

JK 2024 Sprint Hosts



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Out and About

Fixtures

Presentation Evening 2023

Retired Man Chronicles



Summer 2023

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

Front cover: Ernie finishing the Hinckley urban event, 29th August 2021. Photo: Jane Stew

Points from the Editors



Welcome to the summer edition of the LEI News. Most of the regular contributors have included the latest updates in their respective roles. However, we have no Junior Captain's report in this addition, as Libby is hard at work with revision and exams. In her absence, she has asked us to share with you that Eoin and Ellie Simpson represented the LEI juniors at the JK, so well done to both of them and the best of luck to Libby.

Our president, Ernie Williams, has recently been awarded the 'continued contribution to orienteering' award after a lifetime of volunteering, which is well deserved (see page 9).

Now that the weather has improved, our future events should hopefully be more about running than bog snorkelling after a very wet spring. The summer league is well underway and so far we have been treated to a great mixture of classic, sprint and urban events. Thank you to all the planners who have done a great job so far.

Some of you may be aware that we are planning to retire from our LEI roles at the AGM in October after a considerable number of years, so 'fresh blood' is definitely needed. The adverts for these roles can be found on page 5, so please do give these some serious thought - we will ensure that you have a comprehensive handover.

Wendy and Alan West



Ramblings from the Chair



Welcome everyone to the summer 2023 edition of the LEI News.

Many congratulations and thanks to everyone who turned out and represented Leicestershire

Orienteering club at the CompassSport Trophy/Cup event at Beacon Hill in February. It was an excellent performance and I hope that we can replicate the level of effort and result at the final in the Forest of Dean in November. The club committee has already agreed to fund the club entries for the final, so you just need to get yourselves there. There will be more, I am sure, on the final in the newsletter and in the coming months.

It was my honour to collect the 'Continued Contribution to Orienteering Award', on behalf of our club president, Ernie Williams, at Lancaster University as part of the 2022 Annual Club, Coach and Volunteer awards at the JK this year. Anyone who is even partially aware of Ernie's contribution over the years for club, region and at national level will realise that this recognition is extremely well-deserved. Many congratulations, Ernie!

The JK itself was, thankfully, blessed - at least on the first 3 days - with dry and good weather. As usual, the Lake District presented a tough challenge for those more used to Leicestershire orienteering areas. Nevertheless, there were some excellent performances by club members

past and present, most notably Andy Simpson, 3rd overall in M50L, and Don Moir who is, once again, a JK Champion in M90L. A special mention also for 'LEI Impossible Dream', who were the only LEI relay team at the JK this year and represented the club with honour. Well done for finishing.

Thoughts now immediately spring to JK 2024 and, most importantly, the sprint event, which is being held at Loughborough University. With initial course and event planning underway, please keep an eye out for further information in the coming months, as we will need to have as many volunteers as possible to help prior to, and on the day. With the race likely to be a World Ranking Event, and the Sprint World Championships later on in 2024 in Edinburgh, with UK's world champion Megan Carter Davies preparing to defend her title, it could well be a very well attended race at elite level.

Another very enjoyable evening was had at Longcliffe Golf Club at the annual club dinner and awards evening. Many congratulations to all our award winners, and especially to our main club award winners this year: David Cladingboel (Chairman's Tankard), Maureen Webb and Kevin Gallagher (President's Salver) Roy Denney (Tiger Trophy) and Ursula Williamson (Clock Trophy). Pictures of all the trophy winners can be seen later in the newsletter, including those who, unfortunately, could not attend on the day.

The 2023 summer league is now well underway with the usual mix of events over the coming months. A full list of all upcoming events can be found on the club website. I can't believe that I was



disqualified for some “creative navigation” at the Leicester Castle event. Maybe if I had not been 6 seconds faster on the leg than JK Sprint Champion, Will Gardner, I might have got away with it! I am pleased to say that there were no such issues for Andy Simpson winning both the British Sprints and British Middle Distance M50 championships events (beating former club member, Jamie Rennie, into second in both races) in Northern Ireland in early

May. Many congratulations, Andy, for some fantastic performances!

With plenty of orienteering both locally and further afield over the summer, I wish everyone the best of luck this summer and, unlike your chair, please avoid “creative navigation” choices.

Steve

Captain's Corner



Hello all. I hope you are enjoying your summer orienteering.

First things first though – the CompassSport Trophy. It was great to see such a good

turnout for the heat at Beacon Hill, both in terms of runners and helpers (over 60 of us). And, to top it all off, we won! That's the first time we have qualified for the CST final apparently! I do hope that as many of you as possible will now commit to running at the final on 12th November at New Beechenhurst, Forest of Dean, which is just over a 2-hour drive away. The club will pay the entry fee for all those that compete and, with early commitment to attend, we can put people

together, if necessary, to save on transport costs and, of course, travel greener than each of us driving separately. Please sign on the LEI website ASAP so we know who is going.

As you know, LEI put on a huge number of events throughout the year: the winter and summer leagues, our level C events for the region and more besides. I went to an organisers' training course given by Chris P, Ursula and Iain P yesterday (14/5). Of the many valuable lessons learned on the course, the huge number of volunteers needed for events to run smoothly stood out to me, as I had never really thought about it. A level C event requires 30-40 volunteers; there is an awful lot to do. Without volunteers, events cannot go ahead, so thanks to all who help - it is much appreciated.

David

Don't forget!

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



Events Coordinator

As I write, we've just completed the 4th of our summer league series of events and I'm still wet and muddy from a run around Melton Country Park. Since the last newsletter, we held our event at Burbage Common and, next week, will be the reorganised Dishley event, which will be closely followed by an event in a newly mapped area: Barrow. The summer league is going well with over 50-75 participants.

A set of new organisers attended organisers' training on 13th May, so my list of event officials continues to grow.

Orienteering is strongly dependent on its volunteer force. Each of our regional events needs 30-40 people. Even our minor league fixtures require 10 people by the time we've collected controls and tidied up. So "*Massive Thanks*" to all those who help, especially to those who

step in at the last minute when there is an immediate need.

So ... what's next? Over the next 12 months, the club has two big events to organise. The **British Schools' Score Championships** in October at Martinshaw and **day one of JK 2024** at Loughborough University. There will be calls for volunteers for both events shortly and both will put a strain on our volunteer workforce. We will need around 50 for BSSC and each of these will receive a free run at a future LEI event. We may need up to 100 for the JK and there will be suitable reward for those helping on this day, too.

Please help out. This is a big year for LEI.

Iain

New Editor(s) Required!

The current editors have given notice that they will be standing down at the AGM. This is due to their impending retirement and desire to travel and, hence, not being around when the newsletter is due.

Please consider volunteering for this rewarding job within the club.

Full support will be given during the handover period.

If you are interested in becoming the LEI NEWS editor(s), in the first instance please have a word with our chairman, Steve Chafer.

New Club Welfare Officer Needed!

The current Club Welfare Officer has also given notice that she will be standing down at the AGM for the same reasons as above. This is not an overly onerous role, but again full support will be given

during the handover period. As for the Editor(s) role, please speak to Steve Chafer in the first instance.



Top 10 Performances from Major Championships

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

East Midlands Championships 2023, Clumber Park, 29th January 2023

M12	4th Aidan Chester*
M16	4th Daniel Glover*
M18	2nd Ben Glover
M45	2nd Andy Glover
	6th Andy Nicholls
M75	8th John Marriott
	10th Chris Bosley
M80	2nd David Anderson*
	4th Bob Titterington
	6th Peter Leake
	9th Ernie Williams
M90	1st Don Moir*
W16	3rd Ellie Simpson*
W18	3rd Robyn Jarvis
W20	1st Libby Barber*
W35	1st Esther Revell*
W40	1st Toni O'Donovan*
W45	7th Jo White
W55	1st Alison Hardy
	5th Jane Dring-Morris
White	5th Hugh Chester
Orange	2nd Sindy Chafer

VSGrn 1st..... Matt White

* Denotes East Midlands Champion 2023

British Night Orienteering Championships 2023, Moors Valley, 18th February 2023

M55S 5th..... Steve Edgar

Northern Championships, Burbage Moor, 26th February 2023

M20S	1st Oliver Hague
M35L	4th Andrew Ward
M50L	2nd Andy Simpson
M60S	5th Mike Dallaway
Orange	3rd Sindy Chafer
W21L	1st Toni O'Donovan
W55L	10th Alison Hardy

British Long Distance Championships, Cold Ash North, 25th March 2023

M55S	5th Matt White
M90	1st Don Moir
W55S	3rd Jane Dring-Morris
	8th Karen White



**JK Festival of Orienteering, 2023,
South Lakes, 7th - 10th April 2023**

JK Day 1 Sprint, Lancaster University

W45 5th..... Toni O'Donovan

JK Day 2, Middle Distance, High Dam

M21V 5th..... Oliver Hague

M50L 4th..... Andy Simpson

M55S 5th..... Matt White

M90 1st..... Don Moir

W16A 9th..... Ellen Simpson

JK Day 3, Long, Bigland

M21V 6th..... Oliver Hague

M50L 1st..... Andy Simpson

M55S 9th..... Matt White

M90 1st..... Don Moir

W45L 4th..... Toni O'Donovan

JK Day 2 and Day 3 Combined

M21V 6th..... Oliver Hague

M50L 3rd Andy Simpson

M55S 6th..... Matt White

M90 1st..... Don Moir

W45L 5th..... Toni O'Donovan

**British Sprint Championships, 2023,
City of Armagh, 6th May 2023**

Heats

M50 1st Andy Simpson

W70 7th Maureen Webb

Finals

M50A 1st Andy Simpson

W70A 8th Maureen Webb

**British Middle Championships. 2023,
Drumkeeragh Forest, 7th May 2023**

M50 1st .. Andy Simpson



STOP PRESS

A date for your diaries.

The AGM will take place on Monday 23rd
October, 2023 at Glenfield.



Club Chat

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
Green	Mike Dallaway
Brown	Ben Glover

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

Racing Challenge

Gold 5 Stars: Mike Dallaway

Navigation Challenge

4 Stars: Daniel Stothard

4 Stars: Karen Ives-Smith

5 Stars: Sue Grant

Presentation Evening (For full details, see page 10)

Other members receiving awards who were not able to attend the presentation evening:

Andy Simpson: Men's Club Champion 2022

Patrycja Czupryniak: Women's Golden Boot Trophy at the Club Championships 2022

Ed De Salis Young: 1st winter league 2022/2023 and 1st male 'Winter Night Owl' for the winter league 2022/2023



Andy, whose award was presented at the Leicester Castle summer league event.

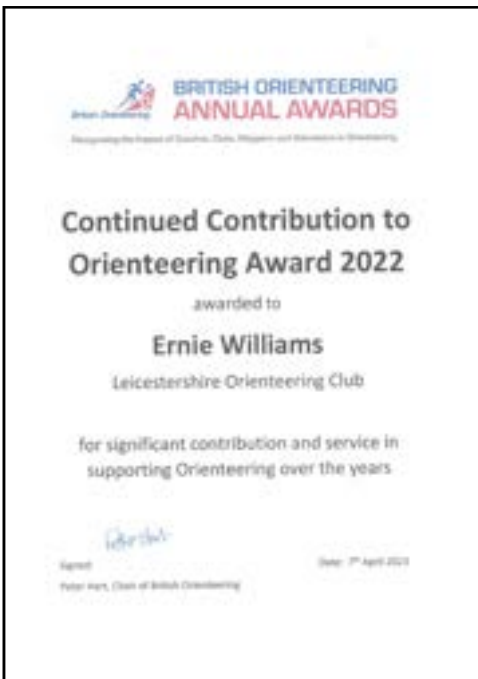
Photos: Steve Chafer



Ed, whose award was presented at the Leicester Castle summer league event.



Ernie (4th from the left) receiving his 'British Orienteering Continued Contribution to Orienteering Award' at the Leicester Castle summer league event with fellow club members left to right: Mark, Peter, Matt, Sue (OD), Steve and Matthew.



Ernie writes:

I was very surprised to find out that I had been nominated, and even more shocked and surprised that I had been chosen for the award. Due to medical appointments, I was unable to go up to the JK Day 1 presentation ceremony at Lancaster University, so Steve, as LEI Chair, volunteered to receive the trophy on my behalf. Very early on the evening of the LEI summer league 2 event at The Newarke and De Montfort University, there was a quick presentation handover and photo opportunity.



Presentation Evening 2023



Alison: Thelma Spalton Trophy for an excellent performance by a veteran woman, 1st senior woman summer league 2022, 1st Senior woman winter league 2022/2023



Ben: 1st overall summer league 2022, Score Cup winner 2022, 1st sprint & urban series, summer 2022



Ben: Golden Boot Trophy at the club championships 2022.

David: Chairman's Tankard awarded for services to the club.

Don: Award for an excellent performance for a veteran male.

Esther: 1st woman score cup 2022, 1st woman sprint & urban series, summer 2022.



The annual presentation dinner was held on Saturday 18th March, 2023, at the Longcliffe Golf Club. The presentations were made by our club president, Ernie Williams.



Kevin and Maureen: President's Salver awarded for outstanding work for the club.



Libby: Women's club champion 2022.



Peter: 1st super veteran men at the club championships 2022.

All Photographs by Alan West

Ursula: 1st veteran woman club championships 2022, 1st women Night Owl Trophy for the winter league 22/23 and winner of the clock trophy in a time of 125m 6s at the summer league event in Martinshaw.

Roger 1st veteran men at the club championships 2022.

Roy: Tiger Trophy awarded for greatly contributing to the club over a period of time.



Out and About



In recognising my efforts for LEI over the last three decades, our Chairman commented on my many articles under the banner of Out and About. Unfortunately, one thing I cannot do these days is to get out and about. I am, though, still heavily involved with numerous bodies to do with the outdoor areas and the use of them, so can still assist with access issues, given those connections.

I do, though, fear for the sport long-term. It is very labour-intensive, but the major problem it faces is somewhere to run.

Finding new areas is increasingly difficult, and almost impossible everywhere other than here in the East Midlands, where the National Forest is being developed. Worse than that, all clubs are losing permissions, as landowners get ever more protective of their areas, with little understanding of how little foot-fall there is in orienteering. Apart from by orienteering controls themselves, it is highly unlikely that two feet tread on the same spot in an event.

Orienteering is a wilderness sport, so a heavily-urbanised crowded island was always at a disadvantage. I have orienteered in Australia, New Zealand, France and Sweden. Not because I was an elite international athlete, but because I have family in those countries. The sport, as they understand it, is the sport I took up when I moved to the largely flat lands of the Midlands. There were large estates which we could use before they

priced themselves out of our league. Local Authorities used to encourage healthy activities in the country parks before they started 'milking' organised users. The Forestry Commission used to welcome us, but has also become money conscious, so where can we run these days?

It has never, to my knowledge, been tested in court, but if we use open-access land and leave no trace of our presence, do we need permission? Strictly speaking, 'Open Access' legislation does not give permission for organised events, a defence intended to prevent commercial activities - not the sort of thing we do, but the letter of the Act catches us. I contend that if we organise a start and finish where we have permission and we, as individuals, choose to enter an area of land to get from A to B, where Joe and Jane public can enter, what are we doing to contravene the legislation? Without the Act giving us permission, all we are doing is trespassing, which is not a criminal offence. They would have to sue the individual for any proven damage, and that person could, perhaps, sue us for encouraging them - all very tenuous and highly unlikely. Does sticking a cane into the ground constitute criminal damage? I think not.

We do have an issue, though, with our insurers, who only cover us for public liability if we have permission but, there again, if we have permission where we set up a start and a finish, are we covered?

With a reducing number of areas, we have to start being less picky and need to be looking at present areas to explore just how they can be used, whether areas



we do use can be entered from different directions or whether smaller blocks can be linked together.

When the national parks were created, they were supposed to protect our wilder places, and most such authorities do a pretty good job, but they are increasingly becoming bureaucratic and virtually planning authorities, and this with funding challenges means that actual conservation of the more distant places we love to run is not as proactive as we would wish.

Closer to home, though, a lot of our open space is green belt or green wedge, but local authorities keep re-classifying these areas when housing pressures arise.

Locally, not only do we have the National Forest, but that encompasses most of the Charnwood Forest Geopark, in the middle of a lottery-assisted project, spending millions to protect and enhance the area, including improving access and connectivity. We will, therefore, see smaller areas of access joined up and better path networks linking them to make them useable for events with a bit of imagination.

We are better off than most areas, other than the mountainous periphery of the country, but we are still finding it increasingly difficult to find venues we are all not far too familiar with.

I see this wilderness sport morphing into a completely different sport in England, with housing estates becoming our new 'wilderness' - not orienteering as most of the world knows it.

Gone are the days when we used tiny 'Mickey Mouse' areas, got changed in our cars and relied on a local pub or a

bush for toilet facilities. Map-memory Norwegians (MMNs), battleships & cruisers, finding paper plates before the cows ate them, complex score events, where route planning was essential, and where nobody could get them all; they were all fun and challenging, both for the organisers and the competitors. Techniques were developed to try and catch people out: a control the wrong side of a river usually led to a curse and a detour, but sometimes saw people wading across - technically out of bounds, of course; running across open areas and aiming off until out of sight to mislead people following you; planning fast legs into a wood and then having two controls close together so people steam out of the first one before really engaging their brains; and realising almost everybody goes round a score event clockwise and setting off the other way and being led into controls by people coming out.

They were deliberate ploys, but in the less formal days with small events, I recall two very similar controls far too close to each other on an MMN, which led to many people finding the wrong one and going round several controls, several times (Beaumanor Hall) and a 5K MMN course planned on the wrong scale map, making it a 10K event, on a tiny area with runners all over the place like headless chickens (The Orchards)

The good old days?

Anyway, if we get an events committee meeting which does not clash with my other commitments, I think we need to have an in-depth discussion regarding access and our direction of travel.



Unfortunately, I am still on 13 committees, so clashes are inevitable. My work on the board of Charnwood Forest can be demanding and I am currently working on a guide and map of the forest, My roles with the Leicestershire Footpath Association and the Ramblers involve many evenings, but all those roles are complementary to each other and the needs of LEI. This will be my last year publishing the journal of my mountaineering club, which will free

up a lot of time and, between penning this and it being published, the voters might have decided they have had enough of me on the Parish and District Councils.

Roy
Access Development Officer

Retired Man Chronicles - SNAFU

RM had mapped Stokes Wood Primary School, in Leicester, and arranged a final visit. He wants to put up the plaques, but an extensive search at home is needed as he can't remember where he left them. The date: **Friday 13th** January, 2023,

The next day, RM had driven all the way to Market Bosworth for a Saturday O event in the park. Oh dear! He doesn't appear to have pre-entered and paid. Luckily, there's a spare map and he gets to run. Andy P beats him, but only by 3 minutes. RM attributes this to the course being more suited to runners than map reading orienteers. But revenge against Andy P is not far away as, bursting with pride, he tells me that he ran the green course at The Outwoods and came 7th, but the first of the other 75 year olds and 10 minutes ahead of Andy P, who is in the M65 class.

Enthusiasm for orienteering wanes, as two days' later he wimps out of club night in case it is running in Groby in the cold and snow again. But enthusiasm for the pies at the Jolly Farmers pub means RM has phoned ahead to order a pie. When the others hear of this, his chips are in danger of being stolen!

RM does not have a good run round Quorn in the dark. If he had followed the instructions, he would have realised there was a second helpful map on the other side of the paper.

At the end of January, Alastair drove RM and Chris B to Clumber Park. "What shall I do with the car keys?" RM suggests to "give them in at download." RM finishes before the others and, being unable to identify the correct keys, hangs about in the warm tent. Chris B arrives, but he's no help either. There's a lesson to be learnt here. The trophies are on display in the download tent and one bears the name 'Marriott'. It's not RM but our son, Andrew, who won the M10 trophy 30 years ago!!.

February begins with an event in Watermead, but RM loses time by being stuck on the wrong side of the hedge and fence. Afterwards, food is at the Hope and Anchor pub, aka the 'Hopeless *anker'.

Because of limited parking spaces, the organisers of the Chambers Wood event, Wragby, had requested car sharing. RM Sue B, Peter Chick and Ursula travel



together. Oh dear! Sue feels a little unwell, Ursula falls in a ditch, but RM beats Andy P.

Early in February, we hear reports of the first of 2 powerful earthquakes in Turkey and Syria. On the same day, RM is attending a local meeting about housing and industrial developments. He has put in many, many hours building a computer map of sites that are proposed/received consent/under construction. At first, he struggles with the different coloured 'layers' that can be added or removed to the map. I am very impressed with his work, and at the same time sickened to see all the open fields that may be gobbled up by developers.

On 12th February, there was a problem with synchronising the boxes at the Beacon Hill event. The start and finish clocks were fine, so the total time taken was okay, but the splits and route gadget were affected. Two days' later, Valentine's Day, this was discussed at Groby club night. I am watching the film 'Four Weddings and a Funeral' on TV when a disappointed RM returns home with the bad news that they were too late to order food from the pub' and too late for the chip shop as well. More disappointment for RM' who cannot compete with Hugh Grant and has to make his own jacket potato with cheese and fried egg. Good news, though: LEI is now classed as a small club and has won through to the final of the CompassSport Cup for the 'also ran' clubs in a lower league.

In the news, there is a shock as Nicola Sturgeon, first minister in Scotland and from the Scottish Nationalists party, has decided to step down. "I feel my time has come. It's time for a new person to take over." This story will continue in future weeks with financial problems for the Scottish Nationalists and the election of Hamza Yousuf. as new leader

On 18th February, we visited the grandchildren for a belated 75th birthday celebration for RM. 'Poppa' actually **puts his phone down** and reads a story to Zoe after asking, "How good are you at reading?" only to be reminded that Zoe is only two years old.

It's 21st February and I wish RM 'Good Luck' at the Charnwood Local Plan today. He is hoping to explain his points without getting angry. He has been perplexed about what to wear, shirts and ties don't feature in his everyday wear now he is retired. I reassure him and suggest he 'makes sure his flies aren't undone.'

President Putin says he is pulling put of the nuclear arms pact with the USA. It's a year since the start of the war between Russia and Ukraine. President Joe Biden made a secret trip to Kiev and promised the West's continued support, including tanks.

On a lighter note, the stories of Roald Dahl are to be reviewed to take out offensive words, such as 'fat', eg Augustus Gloop will now be described as 'enormous' and not 'enormously fat' A cartoon has appeared showing a book entitled 'Charlie and the QUINOA Factory'.

That day, RM eats an apple, but it dislodges his 2 front false teeth and he cannot get an immediate dental appointment. Oh dear! He has a meeting about mapping at Leicester Grammar School, so I offer to lend him my teeth, but he is not keen.

It took 15 minutes to move from 7th to 1st in the queue to talk to the dentist and then he was shunted to the answering machine. He is not a happy bunny (with no front teeth).

John has returned from Silverhill O, but oh dear! He is 5 minutes behind Andy P. However, he is the top M75 on green, but



beaten by a W75, S. Carey. (Roger E is not yet M75.)

In the news, football programmes are suspended, as Gary Lineker has been in trouble for speaking out on his website against proposed policy to 'stop the boats' and involving expulsion to Rwanda. Ian Wright and Alex Scott have refused to present the programme without Gary.

Saturday 18th March was the date of the LEI club dinner. Luckily, I had put a tie in my coat pocket so RM complied with the dress code. 'A lovely time was had by all', including the two creepy crawlies walking from the mossy log table decoration. All our table guests enjoyed the Ernie and Steve comedy duo, but those who ordered apple crumble wondered 'When is a crumble not a crumble? Answer: when it is as hard as concrete.

On 19th March, RM has been orienteering in Burbage Common and returns so muddy that he stands in the porch, stripping down to his 'undies' before entering the house. I take a sneaky photo,

We were so sorry to hear of the death of Mark Sheriff's wife in March.

After the British Long Distance Champs at Cold Ash, RM says that he, Colin Drury and Jackie Hallett were disqualified. The three had met and agreed that they were at the right location and set off for their next control. At home, RM overlays his GPS track onto the O map to prove he went to the correct site. A couple of hours' later, the official results are published and they have been reinstated, and RM had achieved silver standard, too.

At the end of March, it's time for the Donisthorpe School's event. RM has finished the mammoth task of sorting the dibbers, where 750 children are expected

to compete. Small, labelled freezer bags are grouped all over the front room floor. At the event, all the kids got muddy as they enjoyed rolling down the slopes at the end and a few teachers also tried the score course. The kids had trouble keeping track of time and the maps deteriorated in the wet. Some kids ran in t-shirts and shorts, whilst others had thick coats flapping and ran with rucksacks! RM is pleased he took a flask of hot coffee with him, but has no enthusiasm to go to club night - a warm bath is more inviting.

The next day it rains, so no point putting up the O club gazebo in the garden to dry. Instead, he has taken over the kitchen with boxes and dibbers everywhere in an attempt to sort them.

Easter approaches and RM has to organise the summer league event in Gracedieu **and** get ready for the JK in The Lakes. Good Friday arrives and he is awake early to pack the car and to pick up Iain Phillips, Peter Hornsby and a chap from Hong Kong. I have found the spare car key to hand to one of the orienteers in case John loses/misplaces his in the Lake District. Later on, I receive a message: 'Disqualified at 2nd to last control' and in the evening: 'At 'Spoons in Kendal. The following day, the event is at High Dam. Message received: '2.8km, 56 mins'.

RM and I compete against each other at the online word game, Wordle. He is still at the JK on 9th April when the answer is **SNAFU**. John took 3 lines. I took 5, as I did not realise it was a word. I researched its meaning and replied to RM - 'it's an acronym.

'Situation Normal All Fouled Up' and he messaged back: 'describes my run - Big Land 120 minutes for 3.4Km'.

Oh dear! His journey back from The



Lakes takes 5 hours - a dreadful journey. There is trouble with a slow puncture from a pothole. The tyre is pumped up, but it loses pressure again on the motorway. The spare tyre is under all their belongings in the boot. The replacement tyre, however, is to be used at reduced speeds only. The Hong Kong man, Michael, was hoping to catch a train, but it's Easter Monday and repair works interrupt services. Five hours' later, he catches a train from Loughborough.

Alistair, Chris B and RM travel together to Cannock Chase. Oh dear! RM blames some of his lost time on having to stop and pull up old underpants, with worn out elastic.

Now to turn his attention again to the Gracedieu event he is organising: he will warn competitors not to 'run up', as it is a difficult area. The courses will close early, as they would like to fetch in the controls before it is dark. He looked at the data for the pre-entries, as the numbers creep up to 61. He has the download box and wants to create 3 noises for:

1. a dibber with correct details of course and orienteer's name
- 2 a dibber with wrong details
- 3 a dibber where something went wrong, eg mis-punched. missing control, etc.

I suggest a happy sound like 'ta dah' for 1, a normal noise for 2 and an unhappy noise for 3.

John returns from Gracedieu. The event was okay, although a little tricky area for newcomers, as the map is so busy. But when is a 6 not a 6 ? When it's a 9 upside down. The pub had a problem, as no food had been delivered, so when RM returned home, he is like 'The Very Hungry Caterpillar' and eats a mince pie and a hot cross bun, followed by both portions of liver, onions and veg that I

had been saving for tomorrow night's meal.

Roger E drives RM and Alastair to Buxton for an urban O. But when he returns, he had pulled a muscle early on and Roger, too, has an injury. Alastair, however, remained in one piece. Another excuse is that the map is too big and had to be awkwardly folded.

That day, there was supposed to be a national warning on our mobile phones at 3pm, but my phone registers nothing.

Having pulled a muscle a few days' ago, RM did go to the event in Leicester City, but competed in 'normal' clothes and shoes. He enjoyed his curry at 'Spoons, but the results reveal he missed out number 8 control.

For several weeks now, a strange pair of socks has been festering in RM's car. "Don't you think they ought to be washed?" I ask. They are special socks with the words 'left' and 'right'. Eventually, they are returned to Iain Phillips.

John has returned from QEDJ Wood with a tale of standing at the edge of a deep ditch when the bank falls away and he ends up in the water. He wonders how he is going to climb out of this deep ditch, with nettle stings on his knees, scratches on his arms and a prickle in his toe.

As I write these chronicles, RM has set off to a Radio O event at Fosse Meadows, but arrives back sooner than I thought, and with some shopping, plus 'The Times'. "You're early," I say, and wonder how come he has been to the shops as well. "Well, that's because today is Saturday and the event is on Sunday." **SNAFU!**

Irene Marriott



Summer League 2023

The fixtures are listed on the following pages. The events are informal, usually with a social element. Weekday starts are staggered from 6.30pm to 7.30pm and courses close at 8.30pm. (These times may vary depending on the organiser and time of year, always check timings on the LEIOC website). For details of the event type, i.e. score, classic or sprint, check on the LEIOC website. Enter online through 'The Start Kite' website ahead of the event date.

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

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

Fixtures

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



June 2023		
4th	EBOR YHOA Regional C	YHOA Urban League - York City Race, York.
7th Wednes- day	LEI EMOA Local D	LEI Summer League 8. Hinckley North West Urban. Clarendon Park, Rostron Drive, Hinckley. Event registered by OD. Organiser: Keith Wildig
11th	DVO EMOA Regional C	EMOA League 2023 & YBT heat, Carsington Pastures
15th Thursday	LEI EMOA Local D	LEI Summer League 9. Burrough Hill. LE12 2QZ
17th	BADO SCOA Regional C	Whitchurch Urban SEOUL and UKUL, Whitchurch
18th	SYO YHOA Regional C	YHOA Urban League, SW Sheffield
20th Tuesday	LEI EMOA Local D	LEI Summer League 10. Hermitage (Coalville). Urban event
24th	HALO YHOA Regional C	YHOA Urban League - Sprint Scunthorpe (Day 1 iron and steel week- end), Scunthorpe
25th	HALO YHOA Regional C	YHOA Urban League - Sprint Scunthorpe (Day 2 iron and steel week- end), Lodge Moor and Kingsway, Scunthorpe
25th	LEI EMOA Regional C	EMUL 2023, Barrow Urban, Barrow upon Soar, Loughborough
28th Wednes- day	LEI EMOA Local D	LEI Summer League 11, Boothorpe. DE12 6EJ
28th	LOG EMOA Local D	Lincs Urban League, Skegness

July 2023		
1st/2nd	EPOC YHOA Regional C	YHOA Urban League - EPOC Urban Weekend, Wakefield (Ossett) and Mirfield
6th Thursday	LEI EMOA Local D	LEI Summer League 12, Markfield. Urban event
8th	TVOC SCOA Local D	University Parks, Oxford
8th	DVO EMOA	Allestree Park Local Event. Allestree Park, Derby. DE22 2EU SK352408
9th	SYO YHOA National B	Yvette Baker Trophy Final, Sandall Beat, Sheffield
9th	CLOK NEOA Regional C	Town Centre Urban, Darlington
11th Tuesday	LEI EMOA Local D	LEI Summer League 13. Bagworth. LE67 1DL
15/16th	CLARO YHOA Regional C	YHOA Urban Weekend, EuroCity Race, Harrogate
16th	NOC EMOA Regional C	EMUL 2023. Newark Urban (TBC)
19th Wednes- day	LEI EMOA Local D	LEI Summer League 14. Bennion Pools, Urban Sprint. LE4 2LZ
22nd	AIRE YHOA Regional C	YHOA Urban League - Fat Rascal Weekend. Holt Park & Tinshill, Leeds
22nd/28th	MA SOA Local	Coast and Islands 2023, Harris and Lewis. See coastandislands.com. For further information, see LEI NEWS Autumn 2022 for a report on the 2022 events

The best motivation always comes from within. Michael Johnson

July 2023 Cont.		
23rd	WCH WMOA Regional C	Tamworth Urban, Tamworth
23rd	AIRE YHOA Regional C	YHOA Urban League - Fat Rascal Weekend. Whinmoor and Swarcliffe, Leeds
27th Thursday	LEI EMOA Local D	LEI Summer League 15, Anstey. Urban event. LE4 2LZ
30th/31st	SOA National B	Scottish 6 Days - Moray 2023 Day 1: Lossie Forest, Lossiemouth
August 2023		
1st to 4th	SOA National B	Scottish 6 Days Days 3 to 5 (Note this year is a strategic change from previous events. It will be a 5 day event, with the best 4 out of 5 runs to count) with a sprint event and Trail 'O' on the rest day
8th Tuesday	LEI EMOA	LEI Summer League 16, Knighton Park LE2 3RE
13th	OD WMOA Local D	Rugby Urban (TBC)
16th Wednes- day	LEI EMOA Local D	LEI Summer League 17 and Score Cup. Aylestone Meadows, fol- lowed by the summer league award presentations at the Bull's Head
19th	SMOC EAOA Regional C	Milton Keynes Urban and Keyne-O 5, Milton Keynes
20th	LOG EMOA Regional C	EMUL 2023 Lincoln City Urban. Lincoln
25th/27th	EBOR YHOA National B	White Rose Orienteering Weekend, Yorkshire

Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision. Muhammad Ali



September 2023		
3rd	NOC EMOA Regional C	EMUL 2023 Nottingham University Urban (TBC)
9th	SWOC WOA National B	Senior Home Internationals Individual & Welsh League Event. Merthyr Common South, Merthyr Tydfil
9th	AIRE YHOA Regional C	Dales Town and Country Weekend, Ilkley
10th	SMOC EAOA National B	Peter Palmer Junior Team Relays - National Trust Stowe, Buckingham
10th	SWOC WOA National B	Senior Home Internationals Relays. Clydach Terrace, Brynawr
10th	AIRE YHOA Regional C	Dales Town and Country Weekend & YHOA Super League and YHOA Championships, Conistone South, Grassington
10th	DVO EMOA Regional C	EMOA League 2023. Kedleston Park, Derby
16th	SLOW SEOA National B	City of London Race (UKOL) Rotherhithe, London
17th	LOK SEOA Major A	British Sprint Relay Championships, Brunel University, London
23rd	SBOC WOA National B	Junior Inter Regional Championships, Kenfig Burrows, Port Talbot
24th	SBOC WOA National B	Junior Inter Regional Championships, Llantrisant Forest, Port Talbot
24th	LEI EMOA Regional C	EMOA League 2023. Irchester Country Park, Wellingborough

Failures are finger posts on the road to achievement. Charles F. Kettering



September 2023 Cont.		
30th	NGOC SWOA National B	Veteran Home Internationals Individual, Mallards Pike, Coleford
30th	NGOC SWOA National B	Caddihoe Day 1 (UKOL), Mallards Pike, Coleford
30th	NN NEOA National B	October Odyssey Day 1, Brandon, Durham
October 2023		
1st	NGOC SWOA National B	Veteran Home Internationals Relays, Mallards Pike, Coleford
1st	NGOC SWOA National B	Caddihoe Day 2 (UKOL), Mallards Pike, Coleford
1st	NN NEOA National B	October Odyssey Day 2, Doctor's Gate, Wolsingham
7th	WMOA National B	Junior Home Internationals - Individual, Sutton Park, Birmingham
8th	DEE NWOA National B	Winsford Urban (UKUL), Winsford
8th	WMOA National B	Junior Home Internationals - Relays, Sutton Park, Birmingham
8th	DVO EMOA Regional C	EMOA League 2023 Longshaw (TBC)
14th Saturday	LEI EMOA National B	British Schools Orienteering Score Championships, Martinshaw Woods, Leicester
15th	LOG EMOA Regional C	EMUL 2023, Grantham Urban, Grantham

Difficulties in life are intended to make us better, not bitter. Dan Reeves.

October 2023 Cont.		
28th	CUOC EAOA Regional C	Cambridge City Race, Cambridge
28th	EBOR YHOA Regional C	EBOR Indoor Orienteering Event, York
29th	LEI EMOA Regional C	EMOA League 2023 Bradgate Park, Loughborough
November 2023		
4th	BAOC SCOA National B	Urban (UKOL) - November Classic Weekend, Winchester
5th	SOC SCOA National B	November Classic & Southern Championships (UKOL), New Forest, Lyndhurst/Lymmington
12th	BOK SWOA Major A	CompassSport Cup Final, New Beechenhurst, Coleford *****PLEASE SUPPORT YOUR CLUB AND RUN AT THIS EVENT*****
19th	NOC EMOA Regional C	EMOA League 2023, Watchwood and Calverton, Arnold
25th Saturday	DVO EMOA Regional C	EMOA League 2023, Linacre, Chesterfield
25th	BAOC SEOA Local D	Southern Night Championships, Pirbright Range Complex and Bisley Camp, Camberley
December 2023		
16th	SO SEOA Regional C	Brighton City Race, Brighton
17th	NOC EMOA Regional C	EMOA League 2023, Strawberry Hill, Mansfield



Summer League Table (abbreviated)

Top 29 places as at 24th May 2023

Pos	Name	Class	Club	Best 5 Events	Handicap	Attendance	Score
1	Ed Cochrane	M35	NOC	613	638	60	698
2	Andrew Ward	M35	LEI	509	529	60	589
3	Roger Phillips	M45	LEI	462	518	60	578
4	Alastair Paterson	M55	LEI	429	515	60	575
5	Kevin Gallagher	M70	LEI	373	492	60	552
6	Andy Glover	M45	LEI	444	498	50	548
7	Bruce Bryant	M65	OD	370	473	50	523
8	Andy Nicholls	M45	LEI	419	469	50	519
9	David Cladingboel	M55	LEI	375	450	60	510
10	Keith Willdig	M70	OD	329	434	50	484
11	Liz Phillips	W55	OD	338	419	50	469
12	Jo White	W45	LEI	346	402	60	462
13	Andy Portsmouth	M65	LEI	314	401	60	461
14	Peter Chick	M75	LEI	293	398	60	458
15	Mark Sherriff	M60	LEI	326	404	50	454
16	Stephen Martin	M60	LEI	308	381	50	431
17	Iain Phillips	M55	LEI	308	369	60	429
18	John Marriott	M75	LEI	264	360	60	420
19	Steve Chafer	M55	LEI	306	367	50	417
20	Jane Dring-Morris	W55	LEI	288	358	50	408
21	Ursula Williamson	W60	LEI	277	355	50	405
22	Derek Herd	M55	LEI	287	345	50	395
23	Esther Revell	W35	LEI	317	342	40	382
24	Ben Glover	M18	LEI	310	335	40	375
25	Peter Hornsby	M70	LEI	233	307	40	347
26	Alan West	M65	LEI	226	290	50	340
27	Chris Phillips	M75	LEI	209	284	50	334
28	Edward de Salis Young	M50	LEI	255	296	30	326
29	George Normand	M75	LEI	201	273	50	323



Photo Gallery: JK23



Top LH: Steve -
Day 1

Top RH: Matt -
Day 1

Bottom LH: Iain
- Day 1

Bottom RH:
Don, M90 1st
place overall,
Days 2 & 3.

Photos:
Wendy Carlyle

