

50 Years of Orienteering



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Memories of my First JK

...Broken Leg!

Presentation Evening 2020

Getting Back to Orienteering



Summer 2020

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Front Cover: Don Moir at the Chiltern Challenge, Hambleden Estate, 23rd February, 2020.

Photo: Steve Rush

Points from the Editors



Welcome to the summer edition of the newsletter. We hope that you are all keeping safe and well, and haven't been driven crazy by the lockdown restrictions

we have all been faced with.

Unfortunately, there is little in the way of orienteering action to report on in this edition. However, the CompassSport Cup qualification is most definitely the highlight, so let's hope we're back orienteering in some guise ahead of the final on 18th October. Chris Phillips' article on page 7 gives us a flavour of how orienteering might operate moving forwards. However, I think most of us will just be glad to get out again with a map in our hand, however restricted this may be.

Although the lockdown has meant orienteering as we know it has been curtailed, I'm amazed at the dedication shown by orienteers to keep up the sport in any way they can. The article entitled 'Lockdown Orienteering' on page 8 describes a number of online activities - a great way to keep those skills sharp for when orienteering is open for business once more.

It is also really interesting to read about your projects in this edition, including poetry, cookery and crafty ideas. Lockdown has certainly brought out the creative side in some of our members (see photos on back page). Also, whilst you're looking at the back page, have a guess at who the young orienteer is - no cheating!

Happy virtual orienteering!

Wendy and Alan West



Ramblings from the Chair



I had hoped at this time to reflect on the fantastic performances of LEI members at the JK and to praise our new British Champions, but unfortunately we do find ourselves in quite a different

situation with the Covid19 pandemic and the continued tragic loss of life.

British Orienteering was, commendably, very quick off the mark in suspending all orienteering activities before the formal government lockdown. There are, at the time of writing, the first signs of a potential easing of the lockdown restrictions. LEI has started consultation with BOF, along with other clubs, over the return to orienteering. The BOF 'Back to Orienteering Action Plan' sets out a phased return for events and competitions, starting with the use of permanent courses, virtual events and running courses from previous events, eventually moving onto small scale, local events, as restrictions continue to be lifted. The final stage will be the re-introduction of regional and larger scale events - see Chris Phillips' article on page 7. It is going to be a long road back, but it is essential that, in our return, we fully take on board the guidance from BOF and the advice from the government in order to ensure a safe return to the sport we enjoy so much.

The first half of March seems a very long time ago now. We started the month with one of our major events of the year, the annual awards dinner. Congratulations to all the award winners, and especially to the main award recipients on the night:

Iain Phillips (Chairman's Tankard- for a special service to the club in the year); Andy Portsmouth (President's Salver for service to the club in the year) and Alastair Paterson (Tiger Trophy - the club's highest award given for exceptional service to the club over a long period of time). It was an excellent night and it was very good to see so many club members, old and new, in what was one of the best attended dinners of the past few years. Thanks again to Chris and Ursula for organising the event.

If the first weekend of March was good, the second weekend was even better. What can I say about the Compass Sport Cup performance? Well done to everyone who ran on the day. It was a fantastic effort from the club in qualifying for the CSC final, for what I understand is the very first time. (Hosting the event does not count). Special thanks goes out to the Club Captain, Esther Revell, for getting so many people to enter, (I am sure it had nothing to do with the free entry!). Being one of the very last starters, I began my social isolation a week early, only seeing one other competitor during the entire 72 minutes of my run. It did, however, allow me to be with Esther in the clubhouse when the final results came in, when our victory was sealed. It was right down to the wire, but we just managed to scrape over the line. Whether we will ever get to the final is an entirely different matter!

It is a really tough time and I sincerely hope that everyone, whatever your situation, stays safe. Fingers crossed, we will be able to work our way back to some form of normality over the coming months.

Steve Chafer

Captain's Corner



Hello everyone! I hope that you are all keeping as well as you can and are able to stay active somehow until orienteering can resume. I have recently been working out or dancing in the living room to YouTube

videos, and actually enjoying that, at least until the moment when I realise there is someone on the other side of the glass door, smirking at the spectacle!

Our last event before lockdown was the CompassSport Cup (CSC) heats at Aspley Heath, where we qualified for the final for the first time anyone can remember! I report on this event later in a little more detail, but want to say here a huge thank you to everyone for coming, and to those who helped me with the technology. We had the largest team (which paid off), and there were some who made an extra effort to be there. Also, thanks to Steve Edgar and Jess for running up. The final will be held on 18th October, hosted by our neighbours, OD - not too far away from us, near Sutton Coldfield. It would be great to have as many club members along to this as possible. We're up against the top clubs, so won't exactly be the favourites to win. However, it will be a fun day out cheering each other on, and not an event we get to participate in very often! (Who's to say what's possible, though, just remember what L.C.F.C. achieved in 2016...).

The British Champs, the YBT heats and the JK were sadly cancelled, although the British Champs may yet be rescheduled. At the time of writing, the Peter Palmer

relays may still go ahead in September, so any juniors in the age range M/W12 to M/W18 can let me know if they would be interested in taking part.

In place of actual outdoor orienteering, Chris Smithard from FVO has come up with an idea to run some home computer-based orienteering competitions, known as Lockdown Orienteering. So far, five intrepid members of LEI have attempted these competitions and you can read their report in this newsletter. Hats off to James Rogers for being first placed LEI member in both the Easter weekend and the 'Sprint' Weekend, coming a very respectable 72nd and 81st out of around 500 participants, including some big names in international orienteering. Iain Phillips was not far behind. A massive CONGRATULATIONS also to Iain for being selected for the European TrailO Championships! Subject, of course, to the ever evolving Covid-19 situation, these will take place in southern Finland in July.

I am looking forward to seeing you all again, whenever that may be. In the meantime, stay safe. Oh, and make sure you put the CSC final date of 18th October in your diaries now!

Esther Revell



Junior Captain's Corner



Firstly, well done to all the juniors who competed at the Compass Sport Cup qualifier. It was a great achievement for the club. Obviously, since then, orienteering has

quietened down due to the lockdown, but hopefully we can train from home for a while until it is safe to re-start. I know some of us juniors are hoping the joint EMJOS and WMJS trip to Sweden at the end of July will still go ahead as planned, even if the events have been cancelled and we go purely to train in the tougher terrain. But, for now, it is important we maintain our fitness throughout lockdown ready for when we return to orienteering. For this reason, I thought I'd give you a few suggestions of how to keep training from home.

Of course, staying active is important, whether that be going for a walk/run or exercising in the garden. But, if you'd like to practise your navigational skills at the same time, I can recommend taking an old map out with you and trying to plan the route you would take if you were running that race whilst you are running or walking – obviously being careful not to bump into anyone or anything as you do so. Alternatively, you could practise your map memory skills; you could plot a route on Google maps or plotaroute, then try to run that route as accurately as possible without having to use a map. Or if you'd rather do some less physical training, virtual O is a great way to practise navigating whilst avoiding the brambles! And, of course, there are lots of orienteering quizzes and challenges to get involved with. So, although all events and training are cancelled for the moment, there is still plenty to do from home.

Libby

CompassSport Cup Heats - Report

'Twas fifteenth of March and LEI went,
To race in the CSC heat,
Near Milton Keynes, and hosted by
SMOC,
With clubs NOR and WAOC to beat.

Some inclement weather did not put us
off,
Neither rain, nor a strong chilly breeze,
The seven clubs met there, despite

hearing of,
Emerging pandemic disease.
No club tent, no flag, and no high fives
allowed,
And many used sleeves on the doors,
No gathering throngs around the results,
No finish line cheers, nor applause.

We sadly were missing a few of our team,
Through illness or minor disaster,
Where prize for the most unfortunate
was,
A foot to thigh covering of plaster.

But did have our students from unis afar,
And Ian from R.A.F.O.,
And even Maureen, on crutches to cheer,
Now that's dedication, you know.

Excuses were given to captain up front,
"I'm sorry, I cannot run fast;
My such-and-such injury's hurting today",
For the record – they hardly were last!

And so by a bus to the woodlands we
went,
And warmed up, and ran on our cue,
After dumping of clothes in a very full
tent,
And a nervous last trip to the loo.

Terrain was quite good, though some got
confused,
By bike tracks not mapped, for example,
But LEI's joy in the area was,
A scratch-free near absence of bramble.

Once finished, the usual stories were
told,
Of route choice that wasn't so smart,
Of bearings gone wrong, a shoelace that

snapped,
Near failure to punch at the start.

And then came the tales of errors this
large:

Way off-course and in ignorant bliss,
With Ernie there, too, they just *had* to be
right,

And we smile, 'cause we've all done it,
Chris!

Results at assembly - it looked good to
start,

Then WAOC took lead, but was close,
When Simpson's (on late starts) got back
to download,

Whoop! Back up to first place we rose.

Our juniors smashed it, and Anna on
green,

And Dave, Roger, Andys and Don,
With all running well, against other clubs,
By just 10 points difference, WE WON!

Well done purple army! You fabulous lot!

The first time we've ever gone through,

All runs scored us points, or pushed
others down,

For making the effort: Thank you.

Esther Revell

*(with apologies for the lockdown
poetry)*

Getting back to Orienteering (but not as we know it!)

By the time you read this, we should be able to offer club members virtual or solo orienteering. Writing this in mid-May, we still have one or two technical and logistical challenges to overcome, including permissions from landowners

It is a little difficult to know how many weeks, or maybe months, it will be before we get back to some sort of “normal” orienteering. However, it is clear that it will be very different, at least initially, to what we are used to.

There is a twofold purpose to this article. Firstly: to explain what is going on behind the scenes, both at club level and nationally. Secondly: to give you some idea as to what the first few events might look like.

As many of you will be aware, in early May, Peter Hart, the CEO of British Orienteering, circulated, for consultation, a draft set of guidelines for restarting the sport. Steve Chafer has responded on behalf of the club. As a member of the small group that contributed to the draft guidelines, I was very pleased to see the large number of clubs who contributed to the discussion. The guidelines have now been updated and re-released to clubs for their use.

In parallel with the national initiative, the club has a group, consisting of Steve, Roger P, Roger E, Ursula and myself, working on how we can manage events within the guidelines. Again, at the time of writing, this is very much a work in progress as we tackle some of the issues involved, e.g. a simple system of prepayment of event fees.

It is likely that the first few events will have, among other measures:

- Compulsory pre-entry
- Allocated start times (you must turn up for your start time, otherwise no go)
- A requirement that social distancing is maintained at all times.
- No on-the-day results
- No car park or post-event socialising
- Events limited to LEI members only, with a strict limit on numbers

We are considering a small number of linked events over three or four weeks that may or may not constitute the Summer League.

One issue that will have to be resolved is that of permissions from landowners. We have no indication at present what reactions we will get to requests for permissions.

By the time you read this, the situation may have changed (for better or worse) and what we are able to deliver will, of course, be subject to whatever the restrictions the Government may have in place.

What of the longer term?

Certainly, over the next 6 months or so, orienteering is likely to have a very different feel to it, with far more

restrictions than we have had in the past. Financially, the sport should just about ride out the storm, but the consequences of the pandemic are just one of many elements that will be feeding into the rising cost of the sport.

There are currently no plans, other than possibly the 2020 British Championships, to fit Level C, B and A events that have been cancelled during the lock down into the autumn schedule. There is just not space in an already crowded fixture list.

As most preliminary work, including mapping, for the larger 2021 events has been stalled, there is a possibility that some of the events in early 2021 will be either cancelled or postponed.

Please keep an eye on both the club Facebook page and the club website for updates.

Chris Phillips

Events Co-Ordinator

Lockdown Orienteering

With outdoor orienteering off, the best alternative is indoor. Clearly, these were the thoughts of Chris Smithard (FVO) as he set up the Easter Lockdown Orienteering Championships over the JK weekend. Four members of LEI braved the challenge and here we report on their adventures and results.

Each day had a series of orienteering games on the web, followed by a course on the game 'Catching Features'. The latter game may be familiar to those of you from 10 years ago, but it was new to all of us. This is simply a computer version of an orienteering course, whereby you run in the terrain and press space to see the map. You then rotate the map to match the compass in the normal way, then navigate feature to feature.

Day 1 (Iain) started with the route choice game, which you can all try at <https://routechoicegame.com/> but you'll need to read Finnish or use Google Translate to get the instructions. Simply choose from two routes either side of objects as you would do in a sprint race. Some of them are easy, some quite difficult. As a training exercise, it helps you to learn the shapes of shorter routes in a sprint-style

event. After an hour or so of practice over several days, this was an event I wasn't going to get wrong. It went worse than I wanted it to, but I managed a top 100 finish. This was followed, for me, by lunch and straight into RunningWild. Here we drew routes on a course planned by Jon Cross. These were then examined by the organisers, who had 12,000 to look at in the few hours they were producing the results — a point for those where you selected the shortest route and most points won, with time as a tie-breaker. Again, a good exercise and with comments in the live Twitch video at the end of the day from Jon himself adding to the training. Both these went well for me and I ended up in the top 100 for the day.

'Catching Features' was a sprint course and I discovered the difficult thing about the game is that relocation is really, really hard. So, lots of returning to the corner and tracking through again - good less in keeping in touch with the map. After ages, I completed the short sprint course.

Day 2 (James) First up was the control descriptions game. Really simple; know your control descriptions. As a person

who had spent a long Friday at work making control descriptions flashcards last year in preparation for the JKs, I felt confident I was going to smash it. So, after an hour of warming up on the games on the Map Runner website (www.maprunner.co.uk/cd) - well worth a look at if you confuse crags with fences - I took to the competition. Like many in the 2019 LEI score champs, I misunderstood the scoring system and ended up not doing as well as I would have liked. A lesson learnt, again!

The second stage was the photo orienteering, where we were shown a control location on a map and the control description. You had to visualise and remember the control as it vanished, and you were asked to pick the correct location from 4 images. I am very good at making mistakes in circle, but I surprised myself by coming 50th out of the 444 competitors, with 9 out of 12 controls correct. This showed that I can visualise quite well. I just don't think that I do it when racing! I think that I will be borrowing a control flag and heading out to make some photo set ups for the club as I think this will really help me and, hopefully, be a good winter training exercise for everybody.

The orienteering quiz was again challenging and well designed to make the use of Google more difficult than expected. When I finished, I felt a tad guilty for neglecting the heritage of the sport. So, if anyone has some good recommendations for some reading, please let me know. In the end, I did well in the quiz. I only got one question wrong: which other colour pair was tested for orienteering kites in Sweden in the 1970s?

The middle-distance catching features race was over classic Lake Distance terrain. It was so difficult; I shall not talk about the result ... It struck me that I

would be saying the same if I was racing in the terrain anyway. I was having the same problems, not identifying a good attack point, losing contact with the map, getting lost in the detail on long legs and big mistakes in the circle. The question that is left for me to answer is if I can improve my performance in the game, does that translate into results on the day when it matters?

The day really showed me that even though training activities are limited at the moment, with a little bit of effort and imagination you can really knock time off your next race. Also, apparently blue and yellow kites were tested in the 1970s. Stay safe and make the most of it!

(Iain) 'Catching Features' on day 2 was the hardest of the 3 days ... There were 3 courses: you started on the longest and if you gave up, you tried a shorter one and then a shorter one. I gave up on the first 2 on day 2 and just completed the short course.

Day 3 (Esther) was Easter Sunday, and I decided to squeeze in a quick ten question round of 'Spot the Difference' before a video meeting that morning. Mistake! This round was tougher than it sounded. Questions consisted of two sections of map, one original, one altered and a multiple choice answer to select what had changed. It started easy enough, a simple matter of counting buildings or identifying that a marsh had changed shape. However, the questions became progressively tougher. By question nine, it took me some minutes to spot one tiny thicket addition, and after at least half an hour I still hadn't spotted the difference in the tenth question! In the end, with my time running short, I guessed the answer (a contour change) after meticulously going through the other options yet again, and not finding any



differences. This answer was fortunately correct! Looking at the answer sheet, I can see why it was so hard to spot. The alteration was very subtle - a curve added to a contour at the bottom of a re-entrant, so it blended in very naturally.

The next game was thankfully much easier for me. It was a Streetview orienteering game, planned by Graham Gristwood around his home town of Chester. It was similar to the one recently produced by DVO, which was showcased as an example/practice exercise. The idea was to visit each control site (from a normal orienteering map) in Google Streetview and then answer a question based on what you could see there, such as a phone number or name. One issue that came up for the organisers was that a sweet shop had clearly changed hands over the years, and Streetview showed the shop to be Mrs. Benson's to some participants and Mollie's to others. Both were awarded points in the end. In a post-competition poll of favourite rounds, this one received the most votes. I reckon this is partly because it felt less stressful than some rounds, but also because it gave us race-deprived orienteers that small buzz of finding something by map reading into the right place.

(Iain) Day three's 'Catching Features' test involved a max in the middle of an open area and some forest running. Again, I retired from the main course (relocation is really very difficult), but was happy to discover that the B course was the same. This time I nailed it ... well, I got a lot closer to nailing it.

Day 4 (Zara) was by far my best day over the four days and it was the final day. It was a rather strange feeling being able to orienteer with a broken leg elevated on the sofa. On this day, we needed to

complete online Trail-O and 'Catching Features'. Trail orienteering is about deciding which orienteering kite/flag you can see (out of 4-7 kites/flags) and identifying it as the one shown on the map. Having never attempted Trail-O, I was unsure what to expect. To my surprise, I managed to smash out a pretty good score of 221, landing me 15th place overall, managing to beat some of the GB team! I'm sure if this was out in the real world, I would have been flattened! Still, I'm not sure Iain will ever talk to me again! (*Iain says, happy to talk to you again - come and do more TempO!*).

Having tried Trail-O, I am keen to give it a go again, hopefully out in the sun. I am sure I will even be able to persuade some of you to come with me. In the meantime, I will be training on my laptop. Have a go www.yq.cz/trail-o/TempO/ (use Google Chrome).

I had a go at 'Catching Features', but decided that I was rubbish and I would not be putting my score in after I managed to misplace myself on the map and not relocate. Orienteering in real life is far easier than on a computer game! However, having practised and looked at all the features, it has helped me to understand the map better, and when my surgeon allows me to run in a year's time, I am going to be a better map reader and, hopefully, a better orienteer. Watch out James!

We were treated at the end of the weekend to see two finals from the top 12 positions, with Thiery Georgiou, no less, featuring in the B final. These were 'Catching Feature' races, with live commentary and headcam views, etc - the only live action sport I saw across the Easter weekend.

*Iain Phillips, Esther Revell,
James Rogers, Zara Rogers*

Club Chat

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

Colour Standard	Member
Orange	Felix Jarvis Karen Matthias

Photo Gallery Competition (Rear Cover)

The photograph was Steve Chafer, taken in 1986.

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

Navigation Challenge

3 Stars: Adam Cladingboel

3 Stars: Felix Jarvis

3 Stars: Karen Matthias

Racing Challenge

Bronze 3 Stars: Felix Jarvis

Bronze 3 Stars: Karen Matthias

Bronze 5 Stars: Zara Rogers

Gold 5 Stars: Phillip Caswell

Top 10 Performances from Major Championships

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

British Night Championships 2020, Hambleden, 22nd February 2020

M55S

1st.... Matt White

Did you know?

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

The 2020 league has had 6 qualifying events so far.

Don't forget!

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

Presentation Evening - 2020



*Jessica Dring-Morris:
Women's club
champion*

*Roger Edwards:
Veteran Men's club
champion*



*James Rogers: Men's
club champion*

*Andy Glover: 2019
Summer League
Champion, 1st senior male
sprint & urban series*



*Maureen Webb: Veteran
Women's club champion*

*Esther Revell: 2019
Summer League 1st
senior woman sprint &
urban series*



The annual presentation dinner was held on Saturday 7th March, 2020, at the Longcliffe Golf Club. The presentations were made by our club president, Ernie Williams.



Ed Young: 2019/2020 Winter League champion



Ursula Williamson: 2019/2020 Winter League 1st senior woman, Thelma Spalton Trophy for an excellent performance for a W45+



Jane Dring-Morris: 2019 Women's score cup champion

Roger Phillips: 2019 Men's score cup champion



Peter Leake: Veteran Men's trophy for performance



Peter Dargue: Clock trophy awarded for the longest time on an LEI course





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



Alastair Paterson: Tiger Trophy awarded to a member who has greatly contributed to the club over a period of time.

Course times in consideration for the clock trophy award 2019:

Peter Dargue 129m 37s on a green course at Bagworth regional event

Mark Sheriff 109m 12s on the long course at Cademan summer league event

Andy Portsmouth 97m 41s at Grangewood summer league event

Jonathan Lee 94m 49s on the medium course at the Willesley night event

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

Imogen Wilson: 2019 Summer League 1st senior woman

Iain Phillips: Chairman's Tankard awarded for services to the club



All photos: Alan West

Access Report

Leicestershire's Charnwood Forest Secures National Lottery Support.

As you may know, I serve on the board of the Charnwood Forest Regional Park, and for the last 7 years as a member of the steering group of the Landscape Partnership Scheme we formed. We have been trying to obtain a substantial grant from the Heritage Lottery Fund to promote, protect and enhance Charnwood Forest. Our bid has been successful and we have secured the full grant requested of £2,767,300 without additional conditions. Coupled with the match funding and in-kind support for the scheme, this will bring a total of c.£3.7 million of investment to the Forest and support a programme of eighteen interconnected projects. Improved access and linkage is a major part of the scheme

Improvements will be made to some priority rights of way, e.g. fixing gates, better surfacing in boggy areas, better way-marking from the urban fringe of Loughborough and Leicester into the Forest, and hopefully some better linkage between sites. This is important to us as orienteers, as using a number of smaller sites together may be our best option for event areas, as problems multiply elsewhere. The aim is also to move people away from the honey spots which are coming under increasing pressure

With the current Coronavirus situation, there is likely to be a delay to the start of the scheme, but we are working to determine an appropriate and pragmatic way forward so that work can commence as soon as is feasible.

Roy Denny

The press release lists the following as some of the co-ordinated projects:

- Geological conservation and research
- Innovative interpretation
- Habitat restoration
- 15 natural flood management projects
- 10km of improvements to 'rights of way' and the creation of a safer, off-road path between Beacon Hill and the Outwoods
- Heritage and health programmes, in particular for those with access and special health needs
- Roadshows, events and Citizen Science projects involving 10,000 people
- 1,250 volunteering opportunities
- Participatory arts programmes to engage people to record and celebrate Charnwood
- Advice and support for farmers and landowners, small businesses and community organisations through training programmes and grant schemes
- Outdoor learning
- Improved visitor information
- Mapping of Charnwood's distinctive stone walls.

Gluten-Free LEI Battenberg Recipe

(Inspired by the MDOC website, based on a BBC Good Food recipe, but modified to fit what I had in). For interest see: <https://www.pinterest.es/pin/328973947782091364/>

Ingredients:

225g sugar
225g butter (softened)
200g Doves Farm gluten-free self-raising flour
75g ground almonds
3/4 tsp baking powder
4 large eggs
3/4 tsp vanilla
Food colouring of choice
1 marzipan block
Icing sugar
Seedless jam, such as apricot or redcurrant

Method – *n.b. the BBC recipe just blitzes everything together. I take satisfaction in doing it the old school way!*

1. Cream together the sugar and butter until light and fluffy.
2. Beat the eggs together with the vanilla.
3. Add the egg mixture to the sugar-butter mix by the spoonful, beating in each time. If it looks like it is starting to separate, add in some of the flour and continue.
4. Mix the flour and baking powder together and then stir this into the existing mixture.
5. Stir in the ground almonds.
6. Divide the mixture into two. Put the first half straight into a small 450g loaf tin, lined with baking paper.
7. Colour the other half as you like. I did an **LEI** purple.
8. Place this second half into another lined 450g loaf tin.
9. Bake at 175°C fan assisted for 40 minutes or so, until a skewer comes out clean.
10. Let the cakes cool totally.
11. Trim each cake to remove all golden edges and form a square-ended cuboid like so.
12. Leave trimmings next to the teapot and they will disappear, as if by magic! This will assuage any guilt you may have about producing such a vast quantity of 'waste' trimmings.
13. Divide each cuboid in half to create 2 identical prisms. I found it easiest by standing the cake end on and slowly working a knife down, checking each side that I was cutting in the right place.
14. Roll out half the marzipan into a rectangle (using icing sugar to stop it sticking). It needs to be a





can be the bottom surface so no-one will know if it's untidy!

18. Cut a thin slice off the end of each end of the cake to neaten.
19. Repeat with the remaining two cake pieces and the other half of marzipan.
20. Ta da!

Esther Revell

little longer than the longest length of the cake pieces in one direction, and long enough to wrap around all 4 sides in the other direction (so 4 x the width of the square end).

15. Take a plain piece of cake and spread jam onto the largest surface. Press this against the biggest side of a coloured piece so that they form a cuboid again.
16. Spread jam onto the marzipan, then place the cake towards one end and roll, so that it is wrapped by the marzipan.
17. Trim the marzipan as necessary to fit the edges neatly together, and then pinch together to seal. This



Have you changed your email address lately?

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



One Leg, Two Leg, Third Leg, Broken Leg!

Sunday 8th March at Linacre is one race I will not forget.....

I had woken up with my usual 'do I really have to race?' and the 'I really cannot be bothered' symptoms that always accompany a Sunday morning when James drags me out of bed before 8am to get my race shoes on. We had arrived at Linacre and the sun was shining. It was sure to be a beautiful day. I decided to race the short green and I set off. I had reached control one and two with no problems. I punched control three and started to descend the hill, running! SHOCKING! This is a rare sight. As I proceeded down the hill at pace, it happened. I felt my foot get caught in what I can only imagine to be some brambles covered in leaves that I had failed to see. I fell. I fell hard and as I fell my left knee went completely straight, dislocated and went back in as I fell. I had never felt pain like it.

If I did not have my whistle with me, then Sal Chaffey (DVO) probably would not have found me when she did. We waited for the ambulance, with the help of Amy Robinson and her two amazingly brave and well bribed (dairy milk chocolate) young girls (NOC). The paramedics (with the aid of huge quantities of gas and air) splinted my leg and I was taken off to Chesterfield Royal Hospital.

We arrived at Accident and Emergency, where I was whisked through to x-ray, still experiencing what I can only describe as the pain of death! Although the Morphine, Pentrox & Codeine did get me high pretty quickly. I was placed in a side room and three doctors appeared, at which point I discovered that my femur had forced its way through my knee and into the top of my tibia, and broken it in 4

places. This is known as a type 6 fracture. This was the worst tibial plateau fracture with soft tissue damage my surgeon had ever seen. OUCH! Okay, maybe I did not say 'ouch', but I think the language I used is inappropriate for a newsletter read by families. I would need to stay in hospital to get the care I required, along with MRI and CT scans. Additionally, surgery was required in order to stabilise my knee.

I was placed in a foot-to-thigh cast and placed on a ward where the care I was given was incredible. I can only be thankful to all of the amazing staff on the Elmton ward, especially considering I was pretty much bedbound. I was sent for surgery 5 days after arriving. My surgeon pinned and plated both sides of my tibia, with 8 screws and 2 plates in order to stabilise the top of the bone, enabling me to be able to walk without any subsiding of the knee in the future. Although there is a possibility of a knee replacement before I turn 30, my surgeon feels that my surgery should be sufficient enough to support the knee.

After 8 days in hospital, I was finally allowed to come home in a hinged knee brace, just in time for the Covid-19 quarantine to start! I have spent days and days laid out on the sofa, leaving James to do pretty much everything! I am on a long road to recovery, 12 weeks non weight bearing, followed by 6-8 weeks of partly weight bearing. Then I can start to walk again. It won't be an instant recovery due to muscle wastage. I may not be fixed in time for the summer races, but I hope to be back racing by the winter. My target is to make the start box of the JK 2021.



Finally, I would like to thank everybody for their support, from the messages to the lovely cards. My biggest thanks goes to Sal Chaffey, Amy, Grace and Lily Robinson, who abandoned their race to help me, Thank you!

Zara Rogers

Lament to the Lost Summer League

No Summer League this season
under Covid's dismal cloud.
But think of past performance
and the feats we had avowed.

No more this social season,
hard effort, but good fun.
We always had a reason
for our errors on that run

Let's dream of once more running
the evening league to win.
And the friendly banter
in some convivial inn.

In these depressing moments,
and despite the grief and pain,
at least we can look forward
till summer comes again.

Roy Denney

Mini Hanging 'O' Flag

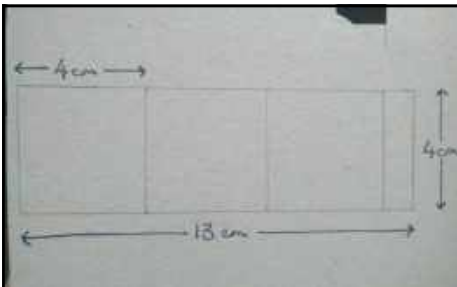
There are many ways you can create something like this, but here is how I did it.

You will need:

- Scrap cardboard
- Pencil and pen
- Ruler
- Scissors
- Glue (Pritt stick or PVA)
- Orange and white acrylic felt (you could use other fabrics or paper)
- A large needle
- Embroidery thread or similar

Method

1. Measure a 13 x 4cm rectangle on a piece of scrap cardboard, such as an old cereal box.
2. Divide it into 3 squares, each measuring 4cm long, with 1cm spare on one end.



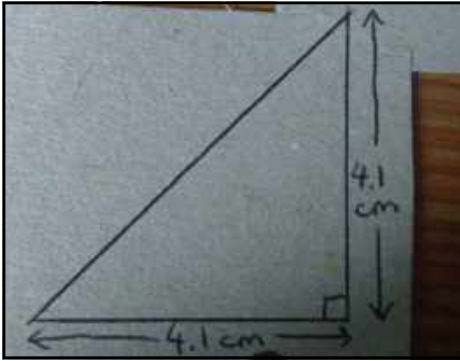
3. Score lightly along the 3 inside lines, and cut around the edge.
4. Fold along the lines.
5. Glue the 1cm flap and press together to form a prism shape.



6. Let it dry a bit.
7. Use a large needle to very carefully poke a hole into each edge of the prism, about 0.5cm from the top.



8. Draw a right-angled triangle onto the cardboard, with the 2 shorter sides 4.1cm long



9. Cut out and draw around this template, three times each, onto



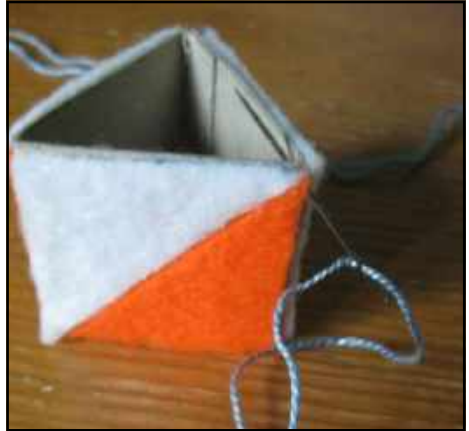
the white and orange coloured felt.

10. Cut out the shapes and glue onto each side of the cardboard prism to form an 'O' flag. Make sure the holes you created with the needle



are at the top. (The extra 1mm length of the sides should help the felt to conceal the cardboard.)

11. Cut three lengths of embroidery thread or similar, around 25-30cm long should do the trick.
12. Use a needle to thread one of the lengths through one of the pre-made holes.



13. Take the portion of this thread that is on the inside of the flag and tie a double knot at the end. You can trim away the excess to neaten. Then pull the thread from the



outside so that the knot sits on the inside corner.

14. Repeat so that each hole has a length of thread through it.
15. The trickier bit begins - gather up the three threads and suspend the prism from your fingers so that the strings look to be about the same length and it hangs straight. You can pull on each string individually to adjust it.



18. Hopefully something like this is created...



16. Pull the three strings together through your fingers, so that they shorten to the point where you would like to knot.
17. Twist the prism around to help secure the threads in place and then tie a knot with all three strings together as you might tie a balloon. Don't make the knot too tight until you are happy it is where you want it!

19. Secure the knot to a table top with tape and then plait the threads together.
20. You can tie the end to any point along the plait to form a hanging loop.

Esther Revell

The Two Biggest 'B's

BARDON is the highest 'B' in Leicestershire. Standing above the lowland areas are four prominent hills, Bardon (the highest at just over 900 feet), Breedon on the Derbyshire border, Beacon to their east and Burrough in the south east. There are numerous other hills beginning with the letter B in Leicestershire & Rutland for no apparent reason.

(Billa Barra, Bradgate, Burrough, Budden, Billesdon Coplow, Benscliffe, Burley on the Hill, Bomb Rocks and the hill on which Belvoir Castle stands.)

It was thought that there was an iron age hill fort at the summit of Bardon Hill, but nothing of it remains; indeed not much of the hill itself remains.

In medieval times, to ensure a plentiful supply of game for hunting purposes, the monarch and nobles established reserves called parks. These were areas of countryside that were considered to be on agriculturally inferior soil, often attached to a manor and which often contained woodland. Parks varied immensely in size, from a few acres to the size of the giant park of Whitwick Manor, which covered Bardon Hill and which extended over the surrounding area to over 1260 acres.

However, by the early fourteen hundreds, it had been reduced to a smaller area around the summit of Bardon Hill, and a small collar of woods on the southern flank is all that survives today.

Bardon has strong historical involvement in the life of the county up to fairly recent times. The 19th century development of the Leicestershire quarries of Bardon Hill owes much to the initiative and resourcefulness of the affluent, local

yeomanry of the higher class, as represented by the Ellis, Everard and Pochin families, nonconformist in their religious sympathies and liberal in their politics.

The earliest known printed reference to quarrying at Bardon Hill dates back to 1622. The commercial development of Bardon Hill stone, however, was made possible by the opening in 1833 of the Leicester and Swannington Railway, the first steam-worked public railway conveying both passengers and freight in the Midlands. The success of the line was largely due to the initiative and enterprise of the Ellis family of Beaumont Leys, who were active Quakers. George and Robert Stephenson were consultants in building the railway and at its opening, the first train carried banners promising cheap coal and granite, warm hearths and good roads. The granite for the good roads was to come from Bardon and other local quarries. Ellis Park, in Glenfield, commemorates the Ellis family, Everards are still brewing and Pochin are well known in construction.

The Leicester and Swannington Railway prospered, and in 1845 it was purchased by the Midland Railway and the Ellis influence expanded correspondingly. John Ellis became MP for Leicester, Mayor of the borough, and Chairman of the Board of the Midland Railway. Glenfield featured in the early development of the railway with the tunnel, opened in 1832, the, then, longest in the world

The Everards made their home at Bardon Hill House. The affairs of the Bardon estate at this time were in some disarray, and in 1864 it passed into the hands of William Perry Herrick of Beaumanor, who

renegotiated the lease of Bardon quarry to Ellis and Everard. The quarry was now developed and mechanised, and workmen's cottages were built and a school provided, both at the joint expense of Ellis and Everard, and the Perry Herrick's. Eventually, they added a parish church and John Breedon Everard, the architect of the school, houses and church became a partner in the firm of Ellis and Everard, and was responsible for the design of the, then, magnificent Bardon Mill House.

At 245m (802 feet), BEACON HILL is the second highest point in Leicestershire and the site of an 'Ancient Monument' - a Bronze Age hill fort. A toposcope at the summit indicates landmarks that can be seen in every direction.

There are more than 100 hectares of heath and woodland, including an arboretum with a collection of trees, native to Britain. The more recently planted area in West Beacon includes a woodland trail, featuring woodland crafts, a viewing platform and a shelter built of straw. This new area incorporates an old hedge line, existing field ponds and an open area being managed to support different types of grassland (acid

grassland, hay meadow and heathland). An old stone wall provides cover for various reptiles, including adders.

The park is also home to the unusual sight of Manx Loughton sheep and, perhaps, more surprisingly, alpacas. The latter are similar to llamas and coexist happily with the sheep, and afford them some protection from any dogs that get through the unfortunate amount of fencing now in the park. Another 'hazard' for those enjoying the park is the slippery droppings from the long horned cattle that wander much of the area from time to time.

Mapped with this area for our purposes are the adjoining Martin's & Felicity's Woods, owned by the Woodland Trust, and Broombriggs Farm and Windmill Hill, owned by the County Council, which also owns Beacon Hill itself. Martin's Wood was acquired with help from the Friends of Charnwood and named to remember their, then, President, Sir Andrew Martin, a former Lord-Lieutenant of Leicestershire who lived at the Brand, as his family still do.

Roy Denney

Lockdown Training

I've been running every few days, trying to keep my fitness up and improve it ready for when orienteering starts again. Living in Loughborough, I'm not too far from the Outwoods. I designed a route on <https://gb.mapometer.com/> that is 6k long. Then, using another free resource, MapRunF, I put control points onto that route. It's really nice to hear that 'orienteering beep' when

I run past a virtual control.

David Cladingboel

Editor: MapRunF is available in both Google Play and the App Store. There is an excellent introduction video at:

<https://youtu.be/OhMX6qyFNAQ>

Memories of my first JK

With no JK this year, and with the recent articles coming out on the BOF website over the Easter break, I have been inspired to put pen to paper and put down my own memories of my first JK, which was back in 1982 at Star Posts in Berkshire.

I had started orienteering back in the late 1970s, shortly after going to secondary school. We were very fortunate to have a geography teacher, John Searle, who was a keen orienteer and started the school orienteering club, Crumbridge Caperers. Unfortunately, John left the school shortly afterwards, moving to Devon and continuing his teaching and orienteering at QE School in Devon. He did, however, leave behind a small group of pupils that continued to orienteer for many years to come and contributed several members of the Welsh Junior Squad in the 80s.

As juniors, we were very lucky at this time that orienteering was fairly popular in the universities in Wales, and we managed to get lifts to many events around the country, with groups from Aberystwyth, SPLOT and UWIST. We travelled to most major events, attending the British Champs, Southern and Midland Champs, JKs, White Rose, and even managed to get lifts at the 1983 Scottish 6 day event in Ballater. Several of the university club runners are still around, including vice chair of West Midlands, Ray Collins, and Ian Moran from SOC, who was involved in the organisation of JK 2019

Travelling to events with a group of university students as a 14 year old was definitely an experience, and I have to say that many of my second day runs never quite managed to come up to the promise of the first day, following visits to

the local hostelries.

The 1982 JK saw my brother (Ian), myself and a fellow SWOC/Caperer, Huw Bowles, get a lift with a group from Aberystwyth Uni. Fortunately, one of our neighbours, John Townsend, (he lived 2 doors away) was in his first year at the university, so we were able to get a lift almost from our front door!

In 1982, there was a permanent event centre at Bracknell Sports Centre, an A4 event handbook with all the start times, 1:15,000 scale maps as standard and a sport demographic that was somewhat different from today. There was even an event disco on one of the evenings at the leisure centre.

Our accommodation for the weekend was a local village hall, in sleeping bags on the hall floor, not the lap of luxury but it was at least dry, clean, had decent toilets and a table tennis table.

The JK was, of course, significantly bigger than any event I had been to before. It was also the first event I had encountered runners from other countries and found out I was now an H15, rather than an M15. As it was my first JK, I entered the B class. I was fairly fit at the time, so I am not exactly sure why I ran the B class, although the following year at the JK in the Lake District, in my second year of H15, I wished I had run the B class again!

The H15B course was shared with D35B, D17B, and H50B, which is, I guess, the equivalent of M50S today and, coincidentally, is the course I ran on Day 3 of my most recent JK in 2018. Things do not change much - I am still being beaten by the same people in 2020 that I was 40

years ago!

Having completed most of my orienteering up until this point in quite dense forests on the hill sides of South Wales and the Forest of Dean, Star Post offered a different challenge. It was quite quick and a lot flatter than I was used to - no Sprints or middle distance events in 1982, just two similar length courses on both days.

Day one was a reasonable run. I got around fairly well, made a few mistakes, but remember being fairly satisfied with a finish around about the top 10. I believe the B class had about 20-30 competitors. I can only assume that what followed was one of my more sensible evenings as a junior. (The Welsh Junior Squad performance at the Home International event in the Lakes circa 1984 being one of the least sensible. It involved a roller disco, alcohol and the sacking of our coach, but that's another story!) Day 2 was an improvement: 4.6km, 85m climb and 14 controls. We were given clean copies of the map and courses at the end of the event, without the luxury of Routegadget. I do appear to have marked down my route and it is one of the few maps I did not throw out from my earlier orienteering life.

My time turned out to be the quickest

time in H15B on the day and was one of the rarest events in my orienteering career where I was even the quickest on the course in all classes.

So, the big question: had I managed to sneak onto the podium? With result processing not being the quickest back then, it meant a special trip back to the event centre to view the banks of final results. In the end, I did manage to sneak into 3rd place overall, much to the annoyance of most of the students we were travelling with. We did hang around for the prize giving and I became the proud owner of a JK82 mug, patch and keyring. The keyring is long gone - I did manage to find the patch, but the mug is still somewhere in the loft.

I can't remember much about the relays at Yateley Heath, other than it was here that I first became acquainted with the term 'mini mass start'. This is something which I and my relay teams have become more familiar with over time.

I made it to the next couple of JKs and then was lured away on Easter rugby tours for several years afterwards. My next JK was 30 years later in South Wales in 2014.

Steve Chafer



Retired Man/Repair Shop Man

The beginning of 2020 starts with our tumble drier making horrible noises and the reversing mechanism no longer works. It is about 38 years old, so I am hopeful for a new one, especially when John spends time looking in the electrical goods shop.

But, no! Soon, the old drier is in pieces in the kitchen, while RM tinkers with it in between orienteering and being an eco warrior.

"We are saving ourselves for Beacon Hill on Monday night." said his friends, so he had to go on his own to an urban/woodland event at Wombridge and The Cockshutt. Afterwards, he had seen a war time Liberator plane at Cosford Air Museum. It seems working with maps is in his genes, as his dad was the navigator in a Liberator crew. Blimey, he has no complaints about the day's orienteering!

On 31st January, the UK left the EU with celebrations by only half the country. Those endless debates about Brexit seem a world away!!

I return from a weekend in Wales to find RM in the kitchen, with wires dangling from the tumble drier as he is trying to work out the circuit diagram, Soon, he is off to an eco warrior meeting and I settle down to look at the forms I have to fill in for a friend's job reference, but where are they? Answer: on the back of them, RM has drawn possible circuit diagrams for the tumble drier. Insert swear word! I try to find new copies of the forms, but go round and round in circles on the internet. Insert stronger swear words!

The next repair shop step is to make a modern alternative reversing part. The

old reverser worked by winding up and down a screw thread. The new one involves a little printed circuit board and a special 'arduino nano' chip, which will do the same thing, but at the moment it is 'on test' and just turning a blue light off and on,

Within a few days, the tumble drier is still in the kitchen on its side, acting as a coffee table, and RM has blown up the arduino and needs to order another one from China, where there are

stories of something called Coronavirus. (Should that be CORONER?) RM gets up very early to protest at Cubbington Woods, where the 250 year old Pear tree was the European tree of the year 2016 and the HS2 railway is smashing through the trees. The protesters hope to 'be a presence and halt the felling.' I cannot decide if I should be worried or delighted when RM sets off with these words 'I may get arrested?'

It's 8th February and the event at Bramcote. Alastair, then Roger E and Chris B turn up outside our house, but John has disappeared. Their meeting place had been changed, but John had not read this message! Early in the evening, the doorbell rings. It's Chris B wondering if he has left his wallet in John's car. Oh dear, losing things is infectious.

The next day's O at Lindop has been cancelled because of impending Storm Ciara.

..when RM sets off with these words, "I may get arrested."

I spent a romantic Valentine's Day squeezing a relay...

Those orienteers who eat at The Railway after club night may remember 11th February when John's twin brother became critically ill and was rushed to hospital near Newcastle. His wife is told, "Steve might not make it through

the night" and to contact his relatives. I try RM's mobile, and Roger E's, too, but they are busy with club night activities. Finally, I make contact when the group are at The Railway. At 10.00pm, he drives off with a 3 hour journey ahead. His brother had a burst appendix and, after intensive care, recovers. However, RM being RM, he arrives back home but cannot find his slippers. A few days later, they arrive in the post from Newcastle.

I spend a romantic Valentine's Day in the 'Repair Shop', squeezing a relay, while RM figures out why the idea of a reversing relay is not working. There are loud cracking noises as sparks are generated. More testing days follow, as I am asked to hold the red and black leads of his test meter against various tiny pins on the thermistor or become its heat source by cuddling it in my hand. RM has some components from his Dad's days at Harwell. No, not a nuclear reactor. One of the components is now in the drier, but is getting hot and blackened

On 29th February, Leap Day Year will be remembered for putting the drier back together (but no reverse tumble), then doing it again as RM left a wire inside by mistake.

Early March and the O club dinner takes place at Longcliffe Golf Club, Nanpantan.

There are impressive blue and purple balloon displays by Rachel S. It is strange to see people dressed in smart clothes, although RM is wearing an eye-watering blue and red stripe shirt with a more calming greyish tie.

After the excellent food, there are short speeches and presentations of trophies. Andy Portsmouth received an award for long service to the club and for being permissions officer in a challenging year. The chunk of wood, the Tiger Trophy, was given to Alastair Patterson for long service in coaching young orienteers. Time to go, but who is that helping to take down the balloons? Roger P confesses that he has been looking forward to the balloon popping job all evening.

RM travels to Linacre with Chris B and Esther. He returns with filthy trousers, having slid down the steep, grassy slope of a reservoir. He says there are muddy bottoms for Peter Hornsby, too. We could have had a photo for the 'Rear of the year' award or the 'Does my bum look big in this?' award.

A week later, RM has good news: LEI won their heat of the Compass Sport Cup, although he doubts whether his poor run contributed to any of the points.

Lockdown begins on 24th March, 2020, and the next day, the engineering department at Oxford University have brainstormed a quick, cheap ventilator. They have given details, suggesting any 16 year old could put it together, so RM decides to have a go.

Our editors have asked for details of keeping fit in isolation. Here's what RM has been/not been doing:

Weightlifting, including digging deep holes for the heavy godfather fence posts.

More workouts with the weighty lawn

Happy family news - baby Zoe Florence Marriott is born..

roller.

Arm muscle exercises whilst sawing down a dead plum tree.

Jumping up and down in the brown bin to fit more weeds inside.

Drinking beer for the empty, shiny cans to hang in another plum tree to stop the wood pigeons eating the blossom.

These give the wrong impression that RM knows something about gardening. He and Green Thumb are in charge of the lawn. Full stop!

It is not an auspicious start to running or cycling when he cannot find his running shoes, and thinks he left them behind after club night. About 3 weeks pass before they are found under his car seat.

There follows 3 mile cycling trips (without Strava) to the paper shop for the Saturday Times and the (easy) crosswords, ken kens, hashi bridges and sudoku puzzles. Oh dear, flat tyre problems and lack of cycle when the garage key goes missing for days and is found in his car.

RM has a long, local run to take in the alpacas that now graze in Cropston fields. Additionally, RM has many visits to the private, old quarry area I shall call 'Grass Forest'. Despite taking the settee to pieces, etc., he cannot find the lead to download GPS tracks and orders the cheapest replacement from China, but it won't get here until mid June, RM resorts to his old GPS to help to update the ancient O map of Grass Forest. Why? I have no idea.

John wants to show me the delights of

'Grass Forest'. We sneaked along a faint track by the fence of a huge garden. Once past the houses, it is OK to talk. In front of us were abandoned vehicles, pheasant enclosures and muntjac deer, as well as views across to Bradgate and Hunt's Hill. There is a huge water-filled quarry, but only one pair of mallards. There are flowering bluebells, rhododendrons and clearings of long, lush grass. Magical!

There is happy, family news when, at the peak of Coronavirus, baby Zoe Florence Marriott is born in hospital at 3.45am. Parents and baby are home in time for elevenses. Thank you, NHS!

The Repair Shop is back in action again. RM is obsessed by the amount of electricity consumed by our freezers, so we spend days with probes and meters dangling from the freezers as he collects data. He plots charts just to prove, what I already know, that our very old freezer needs replacing. There is little choice of freezers to fit in the space we have, as panic buying of them took place when the lockdown was announced. I don't really want him to take down and move cupboards to give more space, more choice and more mess.

There is a joke on Facebook that expresses my lock downsentiments.

Entitled 'After Isolation' two women are talking:

- Woman 1 "Where's your husband?"
- Woman 2 "He's in the garden."
- Woman 1 "I didn't see him."
- Woman 2 "You have to dig a little."

Irene Marriott



Club Shop

LEI branded clothing is available from the Club Secretary. 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'. To order, contact the Club Secretary by email: rogerphillips34@gmail.com.



Short sleeved running top - £30.

Long sleeved running top - £36.

Warm up jacket - £32.

Also available, warm up bottoms - £20.

Hoodies are 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 your next sprint event, why not consider buying the new LEI sprint singlet - £18.



Winter League 2019-2020 (abbreviated) Final Results

Pos.	Name	Class	Club	Best 4 Events	Handicap	Total
1	Alistair Thornton	M21	LUOC	434	434	434
2	Edward De Salis Young	M50	LEI	370	430	430
3	Roger Edwards	M65	LEI	296	379	379
4	Leah Williams	W21	LUOC	357	372	372
5	Peter Hornsby	M65	LEI	289	370	370
6	Roger Phillips	M40	LEI	342	369	369
7	Andrew Ward	M21	LEI	363	363	363
8	Richard Gale	M21	DVO	348	348	348
9	Isaac Spencer	M14	LEI	290	336	336
10	Ursula Williamson	W55	LEI	255	316	316
11	Esther Revell	W21	LEI	300	312	312
12	Andy Portsmouth	M60	LEI	241	298	298
13	Chris Phillips	M70	LEI	223	294	294
14	James Rogers	M21	LEI	293	293	293
15	Kevin Bradley	M60	LEI	225	279	279
16	Stephen Chafer	M50	LEI	238	276	276
17	Chris Bosley	M70	LEI	201	265	265
18	Alastair Paterson	M50	LEI	227	263	263
19	Andy Glover	M40	LEI	239	258	258
20	Ben Glover	M14	LEI	217	251	251
21	Jacob Fleming	M21	LUOC	250	250	250
22	David Seaman	M45	LEI	220	246	246
23	Nerijus Rozkovas	M21	DVO	240	240	240
24	Iain Phillips	M50	LEI	206	239	239
25	Kevin Gallagher	M70	LEI	178	236	236
26	Derek Herd	M50	LEI	203	235	235
27	Tanya Taylor	W50	LOG	186	224	224

Pos.	Name	Class	Club	Best 4 Events	Handicap	Total
28	Tom Hartland	M40	DVO	187	202	202
29	Jeffrey Baker	M65	LOG	158	202	202
30	Doug Dickinson	M70	DVO	147	193	193
31	Steve Edgar	M50	LEI	166	193	193
32	Andis Ozols	M40	DVO	164	178	178
33	David Cladingboel	M50	LEI	148	172	172
34	Megan Harrison	W20	EPOC	148	160	160
35	Jonathan Howell	M65	WCH	125	160	160
36	Jake Law	M18	LUOC	148	160	160
37	Robert Bood	M50	LEI	137	159	159
38	Ray Collins	M60	WCH	127	158	158
39	Robert Wright	M21		150	150	150
40	James Prince	M50	DVO	129	149	149
41	Jane Dring-Morris	W50	LEI	123	147	147
42	Peter Chick	M75	LEI	101	137	137
43	Paul Young	M40	DVO	114	123	123
44	John Ward	M70	OD	83	109	109
45	Sam Jones	M14	NOC	93	108	108
46	Simon Ford	M75	LEI	70	96	96
47	Mark Sherriff	M55		76	91	91
48	Jonathan Lee	M55	LEI	73	87	87
49	Daniel Glover	M12	LEI	70	85	85
50	Gary Kelsall	M50	DVO	71	82	82
51	Robyn Jarvis	W14	LEI	66	79	79
52	Felix Jarvis	M10	LEI	62	77	77
53	Gerry Spalton	M70	OD	55	72	72
54	Cerys Glover	W10	LEI	53	67	67
55	Tricia Neal	W70	NOC	44	59	59
56	Adam Cladingboel	M18	LEI	51	55	55
57	Jeff Edwards	M70	LEI	26	35	35
58	Claire Newey	W40	DVO	28	31	31
59	Jack & Sam Gale			31	31	31

LEI Lockdown Ideas



Make your own LEI Battenberg loaf.

See page 16.



Make your own mini hanging 'O' flag.

See page 20.

Photo Gallery Competition

Name this club
orienteer.

Answer on page
11.

