



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Iain at ETOC 2022

Coast and Islands 2022

Annual Accounts 2021/2022

Leicestershire Park Runs



Autumn 2022

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**Copy date for next issue:
15th January 2023**

Front cover: Tarbert Castle. Photo by Alison Hardy, see her report on page 20.

Points from the Editors



Welcome to the latest edition of the LEI News. It's great to see that 'O' events are now 'full steam ahead' after two disruptive years.

There was a very busy calendar of summer league events this year, ending with a wonderful buffet at Anstey Nomads Football Club. Thank you to Chris P and Ursula for organising this. Also, a massive congratulations to Ben Glover for an epic summer league win in both junior and overall categories.

We were interested to read about the challenge Andy Nicholls and friends set themselves: running all the Leicester park runs in one day. What a great achievement! You can read more about this on page 8. You can read about another great achievement on page 15: Iain Phillips' selection for ETOC 22 and how his competition went.

Slightly closer to home, we enjoyed reading Alison Hardy's article, entitled 'Coast and Islands 2022' on page 20. It certainly sounded like a tough 'O' competition, made all the tougher for comparing their times against the legendary Graham Gristwood! The photos are superb, including the one on the front cover. It certainly looked like they had some good weather.

Just to remind everybody that the LEI AGM is on Monday 24th October at Glenfield Parish Hall. We hope to see you there.

Wendy and Alan West



Ramblings from the Chair



With the very sad passing of Her Majesty Queen Elizabeth II, it seems fitting that we will be holding our next event and 2022 club championships at Queen

Elizabeth Diamond Jubilee Woods on 9th October. At this sad time for the nation, the club offers its condolences to the Royal Family. The club changed its logo to black and white as a mark of respect during the period of mourning.

It may have not passed everyone's attention that we have made some clarification to the classes for the club championships this year. Although it is certainly not unknown for juniors to win some of the clubs' major trophies, this year, and especially the summer league, has been dominated by one junior. Many congratulations to Ben Glover for winning both the club score cup and overall summer league for 2022 - a feat that must have been all the more enjoyable having beaten his father into second place. Now it's just the club championships to go! Congratulations also go to Alison Hardy for winning the ladies' league. For clarity, the open category at the club championships is open to any club member of age or gender. Club members may enter the open category or other category that they are eligible for.

I would like to thank everyone for putting together a great summer league again this year over the long hot summer. I hope that we have now completed our list of reasons for postponing or cancelling

events with the postponement of the Beacon Hill event due to the 40 degree heat. Floods, snow, high winds, the pandemic, foot and mouth (it was a while ago, but I was member for a short time in 2001) and now the heat. I don't want to think what might be next!

I trust that everyone has had a great summer. It has been a fairly quiet one for me with not a huge amount of orienteering, but hopefully I can rectify that over the next few months, especially now that I am entering the world of retirement, or at least semi-retirement, at the end of September. I am sure I will be filling some of this extra time with orienteering activities; I already have some controlling and planning scheduled for the next few months and hopefully I might finally get around to doing some mapping. I started my career because of orienteering (35 years of commercial mapping and selling geospatial products and services). I guess it is time to find out if I have actually learnt anything over these years.

Those of you who have visited the club website over the last few months will have noticed a few changes, as we look to update the format to a new more user friendly format, especially with respect to mobile and tablet users. Work is still ongoing, but many thanks to all those who have been involved in this: Roger Phillips, John Cooke, Chris Bosley et al. I hope that you all agree with me that the access to information, especially future events and results, is now much improved.

With autumn now started, thoughts look towards the Winter League, planning for which is well underway. The first event is on Saturday 5th November in the



morning, so no excuses. There will be plenty of time to complete your run before starting any Bonfire Night activities you may have.

Just a final reminder to all that our map run activities and club nights continue through the autumn and winter (check the

website for details) and of course the club AGM will be held on Monday 24th October at Glenfield Parish Hall. Hopefully we will get away before the car park is locked this year!

Steve

Captain's Corner



I am not sure when it's orienteering season. Perhaps it's not like other sports that have a definite season – that I am

complaining, as I will happily go orienteering all year, come rain or shine, in mid-summer or with a headlight on a cold January evening. We are fortunate at LEI to be able to offer a very full programme of events throughout the whole year – more than many clubs. This, of course, relies on our volunteers who organise and plan events. This can take a huge amount of an individual's time and I think this is occasionally not recognised.

Since becoming an orienteer, I have noticed that many people within orienteering have strong views and are not afraid to voice them. In my opinion, where this is unwelcome, is when commenting negatively, as opposed to constructively, on the courses a planner has come up with. This is the case whether the planner is experienced or a newbie. It is particularly important not to discourage new planners, but to thank them for their efforts.

The continuation of orienteering relies on participation obviously. I am concerned, particularly coming late to O, and not having had my fill of the sport, that numbers will start to drop away in the UK. I am a member of the Development Committee for LEI, at which one of the items we discuss is how to encourage new members to join us. If anyone reading this has any ideas on this, then please get in contact.

And so to 2023. The CompassSport Trophy, as it will likely be for us, is at Beacon Hill on 12th February next year. Put it in your diaries now. The home advantage, as I assume most of us have been round the Beacon a few times, should see us qualifying for a final!

David

Don't forget!
The LEI NEWS can be found on line, in full colour at
www.leioc.org.uk/members/lei-news/



Junior Captain's Corner



Firstly, a massive well done to Ben Glover for winning both the Junior Summer League and overall Summer League this year.

well done to Daniel and Ellie.

Additionally, some of our LEI juniors will be competing in the Junior Inter-Regional Championships (JIRC) in September. This year, the championships are being held near Newcastle, Northern Ireland and so the East Midlands squad are flying over on the Friday night.

Other upcoming events for juniors include the British Schools' Score on 8th October at Shipley Park, the British Schools' Championships on 21st November at Stowe Park, selection races for Interland take place from September to December (exact details can be found on the Orienteering England website) and, of course, the LEI club championships will be taking place on 9th October at Queen Elizabeth Diamond Jubilee Wood.

Libby

September concludes several major selection races and summer talent camps for juniors. This year, Daniel Glover and Ellie Simpson were selected for the Lagganlia training camp that takes place annually in northern Scotland for juniors that are MW14-16. The camp provides an opportunity to train and compete in both physically and technically challenging terrain, as well as meet orienteers from around the country. So,

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.



Top 10 Performances from Major Championships

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

British Sprint Relay Championships, Leeds Beckett University, 11th June 2022

Ad Hoc Category.....3rd (LEI Legends):
Andy Glover, Steve Chafer & Matt White

Junior Category.....7th (LEI Leightning)
Ben Glover, Daniel Glover & Cerys Glover

British Sprint Championships, Leeds University, 12 June 2022

Finals Results

M14A 2nd..... Daniel Glover

M16A 4th..... Ben Glover

M40A 4th..... Andy Glover

M55B 8th..... Steve Chafer

W12A 1st..... Cerys Glover

W14A 7th..... Ellen Simpson

YBT Trophy & Shield, Irchester Country Park, 3rd July 2022

Green 10th..... Ben Glover



LAKES 5 DAYS, 7th to 12th August 2022.

Overall Results

M45L 3rd Andy Simpson

M85 2nd..... Don Moir

W40L 2nd..... Toni O'Donovan

White Rose Weekend 26th to 29th August 2022.

Night Score

Male Junior 5th Eoin Simpson

Male Veteran 1st Andy Simpson

Women Jun. 3rd..... Ellie Simpson

Sprint event, Gilling Castle

Male Junior 6th Eoin Simpson

Middle Distance and Classic Events combined results.

M14A 4th Eoin Simpson

M45L 2nd Andy Simpson

M60S 2nd Jonathan Lee

W16A 6th Ellie Simpson (W14)

W21S 3rd Jessica Dring-Morris

W50S 1st Jane Dring-Morris

Caddihoe Weekend incorporating the Southern Championships

M85 1st Don Moir



Club Chat

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

Oliver Hague

Alison Coulling

Kevin Borley

Colour coded awards were recently achieved by the following club members. Colour coded awards are based on being within approximately 50% of the average time of the first three competitors.

Colour Standard	Member
Orange	Cerys Glover Sindy Chafer
Green	Karen White
Blue	Ben Glover

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

Racing Challenge

Bronze 5 Stars: Ellen Simpson

Navigation Challenge

3 Stars: Cerys Glover

GDPR

The club's privacy statement has been updated and is now dated November 2020. This can be found on the website here:

http://www.leioc.org.uk/wordpress/lei_members/Privacy%20Statement%20LEIOC%20Nov%202020.pdf

Diary Date

**The Club AGM is on
Monday 24th October.**

**All members are
encouraged to attend.**

The following results are in addition to those who received certificates at the end of the Summer League presentation. (see page 12).

Cerys Glover: Junior Sprint and Urban Series - 3rd overall and 1st place junior Girl.

Andy Nichols: Summer League - 3rd overall and 3rd in the Sprint and Urban Series.

Jane Dring-Morris: 3rd Score Cup Women.

Ed De Salis Young: 2nd Score Cup Men

Andy Ward: 3rd Score Cup Men

Did you know?

**East Midlands Orienteering
Association league events
results can be found at
[www.emoa.org.uk/league/
index.html](http://www.emoa.org.uk/league/index.html)**



Leicestershire Park Runs

On Saturday 18th June, a group of 4 runners – LEI member Andy, guest at the recent Ibstock event, John, plus Matt and Ian - completed a challenge to run all of the Leicestershire park runs in one day.

Why? We're keen park runners at our base of Melton Mowbray Park Run, and had recently started touring around some other local park runs and were enjoying the experience. It seemed like a decent challenge, but one that was achievable without too much extra training, as 2 of the group hadn't run much further than a half marathon before.

Hopefully, everyone reading this will know about Park Run by now. If not, they are free 5K events every Saturday morning, open to walkers, joggers and

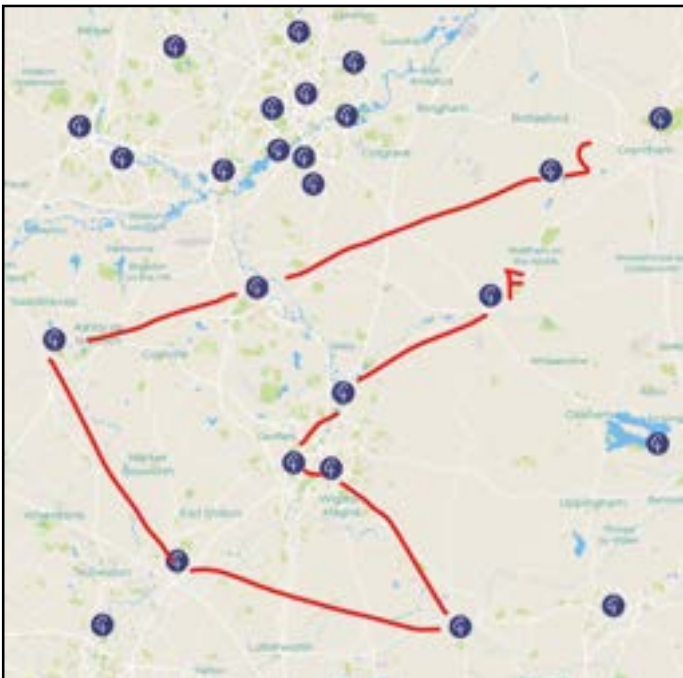
runners from age 4 upwards, with 100s of events across the UK and beyond. It's a fantastic resource for orienteers of all ages to improve/maintain their running fitness with a great social aspect too.

This shows the local events and the order in which we did them:

There was a little planning involved as we'd have to work out a route to avoid too much driving, check which courses we could access outside normal park run time and recce most of them so that we knew the routes to follow without marshals to help guide us. While these plans were coming together, Hastings High School Park Run started, meaning we had to rethink – GRRR! And with a 10th park run planned to start soon, the

clock was ticking to complete the challenge before that one began...

We set off on our first run at 5am, running the Belvoir Castle hilly summer route – probably the hardest one of the day - across the fields and up into Stathern Woods before heading back with views of the castle to guide us home. Even at that time it was fairly muggy, but we were thankful that the previous day's heat wave was over and 17 degrees and a little light rain was more likely.



There are quite a few park runs at stately homes (Belton House, Woolaton Hall, etc.) which are well worth visiting.

Straight back into the car and off to Dishley, Loughborough, for #2, running around the rugby club fields and then out and back along the canal – beautiful in the early morning.

A bite to eat and off to Conkers, near Ashby-de-la-Zouch, and #3 was fantastic with only a few friendly dog walkers around. This uses paths I'd run on recently at the Donisthorpe and Moira orienteering events and was a mere stone's throw from Boothorpe, too. I'm working on the rest of the group to convince them to try some urban and forest events with me soon.

Keeping well to our schedule, after a change of clothes or footwear for some,

we now headed to Hastings High School, Burbage, for the “real” park run and #4. Matt had managed to make this coincide perfectly with his 50th park run and also his 50th volunteering stint, taking on tail-walking duties with Andy. This made a very pleasant change – being around lots of other people – the first timers' welcome was very entertaining (with audience participation it was more like a panto than a briefing) and the race director gave us a shout out for both Matt's milestones and the challenge we were undertaking, plus the marshals (and even a doggy marshal wearing a high vis vest) were super-friendly. We also bumped into LEI member and prolific park run tourist, Ian Wilson, doing his 154th different park run venue before he headed off to the Coventry and Birmingham city races that weekend. The course was interesting, with 4 laps of a big grassy field and 3





winding loops around and between the school buildings. Another nice touch – the volunteers had a free cuppa at the end – which was very welcome.

We then headed off for #5 in Market Harborough as the rain started and I changed into my LEI top. Welland Park is a lovely place to run – great firm paths and an interesting windy course that you do 3 and a bit times. By now, we'd eaten our way through many Jaffa Cakes, banana bread, apple pies, crisps, dates, nuts, grapes, porridge pots, rice bowls, energy gels and sweets to keep us fuelled. Luckily, there were public toilets open at this one!

Making our way back towards home, we headed into Leicester city centre for Leicester Victoria park and #6. We started to feel tired now, but managed to

keep up the pace and were only a few minutes behind schedule. It's a fast course with small undulations and good tarmac paths, starting and finishing by the imposing war memorial. For all of the remaining ones, we started each run with moans and groans, like we were 30 years older, as we'd stiffened up, finding it hard to get going, but loosening up within a few minutes.

Off to Braunstone Park for #7, we weren't 100% sure about this course – where to start and where to turn at the end of the first lap – but made sure we did approximately the route and a bit longer than 5K. In places in this park, you forget you're in a city - it's so wide and open. The only obstacles we faced were some protective geese with their fluffy goslings blocking the path, so we detoured around



to avoid them. Other entertainment was provided by Ian's eclectic music choices (and dancing) to try to energise the rest of us.

We were definitely flagging now and it was lucky that #8 at Watermead Country Park was the flattest, easiest course of the lot - 1 lap around the sailing lake, then 2 laps of King Lear's lake. Paying the £2.50 to park right by the start/finish area, rather than an extra kilometre of walking to/from the pub, was an easy decision to make!

Finally, back home to Melton Mowbray for #9 – our home park run. On the way there, Matt had leg cramps – not ideal with limited room in the car to stretch. We were met by Matt's family and his daughter ran with us on the final leg. The

main hill ("40 Oaks" – felt like 400 Oaks!) is always tough, but John found a new lease of life and romped up that on both laps. Being at our home run was a lovely way to finish and the long downhill sections made up for the hills. The icing on the cake (literally) was the tasty coffee and walnut cake Matt's wife had baked, which we gorged ourselves on at the end.

Matt (pictured left) had decided to fund raise for Race Against Dementia to give more meaning to the day and at the time of writing, this has raised £500 – thank you to everyone who has sponsored us.

Hope to see you all at a park run somewhere in the future!

Andy

Photos courtesy of Matt and John.



Summer League 2022



Kevin:
100% attendance



Keith: Best use of
area, Hinckley
Urban.



Bruce: Highest
male scorer, non
LEI member

All photos by Alan West



Liz: Highest female
scorer, non LEI
member.



Maureen: 3rd Senior
Woman Sprint &
Urban series, 3rd
Senior Woman
Summer League.



Daniel: 2nd Junior
Sprint & Urban
series, 2nd Junior
Summer League



Esther: 1st Senior Woman Sprint & Urban series, 2nd Senior Woman Summer League, 1st Woman LEI Score Cup



Alison: 1st Senior Woman Summer League, 2nd Senior Woman Sprint & Urban series, 2nd Woman LEI Score Cup.



Ben: 1st overall for Summer League, Junior Summer League, Junior Sprint & Urban series and LEI Score Cup.



Andy: 2nd overall for both the Summer League and the Sprint & Urban series.



EMOA - Development Conference

Saturday 29th October

10.15 - 15.00

At Rushcliffe Country Park, A60 (Loughborough Road), Ruddington, Nottinghamshire, NG11 6JS

There is a Parkrun from 09.00, which conference attendees might like to take part in.

Background

It's a few years since we last held an EMOA Development Conference and, looking back at the feedback from the last events, it's clear that what people found really useful was the opportunity to talk to others from different clubs about a range of orienteering issues.

On this occasion, I propose that we focus on two main topics: access and the environment, in their widest sense, and working on a revised EMOA Development Plan.

Access and the Environment

Many clubs have been having difficulty gaining access to areas they have used for many years, or are having new restrictions put on the access, partly as a result of environmental concerns. These include the times of year when we can use areas for competitions or even access for mapping and planning, out of bounds areas, limits on numbers and parking. These limitations have implications for all aspects of putting on events: organising, mapping, planning, and controlling, as well as being a competitor.

Emma Monkman, the British Orienteering

Access and Environment Officer, has agreed to join us to both give us more of the national picture as well as for us to give her specific examples from our own experiences of the issues and problems we are facing in clubs and the Association.

Access may also relate to how accessible and inclusive we are as a sport. How do we attract, recruit and retain participants from different areas, ages, ethnic groups, abilities, etc? As well as attracting people, what changes might we need to make to the nature and locations of the events we put on?

As well as obvious environmental issues, such as ground nesting birds and sensitive areas, the current economic environment may well cause participants to think twice before driving to events, thereby possibly reducing attendance, particularly at major events in other regions. Emma has been looking at the carbon footprint of events, on behalf of the IOF, and it will be useful to hear her results and ideas and for us to contribute from our club and association perspectives.

EMOA Development Plan

Over the last few years EMOA has built up a level of reserves that is greater than the committee feels is necessary and appropriate. Rather than just cutting levies or membership fees for a short period, which may need increasing again in the future, we feel that it is better to look at ways of making a difference to the



quality of our events and the development of the sport in our region.

We might look to providing support to clubs to put on training and coaching: to EMJOS by supporting their coaches and individuals to travel to competitions; enhancing the East Midlands Championships through support for mapping or event infrastructure, etc. Given the rising cost of travel, we might also, for example, consider providing transport to major events.

What can you do?

However, this is not my conference or Development Plan. I would ask all club representatives to discuss what your clubs would like to see in the conference, who could offer to provide case studies, and ideas to include in the Development Plan. The emphasis will be on interactive, mainly small group, sessions. There will be opportunities to get to know people from other clubs and take away ideas.

There is such a thing as a free lunch!

In recognition of the time and energy so many volunteers and officials give to EMOA, we will provide a free buffet lunch and will ask nearer the time for dietary requirements. A caviar and lobster diet is not an option! Yes, I know you have all paid into EMOA, so it's not really free.

I look forward to seeing many of you in October, the first opportunity we've had to get together for a long time.

Please let me know if you would like to attend by Friday 21st October so that I can make the necessary arrangements. Also, if there are specific issues, ideas or problems that you would like us to discuss, please let me have them. I'd like to stress that I'd like us to adopt a positive attitude, rather than criticising previous practices. WE are BOF, EMOA and our clubs, and we all have the opportunity to make a difference.

Ronald Macdonald

EMOA Development Co-ordinator

r.f.macdonald@btinternet.com

Iain at ETOC 2022

Having been surprisingly selected for ETOC (European Trail Orienteering Championships) 2018 and competing in Slovakia that year, I spent some time travelling to TrailO competitions in the rest of 2018 and 2019 in an attempt to gain sufficient skill and experience for another selection. The European Championships Teams are bigger than those at the World Championships. There are up to 8 places for open class athletes, rather than 4. I was selected for ETOC 2020 after good performances at the key race in Thorncombe Woods, Dorset, in February 2020. As it happened, this was my last orienteering weekend out of

county for a long time.

COVID caused ETOC 2020 to be delayed, postponed and renamed to ETOC 2022. Selections were repeated and I was selected for the TempO competition. This year, I attended the British Championships TrailO and then the JK, interspersed with an invited trip to Spain for some training with the Spanish Team on their selection weekend and a World Ranking Event in Slovenia, where I competed in 2 PreO events with mixed results. The 2nd day was noticeable as the weather changed from bright blue skies and sunlight to driving hail and snow over the 2 hours I was on the



course. Several controls were voided due to the snow covering the terrain.

With the Falco Cup in Lithuania as the final pre-championships event in early May, my preparation was as good as it could be. The GB Team flew out to Finland in late May 2022 for the FinTrailO weekend to prepare for the European Championships the following week.

The timetable was:

An early flight out and drive to our hotel in Korplilampi, near Espoo. I travelled with colleagues from OD and MDOC, and another group stayed elsewhere.

Travel to FinTrailO's first day - an afternoon start with a Sprint PreO and a TempO.

FinTrailO's 2nd Day a PreO in Helsinki and a TempO out near Espoo.

FinTrailO's 3rd Day a further PreO event.

"Rest" day with training.

ETOC proper – 5 more days of competition.

TrailO is often described as orienteering without running, and by Jan Furucz (multi-WTOC champion) as the purest form of orienteering – just map reading. As a sport, it has all the skill of detailed map reading at speed (usually more detail than necessary in FootO) without the physical challenge. This allows athletes to compete as equals without regard to physical disabilities. There are two forms of TrailO: Precision Orienteering (PreO), where maps are examined and the precise location described by a control circle located in the landscape. This is all done from the trail - you never visit the terrain. When this location is found, then there will be a kite in place and several distracting kites close by. You have to identify the correct kite - labelled A-E from left to right.

Sometimes there is no correct kite, so the answer 'zero' is given. Competitors walk, run or wheel up and down the trail to get different views of the terrain. A recent development is Sprint PreO, where the time limit is reduced. This was introduced at the JK this year and I was the Gold Medal winner, so I had some confidence going into FinTrailO.

In TempO, all the map reading is done from a seat. You are presented with a view of the terrain and a map card with a map section, control circle and control description. Of the 6 kits (A-F) in the landscape, one may be in the location described. Again, this has to be identified as fast as possible and the answer could be zero. The fastest will solve 5 problems at a single station in 20-30 seconds and get all the answers right. The penalty is 30 extra seconds added on to your total time. I describe this as the purest form of Trail Orienteering, as the only thing that matters is thinking time and accuracy.

When athletes have the same number of PreO controls correct, a tie break station, similar to a TempO station, is used.

In FinTrailO, my PreO performance was poor, but I had a couple of good TempO performances. This was good, as it was the TempO I would have to be good at for the European Championships.

Thanks to a generous donation, the GB Team had brand new kit to show off. You'll have seen the photos on the BOF website and seen me wearing it locally, but we also had a page of detailed code of conduct on our behaviour while competing and wearing kit – no alcohol to be consumed while wearing.

On the rest day between FinTrailO and ETOC, the Finnish team (with help from others) put on several stations of TempO training. This was excellent and allowed us to practise our speed techniques in





real terrain.

ETOC started with the model event, which was designed to get us familiar with the terrain and the organisers familiar with the logistics. We had 3 TempO stations and a PreO course with a single timed control. In general, these went well for me and the experience gained in how the problems had been set became useful in the main competition. The weather was fantastic, too.

I entered the public PreO races over the next two days. These were the same courses as the championship races, but taken on later in the day (when the weather was generally worse) and recording our answers with pin punches on paper, rather than through SI. However, it gave me time to compare myself against the GB Team and my performance was good - 4th GB of 9 in the PreO, with the fastest combined times at the timed controls. As my target was a place in the relay team, this was a good start.

Saturday was my big day: the Championship TempO competition. We entered quarantine, and at call-up time walked to the start. There was then another long walk to the first station and a queue of athletes. There were two heats, with stations in each heat, close to each other and sometimes sharing the same kites.

Station one went well with only one error when I mixed up A and B. My navigation had been perfect, but I selected the wrong letter. This was disappointing, but I had only taken 40 seconds of thinking time and was in 31st place of the 50 in my heat.

Station two I made a 2nd error by selecting the closest kite to the location, but it wasn't close enough and the correct answer was zero. I also took 50 seconds, dropping to 33rd.

With two mistakes at the following station, I dropped again. At station 4, the first problem was a parallel feature error, just like you can get in FootO ... another one wrong.

After this, things improved, and with only one mistake across the final two stations, I walked back to assembly to see me in 29th place, 5 seconds behind 28th and 12 seconds behind GB Team Member, Charles Bromley Gardner. Of the 8 GB competitors, only John Kewley of MDOC made it to the final. With live results at the end of each station being transmitted over mobile phone apps to assembly, we could see how he progressed through the competition. A clear station 1 looked like a good start, but seemingly 4 or 5 wrong at station 6 (of 7) meant that he finished down in 30th.

We then got the opportunity to run the final as a public race, but the rain really started coming down then, leading to problems with visibility of controls and



just general discomfort. When we got to stations 5, 6 and 7, we saw how difficult things were. I got every problem at station 5 wrong, but picked up my performance with only one wrong at station 6.

For the final event, I was put into the second relay team. Relays have PreO and TempO sections and again I put in a good TempO performance. However, the team finished down the field. Furthermore, disappointment came when the first team did not match their previous bronze medal finish.

We arrived home after 10 days away. I worked out my finances and thanked LEI

and EMOA, as well as BOF, for their contribution to the trip. I also worked on my selection document for the next WTCO in Poland a month later.

To be continued ...

lain

For those interested in trying TrailO, we intend to put on an event alongside our regional event in October. Look out for information. I hope several GB team members will turn up to provide support.

Coast and Islands - July 2022

After just a brief conversation with a DVO runner, I discovered the Coasts and Islands website had an orienteering week on mainland Scotland, followed by a few days on the wonderful Isle of Arran. Limited to just 200 entries, it turned out to be like a local level D event in top quality Level A areas. With long, medium and short courses (often allegedly middle distance) on offer, Alastair Paterson (AP) and I (AH) entered Long, and Mike Dallaway (MD) Medium.

Day 1 - Tarbert

A Sprint based around the castle ruins and nearby residential area. Having the assembly by the castle was a wonderful spot for the start/finish. We all enjoyed our courses and had no suspicion of what was to come. Graham Gristwood (GG) won the Long, which turned out to be the outcome at each event. We decided to compare ourselves with him, or the medium course winner (CW) for a bit of a giggle. We had some long days to come and "strong" positions holding up the

lower end of the results!

*Long: GG 15:43, AP 25:49 (1.64 x GG),
AH 28:18 (1.8 x GG)
Medium: CW 15:17, MD 33:07 (2.17 x CW)*

Day 2 – Torinturk

Parking was very tight! There was room on the main event car park for about 10 cars, but only by blocking each other in. To manage this, runners parking here were required to arrive/depart promptly. Mike and I parked nearby, whilst some folks cycled, and one intrepid hyper-vet paddled there in his kayak!

Little did we know what was to come.... Long courses had 31 controls and the final details said there would be an option to run across the bay! They also said "the conifers are mapped as light green and the natives as white, though at this time of year the conifer is faster running than the natives".

3 hours later, and after a 1 hour 4 minute





*Long: GG 44:55, AH 3:08:59
(4.21 x GG my worst result of
the week, last on the Long)
Medium: CW 56:23, MD
2:17:10 (2.43 x CW)*

Day 3 - Corranbuie South

Starts were from the campsite, where Mike and I were staying. We opted for early starts in case courses proved long again. This turned out to be a good decision, although we were each a little quicker than the day before. Maybe this was partly due to the snacks! Final details advised 'there are some small open areas, they are best avoided due to the bracken with the exception being open marshes which are generally bracken free! Streams and clearings were useful and reliable features today, although the going under-foot was still very slow. Again, there were no paths and few collecting features, so full concentration was required.

Another 2 hours plus for me on the long with GG 'gliding' around the same in just 41:50 minutes.

*Long: GG 41:50, AH 2:10:56 (3.13 x GG
an improvement, last but one for me
today!) AP 3.98 x GG*

*Medium: CW 54:48, MD 2:05:49 (2.3 x
CW)*

Day 4 - Corranbuie North

We started higher up the hillside, with courses going into different areas of woodland, before a few final controls in an area visited the day before.

Given our lengthy 'performances', Alastair opted to run Medium, as he had a later start time, whilst Mike took a rest day due to blisters, ironically rubbed on

control, I thankfully reached the finish, vowing to carry snacks if this was an indication of how long I'd be out! Alastair opted to retire to ensure he could move his car in time! Tough terrain (no paths, no nothing) and long finish times, but enjoyable courses which punished any lapse of concentration, an indication of forest terrain for successive days. Mike says he blundered around on the medium course, completely failing to retire several times (as he says he should've done). Finishing was an impressive feat for a relative novice in such testing terrain!

One guy said later that he'd run up to elite level in Scandinavia and had never had such difficult terrain to navigate over!





the previous day's afternoon walk.

I took an eternity to find a control and considered having to retire, as courses were due to close. Thankfully, I found what I needed and had another long outing to compare against GG's!

Long: GG 44:16, AH 2:46:05 (3.75 x GG a deterioration on yesterday)

Medium: CW 58:31, AP 1:57:52 (2.01 x CW)

The following day was a rest day for relocation to the Isle of Arran. A fleeting visit by porpoises was a treat as we crossed by ferry. Time to bag Goatfell in the sunshine.

Day 5 had two events:

(i) **Merkland Forest** - in an area above the castle. I opted to join Mike on the Medium, hoping to save myself for the

castle sprint. Another long walk in, but in the sunshine the woodland was rather enjoyable. The woods even had paths and linear features we could use! This was far more runnable than any of the previous days and my race went well, except for opting to run back through the start lanes - a viable route choice, but I didn't make myself popular by tripping and ripping the taped start boxes!

Results-wise, it was one of the best events for all of us:

Long: GG 27:39, AP 1:11:26 (2.58 x GG)

Medium: CW 35:49, AH 55:31 (1.55 x CW), MD 59:44 (1.67 x CW)

(ii) **Brodict Castle** – varied terrain in the castle grounds after the public had gone home. This contained formal gardens, ponds and path network, with stupendous views to the sea below. There was a



climbs before an open section across the tussocky moorland of knee deep, purple heather. There were fine views over a sun soaked Whiting Bay and the sparkly sea beyond.

Once back in the woods, Alastair and I both had a stinker on the long course - #11 located after too long squelching through the bog around it. Oddly, we both gained places, so presumably others had trouble with it, too.

Side 2 of the map was a different scale for the final controls in the former farmland, now community allotment area - more squelchy ground and eye-height bracken! I'm so glad we'd had a later start to benefit from the elephant tracks! After a control on a piece of rusting former farm equipment, a rare track gave a chance to run to the finish.

particularly slippery elevated pathway that caused a bottle neck, as the less brave clung reassuringly to the wooden handrail! Frustratingly, Mike's dibber hadn't registered at the beginning, so despite a satisfying circuit, he was given 'mispunched'! We tried to console him with a tasty bottle of the delicious dark beer from the local Arran brewery.

*Long: GG 14:21, AP 25:46 (1.8 x GG)
Alastair had a great race, his second best of the week, AH 29:03 (2.02 x GG - I started badly with a 90 degree error, but recovered well after the initial disaster).*

Day 6 (Final Day) – Whiting Bay and Glenashdale

Parking was by the sea, followed by a steep walk uphill without signage (best advice, left at the golf course, first right, then left at the horse box). Beyond the finish/assembly area, beaters had created a path through the eye height bracken and occasional gorse or wild raspberries. Quite a feat!

Long and medium courses were similar, with over 20 controls each. Runnability depended on route choice, which wasn't always evident from the map. Both courses had long traverses and steep

*Long: GG 43:38, AP 1:50:05 (2.52 x GG),
AH 2:00:44 (2.77 x GG)*

Medium: CW 39:10, MD 1:13:56 (1.89 x CW)

Alastair beat GG on the run in by a second, Mike equalled his time and I was 1 second behind! What a way to round off our first experience of Coasts and Islands.

After a steep descent to the car park, we carried on walking straight into the sea to rinse off our shoes and have a well-earned paddle!

You can find this year's results and details of next year's event on Harris at <https://coastandislands.com>

Alison

(Photos: Alison)



Retired Man Chronicles: Historic Times

In the middle of May, RM injured his calf muscle and couldn't be persuaded to go orienteering to Black Hills. Instead, he was at home 'under feet' and 'fixing things'. The patio door would only slide with difficulty, and after he investigated, it would no longer slide at all and we had to use the back door to get into the garden. The problem seemed to be with the wheels underneath. Our efforts to take the patio door out of its frame was like a 'Chuckle Brothers' comedy sketch: "To me, to you, to me, to you." He slid another thin bit of wood underneath, while I levered it up again with the garden fork: "don't let it go!" Once the door was out of its frame, horizontal and balanced on the Workmate and 2 wooden, garden armchairs, RM could reveal and measure the size of the wheels and order some new ones. Chuckle Brothers session 2 resumed whilst getting the heavy door back in place before the rain started, which lasted all night.

Next morning - question: "Where are my notes on local history for the Brownies?" Answer: "Outside and soggy." RM had used them to kneel on while measuring the patio door wheels. Bah!

New wheels arrived in the post, but RM struggled to remove the old ones, so there is a huge gap in the wall where the door should be. It's raining and RM is pretending it's not cold.

There was a further struggle, and this time RM replaced the wheels and put the door back. The door slides nicely, but won't lock. I put coffee tables in front of the patio door to trip up any unsuspecting night time burglars. Next day, after more DIY-ing, the lock is mended, too.

Meanwhile, on a grander scale, the

country is waiting for Sue Gray's report about the parties at No. 10. In Ukraine, the last of the soldiers in the steelworks have been evacuated, but to Russian-held territory, and the Dombas region has been devastated by intense Russian bombing.

On 21st May, we stopped at a petrol station for fuel and the newspaper, but as he is getting out of the car, RM becomes tangled up in the long, purple shoe lace on his car keys and falls to the floor. The man at the pump opposite rushes to help, but RM is okay, albeit with damaged pride and a much worse leg muscle. The next day, he does go to the radio O event at Fosse Meadows, but is suffering from his trip and fall in the petrol station.

Monkey Pox disease is spreading from West Africa, and it is 50 years since the opening of Gravelly Hill Junction, i.e. 'Spaghetti Junction'. 500 commemorative tins of specially shaped spaghetti are for sale online reaching £250. The limited edition first batch has sold out, so more are being made !!

The Queen, with mobility problems, has opened part of the Crossrail/Elizabeth Line and has also been in a buggy around the Chelsea Flower Show.

The next day, we wake to the news that a teenager in Texas has shot dead 19 primary school children and 2 teachers. President Biden makes an emotional appeal to overrule the 'gun lobby.'

Flushed with success over the kitchen patio door, RM wants me to help take out the bigger, heavier dining room patio door. It does not need mending, so I refuse. He has decided to clean the windows instead, and this becomes an obsession. The window cleaning help is



hanging onto his legs, while he leans out of the bedroom window to clean the outside. (Our window cleaners have disappeared). He has a roller type mop and a battery-powered 'water sucker upperer' (new toy). However, the rubber blade on the sucker is too wide and he wriggles about trying to reach into the corners. Cursing a little, he perseveres with his new toy, rather than use my simple suggestion of wiping the window with a cloth.

Football fans will remember the cup final between Liverpool and Real Madrid in the Stade de France, Paris. Liverpool lost 1:0 - the man of the match was the Madrid goalkeeper, who had to save lots of Liverpool shots. There were 40,000 fraudulent tickets and big queues at the turnstiles. The police used tear gas on the Liverpool fans, grandparents and grandchildren included. Days later, the Liverpool fans were found not to be at fault.

More Conservative MPs have called for Boris to resign following Sue Gray's 'party-gate' report.

In early June, we stay at Woburn Center Parks with the extended family. John took a day off from playing with the grandchildren to orienteer. Oh dear, he walked the longish way to the car park to find he had forgotten his car keys! Leaving his O kit bag near the car, he walked back up hill to the lodge for the keys. Luckily, he had not driven too far when he remembers he has not put the O bag in the boot!. RM is urban orienteering in Bar Hill and he walks round as his injuries are almost better. Afterwards, with his CPRE (Campaign for the Protection of Rural England) interests to the fore, he investigated a new housing estate. There were delivery robots from the Co-op that trundled along the streets and had to avoid people (RM), who purposefully stood in front to block their

route.

Back to Leicestershire and Boo Wood. RM did okay, mainly because others took surprisingly long times. However, he had reached for a branch to help him stride over an obstacle and the branch broke. He 'tweaked' his leg muscle again when it had almost healed. He had much praise for the Madras curry and cheap beer at Ashby 'Spoons, though.

After radio O at Donisthorpe, RM told me that 'Capt Bob' (Bob T) was in a hurry to leave, as he has hired a cherry picker so he can paint one exterior wall of his house. He paints one of the four walls every year in rotation. I am full of admiration. Why can't RM learn to be organised ????

I have no idea why, but RM has disappeared for almost an hour. He had been consulting Google about various ways of putting a clean duvet cover back onto the duvet. The Chuckle Brothers try this new way, which involves rolling the duvet up with the duvet cover inside out. It is supposed to be quick and easy, even for one person. Mmm, we must be doing something wrong as we try several times. After 15 minutes, I dissolve into laughter and recognise defeat.

It's Wednesday evening, Chris B and RM travel to Burbage. Afterwards, RM, Chris and Roger were struggling to find somewhere to eat, as many pubs stop serving at 8pm. They eventually find food at the Bees Knees, near Meridian. He had failed to punch and ran past a control, claiming it was 'not clearly visible on the map'. He reports that Chris P has Covid, and that Ursula was keeping her distance from everyone.

The last weekend in June was the Open Gardens in Thurcaston and Cropston, and I am pleased to see Sue Bicknell at my garden; she had walked across the



fields from Anstey. She chatted to RM for a while - he has been hiding in the house in case anyone asks him any gardening questions, other than how to mow a lawn or build a bean cage.

The next evening, the local CPRE group had organised a meal in Loughborough to discuss their strategy for the Charnwood Local Plan meeting the following day. The meal was at an Italian restaurant and its was 'pasta night' (Surely every night is pasta night???)

RM is at the Local Plan enquiry all day and is critical of Charnwood. **Climate change** is on their 'things to do' list, but Charnwood has done nothing substantial - just submit plans that are 'waffle'. In the evening, he orienteered in the Outwoods.

The beginning of July saw RM and Chris B at The Yvette Baker trophy at Irchester. On the Monday, he investigated his tracked O run, but found a big shift of position and then back to normal. Roger E phoned and said that other orienteers had had the same problem. I suggest 'it's the Russians' interfering with signals.

On 7th July, Boris resigned, but will stay on as caretaker PM until a new Tory leader is selected.

We are hearing orange and red alert warnings about the temperatures reaching a record 40C in the UK within the next few days; certainly the weather was very warm when RM travelled with Bob T to radio O, near Milton Keynes. RM had been hot and hadn't enough energy to run well on the Greensand Ridge.

Tuesday 19th July was the hottest day. I sat still with my feet in a bowl of water and chopped up orange peel for marmalade. RM placed a huge old plywood sheet and large plastic white table top to act as shutters to keep the sunlight off the (infamous) patio doors. It

is already 38C at 10.45am.

RM set up a weather station, with thermometers dangling in the air from stacked up garden chairs.

Trains were not running from Kings Cross, through the Midlands and North East. If the temperature of the lines climbs beyond their stress limit, the rails might buckle. Schools closed or children went home early. Grass fires broke out and an emergency situation was declared by the fire brigade. At least 5 people had died from jumping into rivers and getting cold water shock. There were extensive wild fires in Spain, SW France, Portugal and Greece.

Although the next day was slightly cooler, and I sat peeling small pickling onions, RM attended a CPRE meeting in Birmingham and returned with new, useful ideas and a box of sandwiches.

The final selection vote for a Tory leader (and PM) took place. Conservative members in the country had to choose between Rishi Sunak and Liz Truss, the result being announced on 5th September. Until then, we had Boris as Prime Minister, but no one wanted to make decisions that might be reversed by a new PM. The country was facing staggering increases in the price of gas and electricity because of Russian control of supplies to Europe.

RM studied the credit card statement and is puzzled by £9.40 spent at Spencer's Bakery in Birstall. He had not been to a bakery. Phone calls to the credit card company reveal the purchase was made at 8.40pm, which is not the time any bakery/cake shop would be open, and on that day he was in Loughborough. RM contacted Spencer's Bakery again, with the time the purchase was made, and they agreed to investigate. The reply came to his mobile while he was in



Martinshaw setting out some radio O transmitters. The mystery was solved; Spencer's Bakery have links with the Jolly Farmers pub, where he met other orienteers for food and a drink.

At Abbey Pumping Station, I bumped into two orienteers. Toby was there to support Felicity, who was demonstrating North West Morris dancing. Mill workers of the North West used to add bells on their clogs that rang out as they danced. Toby told me that he had seen the fire engines fighting a fire in Lawn Wood (grass forest). Some days later RM, went to investigate the damage.

On 13th August, a drought was declared in most parts of England and hose-pipe bans enforced in some places, but not here - just a 'use water wisely' request . There have been a lot of grass fires started by disposable BBQs, so many shops have stopped selling them.

On the Castle hill map, there are *Special Symbols*. The T symbol is for a windmill. I have walked in Castle Hill a million times with the dog and have never seen a windmill. The T symbol is along the main path by Rothley Brook and I remember the defibrillator that was installed there (but always seemed to be broken) and the tiny wind turbine (windmill) was to keep its battery fully charged. However, for future map corrections, it is no longer there. RM returned with a huge plastic tray of sandwiches, sausage rolls and a few wraps, all left over from the finish of the summer league held at the Anstey Nomads football club.

I don't often look at Facebook, but I was pleased to see a grinning Pete Leake with a long line of stitches down his chest posting his Strava statistics from hospital. Some days later, RM was able to chat to him in the Jolly Farmers pub.

24th August and Cropston Reservoir

made headline news. Half the road over the dam was closed for roadworks/ pipeworks. Men were pressure testing a large pipe, and somehow there was an explosion. Big chunks of tarmac were blown in the air. A woman walking by was taken to hospital with a broken leg. Also, Health and Safety were sent to investigate. The road was fully closed by a big crater. Later in the evening, RM went to investigate and take photos.

On 5th September, we learn that Liz Truss is the new PM and Tory leader. The Queen needed to accept Boris's resignation before she could invite Liz Truss to form a new Government. The old and new PMs travelled separately to Scotland because the Queen, with 'mobility problems', is in Balmoral.

Although she was 96 years old, it was still a shock to the world when on 8th September, the Queen's doctors announce that they are concerned for her health, and her children rush to Scotland to be with her. Later that day, Elizabeth II passed away.

I am currently writing these Chronicles whilst watching TV. I can see thousands of people walking slowly (possibly for 22 hours) to file past the Queen's coffin in Westminster.

The country was in mourning, but the news from Ukraine seemed brighter as the Russian invaders retreated from some of the territory they had occupied.

Irene



Annual Accounts 2021-2022

Accounts for 2021/22	£	£
Event Income		16,596
Less Direct Expenses	-10,059	
Less Indirect Expenses	-5,224	
Event Surplus		1,313
Other activity Income		5,231
Donations received		9,062
Less direct expenses		
Awards evening	-1,128	
Travel Support	-9,491	
Other Expenses	-3878	
Other Loss		-204
Overall Surplus		1109
Bank Balance	16,042	

The accounts are yet to be examined, but the figures are likely to be as shown below. The full accounts will be presented at the AGM on 24th October, 2022.

With the return to a near normal year of Level C and Level D events, we have grown the club's accounts and made a surplus, despite investment in replacement SI kit.

Simon

Summer League 2022 (abbreviated) Final Top 54 Places

Pos	Name	Class	Club	Best 10	Handicap	Attendance	Score
1	Ben Glover	M16	LEI	1016	1137	120	1257
2	Andy Glover	M40	LEI	1009	1089	140	1229
3	Bruce Bryant	M65	OD	797	1020	150	1170
4	Andy Nicholls	M45	LEI	912	1021	140	1161
5	Liz Phillips	W55	OD	768	952	150	1102
6	David Cladingboel	M55	LEI	796	955	130	1085
7	Edward Cochrane	M35		941	979	100	1079
8	Kevin Gallagher	M70	LEI	681	899	160	1059
9	Stephen Chafer	M55	LEI	781	937	110	1047
10	Roger Edwards	M70	LEI	685	904	140	1044
11	Tom Hartland	M45	DVO	803	899	110	1009
12	Roger Phillips	M45	LEI	785	879	110	989
13	Leah Williams	W21	LUOC	846	880	100	980
14	Alastair Paterson	M55	LEI	715	858	120	978
15	Alison Hardy	W55	LEI	679	841	110	951



Pos	Name	Class	Club	Best 10	Handicap	Attendance	Score
16	Esther Revell	W35	LEI	752	812	110	922
17	Ben Shannon	M35	LEI	790	821	100	921
18	Keith Willdig	M70	OD	608	802	100	902
19	Iain Phillips	M55	LEI	617	741	110	851
20	Andrew Ward	M21	LEI	756	756	90	846
21	Andy Portsmouth	M65	LEI	576	737	100	837
22	Helen Chiswell	W45	DVO	642	745	90	835
23	Maureen Webb	W65	LEI	517	682	150	832
24	Kevin Bradley	M65	LEI	519	664	150	814
25	Chris Bosley	M75	LEI	491	667	140	807
26	Jane Dring-Morris	W50	LEI	564	676	120	796
27	Ed De Salis Young	M50	LEI	616	715	80	795
28	Ursula Williamson	W60	LEI	535	685	100	785
29	Derek Herd	M50	LEI	568	659	120	779
30	Peter Chick	M75	LEI	482	656	120	776
31	Peter Hornsby	M65	LEI	513	657	100	757
32	Matthew Birkett	M45	LEI	600	671	80	751
33	Jo White	W45	LEI	558	648	100	748
34	Peter Leake	M80	LEI	422	591	150	741
35	John Marriott	M70	LEI	478	631	100	731
36	Steve Edgar	M55	LEI	531	637	90	727
37	David Pettit	M35	DVO	593	617	70	687
38	Margaret Willdig	W65	OD	442	583	100	683
39	Jonathan Lee	M60	LEI	459	570	90	660
40	Sue Bicknell	W75	OD	392	549	110	659
41	Chris McCartney	M50	HOC	483	560	60	620
42	Ian Wells	M65	RAFO	412	528	80	608
43	Robert Titterington	M80	LEI	376	527	80	607
44	Vic Knight	M65	NOC	378	484	90	574
45	Simon Starkey	M65	LEI	399	511	60	571
46	James Prince	M50	DVO	435	505	60	565
47	Patrycja Czupryniak	W21	LEI	461	480	80	560
48	Chris Phillips	M75	LEI	339	462	90	552
49	Zeph Grant	M50	LEI	401	465	80	545
50	Dominic Leake	M21	LEI	474	474	70	544
51	Lap On Leung	M55	COBOC	389	467	70	537
52	Mike Dallaway	M60	LEI	367	455	70	525
53	Tanya Taylor	W50	LOG	386	464	50	514
54	Kevin Lomas	M65	NOC	355	454	50	504



Winter League 2022/23

The fixtures are listed on the following pages. Events are informal, usually with a social element. League scores are on standard handicaps and the best six events count, giving everyone a chance of success in the league if they perform as well as their age would suggest they should. All events include a technical course. There will always be an introductory level course for novices and young children, and, where practical, an intermediate standard course.

Check the website www.leioc.org.uk for any last minute alterations.

Events will use SI electronic timing. Dibber hire is available at £1.

Entry fees: Seniors £5, non-BOF seniors £6, full time students and working age unwaged £2.50, Juniors (or family group shadowing their juniors) £1.50

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

Winter league prizes for senior members will be presented at the annual presentation dinner.

Fixtures

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



October 2022		
1st/2nd	NATO WOA National B	October Odyssey. Day 1 Druridge Bay, Amble, Day 2 Morpeth Town.
1st	MWOC WOA National B	Veteran Home Internationals individual and 2022 Welsh Orienteering Championships, Gwanas, near Cross Foxes, Dolgellau.
8th	DEE NWOA National B	North West Sprint Championships (UKOL), Edge Hill University Campus, Ormskirk.
8th	DVO EMOA National B	British Schools Score Championships, Shipley Park, Heanor, Derbyshire. DE75 7GX. SK432454.
9th	LEI EMOA Local D	Woodland Trust, Heather Lane LE62 2TD, SK383120 10.30 - 11.30am. Organiser: Chris Phillips.
9th	DEE NWOA National B	Ainsdale Dunes (UKOL), Southport.
16th	LOG EMOA Regional C	EM Urban League 2022, Stamford.
23rd	LEI EMOA Regional C	EM League 2022. Bagworth Woods and Common, Coalville. LE67 1BR SK446081. Parking: Bagworth Social Club.
30th	EPOC YHOA Regional C	YHOA Super League and YHOA Championships, Ogden Water, Halifax.
30th	SLOW SEOA National B	SLOW National event. Esher Common, Esher.
November 2022		
5th Saturday	LEI EMOA Local D	LEI Winter League 1. Evington Park & Arboretum. Middle Distance. 11.00 to 12.00 noon.

Age is no barrier, it's a limitation you put on your mind. Jackie Joyner-Kersey

November 2022 Cont.

6th	SOC SCOA National B	November Classic (UKOL). New Forest, Brockenhurst.
8th Tuesday	LEI EMOA Local D	LEI Winter League 2, Willesley Wood, Ashby de la Zouch.
13th	DVO EMOA Regional C	EM League 2022. Allestree Park, Derby. DE22 2EU, SK352408.
13th	OD WMOA Regional C	WMOA Championships, Sutton Park, Sutton Coldfield.
20th	SYO YHOA National B	British Schools Orienteering Championships. Graves Park, Sheffield.
20th	NOC EMOA Regional C	EM League 2022, Shirebrook Wood, Shirebrook. NG20 8RU, SK532664
23rd Wednes- day	LEI EMOA Local D	LEI Winter League 3, Donisthorpe, Ashby de la Zouch DE12 7PX
26th	SO SEOA Regional C	Southern Night Champs - Broadstone Warren & North Ashdown, Forest Row.
27th	LEI EMOA Regional C	EM League 2022, Boothorpe, Ashby de la Zouch. DE12 6GA

December 2022

11th	LEI EMOA Regional C	EM Urban league 2022. Dishley Grange, Loughborough. Event Centre: Charnwood College LE11 4SQ
15th Thursday	LEI EMOA Local D	LEI Winter League 4, Outwoods, Loughborough. LE11 3YG

Hard work beats talent when talent doesn't work hard. Tim Notke



December 2022 Cont.		
17th	SO SEOA Regional C	Brighton City Race, Brighton.
18th	NOC EMOA Regional C	EM League 2022, Sherwood Pines, Ollerton
30th Friday	LEI EMOA Local D	LEI Winter League 5, Fosse Meadows, Husbands Bosworth.
January 2023		
2nd	DVO EMOA Regional C	EM Urban League 2023, Dronfield
14th Saturday	LEI EMOA Local D	LEI Winter League 6, Market Bosworth Country Park, Market Bosworth
15th	WAOC EAOA Regional C	WAOC 50th Anniversay Event, Maulden Wood, Bedford.
15th	SYO YHOA Regional C	Regional event, Sheffield.
22nd	LEI EMOA Regional C	EM League 2023, Hicks Lodge, Ashby de la Zouch (TBC).
25th Wednes- day	LEI EMOA Local D	LEI Winter League 7, Quorn, Loughborough.
29th	BKO SCOA National B	Concorde Chase 2023, Star Post, Bracknell.
30th	NOC EMOA National B	East Midlands Championships 2023, Clumber Park, Worksop

Persistence can change failure into extraordinary achievement. Matt Biondi



February 2023		
4th Saturday	LEI EMOA Local D	LEI Winter League 8, Watermead Park, Thurmaston, Leicester.
5th	LOG EMOA Regional C	EM League 2023, Chambers Wood, Lincoln.
12th	LEI EMOA National B	CompassSport Heat, Beacon Hill, Loughborough. LE12 8SP, SK510145
18th	WIM SWOA Major A	British Night Championships, Wimbourne
25th	DVO EMOA Regional C	EM League 2023 Birchen Edge, Chesterfield.
25th	SYO YHOA	Northern Championships & YHOA super league. (UKOL), Burbage, Sheffield.
March 2023		
5th	NOC EMOA Regional C	EM League 2023, Strawberry Hill, Mansfield.
19th	LEI EMOA Regional C	EM League 2023, Irchester Country Park, Wellingborough. (TBC)
25th	BKO SCOA Major A	British Orienteering Championships & Southern Championships (UKOL). Cold Ash, Newbury.
26th	TVOC SCOA Major A	British Relay Championships, Hambleden, Henley on Thames
April 2023		
2nd	WAOC EAOA Regional C	Peterborough Urban, Peterborough.

The more I practice, the luckier I get. Gary Player



April 2023 Cont.		
7th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL), Lancaster University, Lancaster
8th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Middle Distance (UKOL), High Dam, Newby Bridge.
9th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Long (UKOL), Bigland, Newby Bridge
10th	NWOA Major A	Jan Kjellstrom Orienteering Festival - Relays, Bigland Newby Bridge
16th	NOC EMOA Regional C	EM League 2023, Byron's Walk, Mansfield. (TBC).
23rd	DVO EMOA Regional C	EM Urban League 2023, Buxton.
30th	NGOC SWOA Regional C	South West Orienteering League, Forest of Dean, Lydney (TBC)
May 2023		
6th	NIOA Major A	British Sprint Championships, Armagh City, Armagh Northern Ireland. (UKOL)
7th	NIOA Major A	British Middle Distance Championships, Mourne, Castlewellan. (UKOL)
21st	LEI EMOA Regional C	EM Urban League 2023, Ibstock Urban, Ibstock.
27th	WRE WMOA National B	Springtime in Shropshire, Day 1. Telford Town Park & Randley, Telford.
28th	HOC WMOA National B	Springtime in Shropshire & Midlands Championships, Day 2, Shrewsbury
29th	WRE WMOA	Springtime in Shropshire, Day 3, Corndon, Montgomery

Believe me, the reward is not so great without the struggle. Wilma Rudolph



Photo Gallery: British Sprint Championships



Featuring the 'LEI Legends' relay team:

Photos:
Wendy
Carlyle

Andy

Steve



Matt

