

Peter Palmer Relay Hosts 2016



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



LEI Development Plan
Annual Presentation Dinner

Retired Man Chronicles
Junior Spotlight: Interland 2016



Summer 2016

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**Copy date for next issue:
15th September, 2016**

Front cover: Daisy Rennie on the JK podiums: 3rd in the W10 Sprint at Leeds University and 1st in W10A over days 2 and 3 combined.

Photos: Helen Rennie

Points from the Editors



Welcome to this issue of LEI news. We start by proudly announcing that the LEI News has received a CompassSport 2015 top ten newsletter award, as displayed on the front cover. Thank you to everybody for submitting such interesting articles and photos. That said, this latest edition is the thinnest we can remember for some time, despite there having been some major competitions in recent months. Please continue to submit your articles - and remember to have your cameras at the ready for those action shots!

When you have written your articles and taken your photos, please send them to Alan's new email address: alanpeterwest@gmail.com We apologise that we did not update these contact details in the last newsletter.

We would like to say a big congratulations to Daisy Rennie, who is the star of this edition's front page. What an amazing JK she had. Keep it up, Daisy! Congratulations, too, to our juniors who took part, and won, at the YBT heat. Good luck for the final! Talking of luck (as well as skill, of course), the amazing news of Leicester City FC winning the premier league with 10 clear points at the top of the table is the best underdog story we've heard in a very long while, if not ever. If LCFC can win with 5,000:1 odds, there's definitely hope for LEI to win the CompassSport Cup in the future!

Happy orienteering!

Wendy and Alan West



Ramblings from the Chair



Since the last newsletter, the club has had a very busy few months, but then we seem to be busy all the time. A round up on events will appear on the events page later in the Newsletter and I expect the Club Captain will have reported on both the Compass Sport Cup and the Yvette Baker regional heats. However, it would be very remiss of me not to congratulate the juniors on winning the Yvette Baker regional heat and progressing again to the final. I hope club members will be able to make it to the final at Wormley Woods on 3rd July to cheer on the team.

Congratulations also to Daisy Rennie on her first two podiums at the JK, and also to Liz Heaton on her JK Sprint podium. Iain and Emma Phillips have once again won medals at the JK Trail O. They both are very much becoming stars of the Trail O competition. I wonder when the GB team call up will come?

The club dinner and awards evening at the beginning of March was, as always, a very pleasant and entertaining evening. It was a great pleasure to welcome our guest speaker Mike Hamilton, CEO of British Orienteering, and his wife, Jill. Getting an outsider's perspective on the club is always very interesting, and hearing from the person at the centre of

the sport that LEI is viewed as one of the more progressive and active clubs in the country, then that is very satisfying! Our other guests that evening were John Cook and Judith Holt. John and Judith are former members of the club and it was delightful to see them back again – as if they had never been away. John continues as our webmaster and is an honorary member of the club.

As some of you are aware, British Orienteering is facing a major reduction in funding next year from Sport England. The board had proposed at the AGM in March to increase national membership fees and the event levy by substantial amounts. In view of the considerable opposition to these proposals, the board withdrew them and an EGM will be convened in the autumn to vote on revised proposals. At the time of writing, I have no idea what these proposals will be. I would expect that there will be an increase in the event levy. We have absorbed the last two increases without increasing event fees, but it is unlikely that we will be able to absorb a third increase, and it is fairly certain that we will make some increases to event fees for 2017.

Chris Phillips

Diary Date

**The Club AGM is on
Monday 31st October.**

**All members are
encouraged to attend.**



Captain's Corner



Writing the Captain's Corner in the newsletter is a bit of a love-hate relationship for me. It's not that the club's performance does not provide me with enough material to write about. Some performances are

more rusty boot than golden boot. It's that the time between newsletters seems to disappear very quickly and I don't feel I have had my quota of orienteering events in between.

It is the club's policy to support team entries into the JK Relays and the British Relays, and this year we had 6 teams in the two events. Hopefully, in 2017, I can encourage more of you to stay an extra day and we can double the number of teams entered. This year, our junior ad-hoc team of Euan, Ben and Ethan narrowly missed out on retaining their title from 2015 by a mere two seconds to take second place at the British Relays held at Brown Clee.

Continuing with more success, 25 juniors braved the swamp that was Spring Cottage on 10th April to become regional champions in the Yvette Baker Trophy. This will mean our junior squad will, for the 5th year in a row, progress to the final of the YBT. This year's final is being hosted by Hertfordshire Orienteering Club at Wormley Woods on 3rd July. DVO will join LEI at the final, as LEI came in the top five in 2015.

With so many juniors taking part, we are hoping to have a team bus departing from Groby Community College for competitors and supporters. Once Happy

Herts have confirmed entry costs, I will be asking for entries via the online form. Those supporters who wish to travel with the team, please could you use the same form. Please note this is a level B event and the event costs are likely to be higher than a normal event.

Entry Form Link - <http://goo.gl/forms/d0YooamdM6>

Volunteering is always a big part of our sport, whether it's collecting in controls after an event or coaching 20 juniors on a wet Monday night. On that note, Ursula Williamson and I are looking for volunteers to help with possibly the strangest event on the orienteering calendar: the Peter Palmer Relays. For those that don't know, this is a junior relay event with the first runners starting at 5am, and this year LEI are hosting this event. The last two years, LEI juniors have won the Joan George Trophy at the Peter Palmer Relays, and this year we are hoping to retain that trophy yet again. With so many juniors in the club, I am hoping to have two full teams (8 per team) and to have an East Midlands ad-hoc team.

Roger Phillips



Interested in what is happening at British Orienteering? Chief Executive, Mike Hamilton, produces an Enews approximately every month. This can be viewed at:

<http://www.britishorienteering.org.uk/page/enews>.



Junior Captain's Corner



The junior team continued their winning ways at the Yvette Baker heat at Spring Cottage in April, beating DVO by 22 points, achieving just one point off the maximum

score with 898. On 3rd of July, they will compete in the final in Wormley Woods in Hertfordshire. Good luck to the team;

maybe this time we can make the podium!

The Peter Palmer Relays will be the next major event for the juniors on 11th September, this time taking place very locally in Martinshaw Woods. Let Roger or me know if you would like to run. Hopefully, we can get two teams out again and retain our Joan George trophy and improve on our 3rd overall from last year.

Hannah Cox

Congratulations

With Hannah not being able to attend the club presentation evening, club chairman, Chris Phillips, caught up with her before the May committee meeting to present her with two awards.



Women's club champion



Summer league 2015 - highest placed female

Top Performances from Major Championships

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

British Night Championships 2016, Cademan & Thringstone Woods, 27th February 2016

M16	6th	Ethan Tebbutt
M18L	6th	Finn Lydon
	8th	Euan Tebbutt
M21S	1st.....	Andrew Ward
M45L	2nd	Iain Tebbutt
	5th	Stephen Chafer
M50S	8th	Hugh Lachlan
M65L	10th	Roger Edwards
W18L	7th	Gabriel Rawlinson

Midland Championships, Sherwood Forest, 28th February 2016

M10B	1st.....	George Rennie
M12A	5th	Harrington Leake
M16A	9th	Ethan Tebbutt
M18E	9th	Finn Lydon
M40L	8th	Roger Phillips*
M45S	6th	Iain Tebbutt
	8th	Alastair Paterson
	9th	Iain Phillips
M50S	3rd	Richard Leake
M60S	9th	Andy Portsmouth

M65S	3rd.....	Chris Heaton
M70L	6th.....	Glynn Smith
	9th.....	Simon Ford
M70S	10th.....	Ernie Williams
M75L	10th.....	Peter Leake
M80	7th.....	Don Moir
W10A	2nd.....	Daisy Rennie*
W12A	6th.....	Libby Barber
W12B	1st.....	Matilda Tikkanen
W16A	8th.....	Anna Barber
W20E	5th.....	Hannah Cox
W35L	3rd.....	Liz Heaton
W45L	5th.....	Julie Ferris*
W45S	3rd.....	Jane Dring-Morris
W50S	3rd.....	Barbara Tebbutt
W65S	4th.....	Diane Ford
W70S	3rd.....	Molly Smith

JK Festival of Orienteering 2016, Yorkshire, 25th - 28th March 2016

JK Day 1 Sprint, Leeds University

M12	4th.....	Ben Hardy
	7th.....	Harrington Leake
M18E	8th.....	Finn Lydon
M70	4th.....	Simon Ford
M75	5th.....	Peter Leake
W10	3rd.....	Daisy Rennie



W12 6th..... Libby Barber
W20E 7th..... Hannah Cox
W35 3rd Liz Heaton

JK Day 2, Wass

M12A 10th..... Ben Hardy
M21S 4th..... Matthew Cox
M21V 4th..... Chris Heaton
7th..... Jack Tiffin
M80 8th..... Donald Moir
W10A 3rd Daisy Rennie
W35L 8th..... Liz Heaton

JK Day 2, Ampleforth Abbey

PreO Elite Open Class

2nd..... Iain Phillips
8th..... Peter Hornsby

PreO Elite Junior Class

3rd Emma Phillips

JK Day 3, Kilnsey

M12A 6th..... Harrington Leake
M21S 5th..... Matthew Cox
M21V 3rd Chris Heaton
M80 6th..... Donald Moir
W10A 1st..... Daisy Rennie
W12A 10th..... Libby Barber
W16B 1st..... Jessica Dring-Morris
W20E 7th..... Hannah Cox
W35L 10th..... Liz Heaton
Yellow 8th..... Caitlin Chafer

JK Day 2 and Day 3 Combined

M12A 8thHarrington Leake
M21S 3rdMatthew Cox
M21V 1stChris Heaton
M80 7thDonald Moir
W10A 1stDaisy Rennie
W20E 7thHannah Cox
W35L 8thLiz Heaton

JK Day 4 Relays, Storthes Hall

Class M (Junior Relay MW40-)8th

Team: *LEIOC 1* comprising: Harrington Leake, Daisy Rennie, Charlie Rennie

British Long Distance Championships, Brown Cleef, 30th April 2016

M10B 2ndGeorge Rennie
M12A 5thHarrington Leake
M16B 6thBen Bishop
M18E 10thFinn Lydon
M45S 2ndIain Tebbutt
M80 7thDonald Moir
W12A 6thLibby Barber
W35L 9thLiz Heaton
Orange 7thDaisy Rennie

British Championships Relays, Brown Cleef, 1st May 2016

Class T (Junior Relay MW18-)2nd

Team: *LEIOC 1* comprising: Ethan Tebbutt, Ben Hardy, Euan Tebbutt



LEI Development Plan 2016 to 2019

For the last few months, the club's executive committee have been toiling away at a new development plan. The previous plan was three years old and had very much run its course. We have, during our discussions, taken into consideration the views expressed by members in the autumn 2015 survey and at the October 2015 AGM.

Below are the key elements of the plan. The longer versions with the initial pathways to achieve these objectives can be found on the club website. We shall be adding more detail and revisions to the plan as time progresses.

The club development plan has five key elements. They are:

1. The development of the provision of coaching and training for club members of all ages and abilities.
2. The recruitment and training of event officials, volunteer event helpers, coaches, committee members and mappers. Training will include formal training

courses e.g. Event Safety and Welfare Workshop, peer to peer training and self learning programmes.

3. A closer engagement with club members to understand what they require from the club in the way of training and events. To encourage a greater participation in club activities and events.
4. A concerted drive to recruit new members across a wide age range, social and ethnic diversity in order to reflect areas which are covered by the club.
5. To increase the amount of publicity and marketing undertaken by the club through social and news media with the intention of increasing the awareness of the sport in Leicestershire, Rutland and Northamptonshire. To measure and evaluate the various marketing streams undertaken by the club.

Chris Phillips
Chairman

Club and Activity Nights

Monday night: Groby Community College, Groby. Contact Birthe Richter-Wilson B.Richter-Wilson@lboro.ac.uk

Wednesday night: Ivanhoe Community College, Ashby De La Zouch. Contact Peter Hornsby mapping@lineone.net

Thursday night: Glenfield Sports Ground, Gynsill Lane, Glenfield. Contact Derek Herd Derek@herds.kiwi



Club Shop

LEI branded clothing is available from the club captain. The range is shown below. The preferred payment method is by bank transfer (sort code 09-01-54, account no. 74893286) into the club account. You can also pay by cheque made payable to 'Leicestershire Orienteering Club' or you can pay by debit/credit card with the club captain if he has a signal and you have your card with you. To order, contact the club captain by email: rogerphillips34@gmail.com



Short sleeve top £23, or £21 with no rear pocket.



Long sleeve top £31 with rear pocket.



*Warm up top £32
Trousers £20*

http://media.wix.com/ugd/c6b803_1ade477dfbaf4217b184c202de1911b9.pdf for a sizing guide the for top three items.

Fleece hat, various colours £6



Purple Fleece Jacket £20



Old style top, long sleeve, £15, size XXL only



Annual Presentation Dinner



Glynn Smith: Veteran Men Club Champion



Bob Haskins: The Tiger Trophy, awarded to a member who has greatly contributed to the club over a period of time.



Roger Phillips: M40 Midlands Champion

Molly Smith: Veteran Women Club Champion



Roger Edwards: Summer League 2015 winner & urban trophy winner.



Tracey Brookes: Winter League 2015/16 highest placed female.



The annual presentation dinner was held on Saturday 5th March, 2016, at the Kirby Muxloe Golf Club. Our guest speaker was British Orienteering's Chief Executive, Mike Hamilton, who was accompanied by his wife, Jill. The presentations were made by our club president, Ernie Williams.



Ursula Williamson: President's Salver awarded to honour a member who has put in some outstanding work for the club.



Gina Colton: Light green standard award



Howard Alcock: Men's Club Champion, Winter League 2015/2016 overall winner

Unless otherwise stated, photographs by Alan West.



Other members receiving awards but not present at the dinner:

Hannah Cox: Women's Club Champion and Summer League 2015 highest placed female.

Jamie Sutherland: Score cup

John Worth: Clock Trophy, awarded to a club member with the longest complete run at an LEI event. John's time of 138 minutes & 40 seconds at the British Night Championships gained him the trophy.

Guest speaker, Mike Hamilton, with his wife, Jill.

Photo: Andy Portsmouth.



Club Chat

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

Dave, Zoe, Sophie and Thomas Allery

Edward & James de Salis Young

Robert Bood

Andy, Alison, Ben, Daniel and Cerys Glover

The runners up for this year's Clock Trophy award were:

Rachel Simmonetti: 102 mins, 50 secs at the Ashby Urban

Roy Denney: 103 mins, 10 secs at the Club Championships.

Tracey Brookes: 119 mins, 23 secs on the black course at Bradgate.

Ian Wilson: 121 mins, 39 secs at the British Night Championships.

The following members have achieved the indicated colour standard:

Colour Standard	Member
White	George Rennie
Yellow	Daisy Rennie
Orange	Ben Bishop
Light Green	Gina Colton Daisy Herd
Orange	Libby Barber
Green	Hugh Lachlan
Blue	Anna Barber Jamie Rennie
Brown	Jamie Rennie



Congratulations to members Steve Edgar and Tracy Phillipson, who were married on 31st January, 2016.

Steve Chafer, who organised the Hicks lodge event on this date, was heard to say that some members will go to any lengths to avoid helping at an event.



Junior Spotlight: Interland - 2016

At the end of the February half term, I went as a travelling reserve for England to the Interland orienteering competition. This year, it was in Belgium. It was a very long journey as we took a coach to Dover and then the ferry across to Calais. On Friday evening, we stayed in a town in Belgium called Oostduinkerke, just a few miles east of Dunkirk. The next day, we went to the city of Ghent, where we were given a couple of hours to roam and explore. Then we carried on to the training event, which was around the town and a small part of the area for the race the next day. One of the controls was on the top of a car park, and it confused me quite a bit because I thought that it was at the bottom! The next day was race day. It was very wet and windy. Every depression or even

slightly lower ground was full of water - the map should have shown a lot more blue than it did! The courses were quite technical, but there were a lot of paths, which made it easier. On the way back to Calais, we had a lot of spare time so the driver stopped at a Belgian chocolate factory where there was a lot of interesting, and tasty, chocolate. By then, it had finally stopped raining and you could see a very long way across the flat countryside!

I would like to thank LEIOC and EMOA for supporting me on my trip and I hope they will support me and others in the future.

Ethan Tebbutt

World Orienteering Day 11th May, 2016

The first ever World Orienteering Day was held on Wednesday 11th May, 2016. National Federations were encouraged by the IOF to promote the day to all their schools and clubs. During the day, thousands of orienteering events took place across the world in celebration, including in the UK! The events took place in cities, parks, forests and in school yards. Most of the participants will have been young people and school children, but people of all ages have been encouraged to take part. Here in the UK, 146 events took place across the country and we'd like to say a big 'thank you' to all of you who took part in organising activities and events. The aim of the day was to get as many people as possible

orienteering across the world and help establish an "Official International Orienteering Federation Record" for the participation in World Orienteering Day. For more information about World Orienteering Day, visit: www.worldorienteeringday.com

*Extract from Mike's enews 12th
May 2016*

Editor: LEI's event was held at the Outwoods with 28 participants. As of 19th May, 2016, the total number of registered participants is 226,647.



Garmin Forerunner Battery Replacement



1. My Garmin is now approximately 5 years old and I found that my orienteering courses were lasting longer than the battery charge, so I decided to change the battery. Garmin used to offer this service, but as far as I can tell this is no longer available. This procedure applies equally to both the Forerunner 205 (as shown here) and the 305, a popular GPS with members.

2. The trickiest part of the job. The two halves are bonded together and the bond needs to be broken. I (carefully) used a Stanley knife and ran the blade along the edge shown. I then turned the GPS over and did the same to the opposite side. I then prised the two halves apart.



3. The two halves separated. There are no hard wire connections between the two parts.

4. The old battery is bonded to the bottom of the case. I used a putty knife and slid it between the battery and case to prise the battery out. Cut each battery wire one at a time; cutting both together could cause an electrical short. Cut the wires as close to the battery as possible to leave the longest length of wire connected to the GPS base. The old battery should be recycled and not disposed of in household waste.





5. A suitable replacement battery is an IPOD mini battery. I purchased mine from Amazon. At the time of writing, this cost £8.34. The connector is not required and should be removed, again cutting one wire at a time to ensure no electrical short. Cut the wires as close as possible to the connector to leave the longest length of wire on the battery. The white wire is not used so this can be cut back shorter.



6. The replacement battery is slightly wider, so this lug needs to be removed from the GPS base. Again, I used the Stanley knife to do this.

7. In turn, trim the insulation from each wire for about 5mm. This is not required for the white wire on the battery.



8. Using a soldering iron and solder, tin each of the exposed wires. Then solder each of the red wires together and then the black wires, ensuring the two do not touch. Wrap insulation tape around each soldered joint and the end of the white wire.



9. I used a small amount of silicone sealant to secure the battery back into the base.

10. I used a two part epoxy adhesive to bond the upper part back onto the base. I applied the adhesive to the top half, running it all around the small flange. I then offered up the top half to the base and wrapped the two together with masking tape until the adhesive had cured.



11. The GPS can then be mounted back onto its charging base and charged as usual.

Tools and consumables required

1. Stanley knife
2. Putty knife
3. Wire cutters
4. Soldering iron and solder
5. Insulation tape
6. Silicone sealant
7. Two part epoxy adhesive
8. Masking tape

Alan West



Summer League Table (abbreviated)

Current positions as at 20/05/2016

Pos.	Name	Club	Class	Best 4	Handi-cap	Events	Total
1	Andrew Ward	LEI	M21	387	387	40	427
2	Liz Heaton	LEI	W35	343	371	40	411
3	Howard Alcock	LEI	M45	292	327	30	357
4	Roger Phillips	LEI	M40	288	311	30	341
5	Mark Sherriff	LEI	M50	260	301	40	341
6	Tanya Taylor	LOG	W45	245	285	30	315
7	Ursula Williamson	LEI	W50	228	274	40	314
8	Roger Edwards	LEI	M65	219	280	30	310
9	Alastair Paterson	LEI	M45	240	269	40	309
10	Robert Haskins	LEI	M65	208	266	30	296
11	Chris Phillips	LEI	M65	194	249	40	289
12	David Seaman	LEI	M40	224	242	30	272
13	David Bray	LEI	M60	192	238	30	268
14	Iain Phillips	LEI	M45	209	234	30	264
15	Iain Tebbutt	LEI	M45	204	229	30	259
16	Hannah Cox	LEI	W20	204	220	20	240
17	Chris McCartney	OD	M45	190	213	20	233
18	Jamie Rennie	LEI	M45	184	206	20	226
19	Andy Portsmouth	LEI	M60	156	194	30	224
20	Chris Bosley	LEI	M65	151	193	30	223
21	Robert Bood	LEI	M50	160	185	30	215
22	Dave Allery	LEI	M45	172	192	20	212
23	Stephen Chafer	LEI	M45	169	190	20	210
24	Derek Herd	LEI	M45	167	187	20	207
25	Simon Ford	LEI	M70	137	181	20	201
26	Liz Phillips	OD	W50	144	172	20	192
27	Keith Willdig	OD	M65	133	170	20	190



Out and About



At the risk of being a *boar*, if you go down to the woods today, you may get a big surprise. I have been doing just that for 60 years and there have been massive changes over that timeframe.

As somebody who loves wildlife and wild places, and is also a keen walker and orienteer, I have always spent hours in woodland, and as a younger man larger animals were a rarity wherever I was. Since then, Roe have re-inhabited many areas, Muntjac have come out of nowhere and are now everywhere and we even get occasional polecats now.

After an absence of nearly half a century, wild boars are again fairly widespread - they now have no natural enemies and the population is exploding. These and the Muntjac are decimating our plant life. There are increasing numbers of tales of terrifying encounters with boars. Some fear may be misplaced as they are by nature shy, but if cornered or disturbed they can be dangerous. They can weigh 25 stone, and anything that heavy coming at you at up to 30mph can be disconcerting. No use climbing over a fence as they have been seen to clear six-foot fences. Like many wild animals, if you have a dog they will feel threatened, and these beasts have wicked little tusks and they know how to use them.

Some areas are turning to drastic solutions. It was reported last year that in Germany, three quarters of a million

boars are shot every year, and that barely keeps the numbers steady. With an average litter of six young, plentiful food and no predators, the boar are on a winner.

Here in England, with ideal environments where the conditions are ideal for them, they will be everywhere unless we do something about them.

Eat them, I say; they are very tasty!

It is good to report that the extent of the marine protection around the British Isles is increasing. As always with Government matters, there are, to my mind, far too many slightly different forms of protection. We have Marine Special Areas of Conservation (SACs), Marine Special Protection Areas (SPAs), Marine Conservation Zones (MCZs) and Nature Conservation MPAs (NCMPAs). Anyway, all protection is welcome.

The Government has now designated another twenty three new Marine Conservation Zones, making fifty in all, which technically means that about 8,000 square miles of UK waters now have some environmental protection.

It is worth noting, though, that as yet there is no management plan, nor is there any legislation or byelaws in place. There will be no keep-off signs and apparently no policing, so activities in the reserves will probably remain largely unchanged - not greatly to affect our sport unless a new class of O-swimming is developed, but it is of concern.

There are other well documented

Eat them,
I say; they
are very
tasty!



concerns about the dramatic reduction in numbers of bees around, but things seem to have got worse still. It also appears that Bee-Eaters were breeding successfully last year in a quarry near Brampton in Cumbria, amongst other places, and, as always, read what it says on the tin. The same people bemoaning the plight of the bees were celebrating this breeding success. Strange world, isn't it?

Classed as a priority habitat, the importance for wildlife of hedges is often understated. Many studies show that they are vital for insects, small mammals and farmland birds. Arable farmland relies on pollinators living in these hedges, and they, in turn, rely on the wild flowers along hedgerows and the blossoms on some hedging species. One hedge less than 100 yards long has been found to contain over 2,000 species that could be seen with the naked eye and the true figure is probably nearer to 3,000. It probably also included over 10% of all insects known to be in the UK. The great majority of these creatures are finding food and a safe haven in the hedge. Many breed there and find shelter and protection from bad weather, and others will be using the hedge as a safe flyway through the countryside - bumblebees and bats, especially. They may be hard to penetrate when running across country but they are essential.

...unless a new class of O-swimming is developed...

Summits in the more geologically active parts of the world are mostly slowly rising. Thankfully, that does not include Britain, as

the upper areas already seem to get harder as I trot about. Certainly many are getting higher quicker than they are being eroded. Our records of the heights will need checking from time to time. Earthquakes can have dramatic effects on the surface, but they also cause or reflect major changes in the earth itself. All the great ranges are where the tectonic plates meet and, effectively, one continent is bumping into another. Some are pushing head on and some grinding past each other. When the latter build up pressure, it can suddenly be released with a quake. When they meet head on, one tends to ride up over the other, but again not in a smooth motion, and the sudden releases can cause mayhem. Quakes can differ greatly, not only in magnitude, but whether they are deep seated or nearer the surface. It makes a great deal of difference to the effect on the surface.

The constant movement of the Indian sub continent pushing north into Asia at a rate of 37mm a year is what has produced the great peaks of the Karakoram, Pamirs, Hindu Kush and Himalayas. As the one is being pushed under the other, one rises and one sinks, and the recent apparently major quakes in that region could have been a great deal worse, had the quake been nearer the surface.

Coming back closer to home, the Outer Hebrides is, of course, a favourite place to visit with its remoteness, wildlife diversity and near wilderness areas. Visiting and sporting activities can, however, be restricted, as the islands are hugely important for their wildlife. They are home to huge populations of sea birds, including the world's second largest colony of North Atlantic gannets. The waters around St. Kilda are designated a Special Area of Conservation (SAC) for their reefs and sea caves, which attract a wealth of spectacular sea life.



... until recently, there were 14 types of Blue John to be found.

Monitoring these underwater worlds is extremely difficult due to the remoteness of St. Kilda and the treacherous waters. Any diving has to be regulated by strict safety limits. Recent endeavours have found

cave entrances teeming with life, from kelp to colourful sponges, sea-squirts, bryozoans and anemones, with many other species hiding between them. Work will continue when weather permits for the National Museum of Scotland and Herriot-Watt University.

We all run over wild areas, but from my experience most orienteers are environmentalists. It is traditionally a sport of wild places and was enjoyed by people who loved that environment. There is an increasing demand to run in the backwaters of urban areas and it cannot be denied that this attracts new members, but my generation consider this to be a sport of wild places.

Wild places, by definition, means an environment with diverse fauna and flora, not all welcome in today's cocooned existence. Whether you are put off by creepy crawlies or are fascinated by their diversity, there is good news from the North Pennines AONB. A new project has been launched, Cold-blooded and Spineless, which aims to put invertebrates in the spotlight. Two thirds of all invertebrates have declined in the last half century and there are still many we know little about. We are particularly ignorant of those species that live in the

uplands. A half million pound grant from the Heritage Lottery Fund to be used over 5 years will allow these to be studied in the North Pennines. Invertebrates are invaluable for good biodiversity and a healthy landscape. They are classic recyclers and act as pest controllers, and are a vital food source for all kinds of fish, birds and animals.

Teachers, youth groups and the public at informal survey days will encourage a group of invertebrate champions in the region. The North Pennines AONB Partnership's Wildwatch website has been enhanced to offer features to help budding entomologists. Recorders can upload images of their observations, join a forum to get expert advice and share their interest in important local sites.

(see www.northpennines.org.uk/wildwatch)

Until recently, there were fourteen slightly differently-coloured types of Blue John to be found, all from different seams around Castleton - all strange and intriguing mixes of blue and purple, which is not very useful in jewellery as it is quite soft. It has, nevertheless, been prized as something unique to the area. John is now getting blue again! 150 years since the last find, another seam of this fluorite has been discovered. The Ridley Seam, named after the miner who found it, was something of a surprise, as he found it almost accidentally.

Next time you are running in the area, keep your eyes on what you are running over. You may not find anything noteworthy but it is a good excuse for a long time.

Roy Denney



Retired Man Chronicles - are your underpants made of cotton?

The story so far: in early September, 2015, John fell while radio orienteering in the Czech Republic and dislocated his shoulder, but also damaged an important nerve junction box, the brachial plexus, near his left shoulder, breaking nerve pathways TO the muscles in his arm and sensory messages FROM his hand and arm to his brain. It may take two years for the nerves to re-grow. Initially, he wore a sling, but now that he can bend and flex at the elbow, he has discarded this and looks 'normal'. Nerve re-growth is about 1 or 2 mm a day, and at the end of January RM had the first signs of movement in his fingers, but now, in May, he can just curl the fingers, although the pinkie finger is lagging behind, as that is controlled by a separate nerve

By now, he has the confidence to return to orienteering and is doing the harder courses, but radio O is more difficult, requiring two functional hands.

He competes in the night event at Sence Valley and is pleased to have beaten Chris B, but has fallen over and returns home very muddy and with a broken compass.

He is able to participate in SPRINT Radio O at Christmas Common, as he will not need two hands to plot any transmitters. RM runs around with the map in his mouth and receiver in his right hand. Afterwards, he does normal orienteering, a blue course, and understandably is feeling tired on his return home.

Just before the night event at Gracedieu, RM needs my help to tie elastic thread through his compass and to hold his

headlamp, while he wraps tape round or uses gorilla glue. Quote 'This is a bit of a bodge'. RM has spent too much time sitting in his underpants reading Nopesport complaints about the early closing of entries for the night O, as the courses were full. Now he is in a rush to be ready. When Chris B arrives, we are still packing a bag with spare torches and s p a r e batteries.

Chris takes RM away, and they 'may not be back until midnight' if they collect in controls and go down the pub. Peace and quiet at last! For safety reasons, orienteers were sent out in pairs to collect in controls. RM phones from the warmth of Chris's car. He has not let his injured arm stop him from orienteering and came 55th out of 64 finishers. Chris B and Roger E beat him, of course. He is even happier to know there is beef stew and jacket spuds at home, as the pub has stopped serving meals.

A few days later, RM comes back from the Physio and Aldi's, where he has bought eight cans of Old Speckled Hen beer for £8. He refused a carrier bag to save 5p and opted for a free cardboard box instead. Unfortunately, boxes are harder to carry with one hand than bags and he dropped the beers by the car. At home, we see a very fine spray of beer spurting out of one tin which he collects in

Quote: 'This is a bit of a bodge'.



a glass and drinks. Unfortunately, we discover later that another can is split, leaving a trail of beer across the kitchen floor; so not a bargain, this beer, after all!

On Wednesdays, there is sometimes an O event organised by the army, so RM travels with Peter Leake to compete at Kinver Edge. He had a good day, but missed out a control. Afterwards, they join Ashby Mappers for food in the 'Spoons. A few days later, he is back in Ashby Spoons after the Donisthorpe event and I believe Mark Sheriff had to go home to wash and change after falling into some swampy water?

RM had not entered the Compass Sport Cup, but gets a competitive run, replacing the injured Kevin Gallagher on the green course and earns a few points for LEI. He does beat Chris Bosley and Andy Portsmouth, but his main topic of conversation is a compass combined with a dibber for almost contactless dibbing.

By late March, with the muscles that lift and rotate his left hand becoming stronger, he has invented a way to anchor a map board to his wrist, using a control card holder. Now he can do normal radio O, not just sprint radio O. At Cannock Chase, he comes 2nd in both the morning and afternoon events, and is really pleased. Radio O is a minority sport with only 7 competitors.

RM decided not to enter the JK; he is going to be under my feet for the holidays and with no orienteering to do, he is going to be grumpy. There is a message, via Facebook, that Iain Phillips has won a JK silver medal, but I am too busy showing John the computer screen with the Facebook message, so I don't hear the 'pinger' and the sausages burn under the grill.

When an O event is cancelled because the car park is too muddy, RM arranges

with Ursula and Peter Leake to go to Milton Keynes instead. Peter wants to be back to watch the Leicester City v West Ham match, kick off at 1.30pm. Jamie Vardy has just scored (1:0) as the cars return and RM decides to go with Pete Leake to The Robin Hood pub at Swannington to watch the footie there. The match is on Radio Leicester and when I tune in, Jamie Vardy has been sent off, so Leicester are down to 10 men. In the second half, I switch off when Leicester are losing 1:2, but when John is back from the pub, he tells me the match ended as a 2:2 draw, but talks more about the three roast potatoes he was given for free, as were other people; these are leftovers from the Sunday carvery.

...is he secretly going to pretend to be a vicar?

RM is going to York for a two day meeting about the proposed HS2 trains. He goes clothes shopping and returns at 12.20pm, feeling quite flustered as his train leaves at 1.40pm and he has done no packing. RM is wearing a brand new shirt, but he has forgotten to remove the white card circle from under the collar, or is he secretly going to pretend to be a vicar?

At the end of April, we had a short family break at Center Parks, near Woburn. 'Oh dear,' says RM, in the bathroom. We discover he has dropped his toothbrush down the toilet. Fiona offers him a spare one but, too late, he has rescued, rinsed and is now using the one that went down the loo. Yuck! To get his weekly fix of O, RM escapes to the event at Wendover.



On 3rd May, we are to be at Queen Elizabeth Hospital, Birmingham, for 7.30am for an operation. The alarm rings at 5.20am and we hear the news of Leicester City topping the League, as Tottenham failed to win their match last night. I eat some breakfast, but RM has not been allowed any food since midnight. I drive to the M42, but as we approach Tamworth and the A38 junction, there are long traffic queues ahead. We just manage a hair raising squeeze across to the exit. John navigates to Four Oaks train station. 'Two return tickets to University Station please.' This station also serves the hospital. We follow signs to Ambulatory Care or 'Walking Wounded' and through a door where a man jumps out and squirts us with hand cleaning gel. John is assigned bed 71. Now the questions begin: name, DOB, next of kin, religion (whispered), allergies, reaction to anaesthetic, diabetes, epilepsy, etc. RM answers 'yes' to 'tablets?' (for blood pressure); 6 pints of beer a week; 'any metal in your body; any body piercings?' 'No'. Do you often fall over? RM jokingly replies 'yes' as the dislocated shoulder was done in a fall, but now his medical records show he is always tripping up. Oh dear, things said in jest **Are your underpants made of cotton?** I don't know. Why is it important? It seems that anything other than cotton may have static and react with the ECG pads. So RM is given a pair of paper pants. I giggle because if these pants are for modesty reasons, how come they are see through? His blood sugar readings are fine, but we struggle to put on some anti DVT stockings. The surgeon and anaesthetist go over the task for today, prodding his arm and estimating how far the re-growth of nerve has reached. At 10.10am, dressed in a hospital gown and paper pants, RM follows the nurse to the operating theatre. I sit in the large waiting

area and do crosswords, reading, sewing up the rip in RM's O top and drink coffee. At 1.45pm, a nurse calls, 'Is anyone waiting for John Marriott?'

Unfortunately nobody else comes forward to claim him.

Unfortunately, nobody else comes forward to claim him. John is lying in bed with his hand bandaged and in a purple foam sling, and is connected up to a drip. The surgeon chats to explain that incisions have been made near the palm, elbow and along the ulna to cut through a membrane that had been squashing the nerves. Every half hour, a nurse monitors his blood pressure and after two hours we can leave. John suggests we take the cotton underpants as a souvenir.

Two days later, RM had a shower with his bandaged arm in a bin bag, but somehow the water got in. He sits on the patio, hoping the sun will evaporate the water, reading the paper and looking like half an Egyptian Mummy. Later, RM is unravelled and the bandages dangle by the Aga to dry,

I have two small Christmas puds (yes Christmas puds) for Doreen and Roy Denney, which RM takes to The Railway after Ratby O, but as he opens the car door, the plastic bag with the puddings inside falls into a puddle ...you just can't get the staff.....

So remember what your mother said: 'Always wear clean undies in case you are run over by a bus.' and today's medical advice would be to make sure they are made of cotton.

Irene Marriott



Photo Gallery: Spring Cottage



Ben Hardy



Bob Haskins



Dave Anderson

10th April 2016. EMOA regional event and YBT heat.

Photos: Annie Leake

Finn Lydon



Howard Alcock



Jane Dring-Morris



Photo Gallery: Long Distance Champs



Andy Portsmouth



Iain Tebutt



Liz Heaton

Brown Clee, 30th April 2016.

Photos: Annie Leake

Chris Heaton



Steve Chafer



Chris Phillips



Summer League 2016

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

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

Entry fees: Adults £4.50, Juniors £1.50

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

Events are provisional, awaiting permissions, etc.

Please confirm arrangements, either with the organiser or league coordinator. League scores are on standard handicaps, giving everyone a chance of success in the league if they perform as well as their age would suggest they should. Overall, it is the best 10 events to count with a sub league of sprint/urban events, with the best 4 counting. All events include a technical course. There will always be an introductory level course for novices and young children, and, where practical, an intermediate standard course.

Fixtures

This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated, local events offer entry on the day (EOD) to a range of colour-coded courses, with start times from 10.30am to 12.30pm. Local events will only have a limited range of courses. Regional and national events provide a range of age-related courses and are normally entered in advance online. EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded courses for EOD. The OS map reference is either the car park or point from which the event will be signposted. The list is based on BOF registration data, but events are sometimes cancelled. If you are uncertain as to whether an event will take place, check with the organiser, check on www.leioc.org.uk or check on www.britishorienteering.org.uk. The editors take no responsibility for wasted journeys !

EVENT STRUCTURE IN FIXTURE LISTS

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



June 2016		
5th Sunday	LEI EMOA	Summer League 7, Burrough Hill, SK766114, Classic. Entry times 11.00am - 12.00 noon.
9th	LEI EMOA	British Schools Score Practice Event, Brocks Hill, Brocks Hill Country Park, Leicester. Sp619997. Entry times 3.00pm to 4.00pm. Organiser: Roger Edwards rwmhedwards@gmail.com
11th	DVO EMOA	Staunton Harold Informal Event, Staunton Harold, Leicestershire. LE65 1RT, Entry times 1.00pm - 2.30pm. Organiser: Rex Bleakman www.derwentvalleyorienteers.org.uk
11th	SEOA Level A	British Sprint Championships (UKOL), Olympic Park, London Organiser: Ray Curtis
12th	SEOA Level A	British Middle Championships (UKOL), Leith Hill, Dorking Organiser: Andrew Evans
16th Thurs- day	LEI EMOA Level D	Summer League 8, Watermead, Urban event SK609095, Entry times 6.30pm - 7.30pm. Organiser: Andrew Ward
18th	DVO EMOA Level C	EM League Event - Carsington, Carsington, Wirksworth dvo.org.uk
22nd Wednes day	LEI EMOA	Summer League 9, Bradgate, Classic SK522116. Entry times 6.30pm - 7.30pm. Organiser: Iain Phillips
25th	AIRE YHOA	The Dales Town and Country Weekend / YHOA Urban League, Settle & Giggleswick, Settle
26th	AIRE YHOA	The Dales Town and Country Weekend / YHOA Superleague, Yockenthaite, Settle
26th	NGOC SWOA	Harvester Relays, Cleeve Hill, Cheltenham, SO993276
26th Sun	LEI EMOA Level C	EM Urban League, Ibstock & Heather, Leicester
28th Tuesday	LEI EMOA	Summer League 10, Castle Hill, Classic, SK554083. Entry times 6.30pm - 7.30pm. Organiser: Roger Edwards.



July 2016

3rd	HH SEOA Level B	Yvette Baker Trophy Final, Wormley Woods, Hoddesdon TL338066 Organiser: Francis Goldingay www.happyherts.org.uk/events/event/wormley-woods-ybt-finall/
7th	LEI EMOA Level D	Summer League 11, Brocks Hill, Leicester SP619997. Entry times 6.30pm - 7.30pm. Organiser: Andy Portsmouth
9th	MDOC NWOA Level B	MDOC Sprint/Urban Weekend (UKOL), Stockport, Stockport Organiser: Peter Lomas, twinpeak2016@mdoc.org.uk
10th	MDOC NWOA Level B	MDOC Sprint/Urban Weekend (UKOL), Manchester City, Manchester (UKUL)
13th Wednesday	LEI EMOA Level D	Summer League12, Burbage, Classic SP451941. Entry times 6.30pm - 7.30pm. Organiser:
16th	SN	UKUL Event, Goldsworth Park, Woking
17th	NOC EMOA Level C	NOC Urban Event (EM Urban League), Nottingham City
19th Tuesday	LEI EMOA	Summer League 13, Outwoods, Classic SP51676, Entry times 6.30pm - 7.30pm. Organiser: Chris Bosley
24th	WOA Level B	Croeso 2016, Day 1 (UKOL) Kenfig Burrows, Wales
25th	WOA Level B	Croeso 2016, Day 2 (UKOL) Kenfig Burrows, Wales
26th	WOA Level B	Croeso 2016, Day 3, Margam Forest North, South Wales
28th Thursday	LEI EMOA Level D	Summer League 14, Loughborough University, Loughborough. SK523193. Entry times 6.30pm - 7.30pm. Organiser: Mark Sherriff.
28th	WOA Level B	Croeso 2016, Day 4, Pen Rhiw Wen, South Wales
29th	WOA Level B	Croeso 2016, Day 5, Craig Fawr, Margam Park, South Wales



August 2016

3rd Wednes- day	LEI EMOA Level D	Summer League 15, Fosse Meadows, Classic SP489910. Entry times 6.30pm - 7.30pm.
7th Sunday	LEI EMOA Level D	Summer League 16, Sence Valley, Score Cup. SK404113. Entry times 11.00am -12.00 noon.
14th	LOG EMOA Level C	EMUL League, Lincoln City, Lincoln (UKUL)
16th Tuesday	LEI EMOA Level D	Summer League 17, Melton Country Park, Urban event SK756208. Entry times 6.30pm - 7.30pm. Organiser: Tracey Brookes.
21st	NATO NEOA Level C	UKUL Event, Newcastle
25th Thursday	LEI EMOA Level D	Summer League 18 (Final event), Donisthorpe Score event. SK318141. Entry times 6.30pm - 7.30pm. Organiser: Laurie Fluck
27th	EBOR YHOA Level B	White Rose Weekend, Dalby Forest, Pickering
28th	EBOR YHOA Level B	White Rose Weekend & YHOA super league, Dalby Forest, Pickering
29th	EBOR YHOA Level B	White Rose Weekend Relays, Dalby Forest Pickering
29th	TVOC SCOA Level C	UKUL Event, Wantage and Grove

Don't forget rankings can be found by looking on
the British Orienteering website at
www.britishorienteering.org.uk/page/rankings



September 2016

3rd	DEE NWOA Level B	The Liverpool Big Weekend, Ainsdale, Formby, SD301111 www.deeside-orienteering-club.org.uk.htm
4th	SELOC NWOA Level B	The Liverpool Big Weekend, Liverpool City Centre, Liverpool, SJ336906 Entry times: To be agreed. No dogs allowed. (UKUL) Organiser: Caroline Barcham
4th	BOK SWOA Level C	UKUL Event, Wells ST546458. Event centre: Wells Cathedral School.
10th	SLOW SEOA Level B	London City Race, City of London, London
11th	LEI EMOA Level B	Peter Palmer Junior Team Relay, Ratby Woodlands. Leicester. Organiser: Ursula Williamson - ursula.williamson.orienteer@gmail.com
17th	PFO NWOA Level B	Lancashire Hot Pot Weekend Urban (UKOL), Todmorden, Todmorden. SD929249. Entry times: 13:00 to 15:00. Organiser: Helen Aston, georgecrawfordsmith@gmail.com 01282 812075. www.pfo.org.uk
18th	PFO NWOA Level B	Lancashire Hot Pot Weekend Urban (UKOL), Hurstwood, Burnley SD881313. Entry times: 10:30 - 12:30. Organiser: William Griffiths, georgecrawfordsmith@gmail.com 01282 812075 www.pfo.org.uk
18th	GO SEOA Level C	UKUL Event, Guildford City Race, Burpham, Guilford.
24th	MAROC SOA Level B	Junior Inter Regional Chamionships Individual, Cambus O May, Deeside
25th	GRAMP SOA Level B	Junior Inter Regional Chamionships Relays, Forvie, Aberdeen
25th	DVO EMOA Level B	DVO Level B - Chinley Churn, Chinley Churn, New Mills, SK024850 Organiser: Roger Hodgson.

Did you know?

East Midlands Orienteering Association league events results can be found at www.emoa.org.uk/league/index.html



October 2016		
1st	LEI EMOA Level C	EM Urban League, Dishley Grange, Loughborough
1st	WSX SWOA Level B	Caddihoe Chase Day 1 (UKOL), Agglestone Heath, Poole, SZ034836 Entry times: 12:00 to 15:00. Organiser: Julie Astin, Julie.astin@hotmail.co.uk
2nd	WSX SWOA Level B	Caddihoe Chase Day 2 (UKOL), Agglestone Heath, Poole, SY995835 Entry times: Chasing Start with Base Time of 10:00. Organiser: Christopher Brandford, candl.branford@btinternet.com
8th	LEI EMOA Level B	British Schools Score Championships, Bagworth Common and Woods, Leicester. Organiser: Chris Phillips, onecp47@gmail.com
8th	NATO NEOA Level B	October Odyssey Day 1 including JHI, North East Champs and North East Orienteering League, Simonside, Rothbury.
9th	NATO NEOA Level B	October Odyssey Day 2 (Middle) including JHI, Slaley Hall Estate, Hexham.
9th	NOC EMOA Level C	East Midlands League (NOC), Byron's Walk, Mansfield
16th	SYO YHOA Level A	Compass Sport Cup Final, Tankersley, Barnsley
22nd	ERYRI WOA Level B	Senior Home Internationals & Welsh League Event 2016, Newborough Forest, Newborough, Anglesey.
22nd	DVO EMOA Level C	Grange Top Wood EM League, Grange Top Wood, Swadlincote, SK265143, www.dvo.org.uk
22nd	HOC WMOA Level C	UKUL Event, Great Malvern.
23rd	ERYRI WOA Level B	Senior Home Internationals & Welsh League Event 2016, Newborough Forest, Newborough, Anglesey.



October 2016 Cont.

23rd	LOG EMOA Level C	EMUL League, Bourne Town, Bourne. Organiser: Sean Harrington.
29th Saturday	LEI EMOA Level C	LEI Club Championships, Bagworth Woods and Common, Leicester. SK440181.

November 2016

5th	SARUM SWOA Level B	Salisbury City Urban, Salisbury City, Salisbury. Organiser: Pat Hart
6th	SOC SCOA Level A	SOC November Classic & Southern Championships, Fritham/Islands Thorn, Southampton, SU252119 Organiser: Diana Smith
12th	LOC NWOA Level B	LOC/SROC Weekend (UKOL), Sandscale Haws, Barrow
13th	SROC NWOA Level B	LOC/SROC Weekend (UKOL), Torver High Common, Coniston
13th	LEI EMOA Level C	EM League, Bradgate & Swithland, Leicester
19th	OUOC SCOA Level C	Oxford City Race, Oxford City Centre. SP513070
20th	WMOA Level B	British Schools Orienteering Championships, West Midlands
20th	DVO EMOA Level C	East Midlands Urban League - Wirksworth. www.dvo.org.uk
20th	NOR EAOA Level C	Double Dumpling City Event, Norwich City, UKUL Event.
26th	QO SWOA Level B	Southern Night Championships, Bridgwater



November 2016 Cont.		
27th	LEI EMOA	East Midlands Championships, Wakerley Great Wood, Corby. Organiser: Laurie Fluck, l.fluck@btinternet.com.
December 2016		
11th	DVO EMOA Level C	East Midlands League, Eyam Moor, Grindleford, SK224780. Organiser: Richard Needham. www.dvo.org.uk
11th	SN SCOA Level B	SN Trophy Event, Long Valley North, Aldershot. SU849527. Organiser: Jane Archer
18th	NOC EMOA Level C	East Midlands League, TBC
31st	LEI EMOA Level C	EM League, Ratby Woodlands & Martinshaw Woods, Leicester

UK Orienteering League (UKOL) Details

In 2016, there are 21 events across the UK, starting in February, when LEI hosted the British Night Championships, and finishing with the LOC/SROC weekend on 12th/13th November. The competition is based around the standard age-based class structure (it will only apply to Long and A classes only, but where there are Elite Classes, the competition will only apply to these and not the Long class in those age groups). M/W 10, 12 and 14 will not be included. Where events use a different class structure, e.g. urban events, classes will be disaggregated for the purpose of the UK Orienteering League scoring. A competitor's best 10 scores will count. Points are awarded as follows: 1st - 50 points, 2nd - 49 points, 3rd - 48 points down to 50th - 1 point.

In addition to the individual competition, there will be a club-based competition, based on the 15 best individual club members' total scores. For further details and results, see <http://www.ukorienteeringleague.org.uk/page/Home>.

UK Urban League (UKUL) Details

Eighteen races across the UK, the best seven to score for seniors, six for juniors (16-) and five for young juniors (12-). Race Categories are: 12-, 16-, open, 40+, 55+ and 65+ for men and women. Points are allocated using BOF membership numbers. Ultrasport vouchers available for the overall series champions. For further details and results, see www.oxfordfusion.com/ukul.



Photo Gallery: Holme Fell, Coniston



Jamie Rennie

Harrington Leake



Ethan Tebbutt



Level B, long distance event

3rd April, 2016

Photos: Annie Leake