

Club Night

Interested in trying Orienteering?

We meet at **Groby Community College** on Mondays 6.30 to 8pm.

We have a mix of indoor and campus sessions, but sometimes we visit other areas in Leicestershire to train. We train all through the winter using head torches so we can see the map and the forest.

Our Ashby Map Runners club night is on Wednesdays 6.30 to 8pm at **Ivanhoe Community College**.

Please read the "Welcome to Leicestershire Orienteering Club" leaflet. Here are extra details for Juniors and their parents.

Social

The club Junior winter social event is instead of one of the Club Nights. The summer social is a BBQ after a Groby training night.

After most summer events some families with children have food and refreshments at a local inn. The Summer League and Club Championship presentations are preceded by a free buffet, parents are welcome at both.



Young Leader Award

The club provides many opportunities for our juniors. Older juniors have the chance to gain a Young Leader Award.

The next course is in Autumn 2016 and will culminate in planning a race or running a training session for the younger juniors such as running the Children in Need fund raising evening.

Team Competitions

Since 2012 the LEI Junior team has come in the top 5 at the National Inter-Club competition, **The Yvette Baker Trophy**, after beating the other East Midlands clubs in our heat in order to get a spot in the final.

Photo: 2014 Team in Sussex.



At the **Peter Palmer Relays**, a national junior relay race we have won the Joan George Trophy for the young juniors for the past two years and in 2015 came second overall with our older team.

This event starts at 5.30am so that the first two legs are run in the dark and finishing about 9am. In 2016 the race is at Groby.



There is an Inter-Club Competition, the **CompassSport Cup**, where the best 25 performances from club members spread across all ages from 12 to 80 years count. We have come close to qualifying for the final.

The best four girls and boys in each age group in the East Midlands are chosen for the Junior Inter-Regional Competition, the team often consist of many LEI juniors. There are mixed ages three person relays at the British Championship and JK International Easter Festival. In 2015 our Junior team came third.

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Awards

Club Championship T-shirts and shields are awarded to the winners in the autumn Club Championships. The races are in age groups (2 years).



The Rising Star Trophy is presented annually to the Junior with the potential to do well in the future; previous winners have gone on to represent England and GB.

Equipment

Compasses and a combined dibber/compass can be borrowed. A mid priced thumb compass costs £35. Combined compass and dibber called a Comcard is £60.

Dibbers can be hired but the club has a collector card scheme and you get your money back when you buy your first dibber.

Race clothing is normally full leg and torso cover. At Urban races singlets and shorts can be worn. For woodland races at Orange level upwards its advisable to wear shin protectors. Shoes with studs or spikes are worn.



Most runners use a holder for their control descriptions. There are several styles costing about £5.

Subscription and race fees guide

Annual Subs: Junior £6; Event Dibber hire £1
Family groups usually charged as a beginner junior
Level D -Leicestershire League £1.50
Level C -East Midlands League £2.50
Level B -East Midlands Champs £5
Level A -British Championships £10
British Schools about £6.50

Local Competitions

You can race in a range of competitions. Virtually every orienteering event is open to all.

In the two **Leicestershire Leagues** you run the Short races (about Yellow standard) and after this compete with the adults on Medium or Long. The standard is variable and we have novelty formats. There are Junior and Senior Leagues.

In the **East Midlands League** (which includes orienteers from Derbyshire, Nottinghamshire and Lincolnshire) your best 8 scores from the same colour code course at league races throughout the year count for your league position. Beginners start at White but once you find the races straight forward you can move up to the next level.

The **East Midlands Championship** is on the best areas - 2016 race is in Northamptonshire.

School Competitions

Anyone can enter races for schools, the first age group is Year 5 and pairs are allowed until Year 8. In 2016 the Leicestershire & Rutland County Schools competition will be a score format.

The **British Schools Score Championship** is held in October and in 2016 this will be in Leicestershire at Bagworth. Leicestershire & Rutland Schools have had winners and medallists since 2008 and have won some of the team events for the last three years.

The **British Schools Championship** is held in November, Leicestershire & Rutland Schools have age group winners and do well in the Team competitions. In 2016 this event will be in Warwickshire at Sutton Park.

In alternate years a team is selected for the World Schools Championship. Loughborough High School represented England in the Senior Girls competition in 2015 in Turkey.

Training Camps

Those who perform well may be selected by the East Midlands Orienteering Association (EMOA) for the Junior Regional Training Camps. These are held in Scotland for Years 9-11 and Sweden for Years 12-13. Most years LEI members are chosen.

The Club and EMOA will support part of the costs for those attending summer training camps.

International Races

There is the opportunity for juniors to be selected for England and Great Britain teams. Races throughout the year are used for selection for Interland International, Home Countries International, European Youth Championships and the Junior World Orienteering Championships. LEI has had juniors in England teams for many years and in 2014 had an athlete at the European Youth Championships who then went onto to represent Great Britain at the Junior World Orienteering Championship in 2015.



Trail O is a specialised form of Orienteering and allows those in wheelchairs to compete on level terms. The skill is to work out precisely where control sites are from a distant viewpoint, sometimes under time pressure. We had a British Junior champion in 2015.

Area and National Championships

Once you are in Year 5 you can go to an Area or National Championship. Your family will need to enter you on-line. Ask your coach to advise you what level to enter. Age groups have a Championship 'A' race and a 'B' race for beginners.

Championship Badges are won for very good performances (faster than winner's time +25%) in several of the Championship races in the same year.

Welcome to



Leicestershire Junior Orienteers



Host for

British Night Championship - February 2016
Peter Palmer (National Junior Relays) - September 2016
British Schools Score Championship - October 2016

