

British Night Championships Host 2016



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



White Rose 2014

Junior Spotlight

Peter Palmer Relays 2014

Summer League Presentations



Autumn 2014

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Front cover photograph: LEI Peter Palmer relay teams & helpers.

Photograph.: Roger Phillips

Points from the Editors



Welcome to this edition of the LEI news. As usual, there are a diverse range of articles to educate and entertain you. We were really pleased to hear about

the junior members' success in winning the Joan George Trophy. Well done, juniors - you really are going from strength to strength! Thanks to the junior members who submitted articles. It is really interesting to read about what you get up to on these training camps, in particular the 'Date Nights' (see page 29 for more details...). Seriously, though, it's great to know that the juniors are getting excellent quality coaching, resulting in success for them and the club.

The White Rose event on the Bank Holiday August weekend was excellent as usual. Being by the sea gave it an extra special twist of excitement, especially on Day 2 when many competitors' best route choice was to run across the beach to their next control. I hope I didn't disrupt the game of beach cricket I crashed through the middle of! More information on the White Rose weekend can be found on pages 3 and 9, not to mention the photographs of podium winners on pages 10 and 11.

Roger Phillips is advertising club kit on page 19 - great for Christmas presents, but get your orders into Roger early.

As always, please continue to send your articles to wenandal@talktalk.net. Happy reading.

Wendy and Alan West



Ramblings from the Chair



Who likes questionnaires and surveys? Just about everybody we deal with these days wants to know “how they did” even if it’s just a quick purchase on the internet. There is, of course, a

reason why I have started this ramble with the previous sentence – but I’m not about to send you all a questionnaire, even though I’m keen to know what your thoughts are on the way we are going with the club. Firstly, though, an assurance that we are having a year off from Level A events in 2015 (sigh of relief?). We have done quite a number now and are among the most experienced clubs in the country. However, without fully sounding out the membership, the club is committed (pending various organisational details), to the British Night Championships in 2016 and the Midland Championships in 2018, as well as probably the British Schools Score Championship in 2017. Although some officials are being put in place, the club will need some new people in organisational and team leading roles. My question really is twofold: are you happy that the club is continuing with these high profile events and, secondly, would you like to get involved (please). The virtues of this type of activity has been put forward previously, but they do rely on a massive amount of support from members, which, of course, we have always received in the past. If you have any views, then please let me know.

You should all have received what has become our annual bulk posting to inform you of various events and to officially announce the AGM. This also includes

the details of the Club Championships on 5th October which has some new features and will be on a new and previously unused area. We will have electronic entry and timed starts, and I hope you are able to be there. The Winter League, as co-ordinated by Steve Edgar, has eleven events again (but this year six night events!), and then there are the Monday, Wednesday and Thursday Club Nights, as detailed by Howard Alcock. As Club Chairman, I would also like to commend the AGM to you on 27th October. It is your opportunity to see how the club is running, and there will be refreshments and a chance for questions and discussion, all at Glenfield Parish Centre.

Apart from our own Summer League, I’ve been out and about to a few events recently, not just in the East Midlands but also to the White Rose and the British Sprints and Middles. I always enjoy the White Rose, but this year’s was a bit special as it was based at Scarborough and we had an Urban event on the Saturday, rather than a traditional forest event. I even had company (thanks John) at the night event. The Sprints/Middles weekend was enjoyable, with an overnight camp at Shugborough. Keele University is not quite as complex as Loughborough, and I certainly noticed the difference in the bracken height at Brereton with a late summer event, as opposed to running there in the early spring.

One of the things that has struck me over the summer is that for social venues we seem to have done a ‘Grand Tour de Wetherspoons’. This has included Ashby, Oakham (both more than once), Coalville, Loughborough, Swadlincote and Wellingborough. Also, for those



travelling out of area, the list includes Scarborough and Stafford - quite an impressive list! Some of them are in really lovely buildings, and the major common denominator appears to be a lack of car parks, but not a problem for fit people like ourselves who don't mind a bit

of a walk.

Well, hope to see many of you at an LEI event over the winter, not forgetting the AGM.

Bob Haskins

Captain's Corner



The long road to success starts at 4.00am in a campsite in North Nottinghamshire. LEI's fantastic juniors managed to WIN the club's first ever trophy - the Joan George Trophy.

For those of you who don't know, the Joan George Trophy is a separate competition in the Peter Palmer Relays for teams whose total age is 90 or less. The same team were also 3rd in the Peter Palmer Relays, only 6 ½ minutes behind the winning team over a 6 leg course, totalling 25km. Hannah Cox and Nick Wilson also won medals for their individual performances. This year we had two teams in the relays, thanks to the hard work of Iain Tebbutt. Plans are already in motion for LEI to be defending our title in 2015.

It was a real privilege and a pleasure to be away with LEI's Juniors, who represented the club admirably, both on and off the field.

The success at the Peter Palmer Relays has somewhat overshadowed our best performance in the National Final of the Yvette Baker Trophy competition. This year we were narrowly beaten into 4th place by 1 point. This was a team effort

and every single one of the 25 juniors who made the long journey to West Sussex counted. LEI can be very proud of the enthusiasm and dedication shown by our junior squad. Qualifying for the final is no easy thing and requires not just junior orienteers, but support from parents willing to sacrifice a Sunday morning. The 2015 final is being hosted by our neighbouring club, NOC, and it would be fantastic if we could once again qualify.

In my time of orienteering, I have seen the Yvette Baker Trophy, the Peter Palmer Relay Trophy, but I have yet to see the elusive CompassSport Cup. It would be really great if, in March 2015, we could win our qualifying round and make my dream come true! I will shortly be asking for you to be part of LEI's team in the regional qualifying round of the CompassSport Cup.

Should you be lucky enough to make it onto the podium at an orienteering event whilst representing LEI, it would be great if you could wear an item of LEI clothing. The club now has an extensive range, alongside our 'O' tops. We have hooded tops, fleeces and the newly designed warm up suits from Siven. With Christmas only around the corner, these warm up suits will make ideal presents. The link to this order form can be found at www.leioc.org.uk

Roger Phillips



Junior Captain's Corner - EYOC 2014



EYOC 2014 was all about new experiences for me. It was the first time for me on an aeroplane, the first time representing my country and my first time orienteering in

the kind of terrain Macedonia offered: very steep, very runnable forests with huge amounts of contour detail.

I arrived at the hotel on the Wednesday evening and received my GB kit all ready for the next few days of competition. After a quick introduction to the rest of the team, we had an early night in preparation for the long day of travelling ahead of us.

I was very nervous the next morning, not because I was thinking about the competitions ahead but because of the flight. After a lot of stressing and constantly asking people what I was meant to do at each point, I got through check in and security, where we then waited to board the plane. Most of the team was very nice about the fact I had never flown before, but a few took it as an opportunity to scare me, as did a certain member of the club who attempted to tell me all about his crash landing just before I left. Despite this, I enjoyed the flight and we landed safely in Macedonia just under 3 hours later to some amazing views of mountains and large flat plains that stretched for miles.

We headed to the model 'long' area before we went to our hotel and went out in small groups to have a look at the land and how it was mapped. We tried some

legs so we could see which route choices would be best. Unfortunately, due to the 3 hour drive from the airport, we didn't have time to go to the sprint model event. However, Paul (one of the team managers) went and took photos so we had all the information we needed ahead of the event the next day.

I was in start block 1 for the sprint and would be third starter of the day. I was very nervous about the sprint and apparently this was obvious as Jackie took me aside and assured me that however I did it was all about the experience. This helped to calm me but the nerves were still there as I went into the start boxes. The sprint went really well for me. I started off slower than I normally would so I could look ahead at the rest of the course and make sure I didn't make any mistakes. This worked for me as once I got onto the second half, I really got going and picked up a lot of places. I ended up 23rd overall and 1st Brit on my course. I was really happy with how it had gone and that the heat hadn't affected me too much, so I felt a lot better about the 'long' the next day.

The 'long', however, did not quite go as planned. I picked up the map and was immediately scared; it was nothing like I had ever seen before! So many contour lines you couldn't see much else. I tried to concentrate just on the first leg and not look too much at the daunting legs ahead so I didn't make a mistake. I managed number one okay and felt a bit better about the course now I knew I could understand the map, just, and began planning the legs ahead. The mistakes came one after another from then on as the contours got harder and harder to read, as every re-entrant looked the same. I tried to keep my focus but the



heat was really starting to affect me. I eventually made it to number 6 with some quite big mistakes, but it was number 7 that caused me a lot of difficulty. This was the shortest leg on my course, but it took me the longest time. I'm still not entirely sure where I went, but after going back to number 6 I managed to find it - just a little over 20 minutes slower than everyone else! The heat was also starting to affect my asthma, so I had to start thinking about my breathing more than my map reading as I made another mistake to number 8. The last couple of controls weren't too bad, but I was going so slowly I couldn't go that far wrong! I did finish the course and, to my relief, I wasn't last! However, the drama of the day didn't finish when I punched the finish control. I had been trying to control my breathing all throughout the second half of the course, but once I had finished I couldn't control it anymore and had quite a severe asthma attack. The language barrier caused a few problems as well, as I tried to tell the first aiders between gasps of air that I didn't want whatever drug they were trying to inject me with for my breathing. Thanks to Fiona Bunn, I soon had my

inhaler and the first aiders were told quite firmly by one of the team managers that I didn't want the injection. An hour and a half later, I had finally recovered and was taken back to the hotel. Due to my asthma attack, it was agreed that I shouldn't run in any relay, as often something in the forest can make it worse and I didn't want it to happen again. Therefore, I settled for supporting all the GB teams as they ran in and out of the arena all morning.

The experience of my first international event has taught me a lot, not just about orienteering but also competing abroad and having to change your normal pre race routine due to where you are. I really enjoyed my time in Macedonia and I'd like to thank all the coaches at LEI and EMJOS for helping me to get there. Also, I would like to thank LEI for the funding, without which I wouldn't have been able to experience the amazing forests of Macedonia.

Hannah Cox



Hannah (far left) pictured with the rest of the EYOC team. Photo: British Orienteering.

Top Performances from Major Championships

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

British Orienteering Championships, Thrunton and Callaly, 31st May 2014

M10A 6thHarrington Leake
 M16A 9thFinn Lydon
 M70S 2ndEric Porter
 M75L 10thPeter Leake
 W70L 6thSue Porter

Lakes 5 Days, 3rd - 8th August 2014

Overall results Days 1 to 5 combined

M10A 7thHarrington Leake
 M80 7thDon Moir
 W16B 5thHolly White
 W60S 8thPat Conway

Lakes 5 Days, Rest Day Urban, Ulverston

Brown Course 5th Hannah Cox

White Rose Weekend 2014, Scarborough, 22nd - 25th August 2014

Sprint

Junior Men 5th ... Tom Barber
 Veteran Women 7th ... Ursula Williamson
 Young Junior Women
 3rd ... Anna Barber
 5th ... Libby Barber

Night Score

Senior Men 4th... Simon Bradbury
 Super Vet Men 3rd... John Marriott
 9th... Bob Haskins

Day 1 & 2 Combined

M16A 3rd.....Tom Barber
 M18L 3rd.....Simon West
 M45L 8th.....Alastair Paterson
 10th.....Iain Phillips
 M45S 7th.....Stephen Chafer
 M55L 10th.....Alan West
 M60L 9th.....Roger Edwards
 M65L 9th.....Glynn Smith
 M65S 3rd.....Chris Phillips
 M70L 3rd.....Simon Ford
 M75L 7th.....Peter Leake
 W10B 1st.....Libby Barber
 5th.....Hebe Darwin
 W14A 4th.....Anna Barber
 6th.....Jessica Dring-Morris
 W45L 4th.....Camilla Darwin
 W45S 5th.....Jane Dring-Morris
 W50L 8th.....Ursula Williamson
 10th.....Wendy West
 W65S 1st.....Diane Ford
 Trial O (Podium Place)
 9/11 Emma Phillips



Relay (only the LEI members of the team mentioned).

Class A +1 Woman4th

Team: SYO Bradders: member Simon Bradbury

Class B 120+ All Women2nd

Team: DVO Soup Ladle: member Jane Dring-Morris

Class B 120+ All Women3rd

Team: Whisk DVO: member Jessica Dring-Morris

Class C Families 1P + 2C ...3rd

Team: LEIsurely: members Tom Barber, Anna Barber and Kevin Barber

Mountain Bike Orienteering

Generation Class 3rdTeam Barber

British Sprint Championships, Keele University, 6th September 2014

'A' finals

M10 4thBen Hardy

Editors' Note: With another competitor mis-punching in the heats round, Ben took the Bronze medal in his age range.

M14 8thEthan Tebbutt

M16 5thFinn Lydon

8thNick Wilson

M70 8thSimon Ford

M75 6thPeter Leake

W14 10thImogen Wilson

British Middle Distance Championships, Brereton Spurs, 7th September 2014

M10 7th.....Ben Hardy

M12 7th.....Oscar Ferris

M14 9th.....Ethan Tebbutt

M40 10th.....Howard Alcock

M80 1st.....Don Moir

W14 4th.....Imogen Wilson

6th.....Anna Barber

W18 5th.....Hannah Cox

Peter Palmer Junior Relay, Walesby, 14th September 2014

Joan George Trophy 1st (Peter Palmer 3rd overall)

Team: Ka-LEI-doscope

Comprising:

Euan Tebbutt, Ethan Tebbutt, Imogen Wilson, Anna Barber, Felix Miskin-Young, Francis Mayes, Reed Lydon and Hannah Cox

Peter Palmer 9th overall

Team: LEI-Surely Juniors

Comprising:

Tom Barber, Gabriel Rawlinson, Nick Wilson, Finn Miskin-Young, Holly White and Finn Lydon

Don't forget to visit the LEIOC website at
<http://www.leioc.org.uk>
for up to the minute information on what is happening in
your club.



White Rose Weekend

22nd - 25th August 2014

The last time I was at the White Rose Weekend was back in 1991 when it was held in Harwood Dale and Silpho, so I was interested to see how it had changed and what the courses would be like around Scarborough. I entered the W45S Classic and W45S Middle Distance races, and Jessica entered the W14A Classic and W14A Middle Distance races.

On the Saturday, it was about a 1.4km walk down from the assembly area to the start on the South Cliff of Scarborough. It was really windy, but the views across the bay to the north of Scarborough and out into sea were spectacular. My race started badly, I got to what I thought was my first control – but the number was different to what was on the control description – I'd picked up the wrong map so that meant a sprint back to the start to pick up the correct map and start again! I lost about 2 minutes and didn't realise until after the race that I should have cleared and re-punched the start – note to self to always check I pick up the correct map in future! The rest of the race went OK; it was steep and intricate, but really picturesque and interesting, with a mixture of urban and more traditional orienteering terrain. Some of the urban sections on the top of the cliff took us through ornate little Victorian gardens. I was 5th overall after day one – I would have been 4th if it hadn't been for one of the controls being stolen, replaced and then removed from the results!

The Middle Distance race on Sunday was in more traditional terrain around Oliver's Mount (again with spectacular views over

Scarborough from the war memorial) – mostly runnable forest. I say 'runnable', but it was steep and slippery – most of the time I was contouring round the hill, except when I was slipping down it! It was one of those courses where it would have been helpful to have one leg longer than the other! It was nice to run around the Mere, which unfortunately was at the bottom of the hill and meant a run/walk/scramble back up the hill to the finish. I finished 5th again, and 5th overall for the 2 races (out of 10 entries in the W45S class).

After afternoon tea with Wendy and Alan, it was time for the presentation and I think LEI won their share of the iconic White Rose mugs!

Monday was the team event. Jessica and I were asked by Dai and Karen Bedwell to make up the numbers in a couple of DVO teams. Both of our teams ran the same course, which consisted of 3 legs – short, medium and long - and then the first team member back having to run a 4th leg which was another 1km. It was a mass start, so everyone was scrambling for the first control. After that, everyone seemed to disappear into the woods. I was running the short leg for my team and I was the first back, so ran the additional 1km course. Jessica ran the medium leg for her team, which was 3.6km and was the same technical difficulty as a Green – this was her first Green course and she was a little nervous because she didn't want to let the rest of her team down. She had a good run and finished in 50:32.





My team (me along with Michelle Mackervoy and Val Johnson from DVO) came 2nd and Jessica's team (Jessica, Karen and Elizabeth Bedwell from DVO) came 3rd – so (unbelievably!) we came home with a White Rose mug each!

Jessica and I had a great weekend – and thank you to Alan and Wendy for their post-race hospitality over the weekend – we're looking forward to next year!

Jane Dring-Morris

Jane (far left) and Jessica (2nd from the right) on the podium for the team event. Photo: Dai Bedwell

White Rose 2014 - Further Podium Winners



Libby Barber: Day 1 & 2 combined, 1st in W10B.

Unless stated otherwise, photos by Tracey Barber



Anna Barber: 3rd in the Young Junior Women Sprint.





John Marriott: 3rd in the Super Vet Men Night Score.

Photo: Alan West



Emma Phillips: Trail O 9/11 correct.



Simon West: Day 1 & 2 combined, 3rd in M18L.



Tom Barber: Day 1 & 2 combined, 3rd in M16A.

LEI Podium Winners not at the presentation:

- Diane Ford*
- Simon Ford*
- Chris Phillips*

White Rose 2015
28th - 31st August 2015
Pickering Forest

Anna, Kevin & Tom Barber: 3rd in the MBO event, Generation Class



The Chairman's Birthday Party or Future Major Events!

In the last edition of the newsletter, our esteemed editors wondered what I had up my sleeve for our Chairman's next birthday party. Having managed to arrange a major event on 20th April, 2013 and 2014, unfortunately I cannot manage three Level A events in a row, so Bob will have to organise his own entertainment! However, as I hinted at the end of my article on JK 14, there are more large events to come!

Our next Level A event is the 2016 British Night Championships on 28th February, 2016 at Cademan. This is part of a weekend of major events in the East Midlands. The Night Championships will be on the Saturday evening, and on the Sunday NOC are hosting the Midlands Championships at Sherwood Forest. Both events will be part of the UK Orienteering League (UKOL). By the time this article appears, the organiser and planner will have been nominated by the club and their orienteering CVs will have been forwarded to EMOA for approval, and to the national Events & Competitions Committee for confirmation of their appointment.

As most of us in the club who are qualified as Level A Organisers and Planners (only 6 of us) are getting past our sell by date, we will be appointing officials with assistants for the British Nights with the expectation that it will be a training role for the assistants to be part of the team that take on the next round of Level A events, which are.....

Well, actually, the next event on the calendar is not a Level A, but a Level B (although a very important one) - the

2017 British Schools Score Championships.

Probably, at this stage, you will be saying "come on Chris, that's years away." Well, yes it is, but there is a fairly lengthy process of putting together proposals and budgets, and submitting them to both regional and national committees. For a major level A event, it is expected that agreement to host an event will be reached four years before the event takes place.

Back to 2017! On the national rota of major events, EMOA is scheduled to host the British Schools Score Championships on 14th October, 2017, and LEI have indicated to EMOA that we will be willing to host the event. The event attracts between 150 – 200 competitors and consists of a one hour score with some of the less experienced competitors running as pairs. We are still looking at possible areas, but Bagworth is currently the favourite, if we can solve the parking problems.

Looking even further ahead, we are putting together proposals to stage the Midlands Championships in 2018. The Midlands Championships is one of the three English Area Championships, one tier below the British Championships. It is also a UKOL event. It is the club's ambition to stage a major orienteering weekend with an event on the Saturday, which again would be a UKOL event - possibly a World Ranking Event on one of the best sprint areas in the country! Oh, and just to add spice, a night event on the Friday evening.

I would hope that by early next year, we



will have the basics in place and we will be able to tell you a little more about the plans. The national rota for the major events stretches ahead to 2022 and we could be busy in 2019 and 2021!

Chris Phillips



Club Chat

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

Suzanne Gould

Harry Tory

Andrew Ward

**The Club AGM is on
Monday 27th October at
Glenfield Parish Rooms,
Glenfield LE3 8DL**

Congratulations to Simon Starkey on his recent appointment by EMOA as a Level C Controller. Simon's first 'job' will be to control the LEI Club Championships at Hanging Hill on 5th October

Interested in what is happening at British Orienteering? Chief Executive, Mike Hamilton, produces an Enews approximately every month. This can be viewed at:

<http://www.britishorienteering.org.uk/page/enews>.

Diary Date: The Club Presentation Dinner will be on Saturday 7th March, 2015

Don't forget!
**The LEI NEWS can be found
on line, in full colour at
www.leioc.org.uk/members/lei-news/**

Congratulations to Jessica Dring-Morris on achieving her light green standard, and to Nick Wilson on achieving his brown standard, both at the recent DVO event at Longstone Moor.

Privacy and Your Club

In order to provide an effective administration for the club with the limited time available to volunteer officials, it is essential that we make full use of word processing and spread sheets and, as such, most of our records are on computer. On the understanding that we have your consent to hold this information in this fashion, we do not have to register under the Data Protection Act, provided that the information is not disclosed to third parties without your specific consent. You are reminded, however, that if you do not wish to have your details included, you may object, in which case we will try to find alternative ways of accommodating your requirements.



Junior Spotlight 1: Trossachs Camp Report 2014

Firstly, I would like to thank Leicestershire Orienteering Club, Roger Edwards, East Midlands Orienteering Association and Mark Webster for giving me funding to pay for the costs of the week tour.

The week started off with an early start in order to catch the train from Leicester to Stirling. During this train ride, I had to make three stops and, unfortunately, I managed to miss the train at my first stop. However, this was not my fault. Luckily, everything else from there on went smoothly and I was able to get to Stirling only an hour late.

At Stirling station, a very kind man who goes by the name of Don, kindly picked me up and drove me to the accommodation. As soon as I had arrived, I was told to put on some running gear ready for a training session, but first I was shown to my room and there I met my awesome room-mates. Luckily I knew most of the people in the room, so I was able to chat freely whilst getting ready. We then were told what we were going to be doing. First, we did a warm up, which included static and dynamic stretches, followed by a 60 metre sprint. This sprint was timed to see who was the fastest at the start of the week. However, after this first sprint we had to do the same again, but blindfolded. It was challenging to say the least but very, very funny when people started running off in the wrong direction and tripping over. Most members of the group managed to do this successfully, however. After all this, we did an orienteering course, in pairs, around the woods near to the accommodation.

Monday: On the first day of training, we went to an area called Sauchie Crag & Polmaise. In this area, we visited both the north and the south because there were two different maps. We did normal orienteering courses, which did not focus on specific techniques. In the north part of the area, the course went through open woodland with thick rhododendron bushes and plenty of minor paths. This area was quick running, but hard to get through the thick bushes. In the southern area, it was mainly the same, apart from the huge clumps of bushes instead of the little ones. However, undergrowth was a tiny problem as both areas hardly had any, which meant it was easy running.

Tuesday: On the second day of training, we went to the Trossachs. The Trossachs is a hilly, wooded area with open boggy patches, and is covered in bracken (most of which was above head height). Once there, we had to ascend 100 metres to the assembly point, after which we were given a choice of 6 courses to complete. However, I only managed to do 4. Each course challenged you to cope with varied length legs, route choices and physicality. No one completed all courses, but everyone managed to complete 3 or more.

Wednesday: On Wednesday, we firstly went to a hilly moor called Dumyat. Once there, we did usual courses but were told to focus on contouring round and using main features such as hill tops, spurs and re-entrants as attack points. The area was fully open with no trees or bushes, which meant it was easier to use the techniques that we were told to use.



Afterwards, we travelled to Stirling University to do a "Mixed Sprint Relay." It was a mass start and everyone had separate gaffles. The gaffles varied from 2.5km to 2.9km in length, depending on the capability of the athlete. The courses started in the middle of a grassy opening and then went into the woodlands behind the university. Most of the controls were not hard to find. Once I had got the controls within the woods (there were only 3), the course brought you through a cluster of buildings and over a long bridge over to the other side of the campus. We then did a loop and came back to the finish.

For the rest of the day, we went shopping and messed about until it was time to do the night O. We gathered our O gear and set off to the area at 9pm. The area was called Barr Wood. In daylight, this area is fairly easy to navigate around, but when it is night, it is much harder. We only did one course in this area, and by the time we were finished it was around 1:00am!

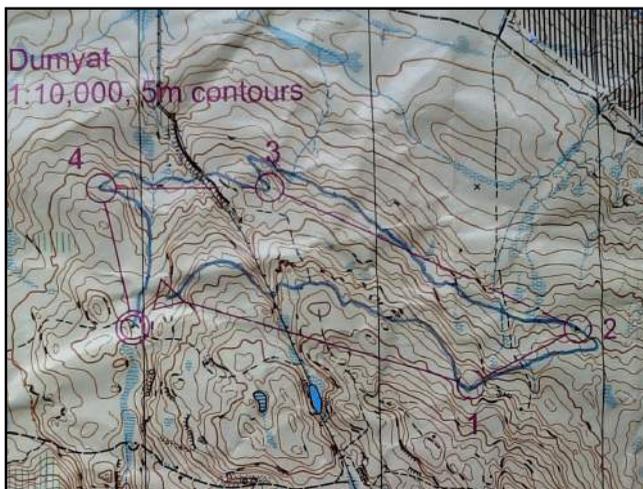
Thursday: On Thursday, we went to a place called Fairy Knowe. Most of the courses were focusing on long legs, using paths which ran from one side of the map to the other. This made it easy to travel around the dense, thick undergrowth which covered most of the area. After this, we travelled to another area to do the middle distance race. This area had open forests, but had lots of bracken.

Friday: The last day of training was the 'tour champs'. This was held in the Trossachs. Each gender group had their own

course. The "Men's" course was 4.4km long, but had 470m of climb. The course ran you throughout the whole of the area, showing off its beautiful, natural features. The winning time was around 60 minutes. However, I managed to complete it in around 120 minutes due to a couple of mess ups (my fault).

The friends I made, lots of them Scottish, the accommodation and The Trossachs area itself and the coaches were absolutely brilliant. Thank you to Jonny Malley and Jet Orr for being brilliant with me all week and, of course, Iain Embrey, who organised such a fantastic tour. Overall, I loved this tour and would recommend it to anyone who gets the opportunity.

Finn Lydon



Above is an example of the types of areas we had to train on. (This is Dumyat - Wednesday). The (editor:curved) blue line is the route that I took, which I drew on afterwards, as part of my post-race analysis.



Annual Accounts 2013-2014

The club accounts will be along the lines of the table below, which shows a small surplus. Further explanations and full accounts are submitted to the AGM. Our accounts are the first under the new Community Amateur Sports Club (CASC) regime. The downside is that we have to submit a complex corporation tax return

to confirm our turnover is under the tax limit.

The bonus is that we now encourage donations from club members, and we get gift aid on most of them (£200 for the period up to Easter). We are mainly using a tax avoidance scheme, but we

have had some genuine donations from club helpers at the JK. Our profit share from the JK is still to be worked out, but we were paid for the use of our SI equipment and the volunteer incentive.

Use of Ivanhoe College for Ashby Map Runners was free for the first year and we have just started to pay for the gym and rooms.

We bought a lot of club clothing (hoodies especially) which we did not sell by the year end. Our sales income is for mapping schools and providing plaques for permanent courses.

We spent £1,330 on training courses for members, plus making grants to juniors attending British orienteering training camps or participating in internationals.

We suffered our worst loss of SI kit at the Spring Cottage summer league and we have submitted a £500 insurance claim.

We spent over £1,000 on extra equipment.

Roger Edwards

Treasurer

Events		
Event income		18736
<i>Less expenses</i>		
Mapping	4055	
Officials	4002	
Levy	2804	
Equipment	2468	
Other	5158	
		18487
Other Activities		
Sales	2760	
Donations	2694	
Club night	1943	
Club shop	957	
Other	3553	
		11907
<i>Less expenses</i>		
Sales	2872	
Club night	1331	
Club shop	2146	
Training and grants	1330	
Other	4198	
		11877
Total surplus		280



Peter Palmer Relays 2014

Iain Tebbutt asked me to provide some female help for the Peter Palmer Relays at Walesby - no details, except getting up at 5am. This was no problem, as I'm usually awake at 5.30am and up by 6am. I made cake, but my two juniors who I'm supposed to give lifts to have cried off, so I set off for Walesby by myself. Unfortunately, my Satnav doesn't know about the new A46, so I travel across the fields, apparently, and sail past the turn-off for Lowdham. (For future reference, it is signposted E. Bridgford A6097). Ten minutes later, and I'm back on track. Good job it's not me taking part in the relays!

At Walesby, the tents are all set up for us, so we set about making our beds whilst it is still light, then the juniors are away playing football and Iain tells Roger, Alastair and me that the first starters and second leg runners need to be woken up at 3.30am! Mmm, has he not noticed that I need my beauty sleep? We gather up all our juniors at dusk and eat cake and delicious chocolate brownies from the Miskin-Young and Tebbutt households. No-one argues about getting ready for bed at 9.30pm and soon everyone has their kit ready for the morning, numbers attached, tracker vests at the ready for some. Unfortunately, some cubs and scouts at the site don't realise how important it is that we get some sleep and their disco throbs through the air until 10.30pm.

Soon, Iain's alarm goes off and I get dressed as quietly as I can, and wordlessly, Gabriel dresses also. Four-thirty is upon us in a flash and we get our own back on the scouts with a loud cheer as the first leg runners are away into the darkness, head torches bobbing into the

distance. I wake the leg three runners, then return to find that there are some juniors who can cover 5km+ in the dark over rough terrain in 26 minutes (my 5k run PB about 37mins) - incredible! The second leg runners were away into the inky blackness. Tracking devices allow us to watch their progress on screens in the marquee. The terrain is lightning fast (well, it is for the talented youngsters we have here) and soon it is apparent that leg three and four runners may be out in the darkness, too - quick fitting out of more head torches. By now, everyone is awake and cheering on their teams. Numbers are yelled from the spectator control. How well are we doing? It's hard to say. Some teams have mis-punched, so it is not a simple case of the first team back are the winners. A leg 6 runner returns, but they have mis-punched. Nathan Lawson (ex LEI), now OD, appears at the spectator control. He is staggering along, weaving, and apparently ill. Behind him in the distance is Alistair Thornton of MDOC, and he is going like a bullet train. He is catching Nathan, and Nathan is unaware of his presence. Nathan stumbles into the last control, retches and seems about to fall to his knees. Alistair punches the control and the beeping alerts Nathan. Suddenly, he is off at a sprint and just manages to hold Alistair at the line - two seconds apart at the end of three hours of racing! A moment or so later and our very own Hannah appears at the spectator control. She has overtaken several competitors on the last leg and takes a very creditable third place overall. Better still, this very young team has taken first place in the Joan George Trophy (combined age class under 90). Not long after, Finn Lydon steams in for a ninth place out of twenty overall for our other team. What



amazing runs! Two medals, also, for fastest runs on their legs go to Hannah Cox and Nick Wilson.

Well, now we have a trophy, but no trophy cabinet! First time for everything. It was an amazing 12 hours, with junior orienteers who were a pleasure to be with, tidied up and looked after

themselves and competed at the highest level - a credit to themselves, their parents and to our club. All I can say is a big thank you for letting me play a small part in their hugely successful weekend.

Ursula Williamson



The Joan George Trophy. Photo: Roger Phillips

A date for your diaries.

The next annual presentation evening will take place on
Saturday 7th March, 2015.

Have you changed your email address lately?

If you have, then please don't forget to inform our membership secretary, Ursula Williamson, on 01509 412132 or email

ursula.williamson.orienteer@gmail.com

to ensure your contact details are updated.

Club Shop

Club Captain, Roger Phillips, is now taking orders for the following items of club kit detailed on this page. Remember these make ideal Christmas and birthday presents.



Long sleeved running tops. (now featuring a zip pocket on the back - £31.

Short sleeved running tops - £23



Hoodies - a variety of colours are available and these can even be personalised with your name - £26



Warm up suit top, as modelled by Ursula, - £32

Matching warm up trousers - £20.



LEI purple fleece, as modelled by Simon - £20



Photo Gallery: British Sprint Championships 2014



Karl Phillipson



Ethan Tebbutt



Reed Lydon

Photos by Matt Cox

Hannah Cox



Barbara Tebbutt



Tom Barber



Photo Gallery: British Middle Distance Championships 2014



Chris Phillips



Iain Phillips



Steve Edgar

Jane Dring-Morris



Julie Ferris



Ursula Williamson



Summer League 2014 Presentations

The following presentations took place at the Bagworth Working Men's Club after the final summer league event at Bagworth Woodlands on 3rd September, 2014. Presenting the certificates is Club Chairman, Bob Haskins. When Bob won, his certificate was presented by Vice Chairman, Iain Tebbutt.



All photos:
Fraser Alcock

*Alastair Paterson:
summer league - 3rd
place, sprint/urban
events - 2nd place
and joint best
attendee.*

*Iain Phillips: Best use of area
for the Outwoods event and
joint best attendee: 20 out of
21 events.*



*Hannah Cox: 1st
junior girl in the
summer league &
sprint/urban events.*



*Anna Barber: 2nd
junior girl in the
summer league &
sprint/urban events*



*Imogen Wilson: 3rd
junior girl in the
summer league &
sprint/urban events.*





Ursula Williamson: senior woman -1st sprint/urban events & 3rd summer league.

Tom Barber: 1st junior boy summer league & sprint/urban events.



Tracey Brookes: senior woman - 2nd in summer league & sprint/urban events.



Nick Wilson: 2nd junior boy in the sprint/urban events & 3rd in the summer league.



Euan Tebbutt: 2nd junior boy in the summer league.



Jane Stew (OD member): longest summer league run @ 110 minutes 10 seconds.



Simon Ford: 1st senior man sprint/urban events

Howard Alcock: summer league - most points scored before any handicap applied..





Bob Haskins: senior man 1st summer league & 3rd sprint/urban events.

Liz Phillips (OD member): senior woman 1st summer league & 3rd sprint/urban events.



LEI Juniors and the Build-up to the Yvette Baker Trophy Final 2014

This year was the third time in a row that our juniors qualified for the Yvette Baker Trophy Final. We were all very excited and couldn't wait for this year's final on 6th July at Capite Wood in West Sussex.

It followed some great performances in the previous 3 years. On 9th December, 2012, our juniors took an amazing 4th place at the YBT final at Collingbourne Woods, near Ludgershall. This had been the first time that we had qualified after many years (beating DVO, NOC and LOG at Byron's Walk, NOC, in the regional heat).

This was the first time we had all travelled together by coach. Team morale and spirits were very high. Our team members ranged in age from 7-18 years and everyone had their part to play. We had face paints applied in our club colours and we all looked formidable. We enjoyed great runs, battling through lots of mud, whilst our parents and the rest of the LEI team waited at the finish and

cheered every LEI runner with such volume that our support made British Orienteering headlines the following day!

On 7th July, 2013, we found ourselves in the YBT final again – this time a bit closer to home at Belton & Londonthorpe Woods in Lincolnshire. It turned out to be one of the hottest days of the year. Again, all our juniors came out in force, wearing our distinctive white and purple face paint. LEI eventually was 5th overall - after tying for 3rd place for a long time. In the end it came down to the clubs' 3rd and 4th runners in each category.

This year's qualifying round was at Thieves Wood (NOC) in February 2014 where we came 1st again with 897 points, beating NOC (886 points), LOG (863) and DVO (663). Our 2nd LEI team came in 3rd place. In total, we had about 6 winners and 5-6 second places across the 8 categories. There was a real party atmosphere afterwards and it was a really nice experience for a lot of our new



juniors who hadn't had that team experience before.

Finally, early on 6th July, the team coach left for the YBT final at Capite Wood. It was quite a long journey to Horsham, but it was great for team building. Wouldn't it be fantastic if we were able to improve on our 4th and 5th places in 2012 and 2013, and finally get a podium place? It certainly wouldn't be for lack of trying!

The weather was perfect. We had lots of new members running. In total, there were 24 LEI juniors! The event was situated on a working farm and used a brand new map. The terrain was mainly deciduous woodland with many rides and paths. It was quite technical in places, but very runnable. Of course, we wore our club's signature purple and white face paint again. The organisers had even copied LEI's idea and put on a stall with face paints for other clubs. For a long time, we were running in 2nd place and

the commentators made much of LEI's cheering at the finish. In the end, there was quite a bit of confusion about the final results, as the 2 teams at the top were tying and had to count their 10th runners. After a few software glitches, the final positions were: 1st Devon (980 points); 2nd BOK (978); 3rd SO (864) and 4th LEI (863). We had missed out on the 3rd place by only one point to the club hosting the event! This had probably been our best chance to win a team medal. However, we had shown great team spirit and, of course, we'll try again next year!! (Individually, I was very pleased as I was 2nd girl on the light green and Hannah came first on the green.)

Imogen Wilson

(Editors' note: The majority of this article first appeared in CompassSport).

Picture Gallery: Yvette Baker Trophy



Anna Barber & Imogen Wilson at the YBT final.



Libby Barber & Flora Miskin-Young at the YBT qualifying round.

Photos: Birthe Richter-Wilson



Picture Gallery: Yvette Baker Trophy



The majority of the LEI Yvette Baker Trophy Team



Nigel Lydon getting into the spirit of the day at the YBT final

Photos: Annie Leake

Junior Spotlight 2: Lagganlia (August 2014): An Interview with Anna Barber and Imogen Wilson

How did you feel when you were selected for Lagganlia?

Imogen: I was really happy and excited as I'd tried really hard at the selection races I had been to. However, I was a bit nervous as well as I didn't know many people that were going, which made me so relieved and really pleased for Anna when I found out she was coming too!

Anna: When I was selected, I felt slightly surprised and a bit nervous as I had only been orienteering for three years and I know most other people had lots more experience, but very happy and excited to be able to train with some of the top orienteers in the country.

What have you learnt?

Anna: I learnt a huge amount about contour features and how to use them as attack points and catching features. I also improved massively on my bearings.

Imogen: I learnt a lot about using simplification, running without a compass, control flow, pacing and reading the map while running.

What do you need to work on?

Imogen: Getting my running speed up in different terrain and being more confident on my first few controls.

Anna: I realised over the week that I need to work on my confidence when deciding if I have gone far enough/too far to a control and running in terrain.

How have your new skills improved your current performance?

Anna: I now trust my bearings a lot more and am more confident at not needing to

use linear features.

Imogen: I did really well in the *British Middles* and I have used almost all of the techniques learnt, except for running without a compass.

What was your favourite/least favourite aspect of the tour?

Imogen: I enjoyed everything really. The best part was getting to know lots of new people and learning new techniques. The funniest was the talent show and the Loch (even though it was cold enough to get frost bite!!!) The worst was probably getting up early every morning and the midges.

Anna: My favourite part of the tour was the sketch map (drawing your own map in under 30 minutes and then running on that map) and swimming in the Loch because it was freezing, but really good fun.

My least favourite part was the concentration exercise, because I was distracted so often and had terrible concentration – and I wasn't a massive fan of date night either!!!

Imogen: I went on date night with Ben and Lucy, while Anna had a spectacular time with Eoghan!!

How important are tours like Lagganlia for our juniors?

Imogen: They are really good to develop your skills and fitness. You learn things you might not always learn in your local squad and it helps you get to know the people who go.

Anna: They are really important because not only do you learn a huge amount, but



also get to know some of the best orienteers in your age class.

How could it benefit the club?

Anna: Imogen and I led the warm up at the Monday night club and have done some terrain running practice with some of the juniors, and will continue to help at the junior Monday night club. Many juniors have now had the privilege of going to Lagganlia or similar tours and I think we are building a strong junior team, as seen in our improved performances in Yvette Baker and Peter Palmer this year.

Imogen: We also did some hill reps with the Monday group.

What are your future plans and aspirations?

Imogen: I really would like to go on another tour and to keep up with my competitors.

Anna: I feel far more confident now to start running green courses. I also hope to do some terrain running as part of my training. I would love to see LEI juniors gain a podium place at Yvette Baker. I hope to take part in more major events and am hoping to attend my first Scottish

Six Days next year.

Describe Lagganlia in 5 words.

Anna: Exciting, confidence-building, inspiring, enlightening, fun.

Imogen: Amazing, encouraging, inspirational, physical, sociable.

Is there anything you would like to add?

Imogen and Anna: We think it would be great to have some follow-up training or mentoring for juniors who have been on tours like Lagganlia to build on what we have learnt. We would also like to say a huge thanks to LEI and EMOA for helping with the funding of our tour because we have learnt a huge amount and thoroughly enjoyed our week in Scotland. In return, we hope to do some fundraising to support EMJOS and the development of our juniors in the future.

Thank you!

Birthe Richter-Wilson



Lagganlia squad 2014, including LEI's Anna Barber and Imogen Wilson.

Photo:Wendy Carlyle



Monday Club, Juniors and Young Leaders – Autumn 2014 Update

After a cold and damp, but well-attended, final session with Vampire Game (Julie) and Barbecue (Derek) at Beacon Hill last term, and after a well-earned summer break, our weekly Monday Club sessions started again at Groby College on 1st September – maybe this is a good time to reflect on the LEI juniors' many great achievements this year; also saying a big **thank you** to **LEIOC**, all the **coaches** and **parents** for their ongoing support, as well as looking and planning ahead.

Again, our juniors were involved in many great competitions this year, with some very pleasing individual and team results (e.g. Yvette Baker Final: 4th; Peter Palmer: 1st in Joan George Trophy!). A few of them were selected to go on training tours in the summer: Imogen Wilson and Anna Barber (Lagganlia), Finn Lydon (Deeside) and Hannah Cox (Stockholm).

For this term, we have planned some special practice sessions for the upcoming big junior events (Peter Palmer Relays at Walesby, British Schools Score Champs, near Redditch and British Schools Orienteering Championships, near Leeds). The early weeks will be at Groby College and John's Lee Wood (score practice on 15th and 22nd September). The final 5 weeks after the October Half-Term we'll be back in the Brookvale Gym. Howard is offering a 5 week long **New/Young Leaders Course** from **Monday 13th October**. These sessions are always very popular with our juniors; this time we would like to encourage any of the parents to come and join as well, as we are desperate for more coaching volunteers. Please let me

know if you are able to help out with sessions in any way.

In December and January, we'll have approximately a 6 week winter break, followed by another 5 weeks booked in the Gym. Of course, there'll be another **Junior Social** in February – any ideas are welcome! (Club Captain, Roger Phillips, was keen on going tubing and tobogganing at Swadlincote!)

With so many juniors qualifying for tours and taking part in team events, supported by LEI and also EMOA, we wondered how we could improve on the necessary funding. We thought it would be a great idea to get the juniors more involved in their own fundraising, and also in coaching and the organising of events.

The older juniors have agreed to help with the organising of an LEI event, possibly **Beacon Hill** on **30th November**, the same event we would also like to use for our first big **cake sale** to help raise funds for our juniors. So, please, bake, buy and eat lots of cake!!!

Like in previous years, young leaders and juniors who'd been on tours were encouraged to help on Monday nights. Hannah, Anna and Imogen were leading very enjoyable and special warm-up routines, as well as different terrain and hill training (partly based on what they had learned on tour). Daisy, Zoe and Imogen had helped me again with an after-school club at *Martinshaw Primary School* in Groby, each being responsible for their own small group out of 23 pupils (8-11 year olds) preparing for the County Schools 'O' Champs in May.



So, thank you again **coaches, parents, juniors** and **young leaders** for your help and enthusiasm. Let's keep our fingers crossed for another great season for our

juniors, who are going from strength to strength.

Birthe Richter-Wilson

Retired Man Chronicles: - More "Don't let the facts get in the way of a good story."

On 28th May, Retired Man organised the Summer league event at Swithland & The Brand. Did you notice the fictitious pub "The Bramble and Thicket" that appeared on the map? Just an amusing dig at our usual mapper/beer drinking expert.

In the middle of June, our washing machine flooded the utility room floor. The washing machine shares a drain with the sink and this drain was blocked. I blamed John because he cleans his muddy O shoes in that sink. However, a few days later he returns with methods of cleaning O shoes from other LEI radio orienteers. e.g. the *washing machine* or the *dishwasher* (Yuck). (Personally, I let them dry, then bash them together in the garden and use a stick to poke out any mud remaining in the crevices).

Some of you may know Helen Powell and Derek Ricketts. Hundreds of people attended Helen's 60th birthday bash at the campsite/pub at Lower Lode on the bank of the River Severn, near Tewkesbury. A lovely time was had by all and Helen had even paid for the pitches on a whole field for all these friends. Thank you, Helen. The following day, we enjoyed hot sunshine as we investigated the town museum, the Abbey and riverside walk where we bumped into Chris and Sara Bosley, and then pub lunch. However, on our return, we find John's mobile phone has been cooking in the hot sunshine on top of the dashboard of the car

AND a parking fine of £75. "Never mind, we can use the money we saved by camping to pay the fine," I said, trying to calm an enraged John, who was busy taking photos of the parking area and signs in order to complain. Eventually, the message '**Temperature do not use until cooled down**' fades on the phone display. Maybe the overheating explains why the phone interpreted a phone number enquiry as a Google maps grid reference???. Two months later, John buys a new I-phone, partly paid for with £50 Tesco vouchers I had put aside to buy Christmas dinner; and I inherit the cast off one.

Andrew, our son, and I are sitting on the blue seats in the waiting area, bored and staring at an information screen 'Five a day. Keep off alcohol. Measles vaccinations.....' Yes, we are in Barrow in Furness Accident and Emergency Department, waiting for Retired Man to emerge from his consultation with the doctor. Two teenagers sit nearby in wheel chairs. The lad has his leg supported in the air and a large bandage on his knee. Grandma is helping with the girl, who has damaged her ankle. A policeman and prison warden walk by, handcuffed to a prisoner in bright green trousers. The receptionist calls out names for the little children, modern names like Autumn, Kirby and Tyler. After two hours, consultation, X rays, and ultra sound scan, John is diagnosed with a probable



cracked rib and sent away with the advice to watch for dizziness and keep taking the pain killers.

The cracked rib was a result of letting go of the handlebars and being thrown off a mountain bike onto the bumpy track. The whole family were staying near Coniston, in the Lake District. Andrew and son in law, Edd, had taken Retired Man for an afternoon's bike riding in Grizedale Forest. Perhaps the thought of soon becoming a grandfather for the first time spurred him on to keep up with the boys who were thirty years younger than him???

The cracked rib influenced his orienteering for the summer. He had to pull out of a trip to Switzerland, but he returned to the Lakes for orienteering and to Kazakhstan for radio O.

John and his twin brother, Stephen, visited Cheney School in Oxford for a reunion. "Some people look just the same and others have aged tremendously." Well, it must be fifty years ago. Some had found a life in business, acting, politics or prison.

A couple of days after this reunion, John says he is going to Aldi's, and seems bothered that I want to come along, too. We have not gone far, but are heading in the wrong direction, when RM says "*I suppose I ought to confess*". We are going towards Glenfield as I have to visit the Co-op petrol station because I owe them some money." The following details he had tried to keep secret. He had lost his wallet - again! This time it had been left behind in the pub in Oxford, but had been found and the landlord was forwarding it in the post. In the meantime, he had needed fuel for the BMW and had gone to the Co-op (with 7p per litre off coupon) and filled up the tank. He was going to pay with a different credit card as his usual one was in the wallet. However,

he had not used the new card for ages and, although he tried several times, the card would not work. In shops, if you get to the checkout without any, or enough, money, it is easy to put the goods back on the shelves. (He's been there, done that—see previous RM chronicles.) However, how do you suck back the diesel that is now in your fuel tank? The Co-op have obviously encountered the problem before and ask for John's name, some form of identity, car number plate, etc. and gave him one week to pay up. If I had not insisted on going with him to Aldi, all this would have been kept quiet and not appeared in the RMC.

Wallets and lost keys are a recurring theme of these stories. The latest saga began when John needed to top up the oil in his car and took the garage side door key. Did he put the key down amongst the tools in the garage? Did he drop the key between garage and car? Did the key drop around the engine? Many unsuccessful searches follow. The company who sold the door doesn't seem willing to do spare keys or tell you how to remove the old lock and fit a new one. Internet searches reveal to the 'DIY man and hobbyist' where to wallop the lock in order to break in. DIY man then replaces the lock. Hobbyist here is a euphemism for burglar.

John has been walking the corridors of power in Portcullis House to complain to Parliament about the proposals for HS2 - the unnecessary and ludicrously expensive high speed railway. Unfortunately, living 19 miles from the nearest railway track made his individual complaint invalid. So, if you ever want to change the subject from orienteering, just mention HS2.

John has also joined the ROMEO club. Now ladies, don't get your hopes up! The letters stand for Retired Old Men Eating Out. Past work colleagues/traffic



engineers meet at the Parcelyard pub, near Leicester Station, and moan about HS2.

As his rib improves, John progresses from just turning up for the social event, such as 'Spoons in Coalville after the Snibston event, to taking part. This involves running with just his legs and keeping his upper body still - similar to Irish dancing. Look out Michael Flatley: there is a new Lord of the Dance....Johnny O'Marriott.

Chris Bosley drives John to the Lake District to share a house with Sue B. John shows me a very blue map of Day 1. No, it's not wrong, it's mostly marsh. Another 'should have gone to Specsavers' moment as John cannot distinguish crossable from uncrossable marsh and ends up waist deep in water.

I hear of another 'should have gone to Specsavers' incident when the wrong computer file is deleted, by JC? and an appeal to LEI orienteers to send any results they have is needed to rectify the situation.

At Pooley Woods summer league, a



John assisted by Wendy trying to pack away his pop-up tent. Photo: Alan West



bramble gets tangled around RM's foot and he tumbles to the ground. Thank you to the OD lady who cleaned up his bloody face, but I am surprised they let him into 'Spoons in Ashby for the social event, as he must have looked like he had already been in a drunken brawl. It was not really a face to present to a prospective car buyer, as the next morning he was to help Suzi sell her Audi TT car.

Near the end of August, John is off to the White Rose at Scarborough, but wishing he had booked into Uni accommodation instead of camping. "Don't forget some matches."

A phone call from RM reveals the delight at beating Bob Haskins by just a few points at the night event. John is surprised he had run so well. The rack of ribs and several beers in Spoons beforehand had not slowed him down. I asked if the meat was accompanied by carrots to help him see in the dark on the night O. The news next day announces it's been the coldest August night on record. I wondered how the campers on Oliver's Mount had coped, but a delighted John does not mention it in his next phone call. He will be late back as he *has to stay for the prize giving*. Wow! He came third on the night event and is to receive a MUG - no comment. He really is pleased. We have sat at several LEI Annual Presentations and listened to others groan that they haven't any more space left in their trophy cabinet for another award. We haven't even got a trophy cabinet.

Baby Harriett 'Hattie' was born 2nd September weighing 7lbs 4oz. Mum (Suzi) and Hattie are well and now at home with Edd, who is on paternity leave. A week later, Retired Man/Grandpa was in Kazakhstan as part of the British radio orienteering team. Excellent results were achieved by Bob Titterington, (LEI) Robert Vickers

and David Williams (HOC). John did OK, halfway up the results list, but the words 'p*** up' and 'brewery' were mentioned about the organisation of the event.

Why the title of this edition of the chronicles? Well, when asked about the truth of these snippets in the RMC, John

has to reply, "They mostly are true, although Irene does not let the facts get in the way of a good story."

Irene Marriott

Out and About



A little bit light in content this time. I have certainly been out and about, but not really in parts of great, immediate interest to members. A week in Wensleydale, another in Swaledale, five days in Buxton and three weeks in France

does not seem to have left a lot of time for local activities.

I did look at an orienteering map of the slopes up to the Bastille, in Grenoble, when a local event was on – if you think DVO have events on steep hillsides, they are nothing to this one.

The Wildlife Trust are very active in acquiring and taking over the management of a number of areas, which is not actually good news for us, as they are not happy for us to run over much of their land. Their Charnwood Forest Living Landscape Project, in particular, aims to conserve and enhance the unique wildlife, geology and character of this ancient forest. Key to this is the Trust's heathland restoration programmes at Altar Stones and Charnwood Lodge – they do allow us into Altar Stones, but only whilst it is not being grazed by cattle, which means this complex training area is not often available to us. Charnwood Lodge would be a magnificent area for us, but whilst we have touched on the

subject, there seems little prospect of us being allowed in for our purposes, other than, possibly, Warren Hills.

Like other owners of cattle, they are concerned with bovine TB. They do not, however, support culling. The Trust has successfully launched its badger vaccination programme to protect these creatures on land under its control. All the resident badgers from nine setts have been vaccinated. The Trust is conscious of the hardship that bTB causes in the farming community, and the need to find the right mechanisms to control the disease, but believes that a badger cull is not the answer and that bio-security and badger vaccination should be at the centre of short-term efforts, with EU-approved cattle vaccination the long term aim. In their carefully monitored vaccination programme, healthy badgers are humanely caught, vaccinated and released by licensed operators. The same areas will be visited annually for five years to keep the local population free from bTB and reduce the threat of transmission to cattle - including their own herds.

The Rutland Osprey Project celebrated a record year last year with 14 chicks hatching in five nests across the Rutland Water area. As many as 70% of juveniles do not survive, so it is crucial that the number of offspring increases each year if the Rutland Osprey population is to continue to expand. The Rutland Osprey



Project, a partnership between the Trust and Anglian Water, is now in its 18th year and a total of 75 young Ospreys have already fledged from nests in the area. Rutland Water became home to the first Ospreys to breed in England for 150 years, following a translocation programme that saw six-week old Ospreys trans-located from north-east Scotland and released at Rutland Water.

One area we have had our eye on for some time is Launde Park and Big Wood. Big Wood is now managed by the trust, so our chances are looking even poorer for gaining access. It is important that those of us who are members take every opportunity to flag up the environmental interests of orienteers and our responsible nature if we are ever to break down the barriers.

Charnwood Forest has long been recognised in Leicestershire as an exceptionally important area in terms of landscape and wildlife, but few people outside of the county seem to have even heard about it. As a consequence of this, it is more difficult to protect the Forest than it might be, and funding to carry out good projects is that much more difficult to obtain.

To address this situation, Leicestershire County Council is leading an initiative to establish Charnwood Forest as a Regional Park, and the Club is a party to the project via the steering group. Whilst we want to see the Forest protected, we also wish to ensure that users for sporting purposes do not get squeezed out in the interest on conservation. The steering group contains representatives from a number of organizations, including the Wildlife Trust, and they all have slightly different agendas.

At my suggestion, a new Charnwood Forest Regional Park visitors' map has recently been published by the

partnership, and all the leg work was done by me - data sets were provided by LCC and the OS. A number of members have copies, which are available from local outlets, including Bradgate Park and from mapstop.co.uk. The map, whilst based on OS information, has been de-cluttered by removing material not of direct relevance to walkers, and contains a large number of additional permissive paths and access areas. It also indicates where all the pubs are for those essential wind-down sessions. It is at 1:25,000 and covers the entire area of the Forest Park on one sheet, together with a series of pictures and text windows about facilities and locations within the Forest. Better still, at £4.99, it is cheaper than an OS map. More information on the Regional Park can be found on the County Council's website www.leics.gov.uk/charnwood_forest

The Scottish authorities are working on identifying specific boundaries round as many as 33 areas of the seas to be designated as Marine Protected Areas. Let us hope they conclude the exercise more quickly than is happening in England, where of 127 proposed round our coasts, only 31 have finally been confirmed for possible designation this year.

At present, over a third of our coastline remains out of bounds. The Marine and Coastal Access Act, which passed into law in 2009, provides for the creation of a complete path around England's coast, as well as access to all the beaches and foreshores. This law guarantees that, when complete, the path will 'roll back' on to the land immediately behind it, should coastal erosion occur. It is not so much a path as a margin providing right of passage with spreading room. When the Act came into force, it was hoped the new coastal path would be completed within a decade, but four years on, very little has



been opened.

Two items of good news have come out recently. The government finally agreed to include the Isle of Wight in the process

and early in September they confirmed they were targeting 2020 to get the job completed.

Roy Denney

Winter League 2014/2015

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

Check the website www.leioc.org.uk for the car park location or phone the minor events co-ordinator, Steve Edgar, on 07854 788438.

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

Entry fees: Adults £4.50, Juniors £1.50

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

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 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. Regional and national 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, 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

- Level D = Relatively low-cost events providing local competition and aimed at increasing participation.
- Level C = Local events providing a wider variety of venues and competitors.
- 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.
- Level A = Major UK Events.



October 2014

4th	NN NEOA Level B	October Odyssey Day 1, Venue Hamsterley, Low Redford & Windy Bank. Bishop Auckland
5th	LEI EMOA Level D	LEI Club Championships, Hanging Hill, Ashby Organiser: Chris Phillips
5th	NN NEOA Level B	October Odyssey Day 2 - Venue Hamsterley, Cabin Hill, Doctors Gate and Gull Quarry. Bishop Auckland.
11th	SOA Level B	Race the Castles - Edinburgh Street Race (UKOL)
11th	HOC WMOA Level B	British School Score Championships, Arrow Valley Country Park, Redditch.
12th	SOA MAROC Level B	Race the Castles - Stirling Street Race (UKOL)
12th	NOC EMOA Level C	NOC Regional Event (EM League), Byron's Walk, Nottingham
14th Tuesday	LEI EMOA Level D	Winter League 2. Swithland Woods. LE12 8ST SK537139. North car park. 6.30-7.30pm
19th	LEI EMOA Level C	LEI Regional Event, Bradgate,
22nd Wednes- day	LEI EMOA Level D	Winter League 3. Leicester, Abbey Park. SK589058. 11.00am-12.00pm
25th	LOG EMOA Level C	EMUL Washingborough & Heighington, Lincoln
26th	DVO EMOA Level A	Midland Championships, Longshaw, Chesterfield.



November 2014		
1st Saturday	LEI EMOA Level D	Winter League 4. Willesley Woods, Woodside Road, Ashby de la Zouch LE67 2UP SK337144 11.00am - 12.00pm
2nd	SOC SCOA Level B	November Classic (UKOL). Kings Garn Gutter, New Forest
8th	NOC EMOA Level D	NOC Winter League, Colwick Park, Nottingham
8th	LOG EMOA Level D	LOG Winter Series 1, Boston Town, Boston
9th	LEI EMOA Level D	East Midlands Urban League, Loughborough University, Loughborough. Organiser: Iain Phillips
13th Thursday	LEI EMOA Level D	Winter League 5. Burbage Common, Hinckley LE10 2AT SP451941 South car park off B4669. 6.30-7.30pm
16th	AIRE YHOA Level B	British Schools' Orienteering Championships Temple Newsam, Leeds SE360323
16th	DVO EMOA Level C	East Midlands Urban League, Oakwood, Derby. SK383387 Entry times 10 - 12. Dogs allowed. Organiser: Michelle Mackervoy, michellemackervoy@talktalk.net 01332 557892
22nd	DVO EMOA Level D	DVO Informal Event, Darley Park, Derby Organiser: David Bennett
22nd	LOG EMOA Level D	LOG Winter Series 2, Boston
23rd	NOC EMOA Level D	NOC Winter League, Sansom Wood, Nottingham
26th Wednes- day	LEI EMOA Level D	Winter League 6. Ivanhoe Community College, Ashby de la Zouch LE67 1HX. SK359170 6.30-7.30pm



November 2014 Cont.

29th	DVO EMOA Level C	EM Sprint Championships , Abbotsholme School, Rocester Organiser: Richard Needham , ned.needham@ntlworld.com dvo.org.uk
29th	NOC EMOA Level D	NOC Night Event, Rushcliffe Country Park, Ruddington
30th	LEI EMOA Level C	EMOA League Event, Beacon Hill Organiser: Tracey Brookes

December 2014

6th Saturday	LEI EMOA Level D	LEI Xmas Novelty - Martinshaw Woods, Groby Community College, Leicester, SK518070 Entry times: 11.00am-12.00pm. Organiser: Alastair Paterson	
7th	DVO EMOA Level C	Stanton Moor - DVO & EM League, Stanton Moor, Matlock Organiser: Viv Macdonald	
13th	DVO EMOA Level D	Night Event, Rosliston, Swadlincote	
21st	NOC EMOA Level C	NOC Regional Event (EM League), Walesby Forest, Ollerton, SK668705	
27th	LEI EMOA Level D	Winter League 7. Spring Cottage. Occupation Road, Albert Village DE11 8HD. SK298173. 6.30-7.30pm	
28th	LEI EMOA Level C	EMOA League Event Spring Cottage, Spring Cottage, Ashby de la Zouch Entry times: 10.00am to 12.00noon. Dogs: On lead. Organiser: Wendy West www.leioc.org	

January 2015

1st Thursday	LEI EMOA Level D	Winter League 8. Sence Valley Forest Park LE67 6NW. Top car park. SK404113
3rd	LOG EMOA Level D	LOG Winter Series 4, Lincoln



January 2015 Cont.		
4th	NOC EMOA Level D	NOC Winter League, Bestwood Country Park, Nottingham
11th	LEI EMOA Level C	EMOA League Event Wakerley Woods , Wakerley Woods, Corby Organiser: Roger Phillips www.leioc.org.uk
13th Tuesday	LEI EMOA Level D	Winter League 9. Fosse Meadows Country Park
17th	LOG EMOA Level D	LOG Winter Series 5, Bourne
18th	DVO EMOA Level D	DVO Regional Event, Crich Chase, Matlock
25th	DFOK SCOA Level B	BKO Concorde Chase, Cold Ash, Newbury
28th Wednes- day	LEI EMOA Level D	Winter League 10. Beacon Hill, Broombriggs Car Park LE12 8RW. SK523145
31st	LOG EMOA Level D	LOG Winter Series 6, Grantham
31st	NOC EMOA Level D	NOC Night Event, Burnstump Country Park, Nottingham
February 2015		
1st	LEI EMOA Level C	EMOA League Event Bagworth , Bagworth, Coalville
7th	MV SEOA Level B	Southern Championships Weekend, Sprint Event (UKOL), The Nower, Dorking
8th	MV SEOA Level A	MV Southern Championships & Interland (UKOL), White Downs, Netley Heath & Sheepleas, Dorking



February 2015 Cont.		
15th	WCH WMOA Level A	Midlands Championships, Cannock Chase, Cannock
19th Thursday	LEI EMOA Level D	Winter League 10. Hermitage Leisure Centre. LE67 5EU SK434157
22nd	NOC EMOA Level C	NOC Regional Event, Harlow Woods, Mansfield
28th	AIRE YHOA Level A	British Night Championships (UKOL), Middleton Park, Leeds
March 2015		
1st	LEI EMOA Level C	EMOA League Event, Ratby Woodlands
1st	SYO YHOA Level B	BNC Weekend Event (UKOL), Cawthorne/Deffer Barnsley.
8th	DVO EMOA Level C	DVO Regional Event, Kedleston, Derby
8th	CLOCK NEOA Level B	CLOCK Acorn Event. Hutton Mulgrave, Whitby
15th	EMOA NOC	COMPASS SPORT CUP HEAT, Sherwood Pines
		
22nd	OD WMOA Level B	OD Level B Event, Bentley Wood
29th	LOG EMOA	LOG EM League
April 2015		
3rd	NWOA Level A	JK Weekend Sprint (UKOL). Lancaster University, Lancaster

April 2015 Cont.		
4th	NWOA Level A	JK Weekend Day 1. Ulpha Park & Barrow Fell, Ulverston
5th	NWOA Level A	JK Weekend Day 2. Bigland, Ulverston
6th	NWOA Level A	JK Relays. Graythwaite, Windermere
12th	NOC EMOA Level C	East Midlands Score Championships. Clumber Park, Worksop.
18th	BOK SWOA Level A	British Long Distance Orienteering Championships (UKOL). New Beechenhurst, Forest of Dean.
19th	BOK SWOA Level A	British Relay Orienteering Championships. Cannop Ponds, Forest of Dean.
26th	DVO EMOA Level C	DVO Regional Event, Cromford Moor, Cromford.
May 2015		
1st	LVO NIOA	Irish Sprint Championships. Laurelhill Sportszone, Lisburn.
2nd	LVO NIOA	Irish Long Distance Championships. Slieve Croob, Dromara.
3rd	LVO NIOA	Irish Relay Championships. Hillsborough Forest Park, Hillsborough.
4th	NOC EMOA Level C	NOC Urban Event, Newark (BANK HOLIDAY MONDAY)
9th	BAOC SCOA	British Sprint Championships. (UKOL) Aldershot Barracks, Aldershot
10th	TVOC SCOA Level A	British Middle Championships. (UKOL) Naphill and Park Wood, High Wycombe.



British Sprint and British Middle Distance Championships 2014. LEI Podium Winners



British Middle Distance Championships, 2014, M80 class, 1st Place:

Don Moir

Photo: British Orienteering



LEI Feather Flag.

Photo: Matt Cox



British Sprint Championships 2014, M10 class, 3rd Place:

Ben Hardy

Photo: Alan West

