

British Sprint Championships Host 2013



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Out and About

Mappers Mandate



Club Chat

Ivanhoe Robins J.A.C.

Young Leaders' Course

Yvette Baker Trophy 2012

Spring 2013

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15th May, 2013**

Front cover photograph: The majority of the juniors who represented LEI at the Yvette Baker Trophy.

Photograph: Iain Tebutt

Points from the Editors



Welcome to our Spring 2013 edition of the LEI News. We would like to start by congratulating Finn Lydon and Gabriel Rawlinson on being selected to run for England, and also the remainder of the juniors for their great result at the Yvette Baker Trophy final. Read more on page 13. Additionally, many LEI members (junior and senior) achieved excellent results during 2012, listed on pages 6-8, so well done to one and all.

It's now less than three months before LEI hosts the prestigious British Sprints at Loughborough University. Team leaders will be looking for volunteers shortly, so please keep Saturday 20th April free.

There is another opportunity in this newsletter to win a prize—see page 11 for details. We would like to see a few more competition entries this time, so put your thinking caps on and drop us a line.

Please remember to get your menu choices to Roy Denney for the annual presentation dinner by the deadline date. The menu choices and form can be found on page 15.

Finally, having read Chris Phillips' article on page 32—'To Strip or not to Strip?', we're a little confused as to why the picture shows a woman 'in the altogether' if it's a man (or men) who are offending members of the public. Perhaps it is wishful thinking for some! Please send your articles to wenandal@talktalk.net. Happy reading.

Wendy and Alan West



Ramblings from the Chair



Looking back to 2012, what else could be the focus of attention but the weather? England had record rainfall, but considering that we were in drought conditions for the first three months, it

shows the volume for the remainder of the year. I must have gone out for a run from home over the fields towards Shepshed on three separate occasions and thinking that they had never been wetter, but wetter they were getting. The latter events of 2012: Spring Cottage, the Beacon, Ratby (New Year's Day). etc. were run in swamp-like conditions, but all credit to planners and controllers who still managed to get out and put on excellent events. Watermead Winter League had to be abandoned rather than making it a swim-O! Funnily enough, conditions underfoot at the East Midlands Championships at Eyam Moor didn't seem too bad when we got there, but it took three attempts to get out of Long Whatton from home due to flooding in the Soar Valley.

One of the other great successes of 2012 has been the performance of the Juniors, especially as they now have great talent over a broad age range, culminating in a fine showing at the Yvette Baker Finals in Wiltshire. According to Focus magazine, the parents and supporters are also getting a reputation for the exuberance of their support, so thanks to all for a superb year. We also have new coaches who have qualified during 2012, so good luck to them as they move into the club's coaching programme during this year. On the subject of training, there should be a planner's course this year for those

who would like to progress in this direction. There are also opportunities to try out planning, with appropriate mentoring, at Summer or Winter League events. For the more experienced, EMOA will be holding another controller's and planner's conference, probably in late April.

There are many good events coming up in 2013, and also opportunities to be involved. In fact, the club really needs your help to fulfil its aspirations for the year. Last year, we had a record club entry for the CompassSport Cup first round at Cannock. Although we didn't get through to the finals, it was a great day out. This year, we are hosting the event at Fineshade, so we need a big turnout, both to run and help. It is now, as I write this, only just over three months to the British Sprint Championships at Loughborough University and I'll be referring to this in another part of the newsletter. Am I starting to panic? Well, not just yet!

Moving away from the competitive side of the sport, club night continues up until the start of the summer league, and Howard is regularly posting details. This is a chance to improve both fitness and orienteering ability. For a purely social occasion, please join us at the club dinner and presentation evening at Kirby Muxloe Golf Club on 16th March. We are returning again to a well liked venue for a very good value meal, followed by presentations with a few surprises!

Finally, congratulations to all those who have achieved success in 2012, and I hope to see all club members at an LEI event during 2013 - just wave as you go by!

Bob Haskins



Captain's Corner



Happy New Year to all LEI members. January is a time of reflection and resolutions (along with birthday cake for those of you at the Wakerley winter league event).

Reflecting on 2012, it turned out to be a very successful year for the club, with LEI gaining a 3rd place in the Joan George Trophy, a 4th Place in the Yvette Baker Trophy and a 1st place in team spirit by the parents at the Yvette Baker Trophy (as reported on the British Orienteering website). LEI have had 2 juniors - Gabriel Rawlinson & Finn Lydon - selected to represent England at the 2013 Interland Cup. 2012 also saw the introduction of our new club top from Siven Sport and the launch of the LEI Facebook page at www.facebook.com/leioc

Last September, LEI members battled it out at the Club Championship for the brand new Golden Boot Trophy, with Fraser Alcock edging out Nigel Lydon on a count back. The Golden Boot is awarded for the fastest time from the last control to the finish, unlike the much coveted Clock Trophy which is awarded for the longest time at an LEI area. The 2012 club champions were Angus Shedden and Alison Hardy. Sadly, at the

end of 2012, we said goodbye to the Shedden family and we wish them well for the future as they start their new life in Australia.

Looking forward to 2013, LEI have a full programme of activities and events from Level D to A. I am most excited about the British Sprint Championships coming to Loughborough in April which the club is hosting. No doubt the Chairman will be recruiting helpers for the BSC very soon. By the time you read this, I will have taken part in the first junior social of 2013 at Megazone and hopefully survived 30+ juniors all trying to shoot at me!

Top of my Captain's wish list for 2013 is that LEI qualify for the CompassSport Cup Final at the regional heat at Fineshade Woods on 17th February. This is closely followed by the juniors repeating last year's success and once again winning their regional heat of Yvette Baker Trophy at Swithland Woods on 18th May. Both of these inter-club competitions require a real team effort to win. Also on my list of things to achieve for 2013 is to introduce warm up suits to the club which have been designed by Siven Sport. With so many club members now appearing on various podiums around the country I think we, as a club, should look the part.

Roger Phillips

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



Ivanhoe Robins Junior Athletics Club welcomes LEIOC

Ivanhoe Robins Junior Athletics Club were very pleased to welcome Leicestershire Orienteering Club to one of their training sessions during May last year. LEIOC coaches kindly assisted in running a taster session for our young athletes at Snibston Discovery Park. This was enjoyed by 52 Robins and some of their parents and we hope to hold some more in the future. Four different courses were devised with proper orienteering controls and the Robins used dibbers to record their progress around the course, downloading their times at the end. Over

20 of the Robins went straight back out to do a second course when they had completed their first one. The competitive element of the day was very strong with groups of children everywhere analysing their splits and overall times.

Ivanhoe Robins would like to thank Mark Sherriff and Peter Hornsby for organising the event, assisted on the day by Matthew Cox. We look forward to welcoming you again in the future!

Catherine Cox



Top Performances from Major Championships

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

Southern Championships, Epping Forest - 23rd September, 2012

M10A	5th Oscar Wilkinson
M10B	1st..... Harrington Leake
M12A	5th Ethan Tebbutt
M14A	3rd Finn Lydon
M18E	5th Matthew Cox
M45S	2nd Ian Wilson
	9th Matt White
M75L	8th Donald Moir
W10A	1st..... Reed Lydon
W12A	2nd Imogen Wilson
W16A	4th Hannah Cox
W40L	10th ... Trish Lydon
W50L	10th ... Ursula Williamson
W75	2nd Shirley Moir

British Schools Score Championships - 13th October, 2012

45 Minute Score

Year 5 boys	10th Ben Hardy
Year 6 boys	1st..... Ethan Tebbutt
Year 7 girls	3rd Imogen Wilson
Year 8 boys	1st..... Finn Lydon
Year 8 girls	3rd Ashleigh Howells
Year 9 boys	1st..... Nick Wilson

60 Minute Score

Year 10/11 girls	1st..... Hannah Cox
Year 12/13 boys	1st..... Matthew Cox

Ward Junior Home International

Representing England:

Day 1 Individual (Headley Heath) - 13th October, 2012

M14	3rd Euan Tebbutt
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Day 2 Relay (Wisley Common) - 14th October, 2012

England Team M1

Euan Tebbutt (2nd Leg) 6th Place

British Schools Orienteering Championships - 18th November, 2012

Year 5 boys	9th Ben Hardy
Year 6 boys	9th Ethan Tebbutt
Year 7 girls	10th Imogen Wilson
Year 8 girls	3rd Ashleigh Howells
Year 9 boys	4th Euan Tebbutt
	10th Nick Wilson
Year 10 girls	1st Hannah Cox

East Midlands Championships, Eyam Moor - 25th November, 2012

*** Indicates East Midlands Champion**

M10A	1st..... Ben Hardy *
	2nd..... Harrington Leake
M12A	1st..... Ethan Tebbutt*
M14A	4th..... Finn Lydon*



	5thNick Wilson4th Daisy Herd
M35L	1stRoger Phillips*8th Reed Lydon
M60L	8thRoger Edwards10th Emma Phillips
M65L	2ndGlynn Smith*	Lt. Green Male3rd Tom Barber
M70L	7thDavid Anderson10th Peter Chick
	8thPeter Leake	Lt. Green Female...1st Hannah Cox
	10thErnie Williams8th Alison Hardy
W10A	3rdReed Lydon10th Imogen Wilson
W12A	2ndImogen Wilson	S. Green Male.....2nd Ernie Williams
W14A	4thGabriel Rawlinson*9th Eric Porter
W16A	8thHannah Cox*	S. Green Female...2nd Molly Smith
W45L	4thTracey Brookes4th Barbara Tebbutt
W45S	4thBarbara Tebbutt5th Diane Ford
W50L	4thUrsula Williamson	Green Male1st Peter Leake
W65L	7thMolly Smith3rd David Bray

EMOA League 2012

White Male	2nd Ben Hardy5th David Anderson
.....	5th Oscar Wilkinson8th Nick Wilson
.....	8th Harrington Leake9th Matthew Cox
White Female	2nd Ngaia Herd	Blue Male.....1st Glynn Smith
.....	5th Sian Edwards2nd Roger Edwards
Yellow Male	4th Harrington Leake5th Simon Ford
.....	10th Francis Mayes10th Bob Haskins
Yellow Female.....	2nd Reed Lydon	Blue Female.....3rd Ursula Williamson
.....	4th Holly White5th Tracey Brookes
.....	5th Anna Barber7th Trish Lydon
.....	10th Daisy Herd8th Alison Hardy
Orange Male	1st Ethan Tebbutt9th Julie Ferris
.....	7th Tom Barber10th Liz Heaton
.....	9th Charlie Alcock	Brown Male.....2nd Howard Alcock
Orange Female	2nd Imogen Wilson	Brown Female.....4th Julie Ferris



Top Performances Cont.

2012 East Midlands Urban League Winners.

Men's Junior.....Ben Hardy
Woman's Veteran.....Alison Hardy
Men's Super-VeteranBob Haskins

East Midlands Urban League
Events for 2013 can be found
here:
[http://
eastmidlandsurbanleague.
wordpress.com/](http://eastmidlandsurbanleague.wordpress.com/)

CONGRATULATIONS



East Midland Champions having collected their awards at the EMOA Walesby event. L to r: Glynn Smith (M65L), Hannah Cox (W16A), Ben Hardy (M10A), Ethan Tebbutt (M12A) and Roger Phillips (M35L). Photo: Alan West

Colour Coded Awards

Congratulations to both Euan Tebbutt and Matt Cox on reaching the required standard on the blue course. Also congratulations to Anna Barber, yellow course, and Daisy Herd, orange course.

CONGRATULATIONS

To LEI members Gabriel Rawlinson and Finn Lydon who have been selected to represent England in the Interland 2013 competition. The Interland match is at Breda, in the Noord-Brabant region of the Netherlands. England competes annually in this six-cornered match against two Belgian teams (Flemish and French speaking), the Netherlands, the Nordrhein-Westfalische (NW Germany) team and the French Ligue Nord-Pas de Calais de Course D'orientation (LNPCCO). There is a guest team this year from another German state: Lower Saxony. The competition is truly a team effort spanning age groups from W and M14 to W and M60+: 42 team members in all.



Finn and Gabriel in action at the recent Yvette Baker Trophy

Photographs: Rob Lines

Coaching Qualifications

Julie Ferris, Trish Lydon and Richard Leake were successful at the UKCC Level 1 coaching course held at Rosliston on three days in November. All three attend the Groby club on Monday evening and are now able to fully assist with the sessions. We are grateful to the East Midlands Orienteering Association for funding these places. Club members interested in coaching should speak with the Coaching Co-ordinator, Mark Hardy. The club encourages Level 1 coaches to upgrade to Level 2 and the next East Midlands course is in March, so book your places promptly. For those in schools, there is also a Teaching Orienteering course at The Leicester Outdoor Pursuits Centre on Wednesday 20th March.



Club Chat

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

Ryan Brown

Chris Cashmore

Gina Gilbert

Mike Hamilton

Ian, Karen, Ashleigh & Jessica Howells

Francis Mayes

Julie Starkey

The winning caption in the photo caption competition from the autumn edition of the LEI NEWS was:



Right that's the course done, now where did we pitch the tent?

This was submitted by Simon West. Unfortunately, despite lots of chasing, we only had four entries, three of which were submitted by Simon. The winning entry was judged by employees of Taylor Hobson Ltd. who were disturbed during their lunch break to vote.

The editors would like to thank Buffera Limited for the donation of an original Buff and other accessories as prizes for our caption competition.



Club Chairman, Bob Haskins, presents Simon West with his prize of an original Buff and buff accessories.



Photograph: Alan West

Thank you

A big thank you to Laurie Fluck who has not only put himself forward for the vacant position of secretary, but who has also taken over the role of permissions secretary from Iain Tebbutt.

Iain has taken over the role of Map Archivist, as the club will now be using a SVN repository with bug tracking for Map Archiving.

At the recent AGM, it was agreed to change some of the club official titles; the updated titles and those members fulfilling those roles are shown in the centre pages.



***** Competition Corner *****

We are offering another Buff as a prize for the most humorous caption sent in to accompany the photograph below. E-mail your suggestions to the Editors by 21st April, 2013.



Goodbye and G'Day

After the welcome in the last newsletter to the latest LEI member, Euan Shedden, we have to say goodbye in this issue and bon voyage. With the offer of a new work position for Angus down under in Australia, Angus, Ruth and the boys have emigrated to a new life - a 90 minute drive south from Sydney.



Ruth, Euan, Rory and Angus at the Christmas novelty event social.

Photo: Alan West Camera: Annie Leake

Your Email Address Is Needed!

We are using an email system to send you all messages about the latest events and activities and other changes. We have experienced a few teething problems but we hope the system is now stable and messages are useful. You can correct any preferences when you receive your first message. If you unsubscribe we can't put you back in the list.

Our intention is to remind you of club nights, as the locations sometimes change at short notice. Also we will send emails for: details of activities that cannot wait to be included in LEI news, e.g. special meetings and items requiring your response; a termly newsletter to schools and sports development staff, and also occasionally Permanent Orienteering Course news.

For this to work effectively, we need your latest email address. When you join or renew your membership, British Orienteering sends us the address you

have entered. However if it's out of date or not entered, then the system fails. So if you have received no messages this month but you have an email address then please email me so I can add it to our list.

For families in the British Orienteering membership system, you can enter different addresses for each member of the family. However the club will normally use the parents' email address to communicate with juniors. Juniors with their own address will be emailed but parents who are **not** club members can also register with me to get the messages in their own right.

If you have any suggestions about improving the operation of the system then please contact me.

Roger Edwards

Development Coordinator

Calling All LEI Juniors Yvette Baker Trophy 2013

Want to be part of a winning team?

Leicestershire Orienteering Club are defending their title of regional champions in the Yvette Baker Trophy on 18th May at Swithland Woods.

If you want to be part of the team, contact me or your Club Night Co-ordinator.

Roger Phillips



Yvette Baker Trophy 2012

I once naively thought that getting up in the middle of the night with our kids would be a thing of the past once they reached the age they are now (14, 12 & 8). My alarm waking me up at 4.35am on a dark Sunday “morning” in December proved again that this is not the case! Funny how the excitement of a big orienteering event can get teenagers out of bed far more swiftly - and in much better spirits- at 5am as opposed to 7am on a school morning!

We drove to Groby where we caught the coach with 20 or so other young orienteers and their families. You might expect a driver with a sat nav and a coach full of navigational experts not to encounter such difficulty in locating the rest of the party at the second coach stop in Hinckley, but the number of attempts provided much amusement! Three other team members were making their own way there after other social and sporting events in other parts of the country.

We made good time and Alison made a great start on LEI purple and white wax paint on the faces of quite a few juniors, until we left the motorway and the roads became too winding to be able to paint straight lines! The coach driver seemed unruffled by the terrain as we approached Collingbourne Woods near Ludgershall – although the arrival of coaches did have to be carefully co-ordinated as there was only turning room for one coach at a time at the drop-off point. On arrival, a very impressive set-up operation soon kicked in with tent, flags and the remaining face-paint all quickly appearing.

Having only recently become acquainted with the world of orienteering (Birthe and I met when we taught together in the mid 90s and when she began running junior

clubs. She suggested Tom come along and give it a try as she thought he would really enjoy it; she was right - he did - that was almost 4 years ago and he thoroughly enjoyed it. About 18 months ago, he started to do more events and absolutely loves it – as do Anna and Libby when their dancing schedule permits. I have found myself becoming far more acquainted with local woodland and have to admit I have really enjoyed it!) some of the rules, entry requirements and procedures remain a complete mystery to me, but it's very reassuring to see the juniors from the youngest at 7 who all seem to know exactly what they're doing and when. Those with earlier start times headed straight off and the others had a little more time – mainly to stand in the very, very long queue for the toilet!

Altogether, a team of around 20 juniors with an age range of 7 to 18 years old ran courses from yellow through to green. It was very muddy on the main paths in the woods – a few orienteers finished with only one shoe on. I was very impressed with Harrington as the youngest team member who fought valiantly with an errant shoe numerous times as he ran his course (Anna said she met him at one control where he was having to dig his shoe out of the mud with his hands) – he wasn't unduly fazed by it and persevered to the finish. As the first orienteers returned, the LEI cheering squad congregated at the finish line and cheered on each member as they approached the finish with such volume that our 'ear-splitting' support made British Orienteering website headline news the following day!

As I said, my understanding of all things



'O' is limited, to say the least, but from what I could gather even getting to the final was a great achievement. Coming 4th overall more than exceeded all expectations and everyone seemed thoroughly delighted with the result. I am, however, rather perplexed as to why getting a good result makes it harder to qualify next year and makes it easier for local rivals to do so?!

The driver may have been very relaxed about the woodland track; he wasn't as keen on the state of our footwear - note to self: pack spare footwear for us parents, not just the kids another time! Shoes off and it was great to get back on the coach to warm up, have a rest, get

some lunch and let someone else drive home, as well as proving a great opportunity to chat to friends and get to know other people a little better. Or simply plug yourselves into endless reruns of Miranda if you were a teenage boy!

Another tiring but wonderfully memorable few hours in some woodland somewhere, which put a huge smile on the kids' faces and I'm sure will be talked about for a long time to come. Big thanks to Roger for all the organisation he did on behalf of the juniors and their families to make this event happen.

Tracy Barber

'My winners for team spirit were the LEI supporters who had the most ear splitting cheers, scream and yells to encourage their runners to the finish - it worked as their team were a creditable 4th place, just ahead of South Downs'

Helen Errington, British Orienteering Event Manager

Source: British Orienteering Website, 9th December, 2012.

Annual Presentation Dinner 16th March 2013

This year's dinner is at the same venue as last year, where we have been looked after admirably. It is on 16th March and you are asked to gather from 7.00pm at Kirby Muxloe Golf Club (off Station Road) and we will be sitting down at 7.45pm. We, again, have a private function room.

Smart attire is required and gentlemen must wear a jacket and tie. No denims, trainers or T shirts will be allowed. Ladies in suitable attire. If you are turned away, we will eat your meals for you!

The choices are detailed on the booking form opposite, and must be with me 10 days before the event to allow us to make

arrangements with the catering team. Guests are allowed if you do not feel they will be bored by our presentations. If you have particular requests for table companions, I will try and accommodate them.

If you have any special dietary requirements, please let me know, although I have tried to anticipate them in the choice of courses available.

For those of you who are holding trophies to be presented on the night, can you please return them before or on the night.

Roy Denney



LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

16th March, 2013. Gather from 7.00pm. Seating at 7.45pm.

Kirby Muxloe Golf Club, Station Road, Kirby Muxloe - 0116 239 3457

First Course Choice

Wild Mushroom soup with Thyme Cream

Smoked Salmon Terrine, Salmon Mousse, Pickled Cucumber & Lime

Mains Choice

Shoulder of Lamb with Rosemary & Garlic Mash and Tarragon Jus

Sea Bass With Olive Oil & Sea Salt, Crushed Potato & Lemon Butter Sauce

Traditional Roast Beef with Roast Potatoes & Yorkshire Pudding

Macaroni, Butternut Squash Veloute, Sunflower Seeds, Sage & Mushroom

All served with seasonal vegetables

Afters Choice

Blackberry Crème Brulee with Vanilla Clotted Cream & Shortbread

Chocolate & Orange Croissant Bread & Butter Pudding & Custard

Fruit Salad with a Non-Dairy Sorbet

Artisan Cheese with Celery & Wafers

To Conclude

Coffee & Mints and Presentations

Cost per person £18.00 **Late Entries** £25.00. Guests are welcome.

Dishes may include nuts, gluten and dairy products—if you have any special dietary requirements we will accommodate them within reason. Please contact Roy Denney.

Bookings by email or post to Roy Denney 33 Clovelly Rd., Glenfield. LE3 8AE
roydenney@hotmail.com or Tel: 0116 233 8604

Surname	Known as	Starter	Main	Afters	Chq enclosed or paid to club

A cheque may be enclosed with booking (payable to Leicestershire Orienteering Club) or payment may be made direct to the Club's bank account Number 74893286 at 09-01-54.

ABSOLUTE DEADLINE FOR BOOKING: 6th MARCH, 2013



Junior Spotlight: Young Leaders' Course

For 5 weeks in October and November, our normal Monday Club was split into 2 groups – 9 of the more experienced juniors aged 11 – 17 (Matt, Hannah, Tom, Euan, Nick, Finn, Ethan, Imogen and Daisy) went with Howard to do the *Young Leaders' Course* whilst the others went with Iain.

During the first session at Groby College, we concentrated on warm up exercises and relays. At the end of the evening we were told about doing a fundraising session for Children in Need as part of Blue Peter's 'Go Pyjamas' in November (week 3) which made some of us a bit nervous, but it also sounded great fun.

The second week we spent on planning week 3's programme which was going to be held in the gym at Brookvale. The plan was to organise fun 'orienteeing' activities for the younger juniors. To begin with, we were split up into 4 smaller groups: the girls were in charge of warm up, stretching exercises and cool down for which they chose the 'ladder game'. Nick and I (Tom) prepared some orienteeing relays, including 'charades'. Euan and Finn worked on a map orientation game with cones and an activity where you had to construct the layout of different maps on the gym floor, using benches, mats, hoops and cones. The last group, Matt and Ethan, planned some mini courses and a relay for outside around the Groby College Campus. Howard asked us to draw up a time board with all the activities on, stating who was in charge of what and how long the activities were going to take. For homework, we all had to complete the materials for the games and activities we



The Monday club night juniors attending in their pyjamas and raising in the order of £250 for Children in Need.

were planning.

Then came week 3 and nearly everybody came dressed up in their pyjamas and dressing gowns over their normal running kit (even the adults!) and bringing their sponsorship money. Some of the younger juniors had face paint on and wore Pudsey ears and other spotty clothes. It was a great atmosphere. We were a bit nervous at first because we had never done anything like this before, but soon got our confidence back, as the juniors seemed to really enjoy the activities and participated very well. We had put up our time board on the gym wall and made sure we kept to the correct time schedule. It helped us to remember what order we were doing activities in, too. We were really pleased how well it was going - everybody had a lot of fun, even though it seemed a bit strange at first to run around outside in our pyjamas.





Zoe, Anna, Iona and Adam lining up for the mini-relay

In week 4 we learned about safety issues with Chris Phillips and in week 5 we mainly used the last session to plan for the Burbage Common night event on 11th December which was going to be the culmination of our Young Leaders' Course. At the end, we also played a great game of dodge and bench ball with all the juniors together because this was our last session before Christmas. That was a fitting end to 5 great weeks.

The night of 11th December was bitterly cold, dark and frosty and we had to wrap up really warm and bring flasks of hot chocolate and soup. We had to get to Burbage Common for 6pm to set up. Finn set up the start and was followed by a certain competitor who then started, even though not all the controls were out yet! Nick and I quickly went to fetch him back!! Then Finn, Nick and I manned the start whilst Hannah, Euan, Ethan, Imogen and Daisy were in charge of registration, and they also helped with the start and had various other roles. Matt was in charge of putting controls out, although he had to ring Hannah on her mobile at one point because he was lost! Otherwise the event went smoothly and there were quite a lot of competitors in spite of the cold. Afterwards, we all collected in controls - even Harrington (7) helped to collect in the controls for the short course.

We were really proud of what we had achieved that night, especially when Howard presented us with our Young Leaders' certificates.

Overall, I really enjoyed the Young Leaders' Course – it was very different and it made a change from the usual Monday nights' training sessions. It was very nice working together with the other, more experienced juniors and I learned quite a bit about what is involved in planning an event and what things you have to consider, such as safety issues, etc.



Finn, Nick and Tom (star gazing?)

We would like to thank Howard and the Monday Club for giving us such a great opportunity and we hope that there will be some follow-on sessions where we get to plan more courses, for example for the summer league events.

*Tom Barber,
Nick and Imogen Wilson*



All Photos: Birthe Richter-Wilson



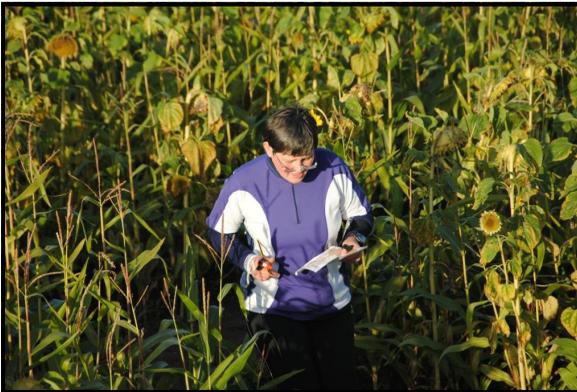
Photo Gallery

The Maize Maze Event

Members running through the maize and also a lot of sun flowers.



Andy Portsmouth.



Ursula Williamson

Chris Bosley



Photos: Annie Leake



Harrington Leake

Imogen Wilson and Reed Lydon



Tom Barber

Mark Sherriff. Nick Wilson and Reed Lydon



Remember: to appreciate the yellow of the sunflowers, check out the online version at:

www.leioc.org.uk/members/lej_news.php

Philosophy 101

A professor stood before his Philosophy 101 class and had some items in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.



So the professor then picked up a box of pebbles and poured them into the jar. He shook the

jar lightly. The pebbles, of course, rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then asked once more if the jar was full. The students responded with a unanimousyes.



The professor then produced two bottles of drink from under the table and proceeded to pour the entire contents into the jar effectively filling the empty space between the sand. The students laughed. "Now",

said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life...

- The golf balls are the important things -

your family, your partner, your health, your children, your friends, your favourite passions (orienteering), things that if everything else was lost and only they remained, your life would still be full.

- "The pebbles are the other things that matter like your job, your house, your car. The sand is everything else - the small stuff."

"If you put the sand into the jar first", he continued, "there is no room for the pebbles or the golf balls. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. Go orienteering. There will always be time to go to work, clean the house, give a dinner party and fix the disposal."

"Take care of the golf balls first - the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the drink represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room to go to an LEI social after an event for a couple of drinks."

Adapted from an article in 'Bubbling Under' January 2013.



Community Orienteering

A one day community coaching course is being held in Kettering on Friday 15th February and anyone interested in attending should speak with Roger Edwards. This course is being provided by British Orienteering to enable trained coaches from other sports to deliver orienteering at the Northamptonshire Community Club. Steve Hardy, a coach from SMOC, is mentoring these coaches, but it's anticipated some support will be

provided by LEI, too.

Also under discussion is support for orienteering activities (hubs) in Melton & Rutland, and further developments in Hinckley & Bosworth and the west of Leicestershire. These programmes are being launched under the initiatives given coverage in the last FOCUS magazine.

Roger Edwards

An EMOA Conference For Experienced Planners and Controllers

Saturday 27th April, 10.00 to 15:00.

Venue: Rushcliffe Country Park

A60 (Loughborough Road)

Ruddington

Nottinghamshire

Bookings please to Ranauld Macdonald by 22nd April 2013 at:

r.f.macdonald@btinternet.com

For further details see:

<http://www.emoa.org.uk/>

New Discipline

We have, in addition to the traditional styles of orienteering, such extras as mountain-bike orienteering, horse-back orienteering and Trail-O. As a club, we did for some years stage Canoe-O events, had one novelty Pub-O and tried unsuccessfully to get a Yacht-O off the ground (or should that be water!).

I would now like to make a pitch for Para-O, but before we get Dave Toach too excited I must explain what I mean and it does not include dropping out of the sky under a bit of cloth.

With so many of us nursing short or long

term injuries I would like to suggest a league within a league with a Club Para Trophy. It would, of course, have to be handicapped in addition to the normal age handicapping. It could alternatively be called Walk-O, Hobble-O or Limp-O.

I would advocate 5% extra handicap for a bad back, 3% for a defective eye, 4% for only one useable hand, 8% for knee trouble, 10% for each leg in plaster but nothing for a bad head as that is normally self inflicted.

Roy Denney



Mapper's Mandate

This article on mapping will consider the strange way that height is depicted on maps, and why the content is of greater importance than absolute accuracy.

So, why do contours matter in Leicestershire? Or - I have seen the brown wiggly lines on the map but never seen them on the ground !!!

Contours are lines that join points of equal height, the spacing of the contour lines can vary. Most orienteering maps use 5m contour intervals but the standard for sprint maps is 2 or 2.5m. It is not permissible to have two different intervals on one map, although it has been done. The thicker brown lines are index contours, every fifth contour. There is nothing special about these contours, the ground is not steeper, they are just used to give a better indication of the lie of the land, and where contours become very close on steep slopes, the index contours can temporarily revert to normal ones.

A couple of extracts from the mappers' bible, the ISOM, can help at this point:

"Absolute height accuracy is of little significance on an orienteering map. On the other hand, it is important that the map shows as correctly as possible the relative height difference between neighbouring features."

"Accurate representation of shape is of great importance for the orienteer, because a correct, detailed and sometimes exaggerated picture of the land form is an essential precondition for map reading."

So we can see that contours are used to display the land shape clearly, rather than follow the exact level. For example, it is often better to move a contour up the

slope slightly to show a small re-entrant than to add a form line.

In some of our flattish areas, such as Martinshaw, contours may be pulled slightly across paths to indicate the low and high points of the path, even though the contour may not strictly cross the path. The mapper's purpose is to display information clearly, even if absolute accuracy is compromised.

How do we drive our contour information? In the early days of mapping, the Ordnance Survey was our main source of height data. So you will see many early maps from the 1970s with 7.62m contour intervals. This was the 25 foot contour data direct from the OS map. The problem with the OS data was that a lot of the contours were interpolated, only some were surveyed at that time.

Next came basic height surveys using hand-held levels (rather like spirit levels with a sighter on top). This allowed the mapper to measure where their eye level was along a path. The theory was that if you did this three times in a row, then you have moved up one contour, assuming that your eye level was one-third of 5m, which was about right.

During the 1970s, photogrammetric plots began to be used and are still very important to this day. This is data produced from a pair of air photos that are combined using a skilled operator (a photogrammetrist) to see and draw the ground shape, rather like using 3D glasses. These plots give a vast amount of information and could be useful, but because they follow the ground levels very closely may not show the shape clearly and often depict very minor detail that is not needed for our purposes.



More recently, LiDAR has been introduced. This is laser height data taken from air surveys that can show the ground or vegetation (tops of trees) level and can be used to derive contours at any interval. Again, this will require cleaning during survey in the same manner as with photogrammetric plots.

I do not have space to discuss each of the brown symbols in turn. So, as a piece of homework (!), do you know the difference between the following symbols? When would the mapper use them?

Pit or a small depression

Small gully or ditch
(strictly called a minor watercourse)

Knoll or contour line

Steep slope or a form line

Next time, I will respond in more detail to the article about the GPS and accuracy. But suffice it to say that the use of GPS for surveying, planning, controlling and for event analysis is a helpful and time-saving tool. The placement of a symbol on a map is to provide clear, visual information at running speed, so simplification, displacement and exaggeration are used to this end.

Peter Hornsby

The British Sprint Distance Orienteering Championships Loughborough University - 20th April, 2013

Since the report that I gave in the Autumn Newsletter, we are starting to finalise all the details for this event, meeting with the University and the event team leaders are now in place.

Our team is:

Organiser: Bob Haskins
Deputy Organiser and Safety Officer: Chris Phillips
Planner: Roger Edwards
Controller: Simon Errington (HH)
Mapper: Peter Hornsby
Entries/Heats Start Times: Ursula Williamson
Start: Mark Hardy
Finish: Steve Edgar
Event Centre/Awards: Alison Hardy
Electronics/Results: Kevin Bradley
Finals Coordinator: Iain Tebbutt
Equipment/Engineering: Roger Phillips
Catering: Tracey Brookes
Security/Marshalling: Howard Alcock
Car parking: Laurie Fluck

We have had a team meeting at Groby to talk through the event and also a site visit in early December. One of the next urgent jobs is to start putting in place the helpers into the teams. I hope that you will be able to help, if asked. Please put the date in your diaries now. Due to the nature of the event, it is most likely that, in this instance, helpers will not be able to run competitively, but we hope to have a non-competitive course that you may be able to run on. There will, of course, be the British Middle Distance Championships to take part in on the next day, organised by DVO at Stanton Moor.

Bob Haskins

For more information see:

www.britishorienteering.org.uk/site/britishmiddlechamps/sprint_champs and

www.britishorienteering.org.uk/site/britishmiddlechamps/home



Out and About

Since my last article, your chairman and I have spent a week on the wild, west coast of Ireland in Connemara and I can certainly commend it to you.

Closer to home during a visit during 2012 to Twyford Woods, I spotted a butterfly that I did not recognize and subsequent research strongly suggests it was a purple hairstreak, a first for me.

Wearing one of my hats as a member of a Leicestershire Together group at County Hall, we have successfully submitted a bid to become a Local Nature Partnership and get the possible funding which that might bring. In the preparation of that bid, I came to wonder just how much we do actually know about Leicestershire. I was surprised at some of the stats.

The county covers just over 2,000 square kilometres and has a population of about one million. It has 2 National Nature Reserves, 72 SSSIs, 1 Special Area of Conservation, 17 historic parks and gardens and over 1,100 Local Wildlife Sites. It has 78 RIGS (Geology Sites), nearly 10,000 recognised archaeological sites, over 7,000 listed buildings, 265 conservation areas and one historic battlefield which we do at last appear to have found.

Approximately 100 square miles of Leicestershire falls within The National Forest. Since its inception in the early 1990s, over 6,500 hectares of woodland and other wildlife habitats have been created. We do, however, have a comparatively small acreage of ancient woodland.

An article in *Bird Study*, the journal of the British Trust for Ornithology, reports a study which suggests eagles were once

quite commonly found across lowland and upland Britain and Ireland. The mechanics used for the study are fascinating. Researchers looked at places named after eagles in our older languages to help estimate populations of the birds in 500AD when they now estimate there were 1,000 - 1,500 pairs of golden eagles. From the Dark Ages, they drew on historical material and studies to map pairs of the raptors to the present, and thirteen centuries later, with the industrial revolution gaining momentum, numbers of the eagles had fallen to as few as 300. Human persecution and the destruction of habitats have been blamed for the falling numbers.

Working just from the names associated with eagles leaves me wondering how they knew which were golden and which were white-tailed sea eagles, but perhaps those by the sea were discounted. According to the RSPB, up to 90% of sea eagles were lost over that same period and the species was extinct in Britain by the early years of the 20th Century.

The study drew on research of names representing the word "eagle" given to places when old Celtic language place names were replaced by Norse, Welsh, Old English and Gaelic. In Scots Gaelic, 276 such place names were found, 152 in Old English, 84 in English, 66 in Scots, 63 in Irish Gaelic, 55 in Norse, 18 in Welsh and two in Manx.

White-tailed sea eagles were reintroduced to the Isle of Rum in 1975, followed by other programmes to bring back the birds to other parts of Scotland. Thirty-one pairs of sea eagles and 440 golden eagles were recorded by 2003.

Unfortunately, birds are still being



poisoned. In 2010, four were found poisoned. Even a huge, white tailed sea eagle fell victim to poisoned bait that year. In total, 28 birds of prey were illegally killed in this way.

There were 16 confirmed poisoning cases in 2011, and let us hope this marks the start of a long-term downward trend. We really do not know how many other birds were poisoned as their bodies often lie undiscovered, even if not deliberately hidden.

Natural England has announced that the number of breeding male bitterns topped 100 in 2011 for the first time since they returned to the UK, exactly 100 years after they had been extinct for a period of 25 years. I actually saw one last year in Norfolk, but that is a very rare experience and even number-surveys are based on the distinctive "booming" call of the male. They are one species that the record rainfall of 2012 should not have bothered.

Returning to the walking holiday Bob and I had with my climbing club: Connemara is by repute one of the last true wilderness areas of the British Isles and I was looking forward to getting up onto high ridges and walking for miles and taking in the wildlife. Many years ago (more than I care to remember) I had spent two weeks wandering round County Cork, reins in hand, at the front of a Gypsy caravan.

The views back then had been wonderful as I made my way to the start of the Ring of Kerry and I had long dreamed of going back and walking the places that a horse and cart just cannot get to. I also fondly remembered the Irish welcome and humour in the many small bars and the nightly, usually impromptu, sessions of Irish folk music.

I was conscious that the area I was heading for was by repute the wettest

part of one of the wettest countries in Europe, but equipped with all the best of modern wet weather gear, I felt confident of getting by. The pony-swallowing bogs of this area are notorious.

On almost every count my expectations were a mile away from reality. On a positive note, in hindsight, I should have taken shades and sun cream, as I came back with sunburn. Whilst England and the rest of Ireland were being drowned, the coastal area of Connemara had seen hardly any rain for a month. The bogs weren't exactly dry but careful foot placement could keep your socks dry. It was like walking across miles-wide trampolines.

We did get a couple of torrential downpours which the locals welcomed, but they were overnight and by 10.00 each morning the cloud had been burned off. The only day we did have intermittent rain we went down to Galway and then onto the Burren and managed to dodge the showers. To the great surprise of everybody, including the locals, we did wake one morning with snow on the hills (in May) down to about 1400 feet. It soon melted, though.

When I talk of locals, I do not want to give the wrong impression. This must be one of the least populated areas of the British Isles and could not sustain more than a few scattered bars which doubled up as the only village stores. Rather than Irish 'crack', by far the most common language was French as they seem to have adopted the area as a holiday destination. Apart from the staff in the bars, the only time we heard 'English' being spoken without a French accent was in the last hour at night when a few solitary locals would be coming in after the tourists had headed for wherever they were staying (outside the area usually as there is very little accommodation). The entire staff of our hostel were French, as



was the manageress. This also meant there was no traditional music and we had to drive 40k out of the area one night just to take some in.

The scenery was every bit as good as I expected, but walking the hills was really difficult. Despite foreign tourism spending being close to €5bn and the widespread advertising of its scenic delights, it remains a mystery why they make so little effort to accommodate access to the hills. Access points are few and unsigned, unless they are on one of the few official 'Ways', and these ways are as often as not on roads rather than across the hills. There are so few locals and they have no tradition of hill walking and, in any event, almost all the hills are in private ownership.

We did get on the hills but it involved much climbing of barbed wire, guesswork route choice, heavy tussock grass at best as footing and crossings of miles of bog, albeit fairly dry.

There is what they call a National Park but it is more like a National Trust property and only about the size of Clumber Park. It does include a very respectable mid-sized peak, 'Diamond Hill', and an information centre and trails which undoubtedly encourages but constrains access there since it provides wide engineered tracks to within a few hundred feet of the summit. A lower cost, less intrusive project with greater impact might have been to agree access points with local landowners, provide modest roadside hard standing and install helpful signage. The financial return could be considerable as almost half of foreign tourism spending ends up as badly needed tax income for the government.

Strangely in such an undisturbed wilderness we saw very little wildlife. Twenty three of us over the week saw one rabbit, three hares and a distant pod

of, probably, dolphins. Birds were no more evident. Cuckoos and skylarks abounded and there were pipits about, but not a lot else.

As mentioned, Bob and I did have a trip down to the Limestone Pavement area of the Burren. Well worth a visit, this massif of limestone covers almost a hundred square miles and supports Arctic, Mediterranean and Alpine plants side-by-side, due to the unusual environment. It is very much a natural rock garden with many rare and beautiful flowers in bloom. The symbol of the Burren is the spring gentian, with its vivid blue flowers and a rosette of small, bright-green leaves. Yellow clumps of bird's foot trefoil flourish in thin soil on the rock surface and from the deepest fissures, magenta sprays of bloody cranesbill grow widely – apparently the only place in Ireland. All kinds of flowers blossom, including mountain avens, with their pure white flowers, smothering rock like snow. On still days, the fragrant scents of wild thyme and juniper are said to mix on the breeze, but when we were there it was far from still. Orchids abound between rocks, and the bee and fly orchids bloom on slopes nearby. The abundance of flowers and their nectar attract countless species of butterfly and other insects. My limited botanical knowledge inhibited identifications, but there was plenty to find.

Not surprisingly, this larder attracts many species of birds. One thing that is a bit odd is that whilst wrens are common amongst the pavements of the north of England, in Ireland their place in the food chain is largely taken up by pipits. On the Burren, the sound of yellowhammers and skylarks form a pleasant background, and numerous pied wagtails hop about the place. The corn crane has its Irish stronghold in the Burren but we did not hear, never mind see, one of these



elusive birds. Overall, however, flowers of the Burren were some compensation for the lack in Connemara, although despite this strange landscape with its numerous hiding holes supporting many mammals; with mice, rabbits and hares having to take advantage of the cover to avoid the prowling foxes, badgers and stoats, we saw very little of them. Bats abound and there is even a thriving population of pine martens. Further up the food chain, raptors also make a good living.

This area is again difficult to access for the same reasons as Connemara. It is a truly massive area and we could only walk into two parts of the north east corner which may not be fully representative, but to my mind there are more spectacular grikes in Yorkshire and the Burren's claim to fame is that it is just so extensive.

It is not my intention to talk you out of visiting this wonderful area, but be forewarned so that it does not come as a disappointing surprise, as it did to me. My memories of blocked official ways, inadequate mapping and difficulties with farmers are discouraging and surely not what that nation needs.

As many of you know, I have been on my travels again. I have spent two months in New Zealand visiting my son, returning

via the in-laws in Australia. I was encouraged by the levels of ecological protection now being granted in that part of the globe. I have also just spent Christmas with my daughter in the French Alps. If you are going to visit your kids, make sure they live somewhere interesting.

NZ has long enjoyed a good reputation on green issues and Oz is now following suit. It has recently announced plans for the world's largest marine park, or series of parks, covering 1.2 million sq miles that will limit fishing, and oil and gas exploration in the seas off the entire country.

The series of 60 reserves includes the Coral Sea, around the Great Barrier Reef, where I went snorkelling last visit and would hope to do so again. It will provide greater protection for threatened species including the green turtle, blue whale and dugong. Environmentalists say it does not go far enough and did not place enough limits on offshore mining, whilst fishermen say it will destroy their livelihoods. Compensation is being put in place but only time will tell how effective this protection is.

Roy Denney

Club and Activity Nights

Monday night, Groby Community College, contact Birthe Richter-Wilson

B.Richter-Wilson@lboro.ac.uk

Monday night, Charnwood College, Loughborough, contact Roger Edwards

rwmhedwards@gmail.com

Thursday night, Groby Community College, contact Howard Alcock

howard.alcock919@btinternet.com



Retired Man is Getting Older

Happy New Year to you all. What do orienteers and race horses have in common? On January 1st they become a year older. Retired Man will now compete as M65, leaving one or two rivals behind in the M60 class. He isn't actually 65 until February 16th. when he will also receive his state pension and we can go wild with excitement!

Is it true that as we get older we get wiser? I'm not convinced, and I present the following items to prove my point.

On a rather wet September day in Epping Forest, an M70 LEI orienteer ran on a course for men many years younger. Was this age-related forgetfulness or just feeling like a spring chicken?

Are LEI oldies all trying to keep younger with their gym sessions at the Groby club nights? Retired Man comes back in awe of the fitness of Howard and Simon. "Worrrr, that was hard," he says, crawling through the front door. But he is there again the following week (attracted by the food and chat of the après O at The Railway, I suspect).

These chats must have included the trials and tribulations of the Marriott household.

His Mum, 88, in Church Stretton, was becoming incapable of looking after herself but also stubbornly unwilling to admit this. While John was at the White Rose, and I was in the Peak District, she was taken to hospital, and Suzi, Edd and Andrew were trying to locate John. Their thinking was based on mobile phone usage. They had some phone numbers of orienteers, looked up White Rose entry lists with ages and phoned the youngest ones first, assuming they might have their mobiles handy, whereas the older generation would have a mobile hidden

away in the car boot or with a flat battery. So thank you to all those orienteers who tried to help get the message to John. His Mum has been diagnosed with dementia and is putting on weight now that she is eating properly in a home.

Yes, we have still got our three 'lodgers' living with us until house sales are finalised. Suzi has started teaching at Ratcliffe College (juniors) and Edd is back at work after his operation.

Lots of life's changes are happening. Roger Edwards has become a Grandpa - welcome to the world, Isaac Good Luck to Angus and Ruth Shedden and little ones who have moved to Australia and we have been introduced to Peter Hornsby's new dog, Tom.

Tom accompanied Peter into the dog-friendly and child-friendly pub, The Navigation, after the event at Hick's Lodge. I was shocked when a man with a grey and bleeding face asked for a beer and the barmaid pulled a pint, ignoring his wounds. Next, The Prince of Darkness limped to the bar and ordered a pint, too. It seems there was an early October kiddies' Halloween Party going on in the back room and all this blood was just make-up. The man in the skeleton suit gave the game away as the suit is too small and he could not fully fasten the zip at the back. Meanwhile, as I feed Tom some beef burger, Peter and Retired Man are techno-talking and Peter is describing his mobile as an haemorrhoid phone.

John has been very proud of his piles - piles of tubes, that is. The juniors at Groby club night have used these piles of tree protector tubes for several training activities, and at the end of September he



confidently ran a session for adults. Verdict: "Tubes fine, wished I'd used waterproof paper for the map."

Yes, it's been a bit of a wet and muddy orienteering year. Not a time to turn up for a run without your O shoes and have to wear your leather shoes instead.

"Irene won't be pleased with your dirty shoes," says Ursula. "Why?" asks Retired Man.

"When she has to clean them," came the reply. John bursts out laughing because in our house *'them wot dirties 'em, gets 'em clean'*.

Thankfully Ursula has been making delicious fudge which appeared at the Xmas Novelty event, although Ursula herself had disappeared to warmer climes for her holidays. Ben Windsor had persuaded his Dad to be Santa and be a mobile control worth 20 points. I think a bit of skulduggery was going on with a mobile control rucksack (20 points) as the people wearing it tried to hide? The IOF symbols of control 224 translated as 'middle tree top of'; and it's true, the control box was up a tree. There was a pole, with elastic band to hold a dibber, to facilitate dibbing but 'boys will be boys' (and so will older men) and climbing trees proved irresistible.

The score event was definitely 'cunning running': trying to decide if to do 'the Activity' or not, which was only available at particular times, but worth 50 points. Retired Man was not cunning enough and came 31/60. He was miffed that he had not done the Activity and mumbled about it for hours afterwards, mainly because he'd been beaten by some of the youngest juniors.

Roy was out of the country when the AGM was held. He had handed over the catering task into the very capable hands of Tracey, and I brought a few cakes, too.

I came away with contrasting thoughts - a) LEI have been trusted to hold the British Sprints, coming up soon at Loughborough, and one of the days of the JK 2014 in S. Wales. b) we were also informed that the JK day has been made into a World Ranking event. Now that would scare me s...../have me quaking at the knees, but our very able and confident committee members have taken it all in their stride.

So is the name 'LEIOC' being linked with 'successful' ? We should congratulate our juniors on their recent results, making others aware of the talent in Leicestershire Orienteering.

Retired Man informs me that the Beaumont Leys Tesco tablet computers have the LEIOC website in their bookmarks (well they have since he was playing with the demonstration ones.)

Bob Titterington has been spreading the word about radio orienteering ARDF (amateur radio direction finding). In early November he was interviewed on Radio 2 as 'The World Champion', but modestly explained he was world champion M70 men aged 70+. Bob expertly described radio orienteering, which was summed up by the phrase 'adult hide and seek'.....mmmmmm. We use the phrase 'adult jigsaws' for IKEA's flat pack furniture because there is usually a couple of pieces/screws missing.

Part of growing old appears to involve legs, knees and backs not working as well as they used to. The doctor has told John that the best cure for his back is 'to rest it'. He usually ignores such advice, but in late November, when Sue Bicknell, Roger Edwards, and Chris Bosley assembled in our kitchen with plans to travel to Eyam Moor, John decided to stay at home. He was comparing bad backs to wonky knees and strained leg muscles with Roger and Chris. "What a



load of old crocks!” laughed Sue as they climbed into her car. By the end of the day, Sue joined the old crocks’ brigade, too, having slipped down the hill. Her injury meant that Chris had to drive Sue’s car back to Leicester and she also missed the following week’s orienteering. Sue, you should never have tempted fate!

I feel it necessary to warn everybody that Retired Man has been tinkering with the BMW. (Hopefully I can explain this properly because, as I write this, Retired Man is skiing with Chris Bosley and Andrew Middleton, and unable to correct inaccuracies.) The two earth straps connecting the rear windscreen to the

main body of the car have worn out. They are only small, bendy bits of metal but they are going to cost £30 to replace. Old folks become frugal (tight?) with their money, so John has mended the old ones and put them back on the car. Why the warning? Well, Google suggests that faulty earth straps may give problems with the door locking system.. All those orienteers who, in the past, have been involved in the many rescues of John, when he has lost his keys or locked them in the boot, be warned.

Irene Marriott

To Strip or not to Strip.....?

Changing in the car park is almost an institution in orienteering. While other sports have their palatial changing rooms and pavilions, we have a car park, usually muddy and cold. No hot showers or a bath for us. A quick wipe to get off the worst of the mud and the blood, and off to the pub to eat, have a beer and complain about the mapper, planner and how if the course had been Well, you know the story.

Most of us do our changing quickly and discreetly (unless you are a group of ladies from Scandinavia at a recent JK, but that’s another story). Unfortunately, one or two of our male orienteering colleagues are apt to forget that they are not in the privacy of their homes and tend to strip off, baring all for the gaze of a less than admiring public.

Recently, the club has received a serious complaint, via a landowner, from a member of the public regarding orienteers changing in a public car park. The landowner has indicated that should

a further complaint be made, we will lose the use of the area for orienteering. We have, in recent years, lost the use of two other areas through the thoughtlessness of orienteers (and nearly lost a third last summer). Please, gentlemen (for it is you), be discreet when changing.

Chris Phillips

Events Co-ordinator



Winter League Table (abbreviated)

Top 40 Places as at 20 January 2012

Pos	Name	Club	Class	Best 6	Handicap	Events	Total
1	Howard Alcock	LEI	M40	570	615	6	615
2	John Marriott	LEI	M60	460	571	6	571
3	Peter Hornsby	LEI	M55	466	559	7	559
4	Robert Haskins	LEI	M60	437	542	7	542
5	Roger Edwards	LEI	M60	426	529	5	529
6	Ian Wilson	LEI	M45	437	489	5	489
7	Derek Herd	LEI	M40	432	466	6	466
8	Ursula Williamson	LEI	W50	351	421	5	421
9	Tracey Brookes	LEI	W45	358	415	6	415
10	Campbell Walsh	NOC	M35	396	412	4	412
11	Andis Celinskis	AIRE	M21	404	404	4	404
12	Keith Willdig	OD	M60	324	401	5	401
13	Finn Lydon	LEI	M14	333	387	4	387
14	Roger Phillips	LEI	M35	351	365	4	365
15	Steve Edgar	LEI	M45	313	350	5	350
16	Laurie Fluck	LEI	M65	273	349	6	349
17	Jamie Sutherland	LEI	M40	311	336	4	336
18	Kevin Bradley	LEI	M55	265	318	5	318
19	Stuart Tyler	LEI	M45	265	297	5	297
20	Simon Ford	LEI	M65	213	273	3	273
21	Alastair Paterson	LEI	M45	236	265	3	265
22	Iain Tebbutt	LEI	M45	225	252	3	252
23	Mark Sherriff	LEI	M50	202	235	3	235
24	Nicholas Wilson	LEI	M14	197	229	3	229
25	Tom Barber	LEI	M14	195	226	3	226
26	Tanya Taylor	LOG	W40	199	223	3	223
27	Andy Portsmouth	LEI	M55	184	221	6	221
28	Margaret Willdig	OD	W55	173	215	5	215
29	Ray Collins	WCH	M55	179	214	2	214
30	Glynn Smith	LEI	M65	166	212	2	212
31	Reed Lydon	LEI	W10	163	208	4	208
32	Chris Bosley	LEI	M65	153	196	5	196
33	Nick Malbon	NOC	M16	171	192	2	192
34	Imogen Wilson	LEI	W12	154	191	3	191
35	Julie Ferris	LEI	W45	154	179	2	179
36	Trish Lydon	LEI	W40	155	174	2	174
37	Ed Chester	LEI	M35	160	166	2	166
38	Mark Hardy	LEI	M45	144	161	2	161
39	Jeffrey Baker	LOG	M60	130	161	3	161
40	Alison Hardy	LEI	W45	138	160	2	160



JK2014 - The LEI Day Update

Since the Autumn newsletter, a number of major decisions have been made relating to the 2014 JK. Day 3 will be held at Mynydd Llangynidr which is the north east part of Merthyr Common. The area has previously been used for the Welsh Championships in 2005. It is a moorland area which is very technical and physically very challenging – ideal for a World Ranking Event and the premier UK event. It will give the planning team a set of problems that they don't normally meet in the average LEI area!

Day 2 will be on the south part of Merthyr Common at Twynau Gwynion and the

proposal is that we share car parking, assembly and the event arena.

As the event organisation picks up momentum, I am in the process of making further appointments to the "team". Roger Phillips will be taking on the role of Equipment Officer and Ursula Williamson will be the Administrator. During the summer, I will be looking to fill the Team Leader posts. If there is a job that you would like to tackle, please have a chat with me.

Chris Phillips

EMOA League 2013

The League is open to all members of clubs affiliated to the East Midlands Orienteering Association (EMOA). Unless you inform the League Organiser, you will automatically be included once you have competed at two events at the same level. The results are handicapped, giving everyone of whatever age equal chance of winning on any course. Your best 8 scores count towards your place in the league. The more events you attend and run on the same course, the greater chance you have of winning a prize. It is

noticeable that some competitors are missing out by not competing at eight events. It could be you!

Hope to see you at as many events as possible.

A Happy New Orienteering Year to everyone.

Ursula Williamson

EMOA League Organiser

Did Santa bring you a Kindle?

If you would like to read the LEI NEWS on your Kindle, then just let the editors know your Kindle e-mail address and we will send it to you.



Summer League 2013

The fixtures are listed on the following pages. The events are informal, usually with a social element. Weekday starts are staggered from 6.30 to 7.30 pm - courses close at 8.30pm. (These times may be advanced by 30 minutes at either end of the season.)

The event type, i.e. score, classic or sprint, is listed adjacent to the fixture.

Competitive events will use SI electronic punching (£1 hire).

Entry fees: Adults £4.50, Juniors £1

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

Events are provisional, awaiting permissions, etc.

Please confirm arrangements, either with the organiser or league coordinator.

League scores are on standard handicaps and the best 10 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.

Charnwood Forest Questionnaire

Charnwood Forest is a distinctive area of rugged upland landscape towards the north-west of Leicestershire. It is valued for its international geological importance, rich biodiversity, landscape beauty, historical importance and recreational role. It is also a traditional working landscape with a high proportion of land in agricultural use and, in some parts of the area, mineral working.

Leicestershire County Council has agreed to work with a range of local partners to manage and promote the unique cultural and heritage features of Charnwood Forest through the development of the Charnwood Forest Regional Park.

To help take some of this work forward, the County Council and its partners are applying for a landscape partnership grant from the Heritage Lottery Fund. To support this funding bid, your views are required on how you use the area at the moment and what you would like to see happen there in the future. Please let your views be known by completing the questionnaire at the following website:

<http://www.leics.gov.uk/charnwoodforestsurvey.htm>

Please complete the survey by 1st March, 2013 to be entered into the prize draw.



Fixtures

This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated, local events offer entry on the day (EOD) to a range of colour-coded courses, with start times from 10.30am to 12.30pm. Local events will only have a limited range of courses. Regional and National events provide a range of age-related courses and are normally entered in advance online. EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded courses for EOD.

The OS map reference is either the car park or point from which the event will be signposted. The list is based on BOF registration, but events are sometimes cancelled. If you are uncertain as to whether an event will take place, check with the organiser, check on www.leioc.org.uk or check on www.britishorienteering.org.uk. The editors take no responsibility for wasted journeys !

EVENT STRUCTURE IN FIXTURE LISTS

- Level D = Relatively low-cost events providing local competition and aimed at increasing participation.
- Level C = Local events providing a wider variety of venues and competitors.
- Level B = Events providing opportunities for more experienced competitors, giving a wider variety of terrain and competition for those who are prepared to travel longer distances.
- Level A = Major UK Events.

February 2013

3rd	NOC EMOA Level A	Midland Championships , Sherwood, Mansfield, SK626675 Organiser: Paul Beresford , org20130203@noc-uk.org , 01302 751549 www.noc-uk.org
5th	LEI EMOA Level D	LEI Winter League 10 Bagworth (night) , Bagworth Heath Woods, Coalville, SK456068 Entry times: 6:30pm to 7:30pm. No dogs allowed. Organiser: Steve Edgar , 07854 788438 www.leioc.org.uk
9th	SYO YHOA Level A	British Night Championships (UKOL1) , Tankersley, Sheffield, SK360968 Organiser: Phil Haywood
10th	SYO YHOA Level B	YHOA Superleague (UKOL2) , Tankersley, Sheffield, SK360968 Organiser: Ian Cooper southyorkshireorienteers.org.uk
12th	LEI EMOA Level D	LEI Winter League 11 Leicester , Western Park, Leicester, SK560044 Entry times: 11am to 12pm. Dogs: on lead. Organiser: Roger Phillips , 0796 700 9504 www.leioc.org.uk



February 2013 Cont.		
17th	LEI EMOA Level B	Compass Sport Cup Round 1, Fineshade, Corby, SP Organiser: Steve Edgar, steve@steve.edgar.name www.leioc.org.uk
23rd	OD WMOA Level D	OD Saturday Morning Local Event Gamecock Barracks, Gamecock Barracks, Nuneaton, SP402888 Entry times: 10:30am to 12:00. No dogs allowed. Organiser: Margaret Willdig , 01455 614845 www.octavian-droobers.org
24th	DVO EMOA	Crich Chase - EMOA League, Crich Chase, Matlock Organiser: Chris Millard www.dvo.org.uk
March 2013		
2nd	LEI EMOA Level D	LEI Winter League 12 (final) Outwoods, Outwoods, Loughborough, SK515160 Entry times: 11am to 12pm. Dogs: on lead. Organiser: Mark Hardy , 01455 273026 www.leioc.org.uk
3rd	LOG EMOA Level D	EML Harlaxton College, Grantham Organiser: Sean Harrington
10th	LEI EMOA Level C	EMOA League Event Bagworth, Bagworth Heath & Woodlands, Coalville, SK446081 Entry times: 10.00 to 12.00. Dogs allowed. Organiser: Glynn Smith , 0116 266964
16th	FVO SOA Level B	Middle Distance Race (UKOL3), Rannoch, Pitlochry www.fvo.org.uk
17th	FVO SOA Level B	FVO CompassPoint Scottish O League 2 (UKOL4), Rannoch, Pitlochry www.fvo.org.uk
17th	NOC EMOA Level C	NOC Regional Event, Harlow Woods, Mansfield www.noc-uk.org
29th	SCOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL5), Whiteknights Campus, Reading, SU733719 Entry times: 12:00 - 16:00. Dogs: On leads at all times. Organiser: Luke McNeill www.thejk.org.uk/jk2013/
30th	SCOA Level A	Jan Kjellstrom Orienteering Festival (UKOL6), Hambleden, Henley, SU772855 Dogs: On lead at all times, in car park and assembly only. Organiser: Jon Wheatcroft www.thejk.org.uk/jk2013/



March 2013 Cont.

31st	SCOA Level A	Jan Kjellstrom Orienteering Festival (UKOL6) , Cold Ash, Newbury, SU520737 Dogs: On leads at all times, in car park/assembly only. Organiser: Liz Yeadon www.thejk.org.uk/jk2013/
April 2013		
1st	SCOA Level A	Jan Kjellstrom Orienteering Festival - Relays , Hambleden, Henley, SU772855 Dogs: On leads at all times, only in car park and assembly. Organiser: Scott Collier www.thejk.org.uk/jk2013/
4th Thursday	LEI EMOA Level D	Summer League 1. Sence Valley Forest Park, SK404113, Score event, mass start.
7th	NOC EMOA Level C	NOC Regional Event , Bramcote Hills, Nottingham www.noc-uk.org
9th Tuesday	LEI EMOA Level D	Summer League 2. Oakham School, SK862092, Sprint event.
14th	KERNO SWOA Level A	Southern Championships , Penhale, Newquay, SW769548 Organiser: Richard Bown , jeanniebown@yahoo.co.uk , 01726 843491 www.cornwallorienteering.org.uk
20th	LEI EMOA Level A	British Sprint Championships (UKOL7) , Loughborough University, Loughborough, SK516187 No dogs allowed. Organiser: Robert Haskins , bobh@piperdrive.co.uk , 01509 842449 www.britishsprintchamps.org.uk/
21st	DVO EMOA Level A	British Middle Distance Championships (UKOL8) , Stanton Moor, Matlock Organiser: Sal Chaffey , sal.chaffey@gmail.com www.dvo.org.uk/
25th Thursday	LEI EMOA Level D	Summer League 3. Linford Woodlands, SK504105, Micro sprint event, Event consists of 3 combined short sprint races.
28th	BOK SWOA Level B	The Mike Nelson BOKTrot , Stourhead, Frome, ST745350 www.bristolorienteering.org.uk
28th	OD WMOA Level B	OD Regional Event , Yardley Chase, Northampton, SP849554 www.octavian-droobers.org



May 2013		
1st Wednes- day	LEI EMOA Level D	Summer League 4. Fosse Meadows Country Park, SP489910, Classic event
4th	SEOA Level A	British Orienteering Championships (UKOL9) , Winterfold, Guildford Organiser: Andy Robinson
5th	SEOA Level A	British Relay Championships , tbc, South East Organiser: Mike Elliot
9th Thursday	LEI EMOA Level D	Summer League 5. Outwoods, SK515160, Classic event
12th	DVO EMOA Level C	Chesterfield Urban - Part of EM Urban League , Chesterfield, Chesterfield www.dvo.org.uk
14th Tuesday	LEI EMOA Level D	Summer League 6. Watermead Country Park, SK607114, Classic event
18th	LEI EMOA Level C	LEI EM League Event & Yvette Baker Trophy Heat , Swithland, Loughborough
22nd Wednes- day	LEI EMOA Level D	Summer league 7. Leicester Grammar School, SP648981, Sprint event
25th	HOC WMOA Level B	Springtime in Shropshire , Croft Castle, Ludlow, SO450664 Organiser: Lesley Brown , 01694 724330 www.harlequins.org.uk
26th	HOC WMOA Level B	Springtime in Shropshire Urban Event (UKOL10) , Shropshire, Ludlow www.wrekinorienteers.co.uk
27th	HOC WMOA Level B	Springtime in Shropshire (UKOL11) , Brown Clee Hill, Ludlow, SO615854 Organiser: Lester Evans , 01299 832053 www.harlequins.org.uk
30th Thursday	LEI EMOA Level D	Summer League 8. Willesley Woods, SP328143, Classic Event



June 2013		
2nd	DVO EMOA Level C	Cromford Moor and Black Rock - EM League , Cromford Moor and Black Rocks, Wirksworth Organiser: Stephen Mead www.dvo.org.uk
4th Tuesday	LEI EMOA Level D	Summer League 9. Snibston Discovery Park, SP416144, Classic event
8th	NOC EMOA Level D	EM Urban League , Nottingham www.noc-uk.org
12th Wednesday	LEI EMOA Level D	Summer League 10. Loughborough Endowed Schools, SK541189, Sprint event.
16th	LEI EMOA Level C	LEI EM League Event , Burbage Common
18th Tuesday	LEI EMOA Level D	Summer League 11. Bradgate Park, SK541114, Classic event
22nd	EPOC YHOA Level B	YHOA Urban League (UKOL12) , Halifax, Halifax Organiser: Jonathan Emberton
23rd	EPOC YHOA Level A	Northern Championships (UKOL13) , Castle Carr, Hebden Bridge, SE022307 Organiser: Amanda Crawshaw www.eastpennineoc.org.uk
27th Thursday	LEI EMOA Level D	Summer League 12. Groby Community College, SK518070, Sprint event
July 2013		
2nd Tuesday	LEI EMOA	Summer League 13. Burrough Hill, SK756115, Classic Event
7th	LOG EMOA	Yvette Baker Trophy Final, Belton Park, Grantham www.logonline.org.uk
14th Sunday	LEI EMOA Level D	Summer League 14. Fineshade, SP978984, Score event



July 2013 cont.		
17th Wednes- day	LEI EMOA Level D	Summer League 15. Market Bosworth Country Park, SK407030, Sprint event
21st	DVO EMOA Level C	Buxton EM Urban League, Buxton, Buxton
23rd Tuesday	LEI EMOA Level D	Summer League 16. Swithland woods, SK537130, Classic event
28th	SOA Level B	Scottish 6 Days - 2013 (UKOL14), Lossie, Moray Coast
29th	SOA Level B	Scottish 6 Days - 2013, TBC, Moray Coast
30th	SOA Level B	Scottish 6 Days - 2013 (UKOL15), Culbin, Moray Coast
31st	SOA Level C	Scottish 6 Days - 2013 - Sprint Race, TBC, Lossiemouth
August 2013		
1st Thursday	LEI EMOA Level D	Summer League 17. Melton Mowbray Country Park, SK756208, Classic event
1st/3rd	SOA Level B	Scottish 6 Days - 2013, TBC, Moray Coast
6th Tuesday	LEI EMOA Level D	Summer League 18. Burbage Common, SP447953, Classic event
11th Sunday	LEI EMOA Level D	Summer League 19. Beacon Hill, SK510145, Classic event
15th Thursday	LEI EMOA Level D	Summer League 20. Treasure Hunt, venue TBC
20th Tuesday	LEI EMOA Level D	Summer League 21. Bagworth Woods, SK458068, Classic event



August 2013 cont.

24th	EBOR YHOA Level B	White Rose Individual - 1 , Gilling, Helmsley Organiser: Mike Ridealgh , teteblanche@hotmail.com , 01904 634138 www.eborienteers.org.uk
25th	EBOR YHOA Level B	White Rose Individual - 2 & YHOA Superleague , Gilling, Helmsley Organiser: Mike Ridealgh , teteblanche@hotmail.com , 01904 634138 www.eborienteers.org.uk
26th	EBOR YHOA Level C	White Rose Team Score , Gilling, Helmsley Organiser: Mike Ridealgh , teteblanche@hotmail.com , 01904 634138 www.eborienteers.org.uk
29th Thursday	LEI EMOA Level D	Summer League 22. Donisthorpe, SK318141, Score event FINAL EVENT
31st	LOG EMOA Level C	Lincoln City Race , Lincoln

September 2013

8th	WCOC NWOA Level B	Peter Palmer Junior Team Relays , Hawse End, Western Lakes www.wcoc.co.uk
8th	DVO EMOA Level C	DVO EM League , Hardwick Estate, Chesterfield Entry times: 10:00 - 12:00. www.dvo.org.uk
21st	LOK SEOA Level B	LOK Ultrasprint (UKOL16) , tbc
22nd	SLOW SEOA Level B	London City Race (UKOL17) , London cityrace.org/

October 2013

6th	LOG EMOA Level C	Stamford Town Race , Stamford
12th	NATO NEOA Level B	October Odyssey day 1 & British Schools Score Championships , Druridge Bay Country Park, Amble



October 2013 cont.		
12th	NOC EMOA Level C	NOC Regional Event , Bestwood Country Park, Nottingham www.noc-uk.org
13th	DVO EMOA Level C	DVO EM League , Kedleston Hall, Derby, SK312402 Organiser: Sal Chaffey www.dvo.org.uk
20th	BOK SWOA Level A	CompassSport Cup Final , Moseley Green & Mallards Pike, Forest of Dean, SO631087 Organiser: Mark Dyer , 01179 684173 www.bristolorienteeing.org.uk
26th	CUOC EAOA Level B	Cambridge City Race, Cambridge Organiser: David Maliphant www.cuoc.org.uk
27th	LEI EMOA Level C	LEI EM League Event , Ratby
November 2013		
2nd	SOC SCOA Level B	SOC Urban Event (UKOL18) , Southampton, Southampton
3rd	SOC SCOA Level B	SOC November Classic (UKOL19) , Brockenhurst, Southampton
10th	NOC EMOA Level C	NOC Regional Event , Thoresby North, Ollerton www.noc-uk.org
17th	DVO EMOA Level B	British Schools Orienteering Championships , Shipley Park, Ilkeston, SK432454 Organiser: Val Johnson www.dvo.org.uk/
24th	LEI EMOA Level B	Regional B event, Spring Cottage, Ashby de la Zouch www.leioc.org.uk
December 2013		
22nd	NOC EMOA Level C	NOC Regional Event , Walesby, Ollerton www.noc-uk.org



Photo Gallery: Christmas Novelty Event 2012



Event winner: Howard



Irene & John (debrief)



Barbara enjoying the event.



Alan, Derek and Mark show three different approaches to the obstacle course.



Photographs: Annie Leake



Out on the course: Charlie, Richard, Reed and Trish, Harrington, Peter and Mark

Queuing at the first control!



Tracey, Roger, Chris and Santa.

