



# LEI NEWS

Editors  
Chris  
&  
Ursula

The Newsletter of the Leicestershire Orienteering Club



More LEI Training Opportunities  
Summer League is on its way

Club Champions 2024 Photos  
Junior Tour Reports



Spring 2025

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**Copy date for next issue:**  
**12<sup>th</sup> May 2025**

*Front Cover. The Dragon at East Carlton Park. Winter League 2024/25*

## Points from the Editors

The Winter League is nearly over and members are signing up to organise events for the 2025 Summer League. Must be January. Already in the 2025 events programme are 27 Local events, 6 Regional events and 1 National Event, it's going to be a busy year – again.

If you have never organised or planned an event and fancy having a go, the club is holding a training day on 8<sup>th</sup> March. Details in the Newsletter. (And we promise lots of biscuits and cake)

The Social Highlight of the year will, of course, be the Club Dinner and Awards evening. Details and the link for booking are in the Newsletter. The price is the same as 2024. After last year's fun and games, we are trying a new venue. Scraftoft Golf Club where, hopefully, we will not be interrupted by the local politicians.

If your holiday plans this year include trips abroad to Orienteering events or to the Scottish 6 Days, please think about writing up your experiences for the LEI Newsletter or if you have some training or technical tips, please send us those and we will put them in the Newsletter.

Your editors will be very happy to hear from you.

Chris and Ursula

# Ramblings from the Chair



Just back from a very enjoyable and for me, a pretty good run at the LEI Boothorpe and Hanging Hill EML event. Only a few minor mistakes on the course for me which makes a pleasant change. All those miles walked navigating the streets of Broughton Astley every day in my new postie job are finally paying off!

With the new 2025 East Midlands league now under way, I would like to congratulate the LEI winners from 2024, Hugh & Aidan Chester and Kevin Gallagher, congratulations to the three of you and all other top 3 LEI competitors. Our next LEI EML event is Irchester in June. Before then the winter league concludes and we also have the East Midlands Championships at Martinshaw and Ratby on the 16th February, with Iain Phillips and myself sharing the planning role. If you are available to help on the day please let Chris Phillips know.

Sunday 23rd Feb is our designated CompassSport Trophy Heat at Clumber Park. As always it would be fantastic to have as many club members competing as possible. Please let club captain David Cladingboel know if you are able to

run. I personally fancy a nice weekend in mid-September in the North East at the final.

Menus, details and entry forms will shortly be available for the Club Annual Dinner and Awards presentations on Saturday 29<sup>th</sup> March. A change of venue this year to Scraftoft Golf Club. Hopefully the mayor and his party will not be attending this time.

It is time to relax a bit more this Easter time with no JK organising or planning roles for LEI. The festival isn't too far away though in South Yorkshire. The weekend has the usual mix of sprint and forest individual days and relays on the Monday. TrailO and Biathlon events are also taking place. Anyone interested in joining one of the LEI relays teams please let the club captain know.

The LEI summer league fixture list has now been published with the first event on Tuesday 15<sup>th</sup> April at John's Lee Woods. If you are able to plan/organise any of the events please let Jane Dring-Morris know. There are 16 events plus the final event, the Score Cup which this year is being held at Bagworth. The event is followed, of course, by the league presentations and buffet. Which reminds me there is quite a lot of permissions work to do between now and then.

No great plans for any orienteering tourism for me this year. None that I am prepared to tell my wife about yet anyway although having been to Sintra on holiday in 2023, I think I may be able to persuade Cindy to revisit in October this year for the Euro City Race.

Where ever you are orienteering this year, good luck and don't forget to share your story with the LEI News.

# Captain's Corner



I believe you will be reading this in the Spring Edition of LEI News. This means that the CompassSport Trophy round at Clumber Park on 23<sup>rd</sup> February may well have been contested and the finalists announced. I'm hoping that we will have had a good turnout. A review will follow in the Summer Edition.

Anyway, back to Spring. It didn't feel like Spring today. It's Sunday 19<sup>th</sup> January, and today was the EMOA event at Boothorpe. It was so cold and yet some orienteers were coming to download with short sleeved tops on! How do they do that? I was standing right up against the radiator in Conkers main foyer, with a few other club members, in anticipation of going out control collecting.

Speaking of club members, welcome to the two new members that have joined for 2025, Chris Tolley and Catherine

Gough. Catherine deserves kudos for being brave enough (along with 14 others) to take on Cademan Woods at night. Many of us I'm sure will agree that it can be enough of a challenge in daylight. The courses are on routegadget so why not have a look at what you could have run (as Jim Bowen might have said).

JK 2025 is not too far away. The relays on day four (21<sup>st</sup> April) are at Middleton Park, which is a little bit south of Leeds. Those interested will be asked to sign up on the club website and we will go from there as to whether we can put some teams together. Last year we managed two teams of three. Other relay events are British Relay Champs at Newby Bridge on 11<sup>th</sup> May and the British Sprint Relay Champs at Bury St Edmunds on 30<sup>th</sup> August.

Finally, a request for more of you to put routes up onto routegadget. Speaking as a planner, it's nice to see how orienteers tackled your courses. The last thing you want to see is that all the uploaded tracks are superimposed as this means you planned without any route choices. In short, it helps the planner learn for next time and it also helps you see what you could have done differently.

See you at an event soon.

David

## More LEI Training Opportunities

### Level D Officials Session

**Saturday 8th March will see a special training day for all organisers of our level D events, and those keen to learn - your club needs you!**

Come and find out all the things you didn't think you needed to know when organising one of LEI's summer or winter league events.

We will cover topics such as course lengths, tips for effective organisation, appropriate planning short cuts, map printing, safety of organisers and efficient use of the evening (otherwise known as getting to the social event as soon as possible).

Chris Phillips, Jane Dring-Morris and Iain Phillips will be leading the session.

This will be from 10am-12noon followed by discussion over (a bring your own) lunch. Hot drinks and biscuits will be provided during the course of the day.

Venue: Glenfield Council Annex, Station Road, Glenfield, Leicester, LE3 8BQ (near to Morrisons)

It would be good to see a big crowd of level D organisers at this session.

To sign up contact Iain Phillips:  
[ian@phillips4.co.uk](mailto:ian@phillips4.co.uk)

And after Lunch!  
Continuing at the  
Annex

An Introduction to Download

Have you ever wondered what goes on behind the download computers?

Would you like to find out how to get a warm job on a cold orienteering day (or sit in a cold tent on a warm day)?

Saturday 8th will continue from 12.30pm to 2.30pm with a session run by Kevin Bradley, LEI's Electronic Systems Coordinator.

To book in for this session contact Kevin on [kdjbradley@gmail.com](mailto:kdjbradley@gmail.com)

Please note

Members can come to both sessions or just one.

Please book a session by 1st March.



## **Starters**

Leek & Potato Soup

Fresh Fruit Salad

## **Mains**

Three Meats Carvery

Vegetable Lasagne

## **Desserts**

Pear & Ginger Double Crunch Crumble with  
Custard

Lemon Sponge

Tea & Coffee

*Available at £24 per person*

Please order online -

<https://forms.gle/UtTWRvaaeg6amJhH8>

*Closing Date – 21<sup>st</sup> March 2025*

# **You are invited to the Annual Club Dinner**

**Saturday 29th March, 2025.**

**Gather from 7.00pm, seating at 7.45pm.**

Scraptoft Golf Club, Beeby Road, Leicester. LE7 9SJ

Presentation of trophies and awards that have been gained over the last 12 months.

**A dress code is in operation:**

No denim, t-shirts, trainers, etc. Gentlemen in jacket and tie, and ladies in suitable attire.

Guests are welcome.

Closing date for orders Friday 21<sup>st</sup> March 2025

Dishes may include nuts, gluten and dairy products. If you have any special dietary requirements, we will accommodate them, within reason, or if you wish to be seated with somebody in particular, please note this on the online entry form.

Payment ideally should be made directly into the Club's bank account, account number 74893286, sort code 09-01-54, giving your name as the reference.

Alternatively, a cheque may be sent to the Treasurer (Simon Ford), made payable to Leicestershire Orienteering Club.

Chris Phillips

onecp47@gmail.com

# News for Event Officials

## General Rules of Orienteering

There has been an update to the General Rules, effective from 1st January 2025. (version3.12 Rev1)

Must read main points for Planners and Controllers are:

Changes to winning times to bring them in line with IOF policy.

Updates to rules on GPS devices.

Updates to rules relating to the Finish.

There are a number of other smaller changes.

## Map Printing

Please send the map file and the Purple Pen file for printing. Don't send the courses as PDF's. If there are any mistakes, Ursula is not able to correct them, control descriptions won't get printed, routegadget files won't be passed on, and the pdfs will be returned to you for correction.

Files for printing should normally be received 14 days before the event. Seven days is pushing your luck. Later? Prepare to grovel!

## Control Collecting Maps

Produce control collecting maps for printing. Using them at the end of the event is the best way to ensure that all the controls get collected. Several of the 2024 Summer League events saw the planner making a late night trip back into the forest to collect a missing control.

## Control Circles

The diameter of control circles depends on the scale of the map.

The footprint of the control circle should be 75m. For maps that are 1:15,000 this is 5mm.

For scales larger than 1:15,000 the size of the circle should be enlarged proportionally eg by 150% for 1:10,000

Purple Pen.

Please note that purplepen does not always automatically enlarge circle (and line) sizes for the larger scales and this may have to be done manually.

## Control Descriptions

### Rule B2.8.1

Control descriptions must be prepared for all courses in accordance with the current edition of the "International Specification for Control Descriptions available from the Rules section of the IOF website :

(<https://orienteering.sport/iof/rules/>)

and also from the British Orienteering website.

It is very easy to get Control Descriptions not in line with the IOF rules. If in doubt check.

Misuse of ISOM 416 is a common culprit! It's a distinct vegetation boundary. (indistinct boundaries don't count)



# Club Chat

## **Congratulations to the Winners**

### **LEI Championship Winners**

Men's Open Andy Nicholls

Women's Open Imogen Wilson

Girls Intermediate Cara Tolley

M60 Steve Martin

W60 Sue Buxton

M75+ Kevin Gallagher

W75+ Sue Bicknell

Golden Boot Men Ben Shannon

Golden Boot Women Cara Tolley

### **EMOA 2024 League Winners**

#### **Forest League**

Yellow Male Hugh Chester

Orange Male Aidan Chester

Short Green Male Kevin Gallagher

#### **Urban League**

Veteran Men Andy Nicholls

Super Veteran Men David Cladingboel

### **November Classic 2024**

2nd M40 Andy Simpson

### **UKOL 2024 League**

(2669 Competitors)

58th Toni O'Donovan

63rd Sue Bicknell

### **The Rising Star Award**

Awarded to a junior member of the club who shows outstanding promise.

The 2024 Winner is:

Cara Tolley

### **First Aid Qualifications**

The following Club Members successfully completed their First Aid Qualifications in January:

Tracy Edgar

Derek Herd

Felicity Manning

Chris Phillips

Alan West

Wendy West

Ursula Williamson

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

### **Navigation Challenge**

4 Stars Cara Tolley

### **Racing Challenge**

Bronze 4 Star Sindy Chafer

Gold 5 Star Peter Dargue

### **Colour Coded Awards**

White Suranne Tolley

Yellow Hugh Chester

# Winter League 2024 - 25

Position	Competitor	Class	Club	Narborough	Oakham Tops	East Carlton Park	Sence Valley	Cademan	Bagworth	Donisthorpe	Ilstock	Best 6 Events	Total inc handicap
1	Roger Phillips	M45	LEI	87	10	83	81	100	106			467	523
2	Andrew Ward	M35	LEI		100	87	92	92	85			456	474
3	Andy Nicholls	M45	LEI	103	87			92	97			380	425
4	Roger Edwards	M70	LEI	75	62	75	75		10			297	392
5	Edward De Salis Young	M55	LEI	103	97	105			10			315	378
6	John Marriott	M75	LEI	61	53	47		52	51			264	359
7	Steve Edgar	M55	LEI	73			75	75	67			290	348
8	Kevin Bradley	M65	LEI	55	46	50	53	10	51			265	340
9	Tanya Taylor	W50	LOG		61	89	91					241	290
10	Alastair Paterson	M55	LEI	79		88			73			241	289
11	Andy Portsmouth	M65	LEI		49	60	52		45			205	263
12	Peter Hornsby	M70	LEI			52	58	10	58			179	236
13	David Jenkinson	M60	LEI	62	52		70					183	227
14	Chris Bosley	M75	LEI	10	48	51		10	44			163	222
15	Ursula Williamson	W60	LEI	54		58	58					170	217
16	Jo White	W50	LEI	69			55	10	46			180	216
17	Tom Hartland	M45	DVO	91					97			189	212
18	Ed Cochrane	M35	NOC	94	104							198	206
19	David Seaman	M50	LEI	82		79		10				172	199
20	Stephen Chafer	M55	LEI	83	83							165	198

# Winter League 2024 - 25

Position	Competitor	Class	Club	Narborough	Oakham Tops	East Carlton Park	Sence Valley	Cademan	Bagworth	Donisthorpe	Ibstock	Best 6 Events	Total inc handicap
21	David Cladingboel	M55	LEI	79		85						163	196
22	Alison Hardy	W55	LEI	10			70	10	56			146	181
23	Matt White	M55	LEI		75				75			150	180
24	Ed Chester	M50	LEI				75	75				150	174
25	Ian Wells	M70	RAFO			64	60					124	163
26	Jane Dring-Morris	W55	LEI			68	61					128	159
27	Zeph Grant	M55	LEI	68			63					131	157
28	Kevin Gallagher	M75	LEI	55			57					112	152
29	Robert Haskins	M70	LEI	53			53					106	140
30	Patricia Wong	W50	NOC	58		56						114	137
31	Rodney Hugo	M80	OD			42	51					93	126
32	Philip May	M70	OD			46	49					95	125
33	Chris Phillips	M75	LEI	35		35	20					90	123
34	Stephen Martin	M65	LEI	85		10						95	121
35	Iain Phillips	M55	LEI		63		20					83	100
36	Jeff Edwards	M75	LEI	35				10	10			55	75
37	Sue Bicknell	W80	LEI			10	38					48	67
38	Hilary May	W70	OD			38	10					48	65
39	Jeffrey Baker	M70	LOG		38	10						48	63
40	Susan Grant	W55	LEI	33			13					46	57
41	Peter Leake	M85	LEI			10	10					20	27

## Events Co-ordinator

By the time you are reading this, LEI will already be well into its ambitious 2025 programme of events; five EMOA League forest events, two EM Urban League events – one supporting DVO's Midland Championships event in September, four winter league events of the 2024-5 series and four more of the 2025-6 series, sixteen summer league events, the LEI Score Cup, the LEI club Championships and you'll probably receive this copy of the LEI News at the East Midlands Championships National event in February! That's 34 events and numerous training evenings, a first aid course, training on planning our minor league events and download equipment, and contributing to training within the East Midlands region and not forgetting the event socials and Club dinner. And have you tried trail O yet? We are even planning our ambitious February 2028 weekend of the British Night Orienteering Championships followed the next day by the Midland Championships! Provisional date is the weekend of 5/6<sup>th</sup> February 2028 – put it in your electronic calendar to save the date – it will be all hands on deck for an exhilarating weekend!

Your club colleagues are working very hard to give you a weekly 'fix' of orienteering. Please keep supporting your club in any way you can and maybe, if you are not yet involved you can stretch yourself a little further. Help with planning and organising our minor league fixtures, being a helper at one of our Regional or National events – there is a discount for helping, ask the organiser for the helper code discount *before* you enter – you can still run before or after helping. Or maybe you have brilliant social media or advertising skills, mapping skills, secretarial minute taking or great persuasive people skills that you can use to encourage your family, friends, work colleagues or the wider general public to take up this fantastic, all-inclusive sport.

We are all volunteers. We get a huge adrenaline buzz from the team effort that goes into all that we do and achieve together. But most of all, keep coming and enjoying orienteering. It may not always be as perfect as some competitors would like it to be, but that is what orienteering is all about, and it is a level playing field – if you thought the map was a bit rough or the planning a bit duff, it was the same for everyone and if you can do better, your event team co-ordinators would love to hear from you. We can find you a job!

Have a great orienteering 2025!

*The editors, on behalf of Iain Phillips, our slightly over-stretched events' co-ordinator and co-planner of the EM Champs 2025!*

# Retired Man Chronicles

## Another Slice of the Retired Man Chronicles

Many things were happening around the world in September 2024; Storm Boris caused much flooding when dams were breached in Poland and Austria. In the Middle East, pagers exploded as people answered messages supposed to be from the terrorist leader of Hesbola.

At the Castle Hill evening event RM enjoyed the fish 'n' chips at Chris and Ursula's house but had not been happy, searching for a control that was no longer there. Chris B. had changed his mind and taken it away.

The next event was in Birstall but the Hobby Horse pub has no beer, so RM stocked up on Hobgoblin in Aldi to drink at home while reading an invitation to join Tiktok. 'His CV is perfect, he could be earning £200 to £500 a week'. Since he never sent a CV to Tik Tok this must be a scam.

RM sees a medal table put together by another radio orienteer about the British team's past successes in World and European competitions. RM is in there with his medal wins in Fox O. There's a photo of Mikola, a Ukrainian who always wins his age group and even competes at a lower age group and still wins. In the photo he is wearing very little on his top half, just a bib style top bearing his competitor details. 'That's how he wins' says RM 'No top, loses heat quicker, this equals running faster'. He is contemplating this idea but I think he would have to run with no clothes on at all to catch up with Mikola. Watch this space.

'What a day', exclaims RM returning from Radio O at QEDJ Wood. Where was Bob T with the maps?. The transmitters were already set up so the 2 competitions went ahead, orienteers detecting the transmitters with signals coming into their receivers, a task made more difficult, but

not impossible, with no maps. Later it was discovered that Bob's car had broken down on the motorway and he had forgotten his phone.

October begins with an evening O in Leicester Abbey Park and the B&M store area. The results show that lots of people have missed the same control. The problem is that the control is not printed on the paper map but is on the phone version. Whoops.

RM attends the enquiry about housing plans for Leicester with CPRE Campaign to Protect Rural England. He has a message that Sir Peter Soulsby, Lord Mayor of Leicester, wants to contact him.

RM travels on his own to Stratford on Avon as after the O he wants to investigate the progress of HS2 railway work and to visit the now famous Fenny Compton village hall where Sir Alan Bates gathered together sub postmasters affected by the Horizon scandal.

Club night at Bennion Pools and a head torch is needed as the days are shortening now. Afterwards it's fish and chips at Ursula and Chris's house. RM receives an 'automatic upload error' message so uploads his results again and somehow achieves both first and second place.

Oct 20th Storm Ashley hits the UK. RM is unwell and cancels a trip with Bob T for radio O.

A few days later RM has been to club night running around as best he could after his chest infection. Afterwards in Scraftoft Spoons the cheap beer is even cheaper as he uses his 50p off vouchers. A good evening spoilt somewhat by looking at the results to find he had forgotten to visit control 7.

At Cademan Woods RM mans the road crossing. (Should that be 'Persons the road crossing' in these woke times?) Afterwards it's drinks at The Rock pub and 'a monster ham bap' but he still has space for toast and jam.

*Continued on p22*

## The LEI Summer League 2025

The events are informal, usually with a social element. Come and enjoy a drink and maybe a meal after the event and get to know your LEI colleagues, discuss your run and where it all went wrong, and put the orienteering world to rights!

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: seniors - £5.00, non-BOF seniors - £6, full-time students & working age unwaged - £2.50, juniors (or family group shadowing their juniors) - £1.50

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.

LEI Club members are asked to help with collecting controls in at the end of events.

For results, routegadget, and league tables, please see [www.leioc.org.uk](http://www.leioc.org.uk) .

# Summer League 2025

SL1	15/04/25	John's Lee Wood	Sprint	Scout Camp
SL2	23/04/25	Beacon Hill	S,M,L	Upper Car Park
SL3	01/05/25	Burbage	S,M,L	Car Park off Leicester Road
SL4	06/05/25	QEDJ Wood	S,M,L	Car Park. Heather Road
SL5	14/05/25	Burrough Hill	S,M,L	Car Park off Somerby Road
SL6	22/05/25	Castle Hill	S,M,L	Gorse Hill by Tennis Club
SL7	27/05/25	Abbey Park	Sprint	St Margaret Pastures
SL8	4/06/25	Market Bosworth	S,M,L	The Park
SL9	12/06/25	Barrow on Soar	Urban	High Street Car Park
SL10	17/06/25	Western Park	S,M,L	Hinckley Road, Leicester
SL11	25/06/25	Shepshed	Urban	Glenmore Park. LE12 9LQ
SL12	3/07/25	Market Harborough	Urban	Welland Park
SL13	8/07/25	Aylestone Meadows	S,M,L	Canal Street Car Park
SL14	16/07/25	Dishley	Urban	Morrison Car Park
SL15	24/07/25	Brock's Hill	Sprint	Visitor Centre
SL16	05/08/25	East Gostcote	Urban	Northern End. The Warren
Score Cup	13/08/25	Bagworth	Score	Heath Road Car Park

# 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. Local (D) events will only have a limited range of courses. Regional (C) events offer a range of colour-coded courses, with start times generally from 10.30am to 12.30pm. National (B) and Major (A) events provide a range of age-related courses. Post-Covid, most orienteering events are normally entered in advance online. EOD will usually be limited and more expensive. 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](http://www.leioc.org.uk) or check on [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk). The editors take no responsibility for wasted journeys!

## EVENT STRUCTURE IN FIXTURE LISTS

- Local (level D) = relatively low-cost events providing local competition and aimed at increasing participation.
- Regional (level C) = events providing a wider variety of venues and competitors.
- National (level B) = events providing opportunities for more experienced competitors, giving a wider variety of terrain and competition for those who are prepared to travel longer distances.
- Major (level A) = major UK events, the best that orienteering can offer.

## March 2025

Stop press Sat 1st	DVO EMOA Regional	The EMOA League event planned for this date has been postponed <b>EMOA League 2025 Birchen Edge &amp; BUCS individual</b> , Birchen, Baslow, <a href="#">DE45 1PU</a> Organiser: Benjamin Stevens
Sat 1st	ERYRI WOA Regional	<b>2025 Welsh League inc Cwpan y Ddraig &amp; YBT Heat</b> , Moel Smytho, Rhosgadfan, Caernarfon, <a href="#">LL54 7EY</a> Entry times: 10:30 - 12:30. No dogs on course or in the event centre. Organiser: Jenny Williamson <a href="https://www.eryri-orienteering.org/">https://www.eryri-orienteering.org/</a>
Sun 2nd	ERYRI WOA National	<b>Welsh Championships</b> , Llechweddgain, Bronaber, Trawsfynydd, <a href="#">LL41 4UY</a>
Sat 8th	OD WMOA Local	<b>Coombe Abbey Country Park</b> , Coventry, <a href="#">CV3 2AB</a> <a href="http://Octavian-droobers.org">Octavian-droobers.org</a>



## March 2025 Continued

Sat 8th	DVO EMOA Local	<b>Alfreton Park</b> , Alfreton, <a href="#">DE55 7AN</a> Organiser: Viv Macdonald
Sun 9th	SARUM SWOA National	<b>Sarum Saunter and Southern Championships (UKOL)</b> , Great Ridge, Chicklade Organiser: Liz Yeadon
Sat 15th	MV SEOA <b>Major</b>	<b>British Middle Championships (UKOL)</b> , Holmbush and Buchan Country Park, Crawley, <a href="#">RH12 4SE</a> Organiser: Mike Elliot <a href="http://www.mvoc.org">www.mvoc.org</a>
Sat 15th	POTOC WMOA Local	<b>Local League 3</b> , Stone Common, Stone, <a href="#">ST15 8JD</a> Entry times: 10.00 til 12.00. Organiser: Marian Denham <a href="http://www.potoc.org.uk">www.potoc.org.uk</a>
Sun 16th	SO SEOA Regional	<b>Junior Sprint selection race for EYOC &amp; JWOC</b> , Broadfield, Crawley, <a href="#">RH11 9RX</a> No dogs permitted on the courses. <a href="https://www.southdowns-orienteers.org.uk/events">https://www.southdowns-orienteers.org.uk/events</a>
Sat 22nd	WCH WMOA Local	<b>WCH Milford Common</b> , Stafford, <a href="#">ST17 0UH</a> Entry times: 10:30-11:30. Dogs allowed. Organiser: Dave Smith , <a href="mailto:waltonchasersevents@gmail.com">waltonchasersevents@gmail.com</a>
Sun 23rd	NOC EMOA Regional	<b>EMOA League 2025 and YBT Heat</b> Silverhill Woods, Mansfield
Sun 30th	OD WMOA Regional	<b>Bentley Wood South WML event</b> , Atherstone, <a href="#">CV9 2HG</a> <a href="http://Octavian-droobers.org">Octavian-droobers.org</a>

## April 2025

Sat 5th	POTOC WMOA Local	<b>Local League 4</b> , Cheddleton Heath, Leek, <a href="#">ST13 7AP</a> Entry times: starts 10.00-12.00. <a href="http://www.potoc.org.uk">www.potoc.org.uk</a>
Sun 6th	TVOC SCOA National	<b>TVOC Chiltern Challenge National Event</b> , Hambleden East, Henley-on-Thames, <a href="#">RG9 2AQ</a> Organiser: John Dalton , <a href="mailto:secretary@tvoc.org.uk">secretary@tvoc.org.uk</a> <a href="http://www.tvoc.org.uk">www.tvoc.org.uk</a>
Sun13th	NOC EMOA Regional	<b>EMOA League 2025</b> , Ollerton Pit Woods, Ollerton
Tue15th	LEI EMOA Local	<b>LEI Summer League 1 John's Lee Wood</b> , Markfield, <a href="#">LE67 9PS</a> Entry times: 6pm - 7pm. Organiser: Jane Dring-Morris

## April 2025 continued

Fri 18th	YHOA Major	<b>Jan Kjellstrom Orienteering Festival - Sprint (UKOL)</b> , Sheffield City Centre. Dogs allowed. Organiser: Susan Guy <a href="https://www.thejk.org.uk/">https://www.thejk.org.uk/</a>
Fri 18th	YHOA National	<b>Jan Kjellstrom Orienteering Festival - Trail O</b> , Crookes Valley and Weston Park, Sheffield Organiser: John Kewley <a href="https://www.thejk.org.uk/">https://www.thejk.org.uk/</a>
Sat 19th	YHOA Major	<b>Jan Kjellstrom Orienteering Festival - Middle (UKOL)</b> , Tankersley, Barnsley Dogs allowed. Organiser: Mike Cope <a href="https://www.thejk.org.uk/">https://www.thejk.org.uk/</a>
Sat 19th	YHOA National	<b>Jan Kjellstrom Orienteering Festival - Trail O</b> , Hesley Wood, Sheffield Organiser: John Kewley <a href="https://www.thejk.org.uk/">https://www.thejk.org.uk/</a>
Sun 20th	YHOA Major	<b>Jan Kjellstrom Orienteering Festival - Long (UKOL)</b> , Wharncliffe, Sheffield. Dogs allowed. Organiser: Paul Bradbury <a href="https://www.thejk.org.uk/">https://www.thejk.org.uk/</a>
Mon 21st	YHOA Major	<b>Jan Kjellstrom Orienteering Festival - Relays</b> , Middleton Park, Leeds. Dogs allowed. Organiser: Richard Foster <a href="https://www.thejk.org.uk/">https://www.thejk.org.uk/</a>
Wed 23rd	LEI EMOA Local	<b>LEI Summer League 2 Beacon Hill</b> , Loughborough <a href="#">LE12 8TA</a> Entry times: 6pm - 7pm. Organiser: Jane Dring-Morris
Sun 27th	EBOR YHOA Regional	<b>York City Race</b> , York Organiser: Stuart Fraser

## May 2025

Thu 1st	LEI EMOA Local	<b>LEI Summer League 3 Burbage Common</b> , Hinckley, <a href="#">LE10 3DD</a> Entry times: 6pm - 7pm.
Sat 3rd	Inter- national	<b>Tio Mila 3-4 May</b> , Sweden
Sun 4th	POTOC WMOA Regional	<b>West Midlands League</b> , Morridge nr Leek, <a href="#">ST13 8UN</a> <a href="http://www.potoc.org.uk">www.potoc.org.uk</a>
Sun 4th	NWOC NIOA National	<b>Irish Long (UKOL)</b> , Magilligan (SE), Limavady, <a href="#">BT49 0LP</a> No dogs. Organiser: Anthony McGonigle
Mon 5th	NWOC NIOA National	<b>Irish Relay</b> , Garvagh Fores, Dogs are permitted on site, but not on courses. Organiser: Murray Cowan <a href="https://www.nwoc.info/oevent/irish-relay-championships-2025/">https://www.nwoc.info/oevent/irish-relay-championships-2025/</a>

## May 2025 Continued

Tue 6th	LEI EMOA Local	<b>LEI Summer League 4 QEDJ Woods</b> , QEDJ Woods, Ashby, <a href="#">LE67 2TD</a> Entry times: 6pm - 7pm.
Sat 10th	LOC NWOA <b>Major</b>	<b>British Orienteering Championships (UKOL)</b> , Grizedale Forest, Newby Bridge
Sun 11th	LOC NWOA <b>Major</b>	<b>British Relay Championships</b> , Bigland, Newby Bridge
Wed 14th	LEI EMOA Local	<b>LEI Summer League 5 Burrough Hill</b> , Burrough Hill, Melton Mowbray, <a href="#">LE14 2QZ</a> Entry times: 6pm - 7pm.
Sun 18th	MDOC NWOA National	<b>Northern Championships (UKOL)</b> , Angle Tarn Pikes, Keswick Organiser: David Wathey
Thu 22nd	LEI EMOA Local	<b>LEI Summer League 6 Castle Hill</b> , Castle Hill, Anstey, <a href="#">LE7 7AN</a> Entry times: 6pm - 7pm. Organiser: Jane Dring-Morris
Sar 24th	HOC WMOA National	<b>Springtime in Shropshire Day 1 - Ludlow urban</b> , Ludlow
Sun 25th	WRE WMOA National	<b>Springtime in Shropshire Day 2 - Rorrington &amp; Stapeley</b> , Shropshire
Mon 26th	HOC WMOA National	<b>Springtime in Shropshire Day 3 - Titterstone Clee</b> , Ludlow, <a href="#">SY8 3QA</a> Organiser: Ian Gamlen
Tue 27th	LEI EMOA Local	<b>LEI Summer League 7 Abbey Park</b> , Leicester, <a href="#">LE4 5AQ</a> Entry times: 6pm - 7pm. Organiser: Jane Dring-Morris

## June 2025

Sun 1st	DVO EMOA Regional	<b>EMOA League 2025 Carsington Pastures</b> , Wirksworth, <a href="#">DE4 4ES</a> Organiser: Stuart Swalwell , stuart.swalwell2412@mac.com
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# Retired Man Chronicles cont

*Continued from page 13*

At last, by November 2<sup>nd</sup> we know who is to be the new Conservative party leader. It's Kemi Badenock. This election has been dragging on since July 5th as the number of candidates is whittled down from the original 6.

RM competes at Nesscliffe and The Cliffe, where the map says 'Beware sheer rock faces. Do not approach from above.' and has purple lines and crag symbols. RM had travelled with Peter Leake and Peter has injured his head as he ran into a tree to stop himself going downhill too fast. Peter made his way to the Finish and First Aid. After the O event at Humberstone Park estate, discussions in the pub included the Nesscliffe and The Cliffe event and the short green course for 'the elderly' with its steep climbs (and steep descents with Peter Leake's injury). The Results had included an apology for this course that had over stepped the normal recommendations. The event at Nesscliffe clashed with a radio O event at Donisthorpe that RM could have visited. He never expected it, but he has won the newly inaugurated radio O league and has missed the 'award ceremony' and a bottle of champagne.

Following the Donisthorpe Club Championships, RM returns with a second place certificate for the short green course, M75+ age, a plastic tray of left over sandwiches, chocolate brownies and that champagne. Route choice investigations begin. Where could he have saved the 24 seconds to be placed first not second behind Kevin Gallagher. RM tells of a 'use the time-out most wisely' category won by Wendy taking exactly 2 minutes. I think he came second here too. What is orienteering coming to when its not who got round quickest, or even fastest run in, but who can make the best use of the 2 minute time out at a road crossing! Revenge comes at Shirebrook as RM beats Kevin

Gallagher but is 10 minutes behind Roger Edwards.

At the Narborough night event he is accused of 'being a distraction' as his orange and white running top 'makes you look like a control'. The top he bought in Poland when radio orienteering there. On the back is written 'Don't follow me, I'm lost'.

November 19<sup>th</sup> RM disappears all afternoon returning with beer, of course, paint and plaster. His plumbing upstairs leaked down the kitchen wall while we were on holiday 'The wall should be dry now' says RM. The leak was six years ago. That evening he and Chris B go to Oakham woods and RM returns cold and bloody. He has had arguments with barbed wire fences.

The following week has many memorable events; John Prescott, ex Labour deputy PM, dies. President elect Trump proposes 'challenging' appointments when he enters the White House in January. President Biden allows Ukraine to fire US long range missiles into Russia. Warning of cyber attacks to British businesses, utilities and hospitals etc. Storm Bert is lashing the country with snow, rain and wind so the Stow event is cancelled and the decorating in kitchen and utility room begins! Daughter Suzi had stayed for several days and much of the painting was done, however it is now 8 weeks later and I am still surrounded by the contents of drawers, cupboards and book shelves everywhere...The front door has a sellotaped message 'To use the bell just touch the 2 wires together. It won't hurt you....'. RM is saving £7 per year in altering the front doorbell.

Early December and the Brandon event is cancelled by Storm Darragh.

*Continued on page 23*

## RMC Continued

*Continued from page 22*

There is unexpected news, the city of Damascus falls to the revolutionaries signalling the end of cruel dictatorship in Syria by President Assad.

I search for the Xmas cards as RM is O ing at The Outwoods where he could have done better if he had read the control description and looked for a clump of trees not a crag. There were problems with the map, only spotted at a late stage, such as vegetation stripes missing (v1, ed) and legends covered up with the control descriptions(v2, ed). Whoops. The beer at the Blacksmiths pub, Quorn was so good he forgot to deliver the Xmas cards. However there is another opportunity at the Plaid Coalville social in The Crown in Anstey as always organised superbly by Roy. Whoops RM seems to have forgotten that the meeting is tonight and has to apologise and rearrange a CPRE meeting. We rush to the pub when RM receives an email 'you had better hurry if you want any food'.

It rains heavily but everyone is warm inside and tucking into food that has been provided free by the landlord, a friend of Roy. During the evening we could see rain lashing at the windows and the next day Rothley Brook has flooded the fields between Cropston and Thurcaston. Many of the paths in Castlehill are underwater. I chat to Roy and Ernie, they are comparing/ competing about the number of tablets they have to take each day 16 vs 25. When RM, Hornsby, Roger E, Chris B etc are talking technical points about the Braunstone street run map, I am rescued by the larger group that includes Chris and Ursula, Rachel, and Bob. David Andersen and Sue Bicknell live a short walk away in Pettifor Court named after Pettifors, once a local brewery. Time to go, many thanks to Roy and someone mentions. **'You deserve a badge for organising these get togethers'**. This gives me an idea and Roy is now the proud, but surprised,

recipient of the Girl Guiding Party Planner badge.

Xmas is spent with our grandchildren in Loughborough and West Wittering.

New Year's Day 2025 and the urban O at Derby. Roger E tells me about a 'stolen footbridge'. Apparently it swings to the side automatically when the river level is rising, so the orienteers cannot cross the river Derwent and have to find another route. Perhaps this leg will be cancelled? New Year commemorations included 100 years of the shipping forecast on Radio 4, passenger rail services on the Stockton Darlington railway began 200 years ago, and steam train engines throughout the country are whistling to acknowledge this at noon.

'I just missed out on a thousand points' says RM as he reviews his route choice at Ecclesall Woods to see where he could have saved a few minutes.

By 14<sup>th</sup> January the fires around LA are still alive and may flare up again as the wind strengthens. So far 24 people are dead, thousands homeless and insurance companies prepare for a massive claims bill. Some folks will not get insurance again. There is a proposed cease fire in Gaza but several days go by waiting for Hamas to agree and the Israeli parliament to accept the terms. Foot and Mouth disease has appeared in water buffalo in Germany, so a ban on imports of sheep, goats, cattle or meat products is now in place.

'It was 'ard', said RM after the Cademan Woods night event. Several people had retired and afterwards beer but no food at the Hare & Hounds at Whitwick. Analysing the results he has 'come last' but as there were only 2 results he was second being beaten by Steve Edgar.

What will 2025 bring?

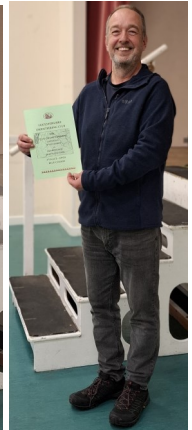
Happy orienteering.

Irene Marriott.

## LEI Club Championships 2024

The 2024 Club championships were held at Donisthorpe Country Park on Saturday 9<sup>th</sup> November 2024. Event planner Peter Hornsby had extended the original Donisthorpe map and the fifty-three club members and guests who took part had the fun of orienteering on some new terrain.

Post event, competitors adjourned to Moira Village Hall for a free buffet prepared by the Club's own Michelin 5-star caterers before the all-important presentation of awards. Adult winners will receive their trophies at the Club Dinner and Awards evening on 29<sup>th</sup> March 2025.



## More Club Chat

### Orienteering, the Internet, & AI

Many of us have spent an idle hour trawling the internet to pick up information on our favourite hobby, holiday destination or tips to improve our performance in our sport. Often useful, sometimes entertaining, once in a while financially profitable. Now with AI we can perhaps add silly. A few below are from a recent selection.

#### **What is Rough O ?(other than a bad leg on a night event in Cademan?)**

Rough O is a time saving strategy that requires you to alter your orienteering technique. In general, you move faster, you map read less often and you navigate using large features while ignoring the detail. *(usually that means I get lost. Ed)*

#### **What do you call people who orienteer?**

*(don't ask any of your none orienteering friends to answer this)*

An athlete who challenges wild terrain with only a map and compass for company.

#### **What are the benefits of orienteering?**

Reduced stress and anxiety: Orienteering is a great way to reduce stress and anxiety. Being in nature and navigating through unfamiliar terrain can be calming and grounding. *(Clearly this AI Bot has not been lost on a Welsh moor in thick fog)*

#### **What are the four basic skills of orienteering?**

The skills are summarised below. Using a hand to orientate the map to line features whilst holding the map with a thumb in place to maintain position; and using the handrails to help you round the course. Whilst travelling the course you must make decision at control points and gain an understanding map colours and common symbols. *(Being a simple soul, I can only do one or two things at once. I certainly cannot use one hand to orientate the map, have the other thumb on the map and hold*

*on to the handrails at the same time)*

#### **Why is Orienteering fun?**

Orienteering is an exciting outdoor adventure sport that exercises mind and body. The aim is to navigate between checkpoints or controls marked on a special orienteering map. **There is no set route so the skill and fun come from trying to find the best way to go!**

#### **Why do people Orienteer?**

It's the thrill of high-speed runs through challenging unknown terrain with minimal equipment and the high regard that the winner will receive from other racers and the rewards that come with it.

*(I'm still waiting for the rewards!)*

If you discover any other gems on the internet, please pass them on to the editors so that we may share them with the wider orienteering community before they head off to challenge the wild terrain and receive their rewards.

Using The Start Kite - our chosen online entry system.

When you book on to an LEI event on thestartkite.uk, please pay. We accept cancellations quite late before the event. It has become a practice for some to book, not pay and not turn up. This isn't good for the club's finances and you could be taking a map from someone who could have used it.

Many Thanks.

Iain Phillips (Events Co-ordinator).

A warm LEI welcome to our newest members:

Catherine Gough

and

Chris Tolley

If you have read the magazine this far, you are truly hooked!

## Junior Tour Reports

### Lagganlia tour report – Eoin Simpson

Lagganlia is a JROS (Junior Regional Orienteering Squad) training tour for 2nd year M/W 14s and 1st year M/W16s. It is on every year at the Lagganlia outdoor centre near Aviemore in Scotland. The tour started on the 3rd of August and lasted for a week.

24 juniors were selected for the tour based on the selection races throughout the year where you need to achieve at least one gold standard in a M/W14 race. As I was the only junior from the East Midlands with gold or championship results in this age group, I was selected to go.

Everyone arrived at different times on the Saturday at the start of the week with some flying in, some arriving by car and most taking the train. I arrived in between the two main groups after a long car journey up. Once everyone had arrived we were given some time to settle in and then did games to learn everyone's names.

This is what we did each day:

Day 1: On the first day we went to Heathfield and did short, roughly 1km exercises, through many different parts of the area with the coaches shadowing you to make sure you were focusing on technique. Then we did a clock relay to finish the day. We had a afternoon briefing every day to recap the day and prepare us for the next day. I was in a dorm of six but most were in two person rooms.

Day 2: We went to North Granish and it was so different to Heathfield. In our morning briefings we created a sketch map for simplification to show us that we didn't need every tiny detail, just the important ones. *[photo p27]* The area was much more detailed with contours, and we did more 1 to 2km small courses designed to teach simplification. Then, to finish the day, we did an odds and evens relay.

Day 3: We went to Roseisle, one of the best Scottish areas because of how detailed the contours are. It was a long

drive away from Lagganlia so we did more training to make up for it. We also had to skip the morning briefing because of the drive. The training exercises were longer at around 2km for each exercise. The activity to end the day was a distraction race where we were randomly set off with distractions round the course like music and broken controls.

Day 4: This was our 'rest' day, so we 'only' did some knockout sprint races and a night -o! These started with a heat at Badaguish, followed by semi-final and final races at Glenmore Lodge. Everyone got a place in the semi-finals with the heats used to determine which one you were in. The semi-finals were about 1km long with the top 50% going through to the final. A second place in that race was enough to secure my place in the final. The final was even shorter, only about 800m or 4mins of running. I was happy to get 3<sup>rd</sup> place in the final. Afterwards, we went to Aviemore and to a lake, then in the evening we had a night o.

Day 5: We went to Loch Vaa, a very open and heathery area, so it was very different to the other days as it was so much more visible. The focus was on bearings so all the exercises were long legs and roughly 2km. We then ended off the day with a peg relay, which is where at every control there are a certain number of pegs; if you get a peg you have to do an extra leg. The winner is the one with the most pegs at the end.

Day 6: This was the final day so it was the tour championships at Nethy Bridge. *[p27]*. I was around the middle of the starters. It was a very vague area in the first half and then we crossed a road and it became more technically difficult with much more contour detail. I had an ok run with a couple of 1-2 minute mistakes and ended up in 2<sup>nd</sup> overall. Then we went back to Lagganlia and had our final briefing, followed by a celebratory dinner and the



## Junior Tour reports cont...

*Continued from p26*

prizegiving ceremony. Then on the last night the tradition at Lagganlia is for all of the juniors sneak out and the coaches have to find you. If you aren't found by midnight you have 'survived'!

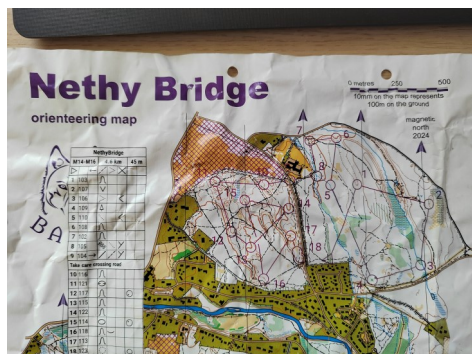
Overall, I had a great week with a mix of lovely forests to orienteer in and fun with the other juniors. I particularly enjoyed sneaking out on the last night. By the end of the week I was very tired but definitely a better orienteer than at the start of the tour.



Simplifying the map  
Photo: Jonathon Hooton



Out in the terrain  
Photo: Dan Heppell



The tour Championships:

The first part of the map was a bit vague!

### Czechia tour report – Ellie Simpson

Czechia is an orienteering training camp organised by the Junior Regional Orienteering Squad (JROS) for second year M16s and W16s. It takes place every summer for a week in Czechia based in Potkávárna u Havrana near Liberec. The week I spent there was very enjoyable and, of course, great training.

Usually, around 16 juniors are selected for the tour each year based on selection races that take place in the spring. In my year, 11 boys and 11 girls were selected for the tour so it was an unusually large group. I had been training hard throughout the year, as I really wanted to get selected given how much I had enjoyed myself at previous training camps. However, my selection races hadn't gone as well as I would have liked to be sure of selection, so I had to wait anxiously. When I did get in, I was really excited to be heading off to Czechia towards the end of August.

During the 10 days I spent there we went to many great areas which were a mix of mountain terrain and the sandstone rocky areas for which Czechia is known. These areas included: Drabovna, Slovanka, Břizky, Kozlov, Valdštejn, Buková.

My favourite areas were the sandstone areas because they were so unique and technically challenging (it was easy to get lost in the rocks for 10s of minutes).

For most days on the tour we trained twice a day. The morning was often spent on short courses focused on specific skills and in the afternoon we did race based exercises such as relays and fun variations such as VampireO - short score courses where you had to try to get all the controls either by going to them yourself or tagging someone else to steal their map (and with it their control punches). [see map p28]

# Junior Tour Reports cont

Continued from page 27

The coaches would also shadow us and tell us how to improve which helped my navigation so much. Most afternoons, we would visit lakes or ponds, which I really enjoyed. In the evenings, we would have talks about how to manage our training and we even had a talk from a Czech national team member who had won a medal at the Junior World Orienteering Champs (JWOC). These talks were both useful and interesting. In the middle of the tour, we had a 'rest' day where we did a microO which helped me to read my descriptions better because if you didn't you would mis-punch. We also went to a waterpark which was really fun.

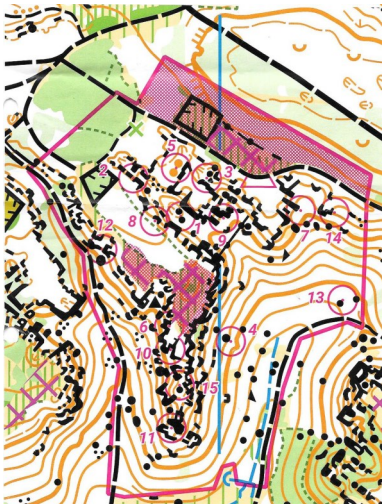
On the last 3 days we ran the Pěkné Prázdniny races, which consisted of two

middle races and a long race. [see map, below] It was both physically and technically challenging but very enjoyable. On the final night, we went into Prague to look around the city which was great.

Overall, I had an amazing time on tour and I'm now back to winter training again to do my best to get a place on the tour to Stockholm next year.

## Thanks from Eoin and Ellie

Thank you EMOA and our club, LEIOC, for their support and to all the coaches, both on our respective tours and at EMJOS, who all helped to make this possible.



## Vampire O

Collect them all yourself or tactically tag someone else and steal their map and punches?



Out in the terrain Photo: Mairi Eades

