

LEI News

editor - john cooke

The Newsletter of the Leicestershire Orienteering Club

Ramblings from the Chair



Writing this on a sunny spring-like February day it's difficult to remember that not many weeks ago we were

tramping around in a foot of snow with temperatures somewhere south of zero. Orienteering in our locality seems to have got off fairly lightly. With reports from around the country of multiple event cancellations we were very lucky to have only to postpone one night event.

However our event programme has been hit by other problems outside our control that has led to a number of changes of venue for events. I forecast at the AGM that increases in access fees, cuts to local authority funding and changes to various agencies would present us with a number of challenges in the coming months. Unfortunately my predictions have materialised sooner than I thought.

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**Copy date
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Indication, after recent approaches to landowners, are that two of our larger areas may only be available on a very limited basis. Whilst we will be able to maintain our events programme it is likely that the availability of a smaller number of areas will mean more frequent visits to some locations. Perhaps a bit of lateral thinking is called for - how about an urban event as part of the East Midlands League?

One area of activity that has not been affected, by either weather or political changes, over the winter has been Club Night. The Thursday evening sessions have ranged from technical training to some intensive fitness sessions. If pain is an indicator of increasing fitness then we now have some very much fitter members! If you are free on Thursday evenings do come and join us at Groby. Club Night runs until the start of the summer league - and yes, it will be back in the Autumn. I must thank British

Orienteering for paying for the training of additional coaches to enable us to run the evenings (although having spent several minutes one evening being "a tree" I do wonder about the training!!)

As part of our commitment to ClubMark we have been looking for some time to appoint a Club Welfare Officer to ensure that we follow the Children and Vulnerable Adults policies that we have adopted. I am pleased to tell you that Wendy West has agreed to take up this role.

Looking to the coming months we are hosting the East Midlands Championships on the 3rd of April and we shall be announcing, later that month, the date of the Club Championships. I can tell you that they will be on a brand new area - Spring Cottage.

Chris Phillips

Permanent Orienteering Courses



Leicestershire City Council has paid the club to set up a Permanent Courses at Castle Hill, Beaumont Leys/ Anstey.

There are still some posts to be installed, but following the Spring series and once all posts are erected, the All controls maps will be on sale. The City Parks Service at Abbey Park will add Castle Hill to the ones they already sell: Abbey Park, Evington Park & Arboretum and Knighton Park.

The National Forest Company is supporting our work in developing Permanent Orienteering courses. We will have a new one in the Woodland Trust area at Ratby Burroughs and we are working towards completing one in Coalville. The Leicestershire Riverside POC is complete and some of it will be used for the City Schools Competition on Friday 15th April.

Roger Edwards

Development Activity

Beginners Try Orienteering



Our Spring Series is underway and is being supported financially by Hinckley & Bosworth Active Together and British Orienteering. Hinckley & Bosworth, South Charnwood and City SSPs and the NHS are assisting with publicity. We are providing a competition every week for beginners up to Orange, with a minimal amount of set up, and to have a beginners club on a Monday

evening at Groby Community College at 6.30 which is intended to continue into the Summer term. We have invited those at the Grow clubs to return. Our aim is to attract over 16s to take part in exercise.



Roger Edwards

Mon	Mar 14	6.30 to 8pm	Beginners Training at Groby Community College	
Sat	Mar 19	11 to 12	Castle Hill, Gorse Hill near Latimer School, Anstey	SK544083
Mon	Mar 21	6.30 to 8pm	Beginners Training at Groby Community College	
Sat	Mar 26	11 to 12	Groby Community College - Martinshaw	
Sun	Mar 27	10.30 to 12.30	Groby Community College Sports Hall- Martinshaw & Ratby Woodlands, East Midlands League	
Mon	Mar 28	6.30 to 8pm	Beginners Training at Groby Community College	
Sat	Apr 2	11 to 12	Groby Community College - Martinshaw	
Sun	Apr 3	10.30 to 12.30	Cademan and Thringstone Woods, East Midlands Championships	
Mon	Apr 4	6.30 to 8pm	Beginners Training at Groby Community College	
Mon	Apr 11	6.30 to 8pm	Beginners Training at Groby Community College	
	Apr 18		Easter Break	

Retired Man Chronicles

Featuring Men In Underpants (or not).



In the last episode of the chronicles, Retired Man was just back from his triumphant Radio Orienteering at the world champs in Croatia but was searching for his lost camera. Unfortunately he never did find the camera and so his Croatian photos were lost too, as was the insurance claim form. While searching for the claim form, he discovers a forgotten letter from the DVLA. Whoops he has been driving around with no car tax for three weeks.

October 2nd and it is the "O" club's 40th Birthday Bash at the pub at Stanton under Bardon. But we have only driven as far as Rocliffe crossroads when we turn back as John has forgotten his shoes. When we arrive at the event he realises he has also forgotten his dibber. While others are orienteering, Judy Leake and I set off to look (unsuccessfully) for blackberries and elderberries but we do find some lovely sloes for sloe vodka.

In the lunchtime sunshine, we all sit outside on the patio trying to match a list of names to old photos of club orienteers

"Oh I wish I'd remembered to send a photo of me to Iain Tebbutt" I wailed, John replied "It's OK, I e-mailed one"

"So why are you looking so guilty? In this photo, have I got clothes on?" I said in a panic. I have no idea why I should think that there were any photos of me in the nude!!!!

"Of course you've got clothes on", but he still looked guilty.

Leafing through the photos, I spot John, in his diving gear, lying on the stones on Chesil Beach.

When I look through the list of names, my name is missing. Why??

Well when John sent two photos, Iain thought both were photos of John.

And the photo of me? The person menacingly waving their arms whilst wearing a rubbery skull mask. (And clothes.)

It was Iain Tebbutt's comment at the answer session which was worrying "What sort of person would cherish a photograph such as this, for forty years?"

Ursula & Roger were the best at recognising the photos. The photo of Roger Edwards was really easy as he looks just the same. Pete & Judy Leake and also Simon Ford, had some blank spaces on their answer sheets and were awarded booby prizes for not recognising their own photographs!

We have said farewell to John Cooke and Judith Holt as they have moved

. . .waving their arms whilst wearing a rubbery skull mask. . .

house and orienteering clubs. However they have donated a trophy to remember them by and to celebrate the advent of a 'Rising Star'. The first name to be engraved on the trophy?-- Ethan Tebbutt. Well done.

Every birthday party needs a birthday cake and every cake needs cutting. As a founder member of the club, the cake was officially cut by Peter Hornsby who "hoped to see us all here in another forty years". Just because I make cakes it was assumed I knew how to cut them up too. Thankfully the cake was square not round so much easier to divvy up. At a quick count there were 55 people present. In my panic I could not remember if $7 \times 8 = 54$ or 56 and was too embarrassed to ask. I plumped for $8 \times 8 = 64$ to be on the safe side.

The cake had been iced with the symbol of Old John Tower at Bradgate from our website.

Ernie Williams could not be at the birthday party but sent a "Telegram" instead, as befitting of 40 years ago. El Presidente referred in his telegram to the 4 new levels of orienteering events ABCD but used the letters to praise LEI as Achieving, Brilliantly, Consistent and Development.

Sunday Oct 24th and Retired Man is at Irchester, radio orienteering, where he is Planner. At 7.55am there is a phone call from a desperate John. He is trying to put out ten radio 'O' transmitters but he has left a map with their locations and numbers 'somewhere in the orienteering room' ie Suzi's old bedroom, "It's the black and white map with blue squares and red triangles." He remembers the locations but not the numbers. Well, I've got a dreadful cold, just woken up by the phone ringing, and can't find my glasses. We seem to be getting left and right

confused; much easier to use NSE and W. "You realise this will appear in LEI News..." were my parting words as I blew my nose and climbed back into bed.

5pm that Sunday and there is a man standing in my porch in his underpants. Retired Man's trousers were too muddy to sit in the car. The first layer of dirt resulted from sliding down a muddy slope on his bottom. John had borrowed Andrew's bike to get round Irchester doing his Planner jobs and the second layer of dirt came from a very large puddle. John and the bike were covered in mud when they parted company and John fell sideways into the middle of this puddle. David Williams from HOC (and Cadbury's) photographed the incident: perhaps he thought John looked 'dipped in chocolate'.

The next evening at Glenfield, its time for the AGM and I am convinced 'our officials' must be insomniacs or retired or both. Where do they find the time to go to all those meetings, write all those reports and fill in all those grant application forms? The trouble with being of retirement age is projecting the wrong image to young people e.g. the students at Leicester University Fresher's Week. Our 'oldies' did not enjoy the loud Heavy Metal music from the neighbouring stall.

Increased Forestry Commission fees e.g. at Fineshade and Wakerley Woods were discussed and the provision of toilets at level C events. The unfortunate phrase 'portalooos are £100 a throw, made a few folks utter "Err, yuck."

Afterwards we troop off to The Railway pub for more chatting (and beer). Ursula is having trouble with her computer. AOL are not being very helpful, she is going to switch to Virgin but they won't be able to connect her for 2 weeks. How do you pay your bills?, what about entertaining

Roger? At this point I confess to knowing absolutely nothing about computers but Ursula does know a little more. Retired Man explains about 'pinging' and Hornsby offers her his 'dingle/dongle'. After a few alcoholic beverages, 'pinging Peter's dingly dongle and hoping for a response/reply' could be mis-interpreted.

Are we educating our children properly? Has Health and Safety gone mad? Is the Nanny State being over protective? Embossed on a teaspoon in The Railway is the word 'Teaspoon'.

Medical tip

I have been swallowing cod liver oil capsules for several years. Good for the joints. Retired Man thought he would try one but complained loudly about their horrible taste "That'll be because you are supposed to swallow them, not chew them" I said unsympathetically.

Sewing tip

When you rip a hole in your 'O' top, arguing with a tree, try Sylko D327 Parma Violet, it is a very good colour match.

Night 'O' has started and in early November Peter Hornsby and John go to Bestwood. Quote from John "It was 'ard I took 99 minutes" but he did gloat just a little bit as Peter had retired. Peter was not a happy bunny as John had borrowed his white dibber and broken it by accidentally trapping it in the car door. John paid to have it repaired.

Observational quote from Retired Man **"The main problem with Night O is that it is dark."**

Chris Bosley kindly drives John and I to the Club Dinner at Kirby Muxloe Golf Club on Nov.27th. John has made an unfortunate fashion statement by

wearing a checked shirt with a stripey tie.

Congratulations to the trophy winners Ursula, Alison, Roger P., Roger E and there are special presentations to Peter H for mapping, Peter L for international team and to Retired Man for his Radio Orienteering in Croatia. There is much interest in the Clock Trophy: who can take the longest time on a course in an LEI area? Mark Hardy.

We are sitting at a table with Chris Bosley, David Anderson, Peter & Liz Hornsby, Roy & Doreen Denney. In an attempt to talk less orienteering, someone mentions football and Man City "Who?" asks John In her shocked state, Doreen Denney chokes on her drink.

(For those not in the know, Roy has been a life long Manchester City supporter).

Ernie Williams puts us all to shame and hands out Christmas cards. How can anyone be that well organised? He even draws & makes his cards. I refuse to open mine until the date is at least December.

Peter H and other LEI people had been on a coaching course at Nottingham that day and the conversation had turned to John's electronic tinkering. John's old emit card has died and he has taken it to pieces to see how it works. His Garmin

Observational
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Retired Man
**"The main
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dark."**

GPS battery has a short life and it will cost £50.41 to be refurbished by the makers. He has found, on the Internet, that a £1.95 Nokia phone battery will work. The others suspect John will be running round with his Garmin swathed in duck tape and Peter has threatened to push him in some water to test the waterproofing.

Next day, is the very cold Burbage Common event, I'm not there but my spies are. Be warned.

Slight problem at Burbage when some of the boxes were still on summer time. Whoops.

So, after the Burbage event which couple left The Lime Kilns pub without paying??. Ursula kindly settled their bill.

The Burbage event also was the location of an 'err yuck' happening.

Retired Man found a punch on the path and the pocket in his trousers was too small so he put it in his underpants for safe keeping.. You'll not handle another punch after this without thinking 'Is this the one?' Errr Yuck.

The Xmas Novelty event is at Groby Community College. On the steep banks around the football pitch someone has cleverly stamped down the snow to write in huge letters IF U READ THIS YOUR A (rude word) I suppose I should comment that YOUR ought to be YOU'RE. I think I would have preferred a message such as HAPPY XMAS. There was also a message on Peter Hornsby's tee shirt "Beer is for life, not just for Xmas,"

The aim of the novelty event was to lose points and as Peter was last to finish he lost enough points to be the winner and be rewarded with the privilege of organising next year's event. Thanks to Roy for organising sausage rolls and

sandwiches etc. in The Railway.

The final event of 2010 was at The Outwoods and the uphill path from Nanpantan Sports ground was rather icy. Retired Man found some red tape round a tree trunk and thought the flag and punch had been stolen. Tricked by the wrong tree trunk, John was disqualified. Meanwhile, Derek Ricketts was making an attempt to win the Clock Trophy so some officials were a little late arriving at The Priory (pub, not rehab centre). Peter Hornsby was explaining the problem with his credit card. He still has the card but the details have been stolen and it has been used to buy a pre-paid mobile phone---the sort used by terrorists to detonate bombs from a distance. Don't worry Peter, we will rescue you with: Date, Walnut & Hacksaw Loaf, Apricot Teabread with Crunchy File and Ginger Iced Carrot & Screwdriver cake.

New Year's Day and my choices are visiting mother-in-law or orienteering. I go to Moira Furnace followed by a visit to The Mason's Arms. John visits his Mum, after a score event in Shropshire.

A seven week old baby orienteer makes a first appearance, keeping warm inside Dad's jacket, as the weather is cold & drizzly. I have to confess to not knowing the baby's name.

"Do you sell underpants in the Clubshop and if not, wouldn't it be a good idea to start?" asks Peter H. It seems that Roger Phillips set the trend of swimming whilst orienteering in a particularly soggy part of the course. But a 'Be Prepared' scout has spare undies with him, not so Mr Hornsby.

I can't find a light switch in the Ladies toilets at the Mason's Arms, so its a case of map memory: open the door and while there is light, locate the toilet, is

the lid up? where's the toilet paper?, where's the sink and towel?. Close the door and in the darkness hope for the best. "Only idiots can't find a light switch", I hear you say--- later I learn that there is no switch as the toilet lights are controlled from behind the Bar.

Judy Leake and I have a long chat and listen to Peter as he again tells the tale of the underpants and the fact he is now 'Commando syle'.

Quoting from The Chronicles in LEI News Jan 2010 "I am writing this the day before John & Chris Bosley are due to go ski-ing to Soll in Austria. Only I have just heard that one of them has forgotten to renew his passport. Retired Man is pleased as its not him (but it could well have been)" It is one year later, read on:

Saturday Jan 8th 2011 8.00am and I set off dog walking while John has packed his stuff to go skiing with Chris Bosley, Andrew Middleton, Derek Ricketts, Alistair Powell and others from Gatwick. On my return John has gone. Suzi (daughter) and I go to the shops while Andrew(son) and Edd (son-in-law) play Guitar Hero or similar.

Suzi receives a mobile phone call from Edd " Andrew and I are rushing to Toddington Services to meet John and take him his bag containing passport." The 'meet halfway' plan almost worked. If John had been able to park more quickly, he would have caught his flight.

John phones again "Can Andrew and Edd find a flight to Innsbruck on the internet."-----

"£600 today or £80 at 7.00am tomorrow" Retired Man makes it onto the slopes by Sunday lunch.

A week later, John returns and we are

treated to holiday videos and stories. Retired Man won 'top tour performer' i.e. 'idiot of the day' award for his adhoc travel arrangements and won again for trying to pay for ten beers and mistakenly ordering another ten. One evening from the balcony, he threw the room keys down to Andrew Middleton at the door. There is a grid by the door.... now readers don't get ahead of me, because the keys did not go down the grid but landed in a bush. Could they have fitted down the gaps in the grid? Retired Man went to investigate; yes, they could have gone down the grid and when he accidentally let go of the keys, they did.

Sunday 6th
January
Compass Sport
Cup at Beacon
Hill. It is very

windy and empty paper cups scurry across the top car park. NOC just beat DVO and LEI come a creditable third place. There are the 'what ifs'; the main one being 'what if Judith Holt & John Cooke were still in LEI' (although I think it would be Judith scoring the points. Are you going to edit this bit out John??) *(unfortunately I was injured and unable to run that day so we will never know whether Irene's scurrilous comments are true -ed.)*

Having insulted the editor, it is probably time to sign off.

*Happy Orienteering.
Irene Marriott*

East Midlands Championships



LEI are hosting the 2011 East Midlands Championships on Sunday 3rd April at Cademan and Thringstone Woods. This is probably our most technical area and from an orienteering perspective one of the most interesting in the East Midlands.

For the first time car parking and assembly will be at Grace Dieu Cricket Club giving planner Mark Sherriff the opportunity to design courses from a different starting area.

Recent vegetation clearance has made some of the area much more runnable. A lot of the dreaded rhododendrons have

been removed.

As always for a big event we need a lot of helpers. If you want to run at the top event in the East Midlands in 2011 and are willing to help, please send me an email (onecphillips@lineone.net) giving your BOF number, SI number and which course you want to run. Helpers get a 50% discount.

Further details are on the club website.

Chris Phillips



County Schools Championship and School mapping



The county school final for yr 5/6 and yr 7/8 will be at Donisthorpe on Friday 20th May AM. We are expecting a bigger field than last year with at least two more partnership teams. Entries are through the LeicesterShire & Rutland Competition Managers.

The Club mappers are also proceeding with a programming of mapping about three schools a term. During the busy

Autumn period we final completed: Loughborough High, Sherrier Primary, Castle Rock High, Booth Wood Primary and Welbeck College. Four more are in progress, Belvoir High Judgemeadow, Leicester Grammar, Church Langton Primary and two have extensive Permanent courses being developed.

Roger Edwards

Access Development Report



Kinder Scout is to be fenced off in part in an attempt to return this bleak plateau to the natural moorland it was two centuries ago. 200 years of pollution, wild fires and overgrazing compounded by man's intrusion since it was opened up has made the area into "one of the most damaged areas of moorland in the UK", according to conservationists. The National Trust has been organising reseeding work and now is to invest £2.5 million in 're-wilding' the Kinder Scout area by planting heather blocking run off courses and allowing the bogs to fill up with water. The plan is to scatter grass and heather seed across the plateau largely from the air and fertiliser will be spread on the soil which should result in an improved environment for wildlife.

The next step in restoration is to keep out the grazing sheep with new fencing on at least some of the land. Over 100,000 walkers cross Kinder Scout every year but in future they will face bogs and fencing where before there was open access. Unfortunately we have been contributing to the destruction of this wild area we love to visit. Stiles and gates will ensure access is maintained but it will be more contained and directed which will not be good news for orienteering.

Closer to home we see several threats developing. Certainly many of the local authority cuts being publicised will have an impact on our sport and many authorities are taking rights of way and country parks as soft targets and we are seeing draconian cuts such that it is doubtful they will be even able to handle

their statutory responsibilities. There may however be a get out of jail card on the horizon for them as the Public Bodies Bill being processed will remove many of these liabilities. This may help them but do nothing to help the likes of ourselves. Whatever your politics and whoever you feel got us into this mess, it is going to hurt.

Amongst other matters being addressed by the Bill, British Waterways is going to shrink back to being a government department just owning the waterways and being legally responsible for its statutory obligations and the actual management of the system will probably go out to tender with one or more new and existing trusts being encouraged to get involved. This is bound to have some impact on rights of access etc.

Another issue was the sale of Forestry Committee woodlands. Initially the percentage they had been asked to put on the market was thought manageable by the FC as they have numerous scattered tiny blocks of little use to anybody. The FC had been told to generate £100 Million of returns for the taxpayer (government) and to sell off 15% of their holdings. However it then came to light that these hard-to-get-at and manage bits were often pockets of ancient woodland necessary for the government to maintain its biodiversity

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targets so they then directed the FC to sell off other and larger blocks to achieve the target. Ideally these would have been the boring blocks of commercial coniferous woodland but as these provide the FC with their only income stream it was the nice broadleaved runnable woodlands that were under most threat.

This is all on hold now. Access became a very hot potato of considerable importance to us as orienteers and other users. As a result of the many petitions organised, which many of you signed up to, these plans have all been shelved. The consultation has been scrapped as the outcome was obvious and the whole situation is now under review. Perhaps the one saving grace for the woodlands is that the FC did dedicate all its freehold owned land under the CROW act and as such all access rights transfer with any change of ownership, whatever route the government decide to go down in the future. Any new owner could however charge organised groups as much as he felt that the market would bear and initially we might have to look elsewhere but there would be bound to be a piggy back increase across the board and we would just have to accept that our sport is becoming more expensive. Even staying with the FC if that is the ultimate outcome we are seeing increased access fees being introduced as part of the same funding crises. Non FC woodland is also under more threat as the new planning regulations offer them less protection than the old ones did.

Belvoir Castle have a new regime and access charges mean it will only be possible to use it for the very biggest events.

A similar issue arises out of Ministry of Defence Land. They have also been told to sell off land some of which we enjoy access to. Not only that but rights of way

which used to cross such land were formally closed to create these bases and unless they are reinstated by legal action before the sale off they may be lost for ever. Some are in fact defunct anyway but many are regularly being used since bases became derelict or mothballed. Such access was officially stopped off by alternative legislative processes and under some a case can be made for automatic restoration if an application is made but many do not have that protection. Certainly a lot of the woodlands LOG use on or about former aerodromes must be a worry for the future. Cottesmore near Fineshade appears safe at the moment as although the RAF base is being closed it is likely that army units returning from Germany may be housed there. We do not in any event orienteer there but and the wooded parts of the site have always been an ambition for extending our areas and the base itself if not in use would make a possible parking and assembly area for big events..

Many authorities are cutting 50% and more of the staff working for the departments dealing with access lands etc. Nottinghamshire is to shed half their rights of way team for an example and other authorities have scrapped them all.

Leicestershire County Council is to reduce its wardens in Country Parks from 16 to 10 which must have some impact on how they are protected. They are likely to relinquish ownership of Burrough Hill and

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(Continued from page 11)

access to that area will be problematical. They are also exploring ways of selling off other smaller parks in North West Leicestershire which might also give us problems. They say that present access arrangements must be maintained as part of the agreement but history suggests this is no real guarantee. If the Woodland Trust take over a park we should be fine but if the Wildlife Trust take one over we could face the same problems we have experienced at Altar Stones. They are still willing to give us access but not when they are grazing the area with longhorns which is most of the year and to contain the beasts barb wire has been strung everywhere making the area much less attractive to us even when we can get in.

Another area of concern is that DEFRA has decided to withdraw access support from its Higher Level Stewardship Scheme. This means that as the 10 year schemes come to an end they will not be renewed and no new grants will be provided for access. These permissive schemes often provide routes to and from woodland area otherwise not well served by rights of way and again might adversely affect the sport.

The National Forest itself appears to be safe and the concept bought into by the new but the NF Company have been given a 19% budget cut over 4 years. All is not bad news however. The work of the forest project continues and there are several developments in the pipeline which may be very interesting for us. There is a 50 acre scheme going in by Overseal (Seal Lodge – Gunby) an area with numerous other small schemes and pockets of existing woodland many of which it may be practical to link together.

There is a large new woodland being created near Stanton by Bridge which whilst owned by the National Forest itself will be managed by the Forestry Commission. The downside of this is that as part of the arrangements, FC were to acquire the freehold of the adjoining Robins Wood to improve access there but that purchase has been squashed under the 'cuts' and that wood will still be restricted by the present leasehold arrangements.

There is a large new woodland being created near Stanton by Bridge . . .

By Conkers itself a new scheme of 50 acres is going in which is alongside an existing smaller tender scheme but together will create a useable block which more importantly is linkable to a much larger area already being surveyed and mapped by us. There is another big acquisition by Normanton Le Heath again alongside an existing smaller scheme which will also create a useable block.

There is as 40 acre plot to be developed at Ravenstone which whilst not directly linked to Sence Valley may be able to be used in conjunction with it. There is a scheme going in at Botcheston Golf Course adjoining Ratby Woodlands and this involves more and better access to the golf course area. There is a 15 acre scheme going in at Swithland Wood Farm alongside Swithland Woods and a fairly sizeable block at Thor's Wood, Sweptstone again near other areas which we have had their eyes on.

We have had to switch an event which was to have been at Willesley due to major works being carried out there. These are due to finish by Easter and the new restaurant, visitor centre, cycle hire and dedicated cycling circuits will then be opened. The tenders are coming in as I write, to run this operation which will include a conference room which should be an ideal base for future events.

Outside the Forest it does seem that using FC areas in Northamptonshire will be increasingly financially non-viable, so we do need to find alternatives. Not easy! There is a large block at Old Dalby which we are looking at but shooting arrangements might make this a no no. Any ideas are welcome, point me at them and as your access development

officer I will do the research.

It may be that like some other clubs we will have to use a small number of areas more frequently but I think that would be a retrograde step. We must however remember that short courses in large areas rarely get far from where they start so a good number of runners never see some bits of some of our areas and we need to be more imaginative about where we start events. Theoretically we could have 4 summer league events at each of Watermead, Bradgate & Swithland and Ratby all starting at different places giving us 16 events on just 4 areas.

Roy Denney



Situations Vacant



The Club is looking for a new editor for LEI News. The current incumbent having left the area and consequently joined DVO. Whilst I am happy to bridge the gap until a new editor is found I feel the newsletter editor should be more in touch with the membership than I am likely to be in future. I have been editing the newsletter now for 17 years or more and it is probably time for someone with new ideas to take over. The job is not too onerous, only three editions a year.

Some knowledge/skill in the use of desktop publishing software would be useful but not essential as a word processing package will also do the job.

If you are interested in this position contact Chris Phillips. If you would like to discuss what is involved please feel free to contact me (contact details for both myself and Chris are on page 2).

John Cooke

An Unusual Day at Sherwood Pines

On a gloriously sunny but frosty morning in late October I approached the start line at Sherwood Pines. My finger was already numb after jamming on the dibber over my gloves to offset the freezing temperatures. My heart was pounding as I desperately tried to focus and suppress the adrenaline as I wait for the long beep. Deep breaths...mental note to not go off too fast for the first control...don't worry about the other competitors... probably on a different course.

Beep I'm off ... map unrolled... control 1 located...route choices ...stick to the obvious... decision made....here I go. The first obstacle is simply getting through the gate. My mountain bike isn't usually a problem I have to factor in when orienteering. What a novice I must look. Having biked and orienteered at Sherwood I am now underway on my first Point to Point (none score) event organised by Walton Chasers.

Despite running at numerous orienteering events and having tried score events on the bike this still feels really weird.

At last the start area is out of sight, the associated hubbub disappears and I am relieved to be underway with map and bike. Close contact with the map is evidently vital as the paths disappear past in rapid succession. As I approach the first control relief spreads through me as a familiar control box and flag await. To approach controls 2 and 3 I head up familiar single track and catch myself opting for interest over competitive route choice. Gradually a

confidence grows and I start to settle into the race though my legs are already feeling the pace. Passing a couple of fellow competitors increases my confidence further but pretty inevitably this precedes a big error. Lack of concentration and inaccurate path choice on the first long control leg to 5 delivers me onto the energy sapping sandy track which we had been warned was best avoided.

It somehow takes me a while to twig where I am and even longer still to admit that retracing part of my route is going to be the best option. Frustrated but ever more determined, I head on for control 5. An enjoyable succession of varied controls follow, testing ascents, sweeping descents, unavoidable mud and even bike lifts to clear low fences. I smile at my futile attempt to adopt "stealth mode" (not easy on a squeaky bike with wheezing rider) as I approach a control midway down a track. It is adjacent to a very similar track and through the trees I see a couple of puzzled riders looking around in hope. I dib and my beep instantly raises the "here it is" alert, then head off again. After a thoroughly enjoyable 90 minutes, all too soon I am heading for the finish with the final Control 17 safely bagged. When I appear on the results I am thrilled to discover that whilst I wasn't fast, I wasn't last. I shall definitely be hunting out a similar event again and if you are tempted to give one a try too I can recommend checking out the various websites.

Alison Hardy

Summer League 2011



The LEI Summer League commences on 5th April at Beacon Hill.

There is a new area in the programme, Soar Valley College in Rushey Mead, Leicester which will include a micro sprint. Stanton under Bardon is a

relatively new area which was used for last years Club Championships. There is also a return to Irchester, last used about 6 years ago.

Full details of the 2011 programme can be found on the following pages.



A selection of photo's from the Christmas Novelty event. From top left-1) Iain working hard - 2) Mark briefing the assembled throng- 3) & 4) Steve and Roger look too happy, can't be working hard enough- 5) Ian auditioning for River Dance.



THE LEICESTERSHIRE ORIENTEERING CLUB SUMM

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.
 Sprint/Urban events are marked U
 Competitive events will use SI electronic punching (£1 hire) whenever possible
 Entry fees - Adults £5.50 (£3.50 for members) - Juniors £1
 For results please see www.leioc.org.uk

Events are provisional, awaiting permissions etc. Please confirm
 Coordinator Mark Foxwell 01509 646695 or visit

DATE	DAY	EVENT	ORGANISER
Apr 5	Tue	Beacon Hill	Pete Leake
Apr 14	Thu	Loughborough University	U Howard Alcock
Apr 19	Tue	Wakerley	
Apr 28	Thu	Treasure Hunt	Chris Bosley
May 5	Thu	Stanton Under Bardon	Steve Edgar
May 10	Tue	Snibston	U Alastair Paterson
May 18	Wed	Aylestone	Nigel Lydon
May 26	Thu	Cademan	Ursula Williamson
May 31	Tue	Bagworth	Dave Bray
June 9	Thu	Soar Valley College, Leicester	U
June 14	Tue	Swithland	Simon Starkey
June 23	Thur	Watermead East	Alan and Wendy West
June 29	Wed	Fosse Meadows	Mark and Alison Hardy
July 5	Tue	Judge Meadow/Evington	U Simon Ford
July 14	Thu	Grange Woods	Mark Sherriff
July 20	Wed	Rough Close, Coventry	OD
July 24	Sun	Irchester	Mike Parsons
July 28	Thu	Burbage	
Aug 2 nd	Tue	Ratby	David Anderson
Aug 10	Tue	Markfield	U Roger Phillips
Aug 16	Tue	Donisthorpe	
Aug 21	Sun	Willesley	
Aug 25	Wed	Melton Country Park	Glynn Smith
Aug 31 st	Tue	Bradgate	

LEI RACING TRAINING LEAGUE 2011 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

visit www.leioc.org.uk or www.octavian-droobers.org

NOTES	GRID
Mass start 6.30	SK509145
Last Starts 6.45	SK523193
Last Starts 7pm	SP960986
Watermead Mammoth	SK604087
2010 Club Championships area	SK466101
Urban Event	SK417144
Mill Lock Car Park	SK578017
	SK440166
	SK457067
Sprint and Micro Sprint	SK605073
	SK537117
	SK608113
	SP488907
Urban/Park Race	SK633031
From Ibstock Village	SK408102
	SP265785
Unofficial CS99 area for Northants	SP912658
	SP448953
	SK498061
	SK487099
	SK319142
	SK337144
	SK756208
Mass Start 6.30pm	SK542113

Captain's Corner



Over the last few months the membership has been taking full advantage of various sporting and social events. Inevitably these can only be put on due to the combined effort and dedication of the membership. Turnout was superb, with almost fifty runners, for the new format Club Championship. Thanks in part to the Baby Photo Challenge together with a great new map and area, interesting courses and an incredibly great base (at a pub) where young and old were rejuvenated with a hearty Sunday lunch, the event seems to have been a tremendous success. On behalf of us all I would like to express thanks to all who contributed to the event's success and



the Juniors as well as certificates to the Juniors who ran at the Yvette Baker event at Carsington Pastures. Also Ethan Tebbutt was presented as first recipient of the Judith Holt Trophy for Rising Star.

Presentations for the Adults were made at the Annual Dinner some in recognition of individuals who have achieved success in the various Club leagues, others for their contributions to the running of

the Club. Congratulations to you all. The recipient of the less prestigious "Clock Trophy" which honours the dedication to achieve the longest time for a run in an LEI area went to a very surprised Mark Hardy for his endeavours at Belvoir. He is apparently hoping to be able to pass this on to a worthy successor so you have until next autumn to submit your challenge!

We had a welcome respite from the severe cold and snow for the Christmas Novelty event. As is the norm for this event, a teasingly confusing points scheme for this score type event produced an overall "winner", Pete Hornsby who will no doubt have his revenge when planning the event for 2011. There were lots of Christmas hats on show but Simon Ford appeared to have "been given a day pass" for the event: *see photograph opposite.*

As already reported on the Club website, we had a huge turnout for the Compass Sport Cup round. We were on home turf



request a similar format for 2011 if that is possible. Congratulations to the respective winners. It was also an opportunity to present Annual Awards to

at Beacon Hill and despite many of you also undertaking helper duties the Club managed to accrue a great overall combined score. Whilst we may have finished in 3rd place, it really was a hard fought 3rd which we should be very proud of. Well done to you all.

The East Midlands League for 2010 concluded with presentations to the worthy winners at the recent Sherwood Pines event. The LEI Autumn League has also concluded and just a final the event at Johns Lee and Linford Woods on 22nd February to conclude the Winter League.

If your appetite for orienteering is not satisfied by the weekend events alone then members, Adults and Juniors, are welcome to come along to the Club Night at Groby which currently continues on Thursday evenings. From 28th February we also plan to restart the Parent and Child sessions 6pm on Monday nights at Groby, aimed at members or non-members so please spread the word. Check website for details and those planning to attend

should advise the Birthe Wilson. In addition, or if weekends are a better option, look out for the Saturday Coaching events which are

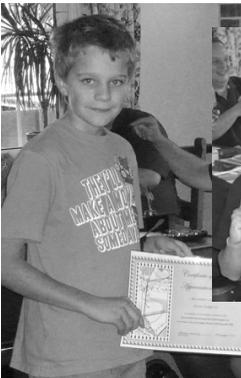
planned for March.

Additional Club members have attended training to be Orienteering Coaches so we hope you will all have the opportunity to take advantage of the coaching, perhaps revisiting skills and potentially enhancing your performance. Specific coaching topics can be requested, contact Steve Edgar with your suggestions.



Take a look at the forthcoming programme of events, as there are lots of events to look forward to in 2011. As ever, if you are able to help for a short while at any of the events the organiser will always be pleased to hear from you.

*Alison
Hardy*



Spotlight on The National Forest



On this occasion, as your Access Development Officer, I thought I would share my records with you on those areas in the National Forest excepting those in Charnwood Forest and west Leicestershire which we have already covered.

ALTON GRANGE

Comprising Roecliffe & Breach Woods, situated on either side of busy roads and adjacent to existing woodland, these two blocks of mixed conifer and broadleaves make a significant impact on the landscape driving along the A511 into Ashby from Coalville. Nature conservation is a focus of the site. A large area of hay meadow has been created next to the road and a series of pools and scrapes created down the eastern edge of Roecliffe Wood. In Breach Wood, wet woodland consisting of willow and alder has been planted next to Demoniac Plantation. Parkland style planting next to Roecliffe Farm creates a more open feel to this part of the wood. It is relatively newly planted in areas and we have not as yet pursued any orienteering potential.

The area is about 75 hectares in size and has been created on former farmland.

BAGWORTH HEATH

The 75-hectare site is on the location of the former Desford Colliery and is owned and managed by the County Council. There is a range of walks and fine views to Thornton and Bagworth and for our purposes is mapped with Royal Tigers & Centenary Woods owned by the

Woodland Trust

The site is linked to Thornton and Bagworth by the circular walk around Leicestershire, the 100-mile Leicestershire Round and Sustrans cycle routes cross the site.

It has been mapped and used for orienteering for a number of years and is maturing into a good area, with mixed terrain and vegetation and including lakes and several hills.

There are a number of nearby small National Forest Schemes which can be linked in by way of the footpath network.

CHURCH VIEW

This is former farm land sloping down to a stream where some water features were created and planted out in 2001 with help from the National Forest. Largely commercial poplar with some broadleaves, we are currently mapping it for use when it matures to be used in conjunction with other nearby small areas..

An existing but neglected field pond has been restored, a new one created and an avenue of rare black poplars planted. The site has been designed to afford views to the distant Swepstone Church

This large (100 acres) scheme is a most attractive scheme in terms of its wide range of woodland habitat types that will be created. It is 300 yards from the Odd House Pub which has a large car park and caravanning field and should be able to host events. The aims of the scheme are to enhance the landscape giving seventy acres of mixed broadleaved

woodland, ten of commercial poplar, four of native wet woodland, an orchard (three acres) and a grassland area of a similar size. The site is visible from the Measham to Swepstone Road, two footpaths that bisect the site and from nearby Swepstone. They will allow access to 94% of the site, excluding the orchard and the grassland next to Valley Farm.

Swepstone itself is situated on a high point over looking the valley of the River Gilwhiskaw from its confluence with the Mease. The church is situated on this high point and gives commanding views of the valley

CONKERS

This is an award winning pay-to-enter attraction at the heart of the National Forest with a mix of indoor and outdoor experiences largely aimed at the family and school groups. It is mapped for orienteering and also has a Tree Top Walk in the Discovery Centre and numerous different indoor and outdoor activities: including orienteering, lakeside walks, sculpture & nature trails, an assault course, train rides, playgrounds & water play! It is a popular educational resource with lakeside restaurants, specialist shops and a plant centre.

It was originally included on the map of Donisthorpe Woodland Park (previously mapped as The Heart of the Forest) but has been dropped given the new regime of charged admission.

DONISTHORPE WOODLAND PARK

A 36-hectare former colliery site in The National Forest where there are 20 hectares of mixed woodland and 3km (1.85 miles) of stone-surfaced paths, which are suitable for all users. There are links to the 6km (3.7 miles) Ashby Wold's Heritage Trail and Moira Furnace & Plantation, along the towpath of the

restored Ashby Canal.

The area has been mapped and used for orienteering for some time (originally know as The Heart of the Forest) in conjunction with Moira Furnace (owned and managed by N W Leicestershire District Council) and with the nearby Sarah's Wood and Bath Yard the home of the National Forest Company.

The colliery dated back to 1857 and Moira Furnace is a restored blast furnace dating back to Napoleonic times. Nearby are restored old lime kilns. The area has recorded history going back much further. The name Donisthorpe suggests that the settlement be of Scandinavian origin. However, archaeological evidence suggests that the area was occupied much earlier. There is evidence of Neolithic and Roman occupation and it is probable that a Roman road from Leicester to Chester ran through this area.

The north-west of the parish of Donisthorpe is bordered by the open area of the Ashby Wolds and the Ashby Wolds trail runs through the area and is included on our map. The west of the parish is bounded by the Hooborough Brook which forms the country boundary and runs in the park. To the north-west is Willesley and we have used Donisthorpe for a base from events there. The new area near Willesley that we know as Shellbrook actually reflects a small stream of that name which runs between Donisthorpe and Oakthorpe to join the River Mease to the south.

Donisthorpe is recorded in the Domesday book which describes the land at Donisthorpe as waste, mostly in the ownership of Henry de Ferrers.

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Along the south of Donisthorpe runs the Walton Way which, when it crosses the Shellbrook is known as the Saltersford - a clear indication that this part of the Walton Way was also used as Salt Way.

The park itself includes 20 hectares of recently planted mixed woodlands and the Hooborough Brook flows through the site between banks with mature willows.

Earlier versions of our map included the nearby Conkers which is now a pay-to-enter separate facility but which is mapped for orienteering. The latest version of the map of Donisthorpe includes Saltersford Valley with its footpaths and lakes.

A permanent Orienteering Course is being created in the park including Moira.

GRANGE & BATTRAM WOODS

This is now a sizeable site which we have used for orienteering for many years. It is in several ownerships.

The earliest plantings were in Battram Woods acquired by the Royal Forestry Society with assistance from the National Forest, North West Leicestershire District Council, Leicestershire County Council and the Rural Development Commission. It covers 48 hectares and was planted out over about 3 years from 1998 and is now maturing nicely.

These woods were intended to be a flagship showing how to create and run profitable woodlands for future generations in crowded lowland Britain. The site demonstrates best practice in planning, establishing and running woodland with wildlife conservation, landscaping, access and interpretation as integral components.

Over 80,000 trees were planted in a mixture of broadleaves and conifers, deciduous and evergreen trees, and native and introduced species. Fast growing poplars and cricket bat willows are grown on the wetter areas.

There are a number of unusual features including a group of 350 young English oaks and yews which form the Millennium Circle in the centre of the wood.

In 2005, the RFS joined forces with The Woodland Trust and the Marie Curie Cancer Fund to plant a new commemorative wood of 600 saplings with 10,000 wild daffodils

This is an ideal area for us given the variety of plantings and terrain. 20% is being left as open space, providing glades and paths which together with the existing extensive rides and footpaths, provide 4km of pedestrian access routes. Cycle tracks link with other long-distance cycle ways such as Sustrans.

This is only part of the story in that an even larger new development was undertaken next door at Ibstock Grange where Andrew Mosley planted a variety of trees both sides of the stream running out of the RFS site. A whole variety of new habitats are evolving, enhancing the biodiversity. The ponds and stream are managed as wetland habitats and the power lines that criss-crossed the skyline, have gone underground for visual and safety reasons. A few poles remain as perches for birds of prey which do assist navigation. In Grange Wood alone, over 109,000 young trees have been planted mostly native hardwoods including Oak, Beach and Ash. Small areas of conifers have been included to shelter the native trees and provide interest and colour in the winter months. Over a mile of new hedgerows and

numerous parkland and specimen trees have also been planted and numerous wetland features created.

A number of other National Forest Tender schemes adjoin the two larger developments and are included on our map. Common Hill Wood is to the north and adds 15 hectares and Farm Park Wood to the south west is slightly bigger. Bigger still is Workman's Wood between Common Hill and Battram Woods. A further small development is known as Sparrow Walk and lies just over Pretoria Road from Common Hill Wood.

The whole useable area for our purposes is now over 600 acres.

MOIRA FURNACE & PLANTATION

The plantation is about 13 acres and about half is mature woodland with many water features and a maze of small paths, and half again agricultural land crossed by a number of paths. Completing the picture are nearby local authority parkland and the area around the ancient blast furnace dating from Napoleonic times together with adjoining restored lime kilns.

It is owned by N W Leicestershire District Council and is mapped with their small park at Sarah's Wood, and Donisthorpe Woodland Park owned by the County Council. A permanent orienteering course is being created across the areas with financial assistance from the National Forest which can be serviced from a number of locations including the café at the furnace.

PARK PALE WOOD

This site, supported by the National Forest, covers nearly 28 ha near Ashby-de-la-Zouch. It takes its name from the remains of the mediaeval pale (bank and ditch) that runs through the site, which

formed part of the old hunting park, part of Calke Estate. The open meadow by the dismantled railway is part of the Lount Meadows Sites of Special Scientific Interest. It contains flowers of both dry meadow (common spotted orchid, devils' bit scabious) and of marshland (lady's smock, marsh thistle and brooklime). The existing wet woodland at the northern end of the site is known as Black Ditches. An area has been left to the south to allow natural extension of the woodland into the new plantation through natural regeneration. Too small in itself to interest us it is near to a number of other developments and may be useful in the future.

ROYAL TIGERS & CENTENARY WOOD

This is a Woodland Trust managed site consisting of 14 ha of woodland which was planted in 1993/4 through funds raised by the now-disbanded Royal Leicestershire Regiment. An arboretum containing 17 species of trees from countries in which the Regiment served (as the 17th Foot) lies at the bottom of the slope by the hedgerow.

A locally quarried memorial stone bears a regimental plaque. It is flanked by two Mercer's Oaks, brought to the UK from the tree in Princeton (USA) around which the surrounded 17th Foot routed part of Washington's army and bayoneted its commander (Mercer) during the American War of Independence in 1777. This adjoins Centenary Wood also owned by the Trust (27 ha) planted to commemorate the centenary of Bagworth Parish Council in 1994. Native broadleaved trees and shrubs have been planted on former farmland with wide rides and glades to create edge habitats and open spaces. At the northern end of the site, a public footpath takes you the

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short distance to Bagworth Church, a new church built on the site of the Norman church lost to mining subsidence. The arch from the Norman church has been built into the new church. Both Royal Tigers and Centenary Woods slope steeply uphill and are just across the road from the car park for Bagworth Heath Woods and all are mapped together for our purposes.

SALTERFORD VALLEY

This is a 7 hectare site in The National Forest which has open water areas known as 'flashes'. These result from mining subsidence that causes the Saltersford Brook to flood. There are sites planted with new native woodland and open areas managed as grassland, which feature wild flowers.

The site has been recently been designated as a Local Nature Reserve. It is being included on our map of the adjoining SARAH'S WOOD

This 25 acre woodland has been designed for children of all abilities and has tarmac footpaths. The site overlooks the Conkers Waterside Centre and is alongside the basin at the end of the restored Ashby Canal. It is included on our map of Donisthorpe Woodland Park and Moira Furnace.

SENCE VALLEY

This is a 60 hectare former open-cast coal site, which has been transformed with extensive tree planting and the creation of lakes interlinked with a series of paths. The Park is owned by the County Council but managed by the Forestry Commission who we are working with to create a permanent orienteering course with financial assistance from the National Forest.

After being planted with over 98,000 trees this site was opened to the public in September 1998 and contains woodland, lakes linking to the River Sence, grassland and a wildflower meadow. Thanks to the varied habitat 150 bird species have been recorded at the park. An artificial Sand Martin nesting wall has also been constructed alongside the Horseshoe Lake. Opportunities for recreation at the park include orienteering, fishing on one of the lakes, a bridleway, surfaced trails providing access for walkers, cyclists, and disabled visitors. There are numerous footpaths from the site linking to other small pockets of public access woodlands.

The park lies between Heather and Ravenstone. Ravenstone to the north of the park has seen a number of Roman finds. Suggestions are that a small Roman town (destroyed by open cast mining) was situated nearby beside the Roman road which ran from Leicester to Chester. Ravenstone is mentioned in the Domesday book and is listed as waste. However, there is reason to believe that there was much human activity before this time.

In more recent times (1147) there was a treaty by which the Earl of Leicester agreed to destroy the castle at Ravenstone. Its location is a mystery but it may have been near Snibston.

SHELLBROOK & DILWORTH CLUMPS

Shellbrook Wood is Forestry Commission and doubles the size of our area by adding to the adjoining Willesley. The links between the two are not good and parking is a problem but a new visitor centre is being created with plenty of parking. In addition the same amount of land again is available north of Shellbrook and known as Dilworth

Clumps which is big enough for events from Moira where the Community Centre has adequate parking and is only a few hundred yards from the area. Shellbrook could be used in conjunction with this area to make it big enough for a C4. The Forestry Commission has just acquired further land to the west of Shellbrook which will be added and will provide a car park. To the south of the site is Willesley Lake (man-made in the eighteenth century) and parkland, which was formerly, part of the Willesley Hall estate and this provides links to the Willesley, Woodland Trust area. Part of Dilworth Clumps has been turned into a nature reserve restricting our use but is up for sale so watch this space.

SNIBSTON DISCOVERY PARK

This is a 40 Hectare site created by the County Council on the site of the old Snibston Colliery. It contains a large exhibition hall and museum. We have used it for orienteering for many years and with financial assistance from the National Forest are creating a permanent orienteering course there. The grounds are fairly extensive with small hills providing enough physical challenge and rewarding views and there is a good mixture of woodland, copses, hedgerows, ponds, streams, ditches and grassland areas often interspersed with gorse.

SPRING COTTAGE

An extensive new area as yet immature but linking a number of mature woodland pockets with considerable land form variety. It is adjacent to Conkers and could be used in conjunction with other areas.

THORNTON RESERVOIR

Thornton Reservoir lies in a quiet, picturesque valley and was opened to the public by Severn Trent Water in 1997.

This was achieved with support from the National Forest Company, Rural Development Council, Hinckley & Bosworth Borough Council and European funding. A surfaced track goes all the way around the reservoir and into the woodland on the north shore. The trout fishery is open to the public and the water is home to a variety of wildfowl. The new visitor centre resembles an upturned boat to reflect the fishing interest on the site.

Paths have been created through the woodlands and leave the site at several points but the overall area is too small and too remote from other woodlands to be useable for orienteering. There are however several National Forest funded pockets nearby and as they mature it may be possible to link them in via the footpath network to create an area big enough overall.

WILLESLEY

This is an expanding area and has been used for orienteering for many years now. The core area is owned by the Woodland Trust who recently acquired more land to enlarge it.

When opencast mining finished on the Willesley site in the early 1950s it was returned to mixed agricultural use for almost 40 years. The soil is poor with a predominance of clay and shale above the shallow coal measures; mining spoil has been levelled in some areas giving particularly poor growing conditions and variable growth speeds. The lake was formed by mining subsidence in the early 1980's and partially excavated to form a fishing lake.

As an interesting aside the woods are also known as Thortit Woods; the pit

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British Orienteering Coaching Conference 2011



I attended this years coaching conference held at Lilleshall in Shropshire in early February. The theme of the conference was "Orienteering coaching in Britain: meeting the changes and challenges".

Mike Hamilton's key note presentation at the start of the conference highlighted his view of the challenges that need to be met. He outlined these as:

- ◆ Catering for differential rates of knowledge and skill acquisition between newcomers and established orienteers
- ◆ Continued Personal Development (CPD) – more below
- ◆ Developing and maintaining a coaching culture in clubs.

During the presentation I made various notes and added my own thoughts and I came away with some action points for LEIOC. The first, which is obvious, is to establish what type of coaching newcomers to our sport want. The second, which is perhaps harder to achieve, is to ensure that all those who avail themselves of coaching should leave every session feeling that they have improved, or have the knowledge to effect an improvement. The third is to educate all club members as to the role of a coach. To find the answer the third point, simply come along to a club coaching session.

There were opportunities to team plan an activity using the UKCC Level 1 cards (issued to coaches on the new scheme). I was quite surprised that a lot of

coaches hadn't seen these resources as they had qualified under the previous scheme. There was a lot of debate as to whether these should be made available for all coaches. A session on coaching TD 3/4 (light green) extended the use of the techniques on the Level 1 cards.

Maybe because of a good lunch, or the preceding session on CPD, I took little away from the session on "the relevance of Psychology in Orienteering". My notes say that a visualisation as a technique is not useful for everyone. On discussing this with others, it seems that as you cannot know what to visualise before you collect your map, the technique may have limited application. Although using keeping a positive attitude, (ie "I am not going to make a mistake"), can have some relevance.

David Rogers (SCOA) introduced the CPD requirements for Licensed Coaches. These are still in discussion and I think that they will change from the document presented. For this reason I will only outline it here. The document presented split CPD into 3 sections – Knowledge, Training and Experience. Different points are allocated for activities in these areas with Experience having the largest requirement. An active coach should have the capacity to fulfil their coaching CPD requirement through planning and delivering their coaching.

Personally I left the conference with degree of optimism. LEIOC seem to be moving along the right track with club nights. I think that for the development of the club there are some questions we need to answer. I also think that for

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members to get the best out of the coaching we provide they need to be asking themselves this question:

How do I know what I want/need to improve?

(Continued from page 25)

heads were so well hidden in the woods that the local volunteer group for these woodlands have taken their name from the local comment (who'd a thought it) and are known as 'The Friends of Thortit'

There are many wetland areas in the bottoms. There has been some continuity of woodland cover on the Willesley site for at least 200 years and possibly longer but it cannot be classed as ancient woodland and in any event most of the area is made up of new plantings.

Birds, butterflies and moths are taking up home and wild flowers coming into their own. This now very diverse terrain hosts nearly 100 different bird species including the fairly rare reed bunting.

Amongst the established trees in the copses black poplars have been found and this is the largest group of these rare trees anywhere in Leicestershire. Common spotted and pyramid orchids now abound and any course planning must give consideration to any sensitive areas if we are not to lose the goodwill of the landowners and other users.

The guelder roses and field maples turn these new woodlands into a blaze of colour at times of the year and are well worth a special visit.

To the east of the site is Willesley Lake (man-made in the eighteenth century) and parkland, which was formerly part of

– IF you don't know why not fill in Route Gadget or look at Splits Browser for your last run. Which control caught you out? Think about the technique you didn't use and then ask for it to be covered at club night.

Mark Hardy

the Willesley Hall Estate. Although the hall has long since been demolished the parkland at the eastern end of the Woodland Trust site is a remnant of the former estate lands which stretch to the edge of Ashby, in avenues of lime trees. A large part of the old estate is now Willesley Park Golf Course. Willesley Lake itself is of serpentine design and was created to control water levels for power generation for the old hall. The small church was once the family church and the graveyard evidences mediaeval settlement.

This area includes a number of smaller ownerships including the Oakthorpe Picnic Site with 3 hectares and affording some parking which can be used for the larger area when holding small events. Olivia's Wood adds 20 hectares and we have some use of Willesley Lakeside to bridge the Woodland Trust areas to new Forestry Commission planting at Shellbrook. There are some semi detached plantings across the footpath over the M42.

The area is currently being mapped with Shellbrook and Dilworth Clumps to make one fairly enormous area.

The National Forest project continues and more areas are constantly created some of which may well be suitable for our purpose

Roy Denney

Out and About



It could be described as catch 22 or an enigma within a conundrum but Watermead Country Park is more than a bit of an oddball. For a start it is not really one park but two; the northern 70% being owned and managed by the County Council and the southern part, by the city. It is rapidly developing as a wild life hot spot and yet we are currently spending well over a million pounds making it more 'accessible' including putting street lighting right across the middle. Quite how the bats will take to that is a big unknown. Charnwood Borough Council is currently consulting on planning for and around the park and wearing my hat as Chair of the Local Access Forum I am sticking my two penn'oth in.

I find myself arguing with myself on this one. As an orienteer and one who likes night orienteering when I get the chance the idea of illumination across and otherwise wild area is not welcome. I also prefer natural footing rather than metalled or gravelled surfaces. As Chairman of the County Ramblers Association I must welcome improved footpath links but as an environmentalist I worry about spoiling a wild life haven. Even the very fact of constant change is annoying. I spend considerable time working with Groundwork Trust as a volunteer, managing part of the park and serve on the Connect 2 steering group advising on the changes in the cycle and footpaths provision all of which activity means I am constantly having to update the orienteering map of the area.

Increasingly over the years more and more unusual species are finding their way to the park, When mapping there in the quiet of the morning I have seen many rare

People have been flocking to Watermead . . .

sights but there is one I am looking forward to which to date has alluded me although I do think I have heard evidence of their presence. Unfortunately their presence has attracted another less rare species, the birdwatcher or even twitcher. I am a member of the RSPB and do enjoy going out with expert wardens but I never otherwise go out looking for birds (if you know what I mean Doreen). I am however very keen to identify anything I do come across in the course of my many outdoor activities.

People have been flocking to Watermead to catch a glimpse of three Bitterns at present to be found to the northern end of the park, these birds, which are protected by law and have been recognised as an endangered species by the RSPB, can if you are lucky, be spotted from the Crake Hide. It is the largest number of Bitterns Watermead has recorded in one go, and are thought to have travelled from more northerly climes during the cold snap. Thanks to the many lakes, scrapes, ponds, puddles and reed beds the park has become a winter wonderland for a good number of

wildfowl and birds. Over the winter and early spring birds that can be seen also include the Curlew, Reed Buntings, Green and Great Spotted Woodpeckers, Water Rails and Nuthatch. Large flocks of Jackdaws and Wood Pigeons and flocks of Blue Tits, Great Tits and Long Tailed Tits are also seen, along with Bearded Tits (the first pair of these seen on the park for many years were spotted just before Christmas 2010). Whilst mapping or planning events and off quietly by myself amongst other species which always thrill me are the Kingfishers and Sand Martins. I understand that nearly 200 species of bird have been recorded in the park also including the Goldeneye and Tufted ducks, Shoveler, Teal, Sparrow Hawks, Kestrel and two species I always enjoy watching, Swifts skimming across the water or the Common Tern diving for fish.

Watermead has a long history available to archaeologists by virtue of the location in the flood plain. In trying to reflect this part of the present 'improvements' have seen a number of strange man made objects appear around the park and try as I will I cannot find an IOF symbol to describe them. Next time you run round the park you will see what I mean.

Sand and gravel have been extracted from the valley of the River Soar for many years during which process there was a very important archaeological discovery. Two human skulls, probably dating from the Bronze Age, and the bones of the Auroch, a primitive wild ox, were found on the other side of the river from King Lear's Lake, together with a "burnt mound", a primitive cooking stove. Stones were heated in a fire and then plunged into water to produce steam and hot water to cook food.

More recently, King Lear (who was not

created by Shakespeare) ruled Britain in the 8th century and on his death was buried in a chamber somewhere under the River Soar - possibly close to this lake!

On a broader front, we have another dilemma as bird lovers. A pair of European eagle owls nested in a remote piece of woodland in Northumberland in 2003 and two chicks were found in a hollow in a tree spring 2005 and by 2009 they were cropping up in a number of locations. European eagle owls are amongst the world's largest owls and grow to a height of two foot six inches with a wingspan of nearly six feet; a large beak; enormous talons and startling bright orange eyes. They can weigh in at up to nine pounds and, like most owls, hunt at night for their prey which includes rats, mice, voles, rabbits, hares and other birds. They are fairly common in the wilder areas of Europe, Scandinavia, Northern Africa, Asia and the Middle East but were very rarely seen in Britain and then only in the Highlands of Scotland. The species was wiped out in Britain about 150 years ago and because we are an island and the birds don't like to cross large expanses of water it was thought unlikely they would be back. This does not however seem to be the case and they are increasingly being spotted in other locations

Those early arrivals seen in Scotland were probably island hoppers from Scandinavia blown off their normal patch by bad weather. There are a lot in captivity and it is quite likely that the first breeding pair in Northumberland was escapees but they could have migrated down from Scotland. Wherever they came from they are now with us and should survive well in Britain's wilder corners if not persecuted by man.

Much as I like to see 'lost' species returning to where they originally existed, it always has a knock on effect with other animals in the food chain. There is a small colony of these birds surviving in Bowland which is also the last stronghold in the country of the Hen Harrier. Last spring an eagle owl was caught on camera attacking a hen harrier and then remaining on that birds nest for some time and needless to say that nest then failed. Given in 2009 only six pairs of Hen Harriers successfully bred in England this is fairly disastrous. Quite apart from taking some other birds for food the eagle owl is known to attack other predators to get rid of 'competition'.

Another bird in trouble is the Turtle Dove. Will you this year heard the gentle purr of the turtle dove so evocative a sound of summer? Probably not! It has become increasingly rare and is now on the Red List of endangered species, numbers having fallen by 88 per cent since 1970. The turtle dove is smaller and darker than the now more common collared dove and is a little larger than a blackbird. Its upper parts are distinctively mottled with chestnut and black and its black tail has a bright white edge.

In recent years mainly a bird of southern and eastern England and to a lesser extent Wales it is now largely contained within Anglia. It was often heard rather than seen and is best looked for in woodland edges, hedgerows and open land scattered with bushes and between April and early October. They are apparently the only migratory bird which survives solely on seeds which is probably a factor in their decline given the loss of certain arable weeds from our now sanitised farmland.

The strong bonds formed by pairs of

these birds has made them emblems of devoted love and they have been the subject of poetry over the years as well as folk songs such as the 12 Days of Christmas.

Whilst on the subject of Christmas, Spare a thought for our birds - The harsh early winter has chased some winter visitors further south than usual and we have seen more waxwings and Redwings than normal. Many others of our feathered friends have gone south to avoid the cold but those birds that stay put are having a hard time.

Two winters' prolonged cold hammered a number of species. The population of wrens dropped last year by 20% and dunnocks by 12 %. Perhaps the species most sorely missed during the festive season was the robin. They dropped to 27% below average numbers last year and will be struggling again this year. The effect of this year's second big freeze is yet to be seen.

Finally and still with the festivities in mind, there is a scheme afoot to help the Black Grouse. This iconic bird of the uplands is still declining in numbers, down 80% in 15 years. If anything represents the mountain areas we love it must be this doughty creature. No dashing south to warmer climes for this tough bird. They stick it out in the worst of mountain winters and just have to be admired. Unfortunately bad weather in the rearing period does play havoc with the young. We must therefore welcome a scheme whereby every bottle of Famous Grouse sold contributed 50p to a fund to help this bird and the RSPB report that to date they have received £150,000

Keep up the good work, Slangie

Roy Denney

Fixtures



This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated Local events offer entry on the day (EOD) to a range of colour coded courses with start times from 10.30 to 12.30. Local events will only have a limited range of courses. Regional and National events provide a range of age related courses and are normally entered in advance using a Standard Entry Form (SEF) or more frequently these days online; 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 STRUCTURE IN FIXTURE LISTS

2011 sees the start of the new British Orienteering event structure with 4 levels of event. .

- ◆ Level D = Relatively low cost events providing local competition and aimed at increasing participation
- ◆ Level C = Local events providing a wider variety of venues and competitors,
- ◆ Level B = Events providing opportunities for more experienced competitors giving a wider variety of terrain and competition for those who are prepared to travel longer distances. Includes, Springtime-in-Shropshire, Scottish 6 days and White Rose events.
- ◆ Level A = Major UK Events (British and Area Championships and the JK)

This replaces the previous 3 category system - more details can be found online at:
http://www.britishorienteering.org.uk/images/uploaded/downloads/events_guideline_a.pdf

LEI News

March 2011

Sat 05	EMOA	NOC	Level D	NOC Winter League Colwick Woods EOD SK598399
Sun 06	EMOA	DVO	Level C	DVO Regional Event & EM League Hardwick EOD SK460635
Sun 06	WMOA	COBOC	Level D	Queslett (Birmingham) Colour coded event Queslett Nature Reserve EOD SP060945
Sat 19	YHOA	SYO	Level C	YHOA Urban League Hathersage EOD SK222823
Sat 19	WMOA	OD	Level D	OD Sat Morning Local Event Rough Close Rough Close EOD SP265785
Sun 20	EMOA	LOG	Level C	Belton Park - EM League Belton Park EOD SK934385
Sun 27	EMOA	LEI	Level C	EMOA League Event Martinshaw & Ratby Woodlands EOD SK518070

April 2011

Sat 02	EMOA	NOC	Level C	Nottingham University Sprint Nottingham University EOD SK540385
Sat 02	WMOA	COBOC	Level D	Sutton Park Sevens Sutton Park EOD SP115960
Sun 03	EMOA	LEI	Level B	LEI Regional Event Cademan & Thringstone Woods EOD Postal CD: 06/03/11 SK435175
Sat 09	SEOA	SO	Level A	British Sprint Championships, Brighton & Sussex Universities, Falmer (Brighton). EOD TQ350090
Sun 10	SEOA	SO	Level A	British Middle Distance Championships, Worthlodge Forest, Crawley, West Sussex. EOD TQ310350
Sat 16	WMOA	OD	Level D	OD Sat Morning Local Event Woodcote Woodcote EOD SP204959
Sat 16	EMOA	DVO	Level D	DVO Local Event for park's 100th anniversary Hall Leys park EOD SK299601
Sun 17	EMOA	DVO	Level C	DVO Regional Event & EM League Crich Chase EOD SK345530
Fri 22	NIOA		Level A	Jan Kjellstrom Orienteering Festival Stranmillis University College
Sat 23	NIOA		Level A	Jan Kjellstrom Orienteering Festival Tyrella South
Sun 24	NIOA		Level A	Jan Kjellstrom Orienteering Festival Slieve Croob
Mon 25	NIOA		Level A	Jan Kjellstrom Orienteering Festival Tyrella South

May 2011

Sun 01	WMOA	COBOC	Level D	Witton Lakes (Birmingham) Come and Try it Witton Lakes Park EOD SP088925
Sat 07	EMOA	DVO	Level D	DVO Local Event Ilam Country Park EOD SK131506
Sun 08	WMOA	HOC	Level D	40 O nostalgia event Kingsford Forest Park EOD SO825818
Sat 14	YHOA	SYO	Level A	British Orienteering Championships - Individual Wharnccliffe and Greno Woods EOD SK323955
Sun 15	YHOA	SYO	Level A	British Orienteering Championships - Relays Tankersley Woods O: 01/05/11 SK343980
Sun 22	WMOA	OD	Level C	OD Colour-coded Event, WM League, Elmdon Park Elmdon Park EOD SP161826
Sun 22	EMOA	DVO	Level C	DVO Regional Event & EM League Kedleston EOD SK312405
Sat 28	WMOA	HOC	Level B	Springtime-in-Shropshire Weekend Brampton Bryan EOD SO355712
Sat 29	WMOA	HOC	Level B	Springtime-in-Shropshire Weekend Mortimer Forest—High Vinnals EOD
Mon 30	WMOA	WRE	Level B	Level B Springtime-in-Shropshire Weekend EOD

June 2011

Sun 05	EMOA	NOC	Level D	Nottingham City Race Nottingham City EOD SK572399
Sat 11	EMOA	DVO	Level D	DVO Local Event Shipley Country Park EOD SK432454
Sun 12	WMOA	HOC	Level D	HOC Local Event Baggeridge EOD SO898931
Sun 19	EMOA	LEI	Level C	EMOA League Event Burrough Hill EOD SK765115
Sun 26	WMOA	COBOC	Level D	Aston Park Sprints Aston Park EOD SP080899

July 2011

Sun 03	WMOA	OD	Level D	OD Colour-coded Event Burton Dassett Hills Burton Dassett Hills Country Park EOD SP396519
Sat 16	YHOA	SHUOC	Level B	Harvester Relays Eccleshall Woods EOD SK 325825
Sun 31	Scotland		Level B	Scottish 6 Days - 2011 - Day 1 Dunollie & Ganavan EOD NM865325

LEI News

August 2011

Mon 1	Scotland	Level B	Scottish 6 Days - 2011 - Day 2 Ardnaskie EOD NM964333
Tue 2	Scotland	Level B	Scottish 6 Days - 2011 - Day 3 Creag Mhic Chailein EOD NM930310
Wed 3	Scotland	Level B	Scottish 6 Days - 2011 - Rest Day Fearnoch Forest EOD NM965310
Thu 4	Scotland	Level B	Scottish 6 Days - 2011 - Day 4 Torinturk EOD NM916278
Fri 5	Scotland	Level B	Scottish 6 Days - 2011 - Day 5 Lochnell & Shenavillie EOD NM890402
Sat 6	Scotland	Level B	Scottish 6 Days - 2011 - Day 6 Ardchattan EOD NM969364
Sun 21	EMOA	DVO	Level D DVO Local Event Shipley Country Park EOD SK432454
Sat 27	YHOA	EBOR	Level B White Rose Day 1 Classic Distance Race Harwood Dale Forest EOD CD online: 22/08/11 SE989967
Sun 28	YHOA	EBOR	Level B White Rose Day 2 Classic Distance Race Harwood Dale Forest EOD CD online: 22/08/11 SE989967
Mon 29	YHOA	EBOR	Level B White Rose Weekend - White Rose Team Score Race Harwood Dale Forest CD online: 22/08/11 SE989967

September 2011

Sun 4	EMOA	LOG	Level B Lincoln City Race City Centre EOD SK973719
Sun 25	EMOA	DVO	Level C DVO Regional Event & EM League Stanton Moor EOD SK253630

October 2011

Sun 9	EMOA	LEI	Level C	EMOA League Event The Outwoods EOD SK516176
Sun 16	EMOA	DVO	Level A	CompassSport Cup Final Longshaw EOD SK265799
Sun 23	WMOA	WCH	Level D	Walton Chasers Local Event Shoal Hill, Cannock Chase EOD SJ970117
Sun 30	WMOA	POTOC	Level C	POTOC Colour Coded and West Midland League Event Swynnerton Training Area EOD SJ852329