

50 Years of Orienteering



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Out & About

Retired Man Chronicles

Memoirs of a Novice ... Part 3

Brain Illness spread by Ticks



Spring 2020

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**Copy date for next issue:
15th May, 2020**

Front cover: Toni on her way to 2nd place at the British Middle Distance Championships at Chinley Churn on 15th September, 2019.

Photo: Steve Rush

Points from the Editors



A belated Happy New Year to you all, and a warm welcome to the new committee members, Esther Revell and Libby Barber. Some committee

members have had recent role changes, which Steve Chafer tells us more about in his ramblings on the next page, including his own new role as our Chair. I'm sure you wish to join us in thanking old and new committee members for all the hard work that goes on to make the club the success it is, not to mention the support from members who give so generously of their time to organise and support events.

The club is, indeed, going from strength to strength and, as it enters its 50th orienteering year, the editors welcome your articles, stories, news cuttings, maps, etc. from 50 years ago in order that we can put together a commemorative newsletter. All items will be greatly appreciated - our contact details can be found on pages 16/17 of this newsletter.

We have another very full orienteering calendar planned for 2020. However, please note that, at the time of publication, due to permission issues there may be changes to the summer league venues. Please check the website for the latest information.

Finally, don't forget to book your place at the Annual Golf Dinner being held at Longcliffe Golf Club on Saturday 7th March. The deadline for bookings is 24th February - see page 9 for more information. Happy orienteering!

Wendy and Alan West



Ramblings from the Chair



I have been thinking for a while for a theme to start my first ramblings as the new Chair of LEI. It was while listening to presentations at the recent BOF development

conference that it struck me how lucky we are as a sport, and particularly as a club, to have such an active and engaged club membership. I have been staggered by the amount of work that goes on day in day out, not just on putting together our events, but everything else that goes with running a club: from maintaining equipment, mapping, gaining permissions, running club nights, development, marketing and social media all the way through to producing the club newsletter and everything else in between. There is so much that goes on in the background that I am only just starting to appreciate.

Having such a strong and willing group of volunteers is essential to the smooth running and development of the club. Thank you to all of you who volunteer and contribute so much to the club. For those who haven't recently been involved, please don't wait to be asked; there is always something that can be made easier with an extra pair of hands. If anyone has any thoughts on improving our volunteer experience, any suggestions (within reason) are welcome.

As well as myself taking up the position as the new Chair at the AGM, there have been a few other changes to the committee. Jane Dring-Morris has moved from Secretary to Vice Chair and Roger Philips has moved from Captain to the

Club Secretary. Roger Edwards remains as Treasurer. I'm very pleased to welcome Esther Revell as our new club captain, and as older sister Anna goes off to University, Libby Barber has agreed to take on the role of Junior Captain. We wish Anna well in her studies at Oxford and thank her for her time as Junior Captain.

In 2020, LEI reaches a significant landmark, as we celebrate the club's 50th Anniversary. The inaugural meeting of the club was held on 12th May 1970 at Vaughan College, Leicester. Three weeks later, a team from the club attended their first event in Staffordshire (P Hornsby - 12th in Junior Men). The club held its first informal event at the Outwoods on 23rd June, using a map produced in 1953, and the first open event on 26th September at Switland and East Bradgate (source 1980 Club handbook).



We will be kicking off the 50th Anniversary year with our Annual Dinner and Awards Evening, which is again being held at Longcliffe Golf Club, Loughborough, on 7th March. It would be great to see as many old and new club members and friends at the event. Event

details are on page 9 and the club website. As part of our celebrations, we will be looking to publish a 50th Anniversary souvenir edition of our award winning club newsletter. Any contributions, old maps, embarrassing photographs and articles will be gratefully received.

Other key events for your diary this year are 15th March, which is the date for our Compass Sport Cup Heat at Aspley Heath (near Milton Keynes). With the final being held not too far away for us at Sutton Park in October, it would be great for us to put out as strong a team as possible. Please let Esther know that you will be attending

The Yvette Baker heat for the juniors will be held at our own East Midlands league event at the Outwoods on 29th March, (hopefully not on the 1953 map!) It would be fantastic to maintain our successful track record at this event.

4th October sees our 50th Anniversary event and Club Champs at Burbage Common. Full details of the event will be published in the coming months, but I hope to incorporate a few blasts from the past into the event. Bring your red pens!

By the publication date, the Winter League will be drawing to a close. With only a handful of events left at the time of writing, it looks like Ed Young will be very difficult to beat this year.

The 2020 Summer League kicks off on 20th April at Willesley and we will have the usual mixed schedule of 18 events (access permissions permitting!) culminating in the final mass start score event at Aylestone Meadow and presentation at the Black Horse afterwards. Please see the club website for full details. We are still looking for a couple of event organisers, so if you are interested, please contact Ursula.

In closing, I must, of course, thank Chris Phillips for his leadership of the club over his last couple of periods of office as Chair and for his help and continued guidance as I take on the role. Wearing all his other club, regional and national hats, Chris will not exactly be putting his feet up quite yet, and not forgetting the small matter of a wedding to organise this year. Happy Orienteering to everyone for 2020 and may all your navigation errors be small ones!

Steve Chafer

Captain's Corner

Hello and a (belated) Happy 2020! How are the resolutions going?

In case we haven't met yet, I should probably introduce myself. My name's Esther, and if I'm not running around finding flags in the woods (or discussing with others how we could have better found those flags), then I'm probably out riding a mountain bike instead. My worst orienteering moment to date has to be the time I dropped my compass (pre-

race) into a chemical toilet! I first tried orienteering at an event near Bristol in 2010, and dipped in and out of the sport until I was arm-twisted into joining LEI, and then trying TD5, so that I could run Women's Open in the 2017 Compass Sport Cup heats. Both my skill and enthusiasm massively increased from that point on!

Oh, did I say Compass Sport Cup? That (conveniently) reminds me...this year's



heat will be held at Aspley Heath, near Milton Keynes, on 15th March, so put the date in your diaries! For those who haven't been before, the Compass Sport Cup (CSC) is an

interclub competition that takes place annually. Everyone runs in their age class or 'up', and the top 25 scores count towards a club's total, with no more than 2 scorers from each course. The more club members that compete, the more chances we have to grab those points across all the courses, to push the scores of other clubs down, and potentially make the final. But over and above that, it's a load of fun and a chance to meet other club members, so do come if you can!

The following weekend, the British Championship long race, trail-O and relays will be taking place in the South Downs, and on 29th March, our juniors have the chance to take part in the Yvette Baker Trophy heats, which will take place on our own territory at the Outwoods, near Woodhouse Eaves. Moving onto April, the JK will be held over the Easter weekend, and entries are now open. Entries for Monday's relays are done through club captains, as are the British Championship relays, so please let me know if you would be interested, as I'm keen to see if we can get some teams in. More information about the JK and the BOC and their relays can be found at www.thejk.org.uk and www.theboc.org.uk

Back to resolutions: I'll admit that, at the

time of writing, I haven't exactly got around to starting mine (ahem), but I do have a list of a few things I'd like to aim to do during the course of the year, and have reflected on what I managed to do in 2019. I've done this before, and no, not everything gets done, nor needs to be, but I find that it both encourages me and reminds me to get out there and make it happen! In 2020, I'd love to try indoor orienteering and complete a brown course. How about you? How could you challenge yourself this year? Are there any places you would like to run? Is there a skill you want to improve? How about trying a new discipline?*

Finally, can I just say a massive thank you to Roger for the amazing job he's done as captain since 2012. Fortunately, he hasn't gone too far and is now our club secretary instead. Also, a thank you to all of you for everything you do to keep the club running, both at fixtures and behind the scenes. An incredible amount of voluntary hours go into the sport and is greatly appreciated.

Esther Revell

** I tried radio orienteering last year and highly recommend it. It's super fun, and was for me a hard lesson in keeping tabs on where I was on the map, whilst being distracted in trying to close in on a control. There are usually a few events on locally throughout a year, so see <http://www.nationalradiocentre.co.uk/ardf/> or ask our own radio-O legend, John Marriott.*



Junior Captain's Corner



My name is Libby Barber and I am the new LEI Junior Captain. I thought I'd take the opportunity to introduce myself as it's my first LEI article. I'm 15 and currently in Year 10 at school. My

family first came into contact with orienteering when my older brother, Tom, did the very first family introduction to orienteering course held at South Charnwood in the spring of 2009. I did my first ever course, age 7, at Cademan in 2012 and have loved the sport ever since. In particular, I have enjoyed being part of EMJOS and participating in events such as the JIRCS and the Hawkshead M/W16 weekend. Two of my more recent highlights are making the selection for the Lagganlia 2018 tour and running the SLMM with my Dad, Kevin, in July of last year (well I had to beat the record and be the youngest of all three Barber children to do a mountain marathon!). I also thoroughly enjoyed Monday nights, especially volunteering as part of my D of E. Unfortunately, I am currently unable to attend as my Grade 7 ballet class is on Tuesdays, but I will be back as soon as I move up to Grade 8.

I'm really pleased to be chosen to be the new LEI Junior captain and I'm sure us

juniors have an exciting year ahead of us. My first objective for 2020 is to complete my physio exercises everyday and be able to run totally pain-free again, especially as EMJOS are planning their first overseas trip this summer to Sweden! I injured myself during an indoor climbing session in August and, having finally started to outgrow Osgood Schlaters, in my left knee, I now have patella tendonitis in my right knee. I'm definitely hoping to be fully fit for our YBT heat, which is earlier than other years (29th March at the Outwoods), and it would be great to have every junior possible out that day!

Here are a few important dates for juniors (parents!) to put in the diary:

Yvette Baker Trophy Heat: Sunday 29th March at the Outwoods (Loughborough)

Yvette Baker Final: Sunday 5th July at Westonbirt Arboretum

Peter Palmer Relay: Sat/Sun 5th-6th September at Hawes End (Keswick) – we definitely need a team for this. The venue is in a great location right on the edge of Derwent Water and ex-LEI family, the Rennies, are helping to organise the event. Happy orienteering in 2020.

Libby

Don't forget!

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

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 2019, Heaton Park, 12th October, 2019

45 minute score - Individual Results

Year 5 Boys 6th Felix Jarvis
Year 9 Girls 6th Robyn Jarvis

British Schools Orienteering Championships 2019, Black Park, 17th November, 2019.

Year 5 Girls 1st Cerys Glover
Year 9 Girls 10th .. Robyn Jarvis
Year 10 Girls 9th Libby Barber
Year 8 Boys 1st Ben Glover

Southern Championships, Churchill Inclosure and Cannop Ponds, 1st December, 2019

M85 1st Donald Moir

East Midlands Championships 2019, Grimsthorpe Castle, Bourne, 8th December, 2019

* Denotes East Midlands Champion

M12 1st Daniel Glover*
M14 5th Ben Glover
M21 4th James Rogers

M40 1st..... Andy Glover*
 3rd..... Roger Phillips
M50 7th..... Ed Young
 8th..... Alastair Paterson
 9th..... Steve Chafer
M55 7th..... Phillip Caswell
M60 6th..... Andy Portsmouth
M65 2nd..... Roger Edwards
 6th..... Peter Hornsby
 7th..... Bob Haskins
 8th..... Peter Dargue
M70 3rd..... Chris Bosley
 5th..... George Normand
 6th..... John Marriott
 8th..... Kevin Gallagher
 10th..... Laurie Fluck
M75 2nd..... Peter Chick
 3rd..... Simon Ford
 4th..... Ernie Williams
M80 2nd..... Peter Leake
W10 1st..... Cerys Glover*
W20 1st..... Jess Dring-Morris*
W21 1st..... Esther Revell*
W50 2nd..... Alison Hardy
 8th..... Jane Dring-Morris
W55 3rd..... Ursula Williamson

2019 UK Urban League

Ultravet Women 8th Maureen Webb

2019 East Midlands Urban League

* Denotes East Midlands Champion

Junior Men 1st Ben Glover*

8th Daniel Glover

Men's Open 2nd ... James Rogers*

3rd Andy Glover

Women's Open 3rd Esther Revell

Veteran Men 5th Alastair Paterson

6th Roger Phillips

Vet Women 5th Jane Dring-Morris

S. Vet Women 6th Ursula Williamson

Ultravet Men 7th Roger Edwards

Ultravet Women 4th Maureen Webb

Orange Female 1st Robyn Jarvis

Lt. Gr. Male 1st Ben Glover

2nd... Isaac Spencer

4th David Cladingboel

Lt. Gr. Female 2nd... Caitlin Chafer

3rd.... Zara Rogers

S. Green Male 1st Kevin Gallagher

4th David Anderson

7th Peter Chick

9th Chris Phillips

S. Gr. Female 4th Ursula Williamson

8th Maureen Webb

Green Male 5th Simon Ford

8th Peter Leake

Green Female 4th Jane Dring-Morris

Blue Male 5th Ian Wilson

6th Dave Denness

9th Alastair Paterson

Blue Female 2nd ... Imogen Wilson

4th Esther Revell

7th Anna Barber

Brown Male 3rd James Rogers

9th Ed Young

2019 EMOA League

Yellow Male 1st Felix Jarvis

2nd ... Adam Cladingboel

4th Daniel Stothard

Yellow Female 1st Cerys Glover

Orange Male 1st Daniel Glover

4th Ian Jarvis

6th Aidan Chester

Club Night

Club night is held on Tuesdays at South Charnwood High School, Broad Lane, Markfield, LE67 9TB. Club night runs from 6.30pm to 8.00pm. For full details, see the club website or contact either: Birthe Richter-Wilson (0116) 232 2718, b.richter-wilson@lboro.ac.uk) or Derek Herd (07920) 090299, Derek@herd.kiwi.

LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

Saturday 7th March, 2020. 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 Mackerel and Horseradish Pâté and Melba Toast

or Fanned Melon and Berries

or Egg Mayonnaise

or Wild Mushroom Soup

Or Garlic Mushrooms on Brioche

Or Traditional Prawn Cocktail

Mains Choice *(all served with fresh seasonal vegetables and potatoes):*

Poached Fillet of Salmon, served with a Hollandaise Sauce

Or Steak, served with Redcurrant Jus

or Roast Pork, Served with Apple Sauce

or Braised Blade of Beef, served in a Red Wine Sauce

Or Roast Chicken with Stuffing

or Wild Mushroom Risotto (V).

Choice of Desserts:

Lemon Meringue Pie

or Bread and Butter Pudding and Custard

or Chocolate and Raspberry Roulade

Or Fresh Fruit Pavlova

Or Mixed Berry Crumble with Custard

Or Cheese and Biscuits

Followed by: Tea/Coffee and Chocolate

Cost per Person: £23.00 Guests are welcome.

Bookings should be made by 24th February, 2020, via the club online entry system at <http://ow.ly/Adr250xK4L7>

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 Championships 2019



Cerys,
1st, W10 & under



Daniel,
1st, M12 & under



Ben,
1st, M14 & under

Isaac
2nd, M14 & under



Harrington
1st, M18 & under



Maureen
1st, W60+



The championships took place on Saturday 5th October at Swithland Woods, with the courses planned by Chris Phillips. This was followed afterwards by refreshments at Woodhouse Eaves village Hall. Certificates and trophies were presented by Chairman, Chris Phillips.



Felicity
2nd, W60+



Sue
3rd W60+



Roger
1st, M60+

Kevin
2nd, M60+



Chris
3rd, M60+



Peter,
Short green standard





Jessica, 1st, W20 to W55



Jane, 2nd, W20 to W55



Zara, 3rd, W20 to W55

All photos: Alan West

Graham, 3rd
M20 to M55 not present at the presentation.

James, 1st
M20 to M55



Andy, 2nd
M20 to M55



Golden boot awarded to Kaelin (M14) for a time of 21s.



Club Chat

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

Colour Standard	Member
Yellow	Adam Cladingboel

The following are the top ten LEI orienteers in the British Orienteering rankings as at 31st December, 2019.

Pos.	Nat. Pos.	Name	Points
1.....	106.....	Andy Simpson.....	7927
2.....	128.....	James Rogers.....	7871
3.....	273.....	Andy Glover.....	7618
4.....	500.....	Ed Young.....	7363
5.....	564.....	Toni O'Donovan...	7303
6.....	768.....	Richard Leake.....	7125
7.....	810.....	Imogen Wilson.....	7088
8.....	829.....	Ian Wilson.....	7075
9.....	938.....	Roger Phillips.....	6993
10.....	960.....	Ian Wilson.....	6975

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

Navigation Challenge

2 Stars: Adam Cladingboel

4 Stars: David Jenkinson

5 Stars: David Cladingboel

5 Stars: Zara Rogers

Racing Challenge

Bronze 2 Stars: Adam Cladingboel

Bronze 5 Stars: Jon Lee

Silver 4 Stars: David Jenkinson

Silver 5 Stars: Peta Jarvis

Silver 5 Stars: David Cladingboel

Gold 4 Stars: Isaac Spencer

Gold 5 Stars: Libby Barber

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

In the 2019 UK Orienteering League (UKOL) Club League, LEI had two counting teams and these were positioned 28th and 92nd out of 120 teams. The teams comprised:

LEI (A): Imogen Wilson (W20), Andy Simpson (M45), James Rogers (M21), Alastair Paterson (M50), Toni O'Donovan (W40), Donald Moir (M85), John Marriott (M70), Richard Leake (M50), Peter Leake (M80), Andy Glover (M40), Kevin Gallagher (M70), Roger Edwards (M65), Jessica Dring-Morris (W20), Jane Dring-Morris (W50) and Libby Barber (W16).

LEI (B): Maureen Webb (W65), Andrew Ward (M21), Ethan Tebbutt (M18), Mark Sherriff (M55), Zara Rogers (W21), Andy Portsmouth (M60), Roger Phillips (M40), Harrington Leake (M14), Jonathan Lee (M55), Alison Hardy (W50), Peter Dargue (M65), Peter Chick (M75), Ed Chester (M45), Chris Bosley (M70) and Kevin Barber (M45).

Club Chat Cont.

In the 2019 UK Orienteering League, Individual League, the following were the top ten placed LEI members out of 2757 competitors:

Don Moir	70th	496 points
Peter Leake	115th	455 points
Andy Simpson.....	269th	341 points
James Rogers.....	298th	330 points
Andy Glover	465th	263 points
Toni O'Donovan....	568th	230 points
John Marriott.....	727th	188 points
Libby Barber	744th	184 points
Kevin Gallagher	865th	162 points
Alastair Paterson...	870th	160 points



Congratulations



Congratulations to Ben, awarded the Rising Star Trophy by Club Chairman, Chris Phillips, at the social event following the Club Championships.

Photo: Alan West

Memoirs of a Novice Orienteer-ing-er - Part 3

By the time this piece goes to print, I will be starting my third year in the sport. After 80+ events over that time, I am not sure if I am a novice any more, although I still make very basic errors and I have a lot to learn. Having said that, my desire to become a 'Forest Whisperer' still

remains, but my status of 'Forest Plodder' refuses to budge.

This was never truer than when I took part in the event at Cademan Woods in December. Recognised by many as one of the toughest areas in the county, I

struggled to get into the map and made numerous mistakes. After over an hour of struggling from control to control, I decided to cut my losses and retired. As I wearily made my way back to download, I realised that, aside from the key orienteering skills which seemed to have left me on this occasion, if you are not mentally in the right place, success is difficult to achieve.

By the time I got home, I was quite grumpy, which my wife was quick to point out! I realised the dopamine inducing effects of finding controls had been suppressed by a dark mood of frustration. A review of Routegadget proved useful and helped to alleviate my depression.

At the end of October, I took part in the 52nd and my fourth Original Mountain Marathon (OMM). It was this event that inspired me to take up orienteering after a particularly testing time in the Lake District in 2017, when nil visibility and 50 mph gusting winds made for a very difficult time.

At this particular event, we knew we had a problem when we were intending to go south and thought that our compasses had turned round. Suffice to say we made the decision to get off the hill. This particular event was also memorable for the Portaloos blowing over in the night, fortunately with nobody in them.

Many of you will be familiar with the OMM or the mountain marathon concept. For those who are not, the first event took place in 1968 and was designed by its founder, Gerry Charnley, to test orienteering in extreme conditions. Around 1000 teams of two take part across seven categories, with four linear and three score courses. Each year, the OMM changes location and for 2019 the event took place in Clyde Muirshiel Park, on the west coast of Scotland, not too far from Glasgow. As is traditional, it takes

place on the last weekend in October when the clocks go back. It will not have escaped your notice that at this time of year, the weather can be somewhat variable.

I took part in the medium score category with my friend and colleague, Rod Smart. The medium score allows for 6 hours on day one to navigate to the overnight campsite, and then 5 hours on day two to get to the finish. You are expected to carry all of your equipment, as only water and toilets are provided at the overnight stop. Indeed, there was a sobering note at the campsite informing us that if you were intending to retire, it was your responsibility to get back to the start! This year, we heard a salutary tale about a team who arrived at the camp to find that they had left the tent pegs behind. Requests for assistance from the event staff were declined and, in the end, the team had to beg, steal or borrow pegs from fellow competitors.

We were both carrying packs of around 7 kilos in weight; the elite teams will often be carrying around 4-5 kilos. There is a compulsory kit list which includes minimum requirements for food, clothing, a tent and sleeping bag, as well as other items to ensure your safety whilst out on the hills. Most of the additional weight we were carrying was taken up by a warmer sleeping bag and clothing. For the elites, they will have a lighter sleeping bag, meaning it is more likely they will be on the edge of comfort when the temperature drops.

We set off at 8.30am on Saturday and for the next five and a half hours or so battled through 11 miles of terrain that mostly consisted of boggy heather or thick, tussocky grass. Every footstep was a wet squelch, in an area with limited discernible paths and just a few fences.

Fortunately, the weather was good and

visibility excellent, with clear views over to the Isle of Arran. Rod and I have developed a system of cooperative navigation and I definitely found my orienteering experience very useful, particularly when identifying the big features in the landscape. Without too much trouble, we found each of our targeted controls, although movement across the terrain was, at times, reduced to one and a half miles an hour, with a top speed of three miles an hour, interrupted by the odd visit to a peat bog or hidden stream. Am I selling it to you?

We arrived at the overnight campsite in reasonable shape, although towards the lower end of the leader board.

After setting up our tent, we settled in for a long night, made even longer by the clocks going back and regular bouts of heavy rain and strong winds sweeping in from the coast. At 6am, we were woken by a piper and extricated ourselves from warm sleeping bags in readiness for a 7.30am start. The heavy overnight rain saw a very wet course turn even wetter, if that was possible.

If there was ever an event where I ask myself, "what am I doing here?," then it is the OMM. In fact, I must have asked it about 30 times on day 2 as we were battered by strong winds and sideways stinging rain. That said, we kept on moving, steadily putting one foot in front of the other and made it round.

I have a vivid recollection of approaching our last significant control which had been placed at the top of a hill. When our intended target came into view, we estimated that it would take us an hour or so to get to it. All I could see was knee-high heather and I remember thinking, "where are the blooming paths?" It was a slog, although we did have some sympathy for the phone marshals who had spent the entire event in their tent on

the top of the same hill and would later be involved in collecting controls.

One of the OMM traditions is a cup of hot squash at the finish, in a cup provided by you. Our day two score was an improvement on day one and saw us finish 141st out of 168 teams.

The OMM is a well organised event with a great feel to it, but not the place where you will receive a t-shirt or medal for finishing. If you want a t-shirt, you have to buy it. Instead, the reward is hot food, cake and a cup of tea. On the long drive back, Rod and I dissected the weekend and, as tough as it was, we were delighted to have tested ourselves, both mentally and physically, and come through relatively unscathed, although Rod's blistered heels were a sight to behold. Ouch!

There is no doubt that taking part in the OMM will take you out of your comfort zone and I would highly recommend taking part. Will I return for the next event? Of course I will.

Back to more local matters: in 2020, I am determined to give Blue courses a try and continue to look for new challenges. I am also very interested in the Maprun app, which was recently used by DVO, and I think this presents us with a great way to increase interest and participation.

I will finish with one final thought.

You know you are an orienteer-ing-er when.....?

Thank you for your continued support and advice.

Philip Caswell

Brain Illness spread by Ticks has reached the UK

An infectious disease that can harm the brain and is spread to people by tick bites has been identified in ticks in the UK for the first time. Public Health England (PHE) says it has confirmed cases of tick-borne encephalitis virus in ticks from two parts of England - Thetford Forest and an area on the Hampshire/Dorset border. PHE says the risk to people is still "very low". It is monitoring the situation to check how common the infected ticks may be.

A tick is a tiny, spider-like creature that lives in undergrowth and on animals, including deer and dogs. People who spend time walking in countryside areas where infected ticks can be found are at risk of being bitten and catching diseases they carry. Tick-borne encephalitis virus is already circulating in mainland Europe and Scandinavia, as well as Asia. Evidence now shows it has reached the UK. How it got here is less clear. Experts say infected ticks may have hitched a ride on migratory birds. Earlier this year, a European visitor, who has since recovered, became ill after being bitten by a tick while in the New Forest area, Public Health England says. Further investigations revealed infected ticks were present in two locations in England. Ticks are becoming more common across many parts of the UK, largely due to increasing deer numbers. Being bitten by one doesn't necessarily mean you will get sick, however.

Dr Nick Phin, from Public Health England, said, "These are early research findings and indicate the need for further work. However, the risk to the general public is currently assessed to be very low." Most

people who catch the virus will have no, or only mild, flu-like symptoms. However, the disease can progress to affect the brain and central nervous system, and can sometimes be fatal. Ticks can also carry other diseases that can make people ill, including Lyme disease. Dr. Phin said, "We are reminding people to be 'tick aware' and take tick precautions, particularly when visiting or working in areas with long grass, such as woodlands, moorlands and parks."

To reduce the risk of being bitten, cover your skin, tuck your trousers into your socks, use insect repellent and stick to paths. If you are bitten, remove the tick with fine-tipped tweezers or a tick-removal tool* found in chemists. Clean the bite with antiseptic, or soap and water. You should go to your GP if you think you may have been bitten by a tick in the past month and develop flu-like symptoms or a circular, red rash. Ticks feed on the blood of animals and people. They cannot jump or fly, but live in vegetation and wait for a passing animal or human to climb onto.

Michelle Roberts

Health Editor, BBC News Online

29th October 2019

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Event News

As you will appreciate, given the weather conditions over the last few months, it has been rather a struggle to maintain our events programme, and we have been very fortunate that only two events, Fosse Meadows and Aylestone, have succumbed to the rain and floods. The club owes a debt of thanks to the organisers, planners and controllers who have had to deal with floods, mud and more mud.

I had hoped to be able to report that the 2020 programme was all up and running, and ready for your participation. However, we currently have problems with access and some of our long-term areas are not currently available to us. This is a snapshot of some of our current challenges (or to be blunt, problems).

Bradgate and Swithland. We have been advised that no permissions will be granted for events until the new Director is appointed and in post. The earliest this is likely to be is March 2020 and there is no guarantee that permission will be given.

Wakerley Great Wood. We have been told that 40% of the area has been felled with another 20% to be felled in 2020. I leave it to your imagination as to how much orienteering we will be able to do in the wood over the next few years.

Fineshade. We have been advised that they will not permit orienteering events at Fineshade for the foreseeable future because of the high level of use by the general public.

Outwoods. 10% of the area is being felled each year for the next 5 years.

Cademan and Thringstone. Some areas are currently up for sale. One area

has already been sold and, thankfully, the new owner seems happy to allow orienteering to take place on his land. It is difficult to assess what the long-term effect will be if more land is sold, but there is a possibility that the remaining land available will not be large enough to run Level C (or above) events.

We are currently looking at returning to some areas that have not been used for several years because of location or parking issues. So, you may well be orienteering in the next couple of years at Old Dry Hills, Fermyn and Brigstock Country Park or Charnwood South.

The 2020 Programme

With some juggling, your Events Committee has been able to maintain our usual number of events for the coming year. Please check the club website and the events programme in the newsletter for the latest information, as changes may have to be made as the year progresses.

Summer League: By the time you read this, the first event of the summer league will only be three months' away. There will be the usual full programme of 18 events. Currently, there are still 6 organiser/planner slots unfilled. If you haven't already volunteered and would like to be one of the event officials, please contact our Minor Fixtures Co-Ordinator, Ursula Williamson.

The Barrow-upon-Soar Urban on 31st May is a new area and will use a map that Peter Hornsby has been working on for the last two years.

Ashby Urban Event: This has been cancelled because of clashes with two other major events on the same day, one

of which is in Birmingham. We are currently looking for a new date in the autumn and moving the event to one of the newly mapped urban areas.

Sunday 4th October. The EMOA League Event at Burbage Common will also be our Club Championships and our 50th Birthday bash. Please put the date in your diary. Not one to miss!

The EMOA Championships on 22nd

November has been moved to Feanedock, Boothorpe and Pick Triangle. We had hoped to incorporate the Midlands Championships into this event, but given that most of our larger areas are not available, that has not been possible.

Chris Phillips
Events Co-ordinator

Out and About

The Charnwood Forest Landscape Partnership expects a visit from the lottery people any day now, with some last queries, and then the bid will be decided late spring. If successful, improvements will be made to some priority rights of way, e.g. fixing gates, better surfacing in boggy areas, better way-marking from the urban fringe of Loughborough and Leicester into the Forest and, hopefully, some better linkage between sites. This is important to us as orienteers, as using a number of smaller sites together may be our best option for event areas, as problems multiply elsewhere.

A number of areas are economically no longer viable; some such as Fineshade are so popular that they cannot accommodate us and some seem administratively unable to commit reliably in the time frame we need to plan events and map areas

Several smaller blocks of traditional orienteering terrain are maturing nicely, and, if we accept short stretches of dead path running, could provide events for the sport as originally conceived.

Increasingly, the sport is morphing into a street running pastime, challenging in its own right, but not orienteering as most of

the world would conceive it

Those of us who wished to participate in wild places have less and less opportunity to do so

Wildlife is also suffering as habitats are impacted, but many species learn to adapt and fairly unusual creatures are now appearing in the local 'natural' areas many authorities are creating. Two completely wild roe deer were photographed in Glenfield recently

The Rothley Brook corridor is invaluable to wildlife and, as it is a flood plain, cannot be developed. More and more of it is being made accessible to the public, with planting to attract wildlife, which in turn suits our sport.

The Soar Valley, similarly, allows Watermead to be extended into other pockets of open access land and, with a new bridge of the Soar, Aylestone Riverside can be extended south into additional bits.

If we are prepared for half a mile of path running, Beacon can be extended into another area of about 80 acres with relief features.

Roy Denney

Retired Man Chronicles: The Misadventures of Retired Man

John is not keen on the RM chronicles (I can't think why), but when teaching some newcomers to radio orienteer at the September Bagworth event, he learns that the chronicles had been their inspiration.

RM had been to promote radio O at Newarke showground as part of an Amateur Radio enthusiast's festival. Bob T has some huge, laminated promotional photos of radio orienteers at various events, including the Region 1 European Champs, 2019, in Slovenia, depicting a haggard and worn out RM. "Is this at the finish?," I ask. No, it is the starting line up, with John looking the least likely to be the silver medal winner at the end.

My role in orienteering these days is to be the sympathetic listener, trying not to laugh at his misadventures and to sound truly interested in complaints about the *use of Open Street maps* that are fine for urban O but do not show runnability. This poses problems for countryside O. At Cannock Chase, RM ran into thick vegetation several times and had to retreat and try a different route. With a radio O event in the morning and afternoon, he had covered 15km and 'will sleep well tonight'.

The urban O in Leek and a *possible problem with Siac*: had the controller tried the system without clearing his dibber first and, hence, declared the 'not working' message? Anyway, some of the legs meant running between the stalls of the Christmas market. I smiled as I imagined mince pies, Christmas pud, baubles and customers flying in the air as orienteers ran through.

Out of date maps/map corrections at Pooley Fields, Polesworth: RM shows me the map with a path that goes by the river and crosses a tiny marsh. "I think they mapped it before the floods, as the tiny marsh is much bigger." It has been formed where the river bank has been breached and, today, he had to turn back when the water reached up to his waist. 'Well, I beat Phil Broadhead,' says RM, trying to salvage his pride. Phil is 92.

You would think he would learn from his watery excursions but, no, as the next event, he travels with Bob T to near Deep Cut Barracks for radio O. 'Chocolate Man' (David Williams who works for Cadbury's) found all 8 radio controls in the allowed time, but RM only found 4. RM had been tempted to take the quickest route by crossing a drained canal with only a little water trickling through. Oh dear, the sinking, stinking mud was 2 feet deep!

On Remembrance Sunday, he needs to borrow a poppy. I give him a spare poppy I have at hand in case a Brownie has forgotten theirs for this morning's church service. RM goes to Wendover, but when he returned, first aid was needed on a cut on his hand from climbing a 'Go Ape' fence. There is also a long cut on the top of his head, but he has no idea how that happened. Chris B has won today's friendly rivalry, beating RM by just a few seconds - and the poppy? It reappears as a green stalk stuck in the washing machine door and the lovely red petals are swishing about with the clothes. Bah!

At Grimsthorpe, Lincs., Chris B beat him again. But RM takes consolation from the

fact that he had caught the minibus both ways for the 2km walk between start/finish and the car park. Chris B had had to walk. These little victories mean a lot.

RM had car park duty at Gracedieu for the Cademan Woods event, and was making sandwiches as I left on a dog walk. However, when I returned 90 minutes later, it was a good job no light-fingered thief had passed by, as there, on our drive, was a small black object, RM's wallet, dropped when packing his car. (No RM Chronicles can be complete without a lost wallet or lost phone story.)

John was the first person to run the blue course, so his results print-out naturally say he is in 1 of 1 position. So, it is a champagne cork popping moment when he later receives a WhatsApp message from Chris B: "Congratulations on winning your course today." Oh dear, Chris has sent the message to the wrong WhatsApp group! The blue course winner at Cademan Woods was Andrew Powell.

The New Year starts with a moan about the Wirksworth map and the very slight colour changes denoting paved areas that made the map difficult to understand. At least he can stop interrogating everyone about his waterproof jacket. No, I have not borrowed it. No, it wasn't in anyone's car boot. No, it wasn't at Suzi's house. Yes, it was in his O kit bag after all!

RM does enjoy club night and après O eating and drinking with his O mates. However, club night on a rainy October evening was not very appealing, so he was pleased to see indoor activities instead, i.e. a strange football game. Two people, standing back to back, link arms and play football. Look out, Jamie Vardy, RM scored two goals.

Derek Herd posted on Facebook an amazing video of balancing on bike

saddles, medicine balls, tight ropes, etc., and suggests it might be a useful club night exercise!

RM returns from meeting 'the Ashby Mappers' in a Ravenstone pub, where beer had been spilt over his maps, not all of which were waterproof. I ask if he is more upset about losing his beer or ruining a map. He smiles, 'It wasn't my beer. It was Pete Leake's.'

Now, was it revenge or coincidence when RM next went to an Ashby Mappers' booze up and cannot find them. Phone messages say 'The Kings Arms', but there are two pubs of that name in the Whitwick area and, of course, he chooses the wrong one before being reunited with Pete Leake and Peter Hornsby.

We both go to the Plaid Coalville's Christmas meeting at the Bull's Head, Ratby. On our way to the back room (former skittle alley), we pass a Santa statue with a remarkable resemblance to Roy Denney. The Everard's beer glass has a picture of their bearded founder, or is it Charles Darwin, but it, too, could be mistaken for Roy.

Ernie is handing out Christmas cards and RM asks him, "Why have you got such neat writing?" You would be amazed at Ernie's life story...orphan, the Blitz, Grandma, Nuns, Wendy, cats called Erasmus and Charcoal, etc., etc. It was nice to see both Pete Leake and Roy after recent operations and hope Wendy has recovered, as Ernie was having to postpone Christmas celebrations.

RM comes back from O in Castle Hill very muddy and cold. After a shower, he sits in his towel working on the crossword. Pooh, what's that stink in the utility room? Answer: RM's muddy boots, O trousers and underpants. But, RM, you do not have to smell like Swampy to be an eco warrior. However he is becoming an eco





warrior with enthusiasm, having rushed away after the radio O in Donisthorpe to a CPRE* meeting to arrive two weeks too early. (*Campaign for the Protection of Rural England).

The campaign against the HS2 railway has linked with the CPRE and, in turn, with XR Extinction Rebellion. RM has 750 followers on Twitter, but, as he tells me, "It's not how many followers but WHO is a follower that matters."

Quote from Chris Packham: 'HS2 represents the largest deforestation process we have undertaken in the UK since the First World War. Redeploy the vast HS2 budget, (£100 billion*) into

clean transport and infrastructure solutions'. *One billion is a thousand million. What does climate change cost? Probably a couple of speeding fines from RM's journey home from a protest on the HS2 route.

It is just a coincidence that John, wearing his STOP HS2 T shirt, is in the same photo as Chris Packham, but RM likes to show the picture with the caption, 'My mate, Chris'.

RM now has a front tooth missing. No, it was not from a misadventure with a supporter of HS2, but from the New Year skiing trip to a resort near Zermatt. Chris B was in the ski party, too. This large group of friends have been skiing together for many years and have an 'Idiot of the Day' award, which RM (and Chris B) have won several times. RM was skiing slowly, and could easily have stopped, but carried on to touch ski tips with a woman, also going slowly. With entangled skis, they slide faster and faster downhill until she falls over and her ski hits RM in the face, splitting his lip and knocking out one of his two (false) front teeth. The teeth were originally lost when he was a teenager and dived into a swimming pool that was not deep enough for diving. 'Once an idiot, always an.....'

Happy New Year and Successful Orienteering.

Irene Marriott

Have you changed your email address lately?

If you have, then please don't forget to inform our membership secretary, Roger Phillips by email, rogerphillips34@gmail.com to ensure your contact details are updated.

Summer League 2020

The fixtures are listed on the following pages. The events are informal, usually with a social element. Weekday starts are staggered from 6.15pm to 7.15pm, with the last event having a mass start at 6.30pm. 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 events 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.britisshorienteering.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 2020		
2nd	LOG EMOA Regional C	East Midlands League 2020, Harlaxton, Grantham
8th	NOC EMOA Regional C	East Midlands League, 2020. Middle Distance Event, Bramcote Hills & The Hemlock Stone, Nottingham.
9th	DVO EMOA Regional C	East Midlands League 2020. Lindop Woods, Bakewell. SK259686
16th	LEI EMOA Regional C	East Midlands League 2020, Martinshaw Woods, Leicester. SK518070. Organiser: Derek Herd, Derek@herds.kiwi.
19th Wednes- day	LEI EMOA Local D	LEI Winter League 8. Loughborough University, West Entrance. SK510185. Entry times 14.00 - 15.00. No dogs. Organiser: Leah Williams & LUOC
22nd	TVOC SCOA Major A	British Night Championships, Hambleden, Henley on Thames.
23rd	TVOC SCOA National B	TVOC Chiltern Challenge National Event, Hambleton Henley on Thames.
March 2020		
1st	SWOC WOA National B	2020 Welsh Orienteering Championships , Merthyr Common, Trefil Organiser: Nick Silk
1st	SYO YHOA National B	National Event * YHOA Superleague, Burbage, Sheffield.
1st	HH SEOA National B	HH Ace of Herts SE League Event & Interland, Burnham Beeches/Egypt Woods, Slough . Organiser: Frances Goldingay
8th	DVO EMOA Regional C	East Midlands League 2020. Linacre, Chesterfield.
15th	EAOA National B	CompassSport Cup Heat, Aspley Heath, Milton Keynes.

March 2020 Cont.		
21st	SEOA Major A	British Orienteering Championships (UKOL), Golden Valley & Cognor Wood, Haslemere. SU850296.
21st	SEOA Major A	British Trail Orienteering Championships. SU852308
22nd	SEOA Major A	British Relay Championships. Iron Hill & Parkgate Rough. SU850296
29th	LEI EMOA Regional C	East Midlands League 2020 & YBT Heat, Outwoods, Loughborough.
April 2020		
10th	NEOA Major A	JK Orienteering Festival - Sprint (UKOL & WRE), Stockton Riverside, Stockton. NZ455187.
11th	NEOA Major A	JK Orienteering Festival - Middle Distance (UKOL & WRE), Sneaton Forest West, Whitby. NZ887022.
12th	NEOA Major A	JK Orienteering Festival - Long (UKOL & WRE), Pickering Forest, Pickering. SE812927.
13th	NEOA Major A	JK Orienteering Festival - Relays Hutton Mulgrave and Skelder, Whitby. NZ846091.
19th	SYO YHOA Regional C	Regional Event, Barnsley.
20th Monday	LEI EMOA Local D	LEI 2020 Summer League 1, Willesley Woods, Ashby de la Zouch, SK337144 Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: Simon Starkey
25th	SROC NWOA National B	Spring in the Lakes Middle Distance Event. Blakeholme, Kendal.
26th	LOC NWOA Regional C	Spring in Lakes, Loughrigg, Grasmere Organiser: Mel Simmonds https://www.lakeland-orienteeing.org.uk/events
28th Tuesday	LEI EMOA Local D	LEI 2020 Summer League 2, Cademan & Thringstone Woods, Loughborough. SK436165. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: U. Williamson

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May 2020

3rd	NOC EMOA Regional C	East Midlands Urban League 2020, The Meadows and Wilford village, Nottingham. SK548349.
6th Wednes- day	LEI EMOA Local	LEI 2020 Summer League 3, Fineshade Woods, Stamford. SP978984. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: Dave Denness
9th	LOC NWOA Major A	British Middle Distance Championships (UKOL) Summerhouse Knott, Newby Bridge. Organiser: Roger Smith. https://www.lakeland-orienteing.org.uk/events
10th	MDOC NWOA Major A	Lake District Championship Weekend & Northern Championships (UKOL), High Dam, Newby Bridge. Organiser: Trevor Roberts
14th Thurs- day	LEI EMOA Local D	LEI 2020 Summer League 4, Spring Cottage, Swadlincote. SK298173. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: James Rogers
17th	DVO EMOA Regional C	East Midlands League 2020. Black Rocks, Cromford. SK291557.
17th	BAOC WOA National B	Tenby National Urban Race, Tenby.
17th	WAOA EAOA National B	North Cambridge Urban, Cambridge. Organiser
19th Tuesday	LEI EMOA Local D	LEI 2020 Summer League 5, Donisthorpe Woodland Centre, Ashby de la Zouch. SK318141. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser Peter Hornsby
23rd to 25th	SWOA National B	Tamar Triple, Day 1 Urban Tavistock, Day 2 Long race (UKOL) Davidstow Moor, South Bodmin, Day 3 Middle distance (UKOL) Hard-head Downs, Bodmin.
25th	EBOR YHOA Regional C	York City Race, York.
27th	OD WMOA Local D	OD Summer Evening Event - Coombe Abbey, Coombe Abbey Country Park, Coventry. SP404790 Entry times 18.30 - 19.30. Dogs on a lead.

May 2020 Cont.		
28th Thursday	LEI EMOA Local D	LEI 2020 Summer League 6, Bagworth Woods and Common. SK458068. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: Iain Phillips
31st	LEI EMOA Regional C	East Midlands Urban League 2020, Barrow on Soar, Loughborough.
June 2020		
2nd Tuesday	LEI EMOA Local D	LEI 2020 Summer League 7, Outwoods, Loughborough. SK514159 Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: Ed Chester
7th	OD WMOA Regional C	OD Hinckley - West Midlands Urban League Event 2, Hinckley town centre, Hinckley. Entry times 10.00 - 12.00.
10th Wednes- day	LEI EMOA Local D	LEI 2020 Summer League 8, Quorn Urban, Quorn. SK560167 Entry times: 6.15pm - 7.15pm. No Dogs. Organisers: Phil Caswell/ Toni O'Donovan
13th	DVO EMOA Regional C	East Midlands Score Championships, Carsington Pastures, Wirksworth. SK245548
17th	OD WMOA Local D	OD summer evening event, St. Nicholas Park, Warwick SP286649 Entry times 18.30 - 19.30. Dogs to be kept on a league.
18th Thursday	LEI EMOA Local D	LEI 2020 Summer League 9, Loughborough University Campus, Main Entrance, Loughborough. SK524193 Entry times: 6.15pm - 7.15pm. No Dogs. Organisers: B. Haskins/L. Fluck
20th	DEE NWOA National B	British Sprint Relay Championships, Skelmersdale
21st	NWOA Major A	British Sprint Championships, Skelmersdale
23rd Tuesday	LEI EMOA Local D	LEI 2020 Summer League 10 & LEI Score cup, Martinshaw Woods, Leicester. SK518070. Entry times: 6.15pm - 7.15pm. No Dogs. Organiser: Derek Herd.

June 2020 Cont.		
28th	DVO EMOA	East Midlands Urban League 2020, Belper. Organiser: Sal Chaffey
July 2020		
2nd Thurs- day	LEI EMOA Local D	LEI 2020 Summer League 11, Burrough Hill. SK766114. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: Simon Ford
5th	BOK SWOA National B	Yvette Baker Trophy Final, Westonbirt Arboretum, Tetbury. ST856897. Dogs allowed in Silk Wood (70% of area) but not in the Old Arboretum. Organiser: Peter Stagg
6th Monday	LEI EMOA Local D	LEI 2020 Summer League 12, Beacon Hill, Loughborough. SK521148. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: Andy Glover
12th	OD WMOA Regional C	OD Burton Dasset - West Midlands League Event 5. Burton Dasset Hills Country Park, Southam. SP396519. Entry times 10.00 to 12.00. Dogs to be kept on a lead please.
15th Wednes- day	LEI EMOA Local D	LEI 2020 Summer League 13, Groby Urban, Leicester. SK518070. Entry times: 6.15pm - 7.15pm. No Dogs. Organiser: Andy Portsmouth.
21st Tuesday	LEI EMOA Local D	LEI 2020 Summer League 14, John Lees Wood, Leicester. SK504105. Entry times: 6.15pm - 7.15pm. No Dogs. Organiser: Alastair Paterson
30th Thurs- day	LEI EMOA Local D	LEI 2020 Summer League 15, Fosse Meadows. SP489910. Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: See Website
25th - 31st	ERYRI WOA National B	Croeso 2020
August 2020		
4th Tuesday	LEI EMOA Local D	LEI 2020 Summer League 16, Melton Country Park. SK756208 Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. AWAITING AN ORGANISER.
12th Wednes- day	LEI EMOA Local D	LEI 2020 Summer League 17, Bennion Pools, Leicester SK571091 Entry times: 6.15pm - 7.15pm. Dogs under control, please clean up any mess. Organiser: Chris Phillips, onecp47@gmail.com

August 2020		
16th	LOG EMOA Regional C	East Midlands Urban League 2020, Lincoln City Race.
19th	OD WMOA Local D	OD Summer Evening Event - War Memorial Park, Coventry. SP322772. Entry times: 18.30 - 19.30. Dogs to be kept on a lead please.
20th Thursday	LEI EMOA Local D	LEI 2020 Summer League 18 and presentations, Aylestone Meadows, Leicester. SK573014 Entry times: 6.30 mass start. Dogs under control, please clean up any mess. Organiser: Steve Chafer
22nd	INT SOA National B	Scottish Championships - Individual (UKOL) Tentsmuir North, Scotland
26th	OD WMOA Local D	OD Summer Evening Event - Warwick University Campus, Coventry. Entry times: 18.30 - 19.30. No Dogs allowed.
29th - 31st	EBOR YHOA National B	White Rose Orienteering Weekend, North Yorkshire.
September 2020		
6th	DVO EMOA Regional C	East Midlands League 2020, Kedleston Hall, Derby.
5th/6th	WCOC NWOA National B	Peter Palmer Junior Team Relays, Hawes End, Keswick.
12th	SLOW SEOA National B	SLOW City of London Race, (UKOL) Rotherhithe, London
12th/13th	AIRE YHOA National B	Dales Weekend, Coniston South, Grassington, and Kilsney South, Grassington.
13th	LOK SEOA National B	LOK City Race Weekend, Kings Cross, London.

Photo Gallery: Ashby Urban 13th October 2019



Roger



Peter



Steve

All photographs by Steve Rush

Chris



Zara



Ursula

