

THE BLACK & GREEN WORD MACHINE



From the Chair

The last time I wrote I seem to recall paying tribute to great summer of sport. By contrast, I'm lost for words how to describe our rather dismal winter. Even as we approach Easter we continue to suffer snow and freezing winds. However, I'm sure this hasn't dampened your enthusiasm for our sport especially as start of the NOC Summer League is just around the corner – yes that word really is 'Summer', believe it or not!

Unfortunately I am writing this while working in France so I shall miss the JK and the first summer league event. However, I would like to just reflect on some very successful events that NOC have produced. Even though only a couple of days before Christmas, Walesby, as ever, proved to be very popular and with soup and mince pies etc available at our post event 'social' it made for a very enjoyable social and sporting occasion. Then in the New Year I must thank and congratulate all of you who contributed to the great success hosting the Midland Championships at Budby/Sherwood Forest.

increasing our volume of SI kit to make the job of event organisers/planners easier in future. And yes, the rumour is true, we have finally secured a supplier of quality yet affordable NOC 'O'-tops. These will hopefully be available in the near future.

Many thanks to Richard Robinson, our guest editor for this edition of the Black & Green.

Have fun in the forest.

Tony Horsewill
NOC Chairman



Richard in
Action at the JK
Sprint

From the Guest Editor

I hope you enjoy reading this edition of B&G. I have included all the usual bits and pieces but also included some articles that I hope people will find informative and interesting, one of which is my battle with Lyme Disease. It's been a busy few months having been planner for what turned out to be a successful Midland Championship, putting together B&G, planning East Midlands Junior Squad weekends, training and also getting everything ready for the next new NOC member; baby Robinson due on 27th April – the NOC athlete development programme is now well under way. J I would like to take this opportunity to thank NOC who provided me with a grant towards the cost of running for Great Britain at the European Championships last year in Sweden. Running for your country is a great honour but with little funding for orienteering, and particularly none squad members such as myself, this honour carries a heavy financial burden so any funding is much appreciated.

Richard Robinson



The legendary 'NOC machine' rolled into action and we can be very pleased with laying on a major event that made worthwhile all of the many hours of preparation by the planner Richard Robinson and the organising team led by Paul Beresford, ably assisted by so many NOC members. These were just two events among many in recent months – you may have seen in the recent edition of 'Focus' that we are near the top of the league of the most active O-clubs as judged by the number of events staged. So many of you contribute towards this magnificent effort, so many thanks to all involved.

The successful calendar of events means we are financially sound, so the committee is looking to

NOC 2013 Summer League

It's back! Light nights, warm and sunny weather (well may be) means just one thing, the summer league is back. This summer's events series comprises six events.

Sun 14/04/13	Wollaton Park
Sat 11/05/13	Rushcliffe Park
Sun 30/06/13	Berry Hill
Sat 06/07/13	Bulwell Hall Park
Sat 20/07/13	Silverhill Wood
Sun 04/08/13	Holme Pierrpont

Tom Cooley - NOC Champion

Congratulations to Tom Cooley on being nominated NOC Champion for 2012. He is pictured receiving his award at the Walesby event in December. We were delighted to welcome Bert Bradshaw along to the presentation pictured alongside Tom and NOC chairman Tony. Bert's presence was very apposite; as one of our founding fathers, he has been enormously influential in the development of NOC. Significantly, the NOC Champion Trophy originated from Bert's connection with Jan Kjellstrom, the person who did so much to establish orienteering in the UK and in whose name the Easter JK festival is named. Affectionately known as the 'Seven Leg Elk' trophy, generations of NOC members have been flummoxed by an apparent deficit of Elk limbs. But it's a magnificent trophy of which NOC are justly proud and warmest congratulations go to Tom as this year's winner – may it be the first of many such successes!



Club Night Training Sessions

Don't forget your weekly Club Night session where you can sharpen your technique, improve your physical attributes and socialise with other orienteers.

Tuesdays - West Notts Orienteers,
Berry Hill Park (at present), contact Gary Peet;
gary.peet@ntlworld.com Tel 07955183701

Tuesdays - Rushcliffe Orienteers
Rushcliffe Country Park, contact Hilary Palmer, ro@noc-uk.org Tel 0115 9820651

Wednesdays - Bassetlaw Orienteers
During the summer will be in various forests in the Bassetlaw area,
contact Robert Parkinson bdo@noc-uk.org Tel 01777 871762

Thursdays - Bramcote Community Orienteers
Bramcote Park, contact Catherine Hughes
volun_coord@noc-uk.org Tel 07940 575758

Living with Lyme

By the Guest Editor

I am sure many of you have been to orienteering events with event details warning of the potential for tick bites, to make sure that you check yourself thoroughly afterwards, and to make sure that you carefully remove any ticks without leaving any remains that may cause infection. It I expect many of you have browsed through these details, and/or had tick bites and perhaps removed them with tweezers, without further thought. In the UK Lyme disease is the risk that comes with tick bites, and so we are told to look out for tell tail signs of infection in the form of a mild fever and/or a bull's-eye type rash around the bite area.

I have had many tick bites down the years, perhaps even into the hundreds, from many parts of the country, but most regularly in central Scotland and the Lakes; though I have been bitten closer to home on Cannock Chase and even Sherwood Pines. Despite the bites and the warning I had never really considered myself at risk. Like most I expect, I typically tweezer them out, normally from somewhere difficult to reach that requires help from a friends, and not giving it another thought.

Well it seems I was wrong, I was very much at risk as are many of you. I want to share my storey so that you have full facts of the risks associated with tick bites and Lyme Disease, and how the NHS are still lack knowledge and experience when it comes to Lyme Disease.

My Storey

It was Friday 6th July 2012 that I awoke with a mild fever, headache, aching muscles and feeling arthritic in my hands, knees and ankles. Moving at all was pretty hard work - I felt terrible. A day off work sick, something I only rarely have, was a necessity. It was during the morning, as I was lying in bed feeling sorry for myself, that I started thinking about the numerous times I hadn't been feeling 100% over the previous eight weeks or so. My

training had been pretty patchy during this time, struggling with tiredness and fatigue on and off, which at the time I simply put down to viruses. The potential for Lyme Disease suddenly popped into my head, despite seeming unlikely. There was no particular reason for this, I had had no recent tick bites that had given me any particular cause for concern but had been bitten around a dozen times previously in the year. I had been bitten several times in Scotland during the jubilee weekend and a separate occasion that I couldn't recall (though either the JK in Scotland or Interland in Belgium was my suspicions). I also had a fairly bad bout of what at the time I though was food poisoning after Interland.

The two weeks previous to waking up with this fever I had had a few days of feeling particularly tired, achy and lethargic which slowly disappeared only to return a few days later leading up to this particular morning. Thanks to the wonders of smart phones I was able to Google 'Lyme Disease' without getting out of bed. I clicked on the NHS link and read the symptoms – typical symptoms: mild fever, headaches, aching, tiredness and lethargy with some patients having a rash called Erythema Migrans. Well I had no rash but all the other symptoms were present so with a big push from my wife, Amy, I went to see my Doctor.

My Doctor pretty much said as I expected; it was very unlikely to be Lyme Disease and probably just a virus but as I had been unwell on and off for a while wanted to run some standard blood tests (not a Lyme test) to ensure everything was normal.

During this time I had improved, the fever and headache didn't hang around although I was still very achy and feeling arthritic. However over the next couple of days the aching and arthritic feeling had deteriorated to the point where walking was becoming difficult and even had to crawl up the

Basic Lyme Disease Facts

- Ø Lyme disease is an infectious disease caused by the bacterium *Borrelia burgdorferi*.
- Ø Lyme disease can be transmitted to humans by the bite of an infected tick.
- Ø Lyme disease cannot be confidently ruled out by any current test.
- Ø Can be difficult to diagnose
- Ø Lyme disease symptoms overlap with those of many other diseases.
- Ø Early symptoms may include fever, headache, fatigue, and a skin rash called erythema migrans.
- Ø May spread to affect the whole body including eyes, joints, heart and brain.
- Ø If inadequately treated or treated late, may be difficult to cure.
- Ø Lyme disease is treated with antibiotics.
- Ø Lyme disease was named in 1975, after a number of cases occurred in Old Lyme, Connecticut, USA.
- Ø Lyme disease is not a new disease, it was known in Europe under different names in the early 20th century and was carried by Neolithic "Ötzi the Iceman".
- Ø Lyme disease is not spelt Lymes disease, Limes disease or Lime disease.
- Ø Lyme disease may also be called Lyme borreliosis.



stairs to bed one night. By Thursday 12th July I was fairly certain that what I had was not just a virus so returned to my doctor before the scheduled appointment. The blood results were normal but my doctor agreed that what I had wasn't a standard virus but still didn't think it was Lyme Disease.

By this point I had done a lot of online research into Lyme Disease – I know this can be a dangerous strategy but I knew doctors may not know that much about it so wanted to be prepared and know what they were, or should have been, doing. By this point I was already fairly certain I had Lyme Disease. I was referred to Kingsmill Hospital where I underwent a number of standard tests (ECG, blood pressure, bloods, chest scan), examined numerous times and asked hundreds of questions. Things changed when a doctor felt my lymph nodes and found the ones in the back of my neck and my groin where particularly swollen – immediately I was informed that I would be admitted pending further tests and after 7 hours in A&E finally got a bed in EAU at gone midnight. I saw a Consultant the next morning who again didn't think I had Lyme Disease and wanted to run more blood tests to rule out a number of potential infections that I could have and what felt like half the blood I possessed was taken. It was then a further four days lying in hospital before I heard from a doctor again at which point I was feeling a fair bit better than when I arrived; the rest was obviously doing me good.

Six doctors came into my room that Monday morning to check on me again, ask many more questions and then confirmed all their tests came back normal although it emerged they had not run a Lyme test – something I thought they were doing. Clearly they didn't have a clue but again was told that they didn't think it was Lyme Disease (spotting a pattern here?). At this point I just wanted the treatment that was needed to clear up Lyme; it is simply a deep penetrating antibiotic. But I was told I was fine to return home and would be treated as an outpatient at Nottingham City Hospital by the Infectious Diseases Specialist team and should await them contacting me.

Two weeks later I was finally seen by the specialist at the hospital. The blood I had replenished of the previous two weeks was once again extracted from me and sent for testing for a range of infections, which this time included Lyme Disease. At this point I was still not being treated and although I was pretty sure I had Lyme Disease I wasn't confident of the test reporting a positive result. The test done is called Western Blot and identifies proteins in your blood from fighting the infection which are matched with the expected type – this test only has around a 60% success rate!

The test result took another two weeks and much to my Doctors surprise (though certainly not to my) a

positive result for Lyme was produced. Finally I was given the fairly simple, cheap antibiotics I needed; Doxycycline. It took nearly 3 weeks before I noticed any difference and was back at the doctors after 4 weeks at the end of my initially prescription. The doctor (a different specialist to the last one) wanted to see how I coped without antibiotics now but I wasn't keen as I had only just started feeling better after nearly 12 weeks of feeling unwell; another 4 weeks was prescribed. At the end of this prescription I did finally come off the antibiotics and it was at a point where I was exercising again daily and the best I had felt since I had fell ill. As the antibiotics left my system I did struggle again, never to the extent that I had been but fatigue was particularly bad and had to totally stop running again for around 3 weeks before I finally started getting back to running.

It is now over six months since I was diagnosed and started antibiotics and am practically back at full training though still have period of 2-3 weeks were I feel particularly fatigued. I still have to be careful to not over train, make sure I get adequate rest and eat and drink intelligently but there now seems to be light at the end of the tunnel...

Advice

The best course of action is prevention. During tick season (approximately April to November) particularly make sure you wear insect repellent that includes 'Deet' in any areas that may present a risk. The New Forest, Exmoor, Dartmoor, Scotland and the lakes are all high risk areas although risk areas closer to home include Cannock Chase, Bradgate Park and even Sherwood Pines. Make sure you check yourself and ask a friend to check hard to see areas for ticks and remove ticks with tweezers using a steady but firm pull. If you notice a bulls eye like rash or get a fever and fatigue that lasts for several days make sure you tell your doctor that you have been bitten by, or potentially bitten by, a tick. For more information please see the Lyme disease action website (www.lymediseaseaction.org.uk).

Common Running Injuries

I regularly speak to runners and orienteers suffering from a range of common biomechanical injuries that can normally be easily remedied. The table below provides a list of common running injuries, their causes and remedies for them.

Injury	Pain	Common Causes	Commonly Effective Corrective Measures
IT Band friction Syndrome	Just below hip bone or just above knee on outside of leg	Weak hip abductors Tight IT band	Strengthening hip abductors Stretching IT band Deep tissue massage
Hip Flexor Tendonitis	The front of the hip or groin	Weak deep abdominals Tight hip flexors	Strengthening deep abdominals Stretching hip flexors Gait retraining
Patellofemoral Pain Syndrome (runner's knee)	Just below the kneecap	Weak hip abductors Weak quadriceps Weak deep abdominals Over striding	Strengthening hip flexors, quadriceps and deep abdominals Gait retraining Changing shoes
Shin Splints	The shin (usually on the inside)	Increasing running mileage too quickly Over striding	Reducing running mileage, then increasing more slowly Gait retraining Changing shoes
Achilles Tendinitis	Achilles Tendon	Adding fast running too quickly Age	Eccentric strengthening exercises for calf muscles Deep tissue massage
Plantar Fasciitis	Base of the foot normally at the front of the heel.	Increasing running mileage too quickly Over striding Poor shoe selection	Stop running until injury heals Wearing night splint Changing shoes Gait retraining

From Brain Training for Runners – Matt Fitzgerald

Gait retraining – Many running injuries are caused by poor running gait with over striding a common cause. Running drills are a great tool to retrain yourself to prevent injury and have a more economical running gait. Many running drills can be found on the internet and on also on British Orienteers Strength and Conditioning CD Rom. Add them as part of your warm up routine for training sessions and races.

Poor shoe selection – Many runners buy running shoes without getting their running gait analysed and end up with poor shoe selection that can lead to injury. Getting a specialist to check your gait and recommend the type of shoes best for you is highly recommended. Both 'Up and Running' and 'Sweatshop' in Nottingham can provide this service.

Muscles weaknesses – A regular strength session is vital to most runners to prevent injuries, even just 20mins once a week can be enough to prevent injuries. The areas to particularly concentrate on are the abdominals, glutials, hip abductors, quads and calves. Ankle strengthening is also a good idea for orienteers with ankle injury a common issue also.

Beet Endurance Fatigue

Beetroot juice and nitrates have been gaining more and more attention for their ability to improve athletic performance and reduce blood pressure. It's been well documented for some time now that a diet rich in vegetables can improve cardiovascular health, due to high nitrate content. While all vegetables contain some nitrates, they are more abundant in beets, leafy greens, spinach, celery, endives, fennel, rocket, leeks and parsley.

Several studies have now confirmed the effects of nitrates on athletic performance including a study done at the University of Exeter's School of Sport and Health Sciences. The results from the study are as follows;

- As the exercise intensity increased, the extra oxygen demand to provide this increased power output rose more slowly in those taking beetroot juice (the beetroot condition required an extra 8.6 mL of oxygen per minute per additional watt of power output whereas the placebo required an extra 10.8mL per minute per additional watt).
- The time-to-exhaustion in the 'severe test' was significantly extended when beetroot juice was taken compared to placebo (675 seconds vs. 583 seconds, an increase of 16 percent!).
- The "slow component" of oxygen uptake (you can think of this as the "lag" in the aerobic system while oxygen supply catches up with demand) was reduced by about 0.2 L per minute in the severe test when beetroot juice was taken, indicating that the aerobic system was more efficient at getting up to speed during intense exercise.

The performance boost, researchers say, is due to the high levels of nitrates in beetroot juice.

It's not totally clear how it works, though the authors suspect that when dietary nitrate turns into nitric oxide in the body, it reduces the amount of oxygen required to perform exercise. Nitric oxide has many functions in the body, one of the key ones is that it facilitates widening of blood vessels, which promotes increased blood flow and regulates blood pressure. Nitrates also function to help with muscle contractility, glucose and calcium homeostasis and mitochondrial respiration. More research needs to be done in order to understand exactly how nitrates are producing these results,

Beet Juice Recipe with Carrot and Celery

Ingredients

- 1 small beetroot (the small ones are sweeter!)
- 2 large carrots
- 1 stalk of celery

Directions

1. Wash the vegetables using water and a stiff vegetable brush.
2. Remove the carrot and beetroot tops, and peel the beetroot if its skin is tough. If it has a nice thin skin then just cut off the top.
3. Slice up the vegetables to fit your juicer.
4. Juice and serve.

For a sweeter drink add an apple, or use 2 apples instead of the carrots.

however the results are significant and so far they are worth juicing for!

If you have tried juicing beetroot you will know that the taste is not particularly appealing on its own; unless of course you enjoy the taste of the earth? You can cut the taste by mixing in some juiced apples or carrots and a bit of ginger. Spinach is also very high in nitrates however it may not really improve the taste that much. Some people will have red urine or stools from beet juice so don't be alarmed! This is very normal. No need to get out the will!

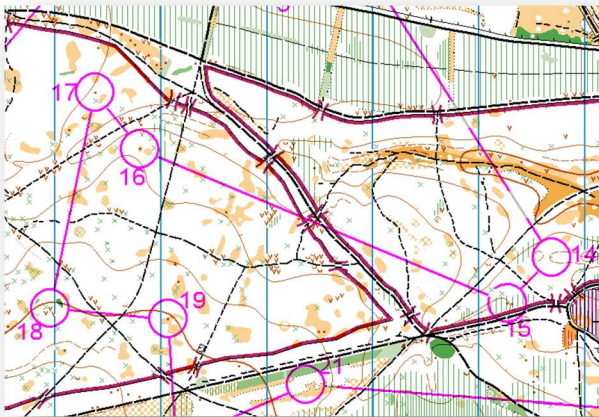
Beside the performance enhancement and blood pressure reduction, beets offer great nutritional value as they have high concentrations of antioxidants and anti-inflammatory molecules. Betalains are sensitive to heat from cooking. To preserve the nutrients in the beets cut them into quarters and steam, keeping cooking time under 15 minutes.

(Article extracted from www.active.com)

Club New and Reviews

Midland Championships

NOC hosted what turned out to be a successful Midland Orienteering Championships at Sherwood Forest on 3rd February. Congratulations to Janet Evans for winning the W50 Midland Champions on home soil.



JK Review

Thankfully the weather was clear (but cold) for last weekend's JK action in the Chilterns.

Reading University held the sprint race on Good Friday. Podium finishes for Anthony Squire (Silver on M35) and Hilary Palmer (Bronze on W65) got the weekend off to a flyer. There were also top 10 finishes for Harry Nicholson (4th MOpen) and Jane Booker (9th W55).

Saturday saw action at Hambledon, a very runnable area with not a bramble in sight! Sunday moved to Cold Ash, a more intricate area, more suited to map readers. Both areas' times were combined to provide a JK Champion. Anthony Squire once again provided the stand out result, winning gold on M35. Andy Llewellyn (M21L) and Andrew Powell (M21S pictured below) also topped their lists. Hilary Palmer once again appeared on the podium, taking silver on W65L.

Victoria Littlewood (W18L) and Robert Parkinson (M55S) both finished in 2nd place and Ben Squire didn't let his father have all the limelight finishing 3rd on the M10B course.

Other top 10 finishes were, David Booker (5th M55S), Anthony Donaldson (5th M45S), Catherine Hughes (10th W40L), James Lowthian (10th M12A), David Olivant (4th M65S), John Palmer (6th M65S), Helen Parkinson (8th W45S), Richard Robinson (9th M21E), Jack Tiffin (5th M21V) and Jordan Webster (5th M18S).

Monday saw the relays return to Hambledon with Richard Robinson, Anthony Squire and Peter Hodgkinson 5th in the JK trophy race. Nick Malbon, Jack Lord and Ben Beresford came in 9th on the Men's Short class. All in all, a super JK, for next year's JK it's a trip to South Wales.

Yvette Baker Trophy Qualifier – Calling all NOC Juniors

The Yvette Baker qualifying round is next month, on Saturday 18th May hosted by LEI Orienteers at Swithland Woods near Loughborough. The Junior Captain is asking all NOC Juniors to rally together and help secure a place in the final for the club after last year being knocked out at this stage by LEI Juniors.

The final is in LOGland (Lincolnshire), at Belton, on July 7th and if we have got our information right then there is an added bonus to qualifying this year (though we will have to confirm this):

If NOC win the heat they are through. Also as long as NOC, DVO and LEI field complete teams then if LEI win the heat then whoever comes second will also go through.

British Night Championships

On a cold Saturday evening in February a small contingent of NOC headed to Tankersley for a technically demanding and very enjoyable British Night Championships hosted by South Yorkshire Orienteers.

Richard Robinson shared 1st place on the elite course with Jonathan Crickmore (SHUOC) both having an identical time of 72:06! Catherine Hughes came in 2nd on the W40L course and Michael Lord produced a 1st on the M50S course. Andis Celinskis 2nd on M21S completed NOC's podium finishers.

The NOC contingent:

M21L Richard Robinson (Joint 1st), David Hodgkinson 22nd
M18L Ben Beresford 5th, Nick Malbon 6th (1 second behind Ben)
M21S Andis Celinskis 2nd
W40L Catherine Hughes 2nd
M40L Paul Beresford 6th
M45L Mark Webster 18th, Anthony Donaldson 19th
M50S Michael Lord 1st
M55L Mick Lucking 7th

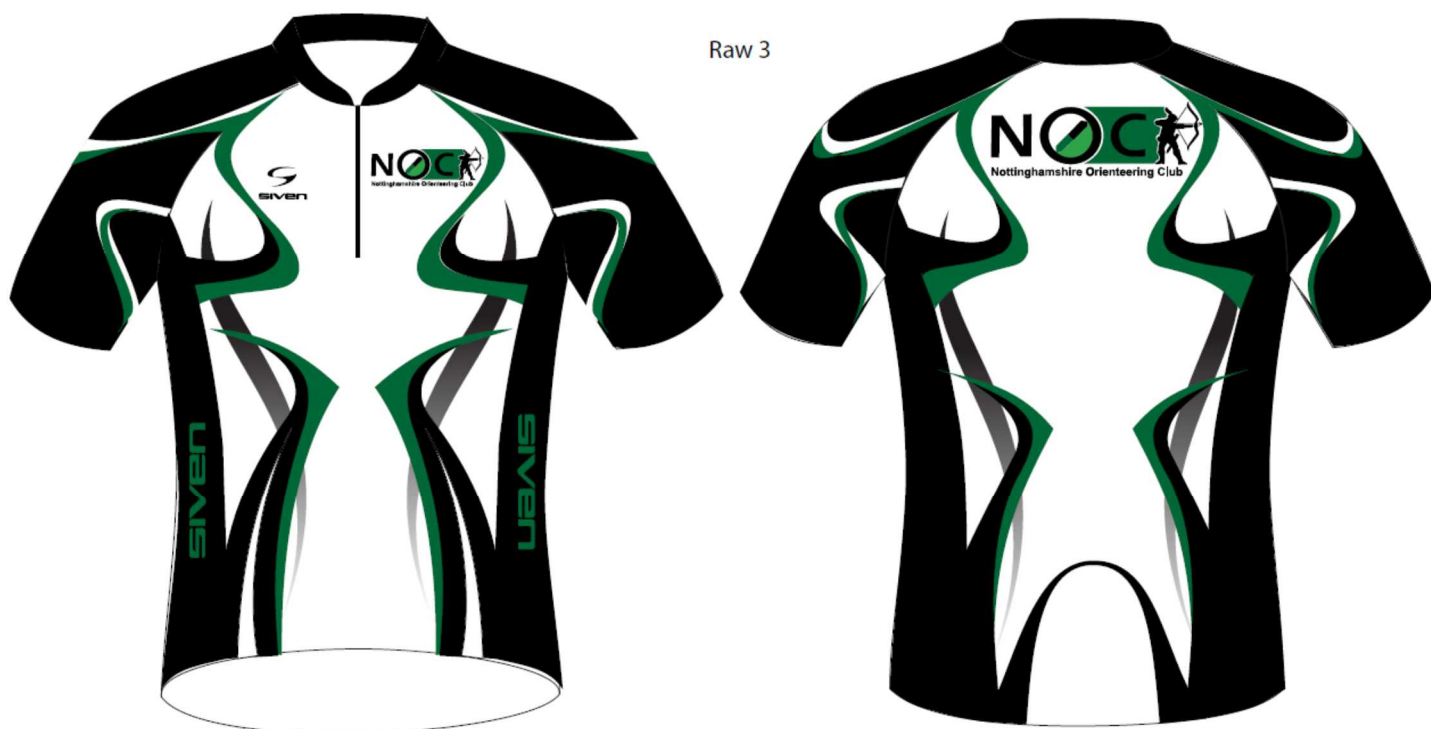
National Orienteering League

After six events of the inaugural National orienteering league NOC are currently positioned in 23rd position in the Club League. The current runners scoring for the club are: John Woodall (M75), Mark Webster (M45), Julie Webster (W45), Anthony Squire (M35), Richard Robinson (M21), John Palmer (M65), Hilary Palmer (W65), Nick Malbon (M18), Mick Lucking (M55), Kevin Lomas (M55), Catherine Hughes (W40), Jane Booker (W55), Paul Beresford (M40), Ben Beresford (M18).

- 20 April - British Sprint Championships at Loughborough university
- 21 April - British Middle Championships at Stanton Moor, Derbyshire
- 04 May - British Long Championships, Winterfold, guildford
- 26 May - Ludlow Urban Race (Springtime in Shropshire)
- 27 May - Brown Clee Hill Long (Springtime in Shropshire)
- 22 June - Halifax Urban Race
- 23 June – Northern Championships, Hebden Bridge
- 28 July – Lossie Long (Moray 2013 Day 1)
- 30 July – Culbin Long (Moray 2013 Day 3)
- 21 September – London Ultra Sprint
- 22 September – London City Race
- 02 November – South Hampshire Urban Race
- 03 November – November classic, New Forest

Shush – It's a secret!

Raw 3



Fixtures

Sun 07/04/13	NOC Regional Event	Level C	NOC	EMOA	Bramcote Hills	Nottingham
Tue 09/04/13	LEI Summer League 2 Oakham School	Level D	LEI	EMOA	Oakham School	Oakham
Thu 11/04/13	LOG Spring Series #2 - Stapleford Woods	Level D	LOG	EMOA	Stapleford Woods	Newark
Sat 13/04/13	NOC Bassetlaw Spring Series	Level D	NOC	EMOA	Thoresby North	Ollerton
Sun 14/04/13	NOC Summer League	Level D	NOC	EMOA	Wollaton Park	Nottingham
Sun 14/04/13	Southern Championships	Level A	KERN	SWOA	Penhale	Newquay
Thu 18/04/13	LOG Spring Series #3 - Revesby Estate	Level D	LOG	EMOA	Revesby Estate	Coningsby
Sat 20/04/13	British Sprint Championships (UKOL7)	Level A	LEI	EMOA	Loughborough University	Loughborough
Sat 20/04/13	British Sprint Championships (Prologue)	Level A	LEI	EMOA	Loughborough University	Loughborough
Sun 21/04/13	British Middle Distance Championships (UKOL8)	Level A	DVO	EMOA	Stanton Moor	Matlock
Thu 25/04/13	LEI Summer League 3 Linford Woodlands	Level D	LEI	EMOA	Linford Woodlands	Leicester
Thu 25/04/13	LOG Spring Series #4 - Ostlers Plantation	Level D	LOG	EMOA		Woodhall Spa
Wed 01/05/13	LEI Summer League 4 Fosse Meadows	Level D	LEI	EMOA	Fosse Meadows Country Park	Hinckley
Thu 02/05/13	LOG Spring Series #5 - Morkery Woods	Level D	LOG	EMOA		Colsterworth
Sat 04/05/13	British Orienteering Championships (UKOL9)	Level A		SEOA	Winterfold	
Sun 05/05/13	British Relay Championships	Level A		SEOA	tbc	

Thu 09/05/13	LEI Summer League 5 Melton	Level D	LEI	EMOA	Melton Country Park	Melton
Thu 09/05/13	LOG Spring Series # 6 - South Common	Level D	LOG	EMOA		Lincoln
Sat 11/05/13	NOC Summer League	Level D	NOC	EMOA	Rushcliffe Park	Nottingham
Sun 12/05/13	Chesterfield Urban - Part of EM Urban League	Level C	DVO	EMOA	Chesterfield	Chesterfield
Tue 14/05/13	LEI Summer League 6 Watermead	Level D	LEI	EMOA	Watermead Country Park	Leicester
Thu 16/05/13	LOG Spring Cup - Stoke Rochford	Level D	LOG	EMOA		Grantham
Sat 18/05/13	LEI EM League Event & Yvette Baker Trophy Heat	Level C	LEI	EMOA	Swithland	Loughborough
Wed 22/05/13	LEI Summer League 7 Leicester	Level D	LEI	EMOA	Leicester Grammar School	Leicester
Sat 25/05/13	Rosliston- Informal Event	Level D	DVO	EMOA	Rosliston Forestry Centre	Swadlincote
Sat 25/05/13	Scottish Championships - Individual	Level A	AYROC	SOA	Loch Doon	Dalmellington
Thu 30/05/13	LEI Summer League 8 Willesley Woods	Level D	LEI	EMOA	Willesley Woods	Ashby de la Zouch
Sun 02/06/13	Cromford Moor and Black Rock - EM League	Level C	DVO	EMOA	Cromford Moor and Black Rocks	Wirksworth
Tue 04/06/13	LEI Summer League 9 Snibston	Level D	LEI	EMOA	Snibston Discovery Park	Coalville
Sat 08/06/13	EM Urban League	Level C	NOC	EMOA	Nottingham University	Nottingham
Wed 12/06/13	LEI Summer League 10 Loughborough	Level D	LEI	EMOA	Loughborough Endowed Schools	Loughborough
Thu 13/06/13	LOG Summer Series #1 - Horncastle Town	Level D	LOG	EMOA		Horncastle
Sun 16/06/13	EMOA League Event Burbage Common	Level D	LEI	EMOA	Burbage Common	Hinckley
Tue 18/06/13	LEI Summer League 11 Bradgate	Level D	LEI	EMOA	Bradgate Park	Leicester
Wed 19/06/13	Whitworth Park - Informal Event	Level D	DVO	EMOA	Whitworth Park	Matlock
Sun 23/06/13	Northern Championships (UKOL13)	Level A	EPOC	YHOA	Castle Carr	Hebden Bridge
Thu 27/06/13	LEI Summer League 12 Groby	Level D	LEI	EMOA	Groby Community College	Leicester
Thu 27/06/13	LOG Summer Series #3 - Lincoln City	Level D	LOG	EMOA		Lincoln
Sat 29/06/13	Derbyshire Schools and Youth Groups Championships	Level D	DVO	EMOA	Allestree Park	Derby
Sun 30/06/13	NOC Summer League	Level D	NOC	EMOA	Berry Hill	Mansfield