

50 Years of Orienteering



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Alan &
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West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



RM's Pandemic Guide

What is E-Temp 'O'?

Orienteering - Behind the Scenes

A Lockdown Adventure



Spring 2021

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Front Cover: Bennion Pools & part of Castle Park, showing the difference between an Open Orienteering Map and a standard orienteering map.

Supplied by Simon Starkey

Points from the Editors

We start by wishing you all a Happy New Year! At least it will be, hopefully, when we get back to some sense of normality - and competitive orienteering!

Despite there not being any 'normal' orienteering taking place at the moment, there are some creative ideas for getting out and about with map and compass, or phone/GPS and compass, at least. There are some excellent articles in this newsletter on using MapRun, written by Simon Starkey, Keith Willdig and Maureen Webb, also very helpfully explaining how to set up your devices. It's amazing how technology has revolutionised our sport and, thankfully, we have experts who can teach the Luddites amongst us how to make the most of our technology. The editors haven't tried MapRun yet, but we are certainly inspired to do so now.

Congratulations are in order, firstly to Libby Barber in being selected for the Talent South pilot group for 2020/21 (see pages 6/7). We look forward to a future article on this, Libby. Also, congratulations go to the whole club for their impressive qualification into the CompassSport Cup final. Keep 17th October free in your diaries!

If you are reading this newsletter online, the yellow headings in Irene's RM article (pages 29-31) pay homage to the universally available 'Idiots' Guides' on many subjects, but will not be fully appreciated in the printed edition. I hope you're not too offended, RM!

Well, that's it for this edition - it's now time to dust down the Garmin!



Wendy and Alan West



Ramblings from the Lockdown Chair



A belated Happy New Year to everyone.

Unfortunately, 2021 has started in very much the same vein as 2020 ended, with no clear picture of when we may be

able to return to some form of competitive orienteering. As you will see from Chris Phillips' events report, page 11, we have an outline of what we would like to do in the spring and summer, but as with the winter programme we will really have to wait and see what the next couple of months brings. Hopefully, the roll out of the vaccines will help to allow us to get back to some normality.

We did, at least, manage to hold the Club Champs at Burbage Common in October. I hope that everyone enjoyed the unusual format using the 3 dates of maps. It was certainly an interesting experience planning on an almost 50 year old map.

Many congratulations to all of our champions. The men's race was particular exciting, with James Rogers recording the quickest time, 2 minutes and 24 seconds ahead of Andy Glover, only to find out that he had visited the wrong number 4! This left Andy as champion. Alison Hardy was a clear winner in the women's event, Roger Edwards and Maureen Webb retained their veteran men's and women's titles for another year and Bob Titterington was the men's super-veteran champion. A special mention should be given to Daniel Glover as the 2020 Golden Boot winner, with a time of 35 seconds (an impressive 6 seconds faster than any of our senior

men!) and to second place Adam Cladingboel with a time of 37 seconds.

I certainly hope that by later in the year we will be able to organise some form of social event to recognise the successes of 2020 and finally celebrate our 50th anniversary. For members that were not at the Club Champs, I will aim to give out the rest of the 50th anniversary mementos at events later in the year.

We rely heavily on the support of our club members and volunteers to run all of our activities and I would especially like to thank all of those involved in organising the various club nights, MapRun and online social activities that have allowed us to keep in touch over the last year. Thanks also to many of you that have been involved in the organisation of the events that we have had to cancel in the last 12 months. This effort will not go to waste and we will look to re-use much of the work for future events.

I wish you all a successful and healthy 2021 and hope to see you in a forest sometime soon.

Steve Chafer

GDPR

The club's privacy statement has been updated and is now dated November 2020. This can be found on the website here:

http://www.leioc.org.uk/wordpress/lei_members/Privacy%20Statement%20LEIOC%20Nov%202020.pdf



Captain's Corner



Hello orienteers, and a Happy New Year!

First of all, I want to welcome those of you who have joined or re-joined the club during 2020. As you can imagine, the sport hasn't

exactly been running as normal over this last year, with a lot of changes and cancellations, fewer events (especially at level C and above), and mostly urban. I hope that as 2021 progresses, things will start to get back towards more of a 'normal' programme. To all of those members who have planned, organised, scrapped, re-planned and re-organised, thank you for all your hard work to keep us going! That said, considering the circumstances, as a club I think we've actually managed to be pretty active in 2020, so I thought I'd write a summary of some of the things that we have done:

Online Orienteering

Several members have taken part in international online competitions. In the 'Lockdown Orienteering' ¹ competitions (organised by Chris Smithard of FVO), we took part both as individuals and teams. The first one of these, over the Easter weekend, was a welcome replacement for the cancelled JK and we could even print our own race bibs to wear whilst we took part sat in front of our PCs! There was also the Torus temp-O series, organised by Libor Forst (CZ). Both individually and collectively, LEI managed some fairly decent scores.

Up and Out

In May, once we were (partially) allowed out to play again, some courses were organised on local areas, using the permanent orienteering markers. There were online sign-up sheets to ensure we all kept to separate times of the day/week and could report how long we took. Many thanks to Ursula and Chris P for these; they helped a number of us to stave off the boredom and to not forget how to orienteer!

Summer League

After scrabbling around to find some usable areas, we ran a summer league of 7 events. Planners and organisers had an extra challenge on their hands because of the pandemic – things like avoiding routes down narrow snickets, which are often what make an urban leg good! We also revived the former ways of level D orienteering where, instead of punching an SI box, letters were written on tape at controls, forming a series of words as you went around. For an extra challenge to complete at home, those words then formed an anagram of something related to orienteering. Well done to James R for topping the table, Maureen as ladies winner and Adam as junior winner.

Sprint Planning Competition

Open to all clubs, this was organised and judged by Iain and Peter H, with help from Ed C. Participants were invited to plan a yellow, a W50 and an M21E course using the complex Loughborough University map. Winners from LEI were Chris B (best M21E course) and Alastair (highly commended for the yellow course).

MapRun F

This is a fun GPS-based version of orienteering, using a free Smartphone app to detect and record your progress around a course. LEI now have quite a number of MapRun courses available to try in your own time, at various locations, when Covid restrictions allow. ² They have also been used at club nights when they were permitted. Thanks to all planners, to Roger E for co-ordinating and to Simon S for acting as the club's administrator, training us and sorting out all of the inevitable technical issues.

Zoom

Post-run chats over a cold drink were replaced with a few Zoom quizzes and /or social sessions. Although somewhat of an inadequate substitute, these have been a nice way to keep up with club mates whilst restrictions have been in place. The last session of 2020 was the Christmas quiz, won by Debbie, Matt, Alastair, John and Iain, with the most bonus points being awarded to Sue B. (including for the fab elf outfit). If you would like to be added to my mailing list for the Tuesday night chats, please drop me an email (see middle page). For those that miss this sort of thing, I can promise you we do tend to geek out ³ over all things orienteering and maps!

Club Champs

Steve C planned this event at Burbage Common, using some old maps in honour of our 50th birthday year. I can't imagine

this was very easy planning! Thank you, Steve, and congratulations to all the winners.

CompassSport Cup Qualifier

I suppose it would be remiss of me not to mention that **WE QUALIFIED FOR THE CSC FINAL!!** The qualifier was held just before the country initially went into full lockdown in March 2020. The final would have been held last October, but was cancelled (for the usual reason of 2020). The good news is that it has now been re-scheduled for **17th October 2021**, to be hosted by DVO at Chatsworth. This is an extremely rare opportunity for us as a club and should be a great event, so not to be missed!

I'm looking forward to seeing you all when we can meet again. In the meantime, keep active where you can and stay safe.

1. 'Lockdown Orienteering' is now known as Orienteering Unlocked.
2. Visit <https://www.britishorienteering.org.uk/vocs>
3. To geek out means to talk enthusiastically, at length and in some technical detail, about a favourite subject.

Esther Revell

Don't forget!

The LEI NEWS can be found online, in full colour at www.leioc.org.uk/members/lei-news/



Junior Captain's Corner



Firstly, I hope you've all had a lovely Christmas and New Year. Since there are few major events to reflect on from last year, I thought I would tell you

about my own orienteering experiences in 2020.

The year began with an East Midlands League event, organised by EMJOS at Strawberry Hill on 5th January. It was a great event and good to see the next generation of orienteers learning to plan and organise events.

February saw various local events and training sessions, and in March there was an EMJOS training weekend in North Yorkshire on 7th/8th. We trained near Guisborough on the Saturday, in similar terrain to which we were expecting to run in at the JK, and took part in the EBOR Middle Distance Championships on the Sunday, which presented a fun and interesting (if slightly boggy) course at Heater Rigg. By far the most successful event of the year was the Compass Sport Cup heat at Aspley Heath on 15th March, where I was pleased to gain 100 points to help LEI qualify for the Compass Sport Cup final for possibly the first time ever.

Obviously, due to Covid-19, April, May and June were comprised of physical training from home and several technical training games and competitions online. However, in July, I was able to take part in the 'Virtual Deeside Tour' and, despite

being unable to train in the Scottish terrain, it was very enjoyable. It took place between 20th and 24th July and each day generally consisted of a route choice exercise, a recommended orienteering game or activity, a recommended physical activity, a recommended catching features course and an evening Zoom session. The Zoom sessions, in particular, were very useful and great fun, especially the strength and conditioning practical session and the orienteering masterclass by GB orienteer, Graham Gristwood. The week concluded with a one-to-one session with a coach to discuss training plans for the future.

In August, like a few other LEI juniors, I was supposed to be going on the EMJOS Sweden tour, which unfortunately had to be cancelled. However, as some restrictions were lifted, I was able to take part in various LEI events, which, after months of no orienteering, was much appreciated. When everything returned to being online in October and November, I enjoyed taking part in the EMJOS Zoom sessions, which involved technical training exercises and lighter, more sociable activities. But one of the highlights of my lockdown training was running up Kinder Scout with my Dad, Kevin, on my 16th birthday in October.



The final highlight of the year was in December, when I was selected for the Talent South Pilot Group for 2020/21, which is part of the implementation of the recommendations of the Talent Pathways review that included broadening out the talent athlete scheme to a wider group of juniors. It includes fortnightly sessions on Zoom, where we discuss a variety of topics, including training, nutrition and psychology, and the coaches are currently putting together individual training plans for us based on the 3km times we submitted. We will also be having a one-to-one session with a GB orienteer to discuss and analyse a previous race, and hopefully there will be

some training sessions and weekends later on in the year. But, so far, it has been really useful to hear from experienced coaches and orienteers from around the country, and I'm definitely looking forward to our next session from GB orienteer, Hector Haines, on dealing with uncertainty around the pandemic.

Overall, although 2020 was a year nobody was quite expecting, I'm grateful to all the coaches, planners, organisers and volunteers who were able to find ways for us to still be able to take part in orienteering, and hopefully they will be able to continue to do so in 2021.

Libby

Annual Accounts 2019-2020

The following is a summary of the accounts that were presented and approved at the AGM on 26th October, 2020.

Accounts for 2019/20	£	£
Event Income	23,147	
<u>Less Direct Expenses</u>	-17,710	
Less Indirect Expenses	-5,694	
Add Event Donations	878	
Event Surplus		621
Other Activities Income	3,672	
<u>Less Costs</u>	-6,500	
Donations Received	10,624	
Gift Aid	3,637	
Less Travel Expenses	-11,945	
Activities Surplus		-512
Overall Surplus		108



Club Chat

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

Matt Birkett

Sindy Chafer

Susan & Zeph Grant

Mary Hughes

Our new members were asked the reasons behind joining LEI during the pandemic when events have been decimated. We received the following replies:

Mary wrote:

My story is that I'm friends with Karen Matthias and that incorrigible bouncing tigger character, Matt White. We were at a Burns' evening last year and Matt talked/coerced my partner, Oliver, into joining them in an orienteering event. We went along the next day and thoroughly enjoyed it, even though it was disastrous as we got terribly lost at the end. We finished the course, but couldn't find the others. It was the event near Belton Woods. After an hour or so, we were found by Karen.

Despite other disastrous courses we have since taken part in, we decided that we still enjoyed being outdoors, running around like headless chickens and covering distances that were more akin to a 10km run, hence I joined LEI and Oliver joined Nottingham.

We're not very good, but we love the challenge and camaraderie of the participants.

Susan and Zeph wrote:

We joined the club because we wanted to improve our orienteering skills and become more involved. We have been beginners for years, but never had the time to undertake orienteering on a regular basis. As our children are now teenagers, we have more time for events. We are looking forward to taking part in training and social activities in the future. We have been enjoying the Tuesday club nights and everyone has been friendly. It has been a frustrating time with events being cancelled, but we have appreciated the events that LEI have managed to organise. We are looking forward to 2021 with LEI.

Matt Wrote:

I decided to join LEIOC this year as I've always missed orienteering, but have never had the push to get back to it over the years. This year's lockdowns and general quietness encouraged me to get off the couch and start running again. Then, in October, I took the plunge, joined up and entered the Club Champs at Burbage. It was brilliant fun. The last time I orienteered there I was actually using the 90's retro map! When I received the LEI news 50th anniversary special, it brought back memories of events as a teenager, especially the photo of the Marriott family at the White Rose in 1991 as, if memory serves correctly, I was there competing as well!

Despite the restrictions continuing, it's been easy to take part, due to the new technology available. It's a far cry from the old control punches to MapRunF beeping on my iPhone. The support and great advice from the club has been

amazing. A special thanks goes to Roger Edwards, whose patience and good advice has meant that I'm now downloading maps and using the technology nicely. It'll be lovely, once life returns to normal, to meet everyone for a pint!

LEI Club Championships 2020

Burbage Common - 18th October 2020

W10 & under	1st Cerys Glover
M10 & under	1st Felix Jarvis
M12 & under	1st Daniel Glover
M14 & under	1st Ben Glover
M18 & Under	1st ... Ben Hardy
	2nd ... Isaac Spencer
W20 to W55	1st Alison Hardy
	2nd ... Jane Dring-Morris
	3rd Ursula Williamson
M20 to M55	1st Andy Glover
	2nd ... Ed Young
	3rd Roger Phillips
W60+	1st Maureen Webb
	2nd ... Felicity Manning
M60 to M70	1st Roger Edwards
	2nd ... Simon Starkey
	3rd John Marriott
M75+	1st Bob Titterington
	2nd ... Peter Chick
	3rd Simon Ford

We would normally present the UK orienteering league results, individual and club for the year, but only 3 out of the 26 scheduled events took place, so these are not reproduced this year.

For those of you who remember Steve Davidson, Steve was a major part of the club some years ago before he was appointed the Queen's Horologist and went to live in Windsor Castle and have his kids brought up with the children of courtiers. He showed Doreen and I round the non-public parts of the castle and told us things I would not put in print.

It is no secret that when the BBC did the six part series on the Windsor's they devoted an entire programme to Steve, focusing on how long it took him to change the clocks when the clocks went backwards or forwards. I keep in touch with him, and he did say after that was broadcast that he met Prince Phillip in a corridor and the Duke asked Steve for his autograph

Steve finally retired on 17th May, and if you look at the Queen's Birthday Honours, the Queen has given him an LVO, which means Lieutenant of the Victorian Order. The Victorian Order is called the Queen's choice, as all other honours come from the Government. It really is as far as a craftsman can go and is an upgrade on his previously endowed MVO. Steve says it was a lovely parting gift

I used to email him at his royal email address, which was challenging as their protection programme had to be experienced to be believed. The messages would frequently be rejected as 'not suitable for the Royal household' for reasons it might take me hours to work out. I think 25% of the English language was prohibited.

He often asks me about the long-standing members and, unfortunately, with my own problems I am less and less able to keep him posted. I do recall once telling him about a juniors' BBQ at Beacon Hill. He was always interested in such things, as his twins had been orienteering as youngsters. I know it bounced back, as I used the word 'sausage'.

He says hello to those who remember him.

ROY DENNEY

An orienteering tip told to Roger Edwards by Steve Davidson, who had been told it by a Finnish international 'O' friend:

If you get lost, get high, as you are then able to see more.

Top 10 Performances In East Midlands Leagues

2020 EMOA League, of which seven of the sixteen scheduled events took place.

Orange Male	3rd Adam Cladingboel
Orange Female	1st Karen Matthias
Lt. Gr. Male	1st Ben Glover
Lt. Gr. Female	4th Robyn Jarvis
S. Green Male	3rd Kevin Gallagher
	5th Peter Leake
	7th Matt White
	8th Ernie Williams
	9th Chris Phillips
	10th .. Peter Chick
Green Male	3rd Roger Edwards
	6th Andy Portsmouth

	10th.. Jonathan Lee
Green Female	5th Jane Dring-Morris
	6th Ursula Williamson
Blue Male	7th Dave Dennes
	8th Alastair Paterson
Blue Female	3rd Tracey Brookes
Brown Male	7th James Rogers
	9th Ed Young

2020 East Midlands Urban League, of which three of the eight scheduled events took place.

Veteran Men	7th Alastair Paterson
Ultravet Men	2nd ... Kevin Gallagher
Ultravet Women	2nd ... Maureen Webb

LEI Events 2021

As members will appreciate, even using the LEI crystal ball, trying to predict the club's event programme for the next few months, in the current pandemic is not really an exact science. However, for what it is worth, this is my best shot!

At the time of writing this article, mid-January, it looks unlikely that we will be unable to restart the event programme until mid-late March at the earliest, and probably more likely in early April. With the current instructions to 'stay at home', it is very difficult for mappers and event officials to get out on the ground and undertake any preparation for events. This does mean that even when we get the go-ahead to return to competitive orienteering, there is likely to be a short delay before we can hold any events.

The remaining regional events programme for the two EMOA Leagues are:

25th April - Martinshaw Woods.

23rd/24th June - Urban weekend in the Hinckley area. Joint event with OD.

3rd October - Shepshed.

14th November - Booththorpe and Hanging Hill.

12th December - Cademan and Thringstone.

It may be possible to squeeze in another couple of regional events in the autumn. This will, of course, depend on the availability of dates. The autumn schedule is always very crowded, and with the rescheduling of several elements of the British Championships in to the last

three months of the year, there may not be room for any more events. One thing is certain is that there should not be any shortage of opportunities to compete in the autumn.

At club level, it is intended to run our Summer League series of 18 events. This is likely to start during the last week of April. Ursula will welcome volunteers to organise and plan events. Early volunteers may get the chance to pick their favourite area for planning!

Also, in the plan for later in the year, are the Winter League and the Club Championships.

One element that is required to make all of these events happen is input from club members. We currently have a shortage of event officials. If you have not volunteered before, please do not be put off by the thought that you have no experience or are new to orienteering. Any new planner or organiser will have an experience mentor to guide them, and there is a significant amount of online help available. We start new event officials on a local event with an area that's easy to plan on. If you are interested, please talk to Ursula or myself, or one of the club's principal officers.

Chris Phillips

Events Coordinator



Orienteering - Behind the Scenes

An orienteering regional or national event is a little like an iceberg. Most of the work and organisation that gets you to the start line is hidden from view. Roger Phillips has put together a flow chart of the hidden depths of an event, so here is the narrative to go with it.

Work for any event usually starts a very long time before the event, with the finding of a suitable area to use for orienteering. That task is undertaken by our Access Officer. For many years, this has been Roy Denney, who has an encyclopaedic knowledge of the woods and byways of the three counties the club covers.

Once an area is found and approved, it is added to the list, and I maintain all of the areas that we can go orienteering on. So, when we come to the next step on the flow chart - selecting an area for an event, I can take my pick from the 65 areas on the current list. If only it was that simple. Some may not be currently available; some may only be available at certain times of the year and some are just not up to the requirements of the bigger events.

Finding a date is always a problem. The 'O' calendar is very crowded with as many as 30 events on some weekends. After I have done my homework, my recommendation goes to LEI's Events Sub Committee, which is made up of the team that do all the backroom work in connection with events. From that committee, we apply to the Regional Fixtures Secretary (who just happens to be Ursula Williamson, who also doubles up as the LEI Minor Fixtures Coordinator) for permission to register the event with British Orienteering.

Now the work of getting the event underway really starts. The 'Team' already have the date and location. The Mapping Coordinator, Simon Starkey, fires up one of our mappers to run their eye over the map and make any changes. Maureen Webb, the Permissions Secretary, will then ask the landowners for permission to use the area and deal with the large volume of paperwork, and Laurie Fluck, our Equipment guru, makes sure that everything is clean and working, and is in the right place in the club equipment store at Merrylees.

Whilst this feverish activity is going on (usually the clock is against us – and please remember that in a normal year LEI runs around 40 events so all this, at any one time, is being repeated several times over), I'm looking for three willing '*volunteers*' to be the principal event officials – organiser, planner and controller.

For a regional (level C) event, the planner will be asked to provide 8 courses. After a session of armchair planning, they will go out to locate and check all the control sites they are proposing to use and, at the same time, look for any changes to the map that needs to be brought to the attention of the mapper. Those of you who have planned will know that the chances of being able to use all the control sites that you had selected from the comfort of your armchair is nil. Therefore, it's back to the armchair and some more time on the computer.

Meanwhile, the organiser is drafting the risk assessment for the event, recruiting the 20 plus volunteers that will be needed on the day of the event and drafting final details, a kit list and job rotas.

The controller is in the background, checking, advising, checking control sites, agreeing courses or pointing out issues and generally making sure that everything is done by the book - in this case, the 103 pages of the BOF rules.

Whilst this mainstream activity is going on, other club members are playing their part. The Club Treasurer, Roger Edwards, is checking the budget. If the event is a regional one, the maps go to the Club Map Printer, Ursula Williamson, for printing, who uses the club's A3 laser colour printer. Maps for higher grade events have to be printed by an approved professional printer. Meanwhile, the Club

Secretary, Roger Phillips, is handling the event publicity on social media, Chris Bosley is adding material to the club website and at some stage in all of this, the event details have gone to Alan and Wendy West for the Newsletter - usually after I have been reminded!

Then, suddenly it is the day of the event and you are standing on the start line ready to enjoy your run - and we, the club team, can relax, except that we will do it all again next month!

Chris Phillips

Events Coordinator

A Lockdown Adventure

Last March, we headed into lockdown. Our sport stopped and all was quiet. Orienteers are not, by nature, people happy to spend time sitting still. Once the lockdown began to ease, we looked around for activity.

"Look at virtual orienteering" came the message from Roger, with his development hat on. What did he mean? I found myself on a steep learning curve. The idea behind 'Virtual Orienteering' is that the club provides an electronic course which operates on a GPS enabled device. The theory is that when you arrive at the control point the device beeps or buzzes, or otherwise indicates you are in the right place.

As my research got underway it was clear that other clubs were ahead of us. However, this provided me with a rich seam of advice. BOF also provided some online training. Following the lead of others, we started to look at MapRun. This is an Australian system, which runs

on most smart phones. It allows the orienteering map to be loaded onto the phone, together with the orienteering course. The runner can then load the course, head to the start and run the course. The phone should indicate when each control point is reached. A quick course based on the school playing fields opposite our house was loaded and proved to work. I took on the role of administrator for the Leicestershire courses, as it complemented my role as Mapping Co-ordinator.

Of course, it was not all plain sailing. Our first hurdle was getting orienteering maps converted to run on the application. After some trial and error, I was able to convert some of our map library. Lockdown meant that the areas we could consider were restricted. Landowners were also often reluctant to open up their sites. We also started to find that many LEI maps were geographically inaccurate. In 'normal' orienteering, the map has to provide a picture of the landscape for the

orienteer so that they can navigate to the described control point - there is no demand for it to be completely geographically accurate. With MapRun, each control is described by its absolute coordinates. Most of the more recent maps are georeferenced, but not all the detail within the map is placed accurately. The older maps are not even georeferenced. Some new maps were commissioned of sites where we could run.

The Permanent Orienteering Courses (POCs) provided an initial impetus to our development, as we already had the physical controls in place for runners to find. We decided to align our MapRun courses with the POC courses. Links to these courses can now be found on the BOF POC website (follow the link from the LEI website).

It is clear that MapRun has changed the dynamics for the downloads from the BOF portal. Originally, permanent courses were predominately for beginners and the handful of local orienteers who are not club members.



Since June, there have been over 550 Leicestershire MapRun maps downloaded from BOF, with the popular sites being the POC locations. Irchester has had 75 requests, closely followed by Martinshaw Woods and then Beacon Hill. For the urban areas,

Jeff Baker's Hampton courses have the most downloads, followed by Shepshed. Half of the downloads are requested by orienteering members from ten different clubs, with LEI making up about half of these, followed by OD, DVO, NOC and LOG, with over a 100 downloads between them.

The experience we gained also showed the limitations of GPS-based orienteering. In areas of thick forest, the GPS signal is weaker, the resulting error greater and the phone slower to respond. Poor weather can affect operation, as well as landscape terrain. Restrictions on forest orienteering meant we concentrated more on urban areas, which does avoid some of these issues. Placing control sites in open ground meant we could check them using aerial photographs and use them with more confidence. Lessons still had to be learnt about placement; an uncrossable wall or barrier which could be used to affect access to a physical control has little meaning to a GPS control, as you only have to get within 15m of the control site to register a hit.

We decided that, as a club, we would provide maps on the phone for those experimenting with orienteering for the first time. For club members, we would provide paper maps, trying to keep the experience as close to conventional orienteering as possible. We published some courses and invited members to have a go. The results were mixed. Some had no problem, others struggled to get their phones to respond at controls. To cut a long story short, we found out that mobile phones 'average' the GPS signal to stop the position jittering about. Some phones averaged more than others, meaning that there was a variable delay once the orienteer reached the control. This is fine if you are confident you are in the right place, less so if you are unsure.





At this point, MapRun came up with a new version - MapRunG. This was designed to run on Garmin GPS watches.

These

watches are unable to display the map, but they do buzz at the control points. The advantage with the watches is that the GPS signal is unfiltered, so the watch responds closer to the control, and with little or no time delay. This provides runners with an experience closer to normal orienteering, as if a SIAC (contactless) dibber is being used.

Across the summer and into the autumn, we successfully ran a MapRun programme, whereby courses were planned and tested by a dedicated team. Careful selection of event areas was necessary to ensure that we maintained social distancing on the courses. Timed, staggered starts allowed us to run, despite the Covid restrictions. However, with limited areas, we found ourselves running out of useable maps. Roger & I decided to look again at the OpenOrienteeringMap program. This uses the Open Street Map database to render orienteering style maps. The maps are not to full orienteering standards, but can be used without problem (see the comparison picture which shows the same area in both map forms on the front cover). LEI had tried to use these maps before, with mixed success, the main issue being missing or incorrect detail. The Open Street Map database is compiled by multiple amateur mappers. So, a number of us joined the band of amateur mappers in order that we could correct our maps. Event

planners are now asked to check their maps to ensure they represent the area correctly. Corrections are then made to the OSM maps, which are, in turn, reflected in the OOMaps we use.

With lockdown now upon us again, we find ourselves wondering whether we can generate enough small courses for members to still have an orienteering challenge whilst remaining local.

MapRun and OOMap are far from perfect. MapRun encourages enthusiastic participants to buy expensive kit from one manufacturer, but it allows us to keep body and mind fit as we wait for our sport to restart. If you have not already tried MapRun, go to the MapRun page on the LEI website (<http://www.leioc.org.uk/permanent-courses/MapRun/>). Find a course local to you and have a go.

If you fancy joining our band of MapRun planners, please get in touch. I have already provided two on-line training sessions and would be happy to run more. If you fancy trying your hand at Open Street Map development, again please get in touch. If we each ensure our local area is correctly mapped, we can help develop our local orienteering.

In this issue, you will also find articles from both Keith Willdig and Maureen Webb about MapRun, giving you the competitor's viewpoint. Keith has been developing a lot of courses for OD and was the planner for one of our Winter League events. If your Christmas present was a suitable Garmin watch, you can use this for MapRun instead of your phone, so what is holding you back from trying it?

Simon Starkey

LEI Mapping Coordinator

LEI MapRun Administrator

To MapRun or not to MapRun

Lots of people are still not using MapRun, perhaps because they are not confident with it or the detailed technical descriptions describing how it works put them off. I want to point out upfront that mobile phone reception and signal strength does not affect MapRun in anyway, so you do not have to worry about that.

Before going further, having helped lots of people over the last ten months, I will start with a universal truth. If you have difficulties, **whatever the problem, it's your phone**. In short, MapRun will and does work – all the time. However, individual phone settings can affect how it appears to be working. Your phone does have to be set up correctly. There are so many different phones and alternative default settings that the only advice I can give here regarding setting up your phone is to ask a teenager – they never have problems on their phones with MapRun.

MapRun, which has now been with us for some time, and the other GPS systems out there, are best regarded as just another step along the evolutionary road of the sport, which has taken in control cards and pens, pin punches, electronic dibbers, SI & EMIT fly-by and now arrived at GPS orienteering. It is simply another wrap around the same sport that poses the same challenges it always did. Technical evolution moves on inexorably and GPS orienteering will become more prevalent as the next generation of satellites currently being launched provide even greater sensitivity. It is probably a delusion to think that we can ignore it during lockdown until everything gets back to normal because GPS orienteering is here to stay in one form or another.

In acknowledging that MapRun is really only traditional orienteering using a different dibber, I do hope that this article tempts a few more people to try it. The problems with some early courses are now behind us, as mappers and planners fully understand the slightly different techniques of producing good MapRun courses. Experience has demonstrated that MapRun technology consistently works and using the kit, once you get used to it, is like running with SIACs.

The fact that there is no big orange and white kite waving in the wind to draw us into the control actually can make the navigational challenge more interesting. It makes you realise how we stop navigating and just use our eyes to spot the kite using traditional kit. This was brought home to me on one of the first MapRun courses I did in an area of scattered small trees about 80m by 60m. On a traditional course, you would have run into the area, looked around for the kite and just run over to it. Using MapRun, this was not possible and you had to navigate right into the correct tree – a challenge made harder because a couple of other trees had controls on them as well.

Given I said earlier that, whatever the problem, it's the phone, one obvious approach is to take the phone out of the equation. You can run a MapRun course on any GPS watch or hand-held device that allows you to download your track over the ground. See details using the links at the end of this article for how to do it, or contact me. MapRun is integrated with some Garmin models, but other brands also work. In reality, GPS watches and devices have a better

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response than your phone because GPS is their primary purpose, whereas it is very much a secondary feature on your phone. In simple terms, your GPS device is recording its position pretty well constantly, whereas your phone does it less frequently and averages your position, which can mean it sometimes takes a second or two to catch up with your movement – particularly when you are in your best Usain Bolt mode.

Having said that, your phone **will** work and I depend on mine all the time. Have confidence in it. Here are a few straightforward tips:

- Get the phone settings right and test them on an easy/short course. Notifications from the MapRun App need to be allowed, which is by default on some phones, but not on others. If there isn't a teenager around to ask, refer to the links at the end of the article or check the BOF website where there are now lots of hints and tips.
- Make sure that your phone sound is on and turned up – you have to hear it over gasping breath and a pumping heart.
- Download the course at home because mobile signals may be weak near the start.
- When running, your phone may take a few seconds to catch up with your location, so you may need to pause for two or three seconds in the vicinity of the control.
- Remember that GPS accuracy is approximately 10m, both for you

and the control, so hunt around a little – just like finding a kite in a patch of thicket when you can't see it. It is there somewhere, but you might have to search around to find the right spot.

Using MapRun is essentially like using SIAC, except that it needs a slightly modified technique in the control circle. The last bullet point is the key point. Jane Stew describes using MapRun as running around looking for something that isn't there. That simple description outlines what we have to do in the control circle. You can't see it, your phone might take 2 or 3 seconds to catch up with your position and you may have to move around a little, but the control will be there.

On a vegetation boundary or other line feature, you will just run along the boundary and your phone will beep, so nothing will be apparent. It may sometimes be noticeable at a point feature, like a fence corner, because, when you arrive there, your phone may not have quite caught up with you, or the exact GPS location of the control may be 10m or so away. Just search around a little.

The best advice for someone getting used to MapRun is very straightforward:

1. Take care to set up the MapRun App correctly on your phone. There are tips in the guides referenced below and on the BOF pages, plus there may be a teenager around.
2. Try the App out several times on easy or short courses to get familiar with the way it operates. LEI and surrounding clubs now have loads of courses uploaded, so there will be some near you to try.



- Remember that you may have to search in the circle a little.

A couple of reference sites are shown below and there is a lot of information on the BOF site as well. Everything you need is on these sites, but get in touch with me if you want further help.

All that remains for me to say is just get out there and give MapRun a try. Hopefully, having read this, to MapRun or not to MapRun is no longer the question.

Happy MapRunning.

Keith Willdig

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[MapRunners - Home \(weebly.com\)](http://www.maprunners.com) – all the guides and technical help, including how to link a Garmin device to MapRun.

[MapRun Console \(fne.com.au\)](http://www.fne.com.au) – where to upload your track to MapRun, if you don't bother with the phone, and use a GPS device that is not linked to MapRun.

MapRuns

I, along with a few more LEI members, have run quite a few MapRuns and really enjoyed myself. It has been a great alternative to real events, which have been few and far between during the last 10 months.

My first experience was Allestree Park, accompanying Steve and Tracy Edgar once we could meet outdoors. It was in the early days of my recovery from my operation and I couldn't run or even walk very far at the time. Tracy and I walked around together, not really knowing what we were doing, so I was really glad I had taken a printed map with us, even though the numbers on the map were different to the ones on our phones (1st learning curve) and a little mystified as to why the signals on our phones went off in slightly different places (the one Tracy didn't like was when the control point was on a fence corner in the wood and my signal went off on the path and she had to fight her way all the way into the wood to get her signal (2nd learning curve).

Shortly after that, I met with Kevin to introduce him to it, which we followed up with the Martinshaw Score course. I couldn't get the start signal on my phone, despite wandering around the area for 15 minutes or more, upon which I gave up and went round with Kevin, using his phone. Even then, we had a great degree of difficulty, one signal registering about 100 metres from where it should have been, and eventually giving it up as a bad job.

With those teething problems out of the way, and lessons learnt, all runs since then have been much better, although there have been signal issues, but mainly in wooded areas. I have gone on to do about 50 MapRuns in total, although I'm not sure I'm getting any faster. I have made a list of all the LEI ones that I haven't done yet and am planning to do them once I am allowed back into Leicestershire.

If you are an orienteering enthusiast and haven't already tried it, get out there and



give them a go. Many thanks to the planners who have set them up for us. I have taken the following from MapRun and I hope I haven't missed too many who have done more than 10 runs.

Maureen Webb

Name	LEI runs	Other club runs	Total runs	Distance covered (km)
Jane Dring Morris	7	15	22	156
Steve Edgar	0	23	23	134
Kevin Gallagher	26	34	60	339
Maureen Webb	10	39	49	291
Simon Ford	13	3	16	93
Di Ford	11	3	14	86
David Cladingboel	37	6	43	312
Alastair Paterson	16		16	108
John Marriott	11		11	72
Adam Cladingboel	12	5	17	103

What is E-Temp 'O'?

What is E-temp 'O'?

TempO is the timed form of trail orienteering. In this discipline, you are seated in front of an area of terrain, in which six flags have been placed. Lockdown has seen a rise in this online form of orienteering while none of us can leave our houses. Visit the website <http://temposim.yq.cz/> create an account and select a training event.

When you key 'Start' and the first station has loaded, time starts ticking away. You see the photo with the kites for less than 5 seconds, then the first task is shown. There is a photo with the 6 kites, a segment of map with one circle on it and

a pictorial control description, and buttons A, B, C, D, E, F and Z. You have to decide which kite, if any, is at the centre of the circle on the map - and as quickly as you can! The kites are A to F, from left to right, and you key Z if you decide there is no kite at this point on the map; that can occur quite often. Speed is of the essence, but beware – a mistake costs 30 seconds in time, and the eventual winner is the competitor with the lowest overall time taken – decision time plus mistakes.

You've made your first decision, but there's no let-up: as soon as you've keyed your answer, task 2 comes up on screen – a new map segment with circle.

You try to get in the 'flow' – quick decision, but not too quick – trying to avoid a mistake. Each station has 5 or 6 tasks; once you have completed these, time stops and you can take a few deep breaths before embarking on Station 2 – a new venue with new photo and new map segments.

Virtual TempO, like real TempO, is great for improving your map-reading skills, relating map to terrain and vice-versa, and developing an eye for the most important details on the map. When you start on a station, sometimes it's quite hard to work out where you are on the photo and map, and where the kites are. TempO planners are very clever and imaginative! Like in real orienteering, quite a lot of training and experience is needed to get really good. The top stars in E-TempO are lightning fast.

The Torus Cup (over 500 entrants)

The original Torus Cup ran in the spring with 8 events, and this was followed by another series of 8 events at the end of the summer. Here, an event was 5 or 6 stations of 5 problems to solve and was quite intense. LEI had some good results, especially in the team competition where the team consisting of Esther, Iain, Zara and James finished 20th.

The Torus Advent Calendar

Esther writes: They've been around for a few years, but at the end of last year I was particularly delighted by the range of 'online advent calendars' available: from music, to crafts, to acts of kindness. There was also an orienteering one - the TORUS advent calendar. This e-tempO series was based entirely in Finland, and had 2 or 3 stations to complete each day of advent. There were two classes in which to compete - A (advanced) and B (basic). I understand the pictures were sometimes the same, but you were up

against a different standard of competitor. Some stations were much harder than others, which reflected in my day by day results varying from 4th down to 200th! Usually, it's the forest ones which are much harder for me (than urban or park) because the features may be less distinct or not mapped (e.g. boulders and crags that are too small), so it's much harder to match the photo to the map. For at least one station I had to wildly guess every answer!

Iain writes: 2-3 stations a day with 5 problems each was just the right amount of TempO to keep me interested. I experimented with morning, afternoon, evening - warming up to see if I could improve my results, which didn't start as well as I wanted to. With 18 of the 24 events counting, I could afford a few off days, but had too many. I finished 139th out of just over 500 on the A class, with Esther 59th out of 360 on the B class. With James and Zara spending their time moving, LEI dropped a bit in the Teams class.

Toremoos

As we prepare this article, we are in another e-tempo, with 3 stations per day for 12 days, based in Milan and planned by top Trail Orienteer, Remo Madella. For more explanation, look at Ben Kyd's (MDOC) Youtube videos explaining his thinking - search for 'The Orienteering Kyd'. After 3 days, Iain is 94th and Esther 135th out of the 610 entrants (so far). Can we make the top 100? The aforementioned Ben Kyd is leading the competition.

Getting Involved

If you would like to get involved in e-tempo, either competitively or just for practice, visit <http://torus.yq.cz/> and register for an account. You can take part in competitions from this page, or



enter the TempO simulator where you can access training exercises. It's fun, great for your terrain to map skills and completely free. If you have any questions or would like some more guidance, please do ask us. We can

even do coaching over Zoom!

Iain Phillips and Esther Revell

(Some of the text for this article was kindly provided by Clive Allen)

Orienteering - 'The' Woodland Sport.

Where would we be without trees?

What does the future hold?

For a start, we would not have a sport as we know it. Trees could be said to be our best friends. They are certainly our best defence against global warming because individual trees take up carbon as they grow, and store it until they begin to decline. Continuous cover woodland acts as a carbon sink (store), constantly recycling the carbon as old trees die and rot, and new trees grow

Trees are the largest living things on earth and the longest lived. There is a Yew in the Brecon Beacons thought to be 5,000 years old. The Major Oak in Sherwood has a girth of over 25 feet and is thought to be 1,000 years old.

Trees benefit us by providing a rich diversity of habitats for wildlife, beautiful scenery and places for our sport, or just quiet recreation.

Wood has lent itself to many major steps in man's development. The first quasi humans came down from the trees, and hunted and foraged in woods, taking a big step forward when they learned to make weapons and tools. The earliest wooden tools found date back over 400,000 years. Another great leap forward was the burning of wood to cook food and keep warm, followed by wooden

shelters. Wooden structures aged over 7,000 years have been found. Within Bradgate, recent excavations have discovered one of the earliest known settlements in what is now England. Without our oak trees, we would not have had the ships to discover new lands, and eventually trade all over the world, building an empire.

Trees and woodlands provide space for nature and have a role providing habitats, essential corridors, food and sanctuary for a range of species. We need to encourage the natural colonisation of land with trees to connect and expand habitats and woodlands. It may also include even the reintroduction of formerly native species of creatures, such as lynx and wolves, to keep wildlife in balance and protect new woodlands from damage, in particular by deer and grey squirrels. We should certainly be encouraging the spread of others, such as beavers, dormice, pine martins and goshawks, where they will help enhance biodiversity.

At the same time, when planning for new trees and woodlands, we must not destroy other rare habitats, such as peat moorland.

The government's wish is to increase tree planting across the UK to 30,000 hectares of tree planting per year, within 5 years, and keep doing that for 25 years. That is the equivalent of over 42,000 football pitches each year or 1,000 Bradgate Parks. We will eventually get new areas, but most of us won't live to see them reach sufficient maturity.

Establishing trees along rivers and within water catchments will help regulate water flow to reduce flood risk: stabilise riverbanks, cool water with their shade and reduce pollutants that might otherwise drain into watercourses. They can also provide homes for wildlife and corridors along which they can pass.

Where water courses pass close to trees, they can pick up woody debris which can act as natural leaky dams, slowing water flow, providing a natural form of flood management, helping sediment settle and providing new habitats within the water course. Beavers have the same effect.

New planning rules make it easier to build in the countryside, but is that really the answer?

We cannot create land, so where industry has spoiled land, we should restore it as has been achieved by the National Forest, who have planted on former coal mines and turned many areas into varied woodland landscapes for local people to enjoy and wildlife to thrive in.

Trees should benefit everyone, in our daily lives, wherever we live. All new streets should be lined with trees. We need to ensure appropriate trees are incorporated in all developments

Retail outlets are closing in droves and people are moving out of towns because of Covid-19. Who knows, the next generation of orienteers may be staging major events in large central parks where cities used to be.

Roy Denney
Access Development Officer

Out and About

One of the hardest things to find in the modern world is solitude. Those of us who like to wander alone in the high mountains, especially in the far north, can find those wonderful occasions where you think you are the only person on earth and you can quietly take in the majesty of the natural world. Unfortunately, closer to home, no matter where we wander, we are never far from the works of man and the noises our 'civilisation' creates.

If, like me, you like really long walks and, inevitably, need early starts, you can sometimes find that in the hour after day breaks, if you don't make any noise, you will find magic moments when you come

upon wildlife which will be long gone when the world of man awakens. This is very often the case when out mapping, planning or controlling an event, and I miss being fit enough to do this anymore.

One valued wildlife area is alongside Gilwiskaw Brook, which is great, but from our point of view too sensitive to allow us to run in some of the tender schemes developed there by the National Forest partners. There is, however, the chance of an event area nearby. Trees are great habitats and do wonders for our general health, not least as carbon soaks, but they are also essential for our sport.

The National Forest Company has

planted almost 300,000 trees in 2020, with another 18,000 trees dedicated by individuals to be planted by March

They are also planning exciting restoration of the former Minorca Surface Mine. There will be a large lake and extensive woodlands with numerous footpaths, and it is close to other woodlands created under their tender scheme in the Gilwiskaw Valley, so there is a sizable potential area in the making.

They bought the eastern part of the area early in the year and are planning to buy the rest shortly, adding another 100 acres. The new area is bound to the north by Sweystone Road and to the south by Bosworth Road, while the western boundary is formed by Gallows Lane. All three roads are lined by mature hedgerows, trees or woodland belts, providing a natural gene pool to feed the new plantings proposed. The land slopes from north to south and is laid out in blocks, with hedge rows ultimately offering route choice options. The NF proposes an area predominantly of parkland, containing small groups of trees to the north and west of the lake. This approach complements the more open design to the east of the Gilwiskaw Brook, where parkland and retained open mosaic habitats are included. About 150,000 trees will be planted, but with copses and blocks ideal for orienteering. It will effectively extend and enlarge the valuable wildlife corridor, giving many species a boost.

The swift is in trouble. There are many reasons for this, but our modern homes do not provide the nesting sites they used to. Swifts are the fastest bird in a self-powered, level flight, reaching speeds of almost 70 miles an hour. Just think of the midges and mosquitoes they can catch! Let's do ourselves a favour and help them. They are magic birds and rarely land, often only once every 9 or 10

months. It's hard to believe, but they mate and even sleep on the wing, and they have been seen doing so as high as 10,000 feet. When they are migrating, they have been seen at nearly 19,000 feet. The astounding statistics don't end there, as some fly as far as 17,000 miles to get here, and even in the nesting period will still forage, covering 4,000 miles each week.

Swifts nest in holes, often inside old buildings, and new buildings don't afford these opportunities. Bats similarly are struggling for much the same reasons and they also eat millions of midges, etc.

It is not all doom and gloom, though. It has to be said that even in a fairly enlightened UK, we are pushing some species to local extinction, but some creatures are 'bucking' the trend and are doing too well.

When fit, I do still try to wander out in the very early morning, and one of the more interesting species I sometimes come upon is the attractive little roe.

One of our few native deer, the roe deer was largely extinct in many areas of England 50 years ago, but names associated with it were everywhere. How many pubs called the Roebuck or the Buck Inn have you come across?

These entertaining little deer are now making a comeback as woodland cover is increased, and are greatly helped by the reduction in gaps between woodland blocks, which is being brought about by the creation of community woodlands near habitation. They are now widespread in many areas where they had been missing for years, and there are thought to be between 400,000 and 600,000 of them now in Britain. You can see how common they once were, not only in the names of pubs, but also the names of villages, like Bucknall, Buckfast,

Buckfastleigh, Buckenham, Buckhorn, Buckhaven, Buckerell, Buckminster, Buckden and Buckland. It is odd how some animal names invade our language.

Another animal that intrudes on our everyday language is the wolf. The wolf hasn't existed in the wild in Britain since the 1700s, but has never really left us.

We wolf down our food and keep the wolf from the door. We suffer from lone wolf attacks, but sometimes cry wolf. We have a wolf in sheep's clothing and have been thrown to the wolves - and women are all too familiar with wolf whistles. We have the poisonous plant 'wolf's bane' so named as it is dangerous, and there is another plant named as wolf-like because it survived in remote, wild places. As such, it was described in Latin as *genius lupinus*, its name pronounced 'loopin' (the Lupin).

It is a strange juxtaposition that these two animals should feature so much in our language, because if we had not interfered, one would be the prey of the other. Much as I love to watch deer and, indeed, to eat them, they are becoming a serious problem. They breed rapidly, and with no predators they are getting too prolific. Desperation and near starvation in some areas is pushing them into suburban gardens, doing much damage, and in the countryside they attack crops and stop the natural regeneration of our woodlands.

Even in the far north of Scotland where we have not done much harm to the environment, the deer problem is obvious. As we walk those remote places, one thing we will not see is the natural regeneration of the Caledonian Forest. Deer have put paid to that.

We cull hundreds of thousands of deer each year, but are not keeping up, so

perhaps we should bring back the wolf. Unfortunately, once we break the normal food chain, we always reap the consequences. Reintroductions are part of the answer, but restoration of habitats is more important.

We are restoring natural moorland by blocking run offs and replanting native species, including sphagnum moss. We have now realised that this is one of our best defences against flooding lower down, and that peat is our most effective carbon capture.

If you go down in the woods today, you may well get a big surprise.

As the National Forest has shown, as we protect and expand our woodlands, a number of other creatures are making a comeback, with some surprising outcomes. Woodlands help to clean up our air, providing sustainable timber, as well as the provision of leisure and sporting areas to the health and general wellbeing of the wider population. They are also recreating, at least in part, the sort of conditions for long vanished creatures.

When we stage events, we do disturb wildlife, but studies have shown that as we only visit a given area infrequently, and we spread ourselves out around the woodland, creatures soon settle down again.

The polecat is on the comeback trail. It was, until fairly recently, thought to be only surviving in Scotland and part of mid Wales, but recent sightings have shown that it has re-colonised woodlands in much of central and southern England. With a suitable habitat, these creatures quickly fill any environmental niche, as they are prolific breeders. These wild 'ferrets' with their masked faces have large litters of kits, often of a dozen or even occasionally more, and they are



voracious killers, which should help to keep the population of rabbits down, and, perhaps more importantly, the rapidly expanding population of rats.

The elusive pine marten is also staging a recovery. Having been thought to be down to less than 1,000 a few years ago, there are probably about 6,000 now. They are shy, largely nocturnal creatures, once only surviving in the highlands and a few scattered pockets of northern England, but are now being spotted in all sorts of places, the latest being Shropshire. They are creatures of woodland and often make homes in hollowed out trees, and they love to feed on plump and slow grey squirrels. This gives the reds a chance, and where pine martens are creeping in, reds are recovering.

Another 'exotic' worth a mention is the beaver, which had been extinct in Britain for four hundred years. Following releases in Argyll and Tayside, Scotland has now declared it a native and it is doing very well, thank you. There are also breeding colonies in the south west of England. These vegetarian creatures usually make nests in river banks, thereby creating slow water run off and, as a side product, change the local habitat, providing refuges for many other creatures. They do feed largely on bark, but with Forest Enterprise moving away from commercial forestry and taking steps to restore natural woodland, this is not seen as an unacceptable threat. They rarely cut down trees for dams, unless in very rocky terrain.

The wild boar is again now not uncommon. They became extinct in Britain in the 17th century, but escapees have bred enthusiastically and they are now widespread. At the right density, wild boar are good for woodland because their rooting about for acorns, beech mast and other fruits and nuts disturbs the soil and

encourages biodiversity, but they are getting out of hand. Bring back the wolf?

Otters are repopulating more and more of our waterways and they out-compete mink, which are in decline. Mink predate on creatures that otters do not, so those creatures are making a come back, including moorhens and our old friend 'Ratty'.

One thing we must accept is that predators are very much part of the natural balance and help keep the herbivores in check. If wolves are a step too far, what about the Lynx? It was once native, but then so were bears not that long ago.

Closer to home and just outside the NF boundary, as the Glenfield tree warden, I am celebrating having managed, over the last 10 years, to acquire 2,500 trees for nothing, which have been planted in the village. I have encouraged the parish to buy 200 mature trees as well, and developers have planted several thousand more. The parish have taken over 10 new open spaces and further amenity land has been created as part of the development. Now becoming a garden village, we probably have 400 acres of new amenity land and close to 10,000 trees. There is event potential here now.

When planning events, we must choose control sites with sensitivity, especially near wildlife pockets and during the bird nesting season in particular, and, if visiting such areas for general recreation, we must take care not to spoil what we have gone out to see.

Next time you walk out, tread lightly, talk quietly and keep your eyes open.

Roy Denney

The Idiot's/Retired Man's Guide for Help in a Pandemic

Retired Man has not been happy at the way his orienteering lifestyle has changed. He has missed the running, the training, the socialising and endless conversations about errors in mapping. Instead, he has tried to adapt to the 'new normal'.

Go Orienteering

He has printed off maps, used his mobile phone as a dibber and run at Beacon Hill, Martinshaw, Western Park, and Dishley, but often finds himself running in the fading light as the dark nights creep up on us (perhaps he should have got there earlier, or run faster).

RM was engrossed in a 'Train Tracks' puzzle in 'The Times', whilst waiting to go to the Club Champs at Burbage Common. He keeps asking me, "What time is it?" until he is late and has to hurry. He ran in retro 'O' kit: navy blue with a big central pocket across the chest, with his trademark rip in the trousers, of course. The orienteering controls were divided between 3 maps of different eras: 1974, 1989 and a new map. About 60 LEI and invited guests ran the courses and RM returned with a commemorative, golden coloured, insulated flask, decorated with the LEI fox logo.

He also ran on a downloaded map of Mountsorrel, and a few days later returned again to try and improve his time, only the phone battery expired just before he finished.

My diary entry for SUNDAY November 1st reads, 'John has not gone to the Burbage 'O' event today, mainly because

it was yesterday.'

Sometimes, RM's 'O' trips can be useful to deliver Christmas cards or do some shopping. Western Park is not far from the new Morrison's, but I had to do without margarine as he was 'too muddly to go inside the shop'. The Tesco shopping resulted in a surprise, squeezey mop, "but where's the milk?" He likes to go to Aldi; it's the 'man aisle'. However, he was not impressed with the new store in Beaumont Leys, as the 'man aisle' had disappeared to make way for their Christmas stock. Bah Humbug!

He is keeping in touch via club Zoom meetings and formed a quiz team with Iain Phillips, Alastair Paterson and Debbie Matthews. They did rather well, but all he could remember were questions on beer symbols and matching 'O' controls to photos. Currently, he has been exercising his brain on the 'Spot the Difference' competition of 2 maps showing Turloof Nature Reserve in the CompassSport magazine.

Try Radio Orienteering

Bob T and the radio 'O' team want to promote their sport and have invested in new equipment to lend to other clubs. The bits and pieces for RM to build 10 receivers arrived in September. RM is trying to wind thin wire around a ferrite rod and insert this into a plastic tube without the wire being pushed off. Can I stop making marmalade and help? Can I find some brown paper? Have we got some suitable glue? Grrrr.... RM has to make several trips to Stanton under

Bardon, where Tim has a special tool for sucking out solder when you have fitted a component in the wrong hole in the circuit board (and you have done this ten times).

Willersley Woods was the venue of a radio event, and on the Saturday RM returns from putting the transmitter wires up the trees. He is messing about with the transmitters in the kitchen and has to be told to turn the noise down as it is frightening the grandchildren. On Sunday, the event goes okay; he had been able to compete in the separate afternoon event and, best of all, he had not got wet.

Attempt DIY

There's something wrong when your foot goes through the shed floor. Tiny holes = woodworm. RM has to replace several planks - not an easy job - and the shed gets a good clear out. The next brain teaser is re-threading the harness straps in a child's car seat when you have decided the covers need a wash - poking downwards with long knitting needles, pulling up with strings. Have we got it threaded right? No. Start all over again...

'Cream until light and fluffy. Do not skimp on this important section' quotes Delia Smith on making Christmas cakes. So, my mixer creams and creams, and the mix is fluffy, but what's that smell and why is smoke appearing from the motor? I open doors and windows to get rid of the 'pong'. RM takes the mixer to pieces with glee; he loves mending things. I finish the cake and feed it with brandy for the next few weeks. Lovely! Forty years of flour and cocoa powder are cleaned out of hidden spaces, new brushes arrive in the post and my Kenwood is as good as new.

The printer is only 20 years old, but decided to no longer respond to switch on messages. The circuit board needed

replacing - not exactly an easy job. RM thinks he has finished, but where do those extra 4 screws belong?

RM has fun trying to work out which is the front and which is the back of a small drone, as the instructions are written in a Chinese version of English. The drone has a long piece of string attached to it before it takes off in my kitchen.

Keep in touch with your family

When restrictions were not as harsh, we visited the Lego exhibition in New Walk museum. The last exhibit was the best: a huge model of St. Pancras station, including the hotel and statue of Sir John Betjeman, who spearheaded a campaign to save the station hotel from demolition. Three year old Charlie loved to see the Lego man sitting in a hotel bath.

Stonehurst Farm, in Mountsorrel, has a collection of old farm vehicles and implements. A photo shows grandfather RM and Charlie, both with expressions of 'just let me get at those with my screwdriver and hammer'. They have also looked from the official viewpoint at the huge diggers and massive trucks working in the local quarry.

Low-key celebrations of our 39th wedding anniversary included a Zoom escape room challenge with extended family, where we solved puzzles to a murder on a plane. My birthday celebrations included a visit to Whatton Gardens, where we lost John in the Chinese garden and had to phone to find him. However, his phone was confiscated on Christmas Day as he was being anti-social. The Christmas quiz included the following question. I think the answer is supposed to be informative, but it made me cruelly laugh:

Q. Where is the HQ of the British



Dyslexia Association?

A. Reading (which could be pronounced 'reading').

Keep fit

RM was given a new keep fit watch for Christmas, with lots of different functions. He is supposed to do 8,300 steps a day. RM spends the whole day binge-watching back-to-back episodes of 'Top Gear' and doing crosswords - 620 steps must be upstairs, downstairs and trips to the loo. He jokes, "I'm setting the base line for the watch."

After accusing me of stealing his walking socks, he has explored the Copt Oak, Warren Hills, Timberwood Hill and Iveshead areas, and has been inspired to think 'orienteering possibilities'. However, he was not best pleased, after a Saturday walk near Swannington Incline and a visit to the paper shop, to find that 'The Times' has increased in price from £2.20 to £2.50.

He has done several walks between our house in Cropston and Suzi's cottage in Newtown Linford.

After a 'boys' night out', he leaves the car in Newtown Linford, setting off at 10.45pm, in temperatures of -2C, to cross the fields to the Tyburn gate of Bradgate Park. "I only fell over 3 times and just once in a ditch...." The next day, he needs to collect his car and I suggest he cycles to Newtown Linford. "No, I can't do that." "Why not?" "My bike is in the back of the car."

Keep up your outside interests

The campaign for the preservation of the environment (CPRE) is mainly via Zoom meetings, and RM has been advising on issues with new local housing estates

and traffic problems.

The 'Stop HS2 Railway' campaign has been taken up by the environmentalist, Chris Packham, and an online petition reached the required 100,000 signatures very quickly. So quickly, in fact, that the supporter who promised to drink a pint of beer for every 2,000 signatures had to amend this to every 10,000 signatures in order to protect his liver from alcohol poisoning. If you wish to add your voice to this campaign, just Google 'Stop HS2 Petition'.

Follow health advice

We are following the Covid rules: hands, face, space, etc. and (romantically) have been together for our flu jabs, administered by a young dentist who spends two days a week involved in the flu vaccination programme. We will be happy to have the Covid jabs when it is our turn.

Personally my own advice is:

- Stay Home
- Make Marmalade
- Save the NHS

Irene Marriott



Octavian Droobers - The Answer

In the last newsletter - autumn 2020 (the LEI 50th edition) - Irene asked the following question:

Orienteering became a weekly passion and we went further a field to other club areas, not just the monthly LEI events. Most clubs had sensible initials, e.g. NOC and SYO, but how do you explain OD Octavian Droobers?

Keith Willdig has supplied the answer:

The recent LEI News celebrating the club's 50th anniversary was really interesting – perhaps because I worked for GPO Telephones when the club was founded at our Glen Parva Training School and knew several of the people involved. I well remember John Sutton telling me about ‘cunning running’ many times – I did wonder what he was on about, though! In ‘Retired Man’, Irene raised a question about OD’s name, so I thought it worth clearing the confusion. It all started at King Henry VIII school, in Coventry, when Ted Norrish, the classics master at the time, was a top class athlete who rubbed shoulders with the likes of Gordon Pirie, Chris Brasher, Derek Ibbotson, Bruce Tulloh and other classic names of British distance running at the time. It’s hard to consider now, but these international athletes also competed in the early orienteering events, and Ted was also drawn into the sport. He then set up an orienteering group at the school, which included Bob Brandon, whom many LEI members will know. Like all school masters at the time, Ted had a nickname – The Droob. Couple that with King Henry VIII and it is

easy to see why the club he set up at school became Octavian Droobers. Bringing things right up to date, Ted still keeps an eye on the club, and Bruce Bryant and myself were very pleased to receive an email from him a couple of months ago to express his pleasure about the MapRun events we were putting on for members during lockdown. The following article tells the story, along with a photo from 1968, when Ted represented GB.

Orienteering History at King Henry VIII

In September, 1965, Ted Norrish, Classics master at our school from 1959, and head of department from 1972 to 1987, competed in one of the first orienteering events to be held in Britain, on the South Downs. He finish seventh out of about one hundred runners, ahead of Olympic athletes, such as Gordon Pirie and Bruce Tulloh, and enjoyed the event so much that he decided to form a Henry’s orienteering club. He then invited those who might be interested, and the following week took a small group to our first training introductory event in Sutton Park. Among them were four Henry’s pupils, who went on to achieve distinction: Robin Harvey, who was awarded the OBE for making the maps of the first world orienteering championships held in Britain, at Aviemore in 1976. Richard Haw, who was elected treasurer of the newly-formed British Orienteering Federation after he left our school. John Walker, who later left for Australia, introduced there the sport of orienteering – founding the Red Rhooos, to be a brother club to the Octavian Droobers. Bob Brandon, who has held the OD together from 1965 to this day – as

competitor, equipment officer, event organiser, map drawer, vetter, coach and chairman; the great successes of our pupils today at home and at international level would not have been possible without his commitment through all these years.

The Henry's Orienteering club was one of the first clubs to be formed in Britain, and probably the second schools' club. In November '65, our boys were entered into the Midland Championships, in Mortimer Forest, near Ludlow, and for this event Ted Norrish and Hugh Allan (an English master, who later introduced the sport of orienteering in Washington DC) decided on the club's name - Octavian Droobers (OD). At these championships, the club achieved its first successes - John Walker and Greg Thompson, competing as a pair, won the junior event, and also the club won the team event - a very successful start for our school club. Geoff Courtois (PE and English master) helped with transport and decided to compete as well - soon achieving some success. In Spring '66, Ted and Geoff organise our club's first small event, in Wappenbury wood, where competitors from

Coventry and Warwickshire schools were invited to take part, and gradually the word was spread. In the summer of 1966, Bob, Peter and Sheila Carey, the Olympic athlete, were invited to an event on Cannock Chase to be our first outside members. The

same year, Robin Harvey and John Walker (as juniors), and Ted Norrish were selected to represent GB at Ronneby, in Sweden. In 1968, Ted competed and represented GB over the severe course of the 24 km mountain 'Fjell-lunken', in North Norway.

In the early seventies, our school club had two English schools' champions - Gerald Van Hee and Mark Holliday. In the World Championships of 1976, a Henry's orienteer and fell-runner, Peter Haines, was selected to represent GB juniors, and he ran extremely well. In July, the Junior World Championships will be held in Bulgaria, in Borovez, and his daughter, Florence, has a good chance of being selected for GB. Ted hopes to be there to cheer her on. It is certain there will also be some ODs competing, and perhaps some from Henry's, too. Our club has long been acknowledged to be one of the leading clubs in Britain, with a reputation for staging well-organised first-class Midland and National orienteering events, and we are all proud that Henry's pupils have achieved recently international successes.



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 - £36.

Warm-up jacket - £32.

Also available, warm up bottoms - £20.

Summer League 2020 (abbreviated)

Final Top 28 Places

Pos	Name	Class	Club	Best 7	Handicap	Attendance	Total
1	James Rogers	M21	LEI	730	730	70	800
2	Alastair Paterson	M50	LEI	526	611	70	681
3	Kevin Gallagher	M70	LEI	452	597	70	667
4	Ed Young	M50	LEI	522	605	60	665
5	Roger Phillips	M40	LEI	548	592	70	662
6	David Cladingboel	M50	LEI	497	577	70	647
7	Tom Hartland	M45	DVO	475	532	70	602
8	Peter Chick	M75	LEI	377	513	70	583
9	Maureen Webb	W65	LEI	378	499	70	569
10	Stephen Chafer	M50	LEI	420	487	60	547
11	John Marriott	M70	LEI	348	460	60	520
12	Jane Dring-Morris	W50	LEI	382	459	60	519
13	Roger Edwards	M70	LEI	347	457	50	507
14	Ursula Williamson	W55	LEI	348	432	70	502
15	George Normand	M75	LEI	326	444	50	494
16	Steve Edgar	M50	LEI	371	430	60	490
17	Chris McCartney	M50	OD	385	446	40	486
18	Kevin Bradley	M65	LEI	318	407	60	467
19	Peter Leake	M80	LEI	292	397	60	457
20	Andy Ward	M21	LEI	404	404	50	454
21	Chris Phillips	M70	LEI	290	383	70	453
22	Alison Hardy	W50	LEI	334	401	50	451
23	Chris Bosley	M70	LEI	296	391	50	441
24	Bruce Bryant	M60	OD	318	394	40	434
25	Ernie Williams	M75	LEI	267	363	70	433
26	Simon Ford	M75	LEI	273	371	60	431
27	Adam Cladingboel	M20	LEI	332	346	70	416
28	Ian Wilson	M50	LEI	305	354	40	394

Photo Gallery: LEI Club Champs 2020



Simon Starkey



Bob Titterton



Donald Moir

Photos taken by the finish line camera.

Dave Anderson



Ernie Williams



Peter Chick

