

50 Years of Orienteering



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Hodgemoor Radio 'O'
Scottish Six Days 2021

Speyside 2021
Summer League 2021



Autumn 2021

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Front cover: Alastair at the British Sprint Championships 2021. Photo: Wendy Carlyle

Points from the Editors

Hopefully, by the time you have read this, you will have already entered for the CompassSport Cup final at Tankersley Wood. This is the first time that LEI has qualified in its fifty-year history, so we're hoping that this is going to be a truly memorable occasion.

It's encouraging to see the number of fixtures increasing after what has been a difficult period. Thank you so much to all the officials who made the summer league a real success. We now have the winter league just around the corner, as well as both EMOA leagues - we are certainly looking forward to getting out and about to orienteer, as well as to catch up with fellow orienteers after a long period.

Thank you to Jane Dring-Morris for her excellent article on her first visit to the Scottish Six Days - see page 18. We also remember how daunting this prospect was, and still is!

As you will see, there is a key vacancy for the role of Club Treasurer. Please give this soon-to-be vacant role your consideration, as this is a necessary function for the club to be able to run. Support will be given by the current treasurer, Roger Edwards, and you will join a supportive committee.

It's great to read about some excellent LEI achievements - well done one and all! Dare we dream for the ultimate, collective achievement on 17th October?

Wendy and Alan West



Ramblings from the Double Jabbed Chair



I hope everyone has had a great summer, is feeling fit and looking forward to what appears to be a fairly busy couple of months of orienteering ahead.

Foremost amongst these is the re-arranged CompassSport Cup final on 17th October at Tankersley Wood. Please keep the weekend free and look out for details on emails and the website on how to enter. We need as many club members competing as possible. There is a subsidised entry fee for the event, too!

The summer has certainly not been quiet for orienteering. I am not sure that a very enjoyable run around Fosse Meadows at the summer league event was the best preparation for my trip to the Scottish 6 days' event. With the reduced capacity restriction, I was only able to 'run' on two days. My first day at Arisaig included a second leg that was over 2km long. When it takes you 38 minutes to get to the second control, you know it is going to be a long day! My second day was at Creag Dhuhb - I am not sure I have ever seen so many contours on a map! When the start boxes are pointing directly up the hill, it is not a good sign. The 100m climb to the first control was just the start of it. One benefit of the restricted number of event days is that we were able to do a bit more sightseeing than normal and had a great time popping up to Skye for the day and finishing the week with a few

days on Harris and Lewis.

The summer league concluded with BBQ and awards after the Aylestone Meadow event. Many thanks to all who contributed to the organising and planning of the events. To run a seventeen event league as we emerged from lockdown was a magnificent effort. Having gone through the whole league with little/no effects of Covid on the events, we were struck with the 'curse of the ping' at the end of the final event. Unfortunately, this deprived us of a number of our winners at the prize-giving afterwards and leaves a bucketful of certificates still to hand out, which hopefully we will do at the club champs.

Just a final reminder to all that our club nights continue on Tuesday evenings through the autumn, with a series of Mapruns scheduled. A big thank you to Derek Herd for some interesting sessions over the last few weeks. A compass bearing exercise through a 12ft high field of maize in the dark was a particular highlight.

Steve

Diary Date

**The Club AGM is on
Monday 25th October.**

**All members are
encouraged to attend.**



Captain's Corner



So, it's the start of another school year - let's hope this will be a better year for our juniors, with less disruption both in terms of school and in orienteering, where I feel like they've been particularly hard hit. Not only is

this due to the cancellation of events aimed at them (like the Peter Palmer relays), but also with fewer courses suitable for the younger members, as it has been harder to get permission for non-urban areas.

There are lots of club members to be congratulated on their recent successes locally, regionally and nationally. Amongst the juniors are Felix, who won the M12 trophy in the East Midlands Championships; Ben G, who gained the junior title in our summer league and Ellen and Eoin, who both did incredibly well at the White Rose and Scottish Six

days. Eoin even managed a stunning 1st place on day six, coming 4th overall in M12A. Their parents also achieved some excellent results in those events. Peter Leake now has a shiny silver medal for his efforts at the British Sprint Championships at Skelmersdale, as well as being EM champion. Other EM champions are Roger Edwards, Peter Chick, and Don Moir. Ursula and Andy G. are the senior summer league champions. Well done to you all, and apologies if I've missed your name from this list!

Well, it feels like no captain's corner would be complete these days without mentioning the CompassSport Cup final - yes it's finally going ahead! Several clubs had difficulties with getting access permissions (with my thanks for their willing and persistence), but finally this has been obtained by SYO - I really am in awe of them for stepping up to organise such a big event in a matter of weeks. I hope to see as many of you there as can make it.

Go LEI!

Esther

Junior Captain's Corner



September is usually one of the busiest orienteering months for juniors. However, with the Peter Palmer relays being cancelled and Covid restrictions limiting accommodation options for EMJOS training weekends, it has been a much quieter month. Nevertheless, the Junior Inter-Regional Championships (JIRC) have been able to go ahead with a few minor alterations. The two-day event has been organised by CLOK and will be held at South Gare, near Redcar.

Additionally, it has been great to see many LEI juniors taking part and doing well in the summer league, although



unfortunately this has had to be from afar as I have been unable to take part myself due to injury. But, well done to all those who took part and hopefully it gave you an opportunity to practise orienteering techniques that you will use in the upcoming junior competitions and the all-important CompassSport Cup final on 17th October.

Finally, congratulations to Ben Glover for being selected for the Lagganlia summer camp 2021. Due to Covid restrictions, the camp was unable to take place this

summer, but has been rescheduled for 23rd-30th October and will be based at Badaguish. The Lagganlia camp always provides an opportunity to meet orienteers from around the country and to develop and practise both physical and technical orienteering skills in challenging terrain. It has proved to be the first step in many accomplished orienteers' careers. So, well done, Ben!

Libby

Events News

Having forecast earlier in the year that orienteering would have a difficult summer, much to my surprise this year's summer league ran without any hitches; probably more smoothly than in a 'normal' year. Also, numbers have been considerably up on recent years. Not only have we attracted more than the usual number of LEI members, but there has been an influx of participants from other clubs in the area. This is almost certainly due to the small number of events being run by the other clubs.

The end of league barbecue at the Black Horse at Aylestone was a very pleasant evening, despite the heavy downpour half way through the evening. Congratulations to the overall LEI winner, Andy Glover, Ladies Champion, Ursula Williamson and Junior Champion, Ben Glover. The full results appear elsewhere in the newsletter.

For the club to put on such a long and complicated series of summer league events takes a large behind-the-scenes workforce. Many thanks to Ursula, Maureen, Alastair, Roger E and Roger P for all their work over the last few months.

(It's only 7 months before we do it all again!).

Thanks are also due to the army of planners and organisers, who give up their own runs to provide entertainment for the rest of us.

By the time you read this, the start of the winter league will be only a few weeks' away. The first event is at Brock's Hill on Saturday 30th October. There will be a series of 8 events spread throughout the winter months.

Club Championships

The pandemic has caused many of the major orienteering events to be re-arranged for the last three months of the year. This has meant a lack of free dates to hold our club championships. Therefore, we will be holding the championships in conjunction with the level C event at Booththorpe and Hanging Hill on 14th November. Further details will be posted on the club website nearer the date.

The rest of the autumn programme will consist of three level C (regional) events



that will form part of either the EMOA League or the EMOA Urban League:

Shephed - 3rd October.

Booththorpe and Hanging Hill - 14th November.

Cademan and Thringstone Woods - 12th December.

The Programme for 2022

Whilst it is still difficult to predict the course of the pandemic, we will be working on the basis that we should be able to enjoy a near normal year of orienteering.

We are hosting the Yvette Baker Trophy final in July at Irchester.

The level C programme will be our usual 2 urbans and 5 forest events as our

contribution to the EMOA.

Event Officials Training Courses

It is planned to hold an event safety workshop this autumn. This is a requirement for all event officials and it is club policy to ask members who are helpers at events to complete the two-hour workshop.

The EMOA Development Officer is arranging a one-day course for planners and controllers. At the time of writing, the date has not yet been finalised. When it is, I will be issuing invitations to members who are qualified to attend the course.

Chris

Events Co-ordinator

Top 10 Performances from Major Championships

Congratulations to those club members who delivered winning and top 10 performances in the following major championships.

British Middle Distance Championships, Summerhouse Knott, 5th June, 2021

M12 3rd..... Eoin Simpson

M45 7th Andy Simpson

W40 3rd..... Toni O'Donovan

Northern Championships 2021, High Dam, 6th June, 2021

M12A 10th..... Eoin Simpson

W40L 2nd Toni O'Donovan

East Midlands Championships, Chinley Churn, 27th June, 2021

* Denotes East Midlands Champion

M12 2nd..... Felix Jarvis*

M60S 9th..... Jonathan Lee

10th..... Peter Dargue

M70 5th..... Roger Edwards*

M75 4th..... Peter Chick*

M80 4th..... Peter Leake*

M85 2nd..... Don Moir*

W16 7th..... Robyn Jarvis

W50S 5th..... Jane Dring-Morris

W55 3rd Alison Hardy



Scottish 6 Days, Lochaber 2021, 1st - 7th August, 2021

M12A 4thEoin Simpson
W40L 4thToni O'Donovan

British Sprint Championships, Skelmersdale, 22nd August, 2021

M50B 6thAlastair Paterson
M80A 2ndPeter Leake
W55B 7thAlison Hardy

White Rose Night Score, 27th August, 2021

W40 4thToni O'Donovan

White Rose Day 2, Skipworth Common, 28th August, 2021

Blue 3rdAndy Simpson
7thToni O'Donovan
Sh. Green 6thKevin Gallagher
Lt. Green 5thEllen Simpson
Orange 2ndEoin Simpson

White Rose Day 3, York City Race, 29th August, 2021

Junior Male 5th..... Eoin Simpson
Vet Men 4th..... Andy Simpson
Junior Women 9th..... Ellen Simpson
Open Women 3rd Toni O'Donovan
10th..... Jess Dring-Morris

East Midlands Sprint Championships, Clifton 12th September, 2021

M40+ 7th..... Alastair Paterson
M55+ 7th..... David Cladingboel
M65+ 2nd..... Roger Edwards
6th..... Bob Haskins
7th..... John Marriott
9th..... Chris Phillips
10th..... Kevin Gallagher
M75+ 5th..... Peter Chick
6th..... Peter Leake

Womens Open 2nd ..Patrycja Czupryniak
W40+ 4th..... Jane Dring-Morris
W55+ 1st..... Alison Hardy
8th..... Ursula Williamson
W65+ 4th..... Maureen Webb

Caddihoe Day 1, Godshill, 18th September, 2021

M85 3rd..... Don Moir

Caddihoe Day 2, Ashley Walk, 19th September, 2021

M85 4th..... Don Moir



Club Chat

We would like to give a big LEI welcome to the following new members:

Colin Wild

**The Club AGM is on Monday
25th October.**

**All members are encouraged
to attend.**

**Venue: Glenfield Parish
Offices, Station Road,**



Huge congratulations to two club stalwarts, Chris and Ursula, who were married on 10th July, 2021, after having their wedding delayed due to Covid for 12 months.

Speyside 2021

Speyside is the 2021 alternative to the M16 Deeside orienteering tour in Scotland. This year, there was no accommodation and there was only 3 days of orienteering instead of the usual week. Everyone's family had to organise their own apartment, so my dad rented a nice B & B for us to stay in. The training was in and around the Cairngorms National Park and featured some very technical areas, where contours and understanding them was key.

I got invited to the event thanks to the East Midlands Junior Squad nominating me on the back of some strong results from the past few years in some major, national events. Initially, I was invited to the Lagganlia camp, but unfortunately I couldn't make the dates. However, the Deeside coaches reached out and offered me a place. I'm actually only in my first year of the M16 cycle, so I have the opportunity to go to the tour next year also, but it did mean all of the other athletes were a year older than me. That didn't necessarily bother me, but they were definitely better orienteers at the end of the day!

On the Tuesday before the event, my dad and I had to set off at 12pm to get to Scotland by 6.30 that evening - it was a long trip. The next day was an early start and we got to the first location, Uath Lochan, at 9.30am the next day. Each day had a focus and Wednesday's was 'picture', filled with contours. Uath Lochan was a difficult location and so the coaches had us complete a few exercises to imagine contour shapes by looking up and at the map to make a picture. In the afternoon, with the rain starting to creep in, our final activity was a peg relay,

where we collected pegs along the course, which signified where your next control would be. It was fun, but I was already exhausted and the rain was really beginning to fall. I couldn't wait for a nice, long sleep that night.

Thursday's scene was in Culbin Forest, a wooded dunes area right next to the coast of Moray Firth. Once again, the map was sprinkled with intricate contours, which set to prove difficult. Now focusing on planning, before every loop we had to go over our plan for each leg with a coach to consolidate every aspect of the control. The day started off pretty well; I was enjoying the orienteering, but the rain had something to say about that - it absolutely chucked it down! With athletes cold and wet, the decision was made to call off the afternoon session and we headed to a local barn to socialise and do a bit more learning. The coaches provided us with a copy of an M21 course at the British Champs in the area and, as a group, we gave thoughts on the legs and how we would go about tackling each leg.

Ready for the final day, we headed off to Coulmony and Belivat, an area of forest quite similar to the previous two days. There were two areas of focus that day: 'direction' in the morning and 'purpose' in the afternoon. We had a lot to cram in on the final day. Before lunch, I did a couple of courses to concentrate on my compass bearings, something in the past I had struggled with. It was useful and helped me build some confidence in my compass work. Now to bring what we had learned across the entire last few days in the tour's final session: using SI cards, there were a few loops to choose from in



the afternoon to help reach a culmination of all the new skills. The final thing we did was an interesting, competitive race where you decided your own handicap and then set off on a gaffled course to race to the finish.

Then, a few days after the event, I received some helpful feedback from the coaches that included some praise and constructive criticism to help further my

orienteering ability. Unlike the majority of the rest of the athletes, I was unable to stay in Scotland for the upcoming Scottish Six Days. Aside from that, I am very thankful for the experience and advice I received and cannot wait for next year when I get to do it all again.

Ben

Summer League 2021



Kevin B.: 100% attendance



Kevin G:
100% attendance



Alastair: Best use of area for Johns Lee Wood

All photos: Alan West



Ed: 2nd overall for both the summer league and the sprint & urban series





Ursula: 1st Senior Woman summer league & score cup, 3rd Senior Woman, sprint & urban series



Maureen: 3rd Senior Woman

Following the summer league presentations, Club Chairman, Steve, presented belated wedding gifts on behalf of the club to Chris and Ursula.



A note from Chris & Ursula: We were very surprised and delighted at the summer league presentation evening to receive from Steve, on behalf of the Club, three lovely wedding presents. Chris has been looking lovingly at the bottle of single malt, Ursula is debating what to spend the Lakeland vouchers on and the collage of Bradgate maps is hanging on the wall in the lounge. We would like to thank everyone for the presents, cards and best wishes.

Despite all the restrictions, we finally got married on Saturday 10th July. A lovely day was had by all who were able to attend, though our guest numbers were curtailed because of the Covid rules that had to be followed by the venue. And yes, the bride was late... but that's another story!

Summer League winners for those who were unable to attend the presentation:

Andy Glover 1st overall (Summer league & sprint/Urban series), best 10 events before handicap, 1st Score Cup

Ben Glover 3rd overall (Summer league), 1st Junior overall (Summer League), 1st Junior male Sprint/Urban series, 1st Junior Score Cup

Jane Dring-Morris.....2nd Senior Woman (Summer League & Sprint/Urban series)

Carol Stynes-Martin .1st Senior Woman (Sprint/Urban series)

Daniel Glover.....2nd Junior overall (Summer League), and 2nd Junior male (Sprint/Urban series)

Isaac Spencer.....3rd Junior overall (Summer League)

Cerys Glover.....1st Junior female (Summer League), and 1st Junior female (Sprint/Urban series)

Emi Grover.....2nd Junior female (Summer League), and 2nd Junior female (Sprint/Urban series).

Stephen Martin3rd Senior male (Sprint/Urban series)

Summer League 2021 (abbreviated) Final Top 50 Places

Pos	Name	Class	Club	Attendance	Best 10	Handicap	Score
1	Andy Glover	M40	LEI	160	1056	1141	1301
2	Edward De Salis Young	M50	LEI	130	979	1135	1265
3	Ben Glover	M16	LEI	150	950	1064	1214
4	Stephen Chafer	M50	LEI	160	849	985	1145
5	David Cladingboel	M55	LEI	150	796	955	1105
6	Roger Edwards	M70	LEI	120	740	977	1097
7	Stephen Martin	M60	LEI	130	775	961	1091
8	Andrew Ward	M21	LEI	140	932	932	1072
9	Matthew Birkett	M45	LEI	130	832	932	1062
10	Roger Phillips	M45	LEI	120	818	917	1037
11	Alastair Paterson	M50	LEI	150	762	884	1034
12	Andy Nicholls	M45	LEI	120	793	888	1008
13	Kevin Gallagher	M70	LEI	170	628	829	999
14	Daniel Glover	M14	LEI	140	738	856	996
15	Leah Williams	W21	LUOC	100	841	875	975
16	Iain Phillips	M50	LEI	160	636	737	897



17	John Marriott	M70	LEI	110	590	779	889
18	Helen Chiswell	W40	DVO	100	683	765	865
19	Kevin Bradley	M65	LEI	170	539	690	860
20	Ursula Williamson	W55	LEI	150	556	690	840
21	Sally Calland	W45	DVO	90	645	748	838
22	Jonathan Lee	M60	LEI	120	573	711	831
23	Jane Dring-Morris	W50	LEI	130	583	699	829
24	Chris Bosley	M70	LEI	120	524	692	812
25	Peter Chick	M75	LEI	120	504	686	806
26	Maureen Webb	W65	LEI	160	478	630	790
27	Peter Leake	M80	LEI	140	469	637	777
28	Derek Herd	M50	LEI	110	574	665	775
29	David Seaman	M50	LEI	80	579	672	752
30	Chris Phillips	M70	LEI	140	461	609	749
31	Steve Edgar	M55	LEI	100	539	647	747
32	David Bray	M65	LEI	90	499	639	729
33	Zeph Grant	M50	LEI	110	531	617	727
34	Jo White	W45	LEI	130	510	592	722
35	Tanya Taylor	W50	LOG	70	536	643	713
36	Bruce Bryant	M60	OD	60	508	630	690
37	Carol Stynes-Martin	W50	LEI	90	487	584	674
38	Ernie Williams	M75	LEI	140	381	518	658
39	Patrycja Czupryniak	W21	LEI	110	526	548	658
40	David Jenkinson	M60	LEI	80	416	516	596
41	Liz Phillips	W55	OD	60	421	522	582
42	Keith Willdig	M70	OD	70	382	504	574
43	Peter Dargue	M65	LEI	110	359	459	569
44	Ross McNaught	M20	LUOC	60	489	509	569
45	Simon Starkey	M60	LEI	60	404	502	562
46	Isaac Spencer	M16	LEI	50	433	485	535
47	Robert Haskins	M70	LEI	60	329	434	494
48	Alison Hardy	W55	LEI	60	350	433	493
49	Felicity Manning	W65	LEI	70	318	420	490
50	Chris McCartney	M50	OD	40	385	447	487



Hodgemoor Radio-O

At the end of half term, I noticed an email from Robin about a 'come and try it' event at Hodgemoor woods (near Amersham), doing radio orienteering. I thought I would have a go at this, having not been able to do much other orienteering lately. Not having to pre-enter was a welcome change, other than emailing Robin to ask him to put aside a receiver for me!

I had tried radio orienteering a few years ago, also at Hodgemoor woods, but a slightly different format. The aim is to locate orienteering controls, but you aren't told exactly where they are on the map – instead each one has a radio transmitter, and you use some basic direction-finding using a little hand-held receiver with headphones to work out where they are. Once you locate the actual control flag, there would be a letter to note down to prove you had been there.

The transmitters send out a morse code signal – but you don't really need to be able to understand morse code. All you need to do is count the dots at the end of each transmission. For example, control number 1 sends out 'MOE' in morse, which is dah-dah, dah-dah-dah, dit (a single 'dit' at the end). Control 4 sends out 'MOH' which is dah-dah, dah-dah-dah, di-di-di-dit (four 'dits' at the end) and so on. It's very easy once you get used to it.

There were 4 activities or 'courses' on offer – find a single control very near the car park, find a single control slightly further away, find 2 controls which transmitted alternately for 60 seconds each, and find 5 controls which transmitted for 30 seconds each in a cycle. Although all the transmitters were on the same 80m / 3.5 MHz band, each

activity used a slightly different radio frequency, so you only had to concentrate on the controls on your course.



Unlike normal orienteering, when you get going on your course, the first thing to do is not to move anywhere! You start by figuring out what direction each transmitter is in, from where you are at the start. By turning the receiver, you can pick up a louder or quieter signal; when it is loudest, the arrow drawn on the top of the receiver is pointing either at the transmitter or 180 degrees in the wrong direction! Luckily, there is a button on the side of the receiver that you can press which makes it more sensitive in one direction, so you can check which way sounds loudest. However, to get the most accurate direction to the transmitter, you have to turn the receiver through 90 degrees until you can't hear the signal any more – a 'null'. This means the ferrite rod aerial is directly pointing towards the transmitter, rather than the arrow. You can then position the receiver on top of the map (correctly oriented to North) and draw along the base of the receiver to give a line showing the direction towards the control. You can get a rough idea of distance by how loud it sounds. Once you've done that for all 5 of the controls (which may take a couple of 'cycles' of



used to help get back safely if you got completely lost. One thing to note – it can get a bit tricky dealing with all the equipment! As well as the map and compass for normal orienteering,

each transmitter because it's a lot to get done in 30 seconds before the next control comes on air), you need to move to somewhere else on the map and repeat the process from there. The triangulation should then give a better 'fix' for each control. I found it a good idea to move roughly towards one of the controls to get the second set of bearings, as then you would be closer to it when it came to actually running to them. Apparently, the idea is to turn the radio-orienteering aspect into an orienteering score event, by plotting the controls roughly on the map and then choosing a route to take them all in.

Needless to say, I didn't do that. I found I was quite near to one of the controls (it was loud) so I tried finding it by sprinting towards it through the woods as fast as I could (using the receiver on its null-finding mode) to get as close to it as I could before it stopped transmitting. Then I hunted around looking for the control kite. This worked more times than I would have expected! The problem I then had was that I really had only a vague idea where I was on the map, so had to retrace my steps to find somewhere I recognised. In case of emergencies, one of the beacons on a different frequency was close to the car park, and could be

you also need to carry a receiver, with dangling headphone wire, a piece of card to rest the map on and a pen or pencil to mark the directions, as well as having to actually make use of the receiver to locate the controls. I quite often had to stop to get everything back in order, untangling headphones or the string holding my pen to the board.

In the end, I successfully managed to find all the controls (including the one that Robin had placed over the road and completely off the map) which felt like quite an achievement. It was less like orienteering than usual, but it was interesting to try out different techniques for quickly finding the controls and for getting a rough idea of where they all were. I thoroughly enjoyed my jaunt through the woods listening to beeps – so if you come across a similar event elsewhere sometime, why not give it a go?

*Ian Buxton TVOC
(Submitted by Bob
Titterington)*



Scottish 6 Days 2021

1st - 7th August

Lochaber 2021, the 23rd in the Scottish Orienteering 6-Day event series, finally took place after many ups and downs. It was touch and go right up until the last minute and a decision was made at the last moment to go ahead. The full 6-day programme could not take place because of the Covid restrictions in Scotland, so there was a 2 x 3-day format as a compromise. I'd originally entered days 4, 5 and 6, and so my entry was reduced to days 4 and 6.

I'd been watching the weather forecast for a couple of weeks before and it was due to start raining on the Wednesday (the day we drove up to Scotland) and stop raining on the Monday (the day we drove back to Loughborough). However, despite a few heavy showers, we were really lucky with the weather over the 5 days we were in Scotland. Day 4 was gloriously sunny and day 6 only had a light rain shower. And no midges! Even though I'd done a bit of Munro bagging back in the day, I'd never orienteered in Scotland before, so I was more than a little apprehensive about how technical it was going to be.

Day 4 at Creag Dubh, course W50S 3.375km 125m climb

Today was a long distance event in a spectacular open birch woodland, which was new to orienteering but first mapped two years ago as an area showing great potential. The massive crags of Creag Dhubh, just to the southwest of the area, are apparently legendary in mountaineering circles. The area itself was on the southwest flanks of the hill in an open birch forest (Coille na Creige



Leg 1 – 2: I think I ended up in the grot just southeast of control 2

Duibhe). The area was physically very hard with many areas of head high bracken covering boulders and scree (this was an understatement). I found the first control (relatively) okay, only taking 9:03 minutes, but after about 47 minutes of thrashing about in the head high bracken for control 2, I decided that I was not going to find it and set off for control 3 (after all, I was here for the experience, not to be competitive!). After that I actually had a pretty decent run, the views were spectacular and I enjoyed it even though I missed control 2.

**Day 6 at Craig Meagaidh, course W50S
1.85km 65m climb**

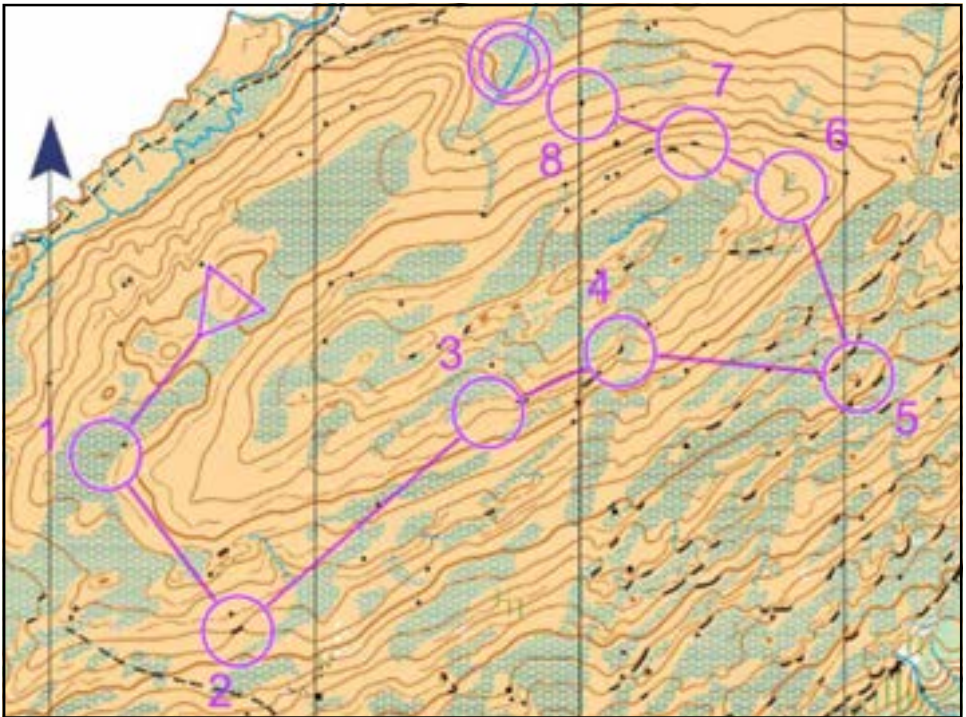
Today was a Middle Distance event at the foot of Craeg Meagaidh in the Aberarder "Forest". The competition area was on the National Nature Reserve, which rises from the shores of Loch Laggan up to the summit of Craeg Meagaidh itself at 1130 metres. Meagaidh is a top winter climbing venue. The area was predominantly open grassland and heath, with a good measure of bogs and boulder fields, and was in a breath-taking setting.

This was going to be easy - only 1.85km and 65m of climb! However, in order to get to the competition area, we had a long 3km trek through boggy grassland and heathland up the hill to the start and

back down again from the finish.

After bumping into Liz Heaton and stopping to chat on the way up to the start, I had a slight (major?) panic in the start lane when I looked at the blank map – no paths or line features. I'm not in Leicestershire anymore – how am I going to navigate? I took it carefully, religiously using my compass and reading the contours. I remember a top tip that Jessica was given while on an EMJOS training weekend in the Lake District: "marshes are your best friend" – they certainly were for me at Craeg Meagaidh!

I finished my course cleanly, taking exactly 40 minutes to get round. It was a further 3km walk back down the hill from the finish and this time I bumped into Chris Heaton, who was on his way to the



Course 14

start. I finished 8 / 13 and I was happy with that.

In between the orienteering, we did some walking, visited Aviemore, Glenfinnan, Glencoe, took a boat trip from Fort William (where we were staying) around Loch Linnhe and found some great places to eat (if you're ever in Fort William, I recommend Garrison West and the Lime Tree!).

Jane Dring-Morris



View from the competition area

Retired Man Chronicles: Summer Updates

17th May saw the easing of Covid restrictions. The indoor and outdoor economy could reopen, 'gathering' limits were increased and travel to 'green list' countries was allowed. However, the Covid problem had not gone away and a new variant from India was taking hold in London and the North West. Next day, RM was hoping to visit 'Spoons in Ashby for the first time since the pandemic, after competing in the event at Willesley. Luckily, he double-checked the venue as he was setting off, not Willesley, but Donisthorpe. His luck ran out, though, as the 'Spoons visit did not materialise and, plan B, Vinnie's fish and chips became just a big pile of chips, all that they had left as he had arrived at 8.25pm and they close at 8.30pm. The first non-healthy meal in ages – naughty but nice!

The naughty RM steals the battery from my kitchen scales to use in his Radio O receiver for the event at Fosse Meadows, but it goes flat on him during the race.

Nice one! He was pleased to see fellow radio orienteers from mid-Wales now they are allowed to travel again.

30th May and 'Springtime in Shropshire'. He returns very red, as the heatwave means he enjoyed the 'O', but had to lie down on the grass to rest from the heat and the climb. Too many lockdown pounds and lack of exercise??

The next day, he is intrigued by the huge girder that has been delivered to next door. The family have moved out while the house is gutted and remodelled, so naughty RM went to measure the dimensions of the girder. RM is a retired civil engineer and concludes that it is strong enough for a New York skyscraper. The girder lies across the whole front garden and many passers by also wonder why it needs to be so big.

13th June was a memorable day. RM was radio O-ing in Baggeridge Park, where the mud was swallowing his



shoes, and he was almost disqualified for missing the 2 hour deadline. The football started - still called 'Euro 2020' - with England 1, Croatia 0, and political discussions were underway about Northern Ireland being deprived of sausages because of EU/UK treaty rules.

Chris Bosley has inquired whether RM is injured, as he has not entered many O events recently. No, not injured, just too slow to book a space before they are all taken.

On Father's day, RM was 'getting lost' in blocks of flats in the Sheffield street run. He was in the doghouse with daughter Suzi, as he was still in the bath when he should have been collecting his present.

Will the Scottish Six days go ahead? It is getting close to final decision time. There is a possibility that the event may be split into 2 x 3 days to allow 1000 people to run in each half. RM is sharing a house, but has not yet booked the orienteering.

On Saturdays, RM buys 'The Times' for the puzzle pages and will often cycle to Anstey. In early July on the return journey along the alley way at the end of our road, he tries to avoid the overgrown bush and tips off to hit his head and shoulder on a parked car. After resting, he seems fine. Next day, he found the 5 radio transmitters, but had walked round the course with his bad head and sore body. However, a curry in Ashby 'Spoons helped, and afterwards a visit to stock up on beers in Aldi. He struggled across the car park with his heavy bags and sore back until a little old lady helped him.

After the early July O around Nottingham Uni, he was happy enough 'not to be lost', but there were a few moans about the placement of some controls, that his legs did not want to run and he had fallen over and broken the arm off his half-moon glasses. The next day is the Euros

2020 final between England and Italy, and after extra time, it is still 1:1, so a penalty shoot out follows. Not only does England lose 3:5, but the penalty takers suffer online abuse.

The weather features in the news, as the Rhine and Meuse flood with a month's worth of rain in a day. Meanwhile, there is extreme heat on the west coast of USA and Canada, Death Valley reached 54C and Lapland 33C. The bike is broken and it is so hot. Therefore, John takes 2 and a quarter hours to walk for 'The Times'. "I did stop at The Anstey Tap for a pint."

The Tokyo Olympics goes ahead with no spectators because of Covid 19. We win gold and silver with dare devil stunt riding on the BMX by very young competitors. Meanwhile, RM does his last minute packing for the Scottish Six Days and my TV watching is interrupted to find things. "Have you seen my...?" Bah! I look forward to a week of peace and quiet as Chris B and RM set off for Scotland the next morning.

Day 1 report: "I walked round most of it." At least he finished, but was last. There were beautiful photos of Ben Cruachan. I do not hear much about Scotland, other than someone picking up 4 pints of green top from the garage shop, near Fort William, to discover that it is not semi skimmed milk, but whipping cream. From then on, its cream with everything and trying to dilute it to simulate milk.

Back to Leicestershire and Bennion Pools with street O in Beaumont Leys. Afterwards, they eat at 'The Railway' for the first time since the pandemic. He says their prices have gone up.

Would you let this go ahead on FRIDAY 13th? A large crowd of locals have gathered, as word gets round about the biggest extendable crane you have ever seen arriving next door. It is here to lift



the 1½ tonne steel girder from the front garden over the roof into the back, whilst avoiding the trees, chimney pots and telephone wires. Big stabilising feet emerge from the lorry and the calm, skilful driver extends the huge crane, testing that it is long enough to reach over the roof. Returning to the front, the chains are attached to the girder and also long lengths of rope, which initially the builders hold to prevent the girder swinging in the wind. Miraculously, the girder passes over the roof and is lowered, positioned and bolted onto uprights by the builders. The appreciative onlookers clap and drift back home. Well done crane man!

RM is off to run round Warwick Uni and to look at the scars on the landscape caused by HS2. He wants a quick banana for energy. "We haven't got any bananas," he moans. "Oh yes we have," I reply, returning from the fruit bowl with them. "I was looking for yellow things," he retorts, "not giraffe speckled ones." Oh dear, he did not get the email message from OD about road closures, and has to negotiate diversions. What about food afterwards? The original idea to find a chip shop becomes shop at Aldi (for more beer) and a chicken korma to cook. "There is a lot here!" he says, shovelling food into his mouth. I look at the packaging which serves 2. He eyes up the fruit crumble I have made. "No, you don't need that as well."

Aylestone Meadows score event is the last meet of the summer league with a BBQ afterwards. The threatened rain falls on staff cooking on the BBQs, but orienteers eating the food are sheltered under gazebos. His explanation that he did not win was the excuse, "My name is not Glover", not, "I didn't run fast enough." There were conversations about who's been in hospital lately and where on your body the ticks had found a home.

More cheerfully, the newly-weds, Chris and Ursula, receive a wedding gift from the orienteers.

After RM and Roger had run two sprints at the Nottingham Clifton campus, he showed me a map with an unusual control.... it is in the trees. People with dendrophobia (a fear of trees) usually feel safe on an urban O.

Derek had organised the first club night of the new season and, although he has left it too late to get a map, RM is hoping to get a run. Later, I find a message on my phone from Sue B: "Just to give you a heads up, John has driven into a ditch and is being pulled out by a tractor - no harm done."

The event wasn't based at Derek's as he had thought, and running late he had driven down a bridleway and got stuck. RM abandons the car, walks across the field to the start and gets a run. Afterwards, he does not need the tractor, as several people help to push the car out of a very deep rut. Thanks everyone!

Welcome back to the crazy world of orienteering with RM.

*Irene Marriott aka Retired Man's
(long suffering) wife.*



Treasurer Position Vacant

Calling all club members: LEI is looking to recruit a new Treasurer to replace Roger Edwards, who is stepping down after many years' service in the role at this year's AGM.

If you are interested in supporting the club in this capacity, then please contact the Chair (Stephen.chafer@airbus.com), or Roger Edwards, who can give you an overview of this position. The role includes:

- Maintaining accurate financial records

- Payment of bills and receipt of payments
- Reporting to quarterly and annual meetings
- Preparation of budget.

Unfortunately, without a volunteer for this vital role, the club cannot operate. A financial background would be helpful, but is not essential. So, if you have some time to offer, please let the chair know as soon as possible.

Annual Accounts 2020-2021

The accounts are yet to be examined, but the figures are likely to be as shown below. The full accounts will be presented at the AGM on 25th October, 2021.

Accounts for 2020/21	£	£
Event Income		4952
Less Direct Expenses	-2,377	
Less Indirect Expenses	-3,166	
Event Loss		-591
Other activities Income		3,012
Donations received		4,049
Less direct expenses		
50th Anniversary	-1,462	
Travel Support	-3,175	
Other Expenses	-1,831	-6,468
Other Surplus		594
Overall Surplus		3
Bank Balance	14,933	

The last year saw us hold a series of Level D events and one Level C event. Consequently, event income was very much below normal levels and overall we lost money on events. This was turned around by income from other sources, donations and gift aid, in particular, so by year end we broke even.

In our budget this year, we anticipate losing money. This includes purchase of a small amount of replacement SI kit to replace items written off, but also to handle the need for SIAC battery check at all our events. For mapping, we have bought a state of the art GPS tracker.

Roger Edwards



Out and About

I am, from time to time, asked what are the major threats facing orienteering. For many years, I have been saying loss of access permissions or the pricing of those permissions beyond what orienteers are prepared to pay.

As the locations available to us reduce, the sport progressively morphs into a similar, but very different, sport involving running in built up areas. What was a wilderness sport is anything but that now, and the lack of suitable areas to perfect those skills is bound to impact on our top athletes being able to compete with those from countries where the original concept still prevails.

There are other concerns further impacting on our sport, strangely as a result of the green agenda. My green credentials are second to none and I have spent years campaigning for a greener world. I do, however, take a holistic view and don't jump on band wagons or make knee jerk decisions. I want some reassurance and want to be proved wrong, but I have some fairly serious questions. I don't expect answers necessarily, but invite people to ponder these points:

Firstly, wind turbines. I just returned from North Yorkshire, where some of these enormous, intrusive edifices stick up into the sky. One or more of these in an otherwise challenging orienteering area makes navigation all too easy - and are they really as green as they seem? They don't work in calm weather, they have to be turned off in high winds and owners have to be paid to turn them off. They cannot replace other means of producing electricity either, as they need back up

They have to be located some distance and often a long distance away from the

large conurbations that need the power, and a lot is lost in the transmission of the electricity, and overhead power lines and pylons also make a nonsense of the need to navigate. We took all the power lines off the map of Aylestone Meadows as they were the ultimate handrail. The only viable locations with fairly constant wind speeds are just offshore of major cities.

They can vibrate and shake themselves apart, unless they have massive concrete foundations, and when they are redundant nobody will remove these massive concrete blocks. How is concrete made? By taking away natural limestone features, destroying good orienteering habitat and using immense amounts of fuel, normally fossil, to convert it into cement. How is the concrete delivered to a site of a wind farm? Normally on lorries, if on land, or barges on water. They use fuel, normally diesel at present!

Tidal power is not really the answer. Snakes and nodding ducks work, but on very small scales, and tidal barrages silt up. It's true it claims more land, but soon produces no more power and you are back to square one, normally having destroyed mud flats and dune systems, which are invaluable to many species. Dunes also make for challenging orienteering.

Electric cars are a great idea on the surface, but, and there are several buts: are there enough rare raw materials in the world to make sufficient batteries? What fuel is used to make the electricity they store? What is the cell life of a car battery? As they age, the ability to hold a charge will fade; how much will a new battery cost and how can you dispose of a used battery? For the foreseeable future, how can you set off on a long



journey when you might have to detour 40 miles to charge your car and wait a considerable time while it charges? How many charging points will there be in the wilder corners where we like to run? No more dashes up to Cumbria or Scotland for an event. If you are stuck in a traffic jam on a motorway following an accident, or you encounter a heavy snow fall, how long before your battery runs out? If a whole queue of electric vehicles have flat batteries, how do you extricate them?

So, what is the answer? There is no easy answer. Conserve power is number one. Better insulation can also play a major part. Beyond that, we must think local. Building regulations could insist that all new commercial buildings, especially factories and distribution depots, must have solar panels on their roofs. Tax breaks could encourage green roofs as well.

Deserts and mountain regions should not have any problems, as massive arrays of solar devices or hydro electric power are available to them. We could import such power, but much is lost getting it to us and there are political and terrorist risks in doing this.

We could make more of our limited upland water supplies. We can create more twin reservoir systems, where water dropping from one to the other drives turbines, and at night-times or other times when supply exceeds demand, surplus electricity can pump the water back up into the top reservoir. This is a very 'green' way of providing back-up, as it can be turned on and off to order. Contrary to popular opinion, though, I do not think I can run on water, and drowning mountain valleys reduces orienteering possibilities. How many of you remember the lovely *Mardale*?

We can solve two problems at once: waste can be burnt to create heat to drive

steam turbines and waste food can be 'eaten' in anaerobic digesters to provide heat, gas and a form of compost.

All of these processes can contribute, but the only clean means of producing large amounts of power is nuclear. Nuclear fusion is the answer and we are not that far away from producing it, but until we do, it has to be fission, with the potentially dangerous waste that creates. The massive nuclear station being built at present will provide for a lot of our needs, but I think that should be the last.

We are world leaders at making small nuclear units for our submarines. These could go into surface ships as well, and possibly trains and buses, but their weight means they cannot be used in the air. There could, however, be one in every small town or even large village. They could become as familiar as the old red telephone boxes.

I have a dream, as somebody once said. Perhaps the ultimate answer is one we are starting to develop the technology for. If we can stop sea levels rising by splitting water into oxygen and hydrogen, we can use hydrogen as a fuel. Oxygen is in short supply, given its benefits for people with breathing ailments, including COVID, and any surplus can be released to combat global warming. What's not to like about that? Power is needed for the process of deconstructing water, but if political issues were discounted, this industry could be established by hot countries next to the sea, preferably coastal deserts, where solar arrays could be placed: Chile, Peru, Australia, Namibia, the countries of the Horn of Africa and the Arabian Peninsular, Iran, Mexico, Syria, Lebanon and Israel, for example. All, unfortunately, are politically unstable or a long way from us.

Roy Denney



Winter League 2021/22

The fixtures are listed on the following pages. Events are informal, usually with a social element. League scores are on standard handicaps and the best six events count, giving everyone a chance of success in the league if they perform as well as their age would suggest they should. All events include a technical course. There will always be an introductory level course for novices and young children, and, where practical, an intermediate standard course.

Check the website www.leioc.org.uk for any last minute alterations.

Events will use SI electronic timing. Dibber hire is available at £1.

Entry fees: Adults £5.00, full time students and unwaged £2.50, Juniors (or family group shadowing their juniors) £1.50

For results, please see www.leioc.org.uk.

Winter league prizes for senior members will be presented at the annual presentation dinner.

Fixtures

This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated, local (D) and regional (C) events offer entry on the day (EOD) to a range of colour-coded courses, with start times from 10.30am to 12.30pm. Local events will only have a limited range of courses. National (B) and major (A) events provide a range of age-related courses and are normally entered in advance online. EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded courses for EOD. 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 data, but events are sometimes cancelled. If you are uncertain as to whether an event will take place, check with the organiser, check on www.leioc.org.uk or check on www.britishorienteering.org.uk. The editors take no responsibility for wasted journeys!

EVENT STRUCTURE IN FIXTURE LISTS

- Local (level D) = relatively low-cost events providing local competition and aimed at increasing participation.
- Regional (level C) = events providing a wider variety of venues and competitors.
- National (level B) = events providing opportunities for more experienced competitors, giving a wider variety of terrain and competition for those who are prepared to travel longer distances.
- Major (level A) = major UK events, the best that orienteering can offer.



October 2021		
2nd	DEVON SWOA Major A	British Orienteering Championships (UKOL) Braunton Burrows, Barnstaple
3rd	LEI EMOA Regional C	EM Urban League 2021 Shepshed, Loughborough.
3rd	BOK SWOA National B	British Orienteering Championships weekend supporting event (UKOL) Braunton Burrows, Barnstaple
9th	National B	British Schools Score Championships. Venue: TBC
9th	WAOC EAOA Regional C	Bush Heath (UKOL), Bush Heath, Thetford. IP28 7JD
9th	SLOW SEOA National B	Junior Home Internationals Individual, Hindhead, Haslemere.
10th	SUFFOC EAOA Regional C	Bury St. Edmunds (UKOL), Bury St. Edmunds IP33 1XL TL856643
10th	SLOW SEOA National B	Junior Home Internationals Relays, Bramshott, Hindhead
10th	LOG EMOA Regional C	EM Urban League 2021. Venue: Central Park Boston.
10th	DEE NWOA National B	DEE Urban Weekend Northwich Urban Race (UKUL), Northwich town centre, Northwich. CW9 5QJ SJ659738
17th	SYO YHOA Major A	CompassSport Cup Final, Tankersley, Barnsley. S35 2YH, SK358970
30th Saturday	LEI EMOA	LEI Winter League 1, Brocks Hill. LE2 5JJ, SP619997. Pre-entry by 28th October. Start times 11.00am - 12.00 noon.
30th	CUOC EAOA	Cambridge City race 2021, Cambridge.

November 2021		
6th	SARUM SWOA National B	Salisbury City Race, Salisbury.
7th	SOC SWOA National B	November Classic (UKOL), Milkham and Sluffers, Fritham.
9th Tuesday	LEI EMOA Local D	LEI Winter League 2, Burbage Common & Woods night event. LE10 2AT, South car park, Smithy Lane, off the B4669. SP451941 Start times 6.30pm - 7.15pm
13th	BAOC SCOA Regional C	Southern Night Championships, Twelsdown, Aldershot.
14th	LEI EMOA Regional C	East Midlands League 2021. Booththorpe and Hanging Hill, Ashby de la Zouch, combined with the CLUB CHAMPIONSHIPS
21st	HH SEOA National B	British Schools Orienteering Championships. Stowe Park, Buckingham.
27th	NGOC SWOA Major A	British Night Championships (UKOL), Cleeve Hill, Cheltenham. GL52 3PW, SO989271
28th	DVO EMOA Regional C	East Midlands League 2021. Hardwick Park, Chesterfield. S44 5QL SK463637
30th	LEI EMOA Local D	LEI Winter league 3, Dishley Grange night urban, Loughborough. LE11 5UW, SK518210. Start times 6.30pm - 7.15pm
December 2021		
5th	CHIG SEOA National B	The Mitre National Event, Epping North, Theydon Bois. CM16 7LR
5TH	OD WMOA Regional C	Brandon Wood, WMOA league, Coventry. CV3 3GW, SP386762
12th	LEI EMOA	East Midlands League 2021. Cademan and Thringstone Woods, Shepshed.



December 2021 Cont.		
5th	OD WMOA Regional C	Brandon Wood, WMOA league, Coventry. CV3 3GW, SP386762
12th	LEI EMOA Regional C	East Midlands League 2021. Cademan and Thringstone Woods, Shepshed.
12th	MV SEOA National B	Southern Championships (UKOL), South Ashdown, Crowborough. TN22 3HW, TQ437302
18th Saturday	LEI EMOA Local D	LEI Winter League 4, Queen Elizabeth Diamond Jubilee woods, LE67 2TJ, SK383120. Start times: 6.30pm - 7.15pm
19th	TVOC SCOA Regional C	TVOC 50th Anniversary Regional Event, Shotover Country Park, Oxford. OX4 2RY
31st Friday	LEI EMOA Local D	LEI Winter League 5, Moira Furnace, Ashby, DE12 6AT, SK313152 Start times: 11.00am - 12.00 noon.
January 2022		
2nd	DVO EMOA Regional C	East Midlands Urban League 2022, Melbourne, Derby
11th Tuesday	LEI EMOA Local D	LEI Winter League 6, Beaumont Park night urban, Leicester. LE4 2LZ, SK571091. Start times: 6.00pm - 7.00pm
15th Saturday	LEI EMOA Local D	LEI Winter League 7, Leicester Castle, Leicester. LE1 5WN, SK583042
23rd	LEI EMOA Regional C	East Midlands Urban League 2022, Quorn, Loughborough.
29th	DVO EMOA	East Midlands League 2022, Chatsworth, Baslow. DE45 1PP, SK253698
30th	NOC EMOA National B	Midlands Championships, Sherwood Forest, Nottingham.

February 2022		
6th	LOG EMOA Regional C	East Midlands League 2022, Bourne Woods.
13th	Various	CompassSport Cup heats
16th Wednes- day	LEI EMOA Local D	LEI Winter League 8, Western Park, Leicester. LE3 0WA, SK561042
19th	AIRE YHOA	British Night Championships (UKOL), Ilkley Moor, Ilkley.
20th	LEI EMOA Regional C	East Midlands League 2022, Martinshaw & Ratby Woodlands, Leicester
26th	SYO YHOA National B	SYO 50th Anniversary Double, Wharnccliffe, Sheffield.
27th	SYO YHOA National B	SYO 50th Anniversary Double, Big Moor, Sheffield.
March 2022		
5th	WAOC EAOA	BMOC weekend - Saturday event, Salcey Forest, Northampton
6th	EAOA	British Middle Championships (UKOL), Rushmere, Leighton Buzzard.
20th	DVO EMOA National B	East Midlands Championships 2022, Stanton Moor, Matlock.
26th	SEOA Major A	British Orienteering Championships (UKOL), Golden Valley & Cognor Wood, Haslemere.
26th	SEOA National B	British Trail Orienteering Championships, Hlghfield & Brookham School.
27th	SEOA Major A	British Orienteering Relay Championships, Iron Hill and Parkgate Rough, Haslemere.

Club Shop

LEI branded clothing is available from the Club Secretary. The range is shown below. The preferred payment method is by bank transfer (sort code 09-01-54, account no. 74893286) into the club account. You can also pay by cheque, made payable to 'Leicestershire Orienteering Club'. To order, contact the Club Secretary by email: rogerphillips34@gmail.com



Short-sleeved running top - £30.

Long-sleeved running top, with back zipped pocket - £36.

Warm-up jacket - £32.

Also available, warm up bottoms - £20.

Photo Gallery: East Midlands Championships, Chinley Churn - 27/06/21



Alison



Peter C.



Roger

Photos by Peter Cull

Jane



Peter L.