



THE NEWSLETTER
of the
EAST MIDLANDS ORIENTEERING ASSOCIATION

EARLY SPRING 2025



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EMEWS

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

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Copy Date for next issue: **30th April 2025 for next EMEWS**. Contributions are always welcome but especially by e-mail (mikegardvo@sky.com).

I will then get the next edition out in early May 2025.

Cover - Thanks again to Ernie for the cover. He was available outside the pavilion at the LEI Outwoods event, which incorporated football training, a birthday party, the orienteering event and also there was access to the cemetery. As he said "All those EMOA O-folk plus those from further afield will probably have a selection of memories of the mid-December LEI and East Midlands League Event at The Outwoods - the quotes used are a selection that were said to the Club's 'Meeter & Greeter'. One I didn't put on the cover was "Why aren't you getting all of this sorted out as you're the one in the ***** high vis top!" from one somewhat harassed mother, whilst another passing-by mother more kindly said "Well, it's always busy like this on Sunday mornings but today even more so!" which was somewhat different to what the Organiser had been told earlier as "Not too much will be happening here on your Sunday morning!"

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Notes from EMOA Meeting - 27th January 2025

Volunteer Required - We are still short of a Vice-Chair on EMOA committee. Could members please consider stepping forward and helping out. Please ask any of the EMOA Officers for details of the role (there are only around 5 meetings a year and we do many of them on zoom).

JK Finances - Following on from JK 2024, it was agreed that the monies should be distributed based on a simple formula based on number of helpers by club from NOC and LOG and then the remaining sum to be divided equally between DVO and LEI (as each hosted one of the days). This approach was unanimously agreed at the meeting.

Financial Secretary Report - Finances appear to be in line with expectations.

Andy arranged with HSBC to get all the banking set up via on-line banking and arranged for the Chair, Devt Officer and Secretary to have access to authorise payments alongside himself. This has now been set up and seems to be working successfully.

Development -

Development Projects

Firm Applications for Funding

- None currently in progress

Preliminary Applications of Interest

- LOG/24/1 Club website update - awaiting further information from LOG.

Club-funded development projects

- DVO/24/3 MapRuns 2024/25/26. DVO have been awarded a Sport England grant which will fund most of the costs of 36 MapRun events over the next two years, which are to be co-ordinated by the Club Development Officer with the aim of attracting new participants from running and other sporting clubs.

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- DVO/24/4 MapActive courses and level D events 2024/25. DVO have been awarded a grant from the Orienteering Foundation, delivered in 2 tranches, the second conditional on demonstrating delivery of phase 1. This grant covers 2 MapActive courses, a Level D programme of 10 events and a Navigation festival for newcomers at Hardwick or a similar venue
- NOC/24/1 MapActive (see Coaching report).
- NOC/24/2 Club Coaching (see Coaching report).

EMOA Officials Conference 2025

At present a date is still being looked at for this event. It is hoped to take place in Rushcliffe. A couple of topics have been suggested so far: Very Short Green (how is it going?); Rules changes since 2023. What other topics would members want covered? Please let John Hurley know of any topics you feel need to be discussed by EMOA Officials.

BOF Development Conference 2025

A series of webinars have been taking place. Most have been recorded. See [Development Conferences](#).

Coaching

New Coaches:

- Andy Simpson (LEI & EMJOS) will be doing his final assessment on 1st February
- Matt White (LEI) will start coach training in February.

Coaching for club members:

- Hilary organised club training for 20 NOC members on 18th January and, as there were some spare places, 7 DVO members joined us. We used the fenced enclosures to the N and NW of the Major Oak which were ideal for practising cutting across the woodland (aiming off) and accurate compass work from an attack point.
- There is a demand for these sorts of training/coaching sessions from club members. Interestingly many of NOC's new members who have come through the recent MapActive courses for beginners came along.

MapActive courses:

NOC's 5th MapActive course for newcomers finished at the Walesby event. 5 people (2 adults and 3 juniors) did Stages 1 and 2 and 4 adults joined them for Stage 2. All but two of the group of nine are now NOC members and 2 of the juniors went to the EMJOS Training in January.

EMJOS - See reports below.

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

- **EMOA Forest League 2024** - The prizegiving will be at the LOG Lincoln South Common event on 9th February (at 10:00)

- **EMOA Urban League 2024** - The prizegiving was held at the DVO Derby City event on 1st January at 12:00.
- **EMOA Forest League 2025** - Events listed elsewhere in EMEWS.
- **EMOA Urban League 2025** - Events listed elsewhere 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 - Meadows Area
 - d. **13 Jul 2025 - EuroCity Day 2** - LOG - Lincoln
 - e. **7 Sep 2025 - Midland Champs** - DVO - Chinley Churn
 - f. **15 Feb 2026 - East Midland Champs** - DVO - Longshaw or Chatsworth
 - g. **2027 - CompassSport Cup Heat** - DVO
 - h. **5 Feb 2028 British Nights** - LEI
- **Future Possible Events**
 - a. CompassSport Cup Heat - 2027 - DVO volunteered.
 - b. EMOA Champs 2027 (NOC scheduled to host)
 - c. EMOA Champs 2028 (LOG scheduled to host)
 - d. Midland Champs 2028 (LEI?) - possibly alongside British Night Champs
 - e. VHI 2028 - Ant Squire is looking at how this can be achieved. DVO may be able to support.
 - f. EMOA Champs 2029 (DVO scheduled to host)
 - g. CompassSport Cup heat 2029 (LEI or LOG scheduled to host)
 - h. JIRCS 2030
 - i. EMOA Champs 2030 (LEI scheduled to host)
 - j. Midland Champs 2031 (EMOA scheduled to host)

EMOA Champs - The EMOA Champs take place at Groby on 16th February. Can all last year's trophy winners please ensure the cups are returned for the event (and let Trudy Crosby know you will be doing this). If anyone still has the W14 trophy from a previous year, please let Trudy know as it seems to have gone missing (Trudy email is on page 2).

Next Meeting - The next EMOA Committee meeting will be via zoom on 28th April 2025.

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EMJOS November 2024 to January 2025

Training, events and JROS Camps

Hawkshead JROS 24th Nov 2024

Ellie participated at the JROS weekend training in the Lakes for 15/16 year olds. Andy Simpson (coach) and Ellie joined the Northern Ireland squad for the rotation around the 3/4 technical areas (Colonel's Drive, Tarn Howes). However, the snowy conditions over night Friday meant

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that the first Saturday morning session was cancelled, and instead indoor training exercises and navigational games were quickly assembled by the coaches.

Cake Stall at Shirebrook NOC event 17th Nov 2024

Amazing variety of beautiful cakes brought by the juniors and very generous donations given by hungry orienteers - £213 (equivalent to covering most of the minibus hire for a weekend trip).

Outwoods 15th December 2024

In partnership with the LEI EML event (access and control sites), EMJOS and West Midlands squads used the area to practice the planning and visualisation techniques to navigate through the rougher EM terrain. Planned by Andy Simpson practice for his coaching qualification. The controls for the event were also used for the training loops. 8 juniors from the East Midlands and about 15 from WMJS joined after the session for hot chocolate and cake to celebrate the festive year end.

Sherwood Forest 18th January 2025

The access to the wood was coordinated by Hilary Palmer (NOC) for a MapActive session, which was extended to a limited number of juniors from East and West Midlands squads having a full day session in the same enclosures using the same kites (controls kindly set out by Hilary the day before).

The morning session was focused on bearings and distance, planned by Andy Simpson for his coaching qualification. The area was clear of undergrowth so was perfect to practice the setting of accurate bearings again (New Forest 2024 weekend trip combined squads) or for the first time. The afternoon session was led by Alistair Powell - again developing the techniques practice over the last 3 squad sessions.

Future training and events

1st Feb Beacon Hill - final coaching qualification session for Andy Simpson.

16th Feb Cake Stall at East Midland Championships Martinshaw and Ratby Woods.

8th March 2025 Stanton Moor - combined squads training (EMJOS, WMJS and YHJS)

EMJOS are now actively taking juniors from the region's clubs who are at Orange level or better, in an attempt to coach them and give them the junior focused experience of training. We had 2 juniors join EMJOS at Outwoods (LEI juniors) and 2 new NOC juniors at the Sherwood Forest session who had come through from the Map Active sessions. All four were visibly engaged with the session and enjoying the challenges and company.

Keep signposting the squad for good junior club navigators!

Ann-Marie Duckworth EMJOS coach and coordinator Andy Simpson

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JWOC by Ben Squire

In the summer of 2023 I travelled to Romania for my first Junior World Champs. With little expectations after an injury-disrupted build up, I ran alright. A good (great, in hindsight) run in the sprint, some poor individual forest races and a couple of decent relay runs. These were results that I was content with but having watched Jim Bailey come agonisingly close to a Top 6 in the Sprint and seeing the Men's and Women's Relay teams just run out of it again for a podium spot, all I could think about coming back from Romania was that I wanted to be pushing for those Podium spots too. After finishing the champs I was already looking through the 2024 details, planning, and dreaming how I could get there.

Training went pretty well. I geared my whole year around being in the best possible shape for JWOC and I executed that. Doubts after a nervy set of selection races were eased on a 10 day training camp in Czechia and I felt confident flying out to the races. I had put a lot of time and effort into these races, orienteered more than I ever had, trained more than I ever had, and was crucially the best orienteer I've been. All I had to do was put it together on the day. The only thing that I'd been struggling to do in the build up: one poor route choice in the selection races, one misread barrier in the test races and one stupid mis-punch at the British Champs the week beforehand. Despite this I was confident that the training I'd done was correct and that it would 'click' when it needed to.



The first race was the sprint relay around a residential area in Pilsen. Being in the second team I did my job, bringing the team up 9 places whilst also keeping my powder dry for my main focus the next day, the Sprint. This was the race where I held the most hope of a good result. I have always been more confident in the sprint and had worked hard to know what to expect, drawing my own map and spending hours on street view on the streets of Stribro. The warm up went well, I was feeling good on the start line, ready for it to finally 'click'. And it didn't. I was thrown by a big route choice to the first control and lost 30s taking the wrong one. By the 4th control I was 45s down and I finished 90s behind the leader in 45th, having lost another 20s on the second big route choice. I was frustrated and annoyed at myself, especially with the fact that, after all that work, I had done worse than the previous year when I came 38th.

No rest for the wicked though as the next day we were straight into 90 minutes of lovely Czechia

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forest for the long. Having had a mare in a Romanian forest 365 days earlier and still frustrated from the previous day, I was determined to have a solid run and be sensible out there. This time around I did just that. It was by no means an incredible run, mistakes crept in in places and the physicality of the forest made it tough going on the third consecutive day of racing but on finishing I was much prouder of that run than the previous day. Strong runs from Euan Tryner coming 13th and Immy Pieters in 14th meant that I was much more positive going into the rest day than I was 24 hours earlier.

The final individual race was the Middle in some of the nicest forest I've ever ran on. Super clean forest and clear contour features meant for some fast and furious racing where any mistakes would be punished. I had the cleanest run of my life, hitting controls smoothly and was pushing to the maximum the whole way round. Coming into the arena I was confident and thought I was on for a really strong result, maybe even a top 20. I finished 60th, my worst result of the week; turns out that I wasn't the only one orienteering well out there, bloody JWOC. Despite the result, this was the run I was happiest with all week. I orienteered well and pushed as much as I could, as much as I'd like to be able to, I can't stop everyone else from doing the same thing! This gave me confidence for the relay on the same area and going out on the first leg for the first team I had one job, don't mess it up. And mostly I didn't. A couple



lapses in confidence meant it wasn't quite the perfect run that I'd been dreaming of over the last year but it was a strong improvement on the previous year and I set James Hammond up in a good enough place to then have a blinder to bring us up to podium contention. Sadly we were run out of it towards the end of the

third leg but to be a part of such a strong team and have a respectable run was a happy way to round off the week.

Was this the week that I was dreaming about in a Romanian hotel in 2023? No. But am I still content with it? Mostly. The painful thing about orienteering is that no matter how much you prepare and how much you 'want' a race to go well, sometimes it just doesn't. I'm happy that I gave it a good shot, and left no questions or what-ifs. We all orienteer because we love it, and despite not getting what I wanted, I loved trying to accomplish my dream. A big thank you to EMOA and the Athlete Support fund for helping me give it a go.

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Clumber Park – History

Clumber Park is to be used for the CompassSport Cup tie hosted by NOC. Many of us will attend, so I thought I would provide some of the background to the area (based on National Trust information). The story of Clumber Park begins in 1709 when John Holles, the 3rd Duke of Newcastle-upon-Tyne, was granted a licence to enclose 3,000 acres of Sherwood Forest and turn it into a deer park for Queen Anne. When he died, his nephew, Thomas Pelham-Holles, the 4th Duke, took on the estate. He died childless but had thankfully made himself the 1st Duke of Newcastle-under-Lyne, a new title which could be handed down to his sister's son. This meant Henry Fiennes Pelham-Clinton became the 2nd Duke of Newcastle-under-Lyne in 1768, promptly inheriting Clumber Park.

The 2nd Duke was the first to make Clumber Park a home, turning it into an estate dedicated to pleasure on a grand, almost unimaginable scale. He had a mansion built in the early 1760s, designed by Stephen Wright, which was regarded as one of the finest non-Royal houses in the country. A classical building of white freestone (brought from the Duke's own quarry), flanked by a square wing at each corner, with the central portion, which faced the lake, containing a light Ionic colonnade.

The core of the house was the original ducal hunting lodge which had previously existed on the



site. This meant that rooms in the centre of the house were not particularly grand, however, those in the new flanking wings more than compensated. The State dining room was 60ft long and 34ft wide and designed to accommodate 150 guests seated at

one table. The 4th Duke was a renowned collector and filled Clumber House with many paintings by Gainsborough, Van Dyke, Poussin and Rembrandt to name a few. There were also various treasures, including busts, statues, china and an extensive collection of rare books including a Book of Hours, a first folio Shakespeare, and three Caxtons.

The gardens and parkland of the estate were particularly impressive, both in scale and the care and money that had been lavished upon them. Writing in 1896, Cornelius Brown stated that "The lawns and terraces are laid out with much skill, and tastefully adorned with lofty vases and graceful statuary" and Leonard Jacks, in 1881, described the lawns as "...very fine, smooth, velvety".

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The double avenue of lime trees, created for the 5th Duke, was planted with 1,296 trees and stood at three miles long. Today, it still is the longest in Europe.

The lake, added by the 2nd Duke, took 15 years to create by damming the River Poulter and excavating the river bed. It was further enlarged and extended in 1817 and 1885 until it covered 87 acres and was almost two miles long.

The fire on 28 March 1879 was devastating. Not only for the extensive damage to the house, gutting 20 of the 105 rooms, but also the loss of many fine artworks, although many were rescued. The fire destroyed the central core of the house, leaving the wings standing round a hollow shell.

The trustees of the 7th Duke, who was just 15 years old and had inherited Clumber only a few months before, were faced with the quandary as to whether to rebuild. The 6th Duke had been an extravagant spender who had significantly reduced the family fortune. However, as Leonard Jacks stated, the Dukes of Newcastle's rent roll was vast and although they could not replace the artworks, they could rebuild the house.

Charles Barry, whose father was the famous Sir Charles responsible for the Palace of Westminster, was put in charge of the work. He replaced the lost rooms in the centre of the house with an enormous entrance hall, which featured balustraded galleries, tessellated pavements and various niches for the surviving statuary.

Another fire in April 1912 ravaged the upper two floors, and whilst not as serious as the previous fire, added to the burden. When the decision to demolish the house, taken by the 9th Duke who had inherited it, was announced in the local paper, it stated that "the decision to completely demolish the mansion has been taken with great reluctance by the present owner, but it has been necessitated by heavy taxation". Though it played a part, a more significant factor was that Clumber House had been built for a different age; an age of huge, lavish house parties and vast wealth. With the passing of the former and major pressures on the latter, houses on this scale were just no longer sustainable.

The demolition of Clumber House was contracted out to Henry Boot Construction in 1938, with the sale of most of the contents the year before. Thornbridge in Derbyshire, Henry Charles Boot's home since 1929, was one estate to benefit from much of the statuary and facades from Clumber, along with Newstead Abbey, home to Lord Byron, whose Clumber Lodge is built entirely from materials from Clumber House.

In 1939, the War Department requisitioned Clumber Park and the 9th Duke handed over the estate. During the Second World War, the park was used by the army for ammunition storage and military training. The Lincoln Stables were used as a decontamination centre, the cricket pavilion as a medical hut and the Duke's garage was used for entertainment and meetings.

Lime Tree Avenue was lined with hundreds of corrugated iron ammunition stores, each containing up to 400 cubic feet of shells including naval shells that stood over 3 feet high. In addition to these stores, there were also Nissen huts built all over the park, including along

Lime Tree Avenue. These were used to accommodate army personnel. After the war, clearing the park of ammunition took many years and it was 1955 before the military eventually left.

In 1946, the National Trust purchased Clumber Park with the aid of donations and opened it to the public in the late 1950s.

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MTBO in Great Britain.

The world Mountain Bike Orienteering (MTBO) champs are scheduled to be held in Scotland in 2026. British Mountain Bike Orienteering (BMBO) are contacting all British Orienteering clubs with the hope of identifying a small team of individuals who would be sufficiently motivated to contribute one or more MTBO events in 2025/26. Will you join the pathway to the world MTBO 2026?

The world MTBO championships will be held in the Moray area of Scotland 3-7 June 2026. We would like to see a large number of British riders taking part in 2025 and 2026. However there is a need more events across the country, for riders to take part and practise their skills. We would like to boost the opportunities to take part. So BMBO are asking if you can get involved.



Riders can take part in any MTBO in age categories, there is a category for eMTB riders as well. To this end we are seeking to raise the profile of MTBO in 2025 and first half of 2026, to give riders ample opportunity to take part, get the bug, practise rides and then compete the 2026 World Championships. For 2025 we have already 2 weekend events planned, one on the south coast of England date TBC and one Moray near Inverness date TBC. We are hoping to add a lot more events to the 2025 and 2026 calendars.

Clubs can:

- Stage 1 is to express your interest in being involved
- Stage 2 is to identify an individuals who will have enthusiasm to make an event happen.
- Stage 3 to identify a suitable event are and seek permissions
- Stage 4 to add your event to MTBO calendar Stage 4 to plan the event
- Stage 5 to run the events on the day. And share the results.

MTBO races come in three categories: Sprint a win time of about 20 -25 minutes; Middle with win time of about 50-55 minutes (6-7 km) (15-17km); Long with a win time of about 105 -115 minutes. (c30km). These events take place in areas with:

- orienteering maps
- tracks that are cycle-able

- a suitable complex track network

MTBO is about quick execution of route choice while riding as fast as possible. MTBO is not about stopping to read micro detail to find either the control or indistinct track junctions

If anyone is interested in getting involved they would welcome support in setting up events. If anyone / club is interested please contact Mike Hayward (mike.yakbike@gmail.com).

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Junior Regional Orienteering Squads (JROS) Summer Camps Availability Request (2025)

Introduction

The Junior Regional Orienteering Squads (JROS) was set up to further develop the junior orienteering talent which is nurtured by the 12 Regional Squads. As such JROS has, for over 10 years organised and managed a number of training camps for junior orienteers.



These camps vary in length and in the age of the orienteers attending them, but they all share the same objective, that is to develop the orienteering talents of youngsters by giving them the opportunity to train over a period with likeminded individuals, in a variety of terrains and under the supervision of experienced coaches.

(For more details about previous camps and the 2025 camps see the JROS web site www.jros.org.uk).

However, these opportunities cannot go ahead without the support of volunteers who provide a range of skills including Team Management, Chefs, Coaching Managers, Senior and Assistant Coaches and in-Forest Teams.

Here are comments from previous junior coaches who attended the Lagganlia Camp;

"I really enjoyed coaching on Lagganlia. Previously the only coaching I had done was with very inexperienced juniors in my school and club so getting the chance to coach juniors at a TD5 level was much more interesting."

"Dealing with real athletes in real situations helps to develop skills and experience much faster than in an artificial classroom situation and the intense (regular 14 hour days) nature of the camp only enhanced this."

If you would like to offer your time - no previous experience is necessary - to help support juniors in one or more of these training camps please complete the form below.

Outline of the Camps

Lagganlia (Saturday 19th July 2025 - Saturday July 2025)

Based at the Lagganlia OEC near to Aviemore in Scotland this camp caters for approximately 24 M/W14's. Staffing is usually around 14 coaches and a forest team supported by two chefs (lead and assistant), all managed by the Team Manager. The camp lasts for 6 days training, Sunday to Friday with assembly on Saturday. We would be pleased if someone wishes to undertake an Assistant camp manager position

Much of the coaching is aimed at teaching the basic technical skills within a wide variety of situations and venues.

This is an ideal camp for those who have never attended a camp as a coach and is an excellent opportunity for Level 1 and 2 coaches who may be looking to widen their coaching experience before moving on to the next level of coaching. As the coach: athlete ratio is high, this gives lots of opportunity for the inexperienced coach to learn supported by more experienced individuals.

Being a member of the forest team at Lagganlia also provides the opportunity for experienced orienteers without formal qualifications to get involved with coaching at this level. Duties would include putting out and collecting controls, assisting senior coaches, attending briefing sessions.

Deeside at Findhorn (Sunday 20 July 2025 - Saturday 26 July 2025)

This camp caters for approximately 20 M/W15's, many of whom will have previously attended a Lagganlia camp.

Staffing will be of the order of 9-10 coaches and forest team with similar numbers of support staff as Lagganlia. The camp requires a Lead Coach, Assistant Camp Manager and Chefs.

Coaching on this camp seeks to take the athletes to the next level of speed and complexity and expects them to be more confident and proficient in the terrain.

Czech (Saturday 16th August 2025 - Monday 25th August 2025)

This is a camp which is for M/W16's initiated to ensure enough camps are still available to juniors and give a taste of continental terrain. The camp is in the Jizera mountains near Liberec in the north of the Czech Republic.

Staffing will be of the order of 8 coaches and cater for up to 20 athletes.

Stockholm (Tuesday 19th August - Sunday 31st August 2025)

This camp is based at the club hut of OK Ravinen in the environs of Stockholm. There is the opportunity to leave early to participate in British Sprint and Sprint Relay Championships. There are likely to be about 16 mainly M/W17's.

In order to keep costs down the athletes are expected to organise their own assembly and to meet up at the hut. Public transport is used extensively on this camp and athletes are expected to be mature and reasonably self-sufficient.

Athletes will also compete in local competition throughout the camp.

The number of staff will be of the order of 6 including a Chef and Team Manager.

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All members of the camp will join OK Ravinen, thus allowing them free use of the club hut, and also entry to SOFT events.

Gothenburg (Friday 22nd August - Monday 1st September 2025)

The camp will be based in the Savedalens AIK club hut on the outskirts of Gothenburg, this is an ideal centre with plenty of forest right on the door step plus a nice lake for swimming etc. The camp is aimed at providing a group of M/W18's and 19's a taste of planning and organising their own training in Scandinavian terrain, as well as supporting themselves by preparing their own meals and organising transportation. The camp will be for the order of 18 athletes. There is the opportunity to leave early to participate in British Sprint and Sprint Relay Championships.

It is likely that there will only be two senior coaches present to help and guide the athletes and therefore some experience of training in Scandinavia is essential.

Hawkshead (Friday 28 November - Sun 30 November 2025)

The camp at YHA Hawkshead for M/W16s may require Forest Team assistants to hang and collect controls. Details of numbers will be available closer to the time, but you can indicate now if you would be willing to help. A further request will be issued closer to the camp.

Requirements

Team Manager

Responsible for all aspects of the camp - outside the forest. Accommodation, transport during the camp (but not necessarily to/from the venue) and the general well being of juniors whilst on the camp. Additionally may have responsibility for ordering camp specific clothing and liaising with the chefs to ensure appropriate and adequate nutrition is provided.

They will also be responsible for budgetary control of the camp.

Lead Coach

Responsible for all aspects of the 'forest' activities of the group and work with the Team Manager to plan all activities for the week.

Will manage the coaching team, delegating aspects of the training to appropriate coaches. Will be responsible for the health and safety of all athletes within the forest environment.

Is also responsible for producing timely reports on all juniors attending the camp and distributing them to the respective Regional Coordinators.

Chef

Responsible to the Team Manager for the preparation of all meals for the camp party members, being cognisant of any special dietary requirements or allergies of attendees.

Responsible for the buying of all required foodstuffs for the period of the camp.

Senior Coaches

Responsible to the Lead Coach for aspects of the coaching programme as decided by the Lead Coach. Responsible for delivering planned coaching activities to a group of athletes and collection of feedback to inform individual athlete camp reports.

Assistant Coach

Responsible to a senior coach in the delivery of planned coaching activities to individual athletes and collection of feedback to inform individual athlete camp reports.

If you wish to know more please contact the secretary at jrossecretary@gmail.com

**Junior Regional Orienteering Squads (JROS)
Summer Camps Availability Request**

I would like to volunteer for the following roles on the summer camps:

Role	Lagganlia	Deeside	Czech	Stockholm	Gothenberg
Assistant Team Manager					
Chef / Assistant Chef					
Lead / Senior Coach	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Assistant Coach	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No

To assist the Team Manager and Lead Coach in providing a balanced coaching team are there any particular strengths that you could bring to the team? (e.g. running drills, use of SI/Route Gadget, strength and conditioning, use of heart rate monitors, drive a minibus)

.....
Please note; Numbers are limited, so we may not be able to find places for all those that apply but we will contact you as soon as we can.

Name;

Club;

Coaching Qualification (if any; if applicable);

Email address;

Contact tel number;

Please return the completed form to; jrossecretary@gmail.com

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East Midlands Urban League 2024

The prizes for the EMOA Urban League 2024 were presented at the Derby City event in the warmth of the Rowing Club.

East Midlands Urban League 2025

The following is the current table for the EMOA Urban League 2025 which comprises of the following events:

1st January - Derby City (DVO) - (UL1)

29th June - Wirksworth (DVO) - (UL2)

12th July - The Meadows (EuroCity weekend) (NOC) - UL3

13th July - Lincoln (Eurocity race) (LOG) - UL4

10th August - Lutterworth (LEI) - UL5

6th September - Hamilton (LEI) - UL6

28th September - Retford (NOC) - UL7

12th October - TBA (LOG) - UL8

Your best 4 scores will count from the 8 events. Note: we have reverted to the original scoring system of counting all competitors. 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	Peter Birchall	M16	DVO	89	89							

Junior Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8

Open Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Richard Robinson	M40	NOC	96	96							
2	Nerijus Rozkovas	M35	DVO	91	91							
3	Mike Chapman	M45	LOG	84	84							
4	Ed Cochrane	M35	NOC	82	82							
5	Andrew Evans	M45	LOG	77	77							

Open Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Kirsty Buxton	W35	DVO	90	90							
2	Andrea Page	W45	LOG	85	85							
3	Jessica Williams	W18	DVO	84	84							

Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
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EMEWS

1	Chris Millard	M40	DVO	100	100							
2	Richard Parkin	M55	DVO	93	93							
3	Edward de Salis Young	M55	LEI	89	89							
4	David Jolly	M50	RAFO	87	87							
5	Andy Nicholls	M50	LEI	85	85							
6	Rob Williams	M45	DVO	82	82							
7	David Newton	M45	DVO	80	80							
8	Tom Hartland	M45	DVO	79	79							
9	Andrew Selby	M40	DVO	78	78							

Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Tanya Taylor	W50	LOG	96	96							
2	Emily Williams	W45	DVO	89	89							
3	Claire Selby	W50	DVO	88	88							

Senior Veteran Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	John Duckworth	M55	DVO	100	100							
2	Matt White	M55	LEI	91	91							
3	Steve Chafer	M55	LEI	86	86							
4	David Cladingboel	M55	LEI	85	85							
5	Alastair Paterson	M55	LEI	83	83							
6	Ian Buxton	M60	LEI	82	82							
7	Murray White	M55	DVO	81	81							
8	Andrew Ridgway	M60	NOC	80	80							
9	Gary Kelsall	M55	DVO	79	79							
10	Stephen Edgar	M55	DVO	76	76							

Senior Veteran Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Helen Parkinson	W55	NOC	100	100							
2	Michelle Mackervoy	W55	DVO	96	96							
3	Alison Hardy	W55	LEI	93	93							
4	Catherine Hughes	W55	NOC	91	91							
5	Sal Chaffey	W60	DVO	90	90							
6	Amanda Roberts	W60	LOG	89	89							
7	Susan Buxton	W60	LEI	85	85							
8	Carol Stynes-Martin	W55	LEI	84	84							
9	Karen White	W55	LEI	83	83							
10	Nicola Hart	W60	DVO	82	82							

Ultravet Men

EMEWS

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Stephen Martin	M65	LEI	96	96							
2	Mike Gardner	M65	DVO	89	89							
3	Robert Parkinson	M65	NOC	87	87							
4	Patrick Tranter	M65	RAFO	85	85							
5	Malcolm Spencer	M65	DVO	84	84							
6	Stephen Kimberley	M65	DVO	83	83							
7	John Hopper	M70	DVO	80	80							
8	Andrew Wallace	M65	NOC	78	78							
9	Jeffrey Baker	M70	LOG	77	77							
10	Brian Denness	M70	DVO	74	74							

Ultravet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Jane Booker	W70	NOC	87	87							
2	Trudy Crosby	W65	LOG	86	86							
3	Ruth Ellis	W70	DVO	84	84							
4	Judith Evans	W65	DVO	82	82							
5	Anne Kimberley	W65	DVO	81	81							
6	Maureen Webb	W70	LEI	80	80							
7	Viv Macdonald	W70	DVO	78	78							

Hypervet Men

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Roger Edwards	M75	LEI	96	96							
2	Kevin Gallagher	M75	LEI	91	91							
3	Doug Dickinson	M75	DVO	88	88							
4	Pat Squire	M75	NOC	86	86							
5	John Marriott	M75	LEI	85	85							
6	Derek Gale	M80	DVO	84	84							
7	Rex Bleakman	M80	DVO	83	83							
8	Stuart Swalwell	M75	DVO	81	81							
9	Dave Skidmore	M75	DVO	80	80							
10	Peter Leake	M80	LEI	78	78							

Hypervet Women

	Name		Club	best 4	UL1	UL2	UL3	UL4	UL5	UL6	UL7	UL8
1	Hilary Palmer	W75	NOC	100	100							
2	Sue Bicknell	W80	LEI	90	90							
3	Jen Gale	W75	DVO	89	89							
4	Tricia Neal	W75	NOC	87	87							

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EMEWS

East Midlands League 2024

The prizegiving for the EMOA Forest League 2024 will take place at the Lincoln South Common event on 9th February at 10:00am.

White - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	Score	Pos
Darwin Buxton	DVO	M10						1000	1000			1000	1000	4000	1
Oscar Buxton	DVO	M10	1000		855		1000		623					3478	2

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	1000					4000	1
Suranne Tolly	LEI	W10					492	727		1000				2219	2

Yellow - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Hugh Chester	NOC	M12		1000				1000		1000				3000	1
Evan Llewellyn	NOC	M12	1000				1000							2000	2
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
Lily Robinson	NOC	W10	1000			1000					1000	1000	1000	5000	1
Grace Robinson	NOC	W12	922			933	1000							2855	2
Elodie Booker	NOC	W10										456	937	1393	3

Orange - Male

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Aidan Chester	LEI	M14		890				1000		1000				2890	1
Laurie Fluck	LEI	M75	1000	385						371		470		2226	2
Peter Birchall	DVO	M16			1000			605						1605	3
John Palmer	NOC	M75									1000	584		1584	4

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
Grace Robinson	NOC	W12									1000		1000	2000	5
Sindy Chafer	LEI	W55	521				302			463				1286	6

Light Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	Score	Pos
Jessica Williams	DVO	W16			823		557		1000		1000		1000	4380	1
Cara Tolley	LEI	W14					1000	673		1000				2673	2
Tina Brindley	NOC	W60									499		838	1337	3

EMEWS

Becky Royall	DVO	W45							552		752			1304	3
Angela Lucking	NOC	W60						260				1000		1260	4

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	1000		797		920	5944	1
Roger Edwards	LEI	M70						980	892	1000	1000	1000	1000	5872	2
Rex Bleakman	DVO	M80		811		1000	900	809	972	659	812	674		5304	3
Jeffrey Baker	LOG	M70	664	652	829	822	844	917	784		697	587	841	5037	4
Chris Bosley	LEI	M75	758	692	829		916		783		776		827	4889	5
Dave Skidmore	DVO	M75	747	759	759	794	882	732	724	634	684	676	769	4710	6
Donald Moir	LEI	M90	647	782		867	701	791	494	510				4298	7
Peter Leake	LEI	M85	748		752	575	801	779	617			517		4272	8
Doug Dickinson	DVO	M75	763		896			1000				609	958	4226	9
David Booker	NOC	M70	686	812				671	597	768		435		3969	10

Short Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	P
Judith Holt	DVO	W70	869	829	989		1000	990		926	876	1000	1000	5905	1
Jane Booker	NOC	W70	925	673	870	843		1000	683	1000	1000		806	5638	2
Ann Armistead	DVO	W75	978	741	882	890	795	970	906		837		910	5536	3
Ruth Ellis	DVO	W70		554	751	792	800	806	837	577	567	657	732	4718	4
Sue Bicknell	LEI	W80	740	745	802	760	630		853	609	815	618	733	4715	5
Margaret Keeling	DVO	W75		608	774	693	738		946				717	4476	6
Liz Godfree	DVO	W75	1000	1000	1000	1000								4000	7
Christine Middleton	DVO	W75	879	708	785					662			730	3764	8
Trudy Crosby	LOG	W65	755	653	801	743					805			3757	9
Hilary Hodgkinson	NOC	W70	709		887					499	721	679		3495	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		1000	918		726	994	1000	1000	5989	1
Matt White	LEI	M55	929			783	932	1000	903	1000	1000	943	984	5859	2
John Hopper	DVO	M70	875	1000	1000	892	960	985		567	920	867	974	5839	3
John Hurley	DVO	M65	941		946	868	942	893	929	729		628	910	5561	4
Malcolm Spencer	DVO	M65	897	838	945	774	889		840	690			877	5286	5
Stephen Martin	LEI	M65	942	966			873	708	689			763	908	5160	6
Lester Evans	DVO	M70	790		819	713	794	862	652	481	778		553	4756	7
John Marriott	LEI	M75			735	865		930				955	924	4409	8
Peter Cholerton	NOC	M65		818	686			817	716		712		631	4380	9
Andrew Wallace	NOC	M65				604		744	815	612	699	696	760	4326	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				1000	1000		5983	1
Judith Evans	DVO	W65	831				905		858	868	957		825	5244	2

EMEWS

Kim Buxton	DVO	W60	876		728		929	961		830		790	843	5229	3
Ursula Williamson	LEI	W60	760	1000	704	573		730	691	890	796	842	696	5018	4
Tracey Brookes	LEI	W55	717	988		527	657	812			656	726	661	4561	5
Jane Dring-Morris	LEI	W55	685	900		564	634	813			711	780		4523	6
Christine Elliott	NOC	W65			855	741		1000		1000			814	4410	7
Carol Stynes-Martin	LEI	W55	702			551	643	889	476				677	3938	8
Anne Kayley-Burgess	DVO	W55	597	739		479	600	733				557		3705	9
Patricia Wong	NOC	W50	515			466		671	566	501	597	674	579	3592	10

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				1000	1000		817	1000	5922	1
Dai Bedwell	DVO	M55		938		1000			937	888	1000	858	953	5716	2
Andy Sykes	DVO	M55	868	933	924				800	868	976		705	5369	3
David Vincent	DVO	M60	831	862	913				788		930		834	5158	4
Simon Brister	DVO	M75	754		1000		1000	1000			963			4717	5
Alastair Paterson	LEI	M55	789	730	702	594	663	622	695	557	852	663		4431	6
Murray White	DVO	M55		704	740		632	675			810	691	748	4368	7
David Cladingboel	LEI	M55	710	715	668	693	645	694	452	613			808	4288	8
Paul Goodhead	DVO	M60	674			713		672			864	598	755	4276	9
James Prince	DVO	M50		783	825		712	704	608	598				4230	10

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	1000	993	954	1000	1000	5993	1
Alison Hardy	LEI	W55	1000		1000	889			853		778	951	945	5638	2
Monica Henderson	NOC	W35		659	711	646				641			705	3362	3
Helen Chiswell	DVO	W45			816		884				733	840		3273	4
Lizzie Rosewell	NOC	W40	777	766		501					743			2787	5
Sal Chaffey	DVO	W55		1000					798				913	2711	6
Toni O'Donovan	LEI	W45			960						1000			1960	7
Catherine Hughes	NOC	W55								1000	922			1922	8
Sally Calland	DVO	W45			861		916							1777	9
Ellie Simpson	LEI	W16				1000					674			1674	10

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	931		704	739	950	5507	1
Richard Robinson	NOC	M40	1000			860	871					1000	1000	4731	2
Richard Parkin	DVO	M55				977	1000			1000		904		3881	3
Edward de Salis Young	LEI	M55		1000					1000	882		755		3637	4
Philip Johnston-Davis	RAFO	M50		944		790			991			781		3506	5
Andrew Powell	DVO	M40	899		925				911			719		3454	6
Chris Millard	DVO	M40			1000			915	928					2843	7

EMEWS

Steve Schofield	NOC	M60	941	880	901									2722	8
Roger Phillips	LEI	M45		701					721	637		541		2600	9
Dave Chaffey	DVO	M60				791						682	872	2345	10

Brown - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Sal Chaffey	DVO	W55				969						954		1923	1

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	1000				860	5523	1
Ernie Williams	LEI	M80			773	801	642	921	774					3911	2
David Anderson	LEI	M85			868	1000	669						1000	3537	3
Chris Phillips	LEI	M75						771	556				649	1976	4

Very Short Green - Female

Name	Club	Age	1	2	3	4	5	6	7	8	9	10	11	score	Pos
Jen Gale	DVO	W75			878								631	1509	1

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East Midlands League 2025

The tables below provide the final standings for the EMOA League 2025. With a total of 13 events, 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 are:

- 19th January - LEI - Hanging Hill and Boothorpe
- 9th February - LOG - South Common
- 1st March - ~~DVO - Birchen Edge and BUGS Individual~~ POSTPONED
- 23rd March - NOC - Silverhill Woods (also proposed as the YBT Heat)
- 13th April - NOC - Ollerton Pit West
- 1st June - DVO - Carsington Pastures
- 8th June - LEI - Irchester
- 19th October - LEI - Burbage Common
- 16th November - NOC - Wellow
- 23rd November - DVO - Cromford Moor
- 30th November - LEI - Beacon Hill
- 21st December - NOC - Strawberry Hill
- 28th December - LEI - Martinshaw

Puzzle Page

Answer to EMEWS Puzzle 294.

	1	3	5	1	1	4	3	2	5	2	1	4	4	1	1	1	18	5	4	1	6	4	4	1	3
			1	2	2	1	3	3	2	2	4	2	3	2	2	3	2	10	4	1	3	1	4	1	3
				1	1	1	1	1	2	1	1	1	2	3	5	8		2	2	3	3	1	4	5	
				2	3	6	2	2		2	1	3	2	2	2	2			2	1		1			
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19																									
21																									

This month's puzzle:

This month we can 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.

EMEWS

3	2	4	5	5	4	6	7	
								5
								6
								6
								8
								6
								3
								1
								1

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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.

February 2025

Sat 1 st	Winter Series no 1 Regional Event Delamere Forest incl Sch League	Reg	DEE	NW	Delamere Forest	Northwich	SJ540700
Sat 1 st	LEI Winter League 7 Donisthorpe	Loc	LEI	EM	Donisthorpe Woodlands	Ashby	SK317142
Sat 1 st	Saturday Series 5	Locl	SYO	YH	Norfolk Park	Sheffield	SK368857
Sat 1 st	NW Night League	Locl	MDOC	NW	Alderley Edge NT area	Alderley Edge	
Sun 2 nd	High Lodge	Reg	WAOC	EA	High Lodge	Thetford	
Sun 2 nd	GO SE League and SE Long Champs	Natl	GO	SE	Blackheath	Guildford	TQ059457
Sun 2 nd	Brandon Wood WML event Rearranged Date	Regl	OD	WM	Brandon Woods	Coventry	
Thu 6 th	Ripley MapRun	Act	DVO	EM	Cedar Avenue Park	Ripley	
Sat 8 th	British Night Championships (UKOL)	Majr	FVO	SOA	Touch Muir & Forest	Stirling	NS743937
Sat 8 th	Belper Parks Local Event	Locl	DVO	EM	Belper Parks	Belper	SK350474

EMEWS

Sat 8 th	MDOC Spring Park series (2)	Locl	MDOC	NW	Woodbank Park	Stockport	
Sun 9 th	EMOA League 2025	Regl	LOG	EM	South Common	Lincoln	SK972696
Sun 9 th	WML Event - Wrockwardine Wood	Regl	WRE	WM	Wrockwardine Wood	Telford	SJ700123
Tue 11 th	MDOC Night Street League (7)	Locl	MDOC	NW	Streets in Stockport Town Centre	Stockport	
Wed 12 th	Fight the Night 2025 #2	Locl	LOG	EM	Bunker's Hill & Carlton Estate	Lincoln	TF000730
Sat 15 th	Hartshill Hayes Country Park	Locl	OD	WM		Hartshill	
Sat 15 th	Local league 2- Berryhill	Locl	POTOC	WM	Berryhill fields	Hanley	SJ904463
Sat 15 th	CLARO Urban event	Regl	CLARO	YH	Army College	Harrogate	
Sat 15 th	Park-O	Locl	WAOC	EA	Milton Country Park	Milton, Cambridge	
Sun 16 th	EM Championships 2025	Natl	LEI	EM	Martinshaw and Ratby Woodlands	Leicester	
Sun 16 th	HALO Regional and YHOA SuperLeague	Regl	HALO	YH	Normanby Hall Country Park & Community Woodland	Scunthorpe	SE8868816869
Wed 19 th	Winter League 8 Ibstock Urban	Loc	LEI	EM	Ibstock	Ibstock	SK406104
Wed 19 th	Fight the Night 2025 #3	Locl	LOG	EM	Washingborough & Heighington	Lincoln	TF029695
Sun 23 rd	CompassSport Cup Heat	Natl	AIRE	YH	Ilkley Moor	Leeds	
Sun 23 rd	CompassSport Cup Heat	Natl	NOC	EM	Clumber Park	Worksop	
Sun 23 rd	CompassSport Cup Heat	Natl	SELOC	NW	Clowbridge	North West	SD823278
Wed 26 th	Night Sprint Event	Locl	SYO	YH	Edge Campus	Sheffield	sk329863
Thu 27 th	Belper MapRun	Act	DVO	EM	Coppice car park	Belper	

March 2025

Sat 1 st	EMOA League 2025 Birchen Edge & BUCS individual POSTPONED	Regl	DVO	EM	Birchen EM League POSTPONED	Baslow	SK279721
Sat 1 st	TVOC Saturday Series	Locl	TVOC	SC	King's Wood	High Wycombe	SU898937
Sat 1 st	WCH Local Event No. 4	Locl	WCH	WM	TBC	Stafford	
Sat 1 st	MDOC Spring Park series (3)	Locl	MDOC	NW	Reddish Vale	Reddish	
Sun 2 nd	Welsh Championships	Natl	ERYRI	WOA	Llechweddgain	Bronaber, Trawsfynydd	SH730325
Sun 2 nd	HH SE League Event - Ashridge East	Natl	HH	SE	Ashridge East	Berkhamsted	
Sun 2 nd	BUCS Relays	Natl	SHUOC	YH	Carsington	Wirksworth	
Thu 6 th	Mackworth MapRun	Act	DVO	EM	Rykneld Sports Centre	Derby	
Sat 8 th	Winter Series no 2 Runcorn Town Park Local event incl Sch League	Locl	DEE	NW	Runcorn Town Park	Runcorn	SJ548814
Sat 8 th	Gillingham Urban (UKOL)	Regl	WIM	SW	Gillingham	Gillingham	
Sat 8 th	Coombe Abbey Local Event	Locl	OD	WM	Coombe Abbey Country Park	Coventry	
Sat 8 th	Alfreton Park	Locl	DVO	EM	Alfreton Park	Alfreton	SK402552
Sun 9 th	Royston urban event	Regl	WAOC	EA	Royston	Royston	
Sun 9 th	EBOR Regional Event & Yvette Baker Trophy Heat	Regl	EBOR	YH	Bishopwood North tbc	Selby	

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Tue 11 th	Night Urban Event	Locl	SYO	YH	North Sheffield	Sheffield	
Thu 13th	Heatherton MapRun	Act	DVO	EM	Tesco car park	Derby	
Sat 15 th	British Middle Championships (UKOL)	Majr	MV	SE	Holmbush and Buchan Country Park	Crawley	
Sat 15 th	Local League 3 Stone common & urban	Locl	POTOC	WM	stone common	Stone	
Sun 16 th	SE League Event (UKOL)	Natl	SO	SE	Worthlodge Forest	Crawley	TQ323357
Thu 20th	Alvaston MapRun	Act	DVO	EM	Keldholme Community Centre	Derby	
Sat 22 nd	Winter series no 3 Local Event inc Sch League	Locl	DEE	NW	Beacon Country Park, Sklemersdale	Cheshire	SD506068
Sat 22 nd	Icenian Sprints Day 1 Part 1	Regl	CUOC	EA	Tbc	Cambridge	
Sat 22 nd	Icenian Sprints Day 1 Part 2	Regl	CUOC	EA	Tbc	Cambridge	
Sat 22 nd	Saturday Series 6	Locl	SYO	YH	Bolehill	Sheffield	
Sat 22 nd	WCH Local Event No. 5	Locl	WCH	WM	TBC	Rugeley	
Sun 23 rd	YHOA SuperLeague and YHOA Middle Distance Championships	Regl	CLARO	YH	Plumpton Rocks	Harrogate	SE349536
Sun 23 rd	Icenian Sprints Day 2	Regl	CUOC	EA	Tbc	Huntingdon	
Sun 23 rd	WML League Event and YBT Qualifier - Arrow Valley	Regl	HOC	WM	Arrow Valley	Redditch	
Sun 23rd	EMOA League 2025 and YBT Heat	Regl	NOC	EM	Silverhill Woods	Mansfield	
Wed 26 th	Dusk Event	Locl	SYO	YH	Loxley	Sheffield	SK307909
Sat 29 th	MDOC Spring Park series (4)	Locl	MDOC	NW	Bramhall Park	Bramhall	
Sun 30 th	Bentley Wood South WML event	Regl	OD	WM		Atherstone	
Sun 30 th	Keyne-O 1, Great Linford	Locl	SMOC	EA	Great Linford	Milton Keynes	

April 2025

Sat 5 th	Scottish Sprint Championships (Race 1)	Regl	RR	SOA	Tweedbank	Tweedbank	NT524349
Sat 5 th	Park-O	Locl	WAOC	EA	Coldhams Common	Cambridge	
Sun 6 th	TVOC Chiltern Challenge National Event	Natl	TVOC	SC	Hambleden East	Henley-on-Thames	
Sat 12 th	Local league 4 - cheddleton heath	Locl	POTOC	WM	Cheddleton heath	Leek	
Sun 13th	EMOA League 2025	Regl	NOC	EM	Ollerton Pit West	Ollerton	
Fri 18 th	Jan Kjellström Orienteering Festival - Sprint (UKOL)	Majr		YH	Sheffield City Centre	Sheffield	
Fri 18 th	Jan Kjellström Orienteering Festival - Trail O	Natl		YH	Crookes Valley and Weston Park	Sheffield	
Sat 19 th	Jan Kjellström Orienteering Festival - Middle (UKOL)	Majr		YH	Tankersley	Barnsley	
Sat 19 th	Jan Kjellström Orienteering Festival - Trail O	Natl		YH	Hesley Wood	Sheffield	
Sun 20 th	Jan Kjellström Orienteering Festival - Long (UKOL)	Majr		YH	Wharnccliffe	Sheffield	
Mon 21 st	Jan Kjellström Orienteering Festival - Relays	Majr		YH	Middleton Park	Leeds	
Thu 24th	Ockbrook MapRun	Act	DVO	EM	Green Lane	Derby	
Sat 26 th	Saturday Series 7	Locl	SYO	YH	Chapeltown Park	Sheffield	

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					and Smithy Wood		
Sun 27 th	NOR - Ling Common	Regl	NOR	EA		Kings Lynn	
Sun 27 th	York City Race	Regl	EBOR	YH	York	York	
Mon 28th	Spondon MapRun	Act	DVO	EM	Derby Runner	Derby	
Wed 30 th	Evening Event	Locl	SYO	YH	Silver Wood	Rotherham	

May 2025

Sat 3 rd	Scottish Championships	Natl	INT	SOA	Barry Buddon	Carnoustie	NO52032 7
Sun 4 th	Scottish Relay Championships	Natl		SOA	Barry Buddon	Carnoustie	
Sun 4 th	Morridge, West Midlands League	Regl	POTOC	WM	Morridge nr Leek	Leek	
Sat 10 th	British Orienteering Championships (UKOL)	Majr	LOC	NW	Grizedale Forest	Newby Bridge	
Sun 11 th	British Relay Championships	Majr	LOC	NW	Bigland	Newby Bridge	
Sun 11 th	Ickworth South	Regl	SUFFO C	EA		Bury St Edmunds	
Wed 14 th	Ryton Pools (tbc)	Locl	OD	WM		Coventry	
Sat 17 th	BL Middle Event (Northern Champs Weekend) (UKOL)	Regl	BL	NW	Knipe Scar, Bampton	Penrith	NY515194
Sun 18 th	Northern Championships (UKOL)	Natl	MDOC	NW	Angle Tarn Pikes	Keswick	
Wed 21 st	Evening Event	Locl	SYO	YH	Wentworth Castle	Barnsley	
Sat 24 th	Springtime in Shropshire Day 1. Ludlow urban	Natl	HOC	WM		Ludlow	
Sun 25 th	Springtime in Shropshire Day 2 - Rorrington & Stapeley	National	WRE	WM OA	Rorrington & Stapeley	Shropshire	
Mon 26 th	Springtime in Shropshire Day 3 - Titterstone Cleve	National	HOC	WM OA	Titterstone Cleve	Ludlow	

June 2025

Sun 1 st	EMOA League 2025 Carsington Pastures	Regl	DVO	EM	Carsington Pastures	Wirksworth	SK245548
Sat 7 th	Saturday Series 8	Locl	SYO	YH	Meersbrook Park	Sheffield	
Sun 8 th	NOR - Norwich Urban	Regl	NOR	EA	Norwich City Centre	Norwich	
Sun 8 th	YHOA Sprint Championships	Regl	EBOR	YH	Lotherton Hall	SW of Tadcaster	
Sun 8th	EMOA League 2025 (Note change of date)	Regl	LEI	EM	Irchester	Wellingborough	
Wed 11 th	Burton Dassett (tbc)	Locl	OD	WM		Northend	
Sat 14 th	TVOC Saturday Series	Locl	TVOC	SC	University Parks	Oxford	SP514071
Sat 14 th	South Durham Sprints (UKOL)	Regl	NN	NE	South Durham	Durham	
Sat 14 th	Local League 5- Festival park	Locl	POTOC	WM	Festival Park	Hanley	SJ870482
Sun 15 th	Newcastle/Gateshead Urban (UKOL)	Natl	NATO	NE	Newcastle/Gateshead	Newcastle upon Tyne	
Sun 15 th	SYO Regional Sprint Wingfield	Regl	SYO	YH	Wingfield	Rotherham	
Sat 21 st	HALO Urban Weekend Day 1 - Double Sprint Bridlington	Regl	HALO	YH	Sprint 1 - West Hill, Sprint 2 - West Gate Park	Bridlington	
Sat 21 st	Saturday Series 9	Locl	SYO	YH	Graves Park	Sheffield	
Sun 22 nd	HALO Urban Weekend Day	Regl	HALO	YH	Town Centre and	Humberside	

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	2 Bridlington Town and Harbour				Harbour		
Sun 29 th	EMUL League 2025 Wirksworth	Regl	DVO	EM	Wirksworth	Wirksworth	SK287539
Sun 29 th	Harvester Relays	Natl	JOK	SC	King's Wood	Ashford, Kent	
Sun 29 th	Keyne-O 3, Furzton	Locl	SMOC	EA	Furzton	Milton Keynes	

Major Events in 2025 in future months

July							
06 Jul	Yvette Baker Trophy Final - Capite Wood, Ashington, West Sussex (adjacent A24)	National	SO	SEOA	Capite Wood	Ashington, West Sussex	
07 Jul	World Orienteering Championships 7-12 July	International			Finland	Finland	
12 Jul	Urban Event - EuroCity Weekend	National	NOC	EMOA	The Meadows	Nottingham	
13 Jul	LOG EuroCity Race	National	LOG	EMOA	Lincoln	Lincoln	
21 Jul	O-Ringen 21-26 Jul	International			Sweden	Sweden	
27 Jul	Scottish 6 Days 2025 - Glen Feardar	National	MOR	SOA	Glen Feardar	Ballater	
28 Jul	Scottish 6 Days 2025 - Glen Feardar	National	MAROC	SOA	Glen Feardar	Ballater	
29 Jul	Scottish 6 Days 2025 - Creag Choinnich	National	ESOC	SOA	Creag Choinnich	Braemar	
30 Jul	Scottish 6 Days 2025 Rest Day - Ballater Sprint	Regional		SOA		Ballater	
31 Jul	Scottish 6 Days 2025 - Balfour (WRE)	National	FVO	SOA	Balfour	Birse	
August							
01 Aug	Scottish 6 Days 2025 - Glen Dye (WRE)	National	INT	SOA	Glen Dye	Banchory	
02 Aug	Sprint Scotland Day 1 - Race 1	Regional	MA	SOA		Stirling	
02 Aug	Sprint Scotland Day 1 - Race 2	Regional	MA	SOA		Stirling	
03 Aug	Sprint Scotland Day 2	Regional	MA	SOA		Stirling	
09 Aug	World Masters Orienteering Championships 9 -15 Aug	International			Spain	Spain	
30 Aug	British Sprint Relay Championships	Major		EAOA	RAF Honington	Bury St Edmunds	
31 Aug	British Sprint Championships (UKOL)	Major		EAOA	University of East Anglia	Norwich	
September							
07 Sep	Midlands Championships	National	DVO	EMOA	Chinley Churn	New Mills	
21 Sep	CompassSport Cup Final	Major	CLOK	NEOA	South Gare	Redcar	