

LEI News

editor - john cooke

The Newsletter of the Leicestershire Orienteering Club

Ramblings from the Chair



I had hoped that I might be writing an article for this edition of LEI News outlining the new events structure.

However despite a very clear lead from the British Orienteering Future of Orienteering Conference in October the structure is still, at the time of writing this in early January, subject to debate and I am unsure as to what the final proposals that will be made to Council early this year will look like. It appears to me that one of the problems that the sport faces is that minority interests have a disproportionate influence and are often able to promote agendas not in the interests of the majority.

One of the very positive things that I took away from the conference was a clearer idea of what other clubs around the country are doing, or in many cases

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**Copy date
for next issue
15th May**

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Getting fit for orienteering



Where to start?

Newcomers to orienteering may have got involved as a variation on the 'family walk' on a Sunday afternoon. They may not be doing any other sport or fitness activity but would like to get less out of breath when walking round a colour coded course with the family.

If this is you ask yourself first "Am I getting 30 minutes of moderate intensity physical activity on most, preferably all days in the week?" This can be anything such as brisk walking with the dog, mowing the lawn or taking the stairs instead of the lift at work. The activity should cause a noticeable increase in your breathing and heart rate but you should still be able to talk comfortably. You don't have to do 30 minutes all in one go. The exercise is still useful if it is done in short sessions of activity of around 10 to 15 minutes each. If you are not doing this much exercise in your normal daily routine you can improve your fitness just by finding ways of doing more activities of this type.

Taking up running

Orienteering is a running sport. As soon as you get interested in comparing your times with other people's you will want to be able to run round a course. What is more it is not just about going faster. Being fitter will help you go faster in the right direction more often. If you get fatigued as you go round a course your capacity to think / navigate will drop off and you will be more likely to make errors.

But won't I wear out my joints ?

Longitudinal studies of older runners suggest that those who run 6 - 20 miles a week are less likely to develop osteoarthritis than those who do not exercise. They claim that it is only the 'tears' and not the 'wear' that cause damage. So if you train carefully to avoid injury you will be improving the long term health of your joints.

The FIT formula (frequency, intensity, time)

How often?

Improvements come from the changes in your body that happen after you run. You need to leave long enough to recover and grow stronger from your run but not so long that the benefits are wearing off again. Ever two or three days or three to five days a week will be often enough.

How hard?

It is important to work just hard enough to stimulate your body to adapt to the greater effort and not so hard as to cause injury or pain. The aim is to be able to run continuously at a comfortable pace where you can hold a conversation. It is often recommended (e.g. www.bupa.co.uk/health_information) at people start with a programme of running and walking and gradually build to continuous running.

How long?

Your aim to start with should be to keep going for 30 minutes. At first

intersperse running with walking. Work your way up to continuous running. Following a schedule such as the BUPA 5k training guide will allow you to build the effort you make steadily and safely. Once you can comfortably run for 30 minutes you may like to increase on of your runs so that you are out for at least two thirds of the time you expect to take on your orienteering course. If you usually take an hour that will mean increasing your run to 45 minutes. Make increases steadily, no more than 10% a week.

What next?

Simple running on the road or in a park will increase your aerobic capacity and enable you to move more quickly and think more clearly when you are orienteering. However, orienteering through terrain so demands strength and flexibility to negotiate hills and the brushings on the forest floor. Both of these aspects of fitness can also be trained. Pilates, which concentrates on core stability has become a popular way of developing strength. Flexibility can be maintained by developing a routine of static stretching after your run but other activities such as yoga will also help.

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not doing. It would seem that there are a number of clubs who are content just to do six or seven events during the winter season. Without exception these clubs are facing a declining and ageing membership. Those clubs who have a full programme of activities and events are those clubs who report a growing membership and who are attracting a wider age range of members. No prizes for guessing in which category I would wish us to be in - and I am glad we are.

I don't always agree with British Orienteering's Development Manager but a comment, by Hilary, in the latest addition of Focus strikes a chord. "clubs are discovering that more people prefer the friendly less formal and lower key local events" Well we knew that already!

The autumn brought its usual round of club social activities. A cold winter Saturday in December saw a number of club members "helping" Santa find a sleigh load of presents at the Christmas

event in the Ratby Woodlands. If you didn't get the correct presents on Christmas Day you now know who to blame.

The club annual presentation dinner was as always a very convivial evening. Among the many awards made that night it was a particular pleasure to present out President, and long standing member of the club, Ernie Williams with the Tiger Trophy for outstanding services to the club over many years.

At the AGM in October we welcomed two members to the Club Committee, Ben Windsor as Junior Representative and John Marriott who will be taking on responsibility for our ever growing number of Permanent Orienteering Courses.

Finally congratulations to our three new Grade 3 Controllers, Judith Holt, John Cooke and Simon Ford.

Chris Phillips

LEI Club Development

More People, More Places, More Podiums (MP³) is the title of the British Orienteering vision statement. This is supported by the appointment of a participation manager—Steven Vernon. It reflects the need for development, particularly to bring young people into orienteering, that clubs all over the country have recognised. For LEI it was at the 2005 AGM that David Anderson asked if more could be done with respect to junior members. From that question the LEI development group was born. It was intended to draw together people not necessarily involved in the mainstream volunteering roles to provide energy to promote junior development for the long term benefit of the whole club. The work of the development group has grown. It depends of course on the work of the main committee in ensuring that we have mapped areas, events, officials and an income which matches our needs. The more extensive the work of the development group the more need there is for coordination.

The beginning... the club development group first met in January 2006 with the aim of finding ways to attract and keep more junior Orienteers and their families. We asked for views from club members and received a clear message that we needed to start by offering more to our existing juniors, making them and their families, feel more welcome and involved at events. This provided an initial focus from which we have expanded, each new area of activity seeming to build in to the others. A key principle has been to share the activity between as many people as possible.

More for juniors... in 2006 we started offering pre-event coaching sessions linking in with NOC and DVO to create a regular series. We were also able to organise Junior teams to take part in Yvette Baker Trophy and Peter Palmer Relays. Although there were not enough juniors of the right ages available to get full teams together for these events in 2007 the precedent has been set. We have also been able to make representation to the Junior Competitions Group to allow neighbouring clubs to enter joint teams

Irene at the club shop has been giving out explorer awards badges which have proved very popular.

Next for club Juniors? What about inaugurating an annual family post-event club picnic? Any volunteer to coordinate that? Perhaps after the Evington Park event on Sunday July 20th.

More coaches... and others to introduce newcomers to the sport were needed to ensure that we could offer safe and effective activities. We were lucky that Lee Powell had already qualified as a level two coach before joining the club. He has supported and encouraged others so we now have five other club members who have been on or are about to attend coaching courses at various levels. The Level 1 course, which equips participants to teaching children basic orienteering, takes just six hours. The course provides lots of ideas for activities which will give younger children the repeated practice they need to develop orienteering skills to a level where they can be safe and

confident competing on their own. For opportunities to do such a course check the British Orienteering web pages or contact one of the development group members.

As well as increasing the number of club members with coaching qualifications we have needed volunteers willing to obtain a British Orienteering CRB so that they can act as official assistants working with juniors at schools and other events.

The committee has supported coaching development by meeting costs but soon started to suggest there should be something for adults as well as juniors. A group attended a British Orienteering coaching day in Autumn 2006 - and there are plans for another club outing to the South Lakes on April 12th this year. (Contact Mark Foxwell for details).

In 2007 we had one coaching session on an area with some technical potential as part of the Summer League. The small events committee have not been able to confirm that this can be fitted in to the 2008 but perhaps it will reappear in future years.

Next for coaching? Tell us what coaching you would like to see offered by the club by filling in the questionnaire on the web.

More people introduced to orienteering... At our first development group meeting we identified that we had an opportunity to expand the established club presence at the Burbage Common open day. This model for taking orienteering to the public took off in 2007 and we now have an established formula for Country Park open days around the county. Follow-up contact letting people who have expressed an interest in future events is crucial to gaining any new members from this.

The development group is always on the look out for club members who could 'adopt' a new comer.

Two schools initiatives led by Roger Edwards and Chris Bosley provide a different opportunity to spread the word about orienteering. We were successful in winning the bid to be included as one of the eight sports to be included in the new Schools Competition Framework in Leicestershire and Rutland. Roger is working to create synergy between the Oadby and Wigston schools events and other uses of the mapped areas.

Another way of providing opportunities for more people to have a go at orienteering is through Permanent Orienteering Courses. John Marriot has taken on responsibility for seeing through plans for a number of new POCs. They are now being planned so that they posts in place to be suitable for introductory exercises as well as the standard courses.

Crucial in introducing new people to orienteering is getting information that they can understand to them. The revamp of the web site took account of the new-to-O reader as well as the seasoned orienteer. Have you tried downloading the event location POI file to your SatNav device?

Across the country clubs are finding that they can best attract new people by offering a regular series of events in one locality. This was in part the plan behind the Autumn Series 2007. Although it did not attract the support from schools we would have liked it did get some families coming along who have since shown an interest in other club events. Events of this nature are probably best managed alongside our other small events. This is one example of an area where the boundary between development and

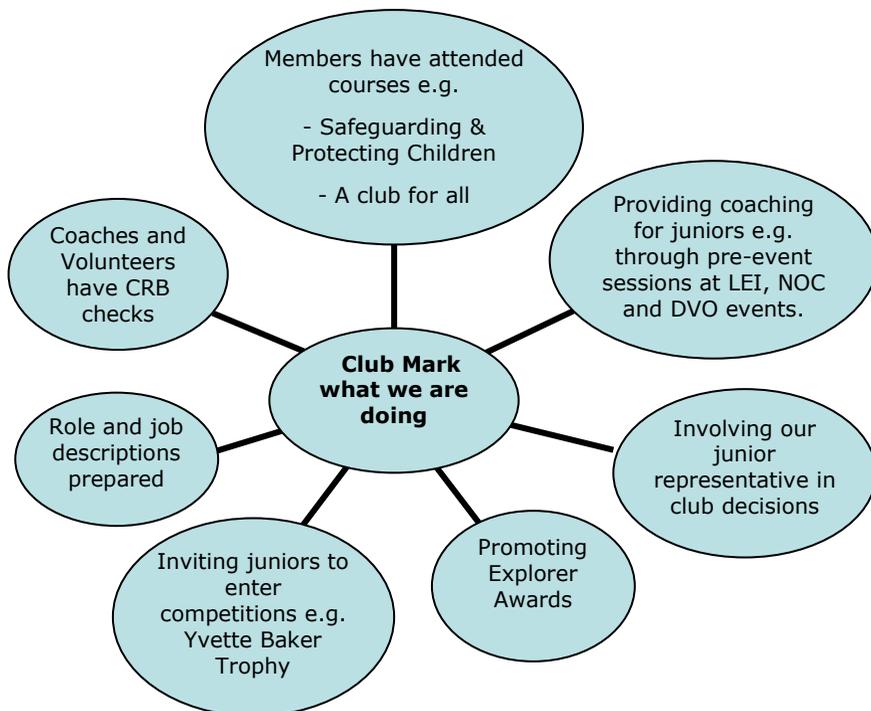
mainstream activity blurs.

Next for introductory events? Should we have small scale 'Saturday series' events within our small events program?

Club Mark... With so much activity focused on members of the club working with children it became important that we started working towards gaining the club mark standard. You will see from the diagram below that a lot of our development group activity contributed towards meeting the Club Mark requirements. Members have attended

courses and put on the necessary events and filled in their CRB disclosures. The final step to being ready to submit our application is for the club committee to adopt role descriptions and codes of conduct. These will go to the committee on February 11th. If you would like to offer feedback on your views concerning Club Mark and the proposed Code of Conduct for Participants please go to the web site and fill in the on-line form. It will only take a few minutes to complete.

Judith Holt



Proposed Code of Conduct for Participants

- ◆ The Club is fully committed to safeguarding and promoting the well-being of all its members.
- ◆ The Club believes that it is important that members, coaches, administrators and parents associated with the Club should, at all times, show respect for each other, be encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the Club with the designated club officer.
- ◆ As a member of the Leicestershire Orienteering Club you are expected to abide by the following Code of Conduct for participants:
- ◆ All members should compete within the rules of the club and of British Orienteering and respect officials and their decisions.
- ◆ All members should respect fellow competitors.
- ◆ Members should pay any fees for competition or training events promptly.
- ◆ Members should keep to agreed timings for club activities or inform the organisers if they are going to be late.
- ◆ Members should wear suitable kit for training and events.
- ◆ Junior members should ensure they provide a Consent and Medical form for all relevant training sessions and events.
- ◆ Junior members are not allowed to smoke, or to consume alcohol or drugs of any kind, at training sessions or when representing the Club in competitions.



If you have a views about the future of development group activities please let us know by email or join us at the next meeting

3rd March at Groby College at 7.30-9.30

Annual Presentation Dinner



The LEIOC Annual Dinner and Awards Presentation took place on the 10th November 2007 at the Forest Hill Golf Club, Botcheston. As is becoming traditional the assembled company was well looked after by the golf club and an

enjoyable evening was had by all.

The announcement of the various awards was made by Club Chair Chris Phillips whilst the presentation was left in the capable hands of Club President Ernie Williams.

Club League

Over the last 12 months 4 colour coded events have counted towards the competition with 15 Juniors and 67 seniors taking part.

Juniors

- 1st Ben Windsor
- 2nd Euan Tebbutt
- 3rd Mairead Rocke

Senior Women

- 1st Mary Boothroyd
- 2nd Alison Hardy
- 3rd Diane Ford

Senior Men

- 1st Chris Bosley
- 2nd David Bray
- 3rd Simon Ford



LEI Score Cup

Highest Placed LEI Member

Ben Windsor

Clock Trophy

For the longest run by an LEI member at an LEI event.

We had several runs over 100mins.

The winner was **Ian Salmon** 126m 06sec M40L at the Fineshade Regional Event

Winter League 2006/2007

Juniors

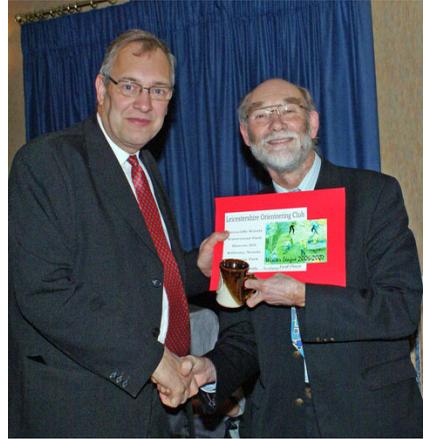
- 1st Richard Martin
- 2nd James Hornsby
- 3rd Rosalind Martin

Ladies

- 1st Liz Phillips
- 2nd Ursula Williamson
- 3rd Sue Bicknell

Overall

- 1st Peter Hornsby
- 2nd Bruce Bryant
- 3rd Roger Edwards



Tiger Trophy

For valuable and enthusiastic help and assistance to the club and membership over many years.

Tonight's recipient has over the years undertaken many tasks for the club. He is probably the most well know member of the club. He is a former chairman, he has planned, organised and controlled many events. Much of his current work for the club is hidden away in lists of grid references, fixtures lists, map registrations and the like. He is a constant source of advice to the officers, indeed he is our technical adviser.

The winner of the Tiger Trophy is **Mr Ernie Williams**.

LEI News

Summer League 2007

A long and very wet summer of 23 events produced a close finish with only 155 points separating the top seven competitors

Overall

- 1st Chris Bosley
- 2nd Bruce Bryant
- 3rd Dave Bray

Ladies

- 1st Alison Hardy
- 2nd Liz Phillips
- 3rd Ursula Williamson

Junior

- 1st James Hornsby
- 2nd Dominic Leake
- 3rd Stuart Thompson

Under 14 Junior

- 1st Dominic Leake
- 2nd Sian Smith
- 3rd Euan Tebbutt

Best unhandicapped score

- 1st Bruce Bryant
- 2nd Roger Phillips



Club Championship 2007 Held at Carsington Pastures in October

Men

Roger Edwards

Ladies

Judith Holt



Thelma Spalton Trophy

For an outstanding performance by a lady member

A very difficult choice this year as our ladies have produced some notable results over the last months in all the major events.

For her performances during the year particularly at the 2007 JK and the Scottish 6 Days the award goes to **Shirley Moir**



The Presidents Award

This new award is for a particular outstanding service to the club in the last 12 months.

We have as a club over the last few months sought to develop and strengthen links with out side bodies notably the National Forest Company and Local Authorities. The development of those links has brought many new opportunities and resources to the club and it is for that work that the President's Award goes to **Roy Denney**.

Minutes for AGM 2007 held on

Wednesday 24th October 2007 at Forest Hills Golf Club, Desford (SK482058)

Members present: Chris Phillips (CP), Roger Edwards (RE), Bob Haskins (BH), Rachel Simonetti (RS), Ernie Williams (EW), Mark Foxwell (MF), Peter Leake (PL), Mark Sherriff (MS), Roger Phillips (RP), David Toach (DT), Roger Kelly, (RK), Simon Ford (SF), Roger Williamson (RW), Ursula Williamson (UW), Roy Denny (RD), John Cooke (JC), Judith Holt (JH), Graham Watson (GW), Lee Powell (LP), John Marriott (JM)

1 Apologies for absence from:

Peter Hornsby, Liz Rocke, Simon Starkey

2 Declaration of membership numbers

There was a quorum with 20 members attending

The membership secretary reports that 2007 has been a good year for LEI recruitment wise, mainly as a consequence of our recruitment effort at the National Forest Trophy at Ratby Woodlands and with the development teams effort with the juniors.

Total membership – 180 plus 10 Associate BSOA, 9 Associate School and 1 national group and 1 local group member.

3 Approval and signing of minutes of last annual general meeting

Meeting of last minutes approved and signed

4 Matters arising from those minutes

None

5 Chairman's Report on past year

(Full text of Chairman's report appears on page 17)

6 Matters arising from Chairman's Report

Thanks to the Chairman for steering the club over the last year.

7 Treasurers report and budget projections for coming year

Surplus profit of £32 this year, however the trend is we are spending more than our income.

Most money into the club was through grants, though there was income from the increase in membership and from increased map prices and more map sales.

Outgoings from event equipment – compasses, banners, A frames etc

Event income summary shows that the summer league is a good money earner and that our c4's make money rather than badge events

Budget for the forthcoming year– Is a reflection on estimates in May, which has now been updated.

We now expect to be in deficit of £1000 (changed from £6 surplus) next year. Some of the extra expenses shall be the British Middle Distance Championship (BMDC) and the access charges from Leicestershire County Council (LCC) and other access fees. It is ironic that we are getting grants from LCC but are then having to give it back to them by way of

access fees and car parking! But we are not the only club with this problem.

Club shop – a big increase in income is expected due to sales of club kit.

We also expect income increase from POC's as we are working more with Councils on their permanent courses.

Grants – the figure in the budget is from bids already put in which we are expected to get.

Expenditure in the budget – we expect to spend money on software and we are also subsidising the club kit

8 Matters arising from Treasurers Report

Quite high wastage with unused maps – but that's because we have had a lot of small events. Wastage SF estimates is 10 –15%

Team entries – money into this is going down – have reduced the % of support, but noone is entering the team relay events.

Suggestion by JM that we can saving money by emailing Newsletter, but its important to have written copies to float at events for marketing etc.

9 Independent Financial Examiners Report

Accounts have been signed off.

10 Approval of Accounts

Accounts proposed by RE and approved by RD & SF

11 Club Membership Fees for coming year 2008-2009

No change to current fee

Family £4 , Senior £4, Groups £10,
Correspondent - £4

BOF request membership fees amount by September each year so it was suggested we fix fees for 18 months - proposed and accepted by RD and seconded by JH

12 Amendments to the Committee Standing Orders

Copy in newsletter of full club standing orders - Reasons for changes to the standing orders is that management and sub committee changes have been made. E.G the summer league co-ordinator's role has been amalgamated into an extra sub committee (the minor events committee) to look after C5's.

13 President's remarks and election of Chairman

Thanks to CP for his leadership this year. LEI has been the 'brand' leader regarding our summer league and other clubs are following our lead.

Reminder that the national conference is taking place this Saturday where a major review of structure of future British orienteering will be discussed.

BMDC – started planning for this within its set timetable, showing LEI can cope with large events.

EW wished the club and its members a successful year next year.

No nominations for chairman before the AGM and it was proposed by EW that CP to remain as Chairman and was seconded by PL

14 (New) Chairman's address and plans for coming year

(Full text of Chairman's address and plans appears on page 20)

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15 Election of other Principal Officers (Vice Chair, Secretary, Treasurer)

BH re elected as Vice Chair, RE re elected as Treasurer and RS re elected as Secretary. Proposed by EW and seconded by RP.

16 Election of Committee

The following people were elected onto the committee:

Ernie Williams, Roger Williamson, Simon Ford, Mark Foxwell, Roy Denney, Peter Leake, John Cooke, Judith Holt, Roger Kelly, Kevin Bradley, Andy Portsmouth, Peter Hornsby, Graham Watson, Lee Powell, Irene Marriott, Ben Windsor, John Marriott

Proposed by RP and seconded by MS. Jobs to be delegated at November committee meeting.

17 Election / adoption of Independent Financial examiner

Auditor – Lewis Sutton stands again – accepted by SF and seconded RK

18 Election of President, Honorary Members

It was proposed by CP that EW should stand as President again. Seconded by RK

Honorary Members – Lewis Sutton and Tim Marshall with a 3rd new honorary member – Sam Attaway who was proposed by RD and seconded by CP and a 4th new new honorary member

Irene Marriott, proposed by JM, supported by CP and seconded SF.

19 Open forum

Compass sport – Cannock Chase was chosen by the majority as 1st choice location for 13th January.

Reminder of the Grade 3 controllers course end of November and beginning of December.

PH – promoted from Grade 2 to Grade 1 controller

Planners course will be held in January and February 2008

Organisers course – dates to be advised

SI kit – small working group reporting back to committee, As we are using SI so much, thoughts are we need more kit of our own. Maybe another laptop for C5 events. EMOA wants to buy more kit too and to keep blocks of SI for each club. Problems with keeping up with technology was discussed as possibly more expenditure by the club every year. It was discussed that Ocad and training for SI to be in planning and controllers courses.

It was discussed that Lift sharing would be helpful to the environment and that the website should set up a forum for members to advertise car space for other members.

University promotion – it was discussed that promoting our events to Orienteering Clubs in universities would be beneficial but we would need someone to take project on board and see it through.

It was discussed that BOF were beginning to bring Orienteering related sports into their remit – ie adventure racers and mountain bike O's etc, which until now they had been reluctant to do so.

Meeting closed at 9.45pm.

Chairman's Report AGM October

Ladies and Gentlemen.

There has been so much happening over the last year, that unless I am selective we shall be here till after the bar closes and that would never do! Many of the items I will report on tonight are on going and I shall return to them later in the evening.

I said at last year's AGM that recruitment was a must and to this end your committee has spent some time looking at ways of increasing membership. We chose the National Forest Trophy event at Ratby Woodlands to be the focal point of a recruiting drive. With generous sponsorship from the National Forest Company we were able to mount a large publicity campaign in the Leicester Mercury and the local newspapers covering the northern part of our area. This, together with many posters put up and leaflets handed out by members of the club, succeeded in attracting over a hundred first timers to the event. Follow up by members of the development team has enabled us to enrol a number of those first timers as club members. I must thank Judith, John, Roy and Roger for the huge amount of work they put in to make the event a success.

The Ratby Woodlands event was not the only plank in our recruitment programme. We have for a number of years had a presence at the Burbage Common open day, thanks to the endeavours of Roger Kelly. This year in addition to Burbage, LEI has been "on tour" to open days at Bosworth Battle Field and Watermeade. We would have been at Sence Valley but the flood

waters were too deep even for Orienteers. It is difficult to know exactly what impact these events have but at the very least they introduce orienteering to a wider public and we are aware that some of the people we talk to at these open days do come to other club events.

Much of our recruitment programme has been driven by Judith and Roger and members of the Development Team and it is to the activities of the Development Team I would like to turn to next.

Throughout the year a number of coaching activities have been held as part of the East Midland Coaching Programme.. The Autumn Series of Saturday morning events in Leicester Parks, aimed at junior and novice Orienteers, has also included a coaching element.

Two significant steps in our out reach to schools has been the signing of partnership agreements with South Charnwood Primary Schools and Oadby and Wigston High Schools. We have received grants from British Orienteering to help with the cost of these partnerships and are seeking further funding to cover the full cost of mapping school sites. The club will be involved with the initial setting up and training in the schools and we look forward to a long and profitable involvement with them.

Progress towards Club Mark status has been steady and I am hopeful that we will have completed all the required work in the next year. In working to the Club Mark award we have a commitment to

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listening to the views and needs of the younger members of the club and as part of that process I welcome Ben Windsor to the Club Committee as the junior representative.

Our events programme has been a full and busy one. If my maths are correct we have organised 40 events in the last 12 months. My thanks to Mark Foxwell for masterminding the summer league - perhaps next year you could try and pick evenings when its not raining!. Thankfully both the Summer and Winter Leagues continue to attract large numbers as they are crucial to the club's financial health. However I am aware that on occasions our success threatens to overwhelm the slim volunteer resources we are able to commit to these events. The last year has seen an increase use of SI at C5 events and I will be returning to the subject of SI equipment later in the evening.

We have in the last year moved to online entries for our C3 events. We used the Midland Night Championships, which we hosted at Bagworth in November, as a trial run. The success of that trial has allowed us to move forward with confidence and we shall in future be using online entries for all our major events. The next step I think will be online entries for colour coded courses at Badge Events. Some clubs have already moved in that direction.

One problem that we have experienced over the last year is clashes with events put on by neighbouring clubs. In particular we had to move the Willesley C4 event as OD were insistent that they would run their UK Cities Cup event at Warwick on the same day, despite our event already being registered and

having appeared on the British Orienteering Fixtures web site for several months. I estimate that the change of date cost us several hundred pounds in lost income. There is a fixtures registration protocol which should ensure that clashes of events do not occur. However some clubs have chosen to ignore the protocols. I have made a formal protest to British Orienteering which, whilst it has not solved our problems has at least led to a tightening up of the rules.

I mentioned earlier the generous sponsorship from the National Forest Company for the Ratby Woodland event. We have over the last year been able to build closer links with the National Forest Company, to our mutual benefit. There are considerable opportunities for us as a club within the National Forest to enhance our sport and we need to take those opportunities. My thanks to Roy Denney who has been instrumental in building those links.

As most of you will be know, British Orienteering has a regional structure and we are part of the East Midlands Orienteering Association. I think it right that you should be aware of some of my concerns about our membership of EMOA. Concerns despite the fact that we have for a number of years supplied officers of that body. Currently our President is the Vice Chairman. Concerns that are shared by other committee members.

Membership of EMOA cost you money via a membership fee and by event levies. As Roger Edwards pointed out in his article in summer newsletter, for every senior competitor at a C4 event that has SI punching EMOA get £1. Apart from Ernie's excellent cartoons in the newsletter you might like to ask what

you get for that money. I would remind you that when the pool of SI kit was set up a few years ago the clubs in the region contributed money, in our case out of reserve, to buy the kit.

I am concerned that this year's EMOA AGM took place, despite strong representations from several members of the club, at the far north end of the region effectively disenfranchising members living in the south end of the region. I am concerned that EMOA were unable to stage this year's Compass Sport Cup heat after LOG's problems with Stapleford Woods. For the present we are stuck with our membership of EMOA. Perhaps next year we should all make a concerted effort to go to the EMOA AGM, wherever it might be, and ask the question. What is EMOA doing for me and where does it spend my money?

We have had a very good year as a club. Membership is up. The first time we have shown an increase in several years. We have managed to balance the books - just. and perhaps more importantly we have had we have had some very good sport.

As your Chairman I am very fortunate in having the support of a very strong and hard working committee and team of principal officers. My thanks to you all for the support that you have given me over the last year and all the countless hours of hard work you have put in on behalf of the club.

Ladies and Gentlemen that concludes my report for the last twelve months

Chris Phillips

Letters

Hi John, or Dear Ed,

Something is puzzling me. Perhaps your readers could help.

When orienteers share cars to events, I think it's quite normal to share travel costs based on 10p per mile. Is it an age thing? (10p was probably fine when they started o'ing 30 years, and why change the habits of an o-lifetime?) How can intelligent folk delude themselves so thoroughly?

Ah, but what about servicing every 10k miles, and replacing tyres? 2p

per mile might cover that.

And fuel? Well, if that costs £1 per litre and the car does 35 miles per litre (o'eers are very careful drivers) that's 3p per mile. $5p + 2p + 3p = 10p$.

Hmmm! I recommend strike action; passengers refuse to travel until drivers make a 30 year leap to the present day and accept 30p per mile.

Derek Ricketts

Chairman's Report on Future Plans AGM 2007

Recently one of my committee colleagues said "there is so much happening its almost impossible to keep up" Well ladies and gentlemen it is going to get busier over the next year.

The event programme will be as full as ever. We are hoping to run 5 C4 colour coded events and 2 C3 Badge events. Mark is well advanced with the 2008 Summer League Programme which will include some new areas, thanks in part to our Schools Partnership Programme and we shall see some sprint events in the League. The Winter League continues to be well supported and will continue to appear in the events programme in an extended format with more events in the autumn.

There are currently some early discussions taking place regarding a series of two or three sprint events in the East Midlands. Peter Hornsby is currently working on a map drawn to the correct sprint event specifications and whatever else happens I am sure that we will not be able to resist the temptation to use it.

The team who run the open days in the country parks is currently looking to expand what we do on those days and it may be possible to offer some longer and more interesting courses suitable for the more experienced Orienteers. If we can find the volunteers to help there is a possibility of doing more of these events.

A rough estimate shows that we will be running about 48 events during the next 12 months.

I have not yet mentioned, this evening, Permanent Orienteering Courses. During September we were able to establish with the help of Leicester City Council POC in Abbey, Knighton and Evington Parks. The design and funding is in place for a course in Martinshaw. We are currently in discussion with the National Forest Company and several local authorities regarding further POC in the area covered by the National Forest. If all our plans come to fruition we should by the end of next year have at least 10 POC in the area covered by the club. This has increased the workload in this area and I am pleased to welcome John Marriott to the club committee as Permanent Orienteering Course Co-ordinator.

The Development Team will be building on the schools partnership agreements that I mentioned earlier in the evening. These agreements do give the sport a real opportunity to introduce orienteering to a new generation and whilst for a club like ourselves they do not produce an instant hit of new members they do have, I believe, an important part to play in the long term growth of the sport. After the success of the event at Ratby Woodlands we are currently giving some first thoughts to a similar event in another part of the area in perhaps the second half of 2008.

I hope you will see that there is a theme running through our current plans. One of development and recruitment. POC's, partnerships with schools, a presence at country park open days, events such as

the Ratby Woodlands day in March are all aimed at bringing the sport to the attention of a wider audience. Within this theme of development we are also building closer links with Local Authorities and organisations like the National Forest Company. In the current climate where health and encouraging people towards physical activity are high on the political agenda Orienteering "ticks a lot of boxes" There is on offer money and resources. We have over the last 18 months been successful in obtaining some of these. We need to obtain more. Over the next two years Sport England is changing its funding methods. Money that was previously handed out at the centre to umbrella organisations like British Orienteering will in future become available at county level to clubs like ourselves. For what purposes and with what conditions attached as yet we do not know. We will be monitoring the situation closely.

We have in the club a small, a very small, and very dedicated band of mappers. As you are well aware maps are at the core of our sport We are very dependant on two or three people. We need more. Now is the time to volunteer!

Your committee is currently examining how to proceed with regard to SI kit. Although the club does own a very small amount, as I mentioned earlier we currently share the pooled EMOA kit and EMOA are looking at the economics of purchasing some more. The scheme has been very successful but it does have it limitations, not least a volunteer having to trek to the outposts of the empire (or DVO land as its usually known) to collect it and the increased use of SI is making this journey more and more frequent. If EMOA obtains more SI it may allow us to have some permanently

based it the area. If not we shall have consider what provision we make for ourselves.

Looking to the longer term. On Saturday British Orienteering is holding a club conference and EGM . One of the purposes of the club conference is to discuss the Competition Structure of Orienteering. The draft proposals are currently on the British Orienteering website and I think they are quiet interesting and will be of benefit to the club. I don't propose discussing them tonight for if the conference follows the usual track record of major discussion for changes in the sport the end product will be nothing like the one we started the day with.

As I think many of you know we have been invited to host the 2009 British Middle Distance Championships. Subject to final access permissions the event will be held in Cademan and Thringstone Woods. Some of the ground work for the event has already taken place and as Roger has already mentioned provision is being made in this year's budget for cost that we will incur over the next year, including mapping.

In 2010 there is the possibility of the club holding a National C2 event at Belvoir. We are currently in discussion with the estate over access, given that we would need a larger area than the one they normally generously allow us to use.

Two items before I finish. Firstly may I remind you about the club Annual Dinner and Presentation Evening on the 10th November in this very building. Mr Denny is eager to take your order and secondly the LEI Christmas Novelty Event on the Saturday 15th December organised by Santa and his (not so little)

(Continued on page 23)

Website update



You will hopefully have noticed that the LEIOC website has undergone a facelift since the last newsletter was published.

This was done for several reasons; on the technical side to move away from a frames based website to one largely controlled by Cascading Style Sheets (CSS). Whilst frames do offer a number of advantages to the web publisher these are, in my view, outweighed by their disadvantages. The two main disadvantages of frames are that it is not possible to bookmark a particular page on a website, whenever you try to bookmark a page you end up with the home page of the site. Frames are also somewhat unfriendly to search engines (Google etc.).

The CSS approach separates the presentation from the content. In future it will be possible to change the whole appearance of the site by making a few alterations to a single file.

Another reason for changing the site was to, hopefully, improve the appearance and usability of the site. The website is now set to a fixed width designed to fit comfortably onto an 800 x 600 resolution screen (apologies to anyone still using 640 x 480), This has the advantage of allowing more control over the layout of the page and prevents the spectacle of very wide lines of text which are actually quite difficult to read.

On the usability front I have tried to improve the navigation around the site by the use of drop down menus. The pages are now all designed to meet the web standards set down by the World Wide Web consortium (W3C) (see box for a definition of web standards).

At the bottom of each web page you see

***Web standards** is a general term for the formal standards and other technical specifications that define and describe aspects of the World Wide Web. In recent years, the term has been more frequently associated with the trend of endorsing a set of standardized best practices for building web sites, and a philosophy of web design and development that includes those methods.*

Wikipedia

two buttons which when clicked will take you to the W3C website and a message confirming that that particular page is valid HTML 4.0 (should you discover that a page is invalid please let me know— errors can always creep in).

A recent innovation has been to offer the opportunity to download the event locations list as a POI file to load into your SatNav (thanks to Dave Toach for the suggestion). On a similar theme I am currently working on combining the LEI Country map with the list of event locations into an interactive map where hovering over an event area will bring up some details of the area and clicking will produce a location map.

Any suggestions for additions or improvement to the content, or any errors discovered, will be appreciated.

John Cooke

CompassSport Cup 2008

Jan 13th Sherbrook

Well another year of the Compass sport Cup, and another fourth out of four finish. I think we were fifth out of five last year!! Progress?

I've always been told that taking part is the important thing, so I'm sure that we will be there with the best of them next year - trying to get enough people to turn up to have a remote chance of avoiding last place

We , of course did have some excellent performances from individuals, but not enough of them - only managing 22 scorers against a maximum of 25(all the other teams managed the 25) It seems to me that we need 35-40** competitors to be sure of getting the maximum scoring potential. We had 28 this year.

For those of you unfamiliar with the scoring system, each course out of the eight has a maximum number of allowable scorers (usually 4, but 6 for the two big groups Men's open and M45+). Each individual gets a point score in their individual event (100 first; 98 second etc) and the best 25 scores are then taken to make up your team total. Once an individual course has reached its maximum allowable scorers, the calculation moves on to the next course. Without a good number on each course, you may find that you do not have 25 scorers(as some have to be omitted as they are fifth scorer in one of the small groups,

Pos.	1	2	3	4
Club	OD	WCH	DVO	LEI
Score	2387	2314	2205	1705
Brown	384 (4)	556 (6)	521 (6)	325 (4)
Blue Women	286 (3)	186 (2)	264 (3)	158 (2)
Blue Men	197 (2)	570 (6)	442 (5)	466 (6)
Green Women	288 (3)	282 (3)	166 (2)	208 (3)
Green Men	282 (3)	182 (2)	268 (3)	308 (4)
Green Vets	280 (3)	184 (2)	364 (4)	0 (0)
Light Green	290 (3)	354 (4)	0 (0)	98 (1)
Orange	380 (4)	0 (0)	180 (2)	142 (2)

We continue to be strong in the M45+ and M60+ groups winning both courses, but continue to be very short of numbers in the Women's and Juniors classes.(any ideas to solve this problem will be gratefully received by the club)

I would like to thank everyone who turned out on a rather bleak and wet day on Cannock Chase -- results can be found on the WCH web site, with a list of all scorers and confirmation of the Chairman's attempts to infiltrate the Women's Veterans ranks!! Unfortunately it backfired with a mispunch- and it wasn't the solution I was expecting, to solve our shortage of women competitors!!

Simon Ford
Club Captain

*** (A little bit of research shows a direct correlation between the number of competitors for each club and the finishing position of that club i.e. OD had 85 members taking part, WCH 71, DVO 63 and LEI 28—ed.)*

Recent events update

There have been three C4 or above events since the last newsletter:

Willesley 6th October 2007

This event was moved forward a day to the Saturday to avoid a clash with ODs Warwick Town race. As a consequence a new car park had to be found and we were fortunate enough to be able to park at the southern end of Donisthorpe Woodlands alongside the Donisthorpe Miners Access Centre (DMs).

This meant a longish walk to the start at Willesley but had the advantage of good facilities at DMs.

The junior courses (white, yellow and orange) were staged in Donisthorpe Woodlands to avoid the juniors having the walk and consequent road crossings to get to Willesley.

A slightly disappointing turnout of only 99 competitors—how many would we have got on a Sunday?

Watermead 25th November 2007

I cannot give any first hand comments on this event as I was walking up a (small) mountain in Scotland at the time. Suffice it to say that the attendance was much better with a total of 188 competitors. This was in part no doubt due to OD selecting this event to be their club championships - there were some 56 competitors from OD taking part.

Grange and Battram Woods 29th December 2007

The Saturday between Christmas and the

New Year saw LEI putting on a district event for the first time at this time of year.

	Willesley	Watermead	Grange
Brown	11	18	21
Blue	20	44	32
Green	28	51	34
Lt Green	21	24	20
Red		4	
Orange	11	11	12
Yellow	4	29	11
White	4	7	4
Total	99	188	134

Given that the event was held on one of our less popular areas (it seems to have gained a poor reputation probably from being used whilst still in its infancy—it has subsequently developed into quite a reasonable area) an attendance of 134 competitors was quite good. The car park was in a very windy spot and had been moved from its intended original site. This meant a longish walk to the start and from the finish. However it did give a better, if cold, car park. The event was something of an experiment and the numbers attending seem to justify the event which will be repeated in 2008.

A comparison of attendance is shown in the accompanying table.

John Cooke

Summer League 2007 for the Royal Bank of Scotland Shield



The schedule of summer informal events for 2008 is now out and you'll see that there is as usual a varied selection of events. There are 2 events outside the league format, a bike-o with Dave Toach will start in the Thornton area and Peter Hornsby is organising the Treasure hunt based not so far away in Bagworth- expect to see parts of Bagworth you have not visited before! Check the website for fuller details nearer the time.

As far as the Foot-o events go, we have as usual gone for some new ideas. With its popularity increasing, I think it was inevitable that we would try some sprint events in this year's league. They make a different use of the park areas and as you will see, two of the mapped schools areas in South Leicester. Both sites are large campuses with several schools and, I've heard, plenty of detail to make interesting courses.

There are also several new areas; Oakham Tops is a new Woodland trust



(Continued from page 19)

helpers. Again starting from here.

Ladies and Gentlemen we are as a club in reasonable health, we have a busy year ahead and I hope that we all have good runs on well planned courses in beautiful

area just west of Oakham, and the event at Bosworth is on the Battlefield site (not in the village). A part of Dilworth Clumps that was largely unused in the C4 event last year features in a shared event with OD.

There are fewer events in the south of our area than last year, but our regular Sunday schedule sees events at Burbage, Wakerley and Fermyn, and ODs event at Borough Hill, Daventry will form part of the league, definitely an interesting area when using flat controls!

Finally, we finish a week later than usual with the traditional mass start event at Sence Valley. Because of the later date, the start has been moved forward slightly- not everyone enjoys Night-o after all (including the control collectors!). Even if you are late, it would be good to see as many as possible for the final league prize giving at the Queens Head in Heather after the event.

Mark Foxwell



forests and if its not too much to ask some dry weather.

Chris Phillips
Chairman

THE LEICESTERSHIRE ORIENTEERING CLUB INCLUDING THE SUMMER TRAINING

Events are informal, usually with a social element
 Weekday starts are staggered from 6.30 to 7.30 pm - courses close 8.30
 (these times may be advanced by 30 minutes at either end of the season)
 For non competitive training & other events (*) please try to arrive by 6.45 pm.
 It is hoped that events marked (>) will have electronic punching
 League events are indicated with (L)
 Entry fees - Adults £3.00 - Juniors £1

Events are provisional, awaiting permissions etc. Please confirm
 Coordinator Mark Foxwell 01509

DATE	DAY	EVENT		ORGANISER	NOTE
Apr 3rd	Thu	Knighton Park	> L	Mark Foxwell	Sprint
Apr 9th	Wed	Bradgate	> L	P Hornsby	Mass S
Apr 17th	Thu	East Carlton Park	> L	Liz Roche	Starts
Apr 23rd	Wed	Abbey & Riverside Parks	L	John Cooke	New r
May 6th	Tue	Castle Hill	> L	Rachel Simonetti	
May 15th	Thu	Burrough Hill	L	Andy Portsmouth	
May 21st	Wed	Guthlaxton College, Wigston	> L	Roger Edwards	Sprint
May 28th	Wed	Dilworth Clumps	> L	Iain Tebbutt	Joint v
June 5th	Thu	Outwoods	> L	Pete Leake	Regula
June 19th	Thu	Cycle-O	>	Dave Toach	Thorn
June 24th	Tues	Beauchamp College, Oadby	> L	John Marriott	Includ
July 5th	Sat	Snibston	> L	James Hornsby	As par 10am
July 9th	Wed	Swithland	L	Laurie Fluck	Botton
July 15th	Tues	Annual Orienteering Treasure Hunt	*	Peter Hornsby	Bagwo
July 20th	Sun	Evington Arboretum	> L	Dave leBoutillier	Park a
July 29th	Tues	Bosworth Battlefield	L	Roy Denney	New a
Aug 7th	Thu	Linford Woodlands	L	Simon Ford	Johns
Aug 13th	Wed	Borough Hill, Daventry	L	John Ward	OD or
Aug 19th	Tues	Oakham Tops	L	Roy Denney	New a
Aug 28th	Thurs	Watermead West	L	Chris Bosley	
Sep 2nd	Tue	Sence Valley	L	Mark Sherriff	Mass S

2008 SUMMER SMALL EVENTS PROGRAMME
TRAINING LEAGUE for THE RBS SHIELD

League scores are on standard handicaps and the best eight 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.

League points are also allocated for all training events

For more information on arrangements either with the organiser or league coordinator call 01530 646695 or visit www.leioc.org.uk

S	GRID	SOCIAL VENUE
, starts 6-7pm	SK606008	Cow and Plough, Evington
Start 6.30 pm Car Park £1	SK524119	Griffin, Swithland
6.15- 7pm	SP833894	Red Lion, Middleton
map	SK583053	Beaumanor , Tom Hoskins
	SK554083	Railway, Glenfield
	SK766115	Stag & Hounds Burrough
- Starts from 3.30 -New area and map	SP598985	Black Horse, Aylestone
with OD New area and Map	SK322161	Masons Arms, Donisthorpe
car Event	SK514159	Priory, Nanpantan
ton area	TBA	Bricklayers Arms
ing Sprint for O&W P - New map inc Brocks	SP628994	Cow and Plough
rt of Leicestershire Walking Festival, starts - 1pm	SK416143	Robin Hood, Swannington
m car park	SK536117	Griffin, Swithland
orth area: School Holidays start 12th July	TBA	
at Cow and Plough, starts 10.30-11.30	SK629020	Cow & Plough
area and map- meet Shenton Station Car Park	SK397003	Red Lion,Market Bosworth
Lee and Bailey Sim (Welsh 5 day)	SK504105	Coach & Horses, Markfield
rganising (and entry fees)	SP585621	George, Kilsby
area and map	SK840074	Grainstore, Oakham
	SK602096	Woodman's Stroke,Rothley
Start 6.30 pm	SK391109	Queens Head, Heather

Enigmatic Variations

Thursdays no longer exist

My family have re-named Thursday as Baking Day. It is not advisable to distract me from making bread, cake & pastry goodies for Friday's WI market at Glenfield. So I was not best pleased when John phoned for me to bring the spare car keys as he had locked his in the car boot. "Grrr." I thought wiping flour from my hands, "I'll be at County Hall in 5 minutes" I answered "but I'm in Hinckley" John replied. "Grr and Double Grr and stronger swear words" came from the interrupted cook.

Having driven miles to unlock the boot & retrieve the keys, I returned to my cooking & John to County Hall to store the cameras & data collection kit. A little later son, Andrew, came home from work just as the phone rang, I could not hear the conversation until Andrew put his head round the door "just off to County Hall, Mum. Dad needs rescuing, he's locked the car keys in the boot."

Twice in one day Grrrrrr.

Retirement

So it has happened. John has finished at work as a traffic & transport engineer; although he's been back twice already to sort out problems. "I don't know how they are going to cope without me?" (And I don't know how I'm going to cope with him)

Up to now he has enjoyed not getting up till late and lazing about in his dressing gown into the middle of the afternoon. I understand this is one of the first short phases of adjusting to retirement. It had better be short duration. But he has been

out to Wakerley Woods and planned some badge courses and today 12th January he has flown off for a week's skiing in a big group with Chris Bosley & Andrew Middleton.

Washing & Ironing

After more than 25 years, now I can enjoy **not** ironing his work shirts. John likes plain pale blue shirts. I think he secretly wanted to be a police man or a fireman or more worryingly a Girl Guide. It gets very boring ironing blue shirt after blue shirt so I sent him out to buy some more shirts and he returned with stripey and check ones, but they were still blue.

When I was teaching I formulated the hypothesis that Maths & Science teachers often wear shirts that look like graph paper; any students or Maths/Science teachers reading this who would like to support or oppose this hypothesis please e-mail your data to me.

I would also like to receive e-mail data detailing the **washing instructions for dibbers.**

I was explaining to John that he was lucky that I had found his dibber before it went through the wash. Trying to wriggle out of trouble he replied that he thought it would be perfectly OK to wash a dibber. The obvious scientific solution would have been to pop it into the machine and see if it did still work, but John wasn't keen on that idea. Hence the appeal for information to resolve this issue.

Explorer Badges

It has been pleasing to see the uptake of

the Explorer Badge scheme in conjunction with the Autumn series of events in the local parks. Please bring your logbooks to the Club Shop, at any LEI event, to update your point score and gain badges.



Barnaby Bear Goes Orienteering

We did miss one of the Autumn series having been whisked up to Yorkshire for a week's holiday in Settle with Helen & Roger Edwards. This of course incorporated a week end of orienteering. (National Event- Dales Weekend) Helen & I walked many a mile collecting sheep's wool for Barnaby Bear (Primary School teachers will understand this reference). He is quite a clever bear, writing postcards to the children about his rugged adventures, orienteering & paddling in the river. We were a little confused as all of Barnaby Bear's clothing was pink or lilac; has primary school teaching gone exceptionally PC.



New ideas to expand club membership

For a few days in Yorkshire we were joined by Sue Bicknell. I don't know why we were talking about death, but it seems Sue & several other orienteers have bought their plots in a natural burial site, so if you believe in rising out of your grave after midnight, put your name down to join a new orienteering club in the Afterlife

New Zealand

We had a lovely location in the old Water Mill at Settle. We enjoyed home cooking,

takeaways and restaurant meals. John & I must have been on best behaviour because Helen & Roger have agreed to go on holiday together in New Zealand in early 2009. **Well you can't back out now that its been in Lei News.**

(Interestingly, the idea began as sharing a camper van for the whole 3 weeks but gradually we realised we would probably need some time & space to ourselves if we wished to remain friends !!!)

How long is a piece of string ?

Helen & I were wondering whether to make sandwiches for the day ."We're only going for a short walk but take a snack" was the reply. 14 miles later, Helen & I decided we needed an answer to 'How far is a SHORT walk ?'

'O' club Tops

While in Yorkshire we viewed lots of different O tops & later placed an order with Ultrasport.

Whitwick

Oct 24th and Half-term saw the start of the Winter League with a Wednesday morning event at Hermitage Leisure Centre in Whitwick . Ernie persuaded a gang of young footballers to try orienteering which they thoroughly enjoyed; but as they forgot to fill in the control card properly, we had to copy some names from those scrawled on the fence; with some certainty that they were probably the correct ones. (I had to show great restraint in NOT correcting the spelling mistakes in the graffiti--- spent too long being a teacher)

HAS ANYONE FOUND THE BOARD THAT HOLDS THE KEYS. It was last seen at Whitwick- if found, please return to club shop.

(Continued on page 28)

(Continued from page 27)

LEI man full of hot air

I would like to thank Rachel for the LEI balloon man on display at the annual dinner –very impressive.

Our LEI tops made their debut at the dinner and since then it has been pleasing to see lots of you running around in purple, navy & white. Don't forget what a bargain they are, subsidised by your club to only £20, almost half their real price.



Night Orienteering

November was a busy orienteering month with the Winter League starting before the Autumn Series had finished. The Winter League was a night event at Grange & Battram . John was perplexed which torch should he use. A) a lightweight head torch with a concentrated narrow beam or B) a huge 12 inch (30cm) diameter yellow torch to light up the whole of the woods but needing a wheelbarrow to move it . He chose A and left me with BIG YELLOW so I could see what I was doing serving up hot chocolate or soup. I hope the ladies who got a little lost in the dark weren't put off orienteering all together. Come and join the more sane members & orienteer in the daylight.

Lost & Found

It was a week or more later, when John realised he had lost his dibber. Amazingly enough he found it in the car

park at Grange/Battram. He is thinking of setting up a lost & found website called **dibbers reunited.com** (is it just me, or does that sound a tinsy bit pornographic)

On the subject of lost & found here is a practical tip from TS of OD club. BEFORE you drive 30 miles back to an orienteering event looking for a lost handbag, try looking UNDER the car seat.

Top Award

The finale to the Autumn series was in Watermead Park where the award for the most incongruous headgear went to the knitted hat with dangling plaits perched on top of a giant rugby-playing orienteer.

"...wher'er you go, they shout hello, where did you get that hat!"

Xmas Novelty Event

Saturday December 15th was a busy day for Santa's Little Helpers at Crow Wood & the Golf Club. The Santa hats & reindeer antlers were a cheery sight and afterwards the hot mulled wine was very welcome.

BMW strikes again

Gerry Spalton, Roger Edwards & John returned to Fosse Park having travelled down south together to orienteer. Phone rings & John says "Guess what, come & rescue me! I've locked the keys in the car boot again" and Irene says "-----
---"

Xmas dinner times two

This year we had two Xmas dinners as Suzi & Edd weren't coming for Xmas dinner until the 26th .and John & Andrew couldn't conceive of Dec 25th without lots of nosh.

Sadness

It is with great sadness that I have to report the death on Dec 27th of Caspar, the Golden Retriever, after a short illness & mini strokes. We will miss him greatly.

Back to Battram in the daylight 29th Dec

The String course began at the club shop so I was kept busy either timing the youngsters, making hot drinks or chasing club hats across the car park as I seemed to be set up in the windiest of places.

New Year's Eve

Decide to get started on my New Year Resolution, "Drink a glass of red wine everyday" I must have drunk my way well into the second week of January.

Jan 1st. Welcome 2008

Gerry obviously has not learned to beware the curse of John Marriott.

Somehow their rendezvous point was a little obscure, & when they eventually meet up, they then have to break the speed limit many times to make the mass start of the Score event. (I hope no policemen are reading this.)

While the traitor is at Cannock Chase, I loyally go to Abbey Park and support LEI. Later John seems quite envious of the Apres 'O' in the Tom Hoskins pub.

It is at Abbey Park where Captain Bob is broadcasting the delights of being retired and sending his wife out to work.

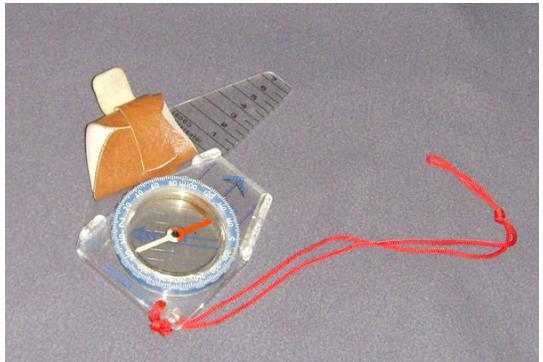
Perhaps this could be my coping mechanism I should get a full time job; so under the guise of earning money for us I could actually escape the curse of Marriott.

Happy New Year to you all

Irene Marriott

Lost and Found

Anyone recognise this unique thumb compass found at Grange and Battram Woods. Contact John Cooke to claim—contact details on page 3. If unsure there is a colour photo on the website - www.leioc.org.uk



British Schools Orienteering Championships, Dorset



On Sunday 18th November eight orienteers from my school, Lawrence Sheriff in Rugby, ran at the British Schools Orienteering Championships near Bovington, Dorset. About 100 schools attended from around the country with over 700 runners.

After an early start, meeting at school at 7am in the dark, cold, and pouring rain, we finally arrived four hours later at 11am – when it was still belting down! This late arrival meant that some of us missed our start times, but the organisers were very accommodating and reallocated starts so that we could start a bit later.

The downpour just didn't stop, so a couple of hours later after doing our courses, everyone was drenched! However, the rain did not stop the runners doing well, and although we did not gain top positions, we got good results considering the weather and that for almost everyone this was only their 2nd or 3rd time orienteering. And I have to say that I have never appreciated Wilf's more!

The terrain was partly a tank training area and mostly forest, so we came across a couple of old tanks in the forest and had to run across large sandy army training grounds. Unfortunately we didn't get a chance to visit monkey world which was just a mile down the road.

Our team consisted of five year 9s (M13/14), one 11 (M15/16), one 12 (myself, M16/17) and one year 13

(M17/18). Our year 9s are all new to the sport since I introduced it to them in only in April this year, and despite the lack of experience, there was no mispunching, and we secured 32nd, 33rd, 37th, 42nd and 43rd for the boys' year 9 course. This put us 5th as a school out of 8 schools who had at least 3 runners to count for this age class.

Alex Nottingham, a new member of LEI since the Ratby National Forest event (a good example that it worked!), was set to finish 34th out of 44, but unfortunately his time did not count due to an unfortunate mispunch towards the end of the course. I finished 8th out of 37 on the boys' year 12 course, 4 minutes behind the winner which I was quite pleased with.

For our one year 13 who came this was a massive challenge – it was his second ever course and he could not come to any of the after school practice sessions I tried to run, and what's more the course was green standard in the terrible weather conditions! I think he may be worthy of some prize for managing to find the first and third controls but not the second in just under an hour before retiring, but still a great effort as we got from everybody!

Nine people were needed to make up a school team, which we didn't have, but the year 9s still got their 5th position. The overall winners of the large secondary category were Ulverston Victoria High School, and I will congratulate Notting-

DVO for a Day



Di and I were invited to join the annual DVO 'away day', which this year (well actually last year) was to the annual Venice Street 'O'.

So, with the usual complement of DVO regulars – the Godfrees, Gales, Macdonalds, Keelings, Beresfords and Grants, we set off in mid November from East Midlands Airport for a long weekend in Venice.

You may remember that Di and I went to this event in 2006 as part of a winter holiday, and, as we had enjoyed the whole experience so much, had no hesitation in accepting the invitation – even though, with DVO making the entry arrangements, it meant 'officially' being DVO for the day!

The weather was excellent. Over 3000 competitors from all over Europe (about 100 Brits I think) ran courses from 3km to 15km through the streets of Venice; all looking for the shortest route across the canals, and deciding which bridge

was the optimum one to cross. Who knows what the thousands of tourists thought as runner after runner tried to pass them in the narrowest of streets. Mike Godfree tells that he is convinced that one ended up in a canal in his attempt to pass!

The longer courses went into St Mark's Square and over the Rialto Bridge, passing some, or all, of the most famous sights in this magnificent city. Although Street 'O' is not my favoured version of the sport (limited sprinting ability as the pension approaches!) this is truly a unique event – and everyone is so friendly.

So, as I advertised last year, this event is definitely worth considering, especially if you have never been to Venice – you won't regret it.

We have of course returned to the LEI fold without any outwardly visible scars from our venture to the other side!!

Simon Ford

ham High School, where half the East Midlands juniors seem to come from, on coming 8th out of 13 large secondary schools with enough people to count.

After my run I was hoping to have a go at trail orienteering, which I have never tried before and sounds quite interesting, but it seemed to have been cancelled due to the wind and the rain which was a shame.

This was an exciting day travelling to a national schools competition, and I know

that everybody enjoyed it even with the appalling weather and the seven hour minibus journey. Luckily next year we've got the score championships near Nottingham so a little bit closer! Hopefully more schools, like mine, will start to get into orienteering and encourage more youngsters into the sport in the future.

Results and photos can be viewed at www.bsoa.org

Ben Windsor

Access Development Report

Following my discussions with Natural England they have afforded an element of flexibility to the Rangers at Beacon Hill and the management of the country park is now finally ready to install a permanent orienteering course (POC) although it must stay outside the SSSI or use designated path crossings.

Plans are well advanced with post locations identified and four courses designed. The courses are within the Beacon area itself but additional posts are included to enable us to ring the changes with the courses and some of these are located in the Windmill Hill area giving options to push a more technical course out into that area if required.

Access work over recent months has been concentrating on increasing access by the general public by way of the provision of POCs and with the support of the City Council and some external funding new courses have recently gone into Evington, Knighton and Abbey Parks.

Now with financial assistance from the National Forest Company we are to assist the County Council in putting them into not only Beacon but Snibston and Donisthorpe as well. Work is underway with all three and also to assist the Woodland Trust in putting a new course into Martinshaw. This funding has also enabled us to offer similar facilities and funding to Forest Enterprise for one in Sence. We did make the same offer to Charnwood for a course in Outwoods but they feel posts would detract from the natural nature of their woodlands.

We are also working to reinstate and

increase the POC provision at Bosworth Country Park.

By the time of our next newsletter we should have a range of POCs throughout our area the envy of any other club. John Marriott has agreed to take over the role of managing these facilities now that he has taken early retirement.

This does come at a cost in terms of volunteer time however. Myself, Roger Edwards and Peter Hornsby have already expended over 100 hours working on these projects and will have many more hours still to do. The arm chair exercise of designing 4 courses at each location and also accommodating stars and loops for training purposes by itself can take several hours. The site of each potential post then has to be visited to check on the ground for safety and practicality and often some map updating is required. We are trying to put at least 40 posts into each area so you can see what a task we face.

We then have to negotiate with the landowner and liaise with any contractor and in most cases attend when actual posts are being installed. We need to check they go into the correct locations and be prepared to make quick decisions re. any change if the suggested location does not work due to rock or tree root problems.

On the matter of new access, we are still working on a number of blocks between Willesley, Ashby and Moira. Shellbrook Wood is Forestry Commission and dramatically increases the size of the existing Willesley area with a similar amount again of land available north and

west of Shellbrook, big enough for events from Moira. We used the area for the first time recently and whilst it is still very immature in places and the map far from complete it did give us a taste of what we will enjoy in future. Forest Enterprise have just been successful at auction on buying two more sizeable blocks adjoining this site which will now enable them to make linking routes joining up all the disparate blocks and also to provide adequate off street parking. This whole block is now only just able to fit onto an A3 map even at 1:15,000.

We are also, as it matures, slowly mapping a fairly large new block by Swebstone which should be suitable for a C5 at least by 2009 and are mapping some new blocks near Oakham which we will use this year.

Bosworth Battlefield and environs has also been mapped and whilst small, does provide enough technicality for an occasional C5

Roy Denney

Christmas Novelty Event 15th December 2007

Santa and his little helpers invoked the help of LEI to track down some Christmas presents that they had mislaid. It appears that they had all been lost in the Ratby Woodlands area. As you can see from the photographs a fair number turned out to help—you can see them being briefed by elf Bob and Fairy Rachel before setting off at great speed on their mission. Having found the presents and thereby saved Santa a great deal of embarrassment they were rewarded with soup and mince pies at the nearby Forest Hill Golf Club.



Out and About



One of the most attractive areas in Leicestershire and one where we would hope to be able to establish our presence is that know generally as Charnwood Lodge. As the Leicestershire & Rutland Wildlife Trust's largest land-based reserve and one of the biggest nature reserves in the Midlands, it is subject to apparently conflicting concerns.

It seems unlikely that C4 events will be permitted but if we can find time to map the area we may be able to use it for small training events and hopefully thereby earn the trust of the L&RWLT

It is the Trust's stated intention to maintain Charnwood Lodge as a quiet, wild place and they aim to keep activity to a minimum both in terms of their own management and interference and organised activities by third parties.

It is however now access land and new signs were put to inform people that this reserve is now open to the public through the Countryside and Rights of Way Act.

As Access Development Officer I have had a dialogue with the Trust (of which I am a member) and I do feel I can satisfy them that we would have no lasting impact on the site and cause no disturbance to wild life if we are selective about when we wish to use it.

As the site is now open I would however recommend it to you for a casual visit and the Trust is always looking for more volunteers to assist with management

etc. This year they focused on the continuation of grazing, bracken and scrub control on the heath-grassland, dry stone wall repairs and a number of other projects, too numerous to list here.

For the many amongst us who seek to enjoy diverse wildlife it is worth noting that the numbers of bird recorded for this reserve has increased substantially in recent years.

In 2006/7 the following species were sighted;

Peregrine,
Snipe, Jack
Snipe, Lesser
Spotted
Woodpecker,
Wheatear, Tree
Pipit, Meadow
Pipit,
Stonechat,
Goldcrest,
Long-tailed Tit,
Willow Warbler,
Raven,
Yellowhammer,
Lesser Redpoll
and Common
(Mealy) Redpoll

not to mention numerous more common species. A White Admiral butterfly was an unusual visitor and the Essex Skipper was also added to the reserve list. In addition a family of 5 Stoats, including 3 young, was seen near the Bomb Rocks. 30 bat boxes have been provided and last spring 6 had bats in them. Five were occupied by a total of over 50 Pipistrelles and one had a Brown Long-eared in it. A further 9 boxes had

. . . we would
have no
lasting impact
on the site
and cause no
disturbance
to wild life . . .

bat droppings in them.

The views from the high points of this reserve are amongst the finest in the County and if you have not visited I suggest you rectify that situation at the first opportunity.

Another reserve the Trust is developing adjoins Watermead. Wanlip Meadows Reserve is a restored gravel pit and is responding beautifully and the shallow pool at the northern end can now be viewed from the hide in Watermead from the other side of the river. Long horned cattle are grazed to keep down undergrowth but grazing pressure was insufficient around the pool itself to prevent regeneration of willows, so some saplings and seedlings had to be hand-pulled in order that the view from the hide was maintained.

The birds do not recognise boundaries and obviously move freely between this reserve and Watermead but recording their presence on the reserve does give indications of those present on the area.

Notable bird records included hundreds of Greylag Geese and Teal, a single Garganey and a number of Shelducks. A juvenile Hobby was spotted and some young Little Ringed Plovers and a young Little Owl.

Seen in considerable numbers were Golden Plover and Lapwing (Green Plover or Pee Wit). More unusual visitors were Redshank, Greenshank, Dunlin, Black-tailed Godwit, Curlew, Green Sandpiper, Wood Sandpiper, Yellow-legged Gull, Mediterranean Gull, Common Tern, Lesser Spotted Woodpecker, Kingfisher, Whinchat and Redstart.

We are well blessed with wildlife locally, and whilst waiting for a run or indeed in the quiet moments afterwards it pays to have a good look round. Those of us out

in the early hours and quietly going about our business either mapping or planning events often have remarkable encounters. Several well fed foxes were too lazy to run away when they came upon me as dawn broke when controlling at Watermead.

Turning further afield and following comment in recent editions there are now more calls for animals such as the wolf and the lynx could be reintroduced to Britain. Support is coming from unlikely

directions and it is being suggested that if the animals hunted to extinction here were brought back they would not only enhance the environment, restoring some of nature's balance, but would also boost the tourism industry to the extent of millions of pounds. This is the view of the Wildlife Conservation Research Unit at Oxford University. They claim it would not be difficult to bring back wolf, lynx or beaver and said there was no reason to block their return. Wild boar are in effect already returning due to escapes and already live freely, breeding rapidly across several south-eastern counties. Even beaver had also escaped into the wild and one was living quite happily near Oxford. Should they be allowed to become more widespread the limited damage they would cause to trees would cost fairly modest sums compared to the

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(Continued on page 36)

(Continued from page 35)

value of tourism.

The report did think boars could be a potential threat to people and dogs and cause damage to crops, trees and through rooting to wild flowers, particularly bluebells, but it also expanded on the role boars play as ecosystem engineer, increasing habitat diversity. They are regarded as an



economic asset in many locations because they provide sport and meat.

Deer are becoming a nuisance in many parts of Scotland and studies have suggested that the Highlands could support a population of about 400

lynx with possibly another 50 or so in the Southern Uplands. Farmers' organisations might be expected to object to the introduction of lynx and wolves but given poor livestock values and the suggestion of compensation schemes those in Scotland accept that it would only be restoring the balance of nature and in preserving Scottish heritage, tourism would be boosted giving alternative sources of revenue.

Less encouraging news from Scotland is that three Red Kites have been found poisoned. One of these reintroduced birds was part of a pairing that had produced 16 chicks in the last 8 years. The RSPB report 42 confirmed cases of

illegal raptor poisoning last year and whilst convictions are difficult the punishments must be dramatically increased both to make it painful for those caught and as a deterrent to others. Ignorant owners and managers of commercial estates are thought to be responsible but the sort of fines handed down to gamekeepers mean nothing when the cost is met by the 'Laird'. Recently a keeper on a large Scottish estate pleaded guilty to shooting a hen harrier having been captured on film and was fined £2000.

In December a White-tailed Sea Eagle was shot in Scotland, the first such shooting for 90 years. This youngster was one of 15 imported from Norway last year as part of the reintroduction scheme and again a rogue estate is thought to be responsible.

The actual estate is known from radio tracking records and despite the police stating that the estate in question had been responsible for persecuting several birds of prey over recent years in the absence of a body or eye witnesses to the actual act of shooting, there can be no prosecution.

Such problems are not restricted to Scotland and there was a well publicised incident on the Sandringham Estate last year involving the shooting of Marsh Harriers. The Marsh Harrier is actually

Less encouraging news from Scotland is that three Red Kites have been found poisoned.

doing very well of late. There are now more in Britain than at any time since the 18th century. Farmers have been encouraged not to shoot or poison them and wetland habitat has been reconstructed.

In the past a build-up of pesticides in the harriers led to eggs with much thinner shells and fewer chicks were being hatched successfully. This with persecution by farmers and the draining of marshland sent the bird into serious decline and between 1900 and 1920 it was virtually extinct and despite a bit of a recovery, by the 1950s numbers were back down almost to zero. It was thought that only one pair remained in Britain in 1971 at the RSPB Minsmere reserve in Suffolk.

Fortunately as a migratory species, birds were always passing through and they recovered until surveys in 2005 from the RSPB and English Nature show there are 360 breeding females in England and Scotland compared to 156 in 1995. More than 800 young were fledged, up from 350. The birds now breed in Scotland and in Anglia, Yorkshire, Lancashire, Kent and the Cambridgeshire Fens where major projects are underway to increase the areas of wetlands.

Hen Harriers are quickly being driven towards extinction and whilst there are only about 800 pairs in Britain very few are in England apart from the Isle of Man. It is one of Britain's most endangered species and English Nature report that it has vanished from the 12,000 acre Geltsdale Reserve in Cumbria. This reserve is surrounded by managed moorland and they suspect the activities of gamekeepers are responsible.

This beautiful bird nests on the ground but the nests, eggs and young are

regularly stamped on with the adults being shot or poisoned. This bird is smaller than a buzzard but larger than a crow and has long tails and long wings. It can often be seen hunting low over the ground with wings raised in a shallow V when gliding. Unfortunately the bird does take young grouse but in a few areas the practice of feeding the bird with dead rabbits during its rearing season has been shown to reduce predation by 85% but few estates are prepared to go to the trouble of doing so.

I was fortunate enough to see one in northern Cumbria last year and to aid recognition you should remember that the smaller male has silver grey upperparts, white under-parts and black wing tips whereas the female is dark brown with buff wing markings and a grey-brown tail with white banding at the base.

In order to properly assess how this bird is doing the RSPB would like us to report any sightings by emailing henharriers@rspb.org.uk or ringing 0845 4600121.

the draining of marshland sent the bird into serious decline and between 1900 and 1920 it was virtually extinct

Roy Denney

Give Relays a chance

Following Ian Wells heartfelt plea in the Summer 2007 newsletter this seems an opportune moment to reprint that article. It is coming to that time of the year when entries need to be considered for the relay days at the British Championships and the JK. Both events have a range of courses, some serious, some less so, and can cater for all ages and abilities. Contact Ian if you would

like relay run at the JK.

The British Champ's is a little more problematic being so far away. Ian is not available for that event but Judith and I will be there so if anyone fancies a relay run then get in touch with us and we will see what we can sort out.

Ed.



I am amazed that more people from LEI do not participate in relays, in the past we used to have the club tent and several teams entered. We have even been known to win the odd class.

Besides the CompassSport Cup this is the one chance to compete as a team, it doesn't have to be competitive, but it's more fun if it is.

Since 1992, when I started orienteering, I possibly hold the record for completing the most relay legs in the UK, often doing two or more legs, just so that a team can record a finish time. This has brought me into contact with many members of other clubs and made many friends over the years.

Several of you spend a small fortune travelling to the JK, British or White Rose. Make a long weekend of it and stay that extra day. Bring your partner, unlike the individual days relays are a

spectator sport, often with a control just yards away from the audience. Watch members of the British team compete for their clubs in the Open class. Follow all the action from the handover pen to the constantly changing results board.

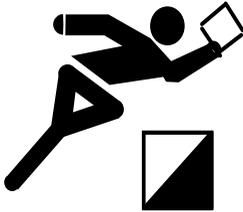
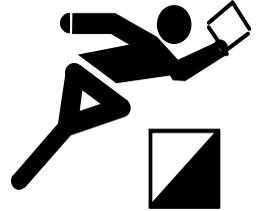
I know they can be expensive to enter but the club will subsidise your entry fee to the tune of 40%.

Therefore, I ask only one thing, that within the next 12 months, enter just one relay (**phone me on 01572 755419, 7 – 9 pm**) and I will coordinate the teams. Don't worry about your ability, like the individual days there is a class for you. I am certain that you will enjoy the experience and the camaraderie and be back for many more events.

Ian Wells

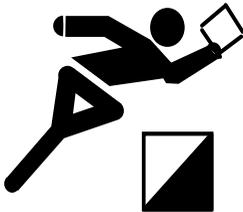
Forthcoming LEI Events

Wednesday 13th February
Winter League Event
Western Park, Leicester



Sunday 9th March
District and East Midlands League
Event, Fermyn Woods

Thursday 3rd April
Summer League Event
Knighton Park, Leicester



Wednesday 9th April
Summer League Event
Bradgate Park

Thursday 17th April
Summer League Event
East Carlton Park



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 District events offer entry on the day (EOD) to a range of colour coded (C4) courses with start times from 10.30 to 12.30. Local events (C5) will only have a limited range of courses. Regional and National events (C3 & C2) provide a range of age related courses and are normally entered in advance using a Standard Entry Form (SEF); EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded course for EOD. Cheques payable to organising club , if not otherwise specified.

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 of whether an event will be on, check with the organiser. The editor takes no responsibility for wasted journeys !

CHANGE OF EVENT TITLES IN FIXTURE LISTS

Please note that the new terminology for event titles described in the Autumn edition of LEI News has been introduced for the current and future fixture lists as follows:

- All C3 Badge Events will be titled *Regional Events*, but will retain the specific event titles (eg. *Concorde Chase Regional Event*).
- All C4 Colour Coded Events (5 or more CC courses inc Blue) will be titled *District Events*.
- All C5 or C4 Limited Colour Coded Events (4 or less CC courses) will be titled *Local Events*.
- Events that have specific titles not falling into the above categories will remain unchanged, but dependent on level of event (Score, Short, Night etc), they may be prefixed by *Regional, District or Local*.
- *Championships (JK, BOC etc) and National Events* remain unchanged.

February 2008

2nd	WM	HOC MADO Mini League 4. Wyche Ridge, Malvern. SO766420.
	C5	Lester & Lynden Hartmann, 01684 577062. lester@mado.org.uk £4.00/£1.00. EPS-SI. Starts 1230 - 1400. String course. Yellow, Orange, Green & Blue courses. Parking £2.00. www.mado.org.uk
3rd	WM	OD District Event & WML. Arley Wood, Nuneaton. SP287909.
	C4	Doug Balmer, 0121 2581220. doug.balmer@blueyonder.co.uk £8.00/£2.00. EPS-Emit. Parking £1.00.
3rd	EM	DVO District Event. Calke Abbey, Ticknall. SK367226.
	C4	Emily Williams, 01332 747421. ewilliams.uk@gmail.com £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. www.dvo.org.uk
9th	EM	NOC Local Night Event. Rufford Country Park, Mansfield. SK646656.
	C5N	Nigel Mockridge, 0115 9460684. n.mockridge@sky.com £3.00/£1.50 Students £1.50. Yellow, Orange and Technical. www.noc-uk.org
10th	EM	NOC Regional Event, Robin Hood Trophy & Midland Champs. Budby, Mansfield. SK626675.
	C3	Organiser: Helen O'Neil, 0115 9441592. org20080210@noc-uk.org Entries: Peter Cholerton, The Doves, 40 Fairdale Drive, Newthorpe, Nottm, NG16 2FG. entries2008@noc-uk.org CD: Postal - 25/01/08, Online - 28/01/08. Adult £11.00, 65+ £6.50, Junior £3.50. Family rate (2+2) £27.50. EOD - no additional cost but limited by map availability, E-card hire 50p. CC EOD only. Adult £7.00, Junior £3.50. Chq: NOC. EPS-SI. Dogs on lead. String course. Lim CC courses. www.noc-uk.org
10th	WM	HOC District Event. Eymore Wood, Kidderminster. SO772792.
	C4	Kirsty Davis-Walter, 07980 914283. glenshean@hotmail.co.uk £7.00/£2.00. EPS-SI. String course. Dogs allowed on leads. www.harlequins.org.uk
 10th	EM	LEI Local Event & LEI Winter League. Western Park, Leicester. SK557047.
	C5	Chris Phillips, 0116 255 0330. £5.00/£1.50. Dogs allowed on Lead. Starts 11.00am -12.00. www.leioc.org.uk

February 2008 continued

16th- 17th	EA C3 C3	Dumpling/Punch Weekend 16th - Day 1 - Single Norfolk Dumpling Regional Event. Hockham, Thetford. TL937919. Organiser: Alan W Bedder, 01603 424589. alan.bedder@virgin.net 17th - Day 2 - Punch Regional Event & EA Championships. The Kings Forest, Thetford. TL825748. Organiser: Andrew Elliott, 01359 230221. andrew_yyy@tiscali.co.uk Entries: Pam Jermy, 84 Bush Road, Hellesdon, Norwich, Norfolk, NR6 6UD, 01603 482773 (7-9pm). pam.jermy@btinternet.com CD: 04/02/08. £8.00/£3.00 per day, both days £14.00/£5.00. Lim EOD (subject to maps) +£1.50/50p. Chq: Norfolk O-Event. EPS-SI. Dogs on lead. Pre-entry preferred. www.norfolkoc.co.uk www.pdl.demon.co.uk/suffoc
17th	WM C3	WCH Regional Event. Beaudesert, Cannock. SK050130. Organiser: Michael Thompson, 07979818501. mike.p.thompson@ukgateway.net Entries: Beaudesert Entries Secretary, 3 Wells Drive, Hillcroft Park, Stafford, ST17 0PL, 01785 660716. mike.p.thompson@ukgateway.net CD: 31/01/08. £11.00/£3.00. No EOD for Regional Event. Chq: Walton Chasers. EPS-SI. CC white - red - £7.00/?. Dogs not allowed in the Scout Camp. SI card hire £1. Online entry: www.fabian4.co.uk Closing date 08.02.08. www.walton-chasers.co.uk
23rd	SW C2N	BOK British Night Championships. New Beechenhurst, Coleford. SO613118. Organiser and entries: Mark Blackstone, 15 Waterdale Close, Henleaze, Bristol, BS9 4QN, 0117 962 3288. mark@blackstone-family.co.uk CD: 08/02/08. £8.00/£4.00. No EOD. Chq: Bristol OK. EPS-SI. Pre-entry only (except for String course EON only). Entry for BOF members only - no fee discount. Late entries after 08/02/08 £9.00/£5.00. www.bristolorientering.org.uk/
23rd	EM C5	DVO Local Event. Farley Moor, Matlock. SK300630. Mike Godfree, 01335-346004. Mike.Godfree@btinternet.com £3.00/£1.00 Family entry: £7. www.dvo.org.uk
24th	WM C4	POTOC District Event & West Midlands O League. Swynnerton and Harley Thorns, Stoke-on-Trent. SJ833412. Brenda Morgan, 01889 502355. shenrymorgan@yahoo.co.uk £8.00/£2.00 +£1.00 SI hire. EPS-SI. Dogs strictly on lead in car park only. Parking £1.00. www.sisyphus.demon.co.uk/POTOC

March 2008

1st-	WOA	Welsh Championships Weekend
2nd	C4S	1st - Welsh Short Open Championships. Oxwich Burrows, Gower, Swansea. SS502865.
	C3	2nd - St David's Day Regional Event & Welsh Championships. Cefn Bryn, Gower, Swansea. SS486903. Organiser: Roger Stein, 01792 371450. R.D.Stein@swansea.ac.uk Postal Entries: Andy Fryer, 6 Sunnyland Crescent, Neath Abbey, Neath, West Glamorgan, SA10 6TY, 01792 511419. AndyFryerWales@yahoo.co.uk CD: 10/02/08. Fees: Day 1: £7.00/£3.00. Day 2 £12.00/£3.00. Late entries after 10/2/08 +£2.00. Chq: SBoc. EPS-SI. SI hire available. Orange only course on Day 1- £5.00/£3.00. Lim CC on Day 2. Recommended pre-entry via www.fabian4.co.uk/default.aspx?EventID=105 . NO DOGS on Day 2. www.sboc.fsnet.co.uk/2008WCWDDetails.htm
2nd	WM	WRE District Event & West Midlands League. Lizard Hill, Shifnal. SJ775108.
	C4	Graham Hardy, 01584 861 418. gah@f2s.com Fees TBA. EPS-SI. String course. www.wrekinorientees.co.uk
2nd	EM	DVO District Event. Crich Chase, Belper. SK345530.
	C4	Dave Bennett, 01332-298959. davebderwent@aol.com £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. www.dvo.org.uk
9th	SW	SARUM NATIONAL EVENT & FCC. Great Ridge, Hindon, Salisbury. ST930360.
	C2	Organiser: John Parfitt, 01985216371. Sarum@aol.com Postal Entries: Stephen Robinson, 18 Hanson Road, Andover, Hants, SP10 3HL, 01264 396655. stephen_robinson@ntlworld.com CD: 24/02/08. £14.00/£5.00, Family £34.00 (less £2.00 BOF discount) +£1.00 Emit hire. Late entry & Lim EOD +£2.00/£1.00, Family £5.00. Chq: Sarum OC. EPS-Emit. Preferred entry Online at www.ntrees.co.uk . Red, L.Green, Orange, Yellow and White Colour Coded Courses will be available for EOD. £7 00/£4.00, Family £20.00 (Same price for BOF & Non BOF members). Parking £2.00. Dogs in car park only. www.sarumo.org.uk

March 2008 continued

9th	EM	LEI District Event & EM League, Fermyn Woods. SP952850
	C4	Organiser: tbc. £7.00/£2.00 (Senior British Orienteering members £2.00 discount on production of membership card). EPS-SI www.leioc.org.uk. Dogs allowed on leads
15th	EM	DVO Local Event. Bottom Moor, Matlock. SK320630.
	C5	Val Johnson, 01773 824754. gmjandfam@aol.com £3.00/£1.00 Family entry: £7. www.dvo.org.uk
16th	WM	HOC District Event. NT Dudmaston Hall Estate, Nr Bridgnorth. SO746902.
	C4	Charlie Nelson, 01527 545 030 (Before 9pm). cpnredditch@blueyonder.co.uk £8.00/£3.00. EPS-SI. W, Y, O, Lt Gr, Gr, Bl, String course. Parking £1.00. Dogs allowed on lead at all times. www.harlequins.org.uk
16th	EM	NOC District Event. Thieves Wood, Mansfield. SK542577.
	C4	Bob Alderson, 0115 845 0771. org080316@noc-uk.org £7.00/ £1.50 £5 for 65+, £1.50 for students. EPS-SI. String course. www.noc-uk.org
21st-	SE	JAN KJELLSTROM ORIENTEERING FESTIVAL
24th	C3S	21st - JK Weekend - Sprint Race. University of Surrey, Guildford.
	C1	22nd - JK WEEKEND - DAY 1 INDIVIDUAL RACE. Leith Hill, Dorking.
	C1	23rd - JK WEEKEND - DAY 2 INDIVIDUAL RACES. Pippinford Park and Broadstone Warren, Tunbridge Wells.
	R1	24th - JK Weekend - Relays. Eridge Park, Tunbridge Wells. Mike Elliot (Event Coordinator), 01372 273106. mike.elliott@bigfoot.com EPS-SI. www.jk2008.org.uk Full registration pending
30th	WM	WRE District Event. Rorrington, Bishops Castle.
	C4	Mike Callow, 01952 412314. mikefr.ca110w@virgin.net Fees TBA. EPS-SI. String course. www.wrekinorienteers.co.uk

April 2008

5th	WM	OD British Elite Orienteering Championships - Middle Distance. Hopwas, Tamworth. SK167052.
	O2	Organiser: Tony Feltbower, 01926 864465. t.feltbower@ntlworld.com Entries: addressee TBA. CD: unknown. Fees TBA. EPS-Emit.
6th	WM	OD British Sprint Championships. Warwick University, Coventry. SP300759.
	O2S	Barry Elkington, 01926 854639. Barry_Elkington@uk.ibm.com Fees TBA. EPS-Emit.
13th	EM	LOG Regional Event. Bourne Woods, Bourne. TF075202.
	C3	Karl Pickworth, 01526 320136. pickworths@aol.com TBA +£2 Non BOF Seniors. EPS-SI. String course. Dogs on Leads. www.logonline.org.uk
19th- 20th	SOA	BRITISH ORIENTEERING CHAMPIONSHIPS
	C1	19th - BRITISH CHAMPIONSHIPS 2008 - INDIVIDUAL. Culbin East, Forres.
	R1	20th - British Championships 2008 - Relays. Culbin East, Forres. NH998610. Co-ordinator: Jon Musgrave, 013398 84447, jon@big-jon.demon.co.uk Fees Indiv: TBA. Relays: £36.00/£18.00 per team. EPS-SI. Entries: OEntries www.oentries.com/ www.boc2008.co.uk/ Full registration pending
19th	EM	DVO Local Event. Shipley Country Park, Heanor. SK431454.
	C5	Val Johnson, 01773 824754. gmjandfam@aol.com £3.00/£1.00 Family entry: £7. Parking £1.00. www.dvo.org.uk
20th- 26th	SOA	ISF WORLD SCHOOLS CHAMPIONSHIPS
	C3X	22nd - ISF World School's Model Event. Linlithgow.
	C1X	23rd - ISF WORLD SCHOOL'S CLASSIC RACE. Dunfermline.
	C1X	25th - ISF WORLD SCHOOL'S MIDDLE DISTANCE RACE. Falkirk.
	R5SX	26th - ISF World School's Friendship Relay. Edinburgh. Blair Young, 01555 661955. blair.young@talk21.com Free/Free. EPS-SI. Closed event. Full registration pending

LEI News

April 2008 continued

26th	WM	HOC Malvern Ultrasport Long-O. Malvern Hills, Welland, Worcestershire. SO797400. Organiser: Tom Horton, 01684 561761. Postal Entries: Mike Farrington, Oak Lodge, Floyds Lane, Wellington Heath, Ledbury, Hfd, HR8 1NB. CD: unknown. £13 to include ticket to Ceilidh. Online entries via www.fabian4.co.uk . Chq: Harlequins Orienteering Club. EPS-SI. Parking £2.00 as charged by Malvern Hills Conservators. Dogs allowed on lead at all times. Courses 30k, 22k and 15k. Entry limited to 50 per Course. Registration at Welland Village Hall. www.mado.org.uk
27th	EM C3	LEI Regional Event & EM Championships. Wakerley Woods, Corby. SP960987. Organiser: Gary & Mary Boothroyd, 01572 756097. gboothroyd@btinternet.com Entries: Roger Williamson, 63 Loughborough Road, Quorn, Loughborough, Leics, LE12 8DU, 01509 412132. rwilliamson63@aol.com CD: 14/04/08. £10.50/£3.50. Lim EOD +£1.00/£1.00. Chq: Leicestershire Orienteering Club. EPS-SI. Lim CC courses - £7.00/£1.50. Online entries preferred via www.fabian4.co.uk/ Late entries on line only up to 21/04/08 +£1.00. Parking £1.50. Dogs on Leads. www.leioc.org.uk



May 2008

3rd-4th	YH	FCC Middle & Long Finals O3 3rd - Middle Race and Future Champions Cup Middle Race Final. Gilling, Helmsley. SE590765. Organiser: Roger and Ann Smith, 01347 821220. Entries: addressee TBA. CD: unknown. Fees TBA. EPS-SI. Dogs allowed on lead and only in assembly area. www.eborienteers.org.uk
4th	YH	EBOR NATIONAL EVENT & FCC Classic Final. Cawthorne and Keldy, Pickering. SE777197. C2 Organiser: Lionel Carter, 01904 489427. Entries: TBA. CD: unknown. Fees TBA. EPS-SI. String course. Dogs on lead in assembly area only. www.eborienteers.org.uk

May 2008 continued

10th-11th	NW C3 C3	MDOC Twin Peak Weekend 10th - Day 1 Regional Event. Macclesfield Forest, Macclesfield. SJ970720. 11th - Day 2 Regional Event. Macclesfield Forest, Macclesfield. SJ970720. David & Jane McCann, 01614 832061. Fees TBA. EPS-SI. String course. Dogs on lead in car park only. www.mdoc.org.uk Full registration pending
18th	EM C4	DVO District Event. Hardwick Hall, Sutton in Ashfield. SK463637. John Armstrong, 01335 348238. armstrongjm@talk21.com £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. www.dvo.org.uk Full registration pending
24th-25th	SOA C2 R4	NATIONAL EVENT & SCOTTISH CHAMPIONSHIPS 24th - NATIONAL EVENT & Scottish Championships. Tullachroisk, Kinloch Rannoch. NN710576. Paul Caban. fixtures@scottish-orienteering.org Fees TBA. EPS-SI. Full registration pending 25th - Scottish Championships - Relays. Tullachroisk, Kinloch Rannoch. NN710576. Paul Caban. fixtures@scottish-orienteering.org EPS-SI. Full registration pending

June 2008

8th	WM C2	HOC NATIONAL EVENT & World Ranking Event, Scoring event for UK Cup (selection race for WOC). Brown Clee, SW of Bridgnorth. SO595855. Organiser: Rollo Rumford, 01905 726967. rollo.rumford@btinternet.com Entries: Mike Farrington, Brown Clee 08, Oak Lodge, Floyds Lane, Wellington Heath, Ledbury, Hfd, HR8 1NB, 01531 635502 (7-9 pm). brownlee08@harlequins.org.uk CD: 16/05/08. £13.00/£5.00 before 16 May 08. £15.00/£6.00 up to 28 May 08. Family Fee £32.00 before 16 May 08 and then £37.00 to 28 May 08. No EOD. Chq: Harlequins Orienteering Club. EPS-SI. String course. EOD CC courses - W, Y, O, Lt Gr & Red - £9.00/£4.00 - Family £23.00. Parking £1.00. Dogs on lead at all times in car park and assembly field. On Line Entries via www.fabian4.co.uk www.harlequins.org.uk
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LEI News

June 2008 continued

9th	EM	LEI District Event & EM League, Burbage Common, Hinckley. SP447953
	C4	Organiser: tbc. £7.00/£2.00 (Senior British Orienteering members £2.00 discount on production of membership card). EPS-SI www.leioc.org.uk. Dogs allowed on leads
21st	EM	DVO Local Event. Elvaston Castle Country Park, Derby. SK412331.
	C5	John Armstrong, 01335 348238. armstrongjm@talk21.com £3.00/£1.00 Family entry: £7. EPS-SI. Incorporating the Derbyshire Schools Championships. www.dvo.org.uk
22nd	EM	DVO District Event. Carsington Pastures, Wirksworth. SK248546.
	C4	John Armstrong, 01335 348238. armstrongjm@talk21.com £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. www.dvo.org.uk

July 2008

No events locally

August 2008

3rd-	WOA	Creoso 2008
9th	C3	3rd - Day 1 Regional Event. Merthyr Common, Trefil. SO101151.
	C3	4th - Day 2 Regional Event. The Blorenges, Blaenavon. SO255099.
	C3	5th - Day 3 Regional Event. Pwll Du, Blaenavon. SO255099.
	C3	7th - Day 4 Regional Event. Wentwood, Usk. ST413949.
	C3	8th - Day 5 Regional Event. Mynydd y Garn, Hirwaun.
	C3	9th - Day 6 Regional Event. Clydach Terrace, Brynmawr. SO183133.
		Co-ordinator and Entries: Judith Powell, 22 The Willows, Raglan, USK, NP15 2HB, 01291 690702. j-powell@tiscali.co.uk CD: 15/06/08. Fees TBA. Chq: Creoso 2008. EPS-SI. String course. Colour Coded pre entry or EOD - W, Y, O & LG. Dogs allowed on lead at all times, not on competition area. Starts 9.00 - 13.00. www.creesomultiday.org.uk

August 2008 continued

23rd-	YH	White Rose Weekend
25th	C3	23rd - Day 1 Regional Event. Barns Cliff & Low North Park, nr Scarborough. SE957952.
	S5N	23rd - Local Night Score Event. Barns Cliff & Low North Park, nr Scarborough. SE947952.
	C3	24th - Day 2 Regional Event. Barns Cliff & Low North Park, nr Scarborough. SE947952.
	R4	25th - Day 3 Team Score Relay. Barns Cliff& Low North Park, nr Scarborough. SE947952. Organiser: Bill Griffiths, 0771 0002961. wr2008org@tiscali.co.uk
		Entries: Entry on-line preferable OR White Rose Entries, 30 Orchard Paddock, Haxby, , York, YO32 3DP, 01904 768066. wr2008entries@yahoo.co.uk CD: 1st 04/06/08. Entry Fees: Days 1 & 2 - £8.00/£4.00 before 4 June, £9.00/£4.50 before 27 July, £10.00/£5.00 after 28 July (these are BO discounted rates). See website for Day 3 team fees. Lim EOD Chq: Eborienteers. EPS-SI. Red, yellow, white, String course. Parking £1.00. Dogs allowed on lead in car park only. www.whiteroseweekend.org.uk

September 2008

14th	EM	LOG Lincoln "City Race". The Lawn, Lincoln. SK973719.
	C4S	Sean Harrington, 01522 791344. Sean@logonline.org.uk Fees TBA. EPS-SI. Dogs on leads.
20th	EM	DVO Local Event. Black Rock & Cromford Moor, Wirksworth. SK291558.
	C5	Val Johnson, 01773 824754. gmjandfam@aol.com £3.00/£1.00 Family entry: £7. www.dvo.org.uk
28th	EM	DVO District Event. Kedleston Park, Derby. SK313403.
	C4	Brian Denness, 01332 553658. briandenness@naims.co.uk £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. www.dvo.org.uk

December 2008

A date for your diaries—the Annual Dinner and Awards Presentation will be held on December 6th. The venue will once again be the Forest Hill Golf Club, Botcheston.

Next LEI Events

LEI Winter League

Wednesday 13th February 2008

Western Park, Leicester

Starts 11am–12 noon

Sunday 9th March 2008

LEI District Event & East Midlands League Event

**Fermyn Woods
SP952850**

**Simon Ford
0116 259 9448**

£7.00/£2.00

**(£2.00 discount for BOF members on production
of current membership card)**

SportIdent electronic punching