

JK 2024 Sprint Hosts



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Retired Man Chronicles

Iain at WTOC22

My Experience of Laggania

Winter League Table



Spring 2023

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*Front cover: Ellie at Lagganlia 2022.
Photo: Wendy Carlyle*

Points from the Editors



Welcome to the latest edition of the LEI News and a belated Happy New Year!

Well - a new year and a new start. We both hope to be out orienteering a little more often this year, starting with the CompassSport Trophy at Beacon Hill on 12th February, which will soon be upon us. I hope that lots of you have signed up to take part in this important event for the club (see page 4 for details).

It's good to hear about the success of our juniors (see page 5), as well as reading Ellie Simpson's article on her experience of Lagganlia (page 12). Congratulations, Ellie, on being selected to attend!

It was good to read Iain's article on WTOC (page 14), and hearing about other forms of orienteering. To be selected at world level is an excellent achievement - well done, Iain.

John has been up to various antics again - see Retired Man chronicles (page 19), We're impressed with his use of Thomas the Tank Engine!

Don't forget to book your place for the Annual Presentation Dinner and Awards Evening on Saturday 18th March (see page 9 for details). The deadline for bookings is 10th March, so still plenty of time to consider your menu choices.

See you at the CompassSport Trophy!

Wendy and Alan West



Ramblings from the Chair



Happy New Year to you all! I hope that Santa has brought you all a new piece of kit or other piece of equipment that will make all the difference to your

performance in 2023. The club will need you all to be on top form, as this year we host the East Midlands heat of the CompassSport Cup at Beacon Hill on 12th February. It looks like it will be our largest event in the area for a while, with a number of large out-of-region clubs choosing to attend the event.

While I have not managed to do much active orienteering in the last few months (I hope to address this in January), as planner of the Beacon Hill event I have been pretty busy. As this is my first Level B event as a planner and my first with an out of region controller, it has been a new challenge and I have learnt a lot in the process. Thank you to Andy Yeates for his help and guidance as controller at Beacon. A special thank you also to Don Moir for updating the map over December and January. There have been quite a number of changes in some areas and Don's updates have been a big help in the planning process. Please make sure you let the club captain know that you will be available to run.

A few more dates for your diary: Saturday 18th March is the annual club dinner and awards evening at Longcliffe Golf Club. It will be good to see as many of you as possible at the event, and especially the trophy, cup and league winners from

2022. Your attendance makes the evening what it is. Please see the flyer on page 9 for details of the event and meal options.

In October, we will be hosting the British Schools' Score Championships at Martinshaw. I am sure that we will be need plenty of helpers, so please look out for any requests that are posted.

The winter league is now coming towards its end, with the final event at Watermead on 4th February. It looks like Ed De Salis-Young will be hard to catch in this year's competition.

Planning for the summer league is well underway, with the first event scheduled for Cademan on 18th April and running through to Aylestone, the final event, score cup and presentations on 16th August. If you are interested in planning one of the events, even if you have little/no planning experience, please let Jane Dring-Morris know of your interest. Training and support will be supplied.

Looking further in to the future, but an event I am sure you will all be hearing much more about in the coming months, is the LEI day at JK 2024, where we will be hosting the first day's sprints at Loughborough University. I'm sure if he hasn't already, day organiser, Iain Phillips, and/or the team leaders will be in touch to sort out the helpers and to allocate roles in the near future. I'm looking forward to assisting Steve Edgar, who is the planner for the Sprints. Another new challenge and more to learn in 2023!

Steve



Captain's Corner



The last part of my contribution to LEI News in Autumn 2022 mentioned the CompassSport Trophy and the fact that LEI are hosting a qualifying heat at Beacon Hill.

Following further email contact, I am pleased to see that, as I write, there are 48 members signed up at The Start Kite to take part. Hopefully, with 10 more days to go before I must submit our team sheets, we may have a few more entries – we are getting close to half of the membership so far (59 would be half). By the time you read this, the event may have already taken place and we could be off to a final again. It will be somewhere in the South West - Gare Hill, near Frome, Somerset, or the Forest of Dean, hosted by BOK.

With such a lot to read these days, it has become increasingly challenging to catch somebody's attention. Not everyone uses all media for a start. At LEI, we have Twitter, Facebook, weekly messages from RE telling us what is coming up and, of course, LEI News, which, if you are reading this right now, shows this

particular medium for getting information out to members is working for you. How about a WhatsApp group for up to the minute info on events that are coming up, or being cancelled, like the Dishley Urban last December? This idea came up when I was chatting with Iain Phillips. Is it something that you would be interested in? The bottom line is getting more people involved, more often. Please do give your views using the questionnaire sent out by Roger Edwards.

Today I was a lone competitor from LEI at a SYO event at West Haigh & Howell Woods. It was a good event and some part of the woods were very runnable, as they had no brambles - not just died back brambles, but **no** brambles! I find it worthwhile trying different places, as it really improves my orienteering. You may notice in the aforementioned questionnaire that training and practice in the Lakes – training on Saturday and an event on Sunday – could be a possibility this Autumn. I went to this in 2021 and it was an enlightening experience to say the least. The orienteering challenge was turned up to 11. I would definitely recommend attending if you are able.

David

Club Night

From January, club night is held on Tuesdays at the Groby building dining hall. Club night runs from 6.30pm to 8.00pm. For full details, see the club website or contact Derek Herd (07920) 090299, Derek@herd.kiwi.



Junior Captain's Corner



Happy New Year to you all! 2022 saw the return to 'normal' orienteering post-Covid lockdowns: at Easter, the JK took place for the first time since 2019; in

the summer, national training camps for juniors were able to take place without Covid-19 restrictions impacting training and accommodation; and in September, juniors were able to fly to JIRCs in Northern Ireland.

This year, we saw notable performances from many LEI juniors: Daniel Glover and Ellie Simpson were selected for the 2022 Lagganlia training camp; Eoin Simpson, Ellie Simpson, Daniel Glover, Robyn Jarvis and Libby Barber were all East Midlands champions; Eoin Simpson achieved 2nd place at the JK; Ben Glover won the LEI Score Cup, and Felix Jarvis and Robyn Jarvis were LEI club champions. Well done to all!

In September, several LEI juniors also attended the Junior Inter-Regional Championships (JIRCs) that were held at

Tyrella, near Newcastle, in Northern Ireland. The terrain posed a significant technical and physical challenge with intricate contour detail, scattered gorse bushes and few paths. The juniors did well and managed to secure an overall 10th place. As a second year W18, this was my last year competing at JIRCs with the East Midlands team. It was definitely one to remember – the malt loaf inspection by airport security, experiencing the freezing cold Irish Sea and working as a team in the arcades to win a Bluetooth speaker that turned out to be quieter than our phones were a few of the many highlights – and I wish all of the juniors the best of luck for future years.

Other significant events for juniors this year included the British Schools and British Schools Score Championships that took place in November and October. Well done to all of the LEI juniors that competed. Those that finished in the top ten are shown on the following page.

Well done to all LEI juniors for a successful 2022. We look forward to more events and training opportunities in 2023.

Libby

Rankings

Don't forget: rankings can be found by looking on the British Orienteering website at www.britishorienteering.org.uk/rankings.



Top 10 Performances from Major Championships

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

British Schools' Score Orienteering Championships 2022 - Shipley Country Park, Heanor, 8th October 2022.

Year 8 Boys 4th Eoin Simpson

Year 12/13 Girls 6th Robyn Jarvis

British Schools' Orienteering Championships 2022 - Graves Park, Sheffield, 20th November 2022

Year 8 Boys 6th Eoin Simpson

Year 10 Boys 4th Daniel Glover

Year 10 Girls 6th Ellie Simpson

Year 11 Boys 2nd ... Ben Glover

Year 12 Girls 7th Robyn Jarvis

2022 East Midlands' Urban League

Junior Men 1st ..Daniel Glover

6th ..Eoin Simpson

Junior Women 1st ..Ellie Simpson

6th ..Cerys Glover

Veteran Men 1st ..Andy Nicholls

Vet. Women 3rd ..Jane Dring-Morris

9th ..Carol Stynes-Martin

10th Jo White

S. Vet Men 6th.. David Cladingboel

7th.. Alastair Paterson

10th Jonathan Lee

S. Vet Women 3rd.. Alison Hardy

9th.. Ursula Williamson

Ultravet Men 4th.. Roger Edwards

7th.. Kevin Gallagher

9th.. Andy Portsmouth

Ultravet Women 5th.. Maureen Webb

Hypervet Men 5th.. Peter Chick

8th.. Peter Leake

9th.. Simon Ford

10th Ernie Williams

H'vet Women 7th.. Diane Ford

2022 EMOA League

Yellow Male 1st Hugh Chester

Orange Male 1st Daniel Sothard

4th Peter Leake

Orange Female 1st Karen Ives-Smith

3rd.... Cerys Glover

4th.... Cindy Chafer

L. Green Male 1st Felix Jarvis

5th.... Eoin Simpson

L. Grn Female 1st Susan Grant



St. Green Male 1st...Bob Titterington
 2nd ..Matt White
 3rd ..Kevin Gallagher
 6th ..Peter Chick
 7th ..David Anderson
 8th ..Peter Leake

St. Grn Female 6th ..Maureen Webb

Green Male 4th ..Roger Edwards
 5th ..John Marriott
 6th ..Chris Bosley
 7th ..Andy Portsmouth

Green Female 2nd ..Ursula Williamson
 3rd ..Karen White

4th ..Jane Dring-Morris
 6th ..Robyn Jarvis
 7th ..Carol Stynes-Martin
 10th Jo White

Blue Male 4th ..Alastair Paterson
 8th ..David Gladingboel

Blue Female 2nd ..Alison Hardy
 8th ..Esther Revell
 9th ..Toni O'Donovan

Brown Male 1st ..Ed de Salis Young
 3rd ..Andy Glover
 4th ..Andy Nicholls
 9th ..Andy Ward

Club Chat

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

Gary O'Connor

Colour coded awards were recently achieved by the following club members. Colour coded awards are based on being within approximately 50% of the average time of the first three competitors.

Colour Standard	Member
Orange	Karen Ives-Smith



The following BOF Incentive Awards have recently been achieved by members:

Racing Challenge

Bronze 4 Stars: Felix Jarvis
Silver 3 Stars: Karen Ives-Smith
Silver 5 Stars: Mike Dallaway
Silver 5 Stars: Jo White
Gold 3 Stars: Daniel Stothard
Gold 4 Stars: Eoin Simpson

Navigation Challenge

2 Stars: Aidan Chester
2 Stars: Hugh Chester



In the 2022 UK Orienteering League (UKOL) Club League, LEI had one counting team and we were positioned 46th out of 108 teams. The team comprised:

Ernie Williams (M80), Andy Simpson (M45), Alastair Paterson (M55), Toni O'Donovan (W40), Donald Moir (M85), Peter Leake (M80), Alison Hardy (W55), Emi Grover (W20), Ben Glover (M16), Andy Glover (M40), Roger Edwards (M70), Peter Chick (M75), Steve Chafer (M55), Libby Barber (W18) and David Anderson (M80).

In the 2022 UK Orienteering League, Individual League, the following were the top ten placed LEI members out of 2648 competitors:

Donald Moir 177th 343 points
Toni O'Donovan 188th 341 points
Andy Simpson 314th 292 points
Andy Glover 526th 228 points
Alastair Paterson.. 842nd 148 points
Ben Glover 848th 147 points
Steve Chafer 871st 143 points
Alison Hardy 945th 131 points
Peter Chick 1027th 121 points
David Anderson 1166th 98 points

The following are the top ten LEI orienteers in the British Orienteering rankings as at 31st December 2022:

Pos.	Nat.	Pos.	Name	Points
1	78.....	Andy Simpson	8038
2	262.....	Andy Glover	7633
3	334.....	Ed de Salis Young.....	7510
4	353.....	Ben Glover	7479
5	465.....	Toni O'Donovan	7346
6	491.....	Andy Nicholls	7308
7	727.....	Andrew Ward	7058
8	892.....	Steve Chafer	6892
9	1036....	Alastair Paterson.....	6752
10	1045....	David Cladingboel.....	6746

Moved jobs lately?

Did you quote your old work email address to BOF when you joined?

If this is the case, please update your new contact email address with both BOF and our membership secretary, Roger Phillips, by email: rogerphillips34@gmail.com to ensure your contact details are updated.



LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

Saturday 18th March, 2023. Gather from 7.00pm, seating at 7.45pm.

Longcliffe Golf Club, Snell's Nook Lane, Nanpantan, LOUGHBOROUGH. LE11 3YA

A dress code is in operation: No denim, t-shirts, trainers, etc. Gentlemen in jacket and tie, and ladies in suitable attire.

First Course Choice:

Homemade wild mushroom soup with tarragon infused cream
or Smoked salmon and prawn salad with thousand island dressing
or Duck liver and orange pate with red onion chutney and melba toast
or Fan of melon with a seasonal berry compote

Mains Choice

(all served with fresh seasonal vegetables and potatoes):

Chicken wrapped in bacon with a white wine cream sauce
or Braised blade of beef with a mushroom and shallot jus
or Baked supreme of salmon with a garlic and herb sauce
or Vegetable nut roast and mediterranean ratatouille (V).

Choice of Desserts:

Apple and cinnamon crumble with custard
or Treacle sponge with custard
or White chocolate and Baileys Irish cream ganache tart
Or Mulled wine and winter berry eton mess

Followed by: Tea/Coffee and Mints

Cost per Person: £25.00 Guests are welcome.

Bookings should be made by 10th March, 2023, via the club online entry system at <http://ow.ly/T4gU50Mn57G>

Dishes may include nuts, gluten and dairy products. If you have any special dietary requirements, we will accommodate them, within reason, or if you wish to be seated with somebody in particular, please note this on the online entry form.

Payment ideally should be made directly into the Club's bank account, account number 74893286 at sort code 09-01-54, giving your name as the reference. Alternatively, a cheque may be sent to the Treasurer (Simon Ford), made payable to Leicestershire Orienteering Club.



Club Championships 2022

The 2022 Club Championships were held at Queen Elizabeth Diamond Jubilee Wood on 9th October. This was followed by a buffet lunch and the presentation at Moira Village Hall. Chairman and planner, Steve Chafer, presented certificates to the winners of each class. A big thank you to Ursula Williamson and Chris Phillips for organising the buffet lunch.



Libby - 1st W20 to W55



Roger - 1st M60 to M70



Ursula - 1st W60 to W70



Robyn - 1st W18 & under



Felix - 1st M12 & under and Light Green colour code award.

Colour Code Awards

The following colour code awards were presented at the club championships.



Cindy: Orange



Ian: Short Green



Karen: Green



David: Blue



Andy: Brown

My Experience of Lagganlia

Lagganlia is an under 14 junior orienteering training camp organised by the Junior Regional Orienteering Squad (JROS) that takes place every summer for a week, near Aviemore. The week was really enjoyable, a great way to meet new people and, of course, fabulous training.

Twelve girls and twelve boys are selected for the tour each year and through all of the spring races last year, I was really focused on selection - my dad always said the tours were amazing, so I wanted to try to get onto one. On a few occasions, I was close to the automatic qualifying standard, but annoyingly a silly mistake often took it out of reach. So I had to wait nervously to find out if I would get in, based on the selectors' decision - which I did and I was really excited. So, I was off to Lagganlia at the end of July for a full week of orienteering training.

The evening we arrived, the coaches put on an activity to help us to start learning names and get to know each other. After that, the structure of a day usually consisted of practice exercises/courses in

the morning, a race of some sort in the afternoon and a debrief in the evening, in a group of four with two coaches. Then, we would be told where we were going and what we were going to be doing the next day, along with a PowerPoint showing us different techniques to improve our orienteering. The week was very useful for me and improved my orienteering a lot.

Here is an overview of what we did each day:

Day 1: Moor of Alvie - contours, compass bearings and pacing. Map walk and short courses followed by a star relay.

Day 2: Roseisle - line course and a choices course, where we had 10 normal controls and we had to pick 2 diversion controls to run to.

Day 3: Creag Beag - 800m time trial (400m on a path and 400m in the forest) and a few exercises further up the open hill. Peg race.

Day 4: Glenmore Lodge + Badaguish – knockout sprint races, rings over pond, strength work and a swim in Loch Morlich.

Day 5: Culbin - course on a simplified map of Culbin that we had drawn ourselves. Odds and evens relay.





Day 6: North Granish - Tour Championships and balloon relay

If you would like to see a short video of what the tour is about then watch here: <https://youtu.be/a8Z1-wTBw34>

If you want to find out more, then I'm happy to tell you more about it. Also, you can find out about selection on www.jros.org.uk. Selection for the camp is usually based on races in the spring - the British Long Distance

Championships and the JK look like they will be important races next year. With the 12 best athletes in M14 and W14 selected, it's not easy, but if you are interested, then train hard, go to as many races as possible and keep trying (and good luck)!

Ellie

Don't forget!

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

Iain at WTOC 2022



controls right on the PreO, I joined several on the same score. Unfortunately, my timed control tie break performance was poor, partly as the chair broke when I sat on it (no comments please)!

We then moved down the road for WTOC. With only a competitive run in the TempO available to me, all my other performances were

informal attempts at the main courses.

Having had a reasonably successful ETOC (European Championships), I made my case for a selection at the WTOC (Worlds) and, somewhat surprisingly, was selected, again just for the TempO discipline. With there being only one relay time, relay selection was unlikely, and indeed so, as our previously successful team of Tom Dobra, Charles Bromley Gardner and John Kewley were the team again. WTOC also invited up to 2 juniors to join the team. In the end, it was quite a large contingent with Ian Ditchfield joining me in the TempO, Nick Barrable for the PreO competitions, and Ben Kyd and Dom Wathey joining as juniors. These two had performed well at online TempO throughout lockdown and beyond, with Ben regularly finishing at the top of these competitions.

We arrived at the official WTOC hotel, which wasn't as nice as where we had been for the pre-WTOC event. However, there was a nice park across the road, with a parkrun (not for me) on Saturday morning. The GB TrailO Team made up a good portion of the field that Saturday. Mixing with the other teams, we reacquainted ourselves with people we had met at previous events, and juniors from other countries seeing Ben Kyd (the Virtual TempO wizard) for the first time – "That's Ben Kyd from the Internet!".

We started with the pre-WTOC event very close to WTOC itself, in Jelenia Gora, Poland. Here, a TempO was followed by a PreO, and I achieved mid-table results in both. I would have hoped for something better, but with 25 of the 27

We proceeded through the model event to get used to the terrain and types of problems. Then the relay, the TempO and the PreO competitions. The P-class relay team finishing on the podium in 6th place – a wonderful result for them. Notable GB performances in the PreO from Tom Dobra (TVOC), with one of the highest GB PreO finishes ever, and Ben Kyd (MDOC), with what we think is the best Open TempO performance of a GB Team member ever.



One of the planners had promised me a proper polish beer in advance of the event, which he passed to me as I was finishing the PreO course. Not being allowed to drink alcohol in GB kit, I carried it back to the hotel and shared it with a few colleagues later on.

The final event (after the final prize-giving) was the banquet - a good time with our new world champions, partying and not thinking quite so much about orange kits. Team GB were the best dressed team, with Union Jack bowties for the men going down very well with our international friends.

My TempO was unfortunately one of my worst results ever, but I suspect I was going down with Covid at the time. However, it was great to be away and it was the week of the hottest weather in the UK - not quite so hot in Poland. Having tested positive for Covid in the airport car park on my arrival home, I was

met by Thomasina wearing a mask, poked into the bedroom and not allowed out until I tested negative 9 days later - probably the longest time I had spent upstairs in my life. Once the worst of the symptoms were over, I spent the time sleeping and was able to text my children when ready for food or other supplies, so not all bad news.

Iain Phillips

Photos by Natasza Figiel



LEI Events Coordinator

Since knowing we were taking over as events coordinators some time ago, Jane and I have had several meetings with Chris and Ursula (our respective predecessors) to transfer all the knowledge they had built up over many years. The task is quite daunting.

So far, we have had three events scheduled: Bagworth Middle Distance, Boothorpe and Dishley. Bagworth went well when the rain stopped and saw LEI's first league level TrailO event. This was part of the British Trail Orienteering League, planned by Peter Hornsby, receiving a great review on the TrailO review of the Year (available on British Orienteering's website). The Foot O was well-planned by Ed Chester, and controlled by Steve Chafer, with the two events working well together. The main complaint from the planner was the typical Leicestershire vegetation. Organising duties fell to me. The rain was hard and I've not been that wet for a long time.

Boothorpe also went well - drier and colder, but we entertained a good number of orienteers. Peter Hornsby was planning (again), Simon Starkey was controlling and Esther Revell organising. Thanks go to Maureen for mentoring Esther.

It was unfortunate that Dishley coincided with the only cold snap on that side of

Christmas, leading to icy streets and a frantic meeting between the organiser, planner, controller and me the Saturday before, and the eventual postponement of the race on safety grounds.

One of the main changes to the way we do events is to enter online using The Start Kite. This system, built by Andrew Ridgeway of NOC, brings us several advantages. We no longer have to deal with money at the events themselves, as people can enter, even on the day, via the website – a website that works very well on mobile devices from a car park. This reduces work for the organiser, especially at level D events. We also have a better idea of the number of people attending, meaning that we can print closer to the correct number of maps, and save both money and the environment (and LEI) from unnecessary printing.

Looking to the future, we have several big events coming up. The CompassSport Cup and trophy heat at Beacon Hill on 12th February, the British Schools' Score Championships in the Autumn (2023) at Martinshaw and day 1 of the JK 2024 at Loughborough. There will be many calls for volunteer help as the events approach and more news on these events in future editions of LEI News.

Iain Phillips

Getting lost? Need to relocate?

Download the relocation strategy document from the club website in the orienteering skills section.

https://www.leioc.org.uk/wordpress/lei_members/Relocation%20strategy.pdf



Retired Man Chronicles: The Cat Sat on the Mat and Other Stories

We have had an explosion in Cropston by the reservoir dam. A pressurised water pipe burst. RM is pleased to have wriggled through the fencing to view the blast crater close up. His luck changes when later he fails at Wordle (Answer PAPER), which ends his winning streak of 142 and he has to start at zero again.

RM travels with Alistair to The Meadows, Nottingham. Oh dear! He has been beaten by Andy P and blames it on being 'stuck in a corner' when he erroneously thought there was a way out. "I must do more careful planning before I run," he says.

Having forgotten his own wise words, he reports, "I got stuck behind a big hedge, near Aldi" after the night excursion at Woodthorpe. But steak and a pint at 'Spoons has cheered him up.

Competitors at the September Radio O event in Bagworth had found the undergrowth difficult to negotiate. Chocolate Man, aka David Williams, looks at RM's bleeding scratches on arms and nose, and comments, "Go orienteering. Give blood."

The Club Champs took place in QE Diamond Jubilee Wood - another 'got stuck in a hedge' event, so he didn't become club champion (as if!), but did beat Andy P, and returned home with his sandwiches and even more food, as he had forgotten there was a free meal, too.

RM and Bob T attend the Newark Radio Amateurs Show to recruit new radio orienteers. Other stalls were selling aerials, poles and electronic equipment, so I was very surprised when RM returned with

two big bags of pears. "Can we eat 4kg of pears before they go mushy?"

John was not impressed with the street O map of Stamford, as he thought the canopies and alleyways did not show up clearly. But the weather was beautiful and, after washing last week's sweat off his mini glasses in a nearby stream, things improve. His enjoyment of the event increased when he learned he had beaten Andy P again. Not everyone uploads their run and I ask why. "They might have forgotten or did not want to show they went through the out of bounds," John retorts.

We are in chaotic times. Kwasi Kwarteng is now ex-Chancellor of the Exchequer and PM Liz Truss is about to resign. There is to be a rapid election for a new leader of the Conservatives, as we can't go through another 6 weeks of a mud-slinging campaign. Even the disgraced Boris returns from holiday and may put his name forward for the ballot. In the end, Rishi Sunak is PM of a country in financial difficulties and fuel prices soaring because of the ongoing war, as Russia has invaded Ukraine. The crisis hits home and RM comments. "There's no steaks in 'Spoons and the price of beer in Aldi has gone up'. I have done a disservice here to RM, as he is not so self-centred nor politically unaware.

November arrives and RM is trying to get fit for the weekend's O event in the New Forest, and has decided on an evening run up 'Old John' and back. I return dripping wet from the Brownies' bonfire on the rainiest night ever to find him sitting on the floor with his back to the radiator,



trying to get warm.

November 11th - Remembrance Day, and a light hearted news report of eleven sheep at Great Easton sporting poppy patterns on their fleeces, created with animal-friendly red and black dye. More seriously, the Grenville Tower disaster report was published. RM has been following the enquiry very closely. Mismanagement, greed and buck-passing feature strongly in the report; people need to be held responsible for the many deaths, as the tower set on fire because of the cladding on the exterior.

In his research for CPRE, John visited the nearby housing estate, Verdant Rise, that is under construction on the borders of Birstall, Thurstaston and Beaumont Leys. He has a leaflet from the show home promoting the 'nearby attraction of Bradgate Bakery', i.e. the sandwich factory, near Walker's Crisps, and listed under 'Local Transport' is the Great Central Railway, with a photo of a modern train from Germany. The CGR is a steam railway operating at weekends and Wednesdays. Where do they find their facts?

RM arrived home after visiting the All-estree event with Chris B. Sitting on the settee and wrapped in his big towel after a soak in the bath, he was looking through the results. I asked how he fared today. "Everyone named Glover has done very well," was the reply, so we moved on to solve the crossword, a favourite weekend task.

Recently, there had been a crossword clue 'Historic records (6)' and we have A-N - - - . I worry that the RM Chronicles might become the butt of bum jokes if I change the title to RM Annals!

The next day is a busy one for news: Ukrainian soldiers have freed Kherson from eight months of Russian occupation.

The liberated residents were waving Ukrainian flags to welcome their soldiers, painting flags on their faces and even dressing their dogs in national flags.

The UK has done another deal, the 5th one, to pay French police to patrol the beaches in an attempt to reduce the number of migrants setting out on the dangerous crossing of the English Channel.

The BBC is celebrating, as it is a hundred years since the first radio broadcast by the British Broadcasting Company (now 'Corporation') The 6pm News was first read at normal speed and then again slowly for those listeners who wanted to make notes. How quaint!

The night O around Glenfield streets and golf course was followed by food at The Railway, with Roger E, Chris P and Ursula. RM had run past, and missed out, control 7, and taken 66 minutes. So a couple of nights' later, RM ran the course again. He forgot his compass, but took 46 minutes and visits all the controls. Is it cheating to upload this new time to the results ?

Here begins the saga of the cooker hood extractor fan. Making jams and marmalades, etc., involves steaming up the kitchen, unless the extractor fan is working. The sliding switch on the fan has been broken for many months and, to avoid electrocuting myself, I have been poking it into action with a wooden skewer. RM dismantled the broken fan and decided it was too old and not fit to mend. This is unusual, as RM has a passion for mending things. Marks Electricals is not far away and he returned with a new extractor fan but, oh dear, it was slightly too small and disappeared up the hole in the cooker hood. Let's hope he can return it and get his £35 back. After all, we had only taken it out of the box and wrappings. Phone calls and emails over several days mean, yes, he could



take it back, but RM had to make more phone calls before the money was re-funded.

The old extractor bits come clean in the dishwasher and he orders a new multi-switch from China, with buttons for the light and 3 different speeds. Ten days later, the switch arrived but, oh dear, the buttons were diamond shaped, not circular, and didn't fit his plans of drilling them. There was another wait for the correct shaped ones to arrive, along with new light bulbs and filter cloth. I now have a lovely working unit, and after 41 years of marriage, I should have known RM wouldn't be satisfied unless he had a go at mending things.

The football World Cup began in Qatar, amidst controversy over the treatment of migrant workers, who built the infrastructure for the tournament to take place, as well as the authority's stance on people who are LGBTQ+. The evening kick off for England v Wales clashed with a score event in foggy QE Diamond Wood. Discussions in Ashby 'Spoons included the dangers of a night event in a large area, such as QEDJ wood, on a cold, foggy night, with few orienteers to form search parties.

At the beginning of December, both RM and I succumbed to Covid, although RM seemed to be afflicted more than me. Once he no longer tested positive, he entered 'The Outwoods' evening event. It was very cold and RM wrapped up well in warm, black clothes with a hood "You don't look like you are going to orienteer, more likely to rob a bank!" He did not stop at the pub, then moaned that a 'smoked mackerel sandwich is no substitute for a 'Spoons curry' and 'these are strange tasting grapes'. That's because they are blueberries.

For his last O event before Christmas, RM travelled to Walesby, and even re-

membered to give out Xmas cards. RM reported that Andy P had missed out a control but, oh dear, somehow Chris B spilt hot coffee onto his shoes and feet - ouch!

Roy D had organised a get together for Plaid Coalville in The Rock bar/cafe, Meadow Lane, Coalville. It is not far from where Pete Leake and Ernie W live, and on a bus route for those not wanting to drink and drive. It was good to see people I had not met for maybe a year. Many are fatter/thinner, going bald/growing beards, retired/changed jobs/moved house, etc. It was good to see Bob H, who is recovering from operations. We are all a little older (and wiser). Roy was handing out free copies of 'The Leicestershire Drinker' magazine, of which he is editor. Ernie had his famous hand-drawn Xmas cards, which he gives to everyone, a task made more difficult when he dropped the pile on the floor and they fell out of alphabetical order. The conversation turned to windscreens, as I hear Sue B is hoping hers is mended before she travels to Exmoor for Christmas. If you have half an hour to spare, ask Ursula about the leaky windscreen, torrential rain and the ruined electrics of their camper-van. Answers to 'How are you spending Xmas?' varied between a 'relaxed, visiting the relatives' to a 'dreaded invasion of family for days on end.'

We spent Christmas with our daughter and family, in West Wittering. After a long drive, the next morning RM was a little late for breakfast and made a dramatic entrance knocking the baubles off the Christmas tree and trying to eat nuts in his breakfast without taking the shells off. In his Christmas cracker, RM found a joke, a yellow paper hat and a mini pack of cards. He insisted on checking that there were 52 cards and 2 jokers, then spilt wine on them!

In the charity shop, I had found a 500



piece jigsaw street map of Stamford and, knowing RM had recently orienteered there, gave it to him as a Christmas gift. "I remember this alleyway; I ran across here," says RM, slotting in the pieces.

New Year's Day found RM dissolving pieces of an old 'Thomas the Tank Engine'. The toy was made of a suitable plastic to become a paste with acetone, and mended the hinges of his laptop.

New Year, new age group, as RM moves up to M75, and the transport to his first event is arranged with Iain Phillips at an evening in the (famous for its pies) Jolly Farmer's pub. But a phone call on the Saturday morning from Iain began: "I've made a mistake..." They need to leave for Eccleshall NOW, not in an hour's time. RM was just about ready, but forgot his GPS watch. Oh dear, Iain injured his leg early on, but RM and David C 'got round OK' in sunshine, when here in Leicestershire, we had endured all day rain.

The next day, we visited the grandchild-

ren, in Loughborough. Teaser, the ginger tom cat, has taken up residence here most days, although his real owners live a few doors away. RM sat on the sofa, next to the cat, as it slept curled up, head on one side, then watched as Teaser woke, stretched, then curled back to sleep again. So, you would think that later he would remember that it is not a ginger cushion, but a cat. Andrew screamed, "Don't sit on the cat," as RM's bottom was heading downwards. The cat awoke, leapt in the air, knocked toys over and rushed to hide behind a settee; Teaser may have been partly squashed. Gradually, the cat emerged from its hiding place, but disappeared as I approached. "Why blame me? I didn't sit on you." Enquiries next day revealed the cat was fine. "He's eaten two breakfasts."

"I wish I had some suitable shoes for the gym," said RM, as he hurried out of the door for the first club night of 2023 at Brookvale College. Oh dear, he was shivering, wet and miserable on his return.

They had practised aiming off in the cold, rainy fields and streets of Groby, and not exercises in the warm gym of the college that he had hoped for. Sitting in damp clothes in the pub, he did not enjoy the pie, chips and prices, either.

Thursday afternoon and even more orienteering was possible at Nuneaton. Several other LEI members also competed in the sunshine and they visited a new 'Spoons for curry and a pint at reasonable prices. RM returned home a much happier bunny.

Happy New Year everyone!

Irene Marriott



John fixing the laptop with bits of 'Thomas the Tank Engine'.



Winter League Table (abbreviated)

Current Leaders as at 17/01/23

Pos	Name	Class	Club	Best 5	Handicap	Score
1	Edward de Salis Young	M50	LEI	481	558	558
2	Roger Edwards	M70	LEI	372	491	491
3	Tanya Taylor	W50	LOG	390	468	468
4	Tom Hartland	M45	DVO	415	464	464
5	Ben Shannon	M35	LEI	406	422	422
6	Ed Cochrane	M35	NOC	397	412	412
7	Roger Phillips	M45	LEI	351	393	393
8	Andy Portsmouth	M65	LEI	305	390	390
9	Chris Phillips	M75	LEI	259	352	352
10	Ursula Williamson	W60	LEI	271	347	347
11	Andy Glover	M40	LEI	304	328	328
12	Kevin Bradley	M65	LEI	255	327	327
13	John Marriott	M70	LEI	245	323	323
14	Kevin Gallagher	M70	LEI	233	307	307
15	Alison Hardy	W55	LEI	217	269	269
16	Andrew Ward	M21	LEI	269	269	269
17	David Cladingboel	M55	LEI	221	265	265
18	Jo White	W45	LEI	227	263	263
19	Jeffrey Baker	M70	LOG	194	256	256
20	Chris Bosley	M75	LEI	188	255	255
21	Matthew Birkett	M45	LEI	220	247	247
22	Alastair Paterson	M55	LEI	197	236	236
23	Susan Grant	W50	LEI	194	232	232
24	Peter Chick	M75	LEI	168	229	229
25	Chris McCartney	M50	HOC	197	228	228
26	Iain Phillips	M55	LEI	187	225	225
27	Zeph Grant	M50	LEI	190	220	220
28	Andy Nicholls	M45	LEI	192	215	215
29	Steve Edgar	M55	LEI	173	207	207
30	Robert Titterington	M80	LEI	149	203	203



Summer League 2023

The fixtures are listed on the following pages. The events are informal, usually with a social element. Weekday starts are staggered from 6.30pm to 7.30pm and courses close at 8.30pm. (These times may be advanced by 30 minutes at either end of the season). For details of the event type, i.e. score, classic or sprint, check on the LEIOC website.

Competitive events will use SI electronic punching (£1 hire). Entry fees: seniors - £5.00, non-BOF seniors - £6, full-time students & working age unwaged - £2.50, juniors (or family group shadowing their juniors) - £1.50. For results, please see www.leioc.org.uk.

Please confirm arrangements, either with the organiser or league co-ordinator. League scores are on standard handicaps, giving everyone a chance of success in the league if they perform as well as their age would suggest they should. Overall, it is the best 10 events to count, with a sub-league of sprint/urban events, with the best 4 counting. All events include a technical course. There will be an introductory level course for novices and young children, and, where practical, an intermediate, standard course.

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.



February 2023		
4th Saturday	LEI EMOA Local D	LEI Winter League 8, Watermead Park, Thurmaston, Leicester. LE7 1PN SK605106
5th	LOG EMOA Regional C	EM League 2023, Chambers Wood, Lincoln. LN8 5UR. TF142747. what3words:arts.scorched.pirate
12th	LEI EMOA National B	CompassSport Heat, Beacon Hill, Loughborough. LE12 8SP, SK510145
18th	WIM SWOA Major A	British Night Championships (UKOL), Ringwood. Moors Valley Country Park, Ringwood. BH24 2ET
25th	DVO EMOA Regional C	EM League 2023 Birchen Edge (UKOL), Chesterfield DE45 1PU. SK279721
26th	SYO YHOA National B	Northern Championships & YHOA Super League. (UKOL), Burbage, Sheffield. S11 7TW SK272808
March 2023		
5th	NOC EMOA Regional C	EM League 2023, Silverhill Wood, Sutton in Ashfield. NG17 3HJ.
11th	SBOC WOA National B	Welsh Championships (UKOL) & SBOC Winter League 13. Margam Park and Graig Fawr, Port Talbot.
19th	LEI EMOA Regional C	EM League 2023, Burbage Common, Burbage.
25th	BKO SCOA Major A	British Orienteering Championships & Southern Championships (UKOL). Cold Ash, Newbury.
26th	TVOC SCOA Major A	British Relay Championships, Hambleden, Henley on Thames

Without self discipline, success is impossible, period. Lou Holtz



April 2023 Cont.

2nd	WAOE EAOA Regional C	Peterborough Urban, Peterborough.
2nd	OD WMOA Regional C	Bentley Woods South—WM Champs. Atherstone CV9 2LB
7th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL), Lancaster University, Lancaster
8th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Middle Distance (UKOL), High Dam, Newby Bridge
9th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Long (UKOL), Bigland, Newby Bridge
10th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Relays, Dale Park, Satterthwaite
13th	LOG EMOA Local D	Spring Series. Stoke Rochford, Lincoln NG33 5EJ SK918280
16th	NOC EMOA Regional C	EM League 2023 & YBT Heat. Byron's Walk, Hucknall. NG15 0DQ
18th Tuesday	LEI EMOA Local D	LEI Summer League 1, Cademan. LE65 5AQ
23rd	DVO EMOA Regional C	EM Urban League 2023, Buxton
26th Wednes- day	LEI EMOA Local D	LEI Summer league 2. Leicester Castle, Urban Sprint
30th	SYO YHOA Regional C	YHOA Super League. Wombwell, Sheffield
30th	NOR EAOA Regional C	Dereham Urban, Dereham



May 2023		
2nd Tuesday	LEI EMOA Local D	LEI Summer League 3. QEDJ Wood. LE67 2TD
4th	LOG EMOA Local D	Spring Series, Hartsholme, Lincoln. LN6 0EY SK946695
6th	NIOA Major A	British Sprint Championships, Armagh City, Armagh, Northern Ireland. (UKOL)
7th	NIOA Major A	British Middle Distance Championships, Drumkeeragh Forest, Ballynahinch. (UKOL)
11th Thursday	LEI EMOA Local D	LEI Summer League 4, Melton Country Park. LE13 1HP
13th	DVO EMOA Local D	Alvaston Park local event. Alvaston Park, Derby DE24 1AS
17th Wednes- day	LEI EMOA Local D	LEI Summer League 5. Billa Bara LE67 9TT
21st	LEI EMOA Regional C	EM Urban League 2023, Dishley Urban, Loughborough. LE11 4SQ
25th Thursday	LEI EMOA Local D	LEI Summer League 6. Castle Hill LE7 7AN
27th	WRE WMOA National B	Springtime in Shropshire, Day 1. Telford Town Park & Randle, Telford.
28th	HOC WMOA National B	Springtime in Shropshire & Midlands Championships (UKOL), Day 2, Shrewsbury
29th	WRE WMOA National B	Springtime in Shropshire, Day 3, Corndon, Montgomery
30th Tuesday	LEI EMOA Local D	LEI Summer League 7, Brocks Hill, Oadby

June 2023		
4th	EBOR YHOA Regional C	YHOA Urban League - York City Race, York.
7th Wednes- day	LEI EMOA Local D	LEI Summer League 8. Hinckley North West Urban. Clarendon Park, Rostron Drive, Hinckley. Event registered by OD. Organiser: Keith Wildig
11th	DVO EMOA Regional C	EMOA League 2023, Carsington Pastures
15th Thursday	LEI EMOA Local D	LEI Summer League 9. Burrough Hill. LE12 2QZ
18th	SYO YHOA Regional C	YHOA Urban League, SW Sheffield
20th Tuesday	LEI EMOA Local D	LEI Summer League 10. Hermitage (Coalville). Urban event
25th	BAOC NEOA National B	Harvester Relays, Catterick, Richmond
25th	LEI EMOA Regional C	EMUL 2023, Barrow Urban, Barrow upon Soar, Loughborough
28th Wednes- day	LEI EMOA Local D	LEI Summer League 11, Boothorpe. DE12 6EJ
July 2023		
1st/2nd	EPOC YHOA Regional C	YHOA Urban League - EPOC Urban Weekend, Horbury and Ossett
6th Thursday	LEI EMOA Local D	LEI Summer League 12, Markfield. Urban event

The wisest follow their own direction. Euripedes



July 2023 Cont.		
8th	CLOK NEOA Local D	Barnard Castle Sprint, Barnard Castle. Bowes Museum. DL12 8NP
8th	DVO EMOA Local D	Allestree Park Local Event. Allestree Park, Derby. DE22 2EU SK352408
9th	SYO YHOA National B	Yvette Baker Trophy Final, Sandall Beat, Sheffield.
11th Tuesday	LEI EMOA Local D	LEI Summer League 13. Bagworth. LE67 1DL
15/16th	CLARO YHOA Regional C	YHOA Urban Weekend (Possibly EuroCity Race, Harrogate)
16th	NOC EMOA Regional C	EMUL 2023. Newark Urban (TBC)
19th Wednes- day	LEI EMOA Local D	LEI Summer League 14. Bennion Pools, Urban Sprint. LE4 2LZ
22nd	AIRE YHOA Regional C	YHOA Urban League - Fat Rascal Weekend. Holt Park & Tinshill, Leeds
23rd	AIRE YHOA Regional C	YHOA Urban League - Fat Rascal Weekend. Whinmoor and Swarcliffe, Leeds
22nd to 28th July	MA SOA Local D	Coast and Islands 2023, Harris (and Lewis). See www.coastandislands.com for full information.
27th Thursday	LEI EMOA Local D	LEI Summer League 15, Anstey. Urban event. LE4 2LZ
30th/31st	SOA National B	Scottish 6 Days - Moray 2023 Day 1: Lossie Forest, Lossiemouth. Day 2: Darnaway, Forres (UKOL)

Where am I going? I don't quite know. A.A. Milne



August 2023		
1st to 4th	SOA National B	Scottish 6 Days Days 3 to 5 (Note this year is a strategic change from previous events. It will be a 5 day event, with the best 4 out of 5 runs to count).
8th Tuesday	LEI EMOA Local D	LEI Summer League 16, Knighton Park LE2 3RE
16th Wednes- day	LEI EMOA Local D	LEI Score Cup. Aylestone Meadows, followed by the summer league award presentations at the Bull's Head.
20th	LOG EMOA Regional C	EMUL 2023 Lincoln City Urban. Lincoln
26th/27th	EBOR YHOA	White Rose Orienteering Weekend, Yorkshire
September 2023		
3rd	NOC EMOA Regional C	EMUL 2023 Nottingham University Urban (TBC)
9th	SWOC WOA National B	Senior Home Internationals Individual & Welsh League Event. Merthyr Common South, Merthyr Tydfil
9th	AIRE YHOA Regional C	Dales Town and Country Weekend, Ilkley
10th	SMOC EAOA National B	Peter Palmer Junior Team Relays - Provisional. Buckingham
10th	SWOC WOA National B	Senior Home Internationals Relays. Clydach Terrace, Brynawr
10th	AIRE YHOA Regional C	Dales Town and Country Weekend & YHOA Super League and YHOA Championships, Conistone South, Grassington

Never say never because limits, like fears, are often just an illusion. Michael Jordan



September 2023 Cont.		
10th	DVO EMOA Regional C	EMOA League 2023. Kedleston Park, Derby
16th	SLOW SEOA National B	City of London Race (UKOL) Rothertithe, London
17th	LOK SEOA Major A	British Sprint Relay Championships, Brunel University, London
23rd	SBOC WOA National B	Junior Inter Regional Championships, Kenfig Burrows, Port Talbot
24th	SBOC WOA National B	Junior Inter Regional Championships, Margam Country Park, Port Talbot
24th	LEI EMOA Regional C	EMOA League 2023. Irchester Country Park, Wellingborough
30th	NGOC SWOA National B	Veteran Home Internationals Individual, Mallards Pike, Coleford
30th	NGOC SWOA National B	Caddihoe Day 1 (UKOL), Mallards Pike, Coleford
30th/1st	NN NEOA National B	October Odyssey Days 1 & 2, North East
October 2023		
1st	NGOC SWOA National B	Veteran Home Internationals Relays, Mallards Pike, Coleford
1st	NGOC SWOA National B	Caddihoe Day 2 (UKOL), Mallards Pike, Coleford

I've failed over and over again in my life. And that is why I succeed. Michael Jordan



Photo Gallery: British Orienteering Championships 2022 - 26th March



Daniel



Andy

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