

British Sprint Championships Host 2019



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Bike 'O'

Club Chat

Monday Club - 10th Anniversary

Retired Man Chronicles



Spring 2019

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Front cover: Iona and Imogen, whose individual performances earned them 2nd place for their school in the upper secondary school girls' team at the British Schools Score Championships.

Photo: Birthe Richter-Wilson

Points from the Editors



Welcome to the first 2019 edition of the LEI News. Where did 2018 disappear to?

There is a theme underpinning this edition - the importance of volunteering. BOF has announced 2019 as the year of volunteering in orienteering, something without which our sport would not exist. Therefore, please do give a little of your time.

Ursula is currently looking for 3 organisers to plug the gaps in her forthcoming summer league fixtures. Additionally, Bob, Ursula and Chris will be looking for a mountain of volunteers for our prestigious British Sprint Championships in September - more on page 5. Continuing the theme of volunteering, I'm sure you would like to join us in congratulating the Monday Club on their 10th anniversary (see page 14). As a novice orienteer around 8 years' ago (some would say I still am!!), I (Wendy) thoroughly benefited from the volunteers who ran the Monday Club as they coached me (alongside Simon, Alan and many others) to set me on my orienteering way. I have never looked back and am eternally grateful for their time and patience. A huge thank you to Birthe, who has organised the Monday Club since its inception - what an achievement! I hope Monday Club continues to go from strength to strength!

Finally, please don't forget to book your place at the annual club dinner by 17th February. We look forward to experiencing our new venue!

Wendy and Alan West



Ramblings from the Chair



Another Christmas and New Year holiday has come and gone, and it's time to look ahead to a busy orienteering year. In eight months' time, we will be hosting the British Orienteering Sprint Championships at Loughborough

University. The event will also be an IOF world ranking event. This is the first time that the "Sprints" have been a world ranking event and we should see around 100 elite orienteers from Europe taking part. Bob Haskins and I will be recruiting helpers – and we need a lot! Of course, we will be also having our usual programme of 26 local events and 6 regional events. The 2019 Summer League programme is printed in this newsletter and Ursula is still looking for a few volunteers to fill the remaining slots for organisers.

Talking of volunteers, as you may have seen from the BOF website, 2019, is the Year of the Volunteer. As a club we have a very good record of members volunteering to help. When I first joined LEI, I received a handwritten note from the club secretary (no email in those days) explaining that I was required to help at events and telling me that the organiser of the next event would telephone to explain what I was expected to do. He did!! We may be a little more subtle these days, but the needs for a large volunteer force are as important as ever. If you are not one of our regular volunteers, please consider stepping forward and offering to help. We really do need you. The equation is very simple:

no volunteers = no events.

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 Ursula Williamson for the splendid buffet. For the first time in several years, there has been very few changes to either the membership of the committee or officers. Andy Portsmouth has joined the committee, having taken over as Permissions Officer.

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 2nd March, 2019. The advert for this is elsewhere in the newsletter. After several years at the Kirby Muxloe Golf Club, we have a change of venue this year, the Longcliffe Golf Club. The second event is the regional heat of the Compass Sport Cup Trophy. At the time of writing, the draw for the heat has not taken place but we have asked to compete at the NOC event at Sherwood Pines on 17th March, 2019. 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 second replacement knee operation.

Chris Phillips



Captain's Corner



Happy New Year to one and all. If you are suffering from the post-Christmas blues, then now is the time to start planning your orienteering calendar. Our club has a few notable dates coming up that should help shape your 2019

orienteering calendar.

First up is our annual club dinner and presentation evening on 2nd March. This year, we have a brand new venue at Longcliffe Golf Club, Nanpantan. Orders need to be placed via the online form by 17th February. <http://ow.ly/5LCD30nbh1K>

Secondly, our round of the CompassSport Cup heats will be held at Sherwood Pines on 17th March, hosted by our neighbouring club, NOC. We will need at least 25 club members to make a team and those clubs that progress to the

final are always those with the biggest teams. Therefore, I need every club member possible to be part of the LEI team! Entries will be via www.fabian4.co.uk

Finally, a date for our juniors in the club. This year's regional heat of the Yvette Baker Trophy will be hosted by our neighbouring club, DVO, on 19th May at Calke Abbey. As the previous winner of the regional heat for the last 6 years, I am expecting a tough competition for our junior squad.

If those dates haven't hit the spot, then why not think about taking part in one of the LEI relay teams at either the JK or British relays? If that sounds like it might be for you, then let me know as soon possible.

Happy New Year.

Roger Phillips

Don't forget!

The LEI NEWS can be found online, in full colour at www.leioc.org.uk/members/lei-news/

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.



Junior Captain's Corner



The juniors had a great 2018 with a 5th place at the Yvette Baker Trophy final and a significant number of individual podium places at the major races throughout the year. In November, four LEI juniors gained podium places at the British Schools Orienteering champs: Daniel Glover, Ethan Tebbutt, Libby Barber and Imogen Wilson. Well done to everyone that competed!

During 2018, I have been part of the Young People's Board for British Orienteering, which is an initiative that has been set up to represent junior opinions within the sport. The first issue that we discussed was the junior calendar

and whether it works well for juniors trying to fit orienteering around school and other commitments, such as exams, etc. The current project is on girls in orienteering and how to encourage more girls to join and stay in the sport. This is a really interesting project and the report will be released in the spring.

The first major race for juniors will be the Yvette Baker qualifier race; we need a good turnout to ensure that we can make it into the final this year. But, before that will be the junior social on 4th February. I hope to see you all there!

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

British Sprint Championships

Leicestershire Orienteering Club are once again organising and hosting the British Sprint Championships at Loughborough University. Please put the date in your diaries - **Saturday 14th September 2019**. Loughborough University is a great venue for this event, and we are currently finalising the contract with the University and organising companies to provide entries, results services and first aid cover, etc. In 2013, we used the Hockey Pavilion as the event centre, but this year we are planning to use the Edwards Herbert Building, one of the main facilities buildings on campus.

Iain Phillips has started work as the Planner and the rest of the organising team (myself, Chris Phillips and Ursula

Williamson) are busy putting in place the main elements for the event. Our next task will be to find and appoint team leaders for various jobs: start, finish, event centre, car parking, etc. In 2013, we had about 60 helpers from the club (including a few friends) and we will, no doubt, be looking for a similar number this time. Because of the nature of the event, with morning heats and afternoon finals, it is very difficult for helpers to take part in the event itself. However, it was a great day in 2013 (helped by the weather) and we are looking forward to putting on another excellent championship in September.

Bob HASKINS



Top 10 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 2018, Moors Valley Country Park, 13th October 2018

45 minute score - Individual Results

Year 6 Boys	2nd ... Daniel Glover
Year 7 Boys	1st Ben Glover
Year 8 Girls	6th Robyn Jarvis
Year 10/11 Girls	2nd ... Iona Moss
Year 12/13 Girls	3rd Imogen Wilson 4th Peta Jarvis
Year 12/13 Boys	6th Ethan Tebbutt

British Schools Orienteering Championships 2018, Witton Country Park, 18th November 2018

Year 6 Boys	1st Daniel Glover
Year 9 Girls	3rd Libby Barber
Year 10 Girls	5th Iona Moss
Year 12 Boys	2nd ... Ethan Tebbutt
Year 13 Girls	2nd ... Imogen Wilson 4th Anna Barber 7th Peta Jarvis

Southern Championships, Hindhead and The Devil's Punchbowl, 25th November 2018

M14A	8th Harrington Leake
M85	1st Donald Moir

East Midlands Championships, The Dukeries, 16th December, 2018.

* Denotes East Midlands Champion

M10	1st Daniel Glover*
	6th Felix Jarvis
M12	2nd Ben Glover*
M14	1st Harrington Leake*
	2nd Ben Hardy
M20	1st Nick Wilson*
M40	3rd Andy Glover*
	5th Ed Chester
M45	1st Ed de Salis Young*
	8th Kevin Barber
M55	6th Dave Denness
	10th Jim Saville
M60	10th John Marriott (M70)
M70	4th George Normand
M75	1st Simon Ford*
	2nd Peter Leake
	4th Ernie Williams
	5th David Anderson
M85	1st Donald Moir*
W12	3rd Robyn Jarvis
W14	1st Libby Barber*
W18	1st Imogen Wilson*
	2nd Anna Barber
W35	2nd Liz Heaton*



W50 1st.....Alison Hardy*
 9th.....Jane Dring-Morris
 W55 8th.....Ursula Williamson
 W65 7th.....Maureen Webb
 Sh. Blue 9th.....Winona Shaw
 Blue 5th.....Richard Leake
 6th.....Ian Wilson
 Sh. Grn. 2nd.....Chris Heaton
 7th.....Chris Phillips

2018 UK Urban League

Ultravet Women 4th Maureen Webb
 Hypervet Men 7th Peter Leake

2018 East Midlands Urban League

Junior Women 3rd Libby Barber
 Men Open 6th Andy Glover
 Women Open 6th Imogen Wilson
 9th Tracey Brookes
 Veteran Men 6th Steve Chafer
 8th Alastair Paterson
 Vet. Women 6th Jane Dring-Morris
 S. Vet. Men 9th Andy Portsmouth
 S. Vet Women 4th Ursula Williamson
 Ultravet Men 8th Kevin Gallagher
 10th .. Roger Edwards
 10th .. John Marriott
 Ultravet Women 2nd ... Maureen Webb

2018 EMOA League

Yellow Male 2nd ... Felix Jarvis
 Orange Male 1st Ian Jarvis
 Orange Female 1st Robyn Jarvis
 3rd Matilda Tikkanen
 Lt. Gr. Male 2nd ... Phillip Caswell
 3rd Ben Glover
 Lt. Gr. Female 1st Libby Barber
 S. Green Male 1st Kevin Gallagher
 2nd ... David Anderson
 4th Peter Chick
 6th David Bray
 8th Ernie Williams
 10th .. Peter Leake
 S. Gr. Female 1st Ursula Williamson
 4th Maureen Webb
 8th Diane Ford
 Green Male 1st Simon Ford
 2nd ... Roger Edwards
 Green Female 4th Jane Dring-Morris
 Blue Male 9th Ian Wilson
 10th .. John Marriott
 Blue Female 2nd ... Alison Hardy
 6th Imogen Wilson
 7th Trish Lydon
 9th Jess Dring-Morris
 10th .. Tracey Brookes
 Brown Male 2nd ... Ed de Salis Young
 9th Richard Leake
 Brown Female 2nd ... Julie Ferris



Orienteering the Black Mountains by Bike

Ever since I knew Mountain Bike Orienteering (MBO) existed, I've had it in my mind that I'd like to try it out sometime. There aren't any events held in my neck of the woods (Pembrokeshire - there isn't even any foot orienteering here!) but I finally took my opportunity in early September at an event organised by the Black Mountains MBO club. This was a score course centered on Talybont-on-Usk in the stunning Brecon Beacons. Most MBO fixtures are score courses, lasting around 3.5 – 5 hours, which seems to me a good way to get more route choice in, as you are limited to travelling on certain tracks and bridleways on a bike.

On the day, I pulled up in the car park and nervously observed some very serious looking mountain bikes (it was all shiny hubs, specially fitted map boards and toe clips) that were being carefully adjusted, pumped up and attended to. I wasn't sure my cheap second-hand thing (crammed miraculously into a C1) was quite in their league! However, I was soon put at ease by a friendly participant in the car next door. Registration was pretty much standard, but with the difference that the maps and start control were in the same location. I watched with some curiosity as people punched start, took a map, and then casually went and sat down for a few minutes to plan their route, maybe even with a highlighter pen! It seems the planning is really key. As with foot-O score events, you need to decide the best way to hit as many high value controls as possible, within your ability, and bearing in mind gradient, possible weather-induced muddiness,

surface (stony, churned-up bridleways can be more treacherous than fun) and potential busyness (a tow path on a Sunday afternoon consists mostly of happily unleashed dogs and small children in my experience).

I'll admit I didn't plan too much myself, mostly because I have no concept of how fast I cycle on different terrain or gradients, so I decided it would have to be a bit more dynamic. Besides, I had already sneaked a look at the proposed area on a map the night before, and had picked out certain punishingly steep-looking hills I wouldn't bother attempting if there were controls on them. I then knew approximately which direction I should head off in. I aimed for something vaguely circular, sticking to roads where possible, and leaving myself a control near the start in case I had extra time.

My first control was at a bridge over the canal, and I was pretty sure I was in the correct place, but couldn't see the flag anywhere! I even got my camera out to take a picture of proof, when I finally clocked the S.I. punch wrapped around a rail. Evidently they didn't use the flags! It actually isn't needed, though, as the controls are at obvious points, like road junctions, with quite specific instructions (e.g. "telegraph pole") and are, therefore, easy to find. I suppose that since you are limited on where you can ride, and cannot map smaller features on a 1:25000 map, it isn't really possible to 'hide' any controls in small depressions or behind thickets in the middle of a wood!

The weather conditions were perfect (not too hot, not too cold, not too windy and



dry) and I enjoyed taking a slightly relaxed approach, stopping at picturesque places for a photo, drink or an indulgent slice of Soreen. Mostly I found the navigation straightforward, and it was the hills, rough bridleways, closed off tracks and tricky gates that made it more challenging. My timing worked out surprisingly well (fluke!) as I was back with 10 minutes to spare and didn't feel like I could have done any more in that time. Afterwards, people gathered at registration for the usual sort of comparison and discussion of routes, and chatted over a cuppa, and a spread of cakes and fruit kindly provided by (what

seemed like) some other halves. The lead lady and top 3 were announced and awarded to a round of applause.

I'm sadly injured at the moment, so won't be heading back out again as soon as I'd like, but I will definitely try this again. If anyone else has ever thought about having a go, I can thoroughly recommend it, I'm sure the Midlands MBO would love to see you! For more information go to www.bmbo.org.uk.

Esther Revell

East Midlands Champions



Some of our East Midlands Champions following the event Hosted by NOC at The Dukeries on 16th December, 2018. Photo: Tracy Barber



EMJOS

Every year, the East Midlands Junior Squad (EMJOS) travel all over the United Kingdom to take part in the Junior Inter Regional Championships (JIRCS). However, this year our region was host - so home advantage!

The individual races at sunny Chatsworth (29th Sept 2018) was a new experience for everyone, having not been used for over 10 years. The tough mix of the steep Rhododendron-covered escarpment behind the house and the fast parkland produced some amazing times.

EMJOS had a team of 17 juniors running in every class (M/W14, 16 and 18). Overnight, we were placed 6th behind South East, but just ahead of South Central and West Midlands.

The relay day on Carsington Pastures was physically dampened by the sea fret, but the race atmosphere was buzzing. The excellent spectator views of the area meant that the first and final stages of each leg were in full view. This made for

plenty of tension as the runners disappeared from view into the complex mix of pits and contours, only to return in different orders.

EMJOS remained 6th overall - behind South West and just ahead of West Midlands. The big race was won again by Scotland, but by a much smaller margin from North West, and Yorkshire and Humberside squads. Next year JIRCS will be hosted by Yorkshire and Humberside, so not too far to travel!

JROS and EMJOS would like to thank the EMOA for hosting these prestigious championships. A special thank you to all the people who helped with the preparation for the weekend: the helpers on both days and for organising the most luxurious accommodation at Mount Cook (Wirksworth) for over 250 athletes and adults.

Thank you from the EMJOS team.



LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

Saturday 2nd March, 2019. Gather from 7.00pm, seating at 7.45pm.

Longcliffe Golf Club, Snell's Nook Lane, Nanpantan, LOUGHBOROUGH. LE11 3YA

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:

Homemade Tomato and Basil Soup or Duck Liver Pate, with Red Onion Chutney
or Prawn Cocktail, or Duo of Melon with a Berry Compote
or Breaded Brie Bites with a redcurrant Dip
or Garlic Cream Mushrooms on a Puff Pastry Pillow.

Mains Choice

(all served with fresh seasonal vegetables and potatoes):

Roast Beef and Yorkshire Pudding
or Chicken Wrapped in Bacon with a White Wine Sauce
or Baked Salmon with a Dill Cream Sauce or Braised Pork Belly with a Cider Gravy
or Cod, Salmon and Prawn Fish Pie with a Cheddar Cheese Mash
or Mushroom and Brie Wellington Crisps (V).

Choice of Desserts:

Fresh Fruit Salad, or Apple, Sultana and Cinnamon Crumble with Custard
or Chocolate Ganache Tart or Treacle Sponge and Custard
or Mixed Berry Pavlova or Cheese and Biscuits.

Followed by: Tea/Coffee and Mints

Cost per Person: £22.00 Guests are welcome.

Bookings should be made by 17th February, 2019, via the club online entry system at <http://ow.ly/5LCD30nbh1K>

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.



Club Chat

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

Steven Rex

In the 2018 UK Orienteering League, Individual League, the following were the top ten placed LEI members out of 2611 competitors:

Don Moir1st.....550 points
 Peter Leake313th291 points
 Ethan Tebbutt364th273 points
 Andy Simpson.....424th249 points
 Toni O'Donovan....453rd239 points
 Richard Leake.....602nd197 points
 Alison Hardy665th186 points
 Jess Dring-Morris..711th177 points
 Roger Edwards715th176 points
 Howard Alcock.....837th150 points

Colour coded awards were recently achieved by the following club members:

Colour Standard	Member
Yellow	Daniel Glover Felix Jarvis
Light Green	Libby Barber Ben Glover
Blue	Kevin Barber James de Salis Young
Brown	Andy Glover

The following are the top ten LEI orienteers in the British Orienteering rankings as at 31st December, 2018.

Pos.	Nat. Pos.	Name	Points
1	107	Andy Simpson.....	7851
2	214	Ethan Tebbutt	7620
3	350	Nick Wilson.....	7450
4	363	Andy Glover	7439
5	394	Ed Young.....	7413
6	459	Richard Leake.....	7348
7	561	Toni O'Donovan....	7248
8	606	Howard Alcock.....	7204
9	820	Lucy Taylor	7017
10	839	Ian Wilson.....	7002

GDPR

You will find the club's privacy statement (dated May 2018) on the website at:

http://www.leioc.org.uk/wordpress/lei_members/Privacy%20Statement%20LEIOC%20May%202018.pdf

THINK FAST/RUN HARD/GO ORIENTEERING.

South London Orienteers are currently working on a series of training videos. These can be found on YouTube - search for South London Orienteers. Subjects covered at the time of going to print include setting the map and using the compass.



In the 2018 UK Orienteering League (UKOL) Club League, LEI had two counting teams and these were positioned 33rd and 94th out of 120 teams. The teams comprised:

LEI (A): Imogen Wilson (W18), Ethan Tebbutt (M18), Andy Simpson (M45), Tony O'Donovan (W40), Donald Moir (M85), Richard Leake (M50), Peter Leake (M75), Alison Hardy (W50), Simon Ford (M75), Roger Edwards (M65), Jessica Dring-Morris (W18), Jane Dring-Morris (W50), Chris Bosley (M70), Anna Barber (W18) and Howard Alcock (M45).

LEI (B): Edward de Salis Young (M45), Ursula Williamson (W55), Maureen Webb (W65), Andrew Ward (M21), Euan Tebbutt (M20), Mark Sherriff (M55), Andy Portsmouth (M60), Roger Phillips (M40), Trish Lydon (W50), Harrington Leake (M14), Ed Chester (M40), Tom Barber (M20) and Kevin Barber (M45).

The following BOF Incentive Awards have recently been achieved by members:

Racing Challenge

Bronze 2 Stars: Eoin Simpson

Bronze 5 Stars: Phil Caswell

Bronze 5 Stars: Tuomo Tikkannen

Silver 5 Stars: David Jenkinson

Silver 5 Stars: Phil Caswel

Gold 4 Stars: Ben Glover

Gold 5 Stars: Jim Saville

Gold 5 stars: James Rogers

Navigation Challenge

2 Stars: Eoin Simpson

4 Stars: Ben Glover

5 Stars: Phil Caswell

5 Stars: Peter Dargue

5 Stars: Jim Saville

5 Stars: James Rogers

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 janedringmorris@gmail.com to ensure your contact details are updated.

Dibber Hire Scheme

Club members who are currently hiring a dibber may now collect stickers for each hire and use these to buy an SI dibber through the club treasurer. Collect a sticker (value £1) for each hire at an LEI event and affix to your collector card. Redeem when you want to buy - just pay the difference between your card's value and the dibber price.

Roger Edwards



Monday Club - 10th Anniversary!!!

Has it really been 10 years since *Chris, John* and I started our first 'parent and child club' sessions at South Charnwood? (Little did I know then about the impact it would have on my family and the next 10 years of my life!!) There have been many, many highs (and on a personal level two knee replacements). Together we can be proud of our collective achievements over the years. Now we seem to have come full circle, being back at South Charnwood after many years at Groby College. As I'm slowly winding down my coaching duties as organiser of Monday Club, due to increased responsibilities at Loughborough University (I shall still help out on Mondays, though), I would like to take this opportunity to reflect on the last decade and recall some of my favourite moments.

First of all, I've been privileged to work

with many different LEI coaches over the years and I would like to thank you all for your support. One of my earliest memories was *John* 'misplacing' his car keys during the first block of sessions at South Charnwood. As an avid reader of the 'Retired Man Chronicles', I know now that this was not so unusual. *John* also liked to get juniors lost in 'Martinshaw Woods' during relocation exercises, until we had to send out a search party. He tried to explain radio orienteering on numerous occasions to me (all a bit over my head really!) and who could forget *John's* fabulous 'tubes' navigation sessions at Pear Tree Woods in the dark! *Chris* also used to be one of my regular coaches (and mentor). His teaching of basic and more advanced compass skills, estimating distance and cutting corners to young beginners was amazing to watch, and I have learnt a lot from him.



Egg & Spoon Race at the Beacon Hill picnic

Ben Windsor used to help out during his holidays and juniors loved his imaginative sessions. The games he designed were often 'mathematical puzzles', a lot of fun, but quite complicated ... I was amazed how well the juniors understood what he was asking them to do. *Howard's* popular young leader sessions culminated in young leaders helping with the planning of an





Coach Chris Bosley debriefing after a run.

event and organising the annual 'Children in Need' sessions. *Peter* is still famous for his ducks and exciting gym layouts. When I had to take a leave of absence during the spring of 2015, *Julie* and *Trish* took over for 3 months, which I was extremely grateful for. I will also never forget *Julie* showing us the fossils at Bradgate Park and giving us a Science lesson in situ. After losing some of the older juniors to university and pastures new, we had a big revival when first the *Rennies* and, a little later, the *Glovers* joined. Nobody can ever forget the fantastic, but physically demanding, fitness sessions *Jamie* set up (a family effort). It was a real blow for the club when the *Rennies* left for Cumbria (which seems somewhat of a recent trend amongst LEI members!). However, not many clubs can say they were coached by an Irish international. *Toni O'Donovan* carried on *Jamie's* legacy of working on core strength, agility and fitness during our winter months last year. *Toni* also

planned some excellent, very enjoyable and challenging training sessions in different terrain. Her live demonstration of tics and how to handle them was most memorable ... if not a little frightening! The juniors absolutely adored *Toni's* sessions. With *Alastair*, we did regular orienteering practice at Johns Lee Wood, always a popular and safe venue. I will always remember *Iain T's* peg races and *Alison's* dinosaurs, teaching orientation to a bunch of 6 and 7 year olds. Lastly, I want to thank *Derek* and *Iain P* who are running our current sessions (and who have led more than their fair share). You never quite know what new training equipment or gadget *Derek* will knock up in his workshop next. (I'm sure there's a market for your wobble boards, *Derek*!)

Over the years I have enjoyed watching many juniors grow from beginners to experienced orienteers. *Finn Lydon* and family were amongst our first two cohorts at South Charnwood (January – May 2009). And so were *Derek* and *Daisy*,

Tom Barber, Nick and Imogen (plus the *West family*, from September 2009 at Groby College). My long-suffering kids were dragged along every Monday night for many years (more or less willingly). With *Imogen* and *Anna* in their final year at school, it really feels like the end of an era. (Incidentally, *Imogen* is the only junior who has attended Monday Club for its entire duration ... she was 8 (*Nick* was 9) when we started, and she still really enjoys coming!) I also fondly remember a very young *Harrington* (aged 4) coming for his first time (and losing his shoe on the run-in at our first ever Yvette Baker Final, December 2011), as well as a very young *Ethan* (8) proudly showing me his medals. *Hannah Cox* and her brother, *Matt*, joined us for a brief spell and later on helped out with some of the coaching. *Hannah*, of course, was part of the GB squad for a while. In fact, quite a few of the older juniors helped out with the planning of sessions and events over the years. Many of our juniors moved up successfully to join EMJOS (our regional

junior squad) and qualified for summer tours (Laggania, Deeside, Stockholm), Interland, Junior Home Internationals, etc. Our incredible success at Yvette Baker Qualifiers and Finals (my absolute favourite memory has to be the juniors coming 3rd at Druridge Bay and everybody playing in the sea afterwards!), memorable Peter Palmer Relays, including the legendary purple and white face paint, have become part of LEI folklore. Each year, our juniors have delivered, proudly representing their club. Promising new juniors keep coming through the ranks - you just need to look at the number of individual medals gained during 2018. However, we need to build on these successes - it's vital to attract more newcomers to the sport. In order to achieve that we need to focus on junior development and a programme that attracts new juniors. We also desperately need more coaches!!

Two of my favourite memories from last year were our well-attended barbecue



The sack race



The final leg

and family picnics at Beacon Hill. After an entertaining team score event on the first Monday, organised by *Toni and Andy Simpson*, we enjoyed sausages, delicious homemade bread (thank you, Jan!) and played games. For once it wasn't raining - instead we had a heat wave! People were loathe to leave. In the end, some of us (Barbers & Wilsons) stayed very late, enjoying the most beautiful sunset over Beacon Hill. For the second family picnic (at the lower car park), *Toni* had planned a fun relay, followed by cake and a football game (but sadly no water fight!).

Over the years, we had many Halloween Nights (vampire games), Children-in-Need sessions, Junior Socials, Scavenger Hunts and Family Picnics. It would be nice to mark this 10th anniversary in some way. We'll kick off with this year's **junior social** on **Monday 4th February**. Hopefully we'll be at **Laserforce** again. Please come and join in if you are an LEI junior, family member or coach. *If any juniors or club members*

have any good ideas of how they would like to mark our anniversary, please contact me.

Since last summer, there have been a lot of changes to the way our club nights are organised. Instead of 3 separate nights, we have tried to put juniors and adults together on a Monday night in order to share the coaching and planning. It's been a bit of a bumpy ride, trying to appeal to all levels and ages, but we're working on it. It worked very well to have some of the summer league events on a Monday night, and we hope to continue with that. At the moment, we are getting fit again after Christmas, working on our fitness, agility and core strength. As the nights are drawing out, we are looking forward to using the adjacent woodlands to practise our orienteering skills, before going further afield, training in local woodlands and parks again. Please keep supporting your club night(s) - your club needs you! Any feedback or new ideas are always welcome!

Finally, I want to say a big thank you for the opportunity to be part of something very special! It has been wonderful to meet and work with so many people, making life-long friends, watching the excitement and growing confidence of our juniors, witnessing their success. It's been tough at times to fit it around work and family, but it's been incredibly rewarding and it's something that I will always treasure. There's been much laughter (and the occasional tear).

So here's to future success and many more years of Monday Club!

Birthe Richter-Wilson
Monday Club Organiser

Photographs supplied by Birthe



Retired Man Chronicles: Lost and Found

Walking along the beach on our Sardinian holiday, I receive a phone call from the friend who is visiting our Cropston house. "The dogs are paddling in the utility room and I am using a big jam pan to catch water that is dripping from the ceiling."

Although the phone line keeps breaking up, I tell her the stop tap is under the sink.

The probable cause of the leak is Retired Man's hurried plumbing in the 2 day gap between returning from Korea (bronze medal) to flying out to Sardinia.

Of course, it was all my fault insisting the water was left on so the plants in the greenhouse could be watered. Hmmm

Back home again, RM mends the leak and dries out the carpets, but our 25 year old oven no longer heats up after water has dripped through its electronics. How can I bake cakes for the WI and Farmer's markets?? Mix the cakes at home and drive to our son's house to use their oven, hurry home to go to Brownies and get caught by a mobile speed camera. £91 and a 4 hour Speed Awareness course (which was quite interesting). Unfortunately, we go to look for a new oven in town when Leicester City are playing Everton at home and we get caught up in gridlocked traffic. We eventually make it to Marks Electrical, but most of their display has been sold at discounted pieces as they are moving to a new showroom in Beaumont Leys, so no ovens to look at. Bah! In the end, we take the plunge and order a hob and double oven, although we have not seen them for real. And the football: Leicester

City 1 Everton 2, but for the second half City were playing with 10 men as Wes Morgan was sent off.

Next day is the O event at Shepshed and we see a notice about the Scare Sheep (scarecrow) festival, e.g. Sheepa Tensing is a sheep climbing a house wall with ropes, helmet and crampons, etc. There were other 'sheep' to discover when running round.

This was the first urban I had ever tried. RM and I helped with chilly car parking and Peter Leake gives me some advice **CAR**. (Which does not mean visit the controls by car).

- Work backwards from your next **Control**.
- Where is it **Accessible (Attack point)?**
- Now plan your **Route**

I enjoyed the orienteering and learning by mistakes, such as being on the wrong side of a fence. However, my purse fell into the clean water of the toilet. Bah! or Baa!

Now, it is usually RM who loses his wallet/keys/phone, but I cannot remember what happened to the damp purse. I searched the car, house, phone the Black Swan pub, etc., and, luckily, no stranger is using the credit cards. After a couple days, I order new cards, which does not please RM as he has to change several online payment details. New Co op cards, new driving licence, etc. I am in the dog house, especially when weeks later the purse is found behind the



ornaments on the mantelpiece.

Back to normal, as a few days later RM **loses his** phone, but traces it, via computer, to the Old Thatched Cottage pub where he had enjoyed his steak after Monday night O club. Now he cannot find the metal ruler for measuring the worktop and hob; it is eventually located in the downstairs toilet. What could he have been measuring in there that needed a ruler one metre long?? Answers on a postcard please!

There is limited DIY for RM for a couple of days as he travels with Iain Phillips and Pete Hornsby to Pooley Woods (OD), but is critical of his course that crossed a canal and imposed restrictions on route choice. "This would make an excellent example of a bad sequence of controls, to teach to others." Next day, the complaint is of uncomfortable seats in Bob T's car on their Radio O visit to Reading University. Bob had lost a timer and RM's bottom found it as the cause of the lumpy seat.

RM's car has a boot that is big enough to take the blue club gazebo and he sets off early to nearby Watermead and helps to erect it before a heavy downpour. The rain has stopped and there is a rainbow over the Mammoth car park when I turn up, with the wallet he forgot, and run the score course.

RM has been working on the Watermead map and wants to know if I spotted anything wrong on the northern section with John Merrick's Lake. He thought the lake's outline looked like a bird and he had added a black circle in the lake to represent the bird's eye.

Returning from Hail Mary Wood on Remembrance Sunday, RM is keen to tell me how to break into a Skoda. Gerry Spalton had somehow locked himself out of his car with the keys still in the ignition.

He was persuaded to call for an expert and not smash a window. The expert, using inflatable apparatus, had prised the door apart enough for a long wire to reach the window-opening switch and, as the ignition was on, the electric window could be lowered to allow access to the interior.

RM is a little late for the Castle Hill event as he had to visit his 'drug dealer' first (the pharmacy in Anstey). The novelty event involved following a set course with your GPS switched on, trying to copy a route that will show up as a Xmas tree and a big star. He has won a box of Ferrero Rocher chocs for coming second, but is most pleased not to have won, as this carries the notorious sting in the tail of having to organise next year's novelty event. RM has a **bath**, the first one since the start of his DIY plumbing through the summer and autumn. He insists I record it in my diary as an historic event.

The championships at the Dukeries marked 50 years of the EMOA. RM was 'bored' with his course, Roger E fell and damaged his spectacles, but competitors were given a commemorative purple shoe bag.

An early Xmas present is the RadCom (radio enthusiasts) magazine with an article written by Robin Bishop of his and RM's exploits in Korea, and photos of them receiving their 19th World ARDF (radio O) bronze medals.

Just before Xmas, it is the Plaid Coalville booze up at The Swan, in Mountsorrel. Roy announces the historic occasion: "Irene and John are not last to arrive." Laurie Fluck turns up 10 minutes later. Dave Toach had had an operation on his foot and sported a plaster boot. There was a copy of Peter H's clever Xmas quiz, where names of orienteering areas were depicted in cryptic clues. Martinshaw was a photo of the actor



Martin Shaw, albeit a younger version of the curly haired Doyle, or was he Bodie? from 'The Professionals'. Picks Triangle was a triangle of, you have guessed it, pick axes. Photos of a sheep and a garden shed equals Shepshed. Brad Pitt and a gate ??? etc., etc. I expect Peter had as much fun inventing these brain teasers as we had solving them. Sadly, Roy had news of his walking/pub-investigating/bus-pass-using mate, Stan. He had recently suffered a heart attack, was on the mend, but confined to a wheelchair. Stan has found a place at a home not far from Roy's house.

After Xmas, it is the Martinshaw event. Although I make several mistakes, I am determined to do all the course and get cross with myself at download as the results show I did not punch the start. Bah! Later, when RM investigates the splits, he discovers that **I beat him on the run in. Hooray!** The 'run in' is the time taken from the last control, which is the same for everybody, to the finish.

RM needed a haircut and new jeans as he is going skiing in 2 days' time. He bursts through the front door: "I've lost my wallet, I've searched the car and everywhere I've been. I jumped out of the car to tell the woman in front there was

something dangling from under her car... etc., etc." However, he has had the sense to cancel the contactless card (and mine, too) Bah! "You are not safe to be let out on your own!!" I reply.

He brings in his shopping: a new pair of jeans, down to size 32 waist and asks, "does my bum look big in these?" When he takes off his coat, the wallet appears as if it has been stuck up a sleeve. He tries to un-cancel the card without success and more annoyance about security questions, such as remembering your favourite book. Can you remember something you bought in the last month with the card and its price? So the credit card is cancelled and a new one is on its way in 5 days, but he will be in Chamonix by then.

A few days and several snowy photographs later, RM sends a message from Chamonix to say that he has accepted an offer of £40 compensation for advice to cancel his card without offering him the possibility of blocking the card, which is a simple process to reverse. I reply that he does not deserve £40 as it was his fault for being a plonker!

Happy Orienteering.

Irene Marriott



Monday Club Night - South Charnwood High School

A full programme every week.

See the Club website for this week's activity.

Families £5, Seniors £3 and Juniors £1

6.30pm to 8.00pm



Winter League Table (abbreviated)

Current Positions as at 07/01/2019

Pos.	Name	Club	Class	Best 5	Handicap	Events	Total
1	Peter Hornsby	LEI	M65	376	481	5	481
2	Roger Phillips	LEI	M40	346	373	4	373
3	Andy Portsmouth	LEI	M60	300	371	5	371
4	Ursula Williamson	LEI	W55	295	366	5	366
5	Roger Edwards	LEI	M65	277	354	4	354
6	Andy Glover	LEI	M40	321	347	3	347
7	Tuomo Tikkanen	LEI	M50	296	344	5	344
8	Edward de Salis Young	LEI	M45	292	327	3	327
9	Chris Phillips	LEI	M70	176	232	4	232
10	John Marriott	LEI	M70	160	211	3	211
11	Kevin Gallagher	LEI	M65	160	205	3	205
12	Imogen Wilson	LEI	W18	174	194	2	194
13	Keith Willdig	OD	M65	141	180	2	180
14	Alastair Paterson	LEI	M50	150	174	2	174
15	Tanya Taylor	LOG	W45	150	174	2	174
16	Andrew Ward	LEI	M21	172	172	2	172
17	Chris Bosley	LEI	M70	125	165	2	165
18	Jim Saville	LEI	M55	137	164	2	164
19	David Bray	LEI	M65	128	163	2	163
20	Ian Wilson	LEI	M50	140	162	2	162
21	Steve Edgar	LEI	M50	134	155	2	155
22	Derek Herd	LEI	M50	133	155	2	155
23	David Seaman	LEI	M45	138	155	3	155
24	David Jenkinson	LEI	M55	123	147	2	147
25	Margaret Willdig	OD	W65	102	134	2	134
26	Kevin Bradley	LEI	M60	104	129	2	129
27	Ben Glover	LEI	M12	105	128	3	128



Summer League 2019

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 and 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 £5.00, Juniors £1.50. For results, please see www.leioc.org.uk

Please confirm arrangements, either with the organiser or league co-ordinator. 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 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 (D) and regional (C) 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. National (B) and major (A) 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 or check on www.britishorienteering.org.uk. The editors take no responsibility for wasted journeys!

EVENT STRUCTURE IN FIXTURE LISTS

- Local (level D) = relatively low-cost events providing local competition and aimed at increasing participation.
- Regional (level C) = events providing a wider variety of venues and competitors.
- National (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. Major (level A) = major UK events, the best that orienteering can offer.



February 2019		
2nd	LEI EMOA Local D	LEI Winter League 7, Hermitage Country Park, Whitwick, SK434157 Entry times: 11am - 12noon. Dogs: On lead.
3rd	NOC EMOA Regional C	East Midlands League 2019, Bramcote Hills & The Hemlockstone, Nottingham
10th	DVO EMOA Regional C	East Midlands League 2019, Birchen Edge, Matlock, SK277721
17th	LEI EMOA Regional C	East Midlands League 2019, Beacon Hill, Loughborough, SK510145
20th	LEI EMOA Local D	LEI Winter League 8, Fosse Meadows Country Park, Leicester, SP489910 Entry times: 11am - 12noon. Dogs: On lead.
23rd	MAROC SOA Major A	British Night Championships (UKOL), Muir of Dinnet, Scotland Organiser: Denise Wright
23rd	OD WMOA Local D	OD Saturday Morning Event - Everdon Stubbs, Everdon Stubbs, Nr Daventry, Daventry, SP606562 Entry times: 10.30 - 12.00. Dogs: Dogs to be kept on a lead please.
24th	MAROC SOA National B	CompassPoint Scottish Orienteering League 1 (UKOL), Deeside AB34 5HT
March 2019		
3rd	MWOC WOA National B	2019 Welsh Orienteering Championships, Nash Wood, Presteigne, SO300630, Organiser: Terry Smith
9th	SYO YHOA National B	Northern Championships Weekend Urban Event (UKOL), Ponderosa, NW Sheffield City Centre, Organiser: Bill Hanley
10th	SYO YHOA Major A	Northern Championships (UKOL), Wharnccliffe Woods, Sheffield Organiser: Peter Gorvett
17th	?	CompassSport Cup Heat Please reserve this date in your diary.



March 2019 Cont.

23rd	OD WMOA Local D	OD Saturday Morning Event & Schools' Champs - War Memorial Park, War Memorial Park, Coventry, SP322772 Entry times: 10.30 - 12.00. Dogs: To be kept on a lead please.
23rd	BOF National B	Junior (M16-M20) Sprint Selection Race, Lancaster University.
24th	DVO EMOA Local D	East Midlands League 2019, Crich Chase, Belper, SK350530 dvo.org.uk
24th	CLOK NEOA Regional C	Regional event and YBT round 1, Errington Woods, Saltburn, NZ618201
30th	NGOC SWOA National B	NGOC Southern Champs Weekend Event (UKOL), Knockalls Inclosure (West), Monmouth GL16 8NU SO550125
31st	BOK SWOA Major A	Mike Nelson BOK Trot and Southern Championships (UKOL), Moseley Green West & Cannop Ponds South, Bristol , Organiser: Howard Thomas

April 2019

6th	HOC WMOA Regional C	WMOA Urban League 1, Redditch
7th	LEI EMOA Regional C	East Midlands League 2019, Bagworth Woodlands, Coalville, SK446081 Organiser: Maureen Webb & Kevin Gallagher
19th/22nd	SCOA Major	Jan Kjellstrom Orienteering Festival-Sprint (UKOL)-Aldershot Garrison Jan Kjellstrom Orienteering Festival-Individual 1 (UKOL)-Frimley Jan Kjellstrom Orienteering Festival-Individual 2 (UKOL)-Cold Ash Jan Kjellstrom Orienteering Festival-Relays, Fleet, Minley
29th Monday	LEI EMOA Local D	LEI Summer League 1, Swithland North, Score event. Organiser: Andy Portsmouth.

Monday Club Night:

Venue: South Charnwood High School.

See website for full details.



May 2019		
4th	AIRE YHOA National B	British Mixed Sprint Relays, University of Bradford, Bradford Organiser: David Averill
5th	AIRE YHOA Major A	British Orienteering Championships (UKOL), Kilnsey North & Arncliffe, Grassington, Organiser: David Shelley
6th	AIRE YHOA Major A	British Relay Championships, Middleton Park, Leeds Organiser: Chris Burden
9th Thursday	LEI EMOA Local D	LEI Summer League 2, Tunnel Woods. Organiser: Simon Starkey
12th	NOC EMOA Regional C	East Midlands Urban League 2019, Clifton, Nottingham
14th Tuesday	LEI EMOA Local D	LEI Summer League 3, Grange Wood. Organiser: Roger Edwards
18th	LOC NWOA National B	LOC National Weekend event, Caw, Lake District.
19th	DVO EMOA Regional C	East Midlands League 2019, & YBT heat, Calke Abbey, Ticknall dvo.org.uk
19th	LOC NWOA National B	LOC National Weekend event, Stickle Pike, Lake District
22nd Weds.	LEI EMOA Local D	LEI Summer League 4, Feanedock. Organiser: Peter Hornsby
25th	HOC WMOA National B	Springtime in Shropshire 2017 Day 1 Urban/Sprint, West Midlands
26th	HOC WMOA Major A	Midlands Championships (UKOL)/Springtime in Shropshire Day 2, Brown Clee, Bridgnorth
27th	HOC WMOA National B	Springtime in Shropshire 2017 Day 3 Middle, West Midlands



June 2019		
2nd Sunday	LEI EMOA Local D	LEI Summer League 5, Burbage. LEI Score Championships. Organiser: Steve Chafer
6th Thursday	LEI EMOA Local D	LEI Summer League 6. Martinshaw ORGANISER WANTED
8th	OD WMOA National B	Sprint and Urban Weekend (UKOL), Warwick University, Coventry
9th	OD WMOA National B	Sprint and Urban Weekend (UKOL), City of Coventry, Coventry
10th Monday	LEI EMOA Local D	LEI Summer League 7. Donisthorpe. Organisers: Maureen Webb & Kevin Gallagher.
16th	DVO EMOA Regional C	East Midlands Urban League 2019, Allestree Urban, Allestree dvo.org.uk
19th Weds.	LEI EMOA Local D	LEI Summer League 8. Outwoods. Organiser: John Marriott.
23rd	LOG EMOA Regional C	East Midlands Sprint Championships 2019 and East Midlands Urban League 2019, Witham St Hughs, Newark
27th Thursday	LEI EMOA Local D	LEI Summer League 9. Leicester Castle. Sprint Event Organiser: Chris Phillips.
July 2019		
2nd Tuesday	LEI EMOA Local D	LEI Summer League 10. Beacon Hill Organiser: Chris Bosley.
7th	EAOA National B	Yvette Baker Trophy Final, Hatfield Forest, Bishop's Stortford



July 2019		
10th Weds.	LEI EMOA Local D	LEI Summer League 11. Market Bosworth. Sprint Event. ORGANISER WANTED
13th	WCH WMOA National B	WCH weekend Sprint Event, West Midlands
13th	DVO EMOA Local D	Staunton Harold Reservoir, Ticknall. SK377245
14th	WCH WMOA National B	WCH weekend Classic Event, West Midlands
18th Thursday	LEI EMOA Local D	LEI Summer League 12. Ashby (Western Park). Urban Event. ORGANISER WANTED
22nd-27th	International	O-Ringen, Sweden
23rd Tuesday	LEI EMOA Local D	LEI Summer League 13. Evington. Sprint Event. Organiser: Simon Ford
28/7 - 3/8	STAG SOA National B	Scottish 6 Days - Strathearn
31st Weds.	LEI EMOA Local D	LEI Summer League 14. Shepshed (Memorial Park) Urban Event. Organiser: Jane Dring-Morris
August 2019		
3rd	LOG EMOA Local D	Wold's Mini-Mountain Marathon, 3 hour score event. Horncastle. Organiser: Paul Murgatroyd.
8th Thursday	LEI EMOA Local D	LEI Summer League 15. Cademan. Organisers: Bob Haskins and Laurie Fluck.
13th Tuesday	LEI EMOA Local D	LEI Summer League 16. Markfield. Urban event. Organiser: Derek Herd



August 2019 Cont.

17th	SYO YHOA National B	Race the Castles in Yorkshire - (UKOL) Mam Tor, Castleton
18th	LOG EMOA National B	East Midlands Urban League 2019/Race the Castles (UKOL)
21st Weds.	LEI EMOA Local D	LEI Summer League 17 - FINAL EVENT - Castle Hill. Score event. Organiser: Ed de Salis Young
24th-26th	EBOR YHOA	White Rose Orienteering Weekend, Scarborough

September 2019

7th-8th	SBOC WOA National B	Senior Home Internationals Individual, Gower, South Wales.
8th	SAX SEOA National B	Peter Palmers Junior Team Relays, Hindleap Warren, East Grinstead.
14th	LEI EMOA Major A	British Sprint Championships (UKOL), Loughborough University, Loughborough No dogs allowed. Organiser: Robert Haskins , piperdrive@btopenworld.com
15th	DVO EMOA Major A	British Middle Distance Championships (UKOL), Chinley Churn, Chapel-le-Frith, Organiser: Sal Chaffey
20th	LOK SEOA Regional C	LOK City of London Race Friday, Kings Cross
21st	SLOW SEOA National B	City of London race.
21st	SOA National B	Veteran Home Internationals Relays, Edinburgh
22nd	ESOC SOA National B	Veteran Home Internationals Individual, Edinburgh



September 2019 Cont.		
28th	SYO YHOA National B	Junior Inter Regional Championships, Cowms Rocks, Bamford.
28th	Devon SWOA National B	Caddihoe Chase Day 1, Burrator, Yelverton
29th	SYO YHOA National B	Junior Inter Regional Championships, Tankersley, Barnsley
29th	Devon SWOA National B	Caddihoe Chase Day 2, Burrator, Yelverton
29th	NOC EMOA Regional C	East Midlands Urban League 2019, Worksop.
October 2019		
12th	MDOC NWOA	British Schools Score Championships, Heaton Park, Manchester.
13th	LEI EMOA	East Midlands Urban League 2019, Ashby de la Zouch.
20th	MV SEOA	CompassSport Cup Final, Pippingford Park, Crowborough.
20th	GO SEOA	Guildford City Race, Guildford
26th	CUOC EAOA	Cambridge City Race, Cambridge.
26/27th	NATO NEOA	October Odyssey day 1 urban, Hexham and day 2 Dukes House woods, Hexham
27th	DVO EMOA Regional C	Longshaw (Venue TBC).



Photo Gallery: JIRCS 2018



Harrington

Ben



Anna

All photos: Steve Rush

