

Yvette Baker Trophy Final Hosts - July 2022



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Club Shop

League Tables

Equinox 24Hr Race 2021

Presentation Evening 2022



Summer 2022

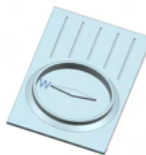
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**Copy date for next issue:
15th September, 2022**

Front cover: Tegg's Nose Country Park, Macclesfield, photo: Wendy West

Points from the Editors



Welcome to the summer edition of the LEI News. Inspiration for the front cover came when we were out walking in Tegg's Country Park, in Cheshire.

What initially appeared to be a lone kite, forgotten from a previous event, perhaps, was joined by others, and it soon became apparent that the local O club was setting up an evening event. Although the mind wanted to enter, the body certainly didn't fancy another, very hilly stint!

We were very humbled to be awarded the prestigious Tiger Trophy at the presentation evening when there are so many worthy and hardworking club members - it really is an honour, so thank you!

There are some really good reads in this latest edition. If you want to be inspired to run faster and further, take a look at Steve Chafer's article on page 10. Congratulations on an amazing achievement, Steve! Congratulations are also in order for those who have achieved some splendid results this year—see page 14.

We love to read the RM Chronicles, and this edition is no exception—see page 18. It's not just RM's antics that make the articles so interesting, but the historical capturing of events that run alongside. The RM articles should be gathered up and put into a time capsule. These, alone, would tell much of the history in the UK and further afield for future generations. Happy orienteering!

Wendy and Alan West



Ramblings from the Chair



Welcome everyone to the summer edition of LEI News. It was great to see so many people attending the club dinner and awards evening at Longcliffe Golf Club on 7th May.

Many congratulations to all our winners, and especially to our main club award winners this year: Esther Revell (Chairman's Tankard), Sue Bicknell (President's Salver) and our newsletter editors - Alan and Wendy West (Tiger Trophy). See details later in the newsletter for all winners. Congratulations also to Patrycja Czupryniak for achieving the unique double of Ladies Open Champion and Clock Trophy winner in the same year! The challenge is on again for this year's clock trophy with the current lead time just under 100 minutes!

It has been a busy start to 2022 and there have been some excellent performances by club members at the JK, British and regional championships. Congratulations to Iain Phillips for again being selected to represent GB at the Trail 'O'

Championships in Finland this year.

The 2022 Summer League is now already well underway and we have another packed and varied programme of events throughout the summer, culminating with the Score Cup and Summer League presentations at Castle Hill on 17th August. Many thanks to Ursula Williamson and all the organisers/planners for volunteering for this year's events.

LEI are hosts for the Yvette Baker Trophy final this year, which is being held at Irchester Country Park on 3rd July. LEI have qualified for the final and I would like to wish all our juniors the best of luck for the event. Free runs are available for all those who are able to help on the day.

Good luck to all those travelling far and wide this summer for orienteering; it is strictly LEI summer league for me this year. Looking at the results of the first couple of events I think it is highly unlikely that I will be improving on my 4th place from last year. I may have to set the Clock Trophy as my target for this year instead!

Steve

Don't forget!

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

Captain's Corner



As it turned out, we did not end up going through to the Compass Sport Trophy final, although many of us took part at a blustery

Postensplain

to attempt to do so. I, personally, found the course quite a challenge, second only to packing away the club tent, for which I had to watch a Youtube video at home later to find out the secret!

There have been many individual successes since then, all reported on the club website, but it's worth noting how well the junior section has been performing at the JK, the Midland Champs and the East Midland Champs. Speaking of the JK, I went this year for the first time and found it very worthwhile. It was inspiring to see some of the country's top athletes competing and one can only admire their fitness and skill; they are incredible. It certainly made me

feel that I wanted to continue to raise my game and improve as an orienteer.

One excellent way to review how you are doing is to use Routegadget (RG). This free online resource is surprisingly underused, in my opinion. At LEI, we now upload of our events to RG as soon as possible after results are processed. Orienteers can then either upload their recorded GPS routes or draw them by hand using the user-friendly software. Analysing your own route allows you to pick out your mistakes, and reviewing routes other orienteers have taken can help you think about better ways of completing courses in future. If you have not tried RG, then I recommend you have a look. Due to the extensive LEI Summer League programme, you will have lots of opportunity. I am now waiting for DVO to upload the Black Rocks event from today (15th May) so that I can upload my GPS track and figure out how on earth I managed to miss a control out altogether!

I hope to see you at our league events.

David

Junior Captain's Corner



2022 saw the return of the JK for the first time since 2019. This year, the JK was hosted by the Welsh Orienteering Association, with events at Swansea

University; Clydach Terrace; Pwll Du and Caerwent. LEI had a total of 6 juniors that took part in various events and notable performances include Daniel Glover, who gained a championship time on Day 1 (the sprints) in coming 5th on the M14 course. And Eoin Simpson who won his course on Day 2 (the middles) and then went on to come 2nd overall in the M12A category. Well done to both!

The JK is an important event for juniors because not only does it provide an opportunity to gain experience in competing on a national scale, but it is an opportunity for juniors to gain championship times that will allow them to be selected for summer training camps, such as Lagganlia, Deeside and Stockholm. Further details on the selection policies can be found on the JROS website (<https://www.jros.org.uk/>). Therefore, from a junior perspective, it was great to see the return of the JK.

However, one of the positives of several lockdowns and the cancellation of major events is that it forced us to be more environmentally friendly. Given the nature of orienteering events and how they often involve long car journeys, orienteers tend to have quite a large carbon footprint. Climate change has been on the global agenda for decades but, for many, the pandemic provided an opportunity to reassess our relationship with nature. Orienteering is a sport that makes use of our natural environment. But, unfortunately, many of the forests, moorlands and sand dunes that we run on are under threat from a rise in global temperatures. Whilst we cannot control how world leaders respond to the climate crisis, we can make changes to lessen our impact on the environment.

One way that some members of our club are doing this is by gift sharing to events, as this reduces their consumption of fossil fuels. This has been great to witness, but I recognise that this may be impractical for members that live

further away or who already have a full car load. Therefore, another way we can offset this is by offering unwanted kit to other orienteers in order to reduce the amount of clothes that get thrown away. This may apply particularly to juniors who have grown out of their old kit. I know many people already donate old 'O' tops and shoes, etc., and so I'd like to encourage this and, in fact, I will join you – I have some 'O' kit that I no longer wear (an XS LEI top; an age 11-12 purple LEI hoodie; an XL LEI fleece; a medium EMJOS top and an XS World Orienteering Championships 2015 top). The kit is free to anyone who wants it. Please contact me (my details are in the relevant section of the newsletter) or someone else who can pass the message on.

Finally, I'd like to remind juniors and parents of juniors about the upcoming Yvette Baker final, which is being organised by LEI this year at Irchester Country Park on Sunday 3rd July. It would be great to have a team compete, especially as it is being hosted by the club.

Libby



Top 10 Performances from Major Championships

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

Midlands Championships, Sherwood Forest , 30th January 2022.

M14A	6th.....	Daniel Glover*
M16A	7th.....	Ben Glover
M18L	1st.....	Ben Hardy
M40L	7th.....	Andy Glover
M70L	7th.....	Roger Edwards
M70S	1st.....	Kevin Gallagher
M80	3rd	David Anderson*
	7th.....	Ernie Williams
M85	1st.....	Don Moir*
W14A	5th.....	Ellie Simpson*
W21E	5th.....	Toni O'Donovan(W40)*
W35L	5th.....	Esther Revell
W55L	6th.....	Alison Hardy
W55S	5th.....	Wendy West
W60L	9th.....	Ursula Williamson
W65S	2nd.....	Maureen Webb

* Denotes Midlands Champion

CompassSport Cup/Trophy, Postensplain, 13th February 2022.

Blue Women	6th ..	Esther Revell
Green Jun Men	4th ..	Ben Glover

Sh Grn Jun Wn	3rd..	Libby Barber
	4th..	Robyn Jarvis
Orange Men	1st..	Daniel Glover
	7th..	Felix Jarvis
Orange Women	3rd..	Cerys Glover

British Middle Distance Championships, Rushmere Country Park, 6th March 2022.

M12	3rd	Eoin Simpson
M45	2nd	Andy Simpson
M70	9th	Roger Edwards
W14	7th	Ellen Simpson
W20	6th	Emi Grover
W40	1st	Toni O'Donovan

East Midlands Championships, Stanton Moor, 20th March 2022.

M12A	1st	Eoin Simpson*
	5th	Felix Jarvis
M14A	3rd	Daniel Glover*
M40L	3rd	Andy Simpson (M45)
	8th	Andy Glover
M45L	6th	Andy Nicholls
M70S	3rd	Kevin Gallagher
M80	2nd	Peter Leake*
	3rd	David Anderson

5th..... Ernie Williams
M85 1st..... Don Moir*
W14A 1st..... Ellen Simpson*
W16A 3rd Robyn Jarvis*
W18L 1st..... Libby Barber*
W21L 2nd..... Toni O'Donovan (W40)
W21S 2nd..... Patrycja Czupryniał
W40S 4th..... Jane Dring-Morris(W50)
W55L 5th..... Alison Hardy
W60L 5th..... Ursula Williamson
W65 3rd Maureen Webb

* Denotes East Midlands Champion

**British Orienteering Championships,
Golden Valley & Gognor Wood, 26th
March 2022.**

M45S 7th..... Matthew Birkett
M75S 3rd George Normand
M85 3rd Don Moir

**JK Festival of Orienteering 2022,
Wales, 15th - 18th April 2022**

JK Day 1 Sprint, Swansea University

M12 9th..... Eoin Simpson
M14 5th..... Daniel Glover
M40 5th..... Andy Glover
M70 9th..... Kevin Gallagher
W12 7th..... Cerys Glover
W14 9th..... Ellen Simpson
W40 1st..... Toni O'Donovan

JK Day 1 Pre O Sprint

1st Iain Phillips

**JK Day 2, Middle Distance, Clydach
Terrace**

M12A 1st Eoin Simpson
M45L 7th Andy Simpson
M85 1st Don Moir
W12A 9th Cerys Glover
W40L 5th Toni O'Donovan

JK Day 3, Long, Pwll Du

M12A 4th Eoin Simpson
M14A 9th Daniel Glover
M45L 1st Andy Simpson
M85 4th Don Moir
W40L 3rd Toni O'Donovan

JK Day 2 and Day 3 Combined.

M12A 2nd Eoin Simpson
M14A 9th Daniel Glover
M45L 1st Andy Simpson
M85 1st Don Moir
W40L 4th Toni O'Donovan



Club Chat

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

Deanice Cotton

Karen Ives-Smith

Diary Date

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

**All members are
encouraged to attend.**

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

Colour Standard	Member
Orange	Eoin Simpson Daniel Stothard
Light Green	Susan Grant Felix Jarvis Eoin Simpson
Short Green	Zeph Grant Ian Jarvis
Green	Daniel Glover Jo White
Blue	David Cladingboel
Brown	Andy Nicholls

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

Racing Challenge

Bronze 5 Stars: Mike Dallaway

Bronze 5 Stars: Jo White

Silver 5 Stars: Robyn Jarvis

Silver 5 Stars: Eoin Simpson

Silver 5 Stars: Carol Stynes-Martin

Silver 5 Stars: Karen White

Gold 5 Star: Matthew Birkett

Gold 5 Star: Daniel Glover

Gold 5 Star: Ian Jarvis

Gold 5 Star: David Jenkinson

Gold 5 Star: Andy Nicholls

Gold 5 Star: Ellen Simpson

Navigation Challenge

3 Stars: Lois Bishop

3 Stars: Daniel Stothard

4 Stars: Felix Jarvis

4 Stars: Eoin Simpson

5 Stars: Matthew Birkett

5 Stars: Mike Dallaway

5 Stars: Daniel Glover

5 Stars: Robyn Jarvis

5 Stars: Andy Nicholls

5 Stars: Ellen Simpson

5 Stars: Aleksander Suchocki

Three Down, Fourteen to Go!

Yes, it's Summer League time and with just three events completed, at the time of writing, it already looks like being a cracking summer.

The last event of the Summer League is the LEI Score Cup. This will not be a counting event for the league in order to make life easier for the results team ahead of the presentations and buffet (they would like to eat the sandwiches without being hunched over the computer for two hours).

If you have been to a league event this summer, you may have noticed that the attendances have been higher than usual. That is because most of our neighbouring clubs are putting on very few events and orienteering-starved competitors are coming to us to get their weekly fix.

We still have one or two problems with permissions, so please keep your eyes on the club website to check where events are being held, as there may be some last-minute changes.

As members will know, we are continuing to use the club's online entry system for events. This has a number of advantages for the event officials and the club's event team. Most of our local events have a cap on numbers because of the number of start slots and, very often, limited car parking.

If you have entered and subsequently find you are not able to attend, please let us know, as we can offer your slot to another member. Second request: when you enter, please use the same names as appear on your BOF registration. If you just put Fred, I might know who you are, but there is a good chance that the

folk running the event will not. (And it's something you signed up for when you became a member. For the pedants, it's embodied in rule 13.9!)

With so many competitors attending from other clubs, including several internationals, just a reminder: league trophies are awarded to LEI members only.

Talking of trophies, there will be two new trophies in the 2022/23 Winter League - the men's and women's night owl trophies for the best performance at the night events.

Our major event for 2022 is the Yvette Baker Cup and Trophy final. The YBT is the junior inter-club competition for England and Wales. LEI juniors have, in previous years, been very successful in this competition. This year's event takes place on Sunday 3rd July at Irchester. Irchester is not an area we use very often because of its location. However, it is arguably one of our most interesting areas. Most of the area is covered with old iron ore extraction lanes, which pose significant navigational challenges. Map contact and route choice are must-have skills at Irchester!

We need a lot of helpers and, as an incentive, the club is offering a free run at the sub event prior to the main competition. There will be several technical courses available.

Invitations to help will be coming out to all club members very shortly.

Chris Phillips
Events Co-ordinator.



Equinox 24 Hour Race 2021

I assume I am the same as most people and really struggle to motivate myself to get out for a run, especially if it is not at an orienteering event or club training run. So, following the usual over indulgence over Christmas and New Year last year, and an expanding waist line yet again, I decided to set myself some running goals for 2021, hopefully even improving my orienteering results in the process and losing a couple of kilos.

I decided to set two goals: 1. To try and complete 100km at the Equinox 24 hour run at Belvoir castle. 2. Complete a marathon as part of the training plan. The last marathon I ran was in 1985!

The Equinox 24 hour run is held annually on the nearest weekend to the Autumnal Equinox in the grounds of Belvoir Castle and is run around a 10km mixed terrain course, with some short but seriously steep climbs, both up and down. The race is based around a main event field, which includes camping facilities, toilets, decent showers, food trucks, bar (very handy for the Friday night beer race) and has a 1km section of the course running through it. The whole event has a great atmosphere with lots of encouragement being offered from the side lines, whatever time of day or night. It is like a JK race arena on steroids

My first experience of the Belvoir Equinox 24 hour run was in 2018 as part of a 5-person team of work colleagues. We managed a respectable 58th place (out of 309 teams) with an overall distance completed of 240km in 23hrs 35 minutes. The winning team completing 320km!

It was on this first outing in 2018 that I became aware of these strange people who chose to do the run as solo

competitors. After really enjoying the first event as a team runner, I thought I fancy that, after completing 50km (with rests in between laps) in my first attempt. How hard could it be to run it on your own? In my second attempt at the race the next year, I found out. I managed to get round 8 laps /80km and had allowed plenty of time left to complete 2 more laps in the 24 hours, but made the cardinal mistake of going to bed, with 6 hours to go, for a quick rest and then failing to get back up again. The thought of going down one of the steep hills again was too much - my quads were killing me. I was also well on the way to losing 6 of my toe nails at that stage. The winner of the solo event in 2019 was a female competitor who completed 190km. I was in 261st position in the overall solo category.

So, I set out my training schedule in January with one target in mind: completing the 100km. With my training, I was determined not to fall into my usual trap of trying to do too much too early and cause myself injuries, so I decided that I would use the run/walk "Jeffing" technique to get the miles up.

Starting from a pretty low base (and just over 100kg) and a number of false starts, I finally managed to get into the swing of the training by mid-February and was getting up to regular 1 hour plus runs. (Total distance run in Feb - 50km) By the end of March, I had included the odd 2 hour run in the schedule (Total in March - 181km). In April, I was up to a few 30km runs (Total in April - 248km). Unfortunately, where I live in Leicestershire, it is fairly flat and the running is pretty boring (check out my Strava routes), so I had to start to travel to get some hills in the training. So,

where better than Beacon Hill and Bradgate Park? There is a really nice loop (about 22km) starting at the top of Beacon Hill, running down the hill and back up over Windmill Hill, through Lingdale Golf Club, up to Bradgate Park, down and around Cropston Reservoir and back through Swithland Woods, Woodhouse Eaves and back up Beacon Hill, (the last km is a killer).

16th May saw my first real test of my training so far. I had entered the Shires and Spires multi-terrain marathon 2 years previously, but through a combination of injury/lack of training and cancellation of the event in 2020 due to Covid, I had managed to put off the run until this year. I started at Naseby and ran south to Long Buckby and then around the outskirts of the Althorp estate before turning north again through Cottesbrooke, before returning to Naseby. It is an excellent route with about 50% on tracks and paths and 50% on roads, and some pretty steep hills along the way.

Based upon my Beacon/Bradgate runs, I was targeting a time of around 5 hours and 30 minutes. The first 30km went pretty much to plan (other than getting slightly lost on Harlestone golf course). But there is a long uphill section at around this point that seemed to go on for miles that had the added complications of stiles to get over at each field boundary. This just about put paid to me actually running any more. I was finally finished off by an uphill section at 39km that had up to 12% gradients. I finally completed the event in 5 hrs and 52 minutes in 51st place (out of 76). The winner completed the course in 4 hrs and 5 min.

Trying to motivate myself after this run was quite difficult. Through June, July and August, I was averaging around



Shire and Spires Marathon completed.

35km per week - nowhere near enough really to comfortably complete the 100km in 24 hours.

So, it came to the weekend of the 24 hour race. I set off with my support team, my wife Sindy. We arrived on the Friday early evening, with plenty of time to find our tent (I decided to fork out and pay for a pre-pitched tent) before it got dark. Friday evening at the campsite is usually time for a bit of pre-race entertainment, with a live band playing, the beer race and plenty of opportunities for carb loading. Does fish and chips and a couple of pints count?

The race starts at midday on the Saturday. There is also a 10km daytime



Modelling the LEI Singlet, when I could still run!

race that starts at the same time, with the leading runners getting around in just over 37 minutes, and my aim of just getting round rather than a fast time, I started well toward the back.

I had set myself a target of completing the first 50km in one go. With the weather and the course both being dry, I was fairly confident that I would at least be able to complete this first section in one piece. The course starts off fairly gently and then at about 4km, you start a long climb up to the top of the course and the half way drinks' station. The next kilometre is the real killer, with a short but sharp drop and then climb back up - gradients over +/- 20%. Once you have completed this, it is back down the hill towards the

campsite loop and then you start it all over again. The first 2 loops were both completed in 71 minutes each, but the next 3, the pace started to drop with the percentage of running time starting to drop. After 50km, I was in 233 place overall and 58th place in the solo male category with a time of just under 6 hours and 50 minutes.

Time for a shower, a rest and a refuel (no beer this time) and definitely a fresh set of kit. My next target was to complete another 3 laps. These 3 laps were always going to be challenging and be the make or break for the attempt to complete 10 laps, as they all took place at night. I took a 2 hour 45 minute break, by which time I had slipped down to 344th overall and 120th in the solo category. I started back up at around 9.30 pm and I was probably by now only running on the gentler downhill sections of the course. My only real wobble came at the end of the 7th lap when, at 1.00am, I was ready for another rest, but encouraged by my support team I headed out for one more night time lap.

I completed my 8th lap just after 3.00am and it was definitely time for a rest and an attempt to get some sleep. In the end, I didn't get any, but it was great to spend a few hours next to the fire pit, and have some tea and porridge. It appears that most other runners and teams also had the same idea, as despite having a 3-hour break, I was still in the same position - 82nd in the category - and had only slipped 3 positions in the overall race to 267th after the rest period.

I started lap 9 at just before 6.00am, with one objective: to finish the next 20km, however long it took me. It is amazing the difference that being in daylight again actually makes. While not exactly moving very quickly, the ability to see where you



Top of the hill with Belvoir Castle just in the background.

I may have only completed half the laps of the eventual solo winner, but the feeling of reaching my goal of the 100km was fantastic. I had even managed to lose 10kg during the training, achieved my best club champs finish, my highest summer league finish during the year and only lost one toe nail in the process!

I would love to do the event again, but definitely not as a solo. Could there be an LEI team in the future?

Steve

are going and see other competitors' faces again, rather than being blinded by head torches, definitely improves the mood.

(Many thanks to Curley Photography for the permission to use the Equinox photos.)

To say the last 2 laps were a struggle is an understatement. I shuffled the last lap and, although I had time, there was no way I was starting another lap. But at just before 10.00am, I finally completed my 10th lap. 100km completed in 21 hours, 48 minutes and 47 seconds. My final position: 272 out of 648 solos/pairs and teams, 82nd out of 252 solo men and 16th out of 62 solo men (50-59 category).



Shuffling over the finish line - 10 laps completed.

Presentation Evening - 2022



Patrycja: women's club champion and clock trophy winner with the time of 123mins & 11secs - Martinshaw - 20th Feb 2022.



Andy: 2021 summer league champion & 1st summer league, 2021 sprint/urban series and score cup champion.



Ursula: summer league 2021 1st woman, winter league 21/22 1st woman, Thelma Spalton Trophy for an excellent performance by a veteran woman.

Carol: 1st senior woman summer league, 2021 sprint and urban series.

Roger: 1st M60 to M70 club champion and the veteran men's best performance trophy.

Felicity: 1st W60+ club champion.



The annual presentation dinner was held on Saturday 7th May, 2022, at the Longcliffe Golf Club. The presentations were made by our club president, Ernie Williams, with the exception of the Chairman's Tankard. The was presented by our chairman, Steve Chafer, the next day at the EM league event at Bramcote Hills.



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

Photo: David Cladingboel.



Sue: President's Salver awarded for outstanding work for the club.

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

Photo: Ursula Williamson.



Photos by Alan West, unless otherwise identified.

As mentioned by Ernie, the inscription on the back of the Tiger Trophy reads:
A piece of a tree from Glen Parva barracks, the headquarters of the 'Tigers' the Leicestershire regiment and a regimental badge to commemorate the link with Glen Parva where the idea of the club was born.

Other members receiving awards, but not present at the dinner:
 Peta Jarvis: ladies score cup winner.
 Ed de Salis Young: men's club champion and winner of the winter league 21/22.
 Bob Titterington: M75+ club champion.

Retired Man's Encounter with a Giant Purple Jellyfish and other Tales.

Just after Christmas, and with a car rammed full of small furniture items and toys, we journey to the south coast to see our daughter's new house. RM may be disorganised and untidy, but he is a DIY expert, and our visit also has the purpose to sort out the strange electrical system and find out why the boiler and pump are constantly working and never seem to switch off.

RM takes some time off DIY to orienteer at Milford, which involved the tunnel under the new A3 and a timed crossing of the old A3. "Enjoyable, but I made a few mistakes."

After several days of testing theories, scratching heads and despairing thoughts, son-in-law, Edd, and RM sit down to lunch and smile. Five faults solved: a live wire made safe, saved £100 by using 2 rubber bands on actuators and not even had to turn off the water.

Meanwhile, the Australian tennis tournament starts without Novak Djokovic, who refused to be vaccinated. Reports circulate of a Downing Street party on the eve of Prince Philip's funeral and Boris has to apologise to the Queen. The MP for Bury 'crosses the floor' and defects from Conservative to Labour. Boris answers all questions with 'Wait for the Sue Gray report.' As the PM Questions session ends, Con MP David Davies quotes from Leo Amery, criticising Neville Chamberlain in May 1940. "You have sat too long here for any good you have been doing. In the name of God, go."

That morning, RM should be orienteering

at Atherstone. He looks for the car park details, only to discover the 'afternoon' event is 10.00am until noon. Can he get ready and make it to Atherstone in 9 minutes? 'You have sat too long here (on the settee playing with your phone/computer) for any good you have been doing. In the name of God, you should have gone.'

Back to DIY and RM has been trying to make a plastic gear wheel that will move through 38 degrees. (Have you got a protractor? Yes.) As part of the opening / closing valve. The green plastic lid of my bouquet garni herb tub is just the right size and has a knurled edge, just like the teeth on a gear wheel. Hooray, he gets it to work and videos the action to send to Edd. However, he investigates a different lid, but spills the black pepper everywhere!

The Russian army are on the borders of Ukraine. Will they invade? "Just manoeuvres. A special operation," says Putin.

RM returns from the urban O in Coalville, not happy - 'a bit boring,' Plus, Andy Portsmouth has beaten him by 20 seconds.

Club night training involved a 100 number bingo-type game. "Why?" I ask. 'I think it's to learn to focus, but I'm not sure.' Obviously RM didn't focus on the reason for the training.

Revenge at Chatsworth, he has beaten Andy P, but only by a few seconds.

I asked RM for suggestions about a route and pub for a ramble with friends. "QE Diamond Jubilee Wood," he replies. I

investigate pub reviews, some of which are rather old, and find comments for the Queens Head in Heather and the Kings Arms in Ravenstone, both written by a Peter Ornsby. Is it coincidence that Peter Hornsby lives nearby?

When RM returns from Beaudesert, he is covered in orange-brown mud. He had fallen into a bog, struggled to pull out his legs and so sat on the side getting his bum muddy, too. Ironically, this bog may have been in the out-of-bounds area, so he should not have been near it. I thought Beaudesert translated as 'beautiful desert', not 'muddy bog'!

In early February, the training at club night involves running round the gym, getting faster and faster, avoiding falling over benches and still being able to read a map. Does it give you brain ache? Well, it seems to have affected Chris B, as afterwards in the pub, he happily accepts and begins to eat the curry when it arrives at the table. However, he had ordered fish and chips; the curry belonged to RM.

The next day, I am selling cakes and jams at Loughborough Farmers' Market when Judy Leake buys a cake and asks, "Has John finished the no alcohol challenge?" She would like RM to take Pete to the pub. The 'no alcohol for a month' is to improve your health and fitness and it has worked for Edd, who has since challenged RM. But RM has not found much difference. The next evening, John goes for a drink, but on the way home takes a very narrow road, which becomes a dead end. Looking at the map again, it might have been a bridle track...

Various countries, including the UK, have asked their citizens and embassy staff to leave the Ukraine "We will not be able to come and rescue you if Russia invades."

John is back from the Compass Sport event at Postensplain, where he ran for the club on the green course, but sadly did not earn any points. However, our youngsters scored well.

Afterwards, however, it's, "Have you seen my black jacket?" "You left it at Edd's house." "No, not that one, the other one I run around in." Memories flood in of primary school kids and their uniform, Should I sew in name tabs?. Should they read John Marriott, Retired Man or Forgetful Man? The next evening, after club night, he returns with the jacket and running top, which he had left in Roger's car.

16th Feb is John's birthday, and also the Western Park event. Kevin Bradley approached him with a number such as 362097. "What's that? A dibber number?" asks RM "No, the phone number of a barber." RM is still sporting a beard that Santa Claus would be proud of, as he is still hoping to mend his electric razor. The event has enjoyed the best of the day's weather, as it turns increasingly windy and rainy. Storm Dudley is on his way to blow down and break fence panels.

The next day, RM goes to a 7.00pm meeting in Anstey Methodist Church Rooms about house building developments. I am surprised when he is back fairly soon and he comments, "I don't play chess." He had wandered into the chess club games as his meeting had been in the afternoon.

After the mass start event in Martinshaw, he is not happy: he has missed the last control running from 14 to the finish. Tea and sympathy required. 'Tea' becomes hot coffee, egg and beans on toast, and a bath. Sympathy was lacking as it was mainly his own fault. I remind him, "Yes, the number 15 on the map seems obscured, but there were 15 controls



listed, and surely you know you are at the last control because there should be tapes to the finish.” This comment doesn’t help, especially as apart from this last error, he had had a very good run and would have beaten his usual rivals.

On 24th February, 2022, Russia invades Ukraine.

Boris has promised arms, and restrictions on Russian money and finance dealings in the UK. Other countries do not want to send in troops. Newsreaders are not using the name Kiev, but Kyiv.

Belated birthday gifts arrive from son Andrew: a case of beer bottles and a new razor for that face fungus.

Sunday 20th March - Stanton Moor and EM champs. RM was not very pleased with his run due to silly mistakes. Eight LEI members become East Midlands champs, three are called Simpson. Well done everyone. However, RM says he could have been the M21 champion as no one from East Midlands entered. Could you wait a couple of minutes before the entry deadline, look at entry list and claim a place on a course with no EM runners? Could he ‘compete as a woman as it’s okay to **safely declare your sex** these days, isn’t it?’ Have we any O kit to fit him that is pink?

It’s not too far to journey to The British Champs and stay with Edd and Suzi again. Oh dear, RM’s course has 300m climb and is 6.5km length, ‘I may be some time...’ The map title is invitingly called Golden Valley and Cognor Wood. It’s getting late and there is **still** no word from John. Suzi is worried and phones him “I’m resting and doing the tricky Wordle puzzle. I’ve been to the pub.”

It’s 5.15pm, 15 minutes beyond the deadline. BBQ sausages are ready and keeping warm. Excuses about buying a special size wrench nut and being caught

by the level crossing in Chichester cut no ice.. And the orienteering - ‘Phew it was ‘ard’, but he had completed it in 2 hours and not retired. He has ripped O trousers and cuts on face and knees, but gets no sympathy. His car has squashed the grandchildren’s toys at the side of the drive.

Tuesday 5th April and RM has won the score event, managing all the controls in less than 30 minutes. The other competitors were a lot younger, had no idea what they were doing and were running around in their coats clutching a carrier bag. Have you worked it out yet? It was Donisthorpe and the primary schools’ event!

While the rest of you were at the JK in Wales, John needs help shifting his newly mended, freshly treated, large fence panels. I help to hold them in place and shove bits of wood underneath “Is it level? Is it in line with the other ones? Give it a helping kick. To me, to you. To me, to you” in true Chuckle brothers’ style .Time for a cuppa and a hot cross bun. After all, it is Easter Sunday. John has a ‘flat pack’ Easter egg, i.e. a bar of posh chocolate, minty flavour’

John had been soaking the bases of the fence posts in creosote, in a bucket in the garage But the Expelair fan from the downstairs toilet is connected to the air space in the garage and the pong of creosote is diffusing into the house. The local ‘Open Gardens’ event is only a few weeks’ away and now my lawn has dead patches, killed by lack of light and creosote, where he was working. Oh dear! Edd, Suzi and their kids stay for Easter and the creosote smell aggravates Edd’s asthma.

After boozing at the Jolly Farmers pub, RM reports that Iain Phillips was competing in TRAIL O in Slovenia, but the snow caused problems, as the

controls disappeared under the white stuff. Well done, Iain, for making the British team.

On the political scene, the important flagship of the Russian navy has been hit and sunk by 2 missiles from Ukrainian forces. Russia, of course, denies this, saying a fire in the ammunition store on the ship caused it, and claimed all hands had been evacuated?

The row rumbles on about fines for Boris and Rishi Sunak for the party at Downing Street. More parties are to be investigated. The non-dom status of Sunak's wife for tax purposes and his US green card come to light. Local elections are looming, Boris announces a scheme to fly illegal immigrants, who cross the Channel, to Rwanda.

On 24th April, John is up very early, as he is meeting Bob T in Lutterworth. They are travelling to Beaconsfield in Bob's electric car. This involves just 60mph and 'tailgating' lorries, so the battery will last and not need recharging? Later on, there is a message: 'Nearly at Beaconsfield. Kia has 222 miles left. We should make it back!' Hodgemoor Woods is a TVOC area. There were no car problems, but his radio O was hampered by a trip and fall, and the aerial on his receiver was broken.

7th May is the date of the club dinner at Longcliffe Golf Club. We are greeted by a surprised, and slightly disappointed, Ursula, who has just lost the bet that RM would be the last to arrive (as usual). No, his time-keeping has not improved, it's because Chris B had kindly offered us a lift. I chat to Wendy West and catch up on encounters with Covid, house moving and Alan's steady progress building an extensive patio. I'm sure she said 'he had moved 110 tons of soil, by hand' (Should that be tonnes?) I forgot to ask where that mountain of soil went. My mental image

of a black block, inscribed '1 ton', transports me back to the days of Monty Python sketches. [Editors' note: it was definitely 110 tonnes by hand (or is it 110 tons?)]

Time for food. Giant purple balloons with dangling purple tentacles rise above the dining tables, thanks to Rachel. The biologist in me instantly associates them with the huge jellyfish 'Portuguese Man of War'. As we enjoy our meal, I hear stories of how to break into cars when the keys are locked inside; battles against developers ruining our villages and rainy days, otters and distilleries in Scotland, etc., etc.

Now to award all those trophies as Steve Chafer dusts off his speech, Alan West takes up his camera to record Ernie shaking the winner's hand, against a backdrop of purple star balloons. The comedy duo, Ernie and Steve, begin. Referring to Will Smith slapping Chris Rock at the recent Oscar ceremony, Steve warns would-be attackers that a fierce-looking Ernie is at the ready with his cane. Trophies are presented to the 'usual fit people', such as Andy Glover, Roger Edwards and Ursula Williamson (who must have bulging trophy cabinets) and some newcomers, too. Well deserved awards for service to the club go to Ester Revell, Sue Bicknell (OD), and jointly to Alan and Wendy West.

While everyone is looking to the front, as Steve carries on, a little drama is unfolding in the back corner on table 6. Someone has pointed out that there are O symbols on the 'Man of War's' head and I spot a 'stream' symbol on a balloon across the room. RM pulls down the head in order to identify the symbol on our balloon - it's a depression. Steve Chater continues: *"The question of the night is who will win the clock trophy? Who has oodles of determination to stay out on an LEI area course longer than anybody*

else?" Everyone is deep in thought: could it be me? Steve hints that the time taken is at least 2 hours.....

RM is about to set the helium-filled jellyfish head free to ascend skywards but, unknown to RM, the dangling purple tentacles have draped themselves into, and around, a pint of beer and a wine glass of water. Silent panic to untangle the many purple strands before there is beer and water everywhere.

Steve continues: *"In the clock trophy result, there are only 31 seconds, but 66 years, between Don Moir in second place and the winner, with a time of 2 hours, 3 minutes and 11 seconds, and also our new ladies champion: Patrycja Czupryniak."*

Many thanks to Chris P and Ursula for organising the evening.

The following day, Chris B rings our doorbell. However, in a mix up about their meeting place, Roger E has gone to

Groby, which surprises Alastair, as he, too, was intending to come to Cropston. Eventually, they do arrive at Bramcote. RM is cross with himself for poor route choice and poor execution of that choice. The results show a surprising number of people (23 on all courses) who failed to punch controls, including Chris B, but RM smiles: he has beaten Andy P by 1 second.

As I am writing this, the Eurovision song contest has just taken place. The Russians were not allowed to participate, The Ukrainian group had to have special permission to leave the country and their army units, but one band member has stayed behind to fight. 'Spaceman' the UK entry by Sam Ryder, tops the first round of voting by music professionals, but after the public vote, Ukraine are the winners.

Irene

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.

Summer League Table (abbreviated) Top 29 places as at 19/05/22

Pos	Name	Class	Club	Best 4 Events	Handicap	Attendance	Total
1	Andy Glover	M40	LEI	394	425	40	465
2	Ben Glover	M16	LEI	366	410	40	450
3	Bruce Bryant	M65	OD	314	402	40	442
4	Liz Phillips	W55	OD	292	362	40	402
5	Stephen Chafer	M55	LEI	293	352	40	392
6	Roger Edwards	M70	LEI	255	337	40	377
7	Andrew Ward	M21	LEI	337	337	40	377
8	David Cladingboel	M55	LEI	279	335	40	375
9	Matthew Birkett	M45	LEI	299	334	40	374
10	Iain Phillips	M55	LEI	276	331	40	371
11	Alastair Paterson	M55	LEI	273	328	40	368
12	Esther Revell	W35	LEI	289	312	40	352
13	Roger Phillips	M45	LEI	279	312	40	352
14	Leah Williams	W21	LUOC	270	280	40	320
15	Kevin Gallagher	M70	LEI	212	279	40	319
16	Kevin Bradley	M65	LEI	215	275	40	315
17	Tom Hartland	M45	DVO	229	256	30	286
18	Andy Nicholls	M45	LEI	214	240	40	280
19	Peter Leake	M80	LEI	164	230	40	270
20	Alison Hardy	W55	LEI	192	239	30	269
21	Helen Chiswell	W45	DVO	206	239	30	269
22	Chris Bosley	M75	LEI	166	225	40	265
23	Jane Dring-Morris	W50	LEI	174	209	40	249
24	Margaret Willdig	W65	OD	163	215	30	245
25	Chris McCartney	M50	HOC	188	219	20	239
26	Derek Herd	M50	LEI	170	197	40	237
27	Sue Bicknell	W75	OD	141	197	40	237
28	Chris Phillips	M75	LEI	144	196	40	236
29	Edward de Salis Young	M50	LEI	186	216	20	236

Winter League 2021/22 (abbreviated)

Top 63, Final Positions

Pos	Name	Class	Club	Best 6 Events	Handicap	Total
1	Edward de Salis Young	M50	LEI	633	734	734
2	Tanya Taylor	W50	LOG	488	586	586
3	Stephen Chafer	M50	LEI	503	583	583
4	Roger Edwards	M70	LEI	430	568	568
5	David Cladingboel	M55	LEI	470	564	564
6	Andy Glover	M40	LEI	516	557	557
7	Iain Phillips	M50	LEI	427	495	495
8	Roger Phillips	M45	LEI	439	492	492
9	Andy Nicholls	M45	LEI	436	488	488
10	Keith Willdig	M70	OD	368	486	486
11	John Marriott	M70	LEI	323	426	426
12	Kevin Bradley	M65	LEI	326	417	417
13	Peter Chick	M75	LEI	299	407	407
14	David Seaman	M50	LEI	342	396	396
15	Ursula Williamson	W55	LEI	301	373	373
16	Jeffrey Baker	M70	LOG	280	369	369
17	Andrew Ward	M21	LEI	365	365	365
18	Carol Stynes-Martin	W50	LEI	289	346	346
19	Chris Phillips	M70	LEI	257	340	340
20	Andy Portsmouth	M65	LEI	265	339	339
21	Alastair Paterson	M50	LEI	290	336	336
22	Jo White	W45	LEI	274	318	318
23	Stephen Martin	M60	LEI	241	299	299
24	Chris Bosley	M70	LEI	217	287	287
25	Patrycja Czupryniak	W21	LEI	272	283	283
26	Daniel Glover	M14	LEI	235	272	272
27	Helen Chiswell	W45	DVO	234	271	271
28	Kevin Gallagher	M70	LEI	200	264	264
29	Aimee Darley	W18	SN	235	263	263

30	Ben Shannon	M35	LEI	242	252	252
31	Steve Edgar	M55	LEI	207	248	248
32	Bruce Bryant	M60	OD	178	221	221
33	Ian Wells	M65	RAFO	168	216	216
34	Margaret Willdig	W65	OD	162	214	214
35	Gerry Spalton	M75	OD	155	211	211
36	Ben Glover	M16	LEI	178	200	200
37	Jane Dring-Morris	W50	LEI	164	197	197
38	Sally Calland	W45	DVO	167	194	194
39	Philip Ainsley	M21	OD	186	186	186
40	Susan Grant	W50	LEI	154	185	185
41	Sue Bicknell	W75	OD	131	183	183
42	James Prince	M50	DVO	157	182	182
43	Harriet Lawson	W21	OD	173	180	180
44	Simon Starkey	M65	LEI	139	179	179
45	Ross McNaught	M20	LUOC	169	175	175
46	Liz Phillips	W55	OD	139	172	172
47	Esther Revell	W35	LEI	158	171	171
48	Jane Stew	W60	OD	133	170	170
49	Alison Hardy	W55	LEI	134	167	167
50	Derek Herd	M50	LEI	130	151	151
51	Peter Hornsby	M65	LEI	115	147	147
52	John Ward	M75	OD	102	139	139
53	Tricia Neal	W75	NOC	98	137	137
54	Jonathan Lee	M60	LEI	107	133	133
55	Peter Dargue	M65	LEI	100	128	128
56	Zeph Grant	M50	LEI	107	125	125
57	Mike Dallaway	M50	LEI	105	122	122
58	Thelma Spalton	W70	OD	88	119	119
59	Cerys Glover	W12	LEI	95	118	118
60	Jeff Edwards	M75	LEI	85	115	115
61	Simon Ford	M75	LEI	81	110	110
62	Peter Leake	M80	LEI	80	109	109
63	Maureen Webb	W65	LEI	81	106	106

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.

June 2022		
2nd Thursday	LEI EMOA Local D	Summer League 6, Cademan. LE67 5AS, SK439166. Organiser: David Cladingboel.
5th	NATO NEOA Regional C	Newcastle City Race, Newcastle (UKUL).
7th Tuesday	LEI EMOA Local D	Summer League 7, Ibstock Urban. LE67 6NE, SK406103 Organiser: Peter Hornsby.
11th	YHOA Major A	British Sprint Relay Championships, Leeds Beckett University, Head-ingley Campus.
12th	YHOA Major A	British Sprint Championships, Leeds University, Leeds.
15th Wednes- day	LEI EMOA Local D	Summer League 8, Boothorpe and Hanging Hill. LE12 6GA, SK310163 Organiser: Awaiting a volunteer.
18th	OD WMOA National B	Heart of England Urban Races - Coventry
19th	HOC WMOA National B	Birmingham Urban European City Race Tour, Birmingham.
22nd Wednes- day	LEI EMOA Local D	Summer League 9, Burbage Woods and Common. LE9 4LH, SP453936
25th	HALO YHOA Regional C	YHOA Urban League & YHOA Sprint Championships - HALO at 40 (day 1) Sprints. Hull old town and Marina/Victoria Dock Village
26th	HALO YHOA Regional C	YHOA & UK Urban leagues - HALO at 40 (day 2) Beverley Old Town & East.
30th Thursday	LEI EMOA Local D	Summer League 10, The Outwoods. TBC.

You are never really playing an opponent, you are playing yourself, your own highest standards, and when you reach your limits, that is real joy. Arthur Ashe.

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.
August 2022		
3rd Wednes- day	LEI EMOA Local D	Summer League 15 & OD joint event, Hinckley Urban. Castle Car park, KE10 1DS, SP429939 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. CV13 0LU, SK411031. Organiser: Steve Chafer.
17th Wednes- day	LEI EMOA Local D	LEI Score Cup and Summer League Presentation. Castle Hill. LE7 7QX, SK553083. Parking near Gynsill Lane Tennis Courts. 18.30 mass start. Organiser: Chris Bosley.
21st	LOG EMOA Regional C	Lincoln City Race, Lincoln.

August 2022 cont.		
21st	OD WMOA Local D	Rough Close Scout Camp, Coventry. CV7 7DD
24th	OD WMOA Local D	WestWood Campus, Warwick University. CV4 7AL
27th - 29th	EBOR YHOA	White Rose Orienteering Weekend, Gilling Woods, Helmsley, Yorkshire.
28th	MV SEOA National B	MV Urban Event, Horsell, Woking.
September 2022		
3rd	SLOW SEOA National B	City of London Race.
3rd	WRE WMOA Local D	The John Bennison Long 'O', Long Mynd, Church Stretton. SY6 6JG, SO4219455
4th	SYO YHOA Regional C	50 years of SYO event, YHOA Middle Championships & YHOA super-league. Ecclesall Woods, Sheffield.
11th	COBOC WMOA National B	Peter Palmer Relays, Birmingham.
11th	CLARO YHOA Regional C	YHOA Urban League, Ripon.
17/18th	DEVON SWOA National B	Caddihoe Day 1 &2 and Southern Championships (UKOL). Hound Tor & Hay Tor, Bovey Tracey. SX739783
17th/18th	AIRE YHOA Regional C	Dales Weekend, Grassington.
18th	NOC EMOA	EM Urban League 2022 & UK Urban League. The Meadows, Nottingham.

September 2022 Cont.

24/25th	LVO NIOA National B	Junior Inter Regional Championships, South Down, Newcastle.
25th	DVO EMOA Regional C	EM League 2022. Calke Park, Ticknall.

October 2022

1st/2nd	NATO WOA National B	October Odyssey.
8th	DEE NWOA National B	North West Sprint Championships (UKOL), Edge Hill University Campus, Ormskirk.
8th	DVO EMOA National B	British Schools Score Championships, Shipley Park, Heanor, Derbyshire. DE75 7GX. SK432454.
9th	DEE NWOA National B	Ainsdale Dunes (UKOL). Southport.
16th	LOG EMOA Regional C	EM Urban League 2022, Stamford.
23rd	LEI EMOA	EM League 2022. Bagworth Woods and Common, Coalville. LE67 1BR SK446081. Parking: Bagworth Social Club.

November 2022

6th	SOC SCOA National B	November Classic (UKOL). New Forest, Brockenhurst.
13th	DVO EMOA Regional C	EM League 2022. Linacre, Chesterfield.
20th	SYO YHOA National B	British Schools Orienteering Championships. Graves Park, Sheffield.

Photo Gallery 1: JK22



Above, Andy: JK Sprints

Top right, Toni: JK Sprints

Bottom right, Ed: JK Day 2

All photos: Wendy Carlyle

Diary Date:

JK 2023 7th - 9th April, Sprints at Lancaster University, long and middle events at Newby Bridge.

Photo Gallery 2: JK22



Libby: JK Day 2



Kevin: JK Day 2

Jane: JK Day 3

Photos: Wendy Carlyle

Don: JK Day 3

