

Midlands Championships Host 2018



Editors:  
Alan &  
Wendy  
West

# LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Bagworth-by-Sea

OMM 2016

Events 2017 and Beyond

Safeguarding in Orienteering



Spring 2017

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**Copy date for next issue:  
15th May, 2017**

*Front cover: At the start line of the Christmas Novelty event.*

*Photo: Wendy West*

## Points from the Editors



A belated Happy New Year to all LEI orienteers, especially to those who haven't been orienteering so far this year.

By the time you receive this newsletter at the end of January, you will have already missed four LEIOC events.

In this edition, we welcome Anna Barber as junior captain and enjoy an article on the 2016 OMM that she took part in. We all wish her a speedy recovery from the Achilles injury that she sustained following this event.

We also have an article written by Chris and Liz Heaton about their weekend trip to Culbin Forest, in Scotland. Unfortunately for them, it was on the same weekend as the club championships.

Don't forget that it is the LEI annual presentation dinner on Saturday 4th March. This is always a great event, so don't miss out. You'll find the scrumptious menu on page 7. If you haven't booked yet, the deadline is **18th February**, so don't delay.

In order to comply with the British Orienteering 'O' safe recommendations, you will find that although we are maintaining full names of juniors in the printed newsletter, the online newsletter will only carry first names with any photographs. Please be assured that any photographs of juniors appearing in this newsletter have permission of both the junior and a parent.

Happy orienteering in 2017!

*Wendy and Alan West*



# Ramblings from the Chair



Writing this during the relative peace and quiet of the Christmas holidays, I have had an opportunity to reflect on 2016. With the British Night Championships in February, the Peter Palmer Relays in September, the

British Schools Score Championships in October and finally the EMOA Championships at Wakerley in November, plus 38 other events and 95 activities, 2016 was quite a year. This year will, I promise, be a little less frenetic, but only to allow us to prepare for 2018 and 2019. More about that in my article on events elsewhere in the newsletter.

Congratulations to those club members who became EMOA Champions at the event at Wakerley. Special congratulations to Daisy Rennie and Roger Phillips who, in 2016, completed the double by becoming both Midlands and East Midlands Champions. Many thanks to all those club members who helped at the event. Having remote parking and bussing competitors to the start makes life a little more difficult for the organiser, so a very special thank you to Laurie.

The AGM at the end of October was a very pleasant gathering of club members. Thank you to all those who turned up and thanks to Tracey Brookes for the splendid (as always) buffet. Laurie Fluck, after several years as Club Secretary, has retired from this role, but will be staying

on as a committee member and Permissions Secretary. This is one of the key jobs in the club. Without an efficient permissions person, there would be no orienteering events. Taking over from Laurie as Club Secretary is Jane Dring-Morris. Jane has also taken over from Ursula Williamson as Membership Secretary. Ursula, in turn, is taking over the Minor Fixtures Coordinator's role from Bob Haskins. We have welcomed Liz Heaton to the committee and Anna Barber has taken over as Junior Club Captain.

As usual, there are two important Spring dates for club members. The first of these is the Club's Annual Dinner and Awards Evening on 4<sup>th</sup> March, 2017. The advert for this is elsewhere in the newsletter. Having, for the last two years, successfully used our online entries system for club events, we have this year extended its use to the club dinner. Apart from being convenient for members, it does take away a lot of the paperwork for the organiser. The second event is the regional heat of the Compass Sport Cup Trophy at Burwell and Haugham Woods on 12<sup>th</sup> March, 2017. As always, the more members we can field for this event, the better chance we have of going through to the next round.

Finally, I would like, on behalf of the club, to send best wishes and a speedy recovery to our President, Ernie Williams, who has recently had a replacement knee operation.

*Chris Phillips*



# Captain's Corner



I have problem with New Year's resolutions! It's that people think that one big change is going to make a difference, when in fact lots of small changes are going to make the biggest impact. If you

don't believe me, this 4 year old YouTube star explains it far better: <https://www.youtube.com/watch?v=Sn36cBi9v6A&t=0s> .

So, what small changes are you going to bring to your sport in 2017? How about volunteering at one of LEI's many events or even taking part in one of LEI's team events in 2017?

The first LEI team event of 2017 is the CompassSport Cup on the 12th March, 2017, being held at Burwell & Haugham, Lincolnshire. This is the only team event that involves the whole club and it is really important that the whole club takes part to increase our chances of progressing to the final. As in previous years, entries are via the online form <https://goo.gl/eBJSKG> Please enter early to avoid missing out! The closing date for this event is 25th February.

Your club currently subsidises team entries into the JK & BOC relays. If you are interested in taking part in one or both of these relays, then please speak to me at an event or drop me an email.

The second team event of 2017 is the Yvette Baker Trophy regional heat on 21st May at Calke Abbey, hosted by our neighbouring club, DVO. Further details will be posted on the club's website nearer the time. Should we be fortunate to win the regional heat, the YBT final will be held in Druridge Bay Country Park, Northumberland, on 2nd July.

This year's Midlands Championships on 26th March are being held at Bentley Woods. This also forms part of the junior selection races for British Orienteering. Full details of the junior selection races can be found on the British Orienteering website.

By the time this makes it to print, I will have survived an evening of Laser Tag with the club's juniors. This action packed evening was well supported last year, with over 30 juniors battling it out to be top gun. However, the adults in the club have to settle for a more sedate evening at the annual club dinner and presentation evening. Orders for the club dinner can be made online at: <https://goo.gl/GIGMTL> The closing date for the dinner is 18th February.

*Roger Phillips*



## Junior Captain's Corner



After a highly successful 2016 for the juniors, I hope that 2017 will be just as successful, or even better! We will be looking again to qualify for the Yvette

Baker final, so we need to make sure that everyone is at the heat on 21<sup>st</sup> May at Calke Abbey. Later in the year, we have the Peter Palmer Relays which, this year, will be hosted by COBOC on 10<sup>th</sup> September.

Personally, I have ended this year with an Achilles injury due to overuse at the OMM, and have not been able to run since the end of October, so have tried to keep up my fitness with cycling and swimming. Recently, I have been

recommended yoga or Tai Chi as a way of generally preventing injuries. This is my first serious injury and after a frustrating 2 months of missing many events, I am definitely keen on prevention rather than cure! Protecting against injury is important for all of us; if you have any great tips (juniors and non-juniors!), email them to me and I will share them in my next column.

However, other LEI juniors have ended this year much more successfully, such as Ashleigh and Charlie, who have been selected for world schools, with Ethan as a reserve. Finally, make sure you know which races you need to go to for selection for various tours and events throughout the year, details of which can be found on the JROS and BOF website.

*Anna*

## Schools League

December's FOCUS explains how some clubs are introducing new families to orienteering. We are currently adopting some of the ideas from here and are working with the North West Leicestershire Schools Partnership to encourage more families to try out orienteering at our monthly league races. This is being done in connection with their Primary Schools Orienteering Championships on Wednesday 22<sup>nd</sup> March. About 500 are expected during

the day.

For league races, we are offering prizes for the best school and the pupils on the challenger course, about white standard. If you know a family who might be interested, do point them in the right direction.

*Roger Edwards,  
Development Coordinator*

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.



# Safeguarding Children and Vulnerable Adults in Orienteering

As club colleagues will be aware, there has been considerable media reporting in recent weeks regarding safeguarding issues in sport, and in football in particular.

As a club, we are committed to safeguarding the welfare of children and vulnerable adults in orienteering. We follow the policy and procedures as laid down by British Orienteering (our National Governing Body). British Orienteering's O Safe policy has been developed by working closely with the Child Protection in Sport Unit (CPSU) and NSPCC. The policy and procedures to safeguard children and vulnerable adults has achieved the NSPCC & CPSU's National Advanced Standards for safeguarding and protecting children in sport.



*Club Welfare Officer: Wendy West*

I believe that we have a robust policy and procedures to safeguard children and vulnerable adults. Part of the reason for having an effective policy and procedures is that any allegation, suspicion of harm or concern is taken seriously and responded to swiftly, fairly and appropriately.

As a club, we are not complacent in our approach. I hope that the profile of the issue in recent weeks will further encourage those who have suffered in the past or are suffering now to speak out and seek help.

It is important that the events of the last few weeks do not detract from the overall advantages of getting involved in sport, and orienteering in particular, or erode trust in community sport more widely. We know that there are thousands of adults actively volunteering in our clubs up and down the county, many of whom make sure that young people in their care are safe, having fun and enjoying all the benefits we know orienteering brings.

Can I please ask that all club event officials and coaches re-read the British Orienteering O Safe Policy on the British Orienteering website and ensure that the activities and events that they are responsible for are compliant.

Within the Club, Wendy West is our Welfare Officer and is responsible for all safeguarding matters. If you have any concerns or problems, please talk to Wendy.

*Chris Phillips  
Chairman*



## LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

4th March, 2017. Gather from 7.00pm. Seating at 7.45pm.  
Kirby Muxloe Golf Club, Station Road, Kirby Muxloe - 0116 239 3457

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

### **First Course Choice:**

Tomato and basil soup

Creamy stilton mushrooms served on a Brushetta

Pate salad served with Melbourne toast and real ale chutney

### **Mains Choice** (*all served with seasonal vegetables*):

Roast beef with Yorkshire pudding

Grilled fillet of sea bass on a herby mash

Mediterranean Vegetable Wellington

### **Choice of Desserts:**

Bailey's bread and butter pudding

Fresh fruit salad

Cheese and Biscuits

### **Followed by:**

Coffee and mints (decaffeinated and teas available on request)

**Cost per Person**    £20.00    Guests are welcome.

**Bookings should be made via the club online entry system  
at <https://goo.gl/GIGMTL>**

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

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

**DEADLINE FOR BOOKINGS: 18th February, 2017**



# Top Performances from Major Championships

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

## **British Schools Score Championships 2016, Bagworth, 8th October 2016**

### **45 minute score - Individual Results**

Year 6 Girls	1st .... Daisy Rennie
	6th .... Robyn Jarvis
Year 7 Girls	7th .... Matilda Tikkanen
Year 8 Girls	2nd ... Iona Moss
Year 10/11 Girls	2nd ... Imogen Wilson
	3rd .... Anna Barber
Year 12/13 Girls	4th .... Jess Dring-Morris
	5th .... Ashleigh Howells
Year 5 Boys	2nd ... Daniel Glover
	5th .... Ben Glover
Year 7 Boys	3rd .... Harrington Leake
Year 8 Boys	1st .... Charlie Rennie
Year 10/11 Boys	1st .... Ethan Tebbutt
Year 12/13 Boys	1st .... Finn Lydon
	4th .... Euan Tebbutt
	8th .... Nick Wilson

## **British Schools Orienteering Championships, Sutton Park, 20th November 2016.**

Year 6 Girls	3rd.... Daisy Rennie
Year 7 Girls	7th .... Libby Barber

Year 11 Girls	7th.... Imogen Wilson
Year 12 Girls	5th.... Ashleigh Howells
	10th.. Jess Dring-Morris
Year 5 Boys	3rd.... Ben Glover
Year 7 Boys	9th.... Harrington Leake
Year 8 Boys	1st.... Charlie Rennie
Year 10 Boys	5th.... Ethan Tebbutt
Year 13 Boys	7th.... Nick Wilson

## **East Midlands Championships, resulting in the following LEIOC Champions - Wakerley Woods, 27th November, 2016.**

W10 .....	Daisy Rennie
W16 .....	Jess Dring-Morris
W20 .....	Imogen Wilson
W35 .....	Liz Heaton
W50 .....	Alison Hardy
M12.....	Ben Hardy
M14.....	Charlie Rennie
M16.....	Ethan Tebbutt
M18.....	Finn Lydon
M40.....	Roger Phillips
M65.....	Roger Edwards
M70.....	Simon Ford
M75.....	Dave Anderson
M80.....	Donald Moir



## EMOA League 2016

White Male 1st....George Rennie  
Yellow Male 2nd...Ben Glover  
3rd ...Adam Concannon  
Yellow Female 1st....Daisy Rennie  
2nd...Robyn Jarvis  
Orange Male 3rd ...Harrington Leake  
5th....Ben Hardy  
8th....Ben Bishop  
Orange Female 3rd ...Helen Rennie  
4th....Anna Seaman  
5th....Libby Barber  
7th....Caitlin Chafer  
Lt. Green Male 1st....Charlie Rennie  
4th....Robert Titterington  
5th....Ben Hardy  
8th....David Jenkinson  
10th..Francis Mayes  
Lt. G. Female 4th....Reed Lydon  
5th....Libby Barber  
7th....Peta Jarvis  
S. Green Male 1st....David Bray  
6th....Peter Leake  
7th....Kevin Gallagher  
9th....Laurie Fluck  
10th..Chris Phillips  
Green Male 1st....Roger Edwards  
4th....David Anderson  
5th....Simon Ford  
6th....Andy Portsmouth  
7th....Glynn Smith

8th ... George Normand  
Green Female 5th ... Ursula Williamson  
8th ... Jane Dring-Morris  
Blue Male 5th ... Chris Bosley  
8th ... Robert Haskins  
Blue Female 2nd .. Alison Hardy  
6th ... Trish Lydon  
7th ... Imogen Wilson  
9th ... Tracey Brookes  
Brown Male 4th ... Jamie Rennie  
8th ... Finn Lydon  
Brown Female 1st ... Tracey Brookes  
2nd .. Liz Heaton

## 2016 East Midlands Urban League

Junior Men 3rd.... Charlie Rennie  
6th.... Oscar Ferris  
Junior Women 1st.... Ashleigh Howells  
3rd.... Jess Dring-Morris  
5th.... Imogen Wilson  
7th.... Olivia Jenkinson  
Men's Open 3rd.... Julie Ferris  
8th.... Finn Lydon  
Women's Open 1st.... Liz Heaton  
7th.... Tracey Brookes  
Men's Vet 8th.... John Worth  
9th.... Alastair Paterson  
10th.. Mark Sherriff  
Women's Vet 8th.... Ursula Williamson  
Men's Ultra Vet 3rd.... Robert Haskins  
7th.... Simon Ford  
9th.... Roger Edwards



## 2016 UK Urban League

Junior Women 1st .... Ashleigh Howells

Men's Ultra Vet 9th .... Kevin Gallagher

## 2016 UKOL Individual League

M16 10th ..... Ethan Tebbutt

M18 8th ..... Finn Lydon

W20 3rd ..... Hannah Cox

W35 2nd ..... Liz Heaton

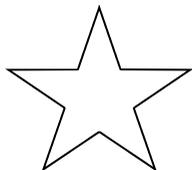
M75 5th ..... Peter Leake

M80 4th ..... Donald Moir

# Racing Challenge and Navigation Challenge Awards

Results submitted to British Orienteering are used to determine these awards. Most club members got their awards fairly soon after the scheme was introduced, so new awards are mainly for newcomers and juniors moving through to the courses with higher levels of technical difficulty. The latest awards made are:

### *Racing Challenge*



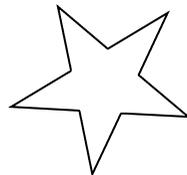
Gold 3 stars: Helen Rennie

Silver 4 stars: Ben Hardy, Bob Titterington

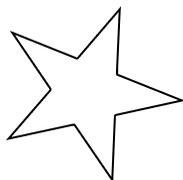
Silver 2 stars: George Rennie

Bronze 5 stars: Caitlin Chafer, Reed Lydon

Bronze 3 stars: Daisy Rennie



### *Navigation Challenge*

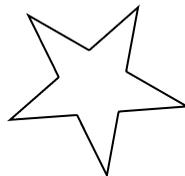


Navigation 5 stars: Catlin Chafer, Reed Lydon

Navigation 4 stars: Ben Hardy, Bob Titterington

Navigation 3 stars: Daisy Rennie, Helen Rennie

Navigation 2 stars: George Rennie



# Bradgate Trust 90th Anniversary

We have been invited to put out an orienteering stall on Saturday 4<sup>th</sup> August, 10am to 4pm. The day is attempting to get people to venture further into the park and not just use the main road! If you are

not at the Scottish 6 Days, your help would be welcome to get people to use the orienteering trails. Please contact me.  
*Roger Edwards*



# Events 2017 and Beyond

Whilst LEI will not be staging any major events in 2017, I hope that you will find the event programme interesting and enjoyable.

We will be contributing five events to the EMOA League. One, on 2<sup>nd</sup> April, will be at Irchester, near Wellingborough. We rarely use Irchester for Level C events, primarily because of its distance from the rest of the region. Irchester is arguably one of our most interesting areas with its complex earth banks and gullies, which are the result of iron ore extraction. Please support the club at this event, though it may mean a slightly longer drive than normal to an LEI event.

One of our two EMOA Urban League events will be at Shepshed in November. This is a new map drawn for the club by Mike Hampton. Attendance at most Level C urban events is much lower than the equivalent 'forest event', and given the rising cost of staging these events and the volunteer requirements, the club's Events Sub-Committee has recently had a discussion as to whether we can continue to support two events in the EMOA Urban League. I am aware that a similar discussion is going on in other clubs. For the moment, the 'jury' is still out and we shall continue to review the situation.

The 2017 Summer League will start on Tuesday 25<sup>th</sup> April. Ursula has put together a varied programme. At the time of writing this, there are still some

organiser slots that are vacant. Please contact Ursula if you would like to volunteer. Speaking of volunteers, can I remind everybody that each of the Level D events needs three or four people to stay behind to help collect in the controls. If you enjoy your summer evening events, please make this your contribution to the league. Please don't wait to be asked by the organiser - volunteer at registration.

In 2018, we are hosting a UK Orienteering League weekend. On Saturday 17<sup>th</sup> March, we will be putting on a Level B Sprint. Jeff Baker of LOG is currently mapping an area in the centre of Leicester – Leicester Castle and the Newarke. On the Sunday, we are hosting the Midlands Championships at Belvoir Castle. We rarely get a chance to hold an event at Belvoir and it will be 8 years since we have run there. It is the first time for many years that we have run a "double header" weekend and two quality events should attract large numbers from all over the UK.

September 2019 sees LEI pencilled in for the British Sprint Championships. This is one of the most difficult events to stage. We hosted a very smoothly run event in 2013 and I hope that the event in 2019 will be equally trouble free.

*Chris Phillips*  
*Events Coordinator*

Have you renewed your membership to LEI yet?

No?

Go to the British Orienteering Website to renew now!



# Club Chat

Congratulations to Ashleigh Howells and Charlie Rennie, who have been selected for the England Team to take part in the World Schools' Orienteering week. This is being held in Palermo, Sicily, from 22nd to 28th April, 2017.

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

Andy Simpson, Toni O'Donovan, Ellen Simpson and Eion Simpson

In the 2016 UK Orienteering League, Individual League, the following were the top three placed LEI members out of 2563 positions:

Don Moir .....75th .....458 points

Hannah Cox.....105th ..... 438 points

Ethan Tebbutt .....157th ..... 391 points

Congratulations to the following members who have received colour-coded awards since the last LEI NEWS. To achieve a colour coded award, you need to get a minimum of **three** qualifying standards, i.e. race round a course within the winner's time plus 50%. The time standard for each event is normally shown on the results front page, so you can easily work out if you have met it. If you have missed out on your certificate, please apply to the Development Co-ordinator, Roger Edwards.

The following are the top ten LEI orienteers in the British Orienteering rankings as at 31st December, 2016.

Pos.	Nat.Pos.	Name	Points
1.....	116.....	Finn Lydon .....	7805
2.....	395.....	Jamie Rennie .....	7344
3.....	473.....	Hannah Cox .....	7266
4.....	489.....	Euan Tebbutt .....	7252
5.....	566.....	Matt White .....	7185
6.....	594.....	Nick Wilson .....	7152
7.....	665.....	Tom Barber .....	7101
8.....	829.....	Ian Wilson .....	6977
9.....	907.....	Lucy Taylor .....	6922
10.....	937.....	Andrew Ward .....	6900

Colour Standard	Member
Yellow	Ben Glover Robyn Jarvis
Orange	Helen Rennie
Light Green	Ben Hardy Libby Barber David Jenkinson
Green	Hilde Andersen
Blue	Charlie Rennie Imogen Wilson David Seaman

In the 2016 UK Orienteering League (UKOL), Club League, LEI had a counting team and this was positioned 15th out of 115 teams. The team comprised:

John Worth (M50), Ursula Williamson (W50), Matt White (M45), Euan Tebbutt (M18), Ethan Tebbutt (M16), Jamie Rennie (M45), Donald Moir (M80), Finn Lydon (M18), Peter Leake (M75), Liz Heaton (W35), Alison Hardy (W50), Simon Ford (M70), Julie Ferris (W45), Hannah Cox (W20) and Anna Barber (W16).



Further to Alan's article on the Garmin Forerunner Battery Replacement in the summer 2016 edition of the LEI NEWS, Simon Starkey has informed us that if you type 'Garmin forerunner 205 replacement battery' into the Amazon search bar, you are offered replacement batteries which should avoid having to cut the lug inside the case (step 6). One of the batteries also comes with a pry tool to assist with the opening of the case, without having to resort to a Stanley Knife. The search also returns a company in Germany that will replace the battery for you, if you don't fancy doing it yourself.

## EMOA LEAGUE 2016

*Any member with a top three place should note that the presentation of your prize will take place on Sunday 19th February, 2017, at 10.15am, preceding the EMOA league event at Beacon Hill.*



**Don't forget!**  
**The LEI NEWS can be found online, in full colour at**  
**[www.leioc.org.uk/members/lei-news/](http://www.leioc.org.uk/members/lei-news/)**

## Travel Support Scheme - Now Enhanced

A few members benefit from the club's travel support scheme. Recently, I have had claims for Caddiehoe Chase, November Classic in the New Forest, Chinley Churn and the Southern Night Championships.

During the autumn, our scheme was enhanced. As one of the seven orienteering clubs to be registered as a Community Amateur Sports Club (CASC), we are entitled to pay travel and subsistence expenses for longer journeys, i.e. those of two hours or more. Our scheme now includes all forms of transport, not just car mileage, and covers accommodation costs, too.

Receipts will be needed for these expenses to be reimbursed.

The scheme relies on club members making gift aided donations, with both

you and the club benefiting.

This year, the British Nights, JK, British Long in the Lake District, the Scottish 6 Days and the White Rose are some of the events which will qualify. However, beware if you extend your stay to include extra holidays, as you may not meet the requirement of three quarters of the days being spent on orienteering training or racing.

If you are thinking of using the scheme for the first time, you might want to speak to the Treasurer to confirm what you plan to do is acceptable.

*Roger Edwards*  
*Treasurer*



# East Midlands Champions - 2016



W10: Daisy



M12: Ben



M14: Charlie

W16: Jessica



M18: Finn



W35: Liz Heaton



The following members became East Midlands Champions following the event at Wakerley Woods on 27th November, 2016. On the day, the presentations were performed by EMOA president, John Woodall. Jessica had her cup awarded later by club chairman, Chris Phillips.



*M40: Roger Phillips*



*W50: Alison Hardy*



*M65: Roger Edwards*

*Photographs: Ben Hardy, Roger Phillips and Alan West*

*M70: Simon Ford*



*M75: David Anderson*



*M80: Donald Moir*



# OMM 2016

For my 16<sup>th</sup> birthday, I thought it would be a good idea to do the Original Mountain Marathon with my dad. The event was at Glentroot, in south-west Scotland, and we entered the D course, which was 20.9 km with 1365m of climb and 11 controls on day 1 and 17.2km with 1035m of climb and 9 controls on day 2. We arrived at about 9pm on the Friday evening, set up our tent, had dinner and headed shortly after into our sleeping bags.

On Saturday morning, we woke up at 6am to a dark and boggy campsite and began the 5km walk to the start. Number one seemed a relatively easy control straight up a track, then a bearing to a spur and there was a stream behind it as a catching feature. When we finally found the control an hour and 37 minutes later, we realised we may have overestimated our navigation skills and underestimated the Scottish terrain. For the rest of the day, we had no other drastic navigation errors but the majority of the course was very marshy and boggy, which made us very slow moving. We finished day 1 by the light of our head torches, having been out for 10 hours and 31 minutes, arriving back only 20 minutes before courses closed. When the results were published

that evening, my mum back home seemed rather worried about what such a lengthy time might be suggesting about our time for day 2, much to my brother's amusement. We set up our tent swiftly, made some food, had a nap, cooked more food and then settled down to sleep.

I woke up on my 16<sup>th</sup> birthday to the sound of bagpipes - we were undoubtedly in Scotland! The morning alarm of the bagpipes was gladly welcomed by me as I spent much of the night awake because it turns out Scotland is pretty cold in October. Dad had carried a cake and a candle secretly in his rucksack and sang 'Happy Birthday' to me, and then we packed up and headed to the start for another day in the hills. We began the course not too well again, with a mistake on control one, but picked up some time on number two. However, this cannot be said for control three; we spent a good hour standing on the wrong hill wondering where the control was. Then we headed to control 4, a long leg, so we took it slowly - not that we could have gone fast as the hill was so steep and it was so big we could not see the top (where the control was), as it was in the clouds. By the time we got to the top, we couldn't see more than a couple of metres in any direction and everything looked the same, so we used the technique we had been using for most of the weekend - wandering around lost for a good hour before stumbling upon the control. After a creative route choice up a scree slope to control 5, the rest of the course actually began to go well. However, after a disastrous control 3 and 4, we were up against it to make it back before courses closed, but we made it in 8 hours and 15 minutes, with 45 minutes to spare.



*Anna and Kevin Leaving the start line.*





With a combined time over the weekend of 18 hours 46 minutes and 34 seconds, we definitely got our money's worth. It was a really challenging event, but I'm pretty sure it's a birthday I will never forget!

*Anna with her birthday cake*

N.B. The only sting in the tail was that on arriving back in Leicestershire not long before midnight, I had developed a pain in my heel - going downstairs was especially hard. To cut a long story short, I've been receiving Physio for grade 2 tears to my Achilles and not managed a proper run since, and as anyone who has suffered with this kind of injury will know, the recovery is frustratingly slow .... My wish for 2017 is a fully-recovered Achilles tendon!

*Anna*



## Communications

The club has set up a number of ways of keeping you informed of our activities.

You are reading one of them now, the LEI NEWS. You may, however, be missing other means we use.

We send a weekly email to your British Orienteering registered address, using a MailChimp service. We use MailChimp to inform you of new events and activities you might wish to go to and advise you about the successes of club members.

You are able to unsubscribe from this, but you may then miss important updates.

If you have unsubscribed in error, then you can re-reinstate yourself by using the sign-on screen at the left hand foot of the club's web page.



You may also use the Facebook pages for Ashby Map Runners and Leicestershire Orienteering Club .

You also receive East Midlands Orienteering Association's newsletter by email. Our President has provided the cover page for many, many years and this is sent to you by our Membership Secretary.

*Roger Edwards*



# Bagworth-by-Sea: Our Expedition to Culbin Forest

This article tells of our mini adventure on the final weekend of October, when we went to Culbin Forest for two days of orienteering on Scotland's Moray coast. I first spotted this weekend in the BOF fixture list some months earlier and, after researching travel options, we decided to take the plunge for a weekend trip to Scotland, and our first ever time flying to an orienteering event. Unfortunately, a clash of dates meant we were sorry to miss the LEI club champs at Bagworth that same weekend. Having to decline Alan and Wendy's request for help at the Bagworth event, we instead offered to write an article for the club newsletter. I remember Iain Philips overhearing this offer and saying it would be better to wait and see how we fared before committing to an article – a sage, but rather pessimistic observation!



*Culbin Forest*

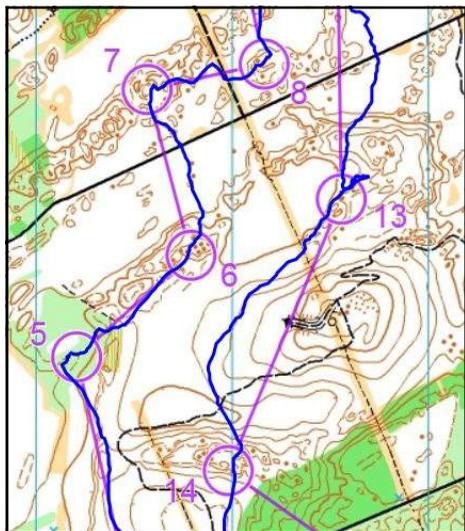
For those who don't know, Culbin Forest is on the coast of the Moray Firth about 15 miles east of Inverness. It was once the largest dune system in the UK, and in its natural state, it was covered in dune grasses, rather than trees. Locals harvested the grass to use as roof thatching, which destabilised the dunes and made them prone to erosion. Several

farms and a small village were lost to the shifting sands and inundation by the sea before the forest was planted in the late 19<sup>th</sup> century. Since then, the trees have stabilised the dunes, protecting the fertile arable land further inland from storm damage, as well as providing timber. Interestingly, the first few attempts to establish a forest failed because the saplings were washed away by the wild conditions, until the Victorians had the bright idea of protecting them with a carpet of dead wood brought from elsewhere – who knew that brushings could actually be useful?! Culbin is now a mature pine forest and a dream for orienteering, having extensive sand dune contours and virtually no undergrowth (although see later...).

....we were sorry to miss the LEI club champs at Bagworth that same weekend.

We first visited the area in 2013 for the Scottish 6 Days, when we were relatively new to the sport. Our first experience of orienteering on areas of forested sand dunes, with their complex contours and detailed features, was a real eye-opener – very different from the East Midlands areas we had been used to. However, the best part of Culbin Forest was embargoed in 2013 (it was kept as a reserve area for WOC 2015), so we knew that the very best of Moray's sand dune forests was still to be experienced, and hence the attraction of this weekend.



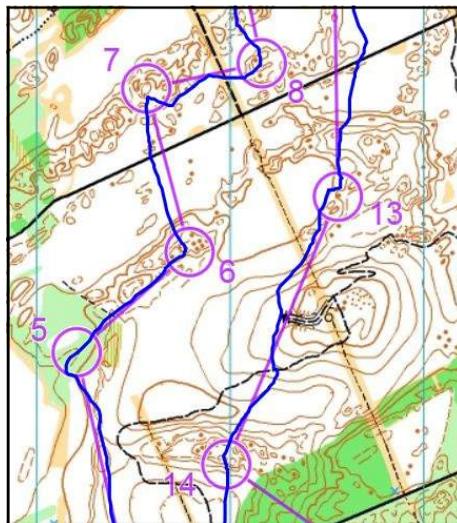


*Liz's GPS track from Saturdays event.  
Contour interval 2.5m*

A complicated set of work commitments and travel logistics saw Liz and I converge at Luton Airport Parkway from opposite directions on the Friday evening to start our weekend jolly. We flew to Inverness and picked up a hire car. After about 15 minutes, we figured out how to disengage the handbrake (by way of a tiny button) and we were on our way. Fortunately, no hill starts were required and we checked in at the local Premier Inn as per tradition on our orienteering jaunts.

### **Saturday: Central Culbin**

Saturday's race was a middle distance event in the central part of the forest. Unusually, we decided to run the same course. Liz normally runs a longer course than me, but for a middle distance race the courses are all shorter, so we agreed to both run blue to give us the opportunity to compare notes afterwards about route choices and navigation. It did mean that for the first time in several years we were competing head to head, so no pressure!



*Chris's equivalent GPS track*

On arrival, we found there were several other English accents besides us, including runners from OD, TVOC and WCH. Culbin is obviously a big attraction in the orienteering world, plus the coincidence with half term helped for some. Moravian Orienteers, the local club, coped well with a bumper turnout. There were over 800 entrants across the weekend's three races, with two races being run in parallel on Saturday: the middle distance race and a Scottish junior relay competition. For a single club to host such a set of events over one weekend is impressive, and it certainly seems that the sport is thriving up there.

We made our way to the start. Oddly, we had been allocated start times only 1 minute apart, despite being the only two entrants from LEI, plus having the same surname and running the same course. After travelling all this way we didn't want to be running around the course together, but thankfully the helpers at the start



managed to make a swap and I actually started 9 minutes after Liz.

**Liz:** I set off cautiously, but still made a few errors early on, including going straight from 1 to 3, which meant Chris, who started 9 minutes back, caught me at no. 16. I managed to reel a little time back by the finish, taking a few direct lines and pushing hard, but he still beat me by eight minutes!

**Chris:** I was deliberately careful to No. 1, feeling nervous and conscious that I needed to 'get my eye in'. My nerves were made worse by seeing at least a dozen people already wandering around looking completely lost! It crossed my mind that the whole weekend might be a disaster... but I found No. 1 okay and settled down after that. A small mistake on 9, which was in a low-visibility area of light green, cost me 2-3 minutes. I made a poor route choice on 17, cutting across a block of heather which slowed me down, when I should have used a path to go round.

Overall, we were both pleased, and felt we'd held our own with respectable runs against the seasoned locals. Liz took half an hour off her time from 2013 on a comparable course. I was very pleased to get ranking points. I'm not a fast runner, and I'm not great with physically demanding terrain, either, so I

My nerves were made worse by seeing at least a dozen people already wandering around looking completely lost.



*Proudly flying the flag for LEI in our club tops. Hopefully Roger Phillips will be pleased to see.*

enjoyed the navigation challenge with nice terrain underfoot.

Afterwards, we walked around a bit of the area with our maps, to practise reading the contours and features without the time pressure of being in a race – well worth doing if you have time. We then partook of the Halloween cake stall, and Liz climbed the tower on 'Hill 99' (the tower on the map excerpt above) to get a great view of the forest canopy and the Moray Firth, complete with mothballed oil rigs (at the time of writing, North-Sea oil was not very profitable due to the low oil price). We also saw Goldcrests, and got a distant sight of Crossbills, but alas we hadn't managed to squeeze the binoculars into our EasyJet baggage allowance.

If you've never experienced terrain like Culbin, the natural reaction when you first see the map is to be overwhelmed by the complexity. That was certainly our reaction in 2013. Then, my approach was to use paths and rides as much as possible, and to minimise the amount of contour interpretation. But now, I have come to a different conclusion: that the contour features really should be used as the primary means of navigation. There are parts of the Culbin map, far away from paths and rides, where contour lines and dot knolls are literally the only thing printed on the map. So there's no choice;





you have to be prepared to use contour features for everything: for rough navigation, for your attack point, and for fine navigation to the control. This lesson was definitely learnt the hard way!

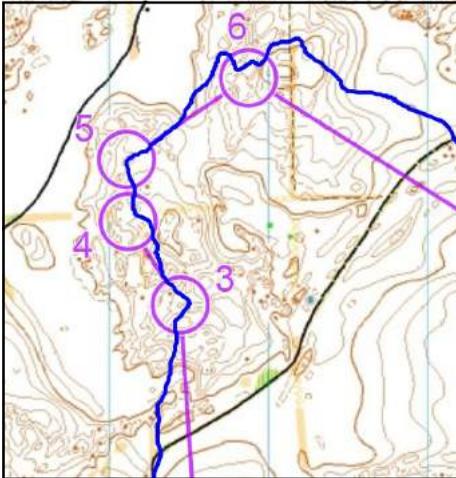
We had had opportunities to improve our skills on sand dunes earlier in 2016, having competed at Kenfig, in South Wales, and at Ainsdale on the Lancashire coast. Both of these areas are mainly open (grassed) sand dunes, but with the same type of contour features. I am far from an expert, but for what it's worth, I'll give you my thoughts on the navigation technique.

In fact, the best learning experience I've had was not in races, but during the 'training day' before the first day of Croeso 2016 at another Welsh dune area: Merthyr Mawr. We walked around this area, maps in hand, for about an hour discussing what features were easily recognisable on the ground, and what weren't. The key lesson I learnt was that, on a 2.5m contour map, it is only the hills (and re-entrants) with two or more contour lines which I should expect to be

easy to recognise. All the features on the map which involve just one contour line (or worse: form lines/dot knolls) are unreliable, particularly when racing – some might be easy to spot, but most require you to get very close, and carefully study the shape of the land. My main strategy for navigating at Kenfig, Ainsdale and Culbin all derived from this one principle. Areas of the map which contain only single-contour features (small knolls, shallow re-entrants. etc.) were to be ignored, and crossed without even attempting to reconcile the ground to the map. Only 'large' hills with at least 2 contour lines were to be used for navigation where at all possible. This helped me to simplify the route. With thousands of small contour features on these maps, simplifying the navigation can make a big difference.

At Culbin, the navigation was harder than Ainsdale and Kenfig because of the trees, and, hence, the reduced visibility, but the same principle still applied. And if you look past the detail of all the small features on the Culbin map, the dunes have many large features which are





*Chris's GPS track from Sunday's event.  
Contour interval 2.5m*

much simpler to spot. Most of the dunes take the form of long ridges, several contours high, which stand out distinctly from flat surroundings, and the ridges often have large undulations which can also be used for rough navigation, before you get close to the control, and finer navigation is needed. I'm sure there's more to it, but this strategy has at least served me better in 2016 than my previous one did in 2013!

### **Sunday: Culbin East**

Sunday's race was the main event, being a Level B event in the Scottish O league and a classic long distance race. MOR also staged an impressive Halloween-themed "spooky woods" string course in a patch of dark woodland (mapped as light green) adorned with cobwebs, skeletons, pumpkins and ghosts. We resisted the temptation of the string course and walked on to the start, Liz for a Short Brown (8.8km, 180m) and me for a Short Blue (5.7km, 125m). Both of us were running at the upper end of what our fitness permits, keen to make the

most of the opportunity to run in this splendid terrain. Interestingly, the final details had said that every course would have a 'long leg', and it turned out they really meant it! Our long legs were 2.5km and 1.5km long, respectively. Relocating by going back to the previous control is clearly not an option on such a leg, so it was quite daunting. However, it was probably more of a psychological barrier than anything, because for the long legs you could use the rides and paths for a lot of the running, so the navigation was not really harder than for other legs.

**Liz:** I definitely got value for money on Sunday by electing to do Short Brown. I was reasonably happy with my run on the whole, but it's a good job it isn't eligible for the LEI Clock Trophy. I had a double-sided A3 map, but even that didn't cover the full area of the forest. My map also had a new symbol - vertical blue and yellow screen for 'tidal salt marsh'.

Out on my course, I had an interesting mix of open and dense woodland covering detailed contour ridges. I got on fine for the first eight or so controls, but struggled with two in the 'physically and technically demanding newly-mapped area, which consisted of dense birch saplings interspersed with broom, gorse and brashings – not what I had expected to encounter at Culbin! I think it was an attempt to give the locals and elites somewhere new to run. I struggled to navigate in, or even move through, the change in vegetation and the air was tinged with a few well-placed expletives until Graham Gristwood thoughtfully turned up just at the right moment to lead me into a control I couldn't find in the undergrowth. Much appreciated, and I look forward to returning the favour one day if Graham ever comes to Bagworth!

More colourful metaphors ensued as I attempted to extract myself back into



Later on, my concentration was interrupted by red squirrels ...

although the scratches I received were nothing compared to Iain Philips' battle wounds from Bagworth, as seen at the AGM! This was followed by my long leg – the first time I've taken 30 minutes to do one leg with no error. Satisfying to spike the control on the other side, though! Later on, my concentration was interrupted by red squirrels chasing through the branches above.

**Chris:** My course went straight into a light green area, controls 1 & 2 being in low-visibility trees – which I know I often make mistakes in. I took a lot of care to get 1 & 2 right, and proceeded to the middle part of my course, on glorious runnable white woodland, in a happy mood. I got a little disorientated at 6, which was on a vague hillside covered in very shallow re-entrants and depressions. Like Liz, my long leg went well, and the satisfaction of spiking the control after trundling through a very quiet forest on my own for 17 minutes was great. At one point, I startled a roe deer, which galloped off at amazing speed down a re-entrant.

The final section of my course was 3 controls in low visibility trees again, this time a mixture of light green and mid green, which was really dense 'push the

branches out of your face' stuff. I made a couple of mistakes, especially at 13, and struggled to relocate because of the low visibility. Overall though, I had a decent run and was quite pleased. Clearly, the next thing I need to work on is tactics for light green/mid-green woodland!

After the event, we headed straight back to Inverness airport, dropped off the hire car and checked in all our smelly O kit. We reflected on a fantastic weekend and how much fun we'd had getting to know Culbin Forest. It really is a special place, especially through the eyes of an orienteer. The logistics of the weekend had worked pretty well, too, but unfortunately that was too good to last. After boarding the plane, along with a massive group of excitable American teenagers on a school exchange trip, we were held on the runway for 2 hours before taking off because of fog in London. We finally got home around 11.30 on Sunday night, collapsed in a heap, and set the alarm for work the following morning. The combination of the travel and the orienteering made for a hectic and tiring weekend, but it was definitely worth the effort, and we'd both do it again without hesitation.

*Chris and Liz Heaton  
(Main article written by Chris,  
course notes by both).*

**Did you know, World Orienteering Day is on Wednesday 24th May.  
For more information: [www.worldorienteeringday.com](http://www.worldorienteeringday.com)**



# Retired Man Chronicles: The Ups and Downs of an Orienteering Life

September begins with two lost compasses and a broken screen on his phone, but we have some joyful news, too, as our son Andrew has become engaged to the lovely Fiona. To celebrate, Retired Man offers to take them out for a meal, at The Railway of course, as he has collected enough loyalty stamps for a free meal. We also enjoy excellent Aldi champagne

RM volunteered to run a session for the youngsters at the Monday Groby club about bearings and pace counting, using the piles of tree protector tubes in Ratby Woodlands. Thank goodness all those kites and canes have gone from my kitchen floor. However, back home on Wednesday, he bends down to get a glass from the cupboard and his back 'pops'. The more difficult version of piles of tubes for the adults on Thursday night still goes okay.

Saturday finds RM travelling in Bob T's car to the Newark Hamfest, i.e. all things amateur radio, including Radio Orienteering. Later that day, I am in Newtown Linford with Hattie when a phone message arrives from John, who has been dropped back in Cropston but has no keys. He tries the hidden spare key but it does not work (as it fits Andrew's house instead!). I drive home to find him sitting on the garden wall, under our silver birch tree, relieved as he got into the back garden for a pee (hopefully not on the vegetable patch).

The next event is urban orienteering at Dishley. RM ran the course in 40:25, but at home we spend much longer than that looking at route choice, squinting to find

holes in hedges and discussing the message on the map legend - 'the uncrossable vegetation colour (50% full green with 50% black) has not been not used on this map' Does this 'not not' make sense?? He is pleased with his run as he beat Roger E (injured) by 23 seconds and Chris B, who was disqualified for missing the last control.

The following weekend, orienteering is forsaken. Edd, our son-in-law, has enlisted John and Andrew to join him for a thatching course, where I gather they did lots of practical work and lots of eating, too. Tumbledown Cottage will need re-thatching in a year or two.

How would you react to having an egg thrown at you?? RM returns from the Ashby pub quiz with a very realistic rubber egg. I have no idea why.

RM misses the Watermead event in favour of a trip to Nottingham, supposedly to buy a winter coat for grand-daughter Hattie. We park near a station and Hattie loves the tram journey, while 'Poppa' is collecting evidence about the 'efficiency of floor level passenger loading' to use for his HS2 research. Recently, he has been glued to the TV watching the Parliamentary Select Committee discuss the HS2 railway. But is there another motive to go to Nottingham and not to Watermead? Perhaps to avoid being lumbered with the results from the event? The next day, Roger Edwards phones, hoping to get some help starting the results. RM returns from Thursday night at The Railway with the results box after all. The results take much longer to sort out than usual, as various things went



wrong. I think the download box was not cleared from the last event?

After 'interacting' with an unfriendly twig, RM had a long scratch across his forehead, looking like an autopsy incision to open up the brain. He returns from the urban event at Bourne with more aches and pains, and moaning about the colour of the urban map, as the purple for the control sites and connecting lines does not show up.

The last weekend in October is the club champs and food at Bagworth. Unfortunately, he has been beaten by Roger and Chris, who seem to be back to good form now. The next day, the event at Cannock Chase will be remembered for having **missed the pub**. The reason: it is the weekend the clocks go back, but Chris had not altered his watch and with the extra hour there was **no need to hurry home**.

Oh dear, John's O shoes have been deteriorating but, hooray, he finds the shoe menders in Anstey will stick the sole back on for £7.50; a lot cheaper than £90 for a new pair.

RM does not star at the night 'O' at Burbage, but enjoys the après O at Wetherspoons and smiles as he relays the story of the ditch that is located between the finish and the last control, and who fell down it? Chris B

If his night O is not improving, neither is his radio O. The November event was near Pinewood Studios and he spent 30 minutes searching like a headless chicken for a transmitter that was only 25 metres away. He was disqualified for failing to finish within 2 hours.

RM was not having a good day. Following a visit to Birmingham hospital, he gets stuck in rush hour traffic, but just makes it to an evening event at South Charnwood School. However, afterwards, at home,

he cannot find his phone. He uses my phone to call it, but we cannot hear it ringing anywhere in the house, in the car or in his O kit. He uses the computer which tracks his phone to the playing fields of South Charnwood and drives back to find it. On the dark and frosty playing field, the phone has landed screen side up and not only rings but also lights up to show its location.

RM's idea of fancy dress at the Xmas event is to wear my old red O top and my Santa hat. He is outshone by the impressive elf costume worn by Simon and a horse's head (Peter Hornsby?). I have flash backs to the horse's head in 'The Godfather' film and 'making an offer you can't refuse' Well, John did have an offer he could not refuse: a big bar of Galaxy chocolate for volunteering to run a summer league event next year in Ratby Woodlands.

The next radio O event is another disqualification. RM is only 3 minutes late, but in his haste to finish on time, he tried to cross a barbed wire fence and ripped his O trousers.

Night O results are getting worse. At the event at Beacon Hill, RM is last to finish and "It took me as long to find the first control as the winner did to do the whole course!"

Rivalry returns at Walesby 'O' as John chases Chris around, but although Chris was the fastest, he also punched the wrong control.

On 19<sup>th</sup> December, we go to The Paget in Loughborough for an O social organised by Roy. Luckily, I win 3 bottles of booze. Ernie is walking with a stick and gives gory details of the operation where the anaesthetic put his muscles and pain sensors to sleep, but he is wide awake and listening while his old knee is chopped away. Dave Toach shows us a



photo of an 8ft pink thing wrapped in polythene and we guess that it might be a roll of pink carpet? A giant pink pen? It is, in fact, a giant pink lipstick from a display that Rachel is making. I had not seen Peter Hornsby for several months and am surprised by the thick fungus growing on his chin. After the buffet, there are quite a few little sausages destined for Hornsby's dogs and the Milo and Looch that I know. There is much discussion about how to represent runnability on maps. I have the answer to areas that are 'iffy', "Don't put any controls there," but I am called 'too sensible'.

On the last day of 2016, RM is at Martinshaw manning the finish. He runs the blue course and battles with Alan West, who set out 2 minutes ahead. "I caught him at no. 1, then went wrong at 6 etc, etc." RM wins by 4 minutes, but is beaten by Chris B by 2 minutes. My suggestion that perhaps Chris is better than him at orienteering does not go down well.

Oh dear, 2017 starts as 2016 finished. RM was confused by the new classes of Supervet and Ultravet, and ran as a 75 year old by mistake at the Belper urban event.

Chris B drives RM to the night O near Boothorpe and RM retires after unsuccessfully searching for no.9, but he will remember the evening for two reasons. Firstly, saving Chris from driving in the dark, at speed into the kerb, where the road unexpectedly becomes a dead end; and secondly in Ashby Spoons where he attempts to carry **two** pints of beer and succeeds. "But whose beer might you have dropped from your injured hand?" I asked. The reply: "Oh only Hornsby's."

As I write this article, the event at Bagworth has just taken place. Andrew had borrowed the automatic Octavia to

move a piano and RM had driven to Bagworth in Andrew's gear box car. This is an excellent sign of the recovery of his injured left hand. However, in the evening, RM cannot find his dibber. He has looked in Andrew's car and his O kit and decided perhaps it was dropped in the car park after download. Next morning, as soon as it is light, he sets off to Bagworth and finds the little red dibber in the gutter near where he had parked the car.

John has spent months on the computer researching about HS2: firing off emails and receiving replies from freedom of information requests, and attending meetings. He has been in contact with the Sunday Times and an article appeared in early December, but no credit was attributed to RM. The fight goes on.

New Year, but same old ups and downs.

*Irene Marriott*

Have you changed your email address lately?

If you have, then please don't forget to inform our membership secretary, Jane Dring-Morris, by email: [jane@dring-morris.com](mailto:jane@dring-morris.com) to ensure your contact details are updated.



# Winter League Table (abbreviated)

## Current Positions as at 17/01/2017

Pos	Name	Club	Class	Best 5	Handicap	Events	Total
1	Andis Ozols	DVO	M35	477	496	5	496
2	Edward Young	LEI	M45	352	394	5	394
3	Roger Edwards	LEI	M65	296	378	5	378
4	Andrew Ward	LEI	M21	330	330	4	330
5	Euan Tebbutt	LEI	M18	256	277	3	277
6	Ray Collins	WCH	M60	217	269	3	269
7	Chris Bosley	LEI	M65	204	261	4	261
8	Andy Portsmouth	LEI	M60	186	231	4	231
9	Peter Hornsby	LEI	M60	181	224	4	224
10	Philip Vokes	LUOC	M20	206	214	2	214
11	Chris Phillips	LEI	M65	167	213	4	213
12	John Marriott	LEI	M65	166	213	4	213
13	Iain Tebbutt	LEI	M45	187	210	3	210
14	Tracey Brookes	LEI	W50	174	209	3	209
15	Dave Marr	OD	M65	162	207	2	207
16	Jonathan Howell	WCH	M60	151	187	3	187
17	Ursula Williamson	LEI	W50	155	186	3	186
18	James Bennett	WCH	M21	180	180	2	180
19	Keith Willdig	OD	M65	138	176	2	176
20	Derek Herd	LEI	M45	153	171	3	171
21	Ethan Tebbutt	LEI	M16	144	162	2	162
22	Roger Devey		M65	126	161	2	161
23	Neil Pollitt	22 SR	M45	139	156	2	156
24	Craig Lucas	LOG	M20	143	149	2	149
25	John Wells	16 SR	M21	147	147	2	147
26	David Seaman	LEI	M45	130	145	2	145
27	Iain Phillips	LEI	M45	128	143	3	143



# Summer League 2017

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

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

Entry fees: Adults £4.50, Juniors £1.50

For results, please see [www.leioc.org.uk](http://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, giving everyone a chance of success in the league if they perform as well as their age would suggest they should. Overall, it is the best 10 events to count with a sub league of sprint/urban events, with the best 4 counting. All events include a technical course. There will always be an introductory level course for novices and young children, and where practical an intermediate standard course.

## Fixtures

This fixture list is intended to list events in and around the Midlands, and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated, local 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 data, but events are sometimes cancelled. If you are uncertain as to whether an event will take place, check with the organiser, check on [www.leioc.org.uk](http://www.leioc.org.uk) or check on [www.britishorienteering.org.uk](http://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 2017		
4th	LEI EMOA Level D	LEI Schools League, Donisthorpe Woodland Centre, Ashby, SK318141 Entry times: 11-12. No dogs allowed. Organiser: Peter Hornsby , mapping@lineone.net
5th	LOG EMOA Level C	East Midlands League, Stapleford Woods, Stapleford
9th Thursday	LEI EMOA Level D	Winter League 7. Night Event. Martinshaw Woods SK518070 Entry Times: 6.30-7.30pm Organiser: Chris Bosley Dogs: On lead.
11th	MDOC NWOA Level B	Twin Peak, Torver Back Common, Coniston
12th	MDOC NWOA Level B	Twin Peak, Bleathwaite and Little Arrow Moor
12th	NOC EMOA Level C	East Midlands League, Harlow Wood, Mansfield SK555570
15th Wednes- day	LEI EMOA Level D	Winter League 8. Day Event, Score. SK404113 Sence Valley, Ashby- de-la-Zouch Entry times: 11.00am to 12.00 Noon Organiser: Ursula Williamson.
19th	LEI EMOA Level C	East Midlands League, Beacon Hill, Loughborough Entry times: 10.00 am to 12.00 noon. Dogs: on lead. Organiser: Stephen Chafer , stephenchafer@aol.com
25th	LOC NWOA Level A	British Night Championships (UKOL), Great Tower, Newby Bridge. Organiser: Richard Towler
26th	LOC NWOA Level A	Northern Championships (UKOL), Bigland, Ulverston Organiser: Richard Tiley
26th	DVO EMOA Level D	East Midlands League, Lindop Wood, Matlock



<b>March 2017</b>		
5th	NOC EMOA Level C	Silverhill Wood, Sutton-in-Ashfield, SK473622
12th	LOG EMOA Level B	<b>CompassSport Cup Heat</b> , Burwell & Haugham, Louth, <a href="#">TF366823</a> No dogs allowed. Organiser: Sean Harrington
18th	LEI EMOA Level D	<b>LEI Schools League, Hermitage Leisure Centre, Whitwick, <a href="#">SK434157</a></b> <b>Entry times: 11-12. No dogs allowed.</b> <b>Organiser: Roger Edwards , <a href="mailto:rwmhedwards@gmail.com">rwmhedwards@gmail.com</a></b>
25th	OD WMOA Level B	Midlands Champs Weekend Urban (UKOL), Rugby, West Midlands Organiser: John Middler
26th	OD WMOA Level A	Midlands Championships (UKOL), Bently Wood, Atherstone Organiser: Robert Brandon
<b>April 2017</b>		
1st	LEI EMOA Level D	<b>LEI Schools League. Hood Park Leisure Centre, Ashby-de-la-Zouch SK357170, Entry times 11.00am—12.00 Noon.</b> <b>Organiser: Peter Hornsby, <a href="mailto:mapping@lineone.net">mapping@lineone.net</a></b>
2nd	LEI EMOA Level C	<b>East Midlands League, Irchester, Wellingborough</b>
9th	DVO EMOA Level C	East Midlands League, Crich Chase, Ambergate
14th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL), Brunel University, Uxbridge. Organiser, Helen Errington
15th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Middle Distance (UKOL), Ambersham, Midhurst. Organiser: Linda Pakuls
16th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Long Distance (UKOL), St Leonards and Holmbush, Horsham. Organiser: Mike Bolton
17th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Relays, Pi[[ingford Park, Forest Row. Organiser: Jerry Purkis



<b>April 2017 Cont.</b>		
23rd	NOC EMOA	East Midlands League, Strawberry Hill, Nottingham
25th Tuesday	LEI EMOA Level D	LEI Summer League 1, Grange & Battram Woods, Ibstock, <a href="#">SK425093</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Chris Phillips
<b>May 2017</b>		
3rd Wednes- day	LEI EMOA Level D	LEI Summer League 2, Fineshade, Corby, <a href="#">SP978984</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
6th	LOC NWOA Level A	British Long Championships (UKOL), High Dam, Newby Bridge
7th	LOC NWOA Level A	British Relay Championships, Summer House Knott, Newby Bridge
11th Thursday	LEI EMOA Level D	LEI Summer League 3, Ratby Woodlands, Leicester, <a href="#">SK497061</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: John Marriott
13th	LEI EMOA Level D	LEI Schools League, Donisthorpe Woodland Centre, Ashby, <a href="#">SK318141</a> Entry times: 11-12. No dogs allowed. Organiser: Peter Hornsby , <a href="mailto:mapping@lineone.net">mapping@lineone.net</a>
13th	DVO EMOA Level D	Rosliston Forestry Centre Informal Event, Rosliston Forestry Centre, Swadlincote. <a href="#">SK242174</a> Entry times: 1pm - 3pm. <a href="http://dvo.org.uk">dvo.org.uk</a>
13th	SO SEOA	Southdowns Weekend 1/2 Level C urban event - Chichester
14th	SO SEOA	Southdowns Weekend 2/2 Arundel Estate.
15th Monday	LEI EMOA Level D	LEI Summer League 4, Swithland Woods, Loughborough, <a href="#">SK537130</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organisers: Mark and Alison Hardy
21st	DVO EMOA Level B	Calke Abbey - East Midlands League - Yvette Baker Trophy Heat, Calke Abbey, Ticknall Organiser: Sal Chaffey <a href="http://www.derwentvalleyorienteers.org.uk">www.derwentvalleyorienteers.org.uk</a>



## May 2017 Cont.

24th Wednes- day	LEI EMOA Level D	LEI Summer League 5, Willesley, Ashby, <a href="#">SK328142</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
27th	HOC WMOA Level B	Springtime in Shropshire (SINS) 2017 Day 1 (UKOL), Long Mynd, Church Stretton
28th	HOC WMOA Level B	Springtime in Shropshire (SINS) 2017 Day 2 (UKOL), Ludlow
28th	CLARO YHOA Level C	YHOA Urban League, Wetherby, Harrogate
29th	HOC WMOA Level B	Springtime in Shropshire (SINS) 2017 Day 3 (UKOL), Brampton Bryan, Ludlow SO365721
29th	CLARO YHOA Level C	York City Race

## June 2017

1st Thursday	LEI EMOA Level D	LEI Summer League 6, Oakham Tops, Oakham, <a href="#">SK840074</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
7th Wednes- day	LEI EMOA Level D	LEI Summer League 7, Johns Lee Wood, Leicester, <a href="#">SK504105</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Alastair Paterson. Two sprints & short course.
10th	BOK SWOA Level B	BOK Blast Urban Orienteering, Bristol Harbourside East & Temple Quarter, Bristol. Organiser: Mark Dyer
11th	BOK SWOA Level B	BOK Blast City Race Euro Urban Orienteering, Bristol Harbourside North & Clifton Wood, Bristol. Organiser: David Hunt 0117 925 1891
13th Tuesday	LEI EMOA Level D	LEI Summer League 8, Billa Barra, Leicester, <a href="#">SK468111</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Derek Herd
17th	NOC EMOA Level C	East Midlands Sprint Championships, The Meadows, Nottingham, <a href="#">SK575382</a> (EMUL 2)



<b>June 2017 Cont.</b>		
18th	LEI EMOA Level C	East Midlands Urban League, Loughborough University, Loughborough (EMUL 3)
21st Wednesday	LEI EMOA Level D	LEI Summer League 9, Leicester Grammar School, Leicester, <a href="#">SP648983</a> Entry times: 6.30 - 7.30pm. No dogs allowed. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
25th	LEI EMOA Level D	LEI Schools League, Hick's Lodge Cycle Centre, Ashby, <a href="#">SK328156</a> Entry times: 11-12. No dogs allowed. Organiser: Roger Edwards , <a href="mailto:rwmhedwards@gmail.com">rwmhedwards@gmail.com</a>
29th Thursday	LEI EMOA Level D	LEI Summer League 10, Quorn, Loughborough, <a href="#">SK562165</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Iain Phillips. Urban event.
<b>July 2017</b>		
2nd	NATO NEOA Level B	Yvete Baker Trophy Final, Druridge Bay, Country Park, Alnwick
2nd	DVO EMOA Level C	East Midlands League, Longstone Moor, Buxton <a href="http://www.Derwentvalleyorienteeers.org.uk">www. Derwentvalleyorienteeers.org.uk</a>
4th Tuesday	LEI EMOA Level D	LEI Summer League 11, Aylestone Meadows, Leicester, <a href="#">SK575024</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
8th	AIRE YHOA Level B	Fat Rascal Weekend (UKOL), Peel Park/ Lister Park, Bradford
9th	AIRE YHOA Level B	Fat Rascal Weekend (UKOL), Bradford, Bradford
12th Wednesday	LEI EMOA Level D	LEI Summer League 12, Knighton Park, Leicester, <a href="#">SK606009</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Andy Portsmouth. Two sprints and short course
20th Thursday	LEI EMOA Level D	LEI Summer League 13, Cademan, Loughborough, <a href="#">SK439167</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Chris Bosley
25th Tuesday	LEI EMOA Level D	LEI Summer League 14, Abbey Park, Leicester, <a href="#">SK585054</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Kevin Bradley. Two sprints and short course



## July 2017 Cont.

30th/31st	MAROC SOA Level B	Scottish 6 Days - Day 1, Ballater, Deeside Scottish 6 Days - Day 2 (UKOL) Balfour Forest
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## August 2017

1st/3rd 4th/5th	MAROC SOA Level B	Scottish 6 Days - Day 3, Birsemore Hill Scottish 6 Days - Day 4 (UKOL) Creag Chionnich Scottish 6 Days - Day 5 Glen Feardar Scottish 6 Days - Day 6 Glen Feardar
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2nd Wednes- day	LEI EMOA Level D	LEI Summer League 15, Moira Furnace, Ashby, <a href="#">SK313152</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Tracey Brookes
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8th Tuesday	LEI EMOA Level D	LEI Summer League 16, Bradgate Park, Leicester, <a href="#">SK541114</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
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13th Sunday	LEI EMOA Level D	LEI Summer League 17, Castle Hill Park, Leicester, <a href="#">SK550087</a> Entry times: 11.00am - 12.00 Noon. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organisers: Alan & Wendy West, 60 minute score & short course
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17th Thursday	LEI EMOA Level D	LEI Summer League 18, The Park, Market Bosworth, <a href="#">SK411032</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> Organiser: Simon Ford
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20th	LOG EMOA Level C	East Midlands Urban League, Lincoln City (EMUL 4)
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23rd Wednes- day	LEI EMOA	LEI Summer League 19 Final and Presentations, Bagworth Wood- lands, Leicester, <a href="#">SK458068</a> Entry times: 6.30 - 7.30pm. Dogs: On Lead. <a href="http://www.leioc.org.uk">www.leioc.org.uk</a> 60 minute Score
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26-28th	EBOR YHOA Level B	White Rose Weekend, Barnscliffe, Scarborough
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## September 2017

2nd	DEVON SWOA Level B	Caddihoe Chase Day 1 (UKOL), Hayle
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3rd	DEVON SWOA Level B	Caddihoe Chase Day 2 (UKOL), Hayle
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<b>September 2017 Cont.</b>		
9th	SLOW SEOA Level B	SLOW City of London Race
10th	COBOC WMOA Level B	Peter Palmer Junior Team Relay, Birmingham
16th	AIRE YHOA Level B	Dales Weekend Day 1 of 2, Skipton
17th	AIRE YHOA Level B	Dales Weekend Day 2 of 2, Malham Moor
23rd	BASOC SOA Level B	Veteran Home Internationals - Relay, Scotland
23rd	SEOA Level B	Junior Inter Regional Championships - Individual
24th	BASOC SOA Level B	Veteran Home Internationals - Individual, Scotland
24th	SEOA Level B	Junior Inter Regional Championships - Relays
24th	DVO EMOA Level C	East Midlands League, Kedleston Hall, Derby Organiser: Stuart Swalwell <a href="http://www.derwentvalleyorientees.org.uk">www.derwentvalleyorientees.org.uk</a>
30th	EAOA Level A	British Sprint Championships (UKOL), Campbell Park, Milton Keynes Organiser: Peter Woods
<b>October 2017</b>		
1st	Level A	British Middle Champs (UKOL), Wendover Woods, Aylesbury Organiser: Mike Cope
8th	LOG EMOA Level C	EM Urban League, Stamford. (EMUL 5)
8th	NN NEOA Level B	NN October Odyssey - Day 1, Bewick Moor South, Alnwick



<b>October 2017 Cont.</b>		
9th	NN NEOA Level B	NN October Odyssey - Day 2, Bewick Folly & Blawearie, Alnwick
14th	SYO YHOA Level B	British Schools Score Championships, Wentworth Castle, Barnsley
15th	<b>LEI</b> <b>EMOA</b> <b>Level C</b>	<b>East Midlands League, Burrough Hill, Melton Mowbray</b>
22nd	DEVON SWOA Level A	CompassSport Cup Final, Virtuous Lady, Yelverton, <a href="mailto:SX497694">SX497694</a> Organiser: Nicholas Maxwell , nmaxwell.binnlodge@btopenworld.com , 01752 739040 <a href="http://www.devonorienteeringclub.co.uk">Devon Orienteering Club</a>
28th	CUOC EAOA	Cambridge City Race 2017, Cambridge.
29th	DVO EMOA Level C	EM Urban League, Chesterfield (EMUL 6) Organiser: Claire Selby <a href="http://www.derwentvalleyorienteers.org.uk">www.derwentvalleyorienteers.org.uk</a>
<b>November 2017</b>		
4th	SOC SCOA Level B	Southern Champs Weekend Urban Race (UKOL), Southampton
5th	SOC SCOA Level B	November Classic and Southern Championships (UKOL), Highland Water
5th	NOC EMOA Level C	East Midlands League, Boundary Wood and Haywood Oaks, Mansfield, <a href="http://www.leioc.org.uk">SK600570</a>
12th	<b>LEI</b> <b>EMOA</b> <b>Level C</b>	<b>EM Urban League, Shepshed, Loughborough (EMUL 7)</b> <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
12th	EPOC YHOA Level B	YHOA Superleague, Rishworth Moor, Ripponden
19th	BOK SWOA Level B	British Schools Orienteering Championships, Forest of Dean.



<b>November 2017 Cont.</b>		
19th	CHIG SEOA Level B	CHIG SEL event, Wormley Woods, Cuffley
26th	LEI EMOA Level B	LEI Level B, Spring Cottage, Ashby
<b>December 2017</b>		
2nd	TVOC SCOA Level B	Southern Night Championships, Penn and Common Wood, High Wycombe
3rd	NOC EMOA Level C	EM Urban League 2017, Nottingham (EMUL 8)
10th	DVO EMOA Level B	East Midlands Championships at Eyam Moor, Eyam Moor & Bretton Clough, Grindleford Organiser: Richard Needham <a href="http://www.derwentvalleyorienteers.org.uk">www.derwentvalleyorienteers.org.uk</a>
17th	LEI EMOA Level C	East Midlands League, Outwoods, Loughborough
<b>February 2018</b>		
11th	NOC EMOA Level B	East Midlands Championships 2018, Sherwood Pines, Mansfield
24th	SBOC WOA Level A	British Night Championships (UKOL), Pembrey (TBC), Llanelli Organiser: Roger Stein , rogerstein@sbo.org.uk , 01792 371450
<b>March 2018</b>		
17th	LEI EMOA	Midlands Championships Weekend Sprint(UKOL), Leicester Castle and the Newarke, Leicester
18th	LEI EMOA Level A	Midlands Championships (UKOL), Belvoir Castle & Estate, Grantham Organiser: Ursula Williamson , ursula.williamson.orienteer@gmail.com , 01509 412132



# Photo Gallery: Xmas Novelty



Top row L to R: Tracey Brookes, Jane Dring-Morris, Roger Edwards, Ursula Williamson



Left: Alan West

All photos:  
Wendy West



Bottom row L to R: Santa, AKA Pete Leake,  
John Marriott, Chris Bosley, Andrew Ward.

