athletes. Online entry to this event via NOC website. East Midlands will have a mixed ability group again, so some might migrate to the YHJS/WMJS groups.

Working with coaches Andy Simpson and Toni O'Donovan, we need to identify dates for another training session in the region or away at a neighbouring squad in the autumn period of early September- this year JIRCS is being hosted by SW region and based near Bath (28th & 29th Sept). Then possibly an away weekend using the Orienteering Foundation coaching day or another squad.

Call for clubs to develop and encourage more 8 year old + children to join the sport. I am very happy to assist where I can by inviting the rising talent to join EMJOS sessions once they are good Orange standard.

EMJOS May to July 2024

Training, events and JROS Camps

Sprint training at Nottingham University 9th June (preparation for Sprint Champs at end of month) EMJOS, WMJS and YHJS attended. A good turn out from East Midlands juniors with 7

EMEWS

athletes - most were our developing members attending for first time and gaining excellent practice of the basic O skills - thumbing and orientating the map. Also taking part in the fun pairs relay.

This excellent practice meant that one EM junior (Imogen Satherley) went on to gain 2nd place at the Sprint Championships at Warwick University.

Future training and events

Joining up with neighbouring squads will probably fill the calendar in the autumn/spring:

Early September enter an East Midlands combined team into the Peter Palmer Relay (night/day 4 or 6 leg relay, West Cumbria 6th&7th Sept) -organisers wanted to know if we were thinking of attending. Ann-Marie felt that the practice of allowing adjacent clubs to field junior relay teams at JK and British had worked well and she hoped to now repeat this for the Peter Palmer Relay (adjacent may be stretched!!)

JIRCS 2024 (28th & 29th September) Forest and Dean and Somerset areas - a small team of 4 athletes (Light Green standard or better)

November Classic weekend away (Interland selection race, Nov 3rd) with WMJS, joining up with South Central squad too - early plans. But interest from our developing athletes has been very good (7 juniors already signed up).

December training TBC - fun session with WMJS maybe at LEI Outwoods event or another location.

Coach Development:

Working closely with Andy Simpson to assist with giving opportunities for him to plan good progressive training sessions for his Level 2 coaching assessment.

A call for clubs to give me the names of the families who have children who are attending events and may just need a bit more encouragement to navigate a good Orange and run well.

Ann-Marie Duckworth EMJOS coach and coordinator

Andy Simpson and Toni O'Donovan.

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Orienteering Foundation Report April 2024

Latest news.

- We recently made 2 grants to help the GBR team, one on [Coach Education](#) and one on [altitude training](#), follow the links for more information on how they progressed.
- Thanks to the North East OA, the organisers of the British Long



Championships who arranged for donations to be made via entries, we raised £350, more details [here](#)

- The CLOK CDO which are helped by funding from the Foundation are now in their 3rd of funding and have recently appointed a new development officer, more details [here](#).
- There were several applications for grants this quarter and we have awarded contributions to the following.
 - Interlopers OC towards a CDO.
 - Belvoir Country and Community Club to help set up their Orienteering Festival and educational work, to include Special Educational Needs groups.
 - Clydeside OC towards 2 project officers.
 - Lagan Valley OC towards for a Welcoming Juniors and Families officer.
 - Lakeland OC for a 3rd year to enable their CDO to make the project sustainable.
 - JROS to support young potential coaches to gaining experience at the Lagganlia Training camp.

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 - Boutham area (LOG) - (UL6)
- 29th September - Nottingham City (NOC) - (UL7)
- 20th October - Bourne (LOG) - (UL8)

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



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	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Isaac Rose well	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	Nerijus Rozkovas	M35	DVO	192	96		96					
2	Mike Chapman	M45	LOG	183	93	0	90					
3=	John Duckworth	M55	DVO	100	100							
3=	Daniel Stothard	M18	LEI	100		100						
3=	Richard Robinson	M40	NOC	100			100					
6	Philip Johnston-Davies	M50	RAFO	93			93					
7=	Liam Harrington	M35	LOG	91	91							
7=	Anthony Squire	M45	NOC	91			91					
9	Roy Mitton	M55	NOC	89			89					

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Andrea Page	W45	LOG	289	96	100	93					
2=	Rachel Duckworth	W21	DVO	100	100							
2=	Sophie Vincent	W21	DVO	100			100					
4	Kirsty Buxton	W21	DVO	96			96					
5	Jennamari Terava	W35	DVO	93	93							
6	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	300	100	100	100					
2	Tom Hartland	M45	DVO	270	90	89	91					
3	Andrew Selby	M45	DVO	189	93		96					
4	Roger Phillips	M45	LEI	183		90	93					
5	James Prince	M50	DVO	181	91		90					
6	Andrew Evans	M40	LOG	178	89		89					
7	David Sissons	M60	NOC	175	88		87					
8=	Neil Rosewell	M45	NOC	96	96							
8=	Richard Willis	M50	NOC	96		96						
10	John Mather	M50	LOG	93		93						

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	296	100	96	100					
2	Patricia Wong	W50	NOC	182	91	91	0					
3	Sally Calland	W45	DVO	100		100						
4=	Michelle Mackervoy	W50	DVO	96	96							
4=	Claire Selby	W50	DVO	96			96					
6=	Lizzie Rosewell	W40	NOC	93	93							
6=	Emily Williams	W45	DVO	93			93					
6=	Jo White	W50	LEI	93		93						
9	Tina Brindley	W60	NOC	91			91					
10	Nicola Hart	W60	DVO	90		90						

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	David Cladingboel	M55	LEI	289	93	100	96					
2	Alastair Paterson	M55	LEI	271	90	88	93					
3	David Vincent	M60	DVO	184	91	93						
4	Murray White	M55	DVO	180		89	91					
5	Steve Edgar	M55	LEI	179	89	90						
6	Mark Sherriff	M60	LEI	171	86	85						
7	Jonathon Lee	M60	LEI	168	85	83						
8=	Paul Murgatroyd	M55	LOG	100	100							
8=	Dave Chaffey	M60	DVO	100			100					
10=	Steve Chafer	M55	LEI	96		96						
10=	Andrew Ridgway	M60	NOC	96	96							

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Helen Parkinson	W55	NOC	293	100	100	93					
2	Ursula Williamson	W60	LEI	265	88	90	87					
3	Amanda Roberts	W60	LOG	192	96	96						
4	Alison Hardy	W55	LEI	189	93		96					
5	Jane Dring-Morris	W55	LEI	180	90		90					
6	Tracey Brookes	W55	LEI	179		91	88					
7	Kim Buxton	W60	DVO	178		93	85					
8	Anne Kayley-Burgess	W55	DVO	175		89	86					
9	Sal Chaffey	W50	DVO	100			100					
10=	Sue Russell	W60	DVO	91	91							
10=	Ann-Marie Duckworth	W55	DVO	91			91					

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Ultravet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Paul Morris	M65	NOC	296	96	100	100					
2	John Hurley	M65	DVO	279	93	96	90					
3	Mike Gardner	M65	DVO	277	91	93	93					
4	Robert Parkinson	M65	NOC	269	89	91	89					
5	John Hopper	M70	DVO	262	88	88	86					
6	Andrew Wallace	M65	NOC	258	87	87	84					
7	Stephen Kimberley	M65	DVO	182	86		96					
8	Malcolm Spencer	M65	DVO	180	90	90						
9	Roger Edwards	M70	LEI	177		89	88					
10	Jeffrey Baker	M70	LOG	170	85		85					

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Jane Kayley-Burgess	W65	DVO	282	93	96	93					
2	Ruth Ellis	W70	DVO	277	89	100	88					
3	Maureen Webb	W70	LEI	272	90	93	89					
4	Judith Evans	W65	DVO	196	96		100					
5	Trudy Crosby	W65	LOG	182	91	91						
6	Val Johnson	W65	DVO	100	100							
7	Judith Holt	W70	DVO	96			96					
8	Jane Booker	W70	NOC	91			91					
9	Christine Elliott	W65	NOC	90			90					

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Kevin Gallagher	M75	LEI	296	100	96	100					
2	Pat Squire	M75	NOC	279	96	90	93					
3	Rex Bleakman	M80	DVO	272	93	89	90					
4	Derek Gale	M80	DVO	269	91	87	91					
5	Dave Skidmore	M75	DVO	265	90	86	89					
6	John Woodall	M85	NOC	249	86	81	82					
7	Doug Dickinson	M75	DVO	196		100	96					
8	Peter Chick	M80	LEI	176		88	88					
9	Peter Leake	M80	LEI	174	88		86					
10	John Marriott		LEI	170		85	87					

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tricia Neal	W75	NOC	270	89	90	91					
2	Jen Gale	W75	DVO	269	88	88	93					
3	Liz Godfree	W75	DVO	200	100	100						
4	Hilary Palmer	W75	NOC	192	96	96						
5	Sue Bicknell	W80	LEI	191		91	100					
6	Margaret Keeling	W75	DVO	185		89	96					
7=	Ann Armistead	W75	DVO	93	93							
7=	Christine Middleton	W75	DVO	93		93						
9	Diane Blount	W75	DVO	91	91							
10	Pauline Ward	W80	DVO	90	90							

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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
- 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)

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

- 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 - Outwoods
- 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		1000							2855	1

White - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	Score	Pos
Elodie Booker	NOC	W10		1000			1000	1000						3000	1
Suranne Tolly	LEI	W10					492	727						1219	2

EMEWS

Yellow - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Evan Llewellyn	NOC	M12	1000				1000							2000	1=
Hugh Chester	NOC	M12		1000				1000						2000	1=
Noah Lurati	DVO	M10	837		1000									1837	3

Yellow - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Grace Robinson	NOC	W12	922		933	1000								2855	1
Lily Robinson	NOC	W10	1000		1000									2000	2

Orange - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Aidan Chester	LEI	M14		890			1000							1890	1
Peter Birchall	DVO	M16			1000		605							1605	2
Laurie Fluck	LEI	M75	1000	385										1385	3

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		1000	1000						4599	1
Cara Tolley	LEI	W14		845	933	1000								2778	2
Emma Rosewell	NOC	W12	877	1000			800							2677	3
Tina Brindley	NOC	W60		541	401	314	577	311						2144	4

Light Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	Score	Pos
Cara Tolley	LEI	W14				1000	673							1673	1
Jessica Williams	DVO	W16		823		557								1380	2

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	972	1000	947						5891	1
Jeffrey Baker	LOG	M70	664	652	829	822	844	917						4728	2
Dave Skidmore	DVO	M75	747	759	759	794	882	732						4673	3
Donald Moir	LEI	M90	647	782		867	701	791						3788	4
Peter Leake	LEI	M85	748		752	575	801	779						3655	5
John Cooke	DVO	M75	601	596	567	604	621	536						3525	6
Rex Bleakman	DVO	M80		811		1000	900	809						3520	7
Chris Bosley	LEI	M75	758	692	829		916							3195	8
John Palmer	NOC	M75	763		781	802	817							3163	9
Peter Chick	LEI	M80		560	692	845		890						2987	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	P
Ann Armistead	DVO	W75	978	741	882	890	795	970						5256	1
Judith Holt	DVO	W70	869	829	989		1000	990						4677	2
Jane Booker	NOC	W70	925	673	870	843		1000						4311	3

EMEWS

Liz Godfree	DVO	W75	1000	1000	1000	1000							4000	4
Ruth Ellis	DVO	W70		554	751	792	800	806					3703	5
Sue Bicknell	LEI	W80	740	745	802	760	630						3677	6
Karen Ives-Smith	LEI	W60	688	518	577		603	668					3054	7
Trudy Crosby	LOG	W65	755	653	801	743							2952	8
Margaret Keeling	DVO	W75		608	774	693	738						2813	9
Maureen Webb	LEI	W70	709	599	667		662						2637	10

Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	P
John Hopper	DVO	M70	875	1000	1000	892	960	985						5712	1
Mike Gardner	DVO	M65	1000	995	967		1000	918						4880	2
John Hurley	DVO	M65	941		946	868	942	893						4590	3
Malcolm Spencer	DVO	M65	897	838	945	774	889							4343	4
Lester Evans	DVO	M70	790		819	713	794	862						3978	5
Mike Godfree	DVO	M75		994	992	1000	965							3951	6
Matt White	LEI	M55	929			783	932	1000						3644	7
Stephen Martin	LEI	M65	942	966			873	708						3489	8
Derek Gale	DVO	M80	824	781		805	857							3267	9
Robert Haskins	LEI	M70		678	562	481	664	689						3074	10

Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos
Amanda Roberts	LOG	W60	1000		983	1000	1000							3983	1
Ursula Williamson	LEI	W60	760	1000	704	573		730						3767	2
Tracey Brookes	LEI	W55	717	988		527	657	812						3701	3
Jane Dring-Morris	LEI	W55	685	900		564	634	813						3596	4
Kim Buxton	DVO	W60	876		728		929	961						3494	5
Anne Kayley-Burgess	DVO	W55	597	739		479	600	733						3148	6
Carol Stynes-Martin	LEI	W55	702			551	643	889						2785	7
Elaine Smith	NOC	W65			665	651	572	776						2664	8
Christine Elliott	NOC	W65			855	741		1000						2596	9
Hebe Parr	NOC	W21	561		529		402	582						2074	10

Blue - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	scores	Pos
David Cladingboel	LEI	M55	710	715	668	693	645	694						4125	1
Alastair Paterson	LEI	M55	789	730	702	594	663	622						4100	2
Andrew Ridgway	NOC	M60	778	755	778	758	796							3865	3
Simon Brister	DVO	M75	754		1000		1000	1000						3754	4
David Sissons	NOC	M50	580	579	628	452	565	557						3361	5
Tom Hartland	DVO	M45	697	693	668	680		619						3357	6
James Prince	DVO	M50		783	825		712	704						3024	7
Paul Morris	NOC	M65	1000	969		993								2962	8
Kevin Lomas	NOC	M65	977	1000	945									2922	9
Murray White	DVO	M55		704	740		632	675						1751	10

EMEWS

Blue - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Tanya Taylor	LOG	W50	870	966		757	1000	1000						4593	1
Alison Hardy	LEI	W55	1000		1000	889								2889	2
Lizzie Rosewell	NOC	W40	777	766		501								2044	3
Monica Henderson	NOC	W35		659	711	646								2016	4
Sally Calland	DVO	W45			861		916							1777	5
Helen Chiswell	DVO	W45			816		884							1700	6
Nicola Hart	DVO	W60			739		927							1666	7
Sophie Vincent	DVO	W21	656		757									1413	8

Brown - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Nerijus Rozkovas	DVO	M35	906	831	885	809	835	1000						5266	1
Richard Robinson	NOC	M40	1000			860	871							2731	2
Steve Schofield	NOC	M60	941	880	901									2722	3
Richard Willis	NOC	M50		785	827	644								2256	4
Neil Rosewell	NOC	M45		702		614	816							2132	5
Richard Parkin	DVO	M55				977	1000							1977	6
Chris Millard	DVO	M40			1000			915						1915	7
Andrew Powell	DVO	M40	899		925									1824	8
Philip Johnston-Davis	RAFO	M50		944		790								1734	9
Andrew Ward	LEI	M35				513	561	639						1713	10

It is intended to run Very Short Green next year as part of the league (not all events this year have had / will have the course). The following is how those tables would look based on the events this year (there are no trophies this year for the course).

Very Short Green - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
John Woodall	NOC	M85		1000	914	749	1000							3663	1
Ernie Williams	LEI	M80		773	801	642	921							3137	2
David Anderson	LEI	M85		868	1000	669								2537	3

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squares is separated by at least one white square. So, for instance, if you see 2 6 in a row then this means that row has possibly white squares, then 2 coloured squares, followed by a number of white squares, followed by 6 coloured squares and, possibly, more white squares at the end. The result should be a picture. I will have the answer in the next EMEWS.

Hint: Start with the larger numbers as you can begin to start to fill in the grid that way. Don't forget to look both horizontally and vertically.

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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.

July 2024

Wed 3 rd	LEI Summer League 12	Locl	LEI	EM	Sence Valley Country Park	Ibstock	SK403112
Wed 3 rd	Lincolnshire Urban League 5 - Market Rasen	Locl	HALO	YH	Leisure Centre	Market Rasen	TF103890
Wed 3 rd	Burton Dassett Country Park	Locl	OD	WM	Burton Dassett Country Park	Fenny Compton	
Wed 3 rd	Evening Event	Locl	SYO	YH	Whitwell Woods	Worksop	SK516776
Sat 6 th	YHOA Sprint Championships (UKOL)	Natl	AIRE	YH	South Leeds	Leeds	
Sat 6 th	MapActive Bramcote Hills Park	Act	NOC	EM	Bramcote Hills Park	Nottingham	
Sun 7 th	AIRE Sprint Weekend Urban (UKOL)	Natl	AIRE	YH	Little London	Leeds	
Sun 7 th	Whitchurch Urban - WMUL Event	Regl	WRE	WM	Jubilee Park	Whitchurch	SJ539414
Tue 9 th	MDOC Summer evenings (3)	Regl	MDOC	NW	Alderley Edge NT area	Alderley Edge	
Wed 10 th	Lincs Urban League	Locl	LOG	EM	University of Lincoln	Lincoln	SK967711
Wed 10 th	LEI Summer League 13	Locl	LEI	EM	Western Park	Leicester	SK556047
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	
Sat 13 th	MapActive Burntstump Country Park	Act	NOC	EM	Burntstump Country Park	Nottingham	
Sun 14 th	EMUL 2024 Chesterfield Urban	Regl	DVO	EM	Chesterfield	Chesterfield	SK378706
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	

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Tue 16 th	Biddulph Grange Country Park	Locl	POTOC	WM	Biddulph Grange Country Park	Biddulph	
Tue 16th	LEI Summer League 14	Locl	LEI	EM	Burbage Common	Hinckley	SP52940
Sat 20 th	CROESO Model Event	Act	SBOC	WOA	Mynydd Llangatwg	Crickhowell	
Sun 21st	Local Event	Locl	NOC	EM	Wollaton Park	Nottingham	
Sun 21 st	Croeso Day 1 (UKOL)	Natl		WOA	Merthyr Mawr	Bridgend	SS864768
Mon 22 nd	Croeso Day 2 (UKOL)	Natl		WOA	Cribarth	Ystradgynlais	SN829143
Tue 23 rd	Croeso Day 3	Natl		WOA	Carreg Goch	Ystradgynlais	SN819169
Wed 24 th	Croeso - Rest Day Sprint	Regl	BAOC	WOA	Brecon Town	Brecon	SO041285
Thu 25 th	Croeso Day 4	Natl		WOA	Pen Rhiw Wen	Brynamman	SN732188
Fri 26 th	Croeso Day 5	Natl		WOA	Llangynidr	Tredegar	SO117139
Sat 27 th	Croeso Day 6	Natl		WOA	Merthyr Common	Tredegar	SO117139

August 2024

Thu 1st	LEI Summer League 15	Locl	LEI	EM	Markfield urban	Leicester	SK490098
Sat 3rd	Wolds Mini Mountain Marathon	Locl	LOG	EM	Massingberd Arms	Louth	TF369754
Tue 6th	LEI Summer League 16	Locl	LEI	EM	Outwoods	Loughborough	SK515159
Sun 11th	EMUL 2024 Coalville/Whitwick Urban	Regl	LEI	EM	Coalville/Whitwick	Leicester	
Wed 14th	LEI Summer League Presentation	Locl	LEI	EM	Queen Elizabeth Diamond Jubilee Woods	Ibstock	SK384119
Sun 18th	EMUL 2024 Lincoln City Urban	Regl	LOG	EM	Boultham Park	Lincoln	SK965691
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 24th	Bradford Dale Maprun	Locl	DVO	EM	Queen Elizabeth II Playing Fields	Youlgreave	SK215644
Sun 25th	Bakewell Double sprint	Locl	DVO	EM	TBC	Bakewell	TBC
Mon 26th	Matlock Maprun	Locl	DVO	EM	Hall Leys Park	Matlock	SK299600

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 1 st	Scottish Sprint Championships (SOUL 6)	Regl	TAY	SOA		Crieff (tbc)	
Sun 8 th	SELOC urban - City Race Euro Tour, UKUL and NWUL	Regl	SELOC	NW	Salford Quays	Salford	
Wed 11 th	Evening Event	Locl	SYO	YH	Herringthorpe Valley Park	Rotherham	
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	

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Sun 15 th	SOS Hatfield Forest	Regl	SOS	EA		Takeley	
Sun 15 th	Bathpool Park - West Midlands Championships + WML	Regl	POTOC	WM	Bathpool Park	TBC	
Sat 21 st	Caddihoe Day 1 (UKOL)	Natl	DEVON	SW	Braunton Burrows	Braunton	SS463351
Sat 21 st	John Bennison Long O	Locl	WRE	WM	Long Mynd	Church Stretton	SO414939
Sat 21 st	Saturday Series 1	Locl	SYO	YH	Endcliffe Park	Sheffield	
Sun 22 nd	SYO Regional Event	Regl	SYO	YH	Cowms Rocks	Snake Pass	SK125903
Sun 22 nd	Caddihoe Day 2 (UKOL)	Regl	DEVON	SW	Braunton Burrows	Braunton	SS463351
Sun 22 nd	Regional Urban (UKUL)	Regl	CLOK	NE	Barnard Castle Town Centre	Barnard Castle	NZ055163
Sat 28 th	CLARO Regional Sprint	Regl	CLARO	YH	Harlow Carr	Harrogate	SE280542
Sun 29 th	WAOE local event	Locl	WAOE	EA	Cambourne	Cambourne	
Sun 29 th	EMOA League 2024 Calke Park	Regl	DVO	EM	Calke Park	Derby	SK355240

October 2024

Sat 5 th	October Odyssey Day 1	Natl	CLOK	NE	Sneaton Forest	Whitby	
Sun 6 th	October Odyssey Day 2	Natl	CLOK	NE	Greystone Moor	Whitby	
Sun 6 th	East Midlands Urban League 2024	Regl	NOC	EM	Nottingham City	Nottingham	
Sat 12 th	DEE Weekend Middle Race (UKOL) Thurstaston Common	Regl	DEE	NW	Royden Park and Thurstaston Common	West Kirby	SJ245858
Sat 12 th	Ladderedge Country Park	Locl	POTOC	WM	Ladderedge Country Park	Leek	SJ972561
Sun 13 th	DEE Weekend Chester Urban (UKOL)	Natl	DEE	NW	Chester City	Chester	SJ405662
Sun 13 th	Stratford Urban (tbc) - WMUL	Regl	OD	WM	Stratford	Stratford	
Sat 19 th	HALO Urban Event	Regl	HALO	YH	Barton-upon-Humber	Barton-upon-Humber	
Sun 20 th	CompassSport Cup Final	Majr	PFO	NW		Lancashire	
Sun 20 th	Club Championships Allestree Park	Locl	DVO	EM	Allestree Park	Derby	SK348407
Sun 20 th	EMUL 2024 LOG Urban	Regl	LOG	EM	Bourne	Bourne	TF096201
Sun 27 th	EPOC Regional Event	Regl	EPOC	YH	tbc - original area unavailable	East Pennines	
Sun 27 th	EMOA League 2024 Cademan TBC	Regl	LEI	EM	Cademan and Thringstone Woods (TBC)	Loughborough	
Sun 27 th	Oxford City Race	Regl	OUOC	SC	Central Oxford	Oxford	

November 2024

Sat 2 nd	Salisbury Urban Race 2024 (UKOL)	Natl	SARUM	SW	Salisbury City	Salisbury	
Sun 3 rd	November Classic (UKOL)	Natl	SOC	SC	Kings Garn Gutter	Lyndhurst	
Sun 3 rd	YHOA Middle Championships and YHOA SuperLeague	Regl	EBOR	YH		York	
Sun 3 rd	Nesscliffe - WMOA League Event	Regl	WRE	WM	Nesscliffe Village Hall	Shrewsbury	SJ389188
Sun 10 th	YHOA SuperLeague	Regl	SYO	YH	Blacka Moor	Sheffield	
Sun 10 th	WML Event - Eymore	Regl	HOC	WM	Eymore	Kidderminster	

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Sat 16 th	Hem Heath Woods	Locl	POTOC	WM	Hem Heath Woods	Trentham	
Sun 17 th	DEE Regional Event incorporating the Army Inter-Corps Championships	Regl	DEE	NW	Raven Meols, Formby	Formby	SD293049
Sun 17 th	Mildenhall North	Regl	WAOC	EA	Mildenhall North	Mildenhall	
Sun 17th	East Midlands League 2024	Regl	NOC	EM	Shirebrook Wood	Mansfield	
Sun 24th	EMOA League 2024 Longstone Moor	Regl	DVO	EM	Longstone Moor	Bakewell	TBC
Sun 24 th	Stowe National Trust	Regl	SMOC	EA	Stowe	Buckingham	

December 2024

Sun 1 st	AIRE Regional Event	Regl	AIRE	YH	Roundhay Park	Leeds	
Sun 1 st	SN Trophy, SE League & SE Long Champs	Natl	SN	SE	Ash Ranges	Aldershot	
Sun 1 st	Tunstall Forest (new area) EAL	Regl	SUFFO C	EA	Tunstall	Woodbridge	
Sat 7 th	Southern Night Championships 2024	Regl	BKO	SC	Star Posts	Bracknell	SU875659
Sat 7 th	Downs Banks	Locl	POTOC	WM	Barlaston Downs	STONE	SJ900365
Sun 8 th	NOR - Beeston Regis	Regl	NOR	EA		Sheringham	
Sun 8 th	HALO Regional and YHOA SuperLeague?	Regl	HALO	YH		Humberside	
Sun 8 th	CHIG SE League and SWELL	Natl	CHIG	SE	Epping Forest (far East)	Theydon Bois	
Sun 8 th	Brandon Wood WML Event (tbc)	Regl	OD	WM		Coventry	SP386762
Sun 15th	EMOA League 2024	Regl	LEI	EM	Outwoods	Leicester	
Sun 22 nd	TVOC Regional Event	Regl	TVOC	SC	High Wycombe	High Wycombe	
Sun 22nd	East Midlands League 2024	Regl	NOC	EM	Walesby Forest & Boughton Brake	Ollerton	
Sun 29 th	EBOR Regional Event	Regl	EBOR	YH		York	

UK Urban League 2024 (still to happen)

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				