

British Sprint Championships Host 2019



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Memoirs of a Novice ...

Club Shop

Presentation Evening 2019

10 Ways Sport Can Help ...



Summer 2019

In this Issue...

Points from the Editors	2
Ramblings from the Chair	3
Captain's Corner	4
Junior Captain's Corner	5
British Sprint Championships.....	5
Top 10 Performances.....	6
Club Chat.....	7
Presentation Evening 2019	8
Memoirs of a Novice Orienteering-er (part 1)	10
Tagged.....	12
10 Ways Sport can help with Work-Related Stress.....	13
Club Shop	15
Out and About.....	16
Retired Man Chronicles.....	18
Club Shop (2).....	20
Summer League.....	21
Fixtures	21
Photo Gallery: JK Day 1	28
Photo Gallery: JK Day 2	29
Photo Gallery: JK Day 3	30

**Copy date for next issue:
15th September, 2019**

Front cover: Lego Orienteer, inspired by Andy Glover's LinkedIn page.

Photo: Digibrickz.com via Kamteey Wanderlust, Lego Collectable Minifig Series 16.

Points from the Editors



By the time you receive your newsletter, it will be June and we will be well into the summer league season. I (Wendy) find the summer league events something to really look forward to after a busy day at the office, helping to achieve a healthy work/life balance, an opinion I am sure many of you share. I would highly recommend reading Andy Glover's article on page 13, with some top tips on how orienteering can help prevent work-related stress.

Alan and I are always on the look out for interesting articles, like Andy's, and often have to twist a few arms to get you to write them! Therefore, it was a great surprise to receive Phil Caswell's article out of the blue, sharing his foray into orienteering (see page 10). I'm looking forward to part 2 already! Thanks also go to Andy Portsmouth for his wise words on tagging (see page 12), as well as to all the regular contributors who don't always get a mention.

September is going to be an exciting month as we host the prestigious British Sprint Championships at Loughborough University – see more on page 5. There is a lot of work to do by the officials leading up to the event, but this will also require an army of volunteers on the day. Judging by the support received in 2013 when we last hosted this event, I have no doubt that you will help to make this event a resounding success.

Last, but definitely not least, good luck to the juniors in the YBT final at Sandringham on 7th July!

Wendy and Alan West



Ramblings from the Chair



Firstly, congratulations to all those who had good runs at both the JK and the British Championships. Having a good run does not always mean coming in the top three. For most of us, it means doing better than we expected or would normally do. Perhaps more importantly, it is about enjoying the day.

Thank you to everybody who competed for the club at the Compass Sport Cup heat in March. Although we did not make the final, our results against some of the largest and arguably the best clubs in the country were very good.

The first event of the Summer League attracted 103 entries. Wonderful, but it did cause Organiser/Planner Andy Portsmouth some headaches. Thanks to Andy for coping so well. One issue that the event did raise was that of coaching for youth groups. Unless we get notification several weeks before, it is a little difficult to ask our coaches to be available and, in normal circumstances, we will not provide coaching, except for individuals, at evening events.

Looking ahead to the end of the summer league, as usual we will be having the post event buffet/barbeque after the final event on 20th August at Castle Hill. We are still, at the time of writing, looking for a venue. By the time you read this, the details will be on display at summer league events. One of the successes of last year's evening was asking members to pre-book. This enabled the caterers to deliver exactly what we wanted and we will be running the same system this year.

Planning and organising for the British Sprint Championships in September is well advanced. The Team Leaders have all been appointed, and Bob and I have had the first meeting with them. As the summer progresses, we shall be asking everybody to commit to helping on the day.

One date for your diary: the Club Championships will take place on Saturday 5th October, venue still to be finalised. Offers to plan and organise will be gratefully received!

What does, for LEI members, Easter 2004, Easter 2014 and Easter 2024 have in common? The answer is, of course helping at the JK. We have been asked if we will assist with JK24, which is expected to be in the West Midlands. We have suggested that we might repeat our success of previous years and plan and organise one of the days. If any member is interested in being either the lead planner or the day organiser, please have a chat with me. Yes, it is a lot of work, but from my own experience it is one of the most interesting and fulfilling roles in orienteering.

Chris Phillips



Captain's Corner



Do you share? Are you interested? These are things that you can do to help your club. If you are active on social media, then hopefully you will understand.

In the world of Facebook, liking, sharing and being interested are all things that you can do to help promote LEI. As a club, we need to continually attract newcomers to the sport and to our club. Using Facebook is a quick, simple way to promote orienteering to the wider world. The more you share and like, the more people hear about orienteering. Promoting orienteering is something you can do for your club.

Being sociable is something LEI is known for and I hope this continues long into the future.

The results of this year's CompassSport Cup heat at Sherwood Pines would come as no surprise to some members of the club. However, I remain optimistic that we can qualify for the final in the not too distant future. This year, we came 5th with 2190 points, behind SYO - 1st (2450), DVO - 2nd (2353) and DEE - 3rd (2238), all of whom qualified for the final. LEI had 65 club runners pre-enter the

heat, which is just over half the total membership of the club. This makes it one of our most successful club events for some time.

By the time this makes it to print, our juniors should have competed in the regional heat of the Yvette Baker Trophy on 19th May at Calke Park. Our juniors have been the previous winners of the regional heat for the last 6 years and I am expecting that our juniors had a tough competition, as we have lost a number of our top juniors to old age.

I am hoping we can still have a junior team in this year's Peter Palmer Relays in September. If you haven't already indicated to me that you would like to be part of the team, please could you let me know as soon as possible? This is a junior relay event that requires at least 2 boys and 2 girls, with the added bonus of starting at 5:00am.

Did you know that your club will pay you for running? Well, sort of pay you. If you are part of an LEI team in the JK or British Relays, the club will pay at least 50% of your entry fee. So, when you are booking your accommodation for next year's JK and the British Championships, why not book an extra day and take part in the relays as well.

Roger Phillips



Junior Captain's Corner



It has been some of our youngest juniors who have had a very successful first half of the year, with several top 10 places at major races and at various days at the JK, including

Eoin and Daniel, which is an incredible achievement.

The juniors have also competed in the Yvette Baker Trophy qualifier at Calke Park. Unfortunately, I was unable to go and support them, as I had to spend the weekend cramming for A level exams. However, they did really well as they were second overall and first in the East Midlands, so I will definitely be there to

support them in the final! We need everyone who possibly can to come to the final to have the best chance of a podium place. The final will take place on Sunday 7th July at Sandringham Country Park, near King's Lynn in Norfolk.

After the summer, we also have the Peter Palmer Relays to look forward to, which is a relay through dawn. As a currently much younger team, hopefully we will have the numbers for this, as it is a great race and a really fun experience.

I, myself, haven't been orienteering much recently, due to very heavy revision timetables in the run up to exams. But, I will hopefully see lots of you at events over the summer when I'm free from all of the textbooks!

Anna

British Sprint Championships 2019

Entries are now open for the British Sprint Championships at Loughborough University on Saturday 14th September, 2019. As the host club, there has been much work going on since my earlier report in the spring newsletter. The first site meeting has taken place for the team leaders, so that all can familiarise themselves with the layout of the event around the event centre, starts, finish, etc.

The main purpose of this article is to alert members that we will now be looking out for volunteers and, going by the 2013 list, there were around 60 helpers in total on the day. As I said in the previous report, due to the nature of the event, with morning heats and afternoon finals, most

jobs will mean that taking part in the event will not be possible. There will be links for volunteering in future weekly mailings, and we will also be talking to people at events, so beware. Alternatively, feel free to contact me or Chris Phillips if you are available to help.

This is the first event of the British Sprints/British Middle Championships, and DVO are hosting the Sunday event at Chinley Churn, so even if helping on the Saturday, there is still an opportunity to take part in a British Championship event that weekend.

Bob Haskins



Top 10 Performances from Major Championships

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

Northern Championships, Wharnccliffe Woods - 10th March 2019.

M45S	4th	Kevin Barber
M50S	3rd	Ian Wilson
M50S	7th	Alastair Paterson
M70S	4th	Kevin Gallagher
M70S	8th	Peter Chick (M75)
M80	7th	David Anderson
M80	8th	Peter Leake
M85	1st	Don Moir
W21L	2nd	Lucy Taylor
W21S	1st	Esther Revell
W65S	4th	Maureen Webb

JK Festival of Orienteering 2019, South Central, 19th - 22nd April

JK Day 1 Sprint, Aldershot Barracks

Novice Junior	3rd	Cerys Glover
M45	1st	Andy Simpson
M80	3rd	Peter Leake

JK Day 2 Middle, Windmill Hill

M12A	9th	Daniel Glover
M18S	3rd	Ben Bishop
M21V	3rd	Jack Tiffin

M45L	2nd	Andy Simpson
M50S	9th	Alastair Paterson
	10th	Ian Wilson
M75S	1st	Bob Titterington
M80	5th	Peter Leake
M85	2nd	Don Moir
W10B	2nd	Cerys Glover
W50S	4th	Jane Dring-Morris

JK Day 3 Long, Cold Ash

M10A	2nd	Eoin Simpson
M12A	8th	Daniel Glover
M18S	3rd	Ben Bishop
M45L	5th	Andy Simpson
M50S	1st	Ian Wilson
	8th	Alastair Paterson
M85	2nd	Don Moir
W10B	4th	Cerys Glover
W40L	8th	Toni O'Donovan

British Long Distance Orienteering Championships, Arncliffe, 5th May

M12A	4th	Daniel Glover
M45L	2nd	Andy Simpson
M80	7th	Peter Leake
W10B	1st	Cerys Glover
W20E	8th	Jess Dring-Morris
W50S	8th	Jane Dring-Morris



Club Chat

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

Edward Hollox
Gillian Ulph
Kirsten Ulph
Declan McAlister
Brian Mead

And welcome back to Tracy Edgar.

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

Colour Standard	Member
Yellow	Cerys Glover Felix Jarvis Eoin Simpson
Orange	Daniel Glover Robyn Jarvis
Green	Libby Barber Harrington Leake
Brown	James Rogers

Diary Dates

The date for the Club Championships is Saturday 5th October.

The date for the AGM is Monday 28th October.

Club Night

Don't forget, club night is every Monday evening at South Charnwood High School.

Congratulations to Finn Lydon for being selected as the non-travelling reserve for the 2019 Junior World Orienteering Championships, which are being held in Silkeborg, Denmark, from 4th to 13th July.

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

Navigation Challenge

2 Stars: Cerys Glover
3 Stars: Aidan Chester
3 Stars: Daniel Glover
3 Stars: Ellen Simpson
4 Stars: Ben Glover
4 Stars: Zara Rogers
5 Stars: Libby Barber
5 Stars: Jonathan Lee

Racing Challenge

Bronze 3 Stars: Ian Jarvis
Silver 2 Stars: Eoin Simpson
Silver 5 Stars: Philip Caswell
Silver 5 Stars: Jonathan Lee
Gold 2 Stars: Aidan Chester
Gold 2 Stars: Ellen Simpson
Gold 3 Stars: Cerys Glover
Gold 4 Stars: Ben Glover
Gold 5 Stars: Esther Revell
Gold 5 Stars: James Rogers



Presentation Evening - 2019



Alison Hardy: Women's Club Champion.



Alastair Paterson: 2018 summer league 1st senior summer league trophy for performances throughout the UK.



Andy Glover: 2018 summer league champion, 2018/19 winter league champion.

Chris Bosley: President's salver awarded to a member who has put in some outstanding work for the club.

Don Moir: Veteran men's trophy for performances throughout the UK.

Maureen Webb: 2018 summer league 1st senior woman sprint & urban series, veteran women's club champion.



The annual presentation dinner was held on Saturday 2nd March, 2019, at the Longcliffe Golf Club. The presentations were made by our club president, Ernie Williams.



Roger Edwards: Veteran men's club champion.



Roger Phillips: Clock trophy awarded for the longest time on an LEI course at 103m 48s on a 'brown' at Cademan.



Steve Edgar: Chairman's tankard awarded for services to the club.

All photographs by Alan West.



Ursula Williamson: Summer league 2018 1st senior woman, winter league 2018/19 1st senior woman, Thelma Spalton Trophy for an excellent performance for a W45+ and the Tiger Trophy awarded to a member who has greatly contributed to the club over a period of time.

Runners up for the clock trophy:

Laurie Fluck had a couple of 90+ minute results.

Steve Edgar - 91m 7s at the Swithland night event.

Roger Phillips - 94m 33s on brown at Bradgate.

Nigel Lydon - 101m 55s on brown at Bradgate.

Other members receiving awards, but not present at the dinner:

Ethan Tebbutt: Men's Club Champion

Richard Leake: Score Cup

Memoirs of a Novice Orienteer-ing-er - Part 1

I have a confession to make: my name is Phil and I am addicted to orienteering.

I come to the sport from a running background, having taken part in over 35 half marathons and about 200 or so other races at all distances between 5k and marathon length, with a few 24 hour events thrown in. I have also completed over 250 park runs.

I decided to take up orienteering having taken part in a couple of Original Mountain Marathons (OMMs), particularly after the 2017 event in the Lake District when nil visibility and 50 mph winds presented an interesting challenge to just walk in a straight line, let alone find elusive controls! Orienteers seemed to do quite well at the OMM and I reasoned that, whilst my map reading skills were reasonable, orienteering would provide an opportunity to hone them further.

My first foray into the sport was the EMOA event at Burbage Common in January 2018.

I paid my money and was issued with a dibber and a map for the yellow course. I cannot remember who, but a kindly member explained what the various colours on the map meant, together with how to fold it follow the route. Quite unused to the scale, I took off and I think I nearly got to Burbage whilst looking for the 2nd control. After four controls, I realised I had not been paying attention to the numbers on the control box and matching that to the control descriptions on the map. I quickly revisited them to find that somehow I had found the correct ones!

After whizzing round the yellow course, I

immediately took on an orange course which I completed, with only one small mishap. This involved turning off a path one junction too early, and has proved to be an early portent of my future struggles.

Next up was Cademan Woods, where I again took on an orange course, which proved to be an interesting challenge in an area I have previously raced in many times before. I managed to get round in a reasonable time. With another event under my belt, I was getting pretty confident.

Taking this new-found confidence to Nottinghamshire, I travelled north to Byron Woods, where the delight of a light green course awaited me. I reasoned that, having travelled that far, I needed to get value for money. The challenges of a light green course were a noticeable step up from orange and gave me plenty to think about. Despite a couple of mistakes, I got round and thoroughly enjoyed the new challenge.

Three events in and I was beginning to think that I was a natural at this orienteering lark.

I then met my nemesis in the form of the light green course at Castle Hill Park.

Control four eluded all of my attempts to find it. I managed to find control six before I then ran off the map!! Over two hours after I set off, I limped in with my tail between my legs; perhaps I was not such a natural after all! There was a delay in the results being published online after the event and I convinced myself this was because control four had not been there in the first place. I was wrong.



A few days later after reviewing Routegadget, I took my map and went back to Castle Hill and walked the route. Elephant tracks helped me to find the elusive spot where control four once resided and it took me an hour to walk something approximating the route I should have taken.

Despite the mishap at Castle Hill, I was now completely hooked, and this was confirmed when I took part in my first urban event at Southwell. I missed the technical challenge of forest orienteering, which was replaced by efficient route choice, combined with thinking and moving quickly. At this early stage, that was more aspiration than reality.

My friends and family will confirm that if I take up a new interest, I do so with commitment. In orienteering terms, this meant regular reviews of Routegadget, as well as plenty of reading and participation in as many events as possible. Value for money is a consideration and more than most I have got all of my money's worth, primarily because it has taken me a long time to get round my chosen course. I have managed to take getting lost to new heights, or lows, depending on which way you are looking at the map.

Over the course of the summer of 2018, the events put on by the club enabled me to get lost in parts of the county I had never visited before. At the same time, I have enjoyed getting to know new people and I am grateful to those who have reassured me that they have made the mistakes, as well as offering tips and advice. In particular, Chris Phillips, Andy Portsmouth, Roger Edwards, Chris Bosley, Peter Chick, Jane Dring-Morris, Maureen Webb and Kevin Gallagher.

As autumn approached, I tried to hide my dismay when my wife announced that she was going away with my sister on a

crocheting retreat in Northumbria on the weekend of my birthday, in September. I was so upset, I immediately entered the London City race and booked a stay in London. A brilliant event which I look forward to taking part in again. Who knew that getting lost in London could be so much fun?

The EMOA event at Martinshaw Woods marked my 41st and final event of 2018. I have now moved onto green courses with the aim of regularly achieving the colour standard before giving blue courses a try.

Reflecting on my first year in orienteering, I have discovered there are a group of orienteers known as 'Forest Whisperers', those magical folk who float across brambles and bracken with a sixth sense of where the control is. I am of that other tribe of forest folk known as 'Forest Plodders'. We are the very antithesis of the 'Whisperers' - where they float, we sink, and we bear the scars on our knees of many fights with brambles. For us, controls are not found by a sixth sense, but are found by a mixture of luck (in the greater part), sometimes skill and occasionally with the unknowing assistance of a 'Forest Whisperer' who happens to emerge just ahead of you, about 30 metres to the left of where you thought the control was. Their magical qualities are confirmed when, no sooner have you caught sight of them, they seem to merge with the surroundings and you will not see them again until the download tent.

In the rare circumstances a 'Forest Whisperer' needs to relocate, they pause, raise their noses to the prevailing breeze and follow faint traces of 'Eau de Control'. For 'Forest Plodders', relocating involves a series of short 10 to 20 metre movements, accompanied by the cry of, "I think the map is wrong."

I have managed to get a few of my



friends to try orienteering, where I have been able to share with them my new found knowledge. Indeed, here are a couple of nuggets to help anyone new to the sport.

If the map does not fit with what you are seeing, keep on running. You might as well get really lost!

You cannot keep up with Roger Edwards.

If you are waist high in brambles and you haven't seen anybody in the area for ten minutes, you are in the wrong place.

Look behind you.

Look in front of you.

Look up.

Honestly, you cannot keep up with Roger Edwards.

I have thoroughly enjoyed my first year in the sport and look forward to taking part in a wide variety of events in 2019. Thank you to everybody who works so hard on behalf of the club, in particular, and the sport in general.

To be continued.....

Philip Caswell

Tagged!

I recently received a complaint from one of our regular landowners. I won't go into the particular woodland involved, as that is irrelevant. It has, however, raised an important issue regarding orienteering and the woodland environment. Whenever we hold an event, it is good to know that we leave the woodland in the same condition as we found it. I am sure that you would all agree with me on that, as I know orienteers respect the land and would wish to leave nothing other than a few footprints.

The complaint related to tags - old tags to be more precise, usually electricians' insulating-type tape (plastic and long lasting). Many of you will know that, particularly for larger events, the planner will tag control sites, normally with this tape, and write the control code on the tape. That allows the controller to check that control sites are correct, as well as helping with on-the-day control placement. It also helps competitors in the event of a control being stolen; the

tag, with the code, will indicate that you are in the right place.

At the end of an event, the team of control collectors should not only remove the control, but also any tag associated with it. The tag only needs to be returned to the planner for disposal. Many of you will probably have seen the odd ancient tag whilst you were out competing. Not only is it confusing, but it is effectively litter. I would ask all control collectors, planners and controllers that any tags spotted during our operations in woodland are removed and disposed of. Planners need to remind control collectors about tag removal each time. Not only does it improve the woodland, but I am sure it will also make you feel good, too!

Andy Portsmouth
Permissions Secretary



10 Ways Sport can help with Work Related Stress

Recently, my family and I competed at the Jan Kjellström event for the first time. The JK is a 4 day international festival of orienteering, with over 4,000 runners from 27 different countries taking part. My family and I got into orienteering just over 3 years ago and have enjoyed becoming part of the community of athletes.

I enjoy orienteering as it motivates me to get fit. I get to run through forests (I loved exploring when I was kid and I'm no different now!), I meet and chat with people who enjoy the same sport and the challenge of doing sport while completing a logic puzzle must be the ultimate sporting challenge!

Another reason I like orienteering and would recommend fellow IT professionals take part is because I believe it can have a positive effect on work-related stress. Stress is a huge problem, and many people suffer from it, often without letting others know. Although stress is important and part of our DNA, it can escalate and cause negative effects on health, and is linked to illness and depression.

In a nutshell, an orienteering runner must locate a series of controls placed across forests, fields and sometimes urban areas in the quickest possible time, and in the correct order. If you run too quickly, you may miss critical information that helps you find the controls and, therefore, lose you valuable time.

During the Day 3 race at the JK, the longest race, I fell into panic mode. It was towards the end of the race when physical and mental tiredness kicked in. Although not the same as stress, I

believe it has lots of similarities.

When I fell into panic mode, I had run around 13km, with around 300m climb, it was very warm (especially for the United Kingdom), I was tired, very tired, and I was dehydrated. While running towards control 23, I twisted my ankle. I was able to continue running, but there was some pain and, inevitably, it took my brain's attention. I was starting to feel sorry for myself. My stress levels began to rise; I just wanted to finish the race and catch up with the kids and other competitors (the feeling of 'just get it done'). I started to make classic orienteering mistakes; I wasn't looking out for clues in the landscape like I normally would, but instead I quickly jumped to conclusions - sometimes you get lucky, but this time the conclusions were wrong ones, like knee-jerk reactions. I'm sure you've experienced similar in an office environment. Altogether, I think I ran/walked an extra 1.5km looking for the control. I lost about 10 mins in race time. It was only when I 're-set' myself, accepting that maybe I was in a different location, even if my brain was convinced otherwise. I slowed down and started to really observe my surroundings, checking for facts. Within a minute I found the control!

Here's a list why I think orienteering (and other sports) can help with work-related stress:

1. First of all, be kind to yourself. Sometimes you'll make mistakes, I certainly did... we're only human after all.



2. Knowing when to slow down in a race is a top skill in orienteering. The quote 'slow down to speed up' can totally relate to office work, too.
3. Orienteering provides for an excellent training ground to practise logical thinking and decision-making under pressure.
4. The saying goes: a healthy body is a healthy mind'. Being part of sport drives a motivation to get fit.
5. Being hydrated and eating the correct foods is critical in sport. There are some foods which are healthier and other foods which can increase stress. Pick your diet wisely (but don't beat yourself up over it).
6. Get good rest and prioritise sleep. Allow your body to re-energise (JK is a 3 day event, so after each race I made sure I didn't do anything too strenuous).
7. When tired or stressed, your brain can play tricks on you and it's easy to jump to conclusions. Facts and opinions are different, sometimes totally different. Keep fact checking.
8. Although it's not always possible, orienteering and other sports can help maintain a healthy work/life balance.
9. Running (and walking) in the countryside and parks provide a different perspective to life outside the hustle and bustle of the office.
10. After the race, the competitors discuss the good bits and the bad bits of their race, like a retrospective. Plus it reminds me of point 1, we're all human!

Andy Glover

Andy and his Children at the JK



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 running top - £30.

Long sleeve running top - £36.

Warm up jacket - £32.

Also available warm up bottoms £20.

(Currently only men's sizes in stock).



Out and About

The summer league has started and, despite talk of many ailments and injuries, I hope most are able to participate. Certainly, the first event attracted a remarkable number of people. We are certainly fortunate in a basically urban area to have Charnwood Forest and the growing National Forest on our doorstep, giving us a variety of locations to choose from.

The National Forest and the Wildlife Trust are currently undertaking a biodiversity audit of Charnwood Forest to better understand the natural heritage and create a baseline against which to monitor changes. It will help to identify projects which will benefit wildlife and habitats. To date, the audit has recorded 528 species.

We need to know what is happening to our species so that we can try to help. In this time of environmental extremists, it is worth taking a step back. They are attacking a government which was the first to introduce carbon reduction targets and still has the toughest in the world as far as I am aware. There are many, very real concerns, though, well highlighted by Sir David Attenborough, and we can all do our bit by recycling more and never letting any food stuff out of the kitchen, unless on a plate.

We do need to do something to help the wildlife. Five species of our butterflies have become extinct in the last 150 years, although we still have 59 species - 57 residents and 2 regular visitors (Painted Lady and Clouded Yellow). Three quarters of these species are, however, in decline. This is all the more reason to get out and enjoy them while they are still about. These are just the more visible and attractive of insects, but

hundreds of species are at risk, and if they go the birds go and so on up the food chain.

Work is currently being undertaken at the Outwoods to create a natural play space, events area and covered barn, which will be available to us for events. The second phase of this work is to develop the redundant ranger's cottage as a base for volunteers.

Charnwood's geology sits at the very beginning of animal life on earth. Although Charnia Masoni is the most famous fossil found in the area, research has shown a greater extent and variety of well-preserved specimens of more complex life forms than originally thought, and the existence of quarries helps to reveal further examples.

The Landscape Partnership is close to submitting its final documents to justify the major part of its lottery grant and, if successful, which should be known by the end of the year, improvements will be made to some priority rights of way, e.g. fixing gates, surface improvements in boggy areas, and better way-marking from the urban fringe of Loughborough and Leicester into the Forest.

I am a member of its steering group and, if the funding is made available, we will improve safety on the route between The Outwoods and Beacon Hill. This will mean that people will no longer have to take their life into their hands walking on an exposed verge, but will instead be able to walk safely along a surfaced off-road path.

We will work with landowners to improve safety and connectivity in other parts of the Public Rights Of Way network, and the honey-pot sites of Bradgate Park,



Beacon Hill and The Outwoods will all have projects to help disperse visitors more evenly. This will include things like making better use of available parking, improving and maintaining paths, and encouraging visits to alternative sites by upgrading facilities, e.g. at Broombriggs Farm and Windmill Hill, adjacent to Beacon Hill.

The M1 is a significant barrier and has affected how people see and experience the Forest. Many local people are unaware that Charnwood Forest extends to the west of the motorway. Our messaging throughout the project will help people to appreciate the full extent of the regional park, support improvements to neglected sites to the west of the motorway and improve connectivity at key M1 crossing points.

Significant habitats, such as Charnwood's ancient meadows, woodland and heathland will be supported through targeted projects. These will help to improve habitat connectivity and the longer-term management and condition of the landscape.

Further afield, the Forestry Commission is now slowly removing all non-native trees from the Duddon Valley, already one of the more bio-diverse areas of the Lake District. It is helping the rarer animals there to thrive, such as otters, dormice and red squirrels. More unusual birds are also making a come back, e.g. bullfinches, jays and woodpeckers.

Glenridding Common and Helvellyn are also getting a touch of re-wilding. Now run by the John Muir Trust, they have done some footpath repairs, but have also scattered stones about to discourage off-path walking so that native plants can re-establish themselves. Not great for runners, though.

There is no doubt that man is responsible for many of nature's problems. Once

ancient woodland has gone, it cannot be replaced, but there are some lessons learned and we can undo some damage. For example, in one of the quieter corners of Cumbria, Swindale Beck was straightened many years ago, but is being reshaped to restore its curves and reduce the speed of water flow. Trees are also being planted to help reduce the risk of floods. Haweswater used to be a natural lake just over two miles long, almost cut in two by a jut of land at the village of Measand. It was almost two separate lakes, which were known as High Water and Low Water, until Manchester built a dam drowning most of the once beautiful Mardale. Nature has steadily made the area seem more natural, but man is now doing his bit as well.

Not only can we undo some damage, but we can also facilitate the natural ecosystem to mend itself. It is no longer enough just to reduce carbon emissions. We also need to remove carbon from the atmosphere. Planting more trees is bound to help, but stopping them being cut down in their thousands in the rain forest would help a lot more.

Nature is our greatest ally in locking carbon away and protecting our climate. Re-wilding can help nature recover on a massive scale and shape a better future for people.

To help, we can re-establish natural processes through blocking drains, removing fencing or grazing pressure, and ultimately assessing the desirability of reintroducing missing species, etc. Despite their well founded reputation for felling trees, a family of beavers is to be released in the Cropton Forest on the North York Moors to see whether they can help prevent flooding downstream.

Roy Denney



Retired Man Chronicles: Weather, Trousers and Shoes Permitting

At the start of the year, RM was very happy to read that Don Moir is first in the UK league at M85. Well done!

In January, RM is not keen to run on Monday club night at South Charnwood school because of the cold weather and competing with 'lots of young kids who can run very fast', but is happy to go to the pub afterwards.

It is cold, too, for the orienteering at Hartshill Hayes, but he bought a new magnifier for his compass (£14) as he lost a new one at the Ratby Woodlands night event.

It is February, but RM has a new excuse for not running round at club night and just going to the pub as he cannot find his orange trainers. Is this the orienteering equivalent of 'the dog ate my homework'?

Shoes feature, too, in the Beacon Hill event, where he arrives with 2 shoes: an O shoe and a trainer, but not his trainer - mine! It does not even look like his other O shoe. He does have another trainer in the car that is his, so wears one of each to run round. However, crossing a boggy bit, the mud swallows up the trainer with only the heel showing above the surface 'like the stern of a sinking ship'.

February is RM's 71st birthday, and after opening his presents of beer and cheese, he comes on a church walk, and chats about orienteering and trains to Mike and Jo Edwards, followed by lunch at the White Horse pub in Quorn

John and daughter, Suzi, have birthdays that are 2 days apart and share their celebrations. Quote from S about the huge chocolate cake: 'It looked smaller in the shop'.

As a present, John has been given 2 'tiles' which can be attached to key/wallet/ phone, etc., and enable you to find them when they are lost. See later.....

The cold weather has changed, but RM had been unable to find someone else to go orienteering at Everdon Stubbs. On his return, he is full of the joys of a beautiful afternoon, at 15C, a record temperature for February. The event was well organised and well mapped, with controls clearly marked and numbers at the correct font size. He had seen no one from LEI and later uses his little What's App group to gloat to the others what a lovely day of orienteering they had missed (through injury).

It is the 2nd March and he has forgotten it is the club dinner tonight. This year, the venue of the club dinner is not at Kirby Muxloe Golf Club and John is moaning that 7pm is too early to go to Langdale Golf Club, only a few minutes' drive away. Yes, it would be too early, except that the venue is Longcliffe Golf Club, Nanpantan, Loughborough. Good job one of us knows the date and location of the dinner and does not have their head filled with HS2 railway facts. Following on from the food, Chris Phillips begins the presentations by thanking Rachel for the balloons and table decorations. Most of



the trophies are spread amongst the assembled company, but I think Ursula needs to move house to accommodate her collection of O awards. There seems to be some new trophies: Maureen Webb earns one that looks dangerously like a glass harpoon tip. We have a lucky table, as Roger E and Chris B also receive trophies, and Retired Man is given a round of applause for his bronze medal at the Radio Orienteering World Champs in Korea.

The snow returns in March, but RM and his sore throat are still going to Wharncliffe (because he has paid). Alastair drives and they pick up Pete Leake, too. 'Odd' summarises RM on his return as he had lost his dibber, gone back and found it. Then, lost the map, gone back and found it, and finally fallen over and broken the magnifier on this compass AGAIN, having just replaced another broken one. Wharncliffe was dangerously slippery and very windy, with snow. Now he is heading towards bed, having dosed up on honey, lemon and TCP, etc.

A week later and RM is still not well and has half heartedly gone to the radio O event at Willesley Woods. He has been searching, in vain, for his wallet and his 'find my wallet' Tile-techno thing connected with his phone says 'wallet is nearby, last seen 2 days ago', so it is in the house SOMEWHERE.

However, he is pleased with his run and he also investigated the site of the proposed HS2 route AND 'Spoons' benefited from his custom for lunch, too.

An early evening shout from John on the house roof means I have to climb into the loft and stand under the Velux window to accept big long pieces of concrete that were holding tiles on the roof. I take a photo of John on the roof to explain why I am late to Brownies. He soon climbs

down as he is off to Ashby, boozing and chatting with Peter Hornsby, who is back from Slovenia, where he and Iain Phillips were on Trail O.

April, and the Schools' Event is tomorrow. A bike would be useful, but the tyre keeps going down and our spare inner tubes are the wrong size. Next day, it is cold and rainy at Donisthorpe. What a shame for the kids (and adults). Roger gets stuck in traffic, so RM helps him to put out some controls. He returns to tell me that he won the score course, 30 controls in 28 minutes, but was disqualified for being non-competitive (as he put out some controls) and 71 is too old for a schools' competitor. Also, RM bought a new inner tube and tyre costing £20 from the bike shop in Ashby and is trying to fix them on the wheel, but the inner tube does not want to inflate, not even with a foot pump. Oh dear, he is wishing he had bought it from a nearby shop, not Ashby; more problems with bike tyres and losing plastic covers to the brakes follow...

When RM returns from an urban O at Hunt End, Redditch, he moans about map colours and the small width of paths that make them indistinct. He also has a present of a dead cock pheasant. It had run out straight in front of his car near Copt Oak. Google cooks do not recommend hanging the bird, as it tastes more 'gamey', then. So RM is keen to remove the breast meat right away and is poised with knife in hand like a surgeon. What should we do with the rest of the bird? Plan A: put it outside overnight for the fox. Plan B: the dustbin. Plan A works and pheasant stew is very good.

Monday club night is in the light, now that the clocks have changed, but he still manages to trip up, ripping his trouser knees and the skin underneath, as well as grazing his wrists. He is not impressed by my comment that ripped knees are



quite fashionable. "But these are my best trousers for wearing on the winner's podium." Replies about 'not needing them very often' are not appreciated as he continues to try and strengthen a plastic magnifier for his compass. This is his 4th magnifier, having lost one and broken 2, both soon after buying them, hence the idea of making a protective structure out of an aluminium beer can.

On the hottest day of the year so far, RM travels with Chris B to the JK - Old Windmill Hill - but Chris B was disqualified for missing a control and RM did okay - 51 out of 77.

The next day, he takes lots of water, suntan cream and my sun hat.

Oh dear, what about the results of the world ranking JK event? RM uses the F word, no, not that one, but Fiasco. Wonderful things were promised by the

results system, very little delivered. Does EMIT mean 'electronic measuring in trouble'?

2019 Radio O British Champion is Retired Man! He needed those trousers after all.

We will be going with Roger and Helen Edwards for a walking holiday, based in Swanage, and I need a new automatic opener for the greenhouse window if it gets too hot while we are away. RM is struggling to fix it as the glass pane won't slide back again. (Maybe because he is trying to slide it into the wrong rut!) This results in more drilling and fiddling with screws, washers and bolts in tricky places. He needs a cuppa and scone to calm him down, but I comfort myself that he will be in a better mood, as later he is orienteering.

Irene Marriott

Club shop (2)

Hoodies available in either purple or navy (the latter are very dark, almost black). Junior and adult sizes are available. Adult sizes - £26, junior sizes - £20.

For ordering details, see page 15.



Summer League 2019

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

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

Entry fees: Adults £5.00, Juniors £1.50. For results, please see www.leioc.org.uk

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

Fixtures

This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated, local (D) and regional (C) events offer entry on the day (EOD) to a range of colour-coded courses, with start times from 10.30am to 12.30pm. Local events will only have a limited range of courses. National (B) and major (A) events provide a range of age-related courses and are normally entered in advance online. EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded courses for EOD. The OS map reference is either the car park or point from which the event will be signposted. The list is based on BOF registration data, but events are sometimes cancelled. If you are uncertain as to whether an event will take place, check with the organiser, check on www.leioc.org.uk or check on www.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.



June 2019		
1st	NOC EMOA Local D	Explore the Parks, Wollaton Park, Nottingham SK530394
2nd Sunday	LEI EMOA Local D	LEI Summer League 5, Burbage Common, Hinckley. SP447953 LEI Score Championships. Organiser: Steve Chafer stephenchafer@aol.com
5th	OD WMOA Local D	OD Summer Evening Event - Rough Close, Rough Close Scout Camp, Coventry. SP264780 Entry times: 18.30 -19.30. Dogs to be kept on leads please.
6th Thursday	LEI EMOA Local D	LEI Summer League 6. Martinshaw Woods, Leicester SK518070. Dogs: on lead. Organiser: Alastair Paterson. abpaterson@hotmail.com
8th	OD WMOA National B	Sprint and Urban Weekend (UKOL), Warwick University, Coventry . Organiser: Keith Willdig 01455 614845
9th	OD WMOA National B	Sprint and Urban Weekend (UKOL, UKUL), City of Coventry, Coventry . Organiser: Philip Kirk 01926 632189
10th Monday	LEI EMOA Local D	LEI Summer League 7. Donisthorpe Woodland Centre, Ashby de la Zouch. SK318141. Dogs: On lead. Organiser: Maureen Webb maureen808512@gmail.com
15th	BOK SWOA National B	BOK Blast Day 1 (UKUL), University of the West of England, Bristol. SP162790
15th	NOC EMOA Local D	Explore the Parks, Bramcote Hills Park, Nottingham. SK505380
16th	DVO EMOA Regional C	East Midlands Urban League 2019, Allestree Urban, Allestree SK352408 Organiser: Rex Bleakman, dvo.org.uk
19th Weds.	LEI EMOA Local D	LEI Summer League 8. Outwoods, Loughborough. SK514159 Organiser: John Marriott. John.marriott@gmail.com
23rd	LOG EMOA Regional C	East Midlands Sprint Championships 2019 and East Midlands Urban League 2019, Witham St Hughs, Newark. SK893624. No dogs allowed. Organiser: Sean Harrington.



June 2019 Cont.		
27th Thursday	LEI EMOA Local D	LEI Summer League 9. Leicester Castle. Sprint Event Organiser: Chris Phillips.
29th	NOC EMOA Local D	Explore the Parks, Rushcliffe Country Park, Ruddington, SK575320
July 2019		
2nd Tuesday	LEI EMOA Local D	LEI Summer League 10. Beacon Hill, Loughborough SK521148 Dogs: On lead. Organiser: Chris Bosley. chris@bosley.me.uk
7th	EAOA National B	Yvette Baker Trophy Final, Sandringham, Kings Lynn. Organiser: Peter Woods.
10th Weds.	LEI EMOA Local D	LEI Summer League 11. Market Bosworth Country Park. SK411031 Sprint Event.
13th	WCH WMOA National B	WCH Weekend Sprint Event, Tamworth Town Centre. West Midlands. Organiser: Kristian Roberts kristianroberts@hotmail.co.uk www.walton-chasers.co.uk
13th	DVO EMOA Local D	Staunton Harold Reservoir, Ticknall. SK377245
17th	OD WMOA Local D	OD Summer Evening Event - Whinefield Park, Rugby. SP527746
18th Thursday	LEI EMOA Local D	LEI Summer League 12. Ashby Urban, Ashby de la Zouch. SK355160 Dogs: On lead. Organiser: Mark Sherriff amark.sherriff@btinternet.com
23rd-27th	International	O-Ringen, Sweden.
23rd Tuesday	LEI EMOA Local D	LEI Summer League 13. Evington Park and Arboretum, Leicester. SK628021 Sprint Event. Organiser: Simon Ford si.ford1943@btinternet.com
24th	OD WMOA	OD Summer Evening Event, Oversley Wood, Alcester. SP109567 Dogs: on lead. Organiser: Mike Baggott,mike.baggotthoc@talktalk.net
24th	LOG EMOA Local D	Lincs Urban League, Grantham. Dogs: On lead. Organiser: Sean Harrington



July 2019 Cont.		
28/7 - 3/8	STAG SOA National B	Scottish 6 Days - Strathearn.
31st Weds.	LEI EMOA Local D	LEI Summer League 14. Shepshed (Memorial Park) Urban Event. Organiser: Jane Dring-Morris janedringmorris@gmail.com
August 2019		
3rd	LOG EMOA Local D	Wold's Mini-Mountain Marathon, 3 hour score event. Horncastle. Organiser: Paul Murgatroyd.
8th Thursday	LEI EMOA Local D	LEI Summer League 15. Cademan and Thringston Woods, Whitwick SK436167. Organiser: Laurie Fluck. Dogs: On lead. L.fluck@btinternet.com
10th	DVO EMOA Local D	Swadlincote Woodlands, Foremark Reservoir, Swadlincote. SK305193
13th Tuesday	LEI EMOA Local D	LEI Summer League 16. Markfield. Urban event. SK485105 Dogs: on lead. Organiser: Derek Herd Derek@herds.kiwi
17th	SYO YHOA National B	Race the Castles in Yorkshire - (UKOL) Mam Tor, Castleton
17th	DVO EMOA Local D	Rosliston Forestry Centre, Swadlincote. SK243174 Organiser: Rex Bleakman
18th	LOG EMOA	East Midlands Urban League 2019/Race the Castles (UKOL), Lincoln City, Lincoln. No dogs allowed. Organiser: Sean Harrington www.logonline.org.uk
19th	EPOC YHOA Regional C	Race the Castles in Yorkshire - Urban Sprint. Thornes Park, Wakefield.
21st Weds.	LEI EMOA Local D	LEI Summer League 17 - FINAL EVENT - Castle Hill. Score event. Organiser: Ed de Salis Young
24th-26th	EBOR YHOA National B	White Rose Orienteering Weekend, Scarborough



September 2019		
7th-8th	SBOC WOA National B	Senior Home Internationals Individual, Gower, South Wales.
8th	SAX SEOA National B	Peter Palmer Junior Team Relays, Hindleap Warren, East Grinstead.
14th	LEI EMOA Major A	British Sprint Championships (UKOL), Loughborough University, Loughborough. No dogs allowed. Organiser: Robert Haskins , piperdrive@btopenworld.com
15th	DVO EMOA Major A	British Middle Distance Championships (UKOL), Chinley Churn, Chapel-en-le-Frith, SK035836 Organiser: Sal Chaffey
20th	LOK SEOA Regional C	LOK City of London Race Friday, Kings Cross.
21st	SLOW SEOA National B	City of London Race.
21st	SOA National B	Veteran Home Internationals Relays, Edinburgh
21st	OD WMOA Local D	OD Saturday Morning Event - National Herb Centre, Warmington, Banbury. SP410471. Dogs: on lead. Organiser: Michelle Oxtoby, m_oxtoby@hotmail.com
22nd	ESOC SOA National B	Veteran Home Internationals Individual, Edinburgh.
28th	SYO YHOA National B	Junior Inter Regional Championships, Cowms Rocks, Bamford. SK125903 Organiser: Amanda Crawshaw
28th	Devon SWOA National B	Caddihoe Chase Day 1, Burrator, Yelverton. SX553658 Organiser: Alan Simpson
29th	SYO YHOA National B	Junior Inter Regional Championships, Tankersley, Barnsley.



September 2019 Cont.

29th	Devon SWOA National B	Caddihoe Chase Day 2, Burrator, Yelverton. SX553658 Organiser: Alan Simpson
29th	NOC EMOA Regional C	East Midlands Urban League 2019, Worksop.

October 2019

5th	LEI EMOA Local D	CLUB CHAMPIONSHIPS.
12th	MDOC NWOA	British Schools' Score Championships, Heaton Park, Manchester. SD830045. Organiser: Marie Roberts, marie-bo@roberts.gb.net
12th	LVO NIOA National B	Junior Home Internationals Individual, Cassey Water, Rostrevor. www.lvo.org.uk
13th	LEI EMOA Regional C	East Midlands Urban League 2019, Ashby de la Zouch. SK359170 Organiser: Jane Dring-Morris, janedringmorris@gmail.com
13th	LVO NIOA National B	Junior Home Internationals Relays, Donard Forest Park, Newcastle.
20th	MV SEOA Major A	CompassSport Cup Final, Pippingford Park, Crowborough.
26th	DVO EMOA Regional C	East Midlands League 2019, Longshaw, Sheffield, SK265799 Organiser: Stuart Swalwell www.dvo.org.uk
26th	CUOC EAOA National B	Cambridge City Race, Cambridge. Organiser: James Ackland
26/27th	NATO NEOA National B	October Odyssey Day 1 Urban, Hexham and Day 2 Dukes House Woods, Hexham
27th	OD WMOA Regional C	OD WMOA League Event 9 & Club Champs. Brandon Woods, Coventry.



November 2019		
2nd	SO SEOA National B	Chichester City Race (UKOL), Chichester.
3rd	NOC EMOA Regional C	East Midlands League 2019, Shirebrook Wood, Mansfield. Organiser Jane Brooker, org20191103@noc-uk.org
3rd	SOC SCOA National B	November Classic (UKOL), Bramshaw, Southampton.
9th	MDOC NWOA National B	Twin Peak Day 1, Goyt Valley Forest, Buxton.
10th	MDOC NWOA National B	Twin Peak Day 2, Buxton.
17th	LEI EMOA Regional C	East Midlands League 2019, Aylestone Meadows, Leicester. SK573014
17th	BKO SCOA National B	British Schools' Orienteering Championships, Black Park, Slough. TQ005832
24th	NOC EMOA Regional C	East Midlands Urban League 2019, Nottingham University, Nottingham.
30th	NGOC SWOA	Southern Champs Weekend, Middle Distance Event, Mallards Pike South, Cinderford. SO637088
December 2019		
1st	BOK SWOA Major A	Southern Championships and Mike Nelson BOK Trot (UKOL), Churchill Enclosure and Cannop Ponds, Coleford. SO620121
1st	DVO EMOA Regional C	East Midlands League 2019, Allestree Park, Derby
8th	LOG EMOA National B	East Midlands Championships 2019, Grimsthorpe Castle, Bourne. TF047229. No dogs allowed. Organiser: Sean Harrington



Photo Gallery: JK Day 1



Iain by Steve Rush

Steve by Steve Rush



Kevin by Steve Rush

Cerys by Wendy Carlyle



Photo Gallery: JK Day 2



Chris by Steve Rush

Roger by Steve Rush



John by Steve Rush

Imogen by Wendy Carlyle



Photo Gallery: JK Day 3



Ian by Steve Rush

Alastair by Steve Rush



Harrington by Wendy Carlyle

James by Wendy Carlyle

