

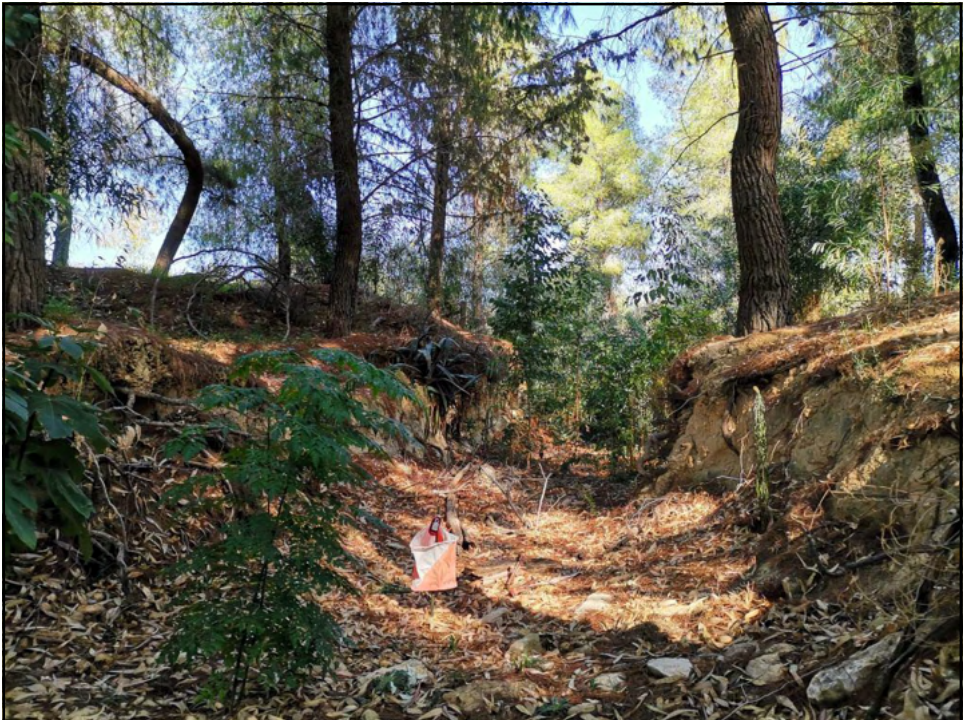
50 Years of Orienteering



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Heart Matters

Nicosia City Race

The Newbie Planner

Club Championships 2021



Spring 2022

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*Front cover: Athalassa Forest Park,
Cyprus. Photo: Matt White*

Points from the Editors

A belated Happy New Year to you! If, like me (Wendy), you are hoping to get fitter and lose a few pounds in 2022, the jam-packed O schedule will certainly whet your appetite. For more details, see the fixtures list on pages 33-38. Although we are still in mid-winter, planning is already well underway for the summer league - and a big thanks to Ursula for getting the summer league fixtures to us in time for publication in this newsletter. However, be aware that the dates and locations are still subject to change, so please always check the LEI website. Some events are a little further in the distance, namely day 1 of JK 2024 at Loughborough University, being hosted by LEI, and will definitely be an event not to miss.

It's been a pleasure to edit this newsletter, with its wealth of interesting articles, including an insight into planning from a beginner's perspective—see page 9. We were astounded to read Andy Simpson's article on page 18, entitled 'Heart Matters', with a useful warning not to skip your routine medical checks. Keeping to the medical theme, there are details of a forthcoming first aid course on page 7. Please let Roger Edwards know if you would like a place. We often find it a challenge to appoint first aiders for events, and it's essential that we have more first aiders trained in the club.

On a lighter note, congratulations to all the 2021 club championship winners (covered on page 16). Let's hope that it's not too long before they can receive their awards at the club dinner.

Happy orienteering!

Wendy and Alan West



Ramblings from the Booster-Jabbed Chair



A belated Happy New Year to everyone. If you are like me, you start each new year with renewed hope that this will be the year that you finally crack orienteering,

your results magically start improving and you see yourself rapidly moving up the ranking list. January brings a new diary (or in my case a wall chart) and a plan for the events I will be attending that are going to help me on my rise to orienteering immortality. However, by the end of January, I usually reset my goals and I am just happy to be getting around the course in a reasonable time without getting lost too many times.

At least as we start 2022, there is significantly more optimism that we will be holding a normal set of events in the coming 12 months. At this time last year, we had no clear picture of when we would be able to return to any competitive orienteering.

The wall chart already has some significant dates highlighted in the coming months: 30th Jan - Midland Champs at Sherwood Forest; 13th Feb - Compass Sport Trophy Heat at Postensplain (we now come under the "small" club banner); 20th Feb - East Midlands league event at Martinshaw; 6th March - British Middle Distance Championships at Rushmere; 20th March - East Midlands Championships at Stanton Moor, with the

following weekend taken up with the British Championships and Relays, and then back to the Land of my Fathers with the JK over the Easter weekend, in South Wales. It is going to be a busy few months!

As we come towards the end of the Winter League, planning is well underway for this year's Summer League. As usual, we will be looking for volunteers to plan and organise these events. Even if you have limited or no experience of planning, please don't be afraid to put your hand up to volunteer, as you will be given plenty of help to start your event-planning journey.

Tuesday club nights will also have started up again in January, at South Charnwood High School, so if you want to join me on my climb to the top of the ranking list, please check out the website for details and I will see you there.

We have made a decision to hold back on setting a date for the club dinner and awards evening until the situation improves with the current concerns over the Omicron variant. We will, however, look to set a date as soon as we can with an aim of holding it before the summer.

Whatever your own event plans are this year, the best of luck. I hope to see plenty of you out and about and, hopefully, not looking too lost.

Steve



Captain's Corner



I am not quite sure what to write for my inaugural Captain's Corner.

The Captain job was definitely not on my radar, having only

been an orienteer and a member of LEI for 2½ years but, following the AGM and Peter Chick's memorable aside to me of "we couldn't think of anyone better" (very witty, I'm sure), here I am.

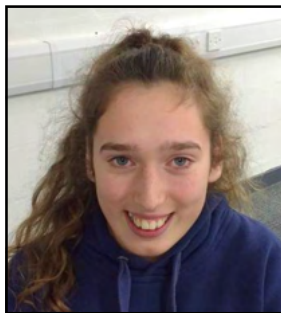
Although I've been a member for a relatively short period of time, following a perusal of the membership list, I think I

know, or could at least pick out, 66 of 106 members currently on the books. Some I see quite regularly, as I go to every event I can, including club nights; some member sightings are more sporadic!

The first duty to come my way is the Compass Sport Trophy at Postensplain. By the time you read this, the event may have come and gone. Either we are going to Scotland for the final or we will just have to reminisce about getting to Tankersley Wood in 2021, at least until 2023 presents another opportunity. Whatever the outcome, I hope to have met more of you, and that you all have had a great time competing for the club.

David

Junior Captain's Corner



Firstly, I hope that you have all enjoyed your Christmas holidays. The New Year always brings an opportunity to review the previous year's performances and training

plans for the current season.

For many juniors, this will involve transitioning from the foundation stage of their training, which consists of easy runs and (perhaps for some of the older juniors) strength and conditioning to improve aerobic fitness – to the quality

stage, which includes some faster runs and more advanced technical training. This should put juniors, who are hoping to be selected for a summer training camp, in a good position to perform well at the JK, and other major and selection races.

However, personally I will not be increasing my training at this stage due to injury. Unfortunately, after initially injuring my knee in March 2021, and then making an almost full recovery by October/November, I have had a flare-up following the return to training and other sports fixtures after the Christmas break. However, whilst a frustrating start to the year, I am still hoping to participate in local and regional events, but on shorter courses for the moment.

Additionally, from a Junior Captain's perspective, it has been great to see LEI juniors participating at local events, and some are taking part in the regional EMJOS training sessions. I look forward to seeing how all of your seasons

progress and hopefully I will see many of you at future events and training sessions.

Libby

Events News

So far this winter, we have been able to run a near normal events programme. By the time you read this, the first regional event of the year at Coalville should have taken place and there will only be one more event of the Winter League left. Such an improvement on last winter!

At the time of writing, the 2022 Summer League is only three months away and the programme should be published by the end of January. One change this year will be that the final event will be the Club's Score Cup, which will not score for the league. This is to enable Alastair to calculate the final league table, and Ernie to scribe the certificates, at their leisure, without having to drink a pint of beer and eat a burger at the same time, as normally happens at the presentations after the final event.

We need a minimum of 18 event officials to plan and organise the league events. Please volunteer. The earlier you volunteer, the more choice you have on which area you get to play with. Contact Ursula on: ursula.williamson.orienteer@gmail.com

The event at Burbage Woods and Common on Sunday 3rd April will be the Regional Yvette Baker Trophy and Shield (YBT) heat. Our Club Captain, David, would like to hear from all our junior members who would like to take part in the competition.

On the subject of the YBT, we are hosting the national final of the competition at Irchester on Sunday 3rd July, 2022. We will need a lot of helpers for the event, and as an incentive there will be a free run for helpers. If you have never run at Irchester, now is the time to have a go. It is one of our most 'interesting' areas and one that we don't use too often.

Details of the rest of the regional events for 2022 will appear on the club website.

In just over 24 months, we will be hosting Day 1 of the 2024 JK at Loughborough University. As it will be ten years since we hosted our last JK Day, a little further away from home, our newer members will not have had the pleasure of being part of the team organising one of the most prestigious and exciting events in the UK Orienteering Calendar. It really is an occasion not to be missed. Iain Phillips will be the Organiser and Steve Edgar the Lead Planner.

Two years may seem a long time in the future, but because of the size and scale of the JK weekend, it takes that amount of time to put together the organisation and planning required.

Chris

Events' Coordinator



Top 10 Performances from Major Championships

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

British Schools Orienteering Championships 2021, Stowe Park, 21st November 2021.

Year 7 Girls	1st Cerys Glover
Year 7 Boys	1st Eoin Simpson
Year 9 Girls	5th Ellie Simpson
Year 9 Boys	1st Daniel Glover
Year 10 Boys	6th Ben Glover
Year 11 Girls	3rd.... Robyn Jarvis

British Nights Orienteering Championships, Cleeve Hill, 27th November 2021.

M55S 3rd..... Steve Edgar

2021 East Midlands Urban League

Junior Men	1st ..Eoin Simpson
Junior Women	2nd .Ellen Simpson
Men's Open	7th ..Andy Simpson
Women's Open	4th ..Patrycja Czupryniak
Veteran Men	1st ..Zeph Grant
	3rd ..Roger Phillips
	9th ..Iain Phillips
	9th ..Matthew Birkett

Vet. Women	3rd.. Jane Dring-Morris
	6th.. Susan Grant
	9th.. Jo White
S. Vet. Men	10th David Cladingboel
S. Vet Women	1st.. Alison Hardy
	10th Tracy Brookes
Ultravet Men	1st .. Roger Edwards
	2nd. Kevin Gallagher
	5th.. Bob Haskins
	8th.. John Marriott
	10th Peter Dargue
Ultravet W'men	2nd. Maureen Webb
Hypervet Men	4th.. Peter Chick
	5th.. Peter Leake
	7th.. David Anderson

2020/2021 EMOA League (Note due to the disruptions, the results from 2020 and 2021 have been combined):

Orange Male	1st Felix Jarvis
	4th.... Eoin Simpson
	5th..Adam Cladingboel
Orange Female	2nd... Cindy Chafer
	3rd.... Lois Bishop
	4th.... Karen Matthias
L. Green Male	2nd... Ben Glover
	3rd.... Daniel Glover

L. Grn Female 1st..... Robyn Jarvis
 2nd ... Susan Grant
 7th Ellen Simpson

St. Green Male 1st..... Kevin Gallagher
 3rd Peter Leake
 4th Peter Chick
 6th David Anderson
 9th Ernie Williams

Green Male 1st Roger Edwards
 5th Andy Portsmouth
 9th Peter Dargue

Green Female 4th Jane Dring-Morris
 5th Ursula Williamson

Blue Female 5th Tracey Brookes
 8th Esther Revell

Brown Male 5th ... Ed de Salis Young
 7th Andy Glover

Brown Female 1st Toni O'Donovan

First Aid Course

The club needs first aiders at all club nights and events. With the Covid outbreak, many qualifications have expired. As it has been several years since we ran our own course, we are now planning one later this year. Our instructor can do Saturday 9th April, 30th April or 14th May.

Please let me know your preferences by mid-February so that we can make a firm booking.

Roger
Development Coordinator

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.

Club Chat

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

Mike Dallaway

Alison & Richard Johnson



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

Colour Standard	Member
Orange	Lois Bishop
Light Green	Daniel Glover Robyn Jarvis

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

Racing Challenge

Bronze 5 Stars: Carol Stynes-Martin

Bronze 5 Stars: Patrycja Czupryniak

Bronze 5 Stars: Zeph Grant

Silver 5 Stars: Jonathan Lee

Navigation Challenge

3 Stars: Cindy Chafer

4 Stars: Susan Grant

5 Stars: Patrycja Czupryniak

5 Stars: Zeph Grant

5 Stars: Carol Stynes-Martin

5 Stars: Jo White

5 Stars: Karen White

Congratulations to club members Karen and Matt, who were married at St Guthlac's Church, Stathern, NE Leicestershire on 18th September, at the foot of Stathern Woods – the south-western parts of the Belvoir map! There was no orienteering following the service. Instead, there was a reception at Langar Hall, and much drinking, eating and dancing. The happy couple honeymooned in the Lake District, including a day's training on Silver Howe and Blea Rigg, using the map from the 2018 Lakes 5 Days event. There was much drinking, eating and fell walking.

In the 2021 UK Orienteering League (UKOL) Club League, LEI had one counting team, and we were positioned 70th out of 110 teams. The team comprised:

LEI: Eoin Simpson (M12), Ellen Simpson (W14), Andy Simpson (M45), Iain Phillips (M50), Alastair Paterson (M50), Toni O'Donovan (W40), Donald Moir (M85), John Marriott (M70), Peter Leake (M80), Ben Glover (M16), Andy Glover (M40), Roger Edwards (M70), Steve Chafer (M50), Chris Bosley (M70) and Libby Barber (W18).

In the 2021 UK Orienteering League, Individual League, the following were the top ten placed LEI members out of 2184 competitors:

Toni O'Donovan140th.....	288 points
Donald Moir373rd	192 points
Andy Simpson596th.....	141 points
Eoin Simpson900th.....	96 points
Ellen Simpson1080th.....	84 points
Andy Glover1169th.....	77 points
Ben Glover1351st.....	58 points
Peter Leake1427th.....	49 points
Iain Phillips1524th.....	46 points
John Marriott1619th.....	43 points

The following are the top ten LEI orienteers in the British Orienteering rankings as at 31st December, 2021:

Pos.	Nat.	Pos.	Name	Points
1111	Andy Simpson7936	
2280	Andy Glover7635	
3422	Ed de Salis Young	7442	
4445	Toni O'Donovan7414	
5933	Andy Ward6983	
6969	Roger Phillips6956	
7971	Jess Dring-Morris	..6952	
81130	Steve Chafer6825	
91181	Dave Denness6787	
101192	Esther Revell6780	

The Newbie Planner

I, David, 55 (all news articles are obsessed with age for some reason), have picked up and then put down golf clubs for three reasonably long stretches so far in my life. I got to an average standard, with a handicap of 14 at best. The last time I put the clubs down was when I started teaching science at secondary school, in 2011. Golf is very time consuming and not cheap if you want to be a member of a club, which I was. Also, you can't golf in the dark! This did not fit well with teaching, at least to start with. As a golfer, I would find myself looking at a landscape and thinking, "That space would make for a great little par 3

hole with a green just nestled in-between that clump of trees." Golfing friends would tell me they occasionally looked at scenery in the same way. These days, however, I look at the surroundings and think, "This spot would be a great place to have an orienteering race."

I joined LEI in Spring 2019, having very little experience at all of orienteering – just a couple of times when I was a Boy Scout. I got hooked.

I have always felt that it is good to contribute to clubs and societies of which I was / am a member. It was just a matter

of time before I felt I had learned enough to start having a go at coming up with some courses.

Producing a MapRun was my self-assignment and, with advice from a club sage (RE), following many iterations of my courses, including running them to make sure the beeps went off when they were supposed to, I proudly delivered 'Loughborough Fairmeadows' on 6th April 2021. It was a great feeling having orienteers run my courses and afterwards receiving comments about having enjoyed the run, despite the sleet storm midway through!

My first level D was at Bennion Pools on 11th August 2021. I spent a lot of time trying to get this right and visited the site on many occasions, including running the courses. I kept the number of controls fairly low at 16 in total. I was quite nervous about setting everything up, as it was my first time with all the electronic timing equipment, and I had no real idea how long it would take me and whether I had prepared it all properly in advance. In the event, all worked well, and I got some encouraging comments again from runners.

At the summer event at Willesley Wood on 14th July 2021, CP said that since I had planned a few level D events (in fact it was only one unless the MapRun was included), then perhaps I could plan the level C EMOA event at Shepshed. I took the job on and thoroughly enjoyed playing with courses until I came up with something that I was happy with. This event required much more participation with others (Organiser, JD-M: Permissions, MW and Controller, IP) and was a great learning experience. IP was very helpful with comments on my planning (amongst other things like getting the maps printed) and in the end the event went very well. Again, the feedback on the courses was very

pleasing to receive and made the task feel so worthwhile. I have the 'All Controls' map in a frame now (see picture attached) as my first level C. Setting up 39 controls, starting in the pitch black at 5.00 am, whilst wandering around residential streets wearing a head torch was also quite exciting – I fully expected the police to turn up!

You need to be able to use certain pieces of software to design courses. They are free to download and not too difficult to learn how to use. I'm very much a 'have a go and learn along the way' type, but there is a lot of experience within the club to help you if you get stuck (SS, for example, who is the club maps custodian).

A club can only survive for as long as there are volunteers to contribute. If you have read this far and are thinking – 'I could do that', then please have a go. There are lots of people who will help and you will not regret it.

David

(now Club Captain!)



Nicosia City Race: 21-11-21

In recent times, a favourite activity has been sitting on the sofa with too much grape juice and dreaming of orienteering adventures. On one such evening, I decided to regale Karen with talk of the Euro City Race Tour, and the idea of travelling to Europe's finest cities to visit tourist attractions, eat and drink at nice restaurants, and, oh yes, do a bit of orienteering. The only real prospect in 2021 was Nicosia in Cyprus, so I sent a brief text to long-time orienteering friends and went to bed and forgot about it. The text simply said "Nicosia?"

Fast forward several weeks, and just a few weeks before the event, I received an unexpected phone call from one of the aforementioned orienteering friends in an excited state:

"Alright, alright, you've done it. That text has been on my mind for the last few weeks and we're in. Flights from Heathrow on the Thursday morning, Air B&B on the edge of the Old Town. I'm booking now if you are in."

A couple of weeks' later, Karen and I found ourselves in Cyprus looking forward to a few days of winter sunshine;



The Green Line.

we were a little disappointed to see the forecast of low temperatures and rain, changing to heavy thunderstorms for the day of the City Race itself. Undeterred, we enjoyed our Friday walking around the Old Town and learning about the recent history. Nicosia remains the only divided capital in Europe, with the 'Green Zone', separating the Turkish-controlled north from the Greek-leaning south. The Green Zone is reduced to just 20 metres in the Old Town, and it is possible to peer through abandoned houses to see the flags of the opposing side closer than the run-in distance for an average orienteering event. We spent the weekend in the Greek southern side, not wanting to negotiate random Covid protocols in place to allow a visit to the north.

Prior to attending the event, we developed an understanding that it was going to be low-key, very low-key. The event organiser started emailing with questions such as, "what scale map would you like"? In fact, Diana was more than the organiser; she also seemed to be the mapper, planner and, possibly, controller, and had put a huge effort in to put on the event, supported by a small number of colleagues from the Cyprus Orienteering and Mountaineering Club, and the United Nations. It was a shame, therefore, that the numbers attending were low, about 50 perhaps.

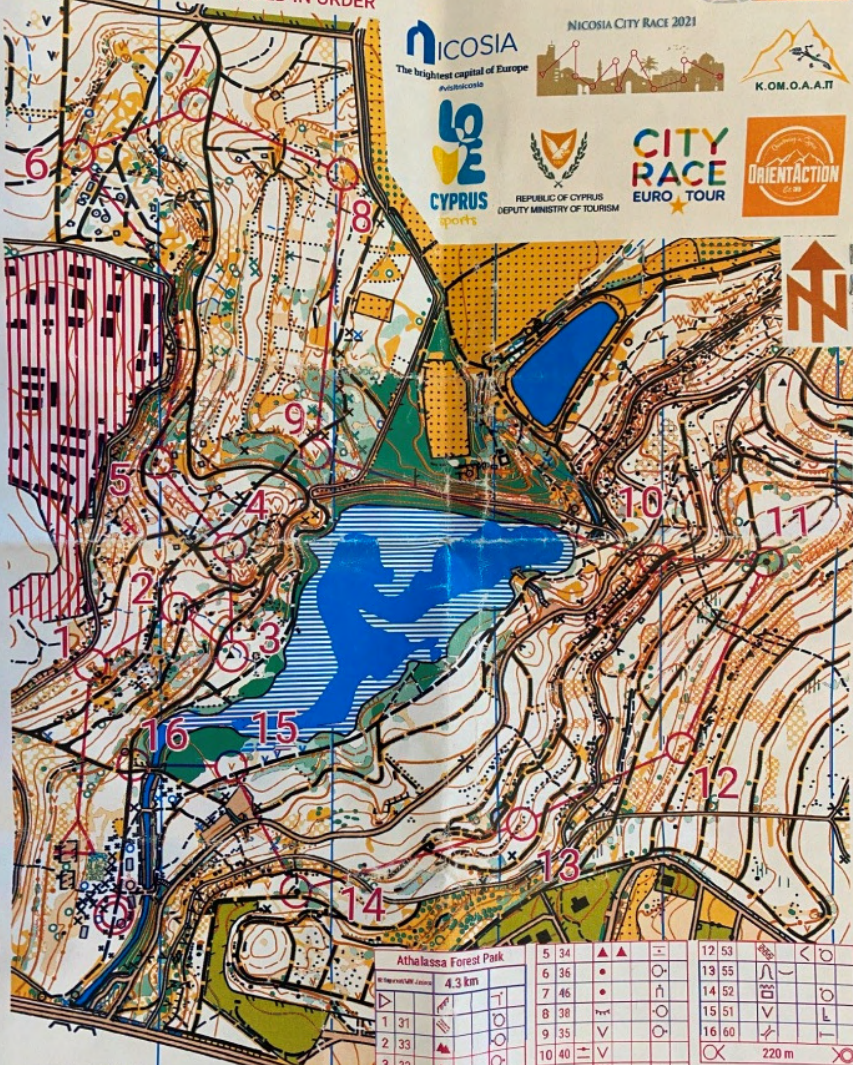
Prior to the actual City Race, there was a warm-up event in a forest park on the southern outskirts of the city. The small numbers made the event hugely sociable, and it was great getting to chat with the Ukrainians, Latvians (recently of Coventry University) and Scandinavians attending the event. This was helped by a free

Athalassa Forest Park - 20th November 2021
CONTROLS MUST BE VISITED IN ORDER

Scale 1:6,000 Contours 5m



NICOSIA CITY RACE 2021



Athalassa Forest Park		5 34	▲ ▲	≡	12 53
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		11 58	⌂	○	

SPECIAL SYMBOL
 trench





walking tour of the city, attended by 20 of the competitors on the Friday night before the first event of the weekend. There was a good contingent of Brits, as usual, with the promise of competition on M55, with all six competitors being from the GB and Ireland, three of them from Southern Navigators, and 4 out of 6 claiming they were too injured to run.

Athalassa Forest Park provides fast open terrain, with significant contour detail. Even at walking pace, the stony, sometimes rocky underfoot conditions made going straight challenging. I found getting used to the semi-arid conditions quite difficult to begin with. Also, the map was detailed, with lots of features mapped, which made reading it difficult to begin with. But we all enjoyed our runs and we were happy with the planning, which rewarded those willing to take the straight line and avoid path running where possible.

The City Race itself was truly unique, held entirely within the limits of the Old City Wall, built by the Venetians and rebuilt by the Ottomans and the British over the centuries. The Old Town itself is not too complicated for orienteering, but consists of a multitude of small alleys at

different angles, so definitely posed a challenge for those running at pace. I was the last to start on M55, and, having seen all the others start and turn first right at full speed, I couldn't resist breaking into a shuffle (it couldn't be called a jog). This shuffling allowed a consistent run and was just the right pace to navigate and move without making any mistakes or having to change pace. More than this, it allowed me second place in the event, and to receive several comments of "I thought you couldn't run."

There were many highlights on the race. Karen found herself at the end of a dead-end alley, guarded by a 20-year-old Greek soldier carrying an automatic machine gun, who quietly advised her to turn left and run through the church, as it was the best route. I ran through one courtyard to find a small terrier dog guarding the control. As I ran past, the dog made for my ankles and I discovered that I could sprint for a few tens of metres, given the right incentive! We also managed to run past the Hamman, which we found to be a wonderful place to relax post-race, awaiting our taxi back to the airport.

Matt



Matt & Karen at the start of the Athalassa Forest park event, easily recognisable in their LEI race tops.

Club Awards 2020

Due to the disruption in our lives from Covid 19, the club was not able to hold its annual award ceremony, which would normally take place in early 2021, so the club chairman, Steve Chafer, was buckling under the load of un-presented certificates and trophies. Steve took the opportunity at the 2021 Club Championships to present some of these awards.



Andy: male club champion 2020, 1st Score Cup 2020 & 1st summer league, 2020 sprint/urban series.



Roger: 1st M60 to M70 at the club championships 2020.



Maureen: 1st W60+ at the club championships 2020, 1st female summer league 2020.

All photos: Alan West



Jane: 2nd W20 to W55 club championships 2020, 2nd female at the summer league 2020.



Karen Clock Trophy winner for 2020 with a time of 116 minutes 51 seconds. Runners up were Don Moir with 108 minutes 54 seconds and Steve Edgar with 105 minutes 13 seconds.

Club Championships 2021

The club championships took place on 14th November, 2021, and this year it was not a standalone event, but part of an EMOA league fixture. The event took place in Boothorpe woods, and this was followed by a buffet lunch at the Conkers Waterside restaurant. Chairman, Steve, presented certificates to the winners of each class.



Ed: 1st M20 to M55.



Felicity: 1st W60+.



Roger: 1st M60 to M70.

The following members were not present at the presentation and, where applicable, second and third positions are listed.

M12 & under 1st....Felix Jarvis

M18 & Under 1st ...Ben Glover

W20 to W55 1st.....Patrycja Czupryniak

2nd ...Libby Barber

3rdEsther Revell

M20 to M55 2nd ...Andy Glover

M60 to M70

M75+

3rd.... Steve Chafer

2nd ...Stephen Martin

3rd....Andy Portsmouth

1stBob Titterington

2nd ...Peter Chick

3rd....George Normand

The Golden Boot award was won jointly between Felix Jarvis (M12) and Ed de Salis Young (M50) in a time of 17 secs.

Don't forget!

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

Winter League Table (abbreviated)

Current Leaders as at 17/01/22

Pos	Name	Class	Club	Best 6	Handicap	Score
1	Edward De Salis Young	M50	LEI	536	622	622
2	Iain Phillips	M50	LEI	427	495	495
3	Roger Phillips	M45	LEI	439	492	492
4	Andy Nicholls	M45	LEI	436	488	488
5	Tanya Taylor	W50	LOG	405	486	486
6	Stephen Chafer	M50	LEI	417	483	483
7	Roger Edwards	M70	LEI	365	482	482
8	David Cladingboel	M55	LEI	366	439	439
9	Andy Glover	M40	LEI	406	438	438
10	Kevin Bradley	M65	LEI	319	409	409
11	Peter Chick	M75	LEI	299	407	407
12	John Marriott	M70	LEI	307	405	405
13	David Seaman	M50	LEI	342	396	396
14	Keith Willdig	M70	OD	292	386	386
15	Ursula Williamson	W55	LEI	301	373	373
16	Andrew Ward	M21	LEI	365	365	365
17	Carol Stynes-Martin	W50	LEI	289	346	346
18	Chris Phillips	M70	LEI	257	340	340
19	Alastair Paterson	M50	LEI	290	336	336
20	Stephen Martin	M60	LEI	241	299	299
21	Jeffrey Baker	M70	LOG	223	294	294
22	Patrycja Czupryniak	W21	LEI	272	283	283
23	Aimee Darley	W18	SN	235	263	263
24	Andy Portsmouth	M65	IND	205	263	263
25	Ben Shannon	M35	LEI	242	252	252
26	Jo White	W45	LEI	217	252	252
27	Steve Edgar	M55	LEI	207	248	248
28	Bruce Bryant	M60	OD	178	221	221
29	Chris Bosley	M70	LEI	164	217	217
30	Ian Wells	M65	RAFO	168	216	216

Heart Matters

Friday 8th January, 2021, is a day I'll never forget. It was the day I was told that I'd had a heart attack. I'll never know exactly when the heart attack was, as I didn't feel unwell or in pain at any point. Three days after receiving this news, I had a stent fitted to reopen an almost completely blocked artery supplying my heart, and the following day I was discharged with a cocktail of pills to take daily. Sitting at home in the days afterwards, as I tried to make sense of what had just happened to me, I resolved to share my experience when I felt ready to do so in the hope that it might help someone in the future.

So, what happened?

Shortly before Christmas, I was exercising on the turbo trainer in the garage when, after about 15 minutes, I noticed a strange feeling in the centre of my chest. Not a pain, just a mild, unusual tightness. I knew I was tired at the end of a stressful year and so I stopped the session and got off the bike (as I was only really going through the motions anyway). A couple of days later, when out for an easy run around the village, my calf started to feel a bit tight so I stopped and walked home. I'm not always so sensible, but the last thing I needed was another calf injury. However, I had this niggles in the back of my mind – had I felt that chest tightness again? Maybe, but I'm not sure.

Over Christmas, I did a mix of turbo trainer sessions and running on my own. There was no repeat of the chest tightness, and on the turbo everything felt fine. However, when running, I started to become aware of a cold, tingly feeling in my arms when running. This came on after a few minutes, lasted 5-10 minutes,

and then just went away. By this time, I was getting concerned but hoped it was 'just a virus or something' (i.e. in denial).

Just after New Year, I ran with a friend, who I'd been running with a few times during the lockdown in November, for the first time in a while, and I realised that I was having to work harder than I should (and that cold arm feeling was there again in the early part of the run). By now, I was really concerned, and turning to Google didn't help matters, so I phoned a friend from our running club, who was a semi-retired cardiology consultant. It was now Thursday 7th January.

Things moved pretty quickly from that point! Firstly, an ECG showed a pattern that, in conjunction with the symptoms I'd reported, was indicative of a potential obstruction in one of the main arteries to the heart. Blood tests followed, which confirmed elevated levels of Troponin, a substance that is released into the blood when the heart is starved of oxygen. This confirmed that I'd had a heart attack. Alongside these tests there were the same set of questions again and again. "No - I've never smoked". "No - I'm not diabetic". "No - I don't (regularly) drink more than the recommended amount". "No - I've no family history of heart disease". "No - I don't know why my cholesterol is above the recommended level". For context, I've always eaten pretty healthily and, with so much time at home during the pandemic, 2020 was a year in which I'd eaten as healthily as I'd ever done.

What's happened since?

The advice I received from the very early days from a range of sources was that

the prognosis was good for getting back to running again, I just needed to be patient. Initially I walked a lot as that was recommended. I quickly realised that the standard cardiac rehab wasn't really going to help me very much. This isn't a criticism of the NHS. Far from it - just the reality that I didn't fit the mould of your 'average cardiac patient'. I walked some more. I talked to friends of friends and colleagues who had been on their own unique cardiac journey and found a brilliant online community called Cardiac Athletes (a restricted Facebook group). Reading their stories really helped me to believe that I could get back to sport again over time (check out CARDIAC ATHLETES: Real Superheroes Beating Heart Disease by Andre La Gerche and Lars Andrews if you want to know more).



Andy at the BOC Middle Distance Championships at Summerhouse Knott.
Photo: Wendy Carlyle

I sought expert advice on my rehab from a private company and diligently followed the 'exercise protocols' that they prescribed (e.g. everything controlled by heart rate tailored to me, warm up/down before/after any exercise, very specific strength training, etc.) and made some tweaks to diet, including adding in oily fish (a source of 'good' cholesterol) and cutting back on dairy and red meat (foods that are higher in 'bad' cholesterol).

Also, after a period off work on sick leave, I decided it was the right time to leave my job. This was something that I'd been considering for some time and, coincidentally, I had started conversations with my manager about leaving shortly before my heart issues surfaced.

By early April, I got to the point where I could jog for long enough that friends could join me for a jog (usually as part of a longer run or easy recovery run for them!). That was a big milestone. By the British Champs / Northern Champs weekend in the Lakes in May, I'd got to the point that I could get round the middle race on the Saturday but not the M45S on the Sunday, as that would have taken a bit too long (hence my non-competitive run on M55S!). It was fantastic to see so many friends, whom I hadn't seen in such a long time. As expected, I found the orienteering frustrating as I spent the whole course having to slow down to keep to the HR limit that I was working to. On the flat and uphill, that slowed me down a lot, but on the most technical downhill legs, my split times were surprisingly good – I made a mental note to try to remember this when I was allowed to run faster again!

Fast forward to October, 9 months after I was discharged from hospital, and I faced two of the biggest tests so far on my road

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to recovery.

First, the British Champs at Braunton Burrows. This was the first time I'd be fully testing myself at the new HR limits that I'd been given in September. Although that target HR range for a 60-90min run was still 15-20 bpm down from where I'd have expected to be when racing pre heart attack, it still represented a significant step up from where I was in May.

The run itself started poorly, with almost 4 minutes lost on the course over the first 8 controls. After that, I got my act together, settled into a nice rhythm and lost very little time navigationally over the rest of the course. It was only in the latter parts of the run, on a series of steep climbs, where I had to really slow down a lot to keep my HR down.

At the finish, when I looked at my result at download, I was very surprised to see it said 3rd place. As practically the last starter, I knew that position was unlikely to change. I really didn't know how to feel. A strange mix of elation to have got a British Champs medal again, something I wouldn't have believed would have been



Lakes in a Day, left to right, Andy, Toni & James.

Photo: Julie Ferris

possible only 9 months previously, tinged with disappointment to have lost so much time at the start of the run. The following day, with a much better run technically, I finished 2nd, tantalisingly close to beating Nick Barrable for the first time in a very long time!

The weekend just confirmed what I'd been thinking for some time - the combination of training in a very structured way, doing all the right things from a diet perspective and removing the pressure of work had done me the power of good.

The following weekend, a very different challenge awaited. Lakes in a Day (www.lakesinaday.co.uk), a 50 mile ultra-run from Caldbeck in the North Lakes to Cartmel in the South that traverses Blencathra and the Hellvellyn range, before taking in a number of well-known orienteering areas on the west side of Windermere. This event, postponed by a year due to Covid, was one I'd entered long before the pandemic / my heart attack. Participation in this event was something I'd first raised with the cardiac rehab team in May, and I'd been pleasantly surprised that they hadn't simply said no! Their advice was that participation was a possibility, provided that the rehab continued to go well and I reset my expectations from those I'd had when I first entered the event. From there, a plan evolved to run the event with my wife, Toni. This would be a huge challenge for both of us and an opportunity to raise some money for charity.

A proper account of the day would require an article all of its own, but the short version is the day went better than we could have expected. Even the plan to recharge my Garmin watch/heart rate monitor on the long descent from Fairfield to Ambleside (a section of the run where I knew my HR would naturally be well



Andy and Toni during the Lakes in a Day event. Photo: James Williams

below the agreed HR limit for this duration of event) to make sure I could monitor my HR throughout the event went without a hitch. 13 hrs 24 mins after starting, we crossed the finish line together and in the process raised around £1,500. Thanks to the many orienteers who contributed.

So, what's next?

Well, contrary to some rumours, I haven't retired, as I do need to get a job to start to earn a living again. Having not worked for much of the year, I can certainly see why so many people have seen improved orienteering results when they retire! Adjusting to working again won't be easy, but the priority through that period will be to maintain all the positive changes that I've implemented this year. I don't know what is in store for me in 2022 (and beyond), but ambitions that I had prior to my heart attack are definitely still alive!

Reading the stories of other cardiac athletes has been a massive help to me over the past 9 months, and my intent in sharing this story is to hopefully help others in the future.

A few concluding thoughts:

If you notice something unusual, get it checked out. I certainly wish I'd done this sooner, but there were so many reasons at the time not to do so (I was busy, I didn't feel unwell, I wasn't in any pain and we were in the midst of the 2nd wave of the pandemic, so the last place I wanted to be was at the doctors', let alone in hospital, etc). However, I'm very glad I acted when I did, as I probably wouldn't be here now if I hadn't. (Without intervention, the obstructed artery would have blocked completely at some point in the future with a high probability of fatal consequences).

If you're due a medical (e.g. through your work) or a routine check, don't put it off. I actually hadn't skipped any routine check-ups, but I know my experience prompted several friends to go and get that medical check that they'd been putting off!

Andy

(This article first appeared in CompassSport magazine Vol 42 Issue 5 October 2021) .

Have you changed moved house lately?

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

Out and About

Where will we run in future, I wonder?

150 years ago, the term 'rambler' was interpreted to mean to 'wander at will' and orienteering had not been invented. Both activities require wide open spaces, where access is unrestricted. Ramblers are now seen as sedate folk pottering about in country lanes, and orienteering is increasingly becoming an urban sport.

Where will our events be in a few years' time? Where will be left to go to? The trends are towards less and less open country.

Not that long ago, going to the moon was just a dream, but my father saw the first bike with a pneumatic tyre come into his village and he lived to see men do it. We thought back then that this was rapid change.

I can remember when the first mechanical calculators came out, and now a little chip in your phone can tell you almost everything known to man and everything which has ever happened.

Tomorrow is coming much sooner than we ever thought possible. All a bit George Orwell or H G Wells, but it is certainly arriving faster than we would like.

Regardless of short term issues, like the virus, many dramatic changes are likely in the next 20 years. Even people in their 70s will probably live to see these changes, as although the increase in life expectancy has slowed, most will reach 90 and, increasingly, many 100. Even if we don't see all these changes, our kids and grandkids certainly will.

Club members being fitter than most, due to lifelong activity, nearly all reach a ripe old age. The down side is that they cannot be as active as they were in their

prime, and it can be tens of years since they or their cohort came out on events. It is difficult to find out much of their career detail for any write-ups to mark their passing. This is a good reason why we should use the LEI News to record our activities.

How will we get to events anyway? We may no longer own private cars, but if we do, car repair garages will have disappeared because an internal combustion engine has well over 20,000 individual parts and an electrical one 20 parts. Electric cars will be sold with lifetime guarantees to be repaired only by main dealers. It takes only 10 minutes to remove and replace an electric motor, so, if faulty, they will probably pop a new motor in until it is repaired at some remote robot factory - not a courtesy car, but a courtesy engine, and you can have a courtesy cup of coffee until your car comes out with a replacement electric motor!

You will only see petrol pumps in museums and every corner will have charging points that dispense electricity. Many major auto manufacturers have already started building new plants that build only electric cars. By the time most are on stream, though, that technology will probably be being replaced. Depending on how they are marked up, could charging points become controls for urban orienteering, very much as fire hydrant signs have?

A baby of today will see personal cars also only in museums. We have already seen private drones carrying people.

Coal and fossil fuels will be a thing of the past, so goodbye to OPEC! The Middle East is in trouble.

The future is approaching faster than most of us can handle. By the time we have learned how to deal with a new technology, it is out of date.

25 years ago, Kodak had just short of 200,000 employees and sold 85% of all photographic paper worldwide. Within just a few years, they went bankrupt. Who would have thought of that ever happening? What happened to Kodak, Polaroid and the like will happen in a lot of industries in the next 5-10 years ... and most don't see it coming.

Did you think 20 years ago when you bought your camera that within 3 years you'd never take pictures on film again? With today's smartphones, who even has a camera these days? Yet digital cameras were invented in 1975. The first ones only had 10,000 pixels, but technological capacities will probably double every year.

Remember pin punches and paper plates as controls? Dibbers were a dream back then, but now we only need to run past a control to get logged. So, as with all exponential technologies, it was a disappointment for a time, before it became far superior and became mainstream in only a few short years, and will probably become redundant before long. When I started writing articles and publishing various clubs' newsletters and journals, I could email the entire contents of 300 page books to my printer on a file half the size of the average photograph now sent to me for publication.

We take to the hills to admire the views, climb the crags and run through rolling hills and woodlands under big skies, enjoying the wildlife that inhabits it as well. We can track exactly where we went from minute electronics we wear.

Why do we bother when we can now go onto Google Earth and see it all from our

homes? We can play navigating games on consoles at home as well, and it does not rain or get cold there. We are already doing this as training exercise.

As ratepayers, we already fund our country parks and, as home owners, we already pay rates. At home, we don't get charged again to use the facilities. At home, no special clothes or footwear are required either

As your Access Development Officer, I cannot create new forests. Often, those with remaining suitable land want to charge us more, and such land is also being diverted to other uses all the time.

Artificial Intelligence (AI) and 3D printing are replacing many traditional industries and jobs: welcome to the new industrial revolution. Software has disrupted and will continue to disrupt most traditional industries in the next few years, and it is not just manufacturing.

UBER don't own any cars and are now the biggest taxi company in the world! Ask any taxi driver if they saw that coming? It is just a software tool, and on the same basis AirBnB is now the biggest hotel company in the world, although they don't own any properties. Ask Hilton Hotels if they saw that coming?

What are cities going to be for with no retail shops needed? Instinct says if you can work from home (or the beach), people will abandon their flats, terraced houses and tower blocks to move far away to more beautiful, affordable locations - locations where we want to enjoy our sport or escape to, to get away from things.

Perhaps cities will begin to have a lot more green open spaces and become where people have their homes. Perhaps the term Urban Orienteering will be dropped and cities will be where most green space is located.

Most commercial buildings can be adapted or demolished if not needed. We used to live in small communities and go out into the field to work. Perhaps we should live in lovely cities, and those who cannot work from home would go out of the city to work; what a novel idea!

Land is a finite and precious resource in our island nation, and we need to find space to establish more trees to combat climate change. Where industrial use has degraded land and left it derelict, we should restore it. This has been achieved by the National Forest, largely planted on former coal mines, so trees could become part of the landscape in these new, green cities.

It is thought that if you lumped together all these brown field sites, including landfill tips, there are a quarter of a million acres of land we could green up and build homes on at a price.

It has to happen as, otherwise, when everybody has moved out, there will be no green spaces left to move to. Instead of making planning rules, such that it is easier to build on countryside, there should be a massive tax advantage for creating homes within cities. It would also help if we did not allow developers to sit on land-banks. Build it or lose it!

We enjoy escaping to wild places to enjoy the hills away from the hustle and bustle of modern life, but in this brave new world will there be any wild places left?

Many young professionals cannot get jobs because of computers; you can get legal or medical advice within seconds, with a lot more accuracy than when done by humans. So, why study law or medicine? There will probably be very few lawyers in the future and the virus has shown that AI can diagnose as well as most doctors, and that most doctors don't need to see you most of the time.

Computer programs already help nurses diagnose cancer, and the programs are four times more accurate than human nurses. Already, there are early experimental models of a medical device that works with your phone – taking your retina scan, your blood sample, and you breathe into it. It then analyses over 50 bio-indicators that will identify nearly any disease. There are dozens of phone apps out right now for health and they will just get better. Technology developed for space telescopes is now used to focus on minute single cells in the body for treatment we could only dream of 5 years ago.

Computers with pattern recognition software can even recognise faces better than humans, and the Chinese can find anyone within minutes, given the face recognition cameras they have all over the place.

If we do still have cars, will we drive them? We now have the first self-driving cars. In the next few years, the entire industry will start to be disrupted. You won't need to own a car any more, as you will call a car with your phone; it will show up at your location and drive you to your destination. Uber - be warned!

No need to park it. You will pay only for the driven distance and you can be productive while driving. The very young children of today will never get a driver's licence and will never own a car.

Millions of people die each year in car accidents worldwide and it is calculated we now have one accident every 60,000 miles. With autonomous driving, that should drop to one accident in 6,000,000 miles. That will save more than a million lives worldwide each year.

Some traditional car companies will doubtless become bankrupt. They will try

the evolutionary approach and just build a better car, but tech companies like Tesla, Apple and Google will do the revolutionary approach and build a computer on wheels.

I drive a twenty plus year old Volvo that Chris Phillips traded in at least 15 years and several cars ago, but look what Volvo are doing right now. They plan on having no more internal combustion engines in their vehicles; their 2019 models were all-electric or hybrid only, with the intent of phasing out the hybrid models. Many engineers from Volkswagen and Audi are completely terrified of Tesla – and they should be. Look at all the companies offering all-electric vehicles. That was unheard of only a few years ago.

Insurance companies will have massive problems – they will be paying out less, but, without accidents, the costs will become cheaper and their car insurance business model will disappear.

Electric cars will become main-stream in the next five years, in the developed world. Cities will be less noisy because all new cars will run on electricity. Cities will have much cleaner air as well. We may, as I said, actually want to live there or retreat there for peace and quiet, or to enjoy our sport.

Our green spaces are coming under increasing pressure now, but wait until the changing climate sees deserts expand and coastal cities drown.

Solar production has been on an exponential curve for 30 years, but you can now see the burgeoning impact. And it's just getting ramped up. Electricity will become incredibly cheap and clean. Fossil energy companies are desperately trying to limit access to the grid to prevent competition from home solar installations, but that simply cannot

continue - technology will take care of that strategy. The need for electricity will see all new properties required to produce and store electrical energy during the day and sell surplus to the grid.

We wonder what is over the next hill at present! Drones now photograph all the world beauty spots, and cameras in space do likewise. Where is the surprise round that bend or from that summit? You can even do virtual climbs filmed in proxy, or fly to the top with a personal drone.

Inside one generation, computers will become more intelligent than humans... Will they decide we are redundant?

Our event programme will be very different. We will be able to get wherever we choose a lot easier, but where will we want to go: mountains without glaciers and with small towns on their slopes?

Welcome to tomorrow! – most of it actually arrived a few years ago.

Move over Aldous Huxley* - this is the brave new world!

ROY

**Editors' note: Aldous Huxley (26th July 1894 - 22nd November 1963 was an English writer and philosopher. He wrote nearly 50 books, both novels and non-fiction works, as well as wide-ranging essays, narratives and poems. His most famous novel, Brave New World (1932) presents his vision of dystopia. (source: Wikipedia).*

Retired Man Causes Train Derailment

We begin the story in the balmy days of September as RM runs among the head high sweetcorn crop in Groby. He reports that, "the gaps between the rows of sweetcorn do not go diagonally on the bearing I want, so I was pushing aside leaves as if in the jungle." N.B: take machete next time.

The following day there is more info about Derek's training session: they have been promised a 'free gift' - a carrier bag. This is to put over your head, like blinkers, to keep you focusing on the compass bearing. Would someone seeing people with bags on their heads looking at a compass in their hands think aliens had landed? "Take me to your leader!"

At this time, the holiday Covid testing regulations are relaxed and there is a rush to the travel agents. Workers in care homes have to be double-jabbed. There are warnings of frozen food shortages, not only due to a lack of field workers and transport drivers, but also something to do with a shortage of gas and dry ice.

"I wonder what Burbage is like?" asks RM "But you have been there hundreds of times!" "Yes, to the Common, but not a street O around the town." He researches/cheats with a Google Maps street plan.

"I did not realise it would be so hilly," says RM afterwards...but the map is entitled Sketchley Hill & Burbage. He feels sorry for PL, who ran 18 of 19 controls, and then went to the finish, missing out the last one. I Investigate 'Sketchley' and discover that Sketchley Brook gave its name to a firm of dyers, started in 1885, and later became the dry cleaners (that older Orienteers will remember) before it disappeared from the High Street in a

take-over in 1999.

Recently, RM has had some difficulty in running and breathing. But the health service is struggling and face to face consultations are replaced with the 'new normal' telephone conversation with your doctor.

At the end of September, RM is organising a Radio O event in Bagworth and is looking for an easier way to put transmitters up trees and practises throwing a weighted string over the branch of our Eucalyptus tree. Another throw goes over the fence into the neighbour's garden and then he precariously balances and struggles to get it back with the litter grabbers.

The first event in October is in Shepshed - he is not a happy bunny having been confused at no.2 and looking to go to 3. Unfortunately, there is a line that connects 7 to 8, but also passes through 2. Result: he ran from 2 to 8 and got out of puff and could not run fast. "I did not realise Shepshed had so many hills." Heard that somewhere before?

What happened on 17th October 2021? Roger, Alistair, Chris B and RM travel together to Tankersley Wood for the CompassSport Cup final. It's the first time LEI have ever made it to the final. There is a photo on Facebook of Ursula picking up the CompassSport cup - not because we won it, but because it was on display alongside tubs of chocolates and Golden Boots. We came 8 out of 10 clubs (the top big clubs in the land), so well done everyone!

Suzi, Edd and the grandchildren are suddenly moving house, so we are acting as temporary storage for some of their furniture and looking forward to them

visiting us for 9 days at Christmas. The only problem is that no visitors have stayed at our house for many years and our rooms are full of 'no you can't throw that away' junk. We embark on trips to the charity shops and the tip, with old printers, TV screens, lots of magazines, books, clothes, shoes and bric a brac.

At the end of October, it is the AGM and he is supposed to take his own mug to avoid Covid germs, but I think he has forgotten. He returns disappointed that no one had wanted to go to the pub. The AGM had coincided with a couple of birthdays, and they had got locked into the car park.

RM returns from Brocks Hill not happy as no one wanted to go to the pub (again). He had enjoyed a strange event, combining several mini events, and being able to reduce your time taken by finding 10 controls of your own choice in under 20 minutes. However, he is rather muddy.

31st October: RM has lost his car keys and sets off late in a heavy shower of rain for a Radio O event. He has a very watery journey, seeing two cars in trouble on the flooded motorway.

Prince Charles gives the 'most important speech he has ever made' to the G20 meeting in Rome. He has talked to CEOs of businesses and implies they are willing to put in the money for green solutions to the climate challenge (for a profit). Tomorrow, the COP26 climate summit starts in Glasgow where we are in the 'last chance saloon' to save the planet.

COP26 begins, but thousands of delegates are held up in the slow, but thorough, security checks - whoops! The TV programme 'How Green is Britain?' is quite damning about the fiddles and strange accounting concerning greenhouse gases.

RM returns from Brierley Forest Park, a NOC event, on a small former coal mining area, mapped at 1:7500 scale. He is pleased to have come 5th; Roger came 2nd on the medium course.

RM's participation in night events was held up until several packages arrived with new head lamp batteries. He is looking forward to eating out after the night event at Burbage, but when I am in the middle of mashing red crab apples (thanks Sue Bicknell), to drip through the jelly bag, I get a phone call from Aldi. "What are you doing in Aldi? You were there yesterday buying beer?" "I'm looking for food." Oh dear, the ex-Wetherspoons pub had stopped serving food at 8.00pm and he had to have a different pint, as the beer he was given smelt 'off'.

RM has spent five days looking at four pairs of old O shoes. He has washed them, but they are still in need of mending, yet he is reluctant to throw them away as if they are old friends.

The delegates at COP 26 are trying to get the countries of the world to limit a rise in global temperature to 1.5 degrees C. They have continued beyond the 6.00pm Friday official deadline to issue a draft agreement, but it is watered down from initial targets on phasing out fossil fuels and stopping deforestation. They will return in a year with new targets for their carbon neutral plans.

On Remembrance Sunday, in Thurcaston Church, I am seated at the front with the Brownies. The service starts with a hymn and then a figure in black running kit appears at my side. It's RM. He has locked himself out of the house and needs my keys. I rustle in my coat pocket, try fiddling to take my car key off the ring and give him the rest of the bunch. The whole congregation must have been wondering what was going on.



I expect he was hoping I was hidden at the back of the church, not in full view at the front.

RM goes to the urban night O at Hamilton and returns very pleased. He has almost beaten Roger!!! Afterwards at 'Spoons, in Scraftoft, the Beef Madras was only £3.99.

The Hardwick Hall event goes ahead, despite Storm Arwen and snowy conditions. Oh dear! Andy Portsmouth has beaten him!

Revenge, by 15 seconds, is a few days' later at the night O in Dishley. On this map, the little paths are difficult to see in daylight, let alone in the dark, but street lamps help those with dim head lamps. But what device will remind someone to first punch the start?

The Omicron variant has arrived! We have to wear masks on public transport and in shops again.

December begins: time for an advent calendar chocolate. There is a Wednesday afternoon urban O in Hinckley. Having downloaded the MapRun course onto his mobile, RM enjoys hearing his phone go 'beep' when controls are close-by, especially in the section with crammed in controls.

Being so engrossed in the crossword, time slips away and I have to take over making his baguettes. While he scurries to gather shoes, compass, coat, etc., I phone Chris B. They are going to Brandon together to run on an unusual shaped map that is like a long, narrow landscape painting.

It's a sign of the times that he can pick up Christmas presents for the grandchildren now that Sainsburys act as a collection point for goods ordered from Argos. This task is combined with the night O, near Belgrave Hall, and a meal in the Hope and Anchor.

The next evening he was to meet with other orienteers at The Tap, in Anstey, but is it open? Luckily, Iain Phillips was the first to arrive and sent a confirmation message. The drinking could begin. Would their conversations include the birth of a daughter to Boris and Carrie Johnson or the rumours, denials and lies about a party at Downing Street last Christmas when we were in strict lock down conditions? The party is now called 'A gathering'!

The Omicron variant of Covid may not be as serious as Delta, but it is spreading very fast and could overwhelm the hospitals, as winter is the busiest time of year for the NHS anyway.

To avoid too many people gathering together, orienteering events have been operating with allotted start times. I return from dog walking to find RM in his O kit, but engrossed with the computer, leaping up: "Is that the time?" He is off to the Outwoods, hoping to make his start time. He is disappointed with the results, as he was the first orienteer to miss the blue standard by 20 seconds, so searches through his route to find sections where he lost time.

At 8.00pm that night, Boris is on TV to persuade people to get their booster jab or even their first jabs. The booster programme is to be speeded up. The target of everyone being offered a booster by the end of January is now the end of December.

"Can I borrow your Christmas elf jumper?" I also lend him my Santa hat, too. The reason is to look festive for the zoom quiz with lots of orienteers. RM's team of 3 came last.

Our Christmas visitors have arrived, but he is still going to orienteer at the night O in Queen Elizabeth's Diamond Jubilee Wood. RM was confused by several circles on the map looking like extra large

control circles, but were in fact circular paths.

RM has volunteered to deliver a card to Pete and Judy Leake, in Whitwick. He wants to repeat the night O in Diamond Woods, but in the light. He comments that his time today would have won the Saturday night event. "But everybody else would have gone quicker in the light, too," I reply, bursting his bubble.

We are taking the kids to the Mountsorrel Heritage Centre, but it begins to rain. But will the little garden trains be working in the damp? We don masks to pass through the busy cafe place and uphill to the little trains. Hooray, no queue, and the grandchildren can take control of Emily and Diesel trains (from Thomas the Tank Engine stories). Much fun is had, as the trains chuff through different railway scenes, passing by a mini Santa climbing up to the roof of the model cable car building. There is still a little time left and RM takes over from Charlie with the hand-held controller. The train needs to go slow to avoid a crash and he turns the speed knob down, then chats to the man in charge. RM had slowed the train but carried on turning the knob: the train's speed reduced to zero and then into slow **reverse**, and faster and faster reverse. The next thing was a crash and derailment, and Diesel's cargo is on the track. The model engines and carriages were lifted back on the track as a sheepish John tries to explain.

Another solo visit to Diamond Wood as RM has put weight on after Christmas. He gets a little lost and ends up in the dark without a torch and returns to the car park just before getting locked in. Several

bushes have leapt out and scratched him.

New Year's Eve and the O event at Moira Furnace. What to wear in these unusually warm days?

Perhaps it should have been a puddle suit? He tripped over a tree root and went splat into the mud, while running to the very first control. He uses a litre of water just to wash the mud off his hands.

New Year's Day and RM has accepted Edd's challenge to 'go alcohol free for 3 weeks' to see if it helps clear his nose and make breathing easier.

The next day was the urban event at Melbourne. "I thought it would be a more interesting place, with lots of alleyways, etc." He runs one long leg in only 32 seconds. Some of the timers must be wrong.

RM finishes his tea and asks, "Did you put alcohol in the pudding?" "Well, yes of course - a swig of homemade cherry brandy on the trifle sponges." Oh dear, I had forgotten his no alcohol challenge.

Welcome to 2022. Keep safe everyone.

Irene



Summer League 2022

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 be advanced by 30 minutes at either end of the season). For details of the event type, i.e. score, classic or sprint, check on the LEIOC website.

Competitive events will use SI electronic punching (£1 hire). Entry fees: seniors - £5.00, non-BOF seniors - £6, full-time students & working age unwaged - £2.50, juniors (or family group shadowing their juniors) - £1.50. 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.

February 2022		
6th	MA SOA Regional	The Lakeland Warrior 2022 Long, Rusland Heights (tbc), Rusland. LA12 8JS
13th	HOC WMOA National	CompassSport Cup heat, Postensplain, Bewdley
16th Wednes- day	LEI EMOA Local D	LEI Winter League 8, Western Park, Leicester. LE3 0WA, SK561042. Start times 11.00am - 12 noon.
19th	AIRE YHOA Major A	British Night Championships (UKOL), Ilkley Moor, Ilkley. Event centre: St Margaret's Church Hall, LS29 9TZ, SE114472
20th	LEI EMOA Regional C	East Midlands League 2022, Martinshaw & Ratby Woodlands, Leicester
26th	SYO YHOA National B	SYO 50th Anniversary Double, Big Moor, Sheffield, S32 3XG. SK249740
27th	SYO YHOA National B	SYO 50th Anniversary Double, Wharnccliffe Woods, Sheffield S35 8RS. SK325950
March 2022		
5th	WAOA EAOA National B	BMOC weekend - Saturday event, Salcey Forest, Northampton NN7 2HX. SP795514
6th	EAOA Major A	British Middle Championships (UKOL), Rushmere, Leighton Buzzard. LU7 0EE
19th	OD WMOA Local D	OD Saturday Morning Event—War Memorial Park, Coventry. CV3 6PT SP322772
20th	DVO EMOA National B	East Midlands Championships 2022, Stanton Moor, Matlock. DE4 2BJ SK241622.
26th	SEOA Major A	British Orienteering Championships (UKOL), Golden Valley & Cognor Wood, Haslemere. GU30 7LQ, SU849308

March 2022 cont.

26th	SEOA National B	British Trail Orienteering Championships, Hlghfield & Brookham Schools, Liphook. GU30 7LQ SU852308,
27th	SEOA Major A	British Orienteering Relay Championships, Iron Hill and Parkgate Rough, Stanley Common, Haslemere, GU30 7LQ SU849308
31st	LOG EMOA Local D	Spring Series, South Common, Lincoln.

April 2022

2nd	NN NEOA National B	Northern Champs weekend, middle distance event. (UKOL) – TBC
3rd	NATO NEOA National B	Northern Champs weekend, Simonside, Newcastle. NE61 4PU. NZ052988
3rd	LEI EMOA Regional C	East Midlands League 2020 (& YBT heat). Burbage Common & Woods.
10th	SLOW SEOA National B	SLOW SE league event, Keith Hill Place, Dorking
10th	NOC EMOA Local D	Shireoaks Country Park, Worksop.
15th	SBOC WOA Major A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL). Singleton Park, Swansea.
16th	SWOC WOA Major A	Jan Kjellstrom Orienteering Festival - Middle distance event (UKOL) Clydach Terrace, Brynmawr.
17th	SWOC WOA Major A	Jan Kjellstrom Orienteering Festival - Long distance event (UKOL) Pwll Du, Blaenavon
18th	BAOC WOA Major A	Jan Kjellstrom Orienteering Festival - Relays Caerwent Military Base, Caerwent.

April 2022 Cont.		
23rd	SROC NWOA National B	Lakeland Weekend Day 1, Blakeholme, Newby Bridge. LA11 6NR SD394877
24th	LOC NWOA National B	Lakeland Weekend Day 2, Loughrigg.
24th	TVOC SCOA National B	TVOC Chiltern Challenge National Event, Whiteleaf and Great Hampden, Princes Risborough, HP27 0LA.
24th	LOG EMOA Regional C	East Midlands League 2022, Londonthorpe & Belmont, Grantham
26th Tuesday	LEI EMOA Local D	Summer League 1, QEDJ Woods. Organiser: Simon Starkey.
May 2022		
1st	LEI EMOA	East Midlands League 2022, Aylestone Meadows.
4th Wednes- day	LEI EMOA	Summer League 2, Outwoods. Organiser: Steve Edgar.
8th	NOC EMOA	East Midlands League 2022, Bramcote Hills, Nottingham.
12th Thursday	LEI EMOA	Summer League 3, Loughborough University. Organiser: LUOC/Iain Phillips.
15th	DVO EMOA	East Midlands League 2022, Black Rocks, Wirksworth DE4 4GT SK291557.
17th Tuesday	LEI EMOA Local D	Summer League 4, Martinshaw. Organiser: Derek Herd.
21st	MDOC NWOA Regional C	MDOC Urban Weekend, Manchester.

May 2022 Cont.		
21st	SO SEOA Regional C	SO Sunny Sussex Weekend (1/3). SE Middle Distance Champs., Abbots Wood, Polegate, Eastbourne. BN27 3RE. TQ568088
21st	SO SEOA Regional C	SO Sunny Sussex Weekend (2/3). Urban Sprint, Sovereign Harbour, Langney, Eastbourne. BN23 5DG TQ640017
22nd	SO SEOA National B	Friston Forest, Jevington, Eastbourne. BN26 5QJ. TQ561012
22nd	MDOC NWOA Regional C	Manchester City Urban.
25th Wednes- day	LEI EMOA Local D	Summer League 5, Donisthorpe. Organisers: Kevin Gallagher & Maureen Web.
29th	EBOR YHOA Regional C	York City Race, York.
June 2022		
2nd Thursday	LEI EMOA Local D	Summer League 6, Cademan. Organiser: David Cladingboel.
5th	NATO NEOA Regional C	Newcastle City Race, Newcastle.
7th Tuesday	LEI EMOA Local D	Summer League 7, Ibstock Urban. Organiser: Peter Hornsby.
11th	YHOA Major A	British Sprint Relay Championships, Leeds Beckett University, Headingley Campus.
12th	YHOA Major A	British Sprint Championships, Leeds University, Leeds.
15th Wednes- day	LEI EMOA Local D	Summer League 8, Boothorpe Woods. Organiser: Awaiting a volunteer.

June 2022 Cont.		
18th	OD WMOA National B	Coventry Urban Euro City Race, Coventry.
19th	HOC WMOA	Birmingham Urban Euro City Race, Birmingham.
23rd Thursday	LEI EMOA Local D	Summer League 9, Abbey Park Sprints. Organiser: Chris Phillips.
28th Tuesday	LEI EMOA Local D	Summer League 10, Swithland Woods. Organiser: Ursula Williamson.
July 2022		
3rd	LEI EMOA National B	Yvette Baker Trophy Final, Irchester Country Park, Wellingborough.
6th Wednes- day	LEI EMOA Local D	Summer League 11, Knighton Park Sprints. Organiser: Ed Chester.
14th Thursday	LEI EMOA Local D	Summer League 12, Markfield Urban. Organiser: Awaiting a volunteer.
19th Tuesday	LEI EMOA Local D	Summer League 13, Beacon Hill. Organiser: Ed de Salis Young.
25th - 31st	MA SOA Local D	Coast and Islands Orienteering Week 2022. Kintyre Peninsula and the Isle of Arran.
28th Thursday	LEI EMOA Local D	Summer League 14, Foxton Lock Sprints. Organiser: Awaiting a volunteer.
31st	DVO EMOA Regional C	East Midlands Urban League 2022. Belper.

“Success is not final, failure is not fatal: It is the courage to continue that counts.”
Winston Churchill

August 2022		
3rd Wednes- day	LEI EMOA Local D	Summer League 15, Hinckley Urban. Organiser: Keith Willdig.
7th - 12th	NWOA National B	Lakes 5 Days. Days 3 & 5 (UKOL - TBC).
9th Tuesday	LEI EMOA Local D	Summer League 16, Market Bosworth. Organiser: Steve Chafer.
17th Wednes- day	LEI EMOA Local D	LEI Score Cup and Summer League Presentation. Castle Hill. Organiser: Chris Bosley.
21st	LOG EMOA Regional C	Lincoln City Race, Lincoln.
27th - 29th	EBOR YHOA	White Rose Orienteering Weekend, Yorkshire.
September 2022		
3rd	SLOW SEOA National B	London City Race, London.
4th	LOK SEOA Regional C	LOK - Col Urban Middle, Camden.
11th	COBOC WMOA National B	Peter Palmer Junior Team Relays. Birmingham.
17th	DEVON SWOA National B	Caddihoe Day 1 and Southern Championships (UKOL). Venue: TBC.
18th	DEVON SWOA National B	Caddihoe Day 2 (UKOL). Venue: TBC
18th	NOC EMOA Regional C	East Midlands Urban League 2022, The Meadows, Nottingham.

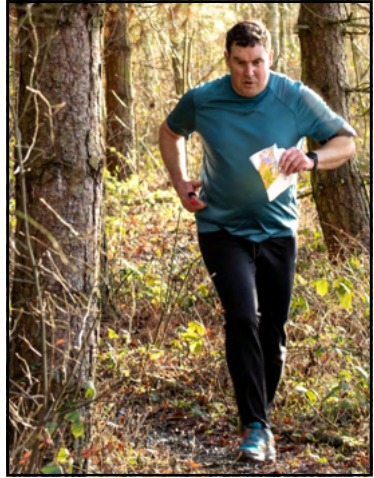
Photo Gallery 1: Moira 31/12/21



Caitlin



David



David

Photos: Paul Oakey

Jack



Lucy

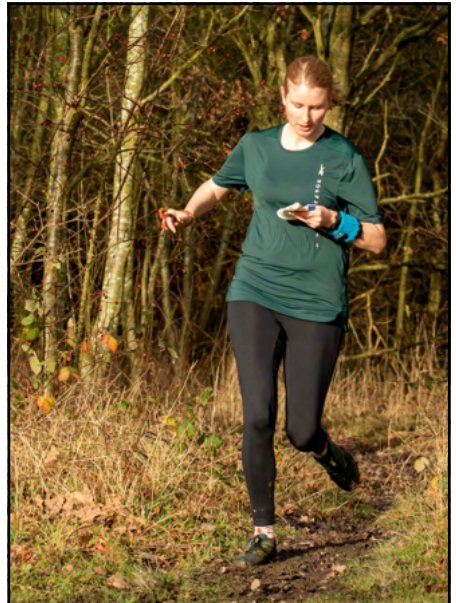


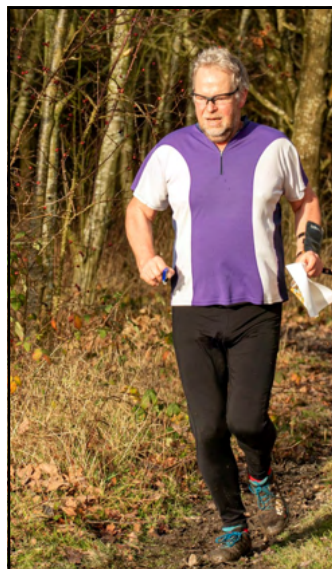
Photo Gallery 2: Moira 31/12/21



Alison



Chris



Ian

Photos: Paul Oakey



Jane



Simon