

Organisers of JK2014 - Day 3



**Editors:**  
**Alan &**  
**Wendy**  
**West**

# LEI NEWS

**The Newsletter of the Leicestershire Orienteering Club**



**A Year in the Life of an M45**

**LEI Club Championships**

**Peter Palmer Relay 2013**

**Summer League Presentations**



**Autumn 2013**

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*Front cover photograph:*

*LEI members relaxing after Day 5 of the  
Scottish 6 Days on Findhorn beach.*

*Photo: Chris Williamson*

## Points from the Editors



Well, it's been another bumper summer of orienteering. This edition's front cover was taken on the beach at Findhorn, where many LEI members ventured north to take part in the S6D around the Moray Firth. Alan and I found orienteering in sand dunes a whole new experience! At the end of August, a number of us went to the White Rose for another challenging time—and that was just the weather, as Bob explains in his 'Ramblings' on page 3.

Many of the junior members have been in fine form this summer. You can read about their successes in the Captain's Corner (page 4), Congratulations (page 7) and the article on the Peter Palmer Junior Relay (page 29). Well done, Juniors! There are also two very interesting articles written by juniors about their summer camp experiences.

If you're a fan of POCs, you will be interested in John Marriott's article on page 30. I was amazed at the number of requests there are from the public for information on POCs across the city and county. If you can support John by helping to maintain a POC, then this will help to gain new orienteers to our club, like Iain Phillips—(read more on pages 27-28).

Don't forget the all important LEI AGM on Monday 28th October - see details in Club Chat on page 35. As always, please send your articles to [wenandal@talktalk.net](mailto:wenandal@talktalk.net). Happy reading.

*Wendy and Alan West*



# Ramblings from the Chair



Well, it's been another good summer, even with a fair bit of sunshine! Last year I mentioned the Olympics, and this summer we have retained The Ashes and Mo Farrah worked his running magic in the World

Championships. We have more of a marathon event, which is called the LEI Summer League. Congratulations to Roger Edwards and Hannah Cox as the male and female winners. We once again had a mass start score, planned by Simon Starkey at Donisthorpe, as the last event and it was great to see so many members at the presentation event in The Navigation afterwards. Our thanks should go to all the event planners and to Steve Edgar who is the co-ordinator. I went to The White Rose weekend in Yorkshire again over the August Bank Holiday, and once again the weather had the last laugh: two periods where it seemed to rain for 12 hours continuously. We were very pleased to have the caravan awnings of the Wests and Smiths.

Some months ago, British Orienteering promoted a questionnaire on volunteering, and the resultant report was presented to the Board in June. There had been concern about the burden placed on volunteers and the perceived increase in requirements for those giving up their time to help stage activities, events and hold committee positions. My experience has always been that orienteering is a very time heavy sport when looking at the amount of volunteer time needed to put on our varied activities and events. We are very fortunate in LEI

because we run a huge number of events and activities with great support, whether it is in the chief roles or looking for helpers. The results from the Volunteer Needs Work Group report can be found on the BOF website and it is interesting to see how different clubs organise their volunteer force. There are too many words to reproduce here, but it is worth noting again how fortunate we are in LEI to have such a large group of experienced volunteers.

Looking back at the events I take part in, one of the things that is obvious is the variety of events that we can do these days, other than the "traditional" event in the forest. I am thinking about sprint and urban in particular. Although some do not like this type of event, it has widened the appeal and hopefully brings, or keeps some in the sport who may not have taken it up otherwise, and who may indeed get to learn to enjoy forest events too. This is the second year of the East Midlands Urban League which has increased to six events. I really enjoyed running around Chesterfield, Buxton and Lincoln, with Stamford and Ashby-de-la-Zouch still to come. I'll rest my case by saying that every one of my six qualifying scores in the national rankings is from an urban event (an ex road runner!).

Some of our members are starting to spend a good amount of time travelling to South Wales and back in preparation for our organisation of JK Day 3 next April. I also know that quite a number have booked their accommodation already! Chris Phillips will be recruiting volunteers during the autumn and we will really need as many of you as possible to help. It will be a very good and worthwhile weekend.

Also looking into the future, we have an



excellent winter of orienteering entertainment lined up for you. The Club Championships take place at Sence Valley and there are 11 events in the Winter League (including 5 night events). There are club nights at Groby Community College and Ashby Ivanhoe College for juniors, families and newcomers, and the Thursday evening Club Night (now at Glenfield) for improvers and the more experienced. All

these events are detailed in the recent bulk posting, and of course on the club website. Finally, please do try and attend the AGM on Monday 28<sup>th</sup> October. This is your chance to see how the club operates, and to have your say in the future direction.

Hope to see many of you at an LEI event over the winter.

*Bob Haskins*

## Captain's Corner



For the traditional "off" season in orienteering, it's been a very busy summer, with many of you venturing North to the Scottish 6 days and the White Rose, bringing back a treasure trove of maps for

everybody to pore over. Closer to home, four of our juniors were selected for national training camps. Hannah was selected for the British Orienteering Talent Development Camp, and Finn, Nick and Gabriel were selected for the Junior Regional Orienteering Squads Lagganlia training camp. Both of these development camps require a very high standard of orienteering to be achieved before being considered, making it a very difficult decision for the club's 'Rising Star' award.

Our juniors have been very busy this summer, once again qualifying for the national final of the Yvette Baker Trophy and entering a team into the Peter Palmer Relays. The 2013 Yvette Baker Trophy final was hosted by our

neighbouring club, LOG, at Belton House, with non-YBT courses also available. Many of you took the opportunity to support and cheer our juniors at the finish line. With 31 juniors taking part in the competition, LEI is a club that is growing in strength. The performance of the team was excellent, with LEI coming very close to taking 3<sup>rd</sup> place, only losing out to BOK and LOC when their late runners finished and pushed LEI into 5<sup>th</sup> place with 842 points.

One of the hardest tasks I have to do for the club is to try and write an interesting article for the LEI News. Writing this after a sleep deprived weekend away with the Peter Palmer Relay team is a little tricky. This weekend included at least nine hours of singing by the team on the journey to and from Keswick. Their repertoire was very impressive, ranging from ABBA to One Direction with a few versus of Yogi Bear in between! For those of you who don't know, the relays start at 4:45am with the first two runners competing in the dark. A relay team must have a mixture of boys and girls, and with many of our older boys taking part in Duke of Edinburgh expeditions, Euan was forced to run with a broken arm! If you haven't seen pictures from the event, check out the links on our facebook page.



www.facebook.com/leioc. The team consisting of Gabriel, Ethan, Imogen, Euan, Emma, Anna, Francis and Hannah came 4<sup>th</sup> in the Joan George Trophy, which is awarded to teams with a total age under 90.

If you are feeling a little left out at not being part of an LEI team, then the next

opportunity is 16<sup>th</sup> February, 2014, when LEI will be entering a team in the Compass Sport Cup (CSC), or if you fancy being part of a relay team, then day 4 of the JK in South Wales is for you. In the coming months I will be asking for your commitment to the CSC team.

*Roger Phillips*

## JK 2014 Day 3 - The LEI Day

The success of next year's JK may depend on me finding a crucial piece of paper in what laughingly passes in the Phillips household as a filing system. The paper contains a very important formula: how many toilets we need to provide per 100 competitors - yes, friends, we are, with less than 6 months to go, in a manner of speaking down to the basics! Toilets apart, progress on the JK is going very well.

Our Assistant Controllers have now been appointed. They are Alice Bedwell and Mike Forrest. Mike is an old friend of the club; he was the Controller for the 2008 British Middle Distance Championships at Cademan.

During the next three months, Ernie, Bob, Ursula and myself will start the detailed discussions with the Team Leaders, in preparation for the briefings in early 2014, for those of you who have volunteered to help. Yes, that is briefings in plural. It is envisaged that we will have around 100 people helping on the day - too many for one gathering.

One of my key tasks this autumn is to ask (plead, cajole, pray) you all to volunteer to help. So far, 35 members of the club have "signed up" Even with help from our colleagues in the other clubs in EMOA, we need a lot more helpers from within the club. Why help? Apart from some free

clothing, a discounted run and free food, there is the rare opportunity to help at one of the greatest orienteering events in the UK. The JK is a very different event. It is the biggest event of the year; it is a multi-day event. On Day 3 we run two events with two different sets of rules (the world ranking courses are run under IOF rules). It is lots of other things - it's a UKOL event, several selection races, it has a Trail O element, it has a string course with more competitors than we get at the East Midlands Championships! and it will be FUN!!

A reminder that the event website is at [www.thejk.org.uk/2014](http://www.thejk.org.uk/2014)

*Chris Phillips*  
*Organiser*



# Top Performances from Major Championships

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

## **Northern Championships, Castle Carr, 23rd June 2013**

M10A 2nd ..... Harrington Leake  
 M14A 8th ..... Ethan Tebbutt  
 M16A 8th ..... Euan Tebbutt  
 M45S 1st..... Matt White  
 M80L 2nd ..... Donald Moir  
 W14B 1st..... Holly White

## **Scottish 6 Days, Moray, 28th July - 3rd August 2013**

### **Overall results Days 1 to 6 combined**

M12A 9th ..... Ethan Tebbutt  
 M14A 2nd ..... Finn Lydon  
 5th ..... Nick Wilson  
 M70S 6th ..... Eric Porter  
 W16A 10th ..... Hannah Cox  
 W16B 6th ..... Jessica Howells  
 W65S 9th ..... Sue Porter  
 W70S 8th ..... June Cole

## **White Rose Weekend 2013, Gilling Castle, 23rd - 26th August 2013**

### *Sprint*

Junior Men 1st ..... Matthew Cox  
 Junior Women 2nd ..... Hannah Cox  
 Super Vet Men 10th .... Glynn Smith

### *Night Score*

Senior Men 2nd.....Simon Bradbury  
 Super Vet Men 6th.....Bob Haskins

### *Classic Distance, Day 1 & 2 Combined*

M10A 2nd .....Harrington Leake  
 M16A 4th .....Simon West  
 M18L 6th .....Matthew Cox  
 M20L 2nd .....Simon Bradbury  
 M45S 5th .....Stephen Chafer  
 M55L 10th .....Alan West  
 M65L 6th .....Glynn Smith  
 M70L 4th .....Simon Ford  
 W12A 6th .....Caitlin Chafer  
 W18L 2nd .....Hannah Cox

### *Relay (only the LEI members of the team mentioned).*

Class A 120+ ..... 1st - Team: Bradbury A, member Simon Bradbury

Class A open .....2nd -Team: The NOC Experience, member Matthew Cox

Class B Families .... 10th - Team: Clear! Check! Chafer!, members Stephen and Caitlin Chafer

Class C 48-.....2nd - Team: OD/LEI ladies, member Hannah Cox

Class D M/W12.....1st Team: Minecraft Compasses, member Harrington Leake





# Congratulations

Congratulations to the following LEI members who had podium positions over the summer.



*Finn Lydon: Scottish 6 Days - 2nd overall in M14A*

*Matthew Cox: White Rose sprint - 1st Junior Men & 2nd in the Relay.*



*Hannah Cox: White Rose sprint - 2nd junior women, 2nd overall in W18L (running up) & 2nd in the relay.*



*Simon Bradbury: White Rose night score - 2nd Senior Men and 1st in the Relay.*

*S6d photo: Annie Leake, all others Glynn Smith.*



*Harrington Leake: White Rose - 2nd overall in M10A & 1st in the Relay.*

# Summer League 2013 Presentations

The following presentations took place after the final summer league event at Donisthorpe on 29th August, 2013, by club chairman, Bob Haskins.



Hannah Cox: Champion Woman and Champion Junior Girl.



Matthew Cox: Summer League second place, Champion Junior Boy, Best un-handicapped competitor and most popular summer league event organiser.



Tanya Taylor (LOG member): Third placed Woman.

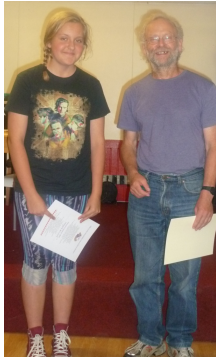
*All photographs:  
Alan West*



Howard Alcock: Summer League - third place.



Imogen Wilson: Second placed Junior Girl.



Bob Haskins: Best Attendee attending all 22 events. Certificate presented by President Ernie Williams





Other Summer League winners not at the presentation:

League Winner: Roger Edwards

Second Place Woman: Alison Hardy

Second Junior Boy: Euan Tebbutt

Third Junior Boy: Finn Lydon

Third Junior Girl: Reed Lydon

Longest Summer League time in the Forest Award: Roger Cole at Beacon Hill: 119 minutes, 31 seconds.

## Yvette Baker Team Certificates

Following the summer league presentations, president, Ernie Williams, presented certificates to those juniors present for representing Leicestershire Orienteering Club at the Yvette Baker Trophy, at which they came fifth.



Tom Barber



Imogen Wilson



Matthew Cox



Emma Phillips



Nick Wilson



Anna Barber



Hannah Cox

# Junior Spotlight 1: 20th-27th July - Lagganlia 2013



*Nick in full flight during training.*

*Photo Wendy Carlyle*

Lagganlia (in Scotland) is an annual training tour for 24 juniors (mostly top year M/W 14s) selected from the different regions all over Britain. Firstly, we had to go to various selection races to qualify (such as the JK, British, Northern, Southern and Midland Champs). It was fantastic that 4 juniors were selected from the East Midlands: Gabriel Rawlinson, Finn Lydon and me (all from LEI), and Louis Forshaw-Perring (DVO). Lagganlia was simply one of the best things I've ever done in orienteering. There was never a dull moment and some of the maps would blow your mind!

The adventure started when Finn, Hannah and I met at Leicester Station early on Saturday morning at 7.30am!!! From there we had to take 3 trains and change in York (where we met up with Louis) and Edinburgh (where some other juniors joined). We finally arrived in Aviemore at 4.19pm and were collected by minibus.

On the journey to Lagganlia, the first thing that hit me was the stunning scenery of mountains, river and pine woods. After everyone had arrived, we

found out who we were sharing rooms with and which orienteering groups we were in. There were 6 groups of 4 juniors each, plus 2-3 coaches per group including M / W 21s and 18s. I found it quite inspirational to have the junior coaches there as role models. Afterwards, we learned each other's names by playing the 'teddy bear game' and 'backwards bunny'.

On Sunday (our first full day of training which lasted from 9am – 6pm!) we went to Vath Lochlan to practise accurate compass bearings, without a doubt my weakest area, and pacing. Then in the afternoon we went to Inschriach, a superb wooded area right on our doorstep, to do some timed runs and fine 'O'. One tip for any of the juniors going to Lagganlia in the future and doing the fine 'O': IGNORE the coaches – while I was out there I had a coach chasing me with a stick, one coach purposefully trying to get me lost and another hiding the control. It turns out this was an exercise in NOT GETTING DISTRACTED!

Over the next 2 days we visited Loch Vaa, North Granish and Littlemill, and did various interesting activities which ranged from a (not as complicated as it sounds) sketch map (where we drew the map ourselves in 20 minutes choosing to include only what we thought were the most important features) to a course purely in a dark green area.

On Day 4 (Wednesday) we did something a bit different. It was sprint day, and much like a normal sprint race there would be heats and then an A and B final. The heats, although in an interesting area (Moor of Alvie), I didn't enjoy so much





*The 2013 Lagganlia squad. Spot the LEI members.*

*Photo: Wendy Carlyle*

(probably because I was trying to keep up with Finn). Luckily, the area we used for the final in the afternoon (Badaguish) was much more to my taste - an intricate and complex little outdoor centre. I tried to have good control flow and avoided any major mistakes which paid off as I came 3<sup>rd</sup> in the B final and 4<sup>th</sup> overall. Once we finished orienteering for the day, it was time for some fun (and agility training) doing the HOOPS OF DEATH across water, which I was so terrible at that I cut my knee and didn't have to do it again, luckily! After that, we went swimming in an icy cold lake, played sit-down volleyball with a human net and went shopping – woo-hoo!

The next day (Thursday) was at my favourite training area (Dallaschyle). The bracken may have been a bit high and some parts weren't very runnable, but it was without a doubt the most diverse area I had run in. It had almost every kind of feature, unlike the contour-heavy areas we'd been using previously in the week. In the afternoon, we did an ingenious little race called a Peg Race, where at various controls you will find a set of pegs. The

aim is to get as many pegs as possible. If there are none left, you can skip the next 1-2 controls, so that almost anyone could win. Unfortunately, the sole of my shoe nearly came off en route so I couldn't finish the race and was subsequently given the award of 'Best Flapper'!

Before I knew it, the week was nearly over and it was time to put all the skills we'd learned to good use during a classic race on the last day. It was the most serious and technical race I'd ever done. It started in an area of sand dunes (not dissimilar to some of this year's Scottish 6 Days) - only in the middle of the Cairngorms! It went on to include an extremely long leg where one of the W14s whopped all the M21 elite runners!

The best was saved till last, when we had 'Date Night' that evening, and Finn and I went on a double date with Laura and Catherine. However, what happens on tour stays on tour....!!!!

All in all Lagganlia was a fantastic experience and it was sad to say goodbye the following morning (although some went on to the Scottish 6 Days at Moray). My orienteering skills had improved a lot, which resulted in a 5<sup>th</sup> place overall at the Scottish. I really enjoyed making lots of new friends and I would love to go on another tour soon.

Finally I would like to say a big thank you to all the coaches at Lagganlia who did a terrific job, and also to LEI and EMOA who very generously helped out with the funding of my trip. *Nick Wilson*



# Club Championships 2013

Club Chairman, Bob Haskins, presented the awards at the social event following the LEI Club Championships held on 21st September at Sence Valley.



Ben Hardy - M10  
and under, 1st



Ethan Tebbutt -  
M12, 1st



Francis Mayes -  
M12, 2nd



Caitlin Chafer  
W12, 2nd



Gabriel Rawlinson  
W14, 1st



Roger Edwards  
M60+, 1st



John Marriott  
M60+, 2nd.



June Cole  
W60+, 1st



Diane Ford  
W60+, 2nd





Howard Alcock  
Male Open, 1st



Alastair Paterson  
Male Open, 2nd



Mark Hardy  
Male Open, 3rd



Alison Hardy  
Female Open, 1st



Tracey Brookes  
Female Open, 2nd



Ursula Williamson  
Female Open, 3rd

The following members took part in the championships and won podium places, but were unable to make the presentation:

Kieran Sampson M10, 2nd

Daisy Herd W12, 1st

Imogen Wilson W14, 2nd

Matthew Cox M18, 1st, plus The Golden Boot Trophy.

David Bray M60+, 3rd

Special thanks go to Chris Phillips (organiser), Roger Phillips (planner) and Peter Hornsby (controller) who gave up their runs to officiate.

*All Photos: Alan West*



**A date for your diaries.**

The annual presentation evening will take place on Saturday 1st March, 2014. This is when the senior winners will receive their trophies.





## Junior Spotlight 2: National Talent Development Training Camp Cairngorm 2013



*Hannah in action on Day 5 of the Scottish 6 Days at Roseisle.*

*Photo: Annie Leake*

After a slightly eventful 8 hour train journey in which we ended up on the wrong side of the station in York only minutes before our train was due to arrive, and waiting at Edinburgh station up until moments before the train left to know what platform number we needed to be on, we eventually arrived in Aviemore.

After settling into our lodges, we went for our first meeting to find out what was going to happen during the week's training camp. The week's focus was a 'periodised year' - a way of training in order to peak for your main competitions or selection races. Each day of the week was going to represent a different stage in the year.

On Sunday, we were in the general preparation phase. In this part of the year you would be doing long, steady runs and core stability work. To get an idea for this, we went on a half hour run in the morning and finished with strides to get our legs

ticking over. In the afternoon, we did circuits and drills to improve our balance, flexibility and core, all important elements of orienteering which are often forgotten.

On Monday, we moved into the specific preparation phase in which you begin to add more technical sessions into your training. To experience this phase, we went out on a normal course but with a specific focus in mind: PDP (Plan, Direction, Picture). We were told to think about this all around the course and I felt I had improved my planning even by the end of the course! In the afternoon, we did 'O' intervals, which meant doing a short 1km course with 4 controls, then a small break followed by another course. In this, we focused on parts of PDP which we had struggled with in the morning. I chose to focus on 'Picture' which was quite tricky in the intricate contour areas, but once again I felt by the end that I had improved a lot and knew what to expect the land to look like as I approached my control.

Tuesday represented the pre-competition phase, where we focused even more on different technical aspects. I have always struggled with bearings, so I was happy to know that we were going to be working on that element. We were given a corridor map where only the part of the map along the line to the control is mapped. As we got further round the course, only the control circle was mapped, which meant bearings had to be spot on as you could only use features in the control circle to help you. Later on, we used a contour only map which helped to improve our visualisation of the ground, using only the shape of the land to



navigate.

In the afternoon, we did 'O' 400s which included map memory. I really enjoyed these as it meant running as fast as you can whilst memorising four controls on a map, then drawing them on a blank map. We then completed a cognitive test, which included simple questions which were to be answered under pressure in a short time limit, making it a lot harder.

Wednesday and Thursday were used to represent the competition phase, where training should closely match your competition. Over the two days, we completed a long, middle and a relay event whilst still thinking about PDP.

Friday was our taper day, an important phase in the weeks or days leading up to competitions. We went for a swim and then we drew our own map of a tiny 30m x 20m area that we would use later on in a sprint competition - the better your map was drawn, the better you did!

In the evening, we did some 'geeking', where we studied maps in preparation for the Scottish 6 Days and also looked at technology available to help analyse training and competitions. Overall, it was a fantastic week in which I learnt a lot and had a lot of fun. I would recommend it to any juniors who get the chance to go!

*Hannah Cox*

## Ash Dieback in the National Forest

Last week (27th August 2013), the first three cases of ash dieback disease were found in the area and all were in what we know as Spring Cottage. It only appeared in Europe just over 20 years ago, but is now widespread and the first cases in the UK were only last year. However, it is now established in 14 counties and obviously spreading. The ash joins a long list of trees being attacked by bugs and diseases now invading due to our warming climate. It has meant the destruction of over 100,000 trees already.

In the NF, the disease has been found on both older trees and some fairly recent plantings. Where we go from here is debatable. We may find ourselves subject to biological protection regimes, but they have not proved effective elsewhere and may be considered fruitless. The government is organising the planting of hundreds of thousands of new ash trees using stock from the 10%

or so ash trees, which seem to be immune from this disease, and even accepting that many of these will die it is hoped to build up a robust stock to be able to restock the countryside. Denmark has 90% of its trees affected.

Of the 8 million trees planted in the NF, about 15 % or even more are ash trees, a species normally considered robust in the Midlands.

It is not all bad news, however; a large stock of decaying trees will boost the species of fungi, provide homes and food sources for woodpeckers and the increased population of beetles and other insects and invertebrates will encourage birdlife. It also has to be said that a pocket of dead trees does create a clearing and potential control site.

*Roy Denney*



# Access Update Autumn 2013



For those of us who like to walk, run, ski or climb in Scotland, the Cairn Gorm is a Mecca - its name can be translated from the Gaelic as 'blue hill' - and the National Park is celebrating being 10 years old. This is a strange place in many

ways, not least in its name. The range's Gaelic name is Am Monadh Ruadh or the red hills, because, on a clear evening, the screes of the Lairig Ghru and Braeriach glow a warm red.

The Cairngorm Mountains form the largest area of high ground above 1,000m anywhere in Britain, and contain four of Britain's five highest peaks, yet the general populous just think of them as a skiing area and most only know of Ben Nevis as a high mountain. It is actually amazing how few English people have ever been to Scotland, if the statistics are to be believed.

The Cairngorms are not, however, just an area of high mountains; with its size it is in fact an entire eco system. The lower slopes are wooded and support a large number of native mammals: badger, pine marten, red deer, roe deer, wildcat and feral domestic cats, bank vole, wood mouse, weasel, stoat, fox, hedgehog, red squirrel, Daubenton's bat, Natterer's bat, common pipistrelle bat, soprano pipistrelle bat and brown, long-eared bat. There are 3 non-native species as well, in sika and fallow deer, and grey squirrels.

The area supports numerous species of birds including, in the near Arctic summit areas, birds which are normally winter visitors or summer migrants to Scotland.

Birds such as the purple sandpiper, shore lark and snow bunting have nested successfully, and other northern birds have been observed. Two predators - the snowy owl and long-tailed skua - have been recorded, but the lack of small mammals or rodents, especially lemmings, their main food source in the Arctic is a major brake on successful breeding. Both the density and the breeding success of the dotterel and ptarmigan are greater in the park than anywhere else in the world. The hardy snow bunting has a foothold, the most southerly population in Europe.

These are all supported by the very diversity of the area, including, as it does, rock ledges, snowfields, unimproved grassland, heathland, mossy areas, marsh, reed beds, open water, willows and dwarf shrubs. If that is not enough, the freshwater lochs, marshes and peat bogs, streams and rivers support their own additional communities, including otter, water vole, mink, salmon, pearl mussels and lamprey, and birds such as dipper, kingfisher and red-breasted merganser. Truly a world unto itself.

The Land Reform Act in Scotland now also celebrates being law for 10 years and was proclaimed as one of the best pieces of public access legislation when it was passed. Looking back, though, was it a success, a waste of time or a valiant effort?

The ambition was to largely follow examples from Scandinavia, but they seem to have gone one better on the face of it, as it is now envied by the Swedes. It now means that from the mountain top down to the shoreline, people have the right to be there. It went much further than has the English 'Right to Roam' for a



start by also extending to cyclists, horse riders and even canoeists on their waterways. However, we in England are excluded from riverside, woodland and any 'improved' land.

Further than that, it is not just a right to travel over these lands, but other legislation was amended to legalise camping on private land which, given the distances involved between any habitation, was essential to the enjoyment of the 'wilderness'. Eventually, the government agencies set up the National Access Forum to assist access negotiations in sensitive locations and also set up the Hill Phones Scheme to give walkers ready points of contact for each estate during the stalking season, etc. All was not rosy, however, and many disagreements could not be negotiated away. Numerous landowners continued to deny access and used what they deemed 'reasonable' force to remove walkers from their land.

The Scottish Government has now set up a Land Reform Review Group to judge the effectiveness of the Act and a major consideration is whether there needs to be an arbitration mechanism to resolve access disputes without expensive resort to law.

Another recent celebration was the Queen's 2012 Diamond Jubilee with the Woodland Trust creating their own flagship Diamond Wood on 460 acres in the heart of The National Forest in Leicestershire, just to the west of Ravenstone.

Dense hedgerows run across the land forming natural wildlife corridors, and to the east a lake provides habitat for assorted wetland species and wading birds. At the heart of the site, gravel paths lead to a rare surviving fragment of ancient woodland which will provide the gene bank from which a really wild

landscape can develop throughout the new woodlands and glades being created.

Before long, it will be a very good, new area for us and an event base with full facilities should be available at a nearby farm shop and cafe. We do need to be finding new areas as we do lose them for various reasons. A number of members have asked me what prospects we have as they don't like going back to the same areas as often as we have been doing of late. Some areas are, however, so large that if we ring the changes for start points, much of the area is new to many runners as only the very fit can reach all extremities.

One such example is to be found at Spring Cottage. This sizeable, new area, which I am currently remapping, is evolving into a good addition to our repertoire. We have started by the Navigation Inn and from Albert Village, but as the northern plantings are maturing, a third option is opening up for us. The Mount Pleasant pub has car parking sufficient for small events and gives us yet another start point. Unfortunately, the Navigation has been sold and is unlikely to continue as a pub, but a new cycle way from Conkers puts those facilities within walking distance of the area.

I have also been asked why we don't use some of the mapped smaller areas we used in the past for small events. We are, I am afraid, the victims of our own success. Even our 'small' events now see numbers which make parking in some of those areas near impossible.

We do have prospects for a small event area at Bawden Castle, about a 1k walk from the top car park at Beacon. As the boundary of the new area and that of Beacon Hill are actually only half a kilometre apart and linked by a public



footpath, it may even be possible to use them together. Another possibility is to create what might be described as hybrid events, where small but interesting areas can be mapped with adjoining streets, etc. - much as we have with Melton Country Park. One problem with such areas, however, is that our rules about youngsters crossing roads means they would be restricted to the off road parts. One such potential area which we are looking at closely is to use Mountsorrel Common with Castle Hill and part of the old Budden Wood area with some nearby urban pathways and back streets.

A member also asked me last week why we don't use Belvoir any more or Rough Park & Rising Wood. I could add Lount Wood to that equation. Belvoir has priced itself off the agenda, except for very large events, although we may test the water again by seeking permission just to use the western end of their woodlands for a small event. Lount we lost because of planning which tempted runners into out of bounds areas and we were banned because of trespass. Rough Park is in many parts badly overgrown and, whilst we are allowed in there, we have not chosen to go in for some time. They do, however, have a planning application in to create car parking and erect buildings to service a number of recreational activities and, as such, depending on the outcome of that application, we may reconsider using it. If we do approach the owner in this regard, I will fly a kite about getting back into at least a part of Lount Wood.

One final prospect which is being monitored is another large block of the National Forest, even nearer to Conkers than Spring Cottage. Hanging Hill has been acquired by the National Forest itself and has been planted up. It is flanked on one side by the mature Feanedock Covert and the other by the

maturing Rawden East Country Park and Maybury Woods, all of which have public access. We are currently exploring ownerships of these blocks and have done some preliminary mapping of the area which extends as far as the hamlet of Boothorpe and is about three times the size of Jubilee and Outwoods, with rolling hills, a stream valley and lakes.

We have a number of other ideas which are on the back burner. Many of them are in the deep south of our patch and, much as we want new areas to run on, there are logistical problems of finding officials for remote events and turning out sufficient numbers to make events cost effective. The main reason we have not gone to the expense of remapping Old Dry Hills and started using that again is its remoteness. We have mapped and used the nearby Titchmarsh Woods in the past, but neither offers anything better than other nearby Northamptonshire areas we do use occasionally.

Ideas are always welcome and I am looking into a couple of small possibilities suggested by members.

We do have a watching brief on the very attractive block of open access land made up of Warren Hill, Gisbourne's Gorse, Timberwood Hill and Cat Hill which adjoins the small Oaks in Charnwood area, but despite being 'Access' land, it is still in the sensitive ownership of the wildlife trust.

More remotely, other areas we have our eye on but are not actively pursuing are Old Dalby Woods, Wardley Woods, Old Head Wood and Grafton Park (Northamptonshire - about 850 acres) and nearby Geddington Chase (about 600 acres).

I have also recently walked extensively in the Exton estate, north of Rutland Water, exploring possibilities there. It has





numerous woodland blocks in rolling countryside with water features, and is criss-crossed by many rights of way and, if it were nearer, might be worth looking at in more detail.

We did start mapping Bedford Purlieus, near Fineshade, and much more interesting, but it became a national nature reserve and permission was withdrawn. Near Corby, we have looked at Carlton Purlieus and the nearby Pipewell Woodlands, but were not enamoured by them. The Brookfield Plantation NW of Corby is very attractive, but given we could not establish ownership, plus it is remote, that has not been taken further.

We have been into Owston Woods, but the access is very sensitive and parking

non-existent, so we have dropped that for the foreseeable future; Laude Park has also been dropped due to the sensitivities of the religious retreat and the wildlife trust.

To return closer to home, we have done some preliminary work on National Forest sites around Alton Grange, and these might be reactivated as part of a map of the QE2 Diamond Jubilee woods in due course. We also have ambitions re Bardon Hill, but continual quarrying activity makes this a long-term prospect. Additionally, we do watch the ever changing ownerships of Lawn Wood and try each time it changes to get back in.

*Roy Denney,  
Access Development Officer*

## Gift Aid on Donations to LEI

The Club became the seventh orienteering club in the UK to register as a Community Amateur Sports Club (CACS) at the end of June. The change in status was driven by potential taxes on our work with schools and in installing permanent orienteering courses. CACS provides a route to avoid this and other taxes.

It enables the club to claim gift aid on donations made by tax payers. There is a tax avoidance arrangement where volunteers can be assisted in making voluntary donations of expenses at no cost to themselves. A gift aid form and further details are on the club web site <http://leioc.org.uk/members/forms.php>. If you are an event official and are incurring expenses, then the Treasurer needs you to fill in a gift aid form. It does not need to be signed so you can just email a copy. You must be a UK income tax

payer. If you are required to fill in a tax return, you also need to enter the details of amounts given to the club.

When you organise an event, you can include that you wish some of the expenses to be gift aided. Just tick the box and I will add in the extra amount allowed under the HMRC tax free mileage scheme. For the few of you who now make no claim, the club will gain if you can indicate your notional expenses, i.e. unclaimed mileage.

I will make a claim each April and the HMRC will pay us 25% of the donations made.

If you need more information then speak with me.

*Roger Edwards  
Treasurer*



# Saunders Lakeland Mountain Marathon 2013

"Careful not to pick up the wrong control description", said the lady 'manning' the final box at the start. "You wouldn't want to pick up a KLETS one by accident, would you now. "Ha! Ha! Ha!" they all laughed at me standing on my own in the KLETS lane. I did feel a bit silly, but I've always admired the KLETS guys when I'd encountered them on mere ordinary courses such as Carrock Fell. They cross your path and strike off in seemingly silly directions with an entirely different agenda, carrying the tiniest amount of kit.

Many mountain marathons have A, B and C classes, or name their classes after mountains, and most have score events of various lengths, for instance 7 hours for Saturday and 5 hours for Sunday.

The explanation of the SLMM from the website is:

'Teams navigate between checkpoints, visiting them in the order given (with the exception of solo KLETS competitors). The first day finishes at a mid-way campsite. Competitors must carry the lightweight camping and safety equipment listed in the rules. Competitors need to be competent in the use of a map and compass in the mountains. Many checkpoints require accurate navigation, especially in misty conditions.'

KLETS stands for Ken Ledward Equipment Testing Services (not a Swedish word for 'maniac', as some may think). Ken is, by most people's standards, a bit of a super hero. The SLMM describe the CLASSIC KLETS class as follows:

'This event is for the skilled and very fit high level mountain travellers. **Entrants must have successfully completed 2 Saunders Scafell or 2 LAMM/OMM**

## Elite/A (or one of each) in recent years.

Other experience of long, solo mountain trips will be considered by the organisers. Checkpoints may be taken in any order, and may be at locations requiring precise navigation. If you have previously finished this course in a time of 50% longer than the winners time, then you should enter a shorter course.'

So, as my life-long friend and MM partner, Big Julie, was having a bad time with arthritis at the time, I had convinced the controller to allow me to transfer my easier Wansfell entry to KLETS so that I could still run, but alone. I had to promise that I'd give up at certain points if I did not make my own self-set timeouts. I took Mark and Howard to help me negotiate with the organiser. After Mark mentioned that he barely knew me and that he wasn't sure if I could do it, I thought it best to retire to our lovely rented village hall for the night. I had never finished or even attempted an Elite or A class course, and certainly had never finished one within 50% of the winning time - still less chance that I had lived to tell the tale and repeated the exercise!

Well, to cut a very long, mountainous story short, a very long story (that is a 10 hours 51 min long story), I did manage to finish day 1 of my 33.6km course whilst obviously not choosing the optimal route, but I made no mistakes. I

**Klets**

ALL controls must be visited in ANY order.

Check code numbers to avoid disqualification.

Distance 33.6 Km

Control	Grid Reference	Description
100	152 852	Start Day 1 Gate
111	134 949	Gate
152	146 978	Reentrant Upper Part Rocky
130	151 986	Rained Wall Fence Junction
149	152 964	Crag Foot middle
104	160 936	Boulder 3m North Foot
136	160 979	Reentrant top
165	159 958	Spot Top
113	155 971	Seat How Summit East End
128	174 942	Ruin inside
105	179 952	Enclosure Large natural gap
109	186 978	Great Crag 7
144	190 995	Sheenfold Knoll
106	197 984	Platform West Rim
135	204 973	Knoll South East of 3. Ten East End
108	210 004	Knoll top North Base
107	218 998	Small Tam West End
102	199 948	Peak Day 1 Gate

Course closes at 20:00 hours  
YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

If retiring to anywhere other than the day 1 Finish you must Ring 0774009889 as we know you are safely off the hill!



grinned for at least 10 hours of that - I loved the freedom and I really was not nervous about navigating alone, despite not seeing anyone for at least 4 hours. I'm not sure that I could blame route choice entirely, as the winner had also taken my route. Obviously I was last, but one respectable REAL KLETS chap missed a control, so I always count that as second to last. As there was only one other female in the event, I was in second place.

Many of the competitors stood up and clapped me running into camp. I was very happy. The controller was very happy to see me, too - he hugged me. The boys greeted me with relief that I was alive, combined with respect for finishing, and had saved me a space to camp with a distant view of the sea. They also commented that the tide had been in and out twice whilst they'd been waiting for me, and that Howard had had at least two sleeps!

The evening was sunny and sociable and I slept well, having the luxury of a mountain marathon tent to myself (except the rude awakening in the night from the man in the tent next to me on his

balloon mat).

Day 2 started off well with an early start, but quite quickly I recognised that my sugars were all wrong and that eating was not helping. I made simple mistakes and kept falling over in a sea of waist high heather. The heat was exhausting and I spent 6 hours contouring a huge heathery mass (Black Coombe). After 7 hours and 3 minutes, I got timed out, as controls were closing - and I was relieved to finish without the nearby controls, having got all the far ones. 8 of the other REAL KLETS chaps had also been timed out, so I didn't feel too bad, plus I had more controls than many of them.

Needless to say, Howard was asleep on the picnic blanket when I arrived back at the car, after he and Mark had bathed in a stream, complete with latterly discovered dead sheep!

Again, the controller was very happy to see me, and although I'd obviously missed the ceremony, he gave me a very fine shot glass and a bottle of cider as if I'd come first. He said that it was for 'enthusiasm on the hill' - or inane grinning!

So, by the time you read this, I'll be doing the RAB solo (long score). There'll be a good turnout from the ladies on this course, so as long as I finish this one, I'll come 3rd. I CAN'T WAIT...

*Julie Ferris*



# Out and About



Have you got purple fingers?

No, I am not suggesting you have been voting in Iraq! This has been a magnificent year for heather, blackberries and bilberry, and I, for one, have picked buckets full of the

fruits. This has proved valuable as a substitute for my cherry-plums which have had a bad year for some reason, and they make a fine substitute when making jams or, indeed, added to apple for fruit pies and crumbles.

It has also been a great year for butterflies. I have had 9 species in the garden and was inundated with peacocks for a month or so. They have now been replaced by tortoiseshells. There were clouds of them when I walked through Twyford Woods a few weeks ago on a walking holiday over in that part of Lincolnshire.

I also spent a week based above Belper, near Crich, and unfortunately, whilst the blackberries were starting to appear, a number of routes were badly impeded by the brambles' sinuous and lethal branches. We moved on for a week at Chatsworth, extensively walking the estate and the moorlands above. It is easy to forget just what a lovely area this is and it is a crying shame that we no longer get opportunities to run there.

Whilst at Belper, we did have the good fortune to watch at length a pair of Peregrines feeding four nearly fledged young. They had nested on a ledge, three floors up on a mill on the river, just on the edge of the town, and the young were

lined up on the balcony calling for food, which their parents kept producing in turn.

A bird which is not doing so well is the poor old Hen Harrier, still seemingly fighting for survival. Bad weather in their breeding season for the last two years has done them no good, but it is man's persecution that is pushing them to the edge. They are quickly being driven towards extinction in England and it is one of Britain's most endangered species. English Nature reports that it has vanished from a number of areas where it was hanging on, including the last time I heard from the 12,000 acre Geltsdale Reserve in Cumbria. This, like many other reserves, is surrounded by managed moorland and it is hard not to suspect the activities of gamekeepers.

Last summer, on Thorny Grain Moor, in Colsterdale, not far from Masham, the RSPB was offering a £1,000 reward for any information that leads to the arrest and conviction of those responsible for the shooting of a Hen Harrier. The casualty was well known, as she was raised in 2011 in Bowland, and was known as 'Bowland Betty'. She had been fitted with a satellite tag by Natural England as part of its Hen Harrier Recovery Project to assist them in learning more about the Hen Harrier's wanderings far and wide around the country.

In the last year, this bird had travelled as far north as Caithness, returning to Bowland last May, before making her fateful journey into North Yorkshire. After patrolling the moors in Nidderdale and the Colsterdale area, she was shot out of the sky. Betty's death is a body blow in the battle to save the species in this



country.

This beautiful bird nests on the ground, but the nests, eggs and young are regularly stamped on, with the adults being shot or poisoned. Unfortunately, the bird does take young grouse, but in a few areas the practice of feeding the bird with dead rabbits during its rearing season reduced predation by 85%. However, few estates are prepared to take this trouble. There is an apparent disparity between the successes of the birds on adjoining moor-land areas where the only obvious difference is the attitude of the landowners.

This bird is smaller than a buzzard but larger than a crow, and has a long tail and long wings. It can often be seen hunting low over the ground, with wings raised in a shallow V when gliding. To aid recognition, you should remember that the smaller male has silver/grey upper parts, white under parts and black wing tips, whereas the female is dark brown with buff wing markings and a grey-brown tail, with white banding at the base.

Those of us who support progressive re-wilding of appropriate parts of the British countryside to try and re-balance the ecology are hopeful of another big step forward. Wild boar are now not unusual, if not planned, and are largely accepted as are Muntjac. After long and bitter arguments, beaver were released in an area of Scotland with no apparent adverse effects, and indeed some positive ones. We are now looking forward to the release of lynx back into their rightful homes.

Experts are carrying out genetics research to find the closest surviving relative of the British lynx and surveying habitats for the best locations for re-introductions. They are currently engaged in a range of research projects to identify the sub-species of lynx most closely

related to the extinct British form and assessing sites throughout the British Isles for their feasibility as release locations and ongoing habitats for lynx. They hope to build a captive population of lynx to be released into the wild after gradually accustoming them to self sufficiency. Carefully assessed reintroduction sites will provide secure locations for lynx, and act as a centre point for monitoring and support of the population.

The Eurasian lynx was a native of the British Isles and is a medium-sized cat that, over the last 2000 years, has been forced out of much of Western Europe by habitat destruction and human persecution. The last of the British lynx disappeared about 1500 years ago.

Focused on hunting deer species and smaller prey, such as rabbit and hare, the lynx is a legendarily, elusive creature, known by ancient cultures around the world as a mysterious 'Keeper of Secrets' that rarely leaves the forest. Hopefully, it will keep down the population of Muntjac if it is allowed to become widespread.

This solitary and secretive nature means that they present no threat to humans and it is exceptionally rare for them to predate on agricultural animals. They will naturally avoid anywhere that man is active, so their presence will return a vital, natural function to our ecology, helping control numbers of deer and a variety of agricultural pest species, whilst protecting forestry from deer damage caused by overpopulation. This will have no any detrimental impact on ourselves, our pets or our livestock, other than, possibly, lambs born out on the fells which farmers do not normally allow.

Re-introductions into other European countries have been a remarkable success, with the best managed programmes constructing whole new eco-





friendly industries, such as wildlife tourism, breathing new economic life into remote, rural communities.

With no natural threats and bringing a great range of benefits to humans, the time is perfect to bring back the lynx to the British Isles.

The project will be managed by Lynx Trust, made up of conservationists with specialisms in areas such as field research, ecology, biology, genetics and captive breeding, determined to return a sustainable population to the UK over the next decade.

*Roy Denney*

## Monday, Monday (... a Brief Update on our Groby Club and Young Leaders)

As we have just started the autumn term sessions at Groby on Mondays (6.30-8pm), this is perhaps a good time to reflect on last term's achievements.

Firstly, I would like to welcome *Roshan and Isha Bhamra, Helen and George Brown, Stephen and Caitlin Chafer, Grace, Jude and Penny Garner, Stuart, Kate, Finn, Felix and Flora Miskin, Iain and Emma Phillips, and Jim* who joined our ranks over the past few months.

Everybody enjoyed exciting coaching sessions (led by different coaches), learning many skills such as running on a bearing, contour reading, attack points, aiming off, pacing and IOF symbols at various venues, including Billa Barra Hill, Bradgate Park, Charnwood Forest South, Windmill Hill and, of course, Martinshaw and Ratby Woodlands.

It all culminated in our last session at Beacon Hill, which was also our *Junior Social* and *barbecue*. Ben Windsor organised a fun relay game based on getting items (cards on 'o' kites) needed for a barbecue (such as coal, food, matches, etc). The juniors relished 'putting each other's fires out' with cloud cards; ... however, not as much as they relished shooting each other with water pistols and jumping in the pond



*Birthe's helpers: Imogen, Daisy and Zoe*

afterwards! It was a fitting end to a great season, including our juniors coming 5<sup>th</sup> in the Yvette Baker Final, great results for junior relay teams at the JK., Harvester and Peter Palmer, plus juniors being selected for Interland, Lagganlia and EMJOS.

*My young leaders* (who did their *Young Leaders Award* with Howard last November) have equally been busy helping in various ways: Tom, Nick, and Matt particularly helped with warming up activities on a Monday – Nick and Tom will also help with planning and coaching this term as part of their D of E requirements.





*Howard and Birthe Coaching at the Monday Groby club night*

Daisy, Zoe and Imogen were invaluable in helping me run 5 after-school sessions at Martinshaw Primary School (coaching on average 35 eight-eleven year olds for the County Schools Champs at Bradgate Park! - 20 of them actually ran on the day as 10 pairs, collectively they were awarded 'first primary school' and really enjoyed the experience! Some of them even joined our Monday club!). Most young leaders (including Zoe and Anna) helped on another, very busy, Monday evening when Markfield Cubs visited for a taster session of single legs, loops and

naughty numbers around Groby Campus. They enjoyed it so much that they were interested in coming back for another session in the woods using POCs, and hopefully there will be *Young Leaders'* follow-up sessions with Howard after half-term again.

As daylight hours shorten this term, we will be based more at Groby College and, later, Brookvale Gym. Participants will need to bring head torches so our adventures can carry on in the dark.

Sessions are great fun and popular; however they require a lot of planning and many coaches. If you are interested in training as a level 1 coach (all coaches are CRB/DBS checked) please let Roger Edwards know - there may still be spaces left for the October training sessions!). We need more coaches – We need YOU!!!

Thank you to all my coaches, helpers, young leaders and parents for their tireless work, and all the juniors for being such good sports.

*Birthe Richter-Wilson*

## Swadlincote Woodlands to Harvester Relays - a Year in the Life of a Beginner M45.

*(Illustrated with comments received from club members throughout the year).*

3am, 30th June, 2013. In a tent at Longmoor Camp. I got up. I couldn't sleep - I was too excited. The mist was rising and here was I about to take part in the Harvester Relays, running for the ViLE Iguanas. When I recorded on Attackpoint(.com) that I would be going, I jokingly added, "I think LEI needs me to complete a team." I didn't realise quite

how true a statement this was and that we were the only non-junior team. I'd assumed the club went every year.

However, 30th June was an important date. It is a year since the 30th June 2012, which was my first orienteering race (well, since I was a teenager) and Emma's first ever.

My orienteering renaissance came as the result of trying to get a teenage daughter, who likes maths, origami and computer



games, outside.

We had downloaded local POC maps, and LEI had, therefore, (very cleverly) got an email address. So, when invited to a beginners' event the following summer (*Peter Hornsby: "it worked!"*), we turned up. So we went to Swadlincote (it was free!), Emma pleased with the symmetry: a 27:27 time, and me with finishing. We were introduced to wet feet after orienteering.

We joined up with LEI, went to summer league events, LEI post-run social sessions and Level C events. Emma moved from Yellow to Orange, and me from Green to Blue. Always, the only target was to enjoy things and not be last, and we didn't take that one too seriously. Orienteering is obviously (to an outsider) run by nerds, with many websites with leagues (Summer, Winter, East Midlands, National, Urban), ranking points, events, toughness scores, etc., so we were able to track our progress (at the bottom of most of these).

However, it became a series of injuries - scratches from thorns (to be expected), head bumps (leaving me looking like a large Shiraz had been emptied over me) caused more problems for fellow competitors (I couldn't see the damage), infected insect bites, headaches and pulled muscles - all became regular topics of conversation (*Iain Tebbutt: "You know Iain's been on a run - look at how he's walking"*).

We regularly attended club nights, with Mark's training ("Aiming off, Attack Points, record keeping") helping, and when Charnwood nights stopped, we moved to Groby. Orienteering was taking over, with one or two club nights and an event every week.

Taking it more seriously, we booked the JK weekend, dragging Thomasina as the

support crew down to Reading, and took part in the British Champs (all three). This impressed colleagues - how many other sports would I be able to take part in the BRITISH CHAMPIONSHIPS? It is, of course, not the winning (*Chris Phillips: "don't take this the wrong way, you're not going to win!"*) but the taking part. Comparing times, choosing routes, praising the planner, moaning about maps, vegetation and control locations all contribute to having a good time.

I even got roped into organising a Summer League event at Loughborough Endowed Schools, resulting in many nights in front of PurplePen, and much pestering of Ursula (my mentor organiser) in the pub post-Summer League events (*Ursula: "People will be glad you put the effort into organise"*).

So, one year on and 40 events later: Harvester Relays. Not sleeping, I walked to the exchange pen expecting to see Ethan (our 3rd leg running, I was 4th) about to take over from Steve (2nd). However, seeing Steve still waiting for Derek (1st) meant it was going to be a long night. We were never going to win - completing without mis-punching (or an injury) would be a victory. Eventually, I got going. Orienteering at sunrise is a fantastic experience, and the nature of the relay meant there were many fewer runners around than usual. A slow time

meant that Glyn (Final leg runner) had already started (mini mass start) when I got back. No one mis-punched. No one got injured. We weren't last.

*Iain Phillips*



# Peter Palmer Junior Relay

## Hawse End - 7/8 September 2013

As the alarms sound 4am, Gabriel awakes and, by torchlight, prepares herself for leg 1 of the 6 leg relay. Around the dorm, sleeping bags rustle in the darkness as the other seven LEI team mates stir. Despite Gabriel's quiet preparation, excitement and anticipation prevents almost everyone from getting back to sleep, though Ethan, the second runner, will have another hour and a half to wait for his run. For Francis and Emma, this is their first experience of the strange and exciting event that is the "Peter Palmer Junior Team Relay".

As the mass start sets off at 4.45am, there is quite a crowd to cheer the first leg runners on their way. Was that really a life sized yellow bunny with a dibber or just eyes playing tricks due to lack of sleep? Once the torch lights have disappeared into the darkness, the breakfast hatch is busy. Some with bleary eyes have quite a toasty surprise, mistaking marmite for chocolate spread!

There's now a real buzz of excitement about the Hawes End activity centre, our superb base for the event. Team LEI's face painting gets underway, which helps to fill some time, then there's news that runners are returning. We venture back down to the changeover and cheer Gabriel's arrival. Ethan still needs a head torch for his course, though dawn is breaking as Imogen runs off for leg 3. Lake Derwent's shoreline is clear to see as Euan heads out next. Euan's return gets a particularly loud cheer as he heroically makes it round with his broken arm in plaster!

Three runners can simultaneously run the



*2013 Peter Palmer relay team I to r: Gabriel, Ethan, Euan, Imogen, Francis, Hannah, Anna and Emma*

next leg, so Francis, Emma and Anna take off together into the morning sunshine. The changeover area is really busy now with the number of supporters for the 24 teams growing as runners return, and excitement builds as the last leg runners get ready to start.

Anna was the first of our three Yellow runners back and we were surprised to see her run in carrying her shoe. Apparently the shoe came off early on at the 4th control, but Anna opted to save time by not putting it back on. Despite the boggy paths being slow going, particularly with just the one shoe, Anna arrived back with a big smile and a very muddy sock!

The anchor leg is green standard, so the eager crowd has to patiently await the



arrival of their final runners. Team LEI shriek their support as Hannah visits the spectator control before heading back into the trees. After a sprint uphill to the finish, Hannah secures team LEI's very creditable 4th place in the "Joan George Trophy". Later, Hannah is also credited with being the fastest girl on her leg. Well done to everyone!

After presentations at 9.30am, it's time to head home. Perhaps not surprisingly, in the minibus there was less singing and more snoozing on the return trip. A big thanks to the juniors and parents who made the team possible. A huge thanks must go to Iain Tebbutt for co-ordinating the team, the helpers (Alastair, Roger P and Alison) and the minibus. Did anyone else see the bunny or was it just me...

*Alison Hardy*



*Anna having lost a shoe on her leg!  
Photo: Alison Hardy*

## Permanent Orienteering Courses – Can You Help?

Over the last few years, the club has created many Permanent Orienteering Courses. For most of the locations, maps can be obtained by email from the club website, and the table below shows the number of email requests received over the last year (or part year since the POC was established). There are a few locations where maps cannot be requested via email, but they can be purchased as a pack. In addition to these public courses, there are many more courses that have been installed at schools.

It is hard to quantify the benefits of all these courses to the club, but they have undoubtedly raised the profile of the club

and orienteering in general. Nearly 3,500 requests have been received since August 2008 when the first course was made available via email. The courses are also used for training and some club competitions.

I haven't counted them all but there are approximately 200 courses available at the public locations and, therefore, well over 1,000 controls. Unfortunately, some of the controls get vandalised from time to time and the rampant vegetation growth this summer has made some controls hard to find.

Maintaining all of these courses to a good standard is potentially onerous, but could be made much more manageable by





Location	Requests received over last year
Beacon Hill	98
Beacon Hill West	91
The Outwoods	66
Watermead North	44
Oakham Woodlands	44
Wakerley, Northants	43
Martinshaw	40
Foxton Locks	39
Melton Country Park	38
Sence Valley, Ibstock	37
Burbage Woods	36
Fosse Meadows	34
Donisthorpe	31
Ratby Woodlands	31
East Carlton Park, Northants	25
Irchester, Wellingborough	23
Fermyn & Brigstock	21
Watermead South	20
Bosworth Park	19
Brocks Hill, Oadby	18
Loughborough University	17 (4 months)
Castle Hill, Anstey	17
Snibston, Coalville	15
Booth Wood, Loughborough	14
Abbey Park	13
Fineshade Woods, Northants	11
Stonebow, Loughborough	9 (8 months)
Evington Arboretum	9
Braunstone Park	8
Western Park	8
Hood Park, Ashby	3 (1 month)
Riverside, Leicester	0
Johns Lee Wood, Markfield	No info
Hermitage, Coalville	No info
Knighton Park	No info
Evington Park	No info

spreading the load. If you live near one of the POC locations, would you be willing to visit it occasionally, say twice a year, to check that the control plaques are still visible and intact? In some cases, it might be necessary to change plaque locations. This may be because the mapped feature is no longer suitable, vegetation has made the control unreachable or the control description is no longer accurate. Would you be willing to replace damaged plaques or use your orienteering skills to make suggestions regarding improving the courses by moving plaques?

All the current POC course maps were created by Roger Edwards or me, originally in OCAD. Many have now been converted to Purple Pen. There is no reason why someone else should not be able to revise the course maps for an area to reflect any changes that they think are needed. This could be used as training for designing courses and drawing them using Purple Pen.

Although all POC base maps are derived from the club OCAD maps, there are some areas where they differ. The open source (free) mapping program, called Open Orienteering Mapper, is now good enough to be used to create orienteering base maps and it can read and write OCAD files. There are obvious problems with allowing anyone to change the base maps, but, in principle, someone who has the necessary mapping skills could adapt a new or updated base map to be compatible with an existing POC course. This could provide useful experience for those new to mapping.

Finally, if anyone has any suggestions as to how POCs, and the "POC experience" could be improved, then please let me know.

*John Marriott*  
*Permanent Course Co-ordinator*



# Retired Man Chronicles: The Summer of 2013

Retired Man's life has revolved around orienteering and radio orienteering. In May, we both went to 'Little Switzerland', i.e. the Surrey Hills, where the small band of British radio orienteers had invited the rest of the world to the British Championships. The team from the Ukraine had spent two days travelling in a camper van; no wonder some felt travel sick. Two German students had the OS grid reference of the Start, but no OS map, so they used their little grey cells to figure out that as they were arriving late, the Beacon would now be transmitting (dah dah, dah dah dah i.e. MO) and their receivers then guided them into the car park at Leith Hill. LEI purple fleeces, or more accurately African Violet colour, courtesy of the recent Loughborough Uni event, were proudly worn by Stuart Tyler, myself & Retired Man. Radio orienteers seem to expect technical problems such as transmitters that refuse to wake up. When an aerial falls off and Bob Titterington sets off to mend it, I find myself solely in charge of the British Champs: dibbers, start times, money and results-processing. I think it is called multi-tasking. No wonder John was keen for me to accompany him 'on holiday' and Bob happy to see me.

The next day, the competition was based at Winterfold. The mass walk to the secret start had already taken place, where radio orienteers put their receivers in 'the Pound' and awaited their start time. Having ascertained that I could read an O map (phew), the organiser gave me the job of walking late comers up the steep hill, past the windmill and on to the secret start. Up and down that hill three times must have burned off all those full

English breakfast calories at the B&B near Peaslake.

At the end of the second day, Bob wanted to give us some homework, i.e. attaching red, white and blue ribbon to gold, silver and bronze-coloured medals. However, there was a competitor still out on the course and the transmitters were being collected in. As not all radio orienteers are proper orienteers, their map reading can be suspect, so the Beacon remained on to guide the competitor home. Dah dah, dah dah dah.

So on the bonnet of Bob's Discovery, we started our homework of fixing ribbons to medals. Dah dah, dah dah dah. Other helpers were intrigued and soon joined in. It was reminiscent of Tom Sawyer's punishment of white-washing the picket fence where his friends PAY to paint the fence. Dah dah, dah dah dah.

Job done. No homework to do and the lost competitor has just arrived back.

In the evening, at the pub: 24 radio orienteers turn up to sit at a table only laid for 20. 'Captain Bob' takes charge and with a little rearranging we can all eat together as planned. But there is a small fire in the house opposite the pub and when it is time to leave, we can't. We are FORCED to stay at the pub. The fire engine is blocking the car park exit and the narrow road out of the village. Luckily, "No one was injured in the fire and very little damage done," said the giant fireman standing at the bar.

Holmbury Hill was the venue for the final day of radio orienteering. The 3 day event has been blessed with good weather and



everyone is sorry to be leaving. There are smutty smiles as John complains he fell and broke his knob - the knob on his receiver. The medal presentation takes place at a hastily organised podium consisting of 3 pieces of paper, equally spaced, with 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> written on. The president of the Radio Society of Great Britain, RSGB, has arrived to present the medals. Retired Man has earned a gold and a silver medal in his age class, and Bob Titterington has to stop being compere to receive 2 gold medals at M70. The overall British Champion is David Williams. The Bulgarian team present Bob and the British team with a plaque to commemorate the Centenary of the RSGB in 2013.

At home a few days later, a big bouquet of flowers arrives and the accompanying note reads "From the ARDF enthusiasts in appreciation of your help last weekend." ARDF is amateur radio direction finding.

In June, a very smelly John returns from Nottingham Uni, having nearly jumped a wide stream and ending up knee deep in mud, but he tells me that several people managed to be covered chest high in the smelly stuff. Should have gone to Specsavers and noticed that, nearby, there was a bridge on the map!

To celebrate the RSGB Centenary, it was decided to put on a 'Come And Try It Radio O' for juniors at Bletchley Park, and Bob T. asks RM, "Can you throw a bit of OCAD at this visitor's map? The Duke of Edinburgh is coming and we all need to scrub up."

John attempts to map Bletchley Park from just aerial photos, but in the end goes there, too. John buys some new black tracksters without holes, rips or snags. However, the Duke of Edinburgh is taken to hospital for exploratory surgery and his summer engagements

cancelled; the Duke will not be at the Centenary. There is disappointment for our radio orienteers, but a sense of relief about security and looking neat and tidy. The day goes very well in lovely sunshine.

After the Summer League Bradgate Park event, you may have seen our son, Andrew, at the Bradgate Arms. He had to find Retired Man and our house keys as RM had come home for a shower and locked Andrew out of the house.



*Chris Bosley and John demonstrate Radio Orienteering at the S6D.*

*Photo: Alison Hardy*

In Scotland, RM is staying in a house organised by the Middletons' and shares a very small room with bunk beds with Chris Bosley. Two years' ago, the town of Oban ran out of bananas when 4,000 orienteers descended for the Scottish 6 Days. He could make a fortune by filling his car with bananas if it wasn't already



full of Radio O equipment. He has persuaded the organisers to let him put on a 'Come and Try Radio O event' on the rest day. He has 30 competitors for Radio O at Culbin, which was won by Stephen Middleton. The entry fee money contained several Scottish banknotes with pictures of Walter Scott, the novelist, and Mary Slessor (who?). I googled Mary Slessor to discover that she was a missionary in Ethiopia, where the birth of twins was considered a curse and the babies were abandoned to die. Mary rescued many twins and brought them up at the mission. Any twins out there take note, including John who has a twin brother. Twins are a curse???

After 6 days of orienteering and a long car journey home, Retired Man's back starts to complain and he misses some summer league events, but not necessarily the trip to the pub afterwards.

RM forgot to take his shaver to Scotland and returned with a beard which he kept for nearly a week, and then shaved half his face to see how long it would be before I noticed (about 30 minutes!!)

Retired Man is not very good at gossip, but he did gleefully relate the story of an orienteer who cycled to a beer festival with beer at bargain prices. Unfortunately,

the orienteer fell off his bike on the way home.

Retired Man has only just returned from Radio O in Poland without any medals, but congratulations to Robert Vickers (gold) and Bob Titterington (bronze) for the Brits in the Sprint competition, and as a team they won Silver in the M70 competition.

RM's photographs of Poland include: the hotel and the room, of course. Then there are photos that show the holiday atmosphere of Radio O: cooking sausages on long sticks over a wood fire and free beer in the Biathlon Stadium, a small Tesco shop and the cake shop window—"I can recommend the tiramisu," says RT.

Congratulations also to LEI youngsters for excellent results in Scotland, Good luck to those off to Uni and to Ernie who gave everyone a fright after the Lincoln event.

The summer of 2013 has been one to remember.

*Irene Marriott*

## Relay Round-Up

This year has seen LEI relay teams competing in many of the relay competitions throughout the country. Our first competition was at the JK relays in April where we had 11 teams ranging from the mini relays (for M/W12 and under) up to a rather older team. For many of our younger juniors (and some of our seniors), this was their first experience of orienteering relays. All the teams performed superbly and everyone

appeared to enjoy their runs. We had three teams in the British Relay Championships in May and all three completed their courses in respectable times.

In June, we had two teams in the Harvester Relays. Our junior team was the second junior team to finish – a superb result. Our more senior team also finished in a respectable position, so well



done to everyone. The Harvester is a great event with teams of 5 or 7 runners. The competition starts with some night legs and then progresses through dawn so that the last couple of legs are completed in daylight. The leg lengths vary, so there is plenty of opportunity for everyone to join in next year!

Our final relay competition of the year saw 8 juniors making their way up to the Lake District for the Peter Palmer Relays. We had a very young team which did really well to come 4<sup>th</sup> in the Joan George Trophy competition.

Relay competitions offer a different twist on normal orienteering, with a chance for head to head racing (especially for the first leg runners). Relays also give orienteers a rare chance to really

compete together as teams, rather than as individuals, so they are great social occasions as well. If you fancy running in a relay team next year, then please let me know. Most relay teams will have legs that differ in length and/or technical difficulty so there really is something for everyone.

Dates for next year's competitions are:

JK Relay: Monday 21<sup>st</sup> April

British Relay Championships: Sunday 1<sup>st</sup> June

Harvester: Sunday 18th May

Peter Palmers (Juniors M/W12 to M/W18): Sunday 14<sup>th</sup> September

*Iain Tebbutt*

## Club Chat

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

Greg, Charlie and Josh Hillaird

Derek and Clare Caxton

Hilde Andersen and Greg Skinner

News from your committee:

- Level C event fees will rise in January 2014 to £7 per adult and £2.50 per junior.
- Level D Junior event fees will rise from the start of the winter league to £1.50.
- **AGM date: Monday 28th October at the Glenfield Parish Rooms, Glenfield. LE3 8DL**



### Privacy and Your Club

In order to provide an effective administration for the club with the limited time available to volunteer officials, it is essential that we make full use of word processing and spread sheets and, as such, most of our records are on computer. On the understanding that we have your consent to hold this information in this fashion, we do not have to register under the Data Protection Act, provided that the information is not disclosed to third parties without your specific consent. You are reminded, however, that if you do not wish to have your details included, you may object, in which case we will try to find alternative ways of accommodating your requirements.



# Annual Accounts 2012-2013

The accounts for the club will be inspected before being submitted to the Annual General meeting. A summary is shown below:

Events	£	Other Activities	£
Entry Fees	18,000	Subscriptions	600
Less		Grants	750
Hire of facilities	3,750	Sales	1,750
Mapping	3,000	Less	
Levy	2,500	Support to Juniors	1,000
Equipment	1,500	Other costs	2,400
Officials Expenses	1,400		
Other	3,500		

2013 is the first year with the new subscription and levy arrangements, and this has resulted in an extra levy charge of £700 when compared to last year. However, members will have gained through the reduced subscriptions rates to British Orienteering.

Our plans for 2013-14 will be explained at the AGM. We wish to extend the winter club nights, but some of the increased costs need to be covered by a small additional fee for juniors. All juniors at all events now pay a levy; in the past this has not been significant, but with a much higher participation from our juniors in league events, we need to raise the fees to cover the levy cost at these small events; juniors will be charged £1.50. All levies support the work of British Orienteering in providing services to the whole membership. The East Midlands also

charges a levy, principally to cover the costs of providing a subsidy to the Junior Squad when it travels out of region.

The club has one disappointing UK record; we have the highest number of SI boxes stolen at events! So this has resulted in the insurance excess for the club being increased to £150. This means that the club must now meet the cost of the first box stolen at each event or training session. Coaches and planners: please make sure you secure the SI equipment at each event. For larger events, consider the use of the club's gripple set, as this avoids blocking the dibber hole in the centre of the SI box.

*Roger Edwards*

Don't forget to visit the LEIOC website at  
<http://www.leioc.org.uk>  
 for up-to-the-minute information on what is happening in your club.





# Photo Gallery: Yvette Baker Trophy Final Belton & Loundthorpe Woods 7th July 2013

Pictures of some of the junior members from the club team which came fifth in the competition. All photos: Annie Leake.



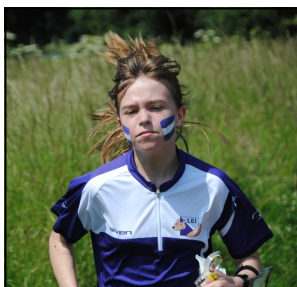
*Ashleigh*



*Ben*



*Bethan*



*Caitlin*



*Daisy*



*Ethan*



*Francis*



*Harrington*



*Reed*

## Photo Gallery: Yvette Baker Trophy Heat Bradgate Park, 18th May 2013

LEI juniors prior to their runs with face paint to a high, professional standard!



*Imogen, Daisy, Anna and Reed. Photo provided by Birthe Richter-Wilson*



*Finn, Nick, Fraser and Charlie. Photo: Sue Alcock*

# 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 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. Regional and national 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, 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](http://www.leioc.org.uk) or check on [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk). The editors take no responsibility for wasted journeys !

## EVENT STRUCTURE IN FIXTURE LISTS

- Level D = Relatively low-cost events providing local competition and aimed at increasing participation.
- Level C = Local events providing a wider variety of venues and competitors.
- 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.
- Level A = Major UK Events.



## Winter League 2013/2014

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

Check the website [www.leioc.org.uk](http://www.leioc.org.uk) for the car park location or phone the minor events co-ordinator, Steve Edgar, on 07854 788438.

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



Entry fees: Adults £4.50, Juniors £1.50

For results, please see [www.leioc.org.uk](http://www.leioc.org.uk) .



<b>October 2013</b>		
5th Saturday	LEI EMOA Level D	Winter League 1. Grange Woods, SK425093, Score event. Car park: Battram village
6th	LOG EMOA Level C	<b>Stamford Town Race</b> , Stamford
12th	NATO NEOA Level B	<b>October Odyssey day 1 &amp; British Schools Score Championships</b> , Druridge Bay Country Park, Amble
12th	NOC EMOA Level C	<b>NOC Regional Event</b> , Bestwood Country Park, Nottingham <a href="http://www.noc-uk.org">www.noc-uk.org</a>
13th	DVO EMOA Level C	<b>DVO EM League</b> , Kedleston Hall, Derby, <a href="http://SK312402">SK312402</a> Organiser: Sal Chaffey <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
19th Saturday	LEI EMOA Level D	Winter League 2. Swithland Woods, SK537118, Night classic event. Car park: South car park
20th	BOK SWOA Level A	<b>CompassSport Cup Final</b> , Moseley Green & Mallards Pike, Forest of Dean, <a href="http://SO631087">SO631087</a> Organiser: Mark Dyer , 01179 684173 <a href="http://www.bristolorienteeing.org.uk">www.bristolorienteeing.org.uk</a>
22nd Tuesday	LEI EMOA Level D	Winter League 3. Evington Park, SK628021, Classic event. Car park: Cow & Plough. Half term event.
26th	CUOC EAOA Level B	<b>Cambridge City Race, Cambridge</b> Organiser: David Maliphant <a href="http://www.cuoc.org.uk">www.cuoc.org.uk</a>
27th	LEI EMOA Level C	<b>LEI EM League Event , Ratby</b>
<b>November 2013</b>		
2nd	SOC SCOA Level B	<b>Salisbury City Race (UKOL18)</b> , Salisbury, Salisbury No dogs allowed. Organiser: Pat Hart , b.hart@tiscali.co.uk , 01794 390593 <a href="http://www.salisburycityrace.org.uk">www.salisburycityrace.org.uk</a>
3rd	SOC SCOA Level B	<b>SOC November Classic (UKOL19)</b> , Brockenhurst, Southampton, <a href="http://SU335025">SU335025</a> <a href="http://www.novemberclassic.org">www.novemberclassic.org</a>



November 2013		
9th Saturday	LEI EMOA Level D	Winter League 4. Beacon Hill, SK510145, Classic event. Car park: Top car park.
10th	NOC EMOA Level C	<b>NOC Regional Event</b> , Thoresby North, Ollerton <a href="http://www.noc-uk.org">www.noc-uk.org</a>
17th	DVO EMOA Level B	<b>British Schools Orienteering Championships</b> , Shipley Park, Ilkeston, <a href="http://SK432454">SK432454</a> Organiser: Val Johnson <a href="http://www.dvo.org.uk/">www.dvo.org.uk/</a>
20th Wednes- day	LEI EMOA Level D	Winter League 5. Ivanhoe Community College, Sk359170, Night sprint event. Car park: Ivanhoe Community College.
23rd	LEI EMOA Level C	EMOA Urban League - Ashby de la Zouch, Ashby de la Zouch. Entry times: 13.00 to 14.00. Dogs allowed. <b>Organiser: Chris Phillips</b> , <a href="mailto:onecphillips@lineone.net">onecphillips@lineone.net</a> <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
24th	LEI EMOA Level B	East Midlands Championships, Regional B event, Spring Cottage, Ashby de la Zouch <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
December 2013		
4th Wednes- day	LEI EMOA Level D	Winter League 6. Willesley (south), SK337144, Night event. Car park: Woodside Road.
7th	DVO EMOA Level D	<b>Night Event</b> , Shipley Country Park, Ilkeston, <a href="http://SK432454">SK432454</a> Organiser: Graham Johnson <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
14th Saturday	LEI EMOA Level D	<b>LEI CHRISTMAS NOVELTY EVENT.</b> Burbage Common, SP447953. Car park: Visitor centre   
22nd	NOC EMOA	<b>NOC Regional Event</b> , Walesby, Ollerton <a href="http://www.noc-uk.org">www.noc-uk.org</a>
29th	LEI EMOA Level C	EMOA League The Outwoods, The Outwoods, Loughborough, <a href="http://SK521148">SK521148</a> <b>Entry times: 10.00am to 12.00noon. Dogs allowed.</b> Organiser: Nigel Lydon <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>

<b>January 2014</b>		
1st Wednes- day	LEI EMOA Level D	Winter League 7. Abbey Park & Riverside, SK585054, Score event. Car park: St Margarets Pasture
12th	LEI EMOA Level C	EMOA League Event Willesley Woods, Ashby de la Zouch <a href="http://www.leioc.org">www.leioc.org</a>
19th	DVO EMOA Level C	DVO Farley Moor EM League, Farley Moor, Matlock Organiser: Stuart Swalwell <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
22nd Wednes- day	LEI EMOA Level D	Winter League 8. Donisthorpe North, SK309156, Night event. Car park: Conkers Waterside
26th	BKO SCOA Level A	Southern championships, Starposts Bracknell. SU875661 Contact: Fiona Clough
<b>February 2014</b>		
1st Saturday	LEI EMOA Level D	Winter League 9, Irchester Country Park, SP911658, Classic event. Car park: Irchester Country Park
9th	SYO YHOA Level B	YHOA Superleague, Warncliffe Sheffield
16th		COMPASS SPORT CUP - HEAT, Level B Venue: TBC
19th	LEI EMOA Level D	Winter League 10, Brocks Hill, SP619997, Classic event. Car park: Brocks Hill visitor centre. Half term event.
22nd	MV SEOA Level A	British Night Championships, Pippingford Park Crowborough Contact: Mike Bolton
23rd	DVO EMOA Level C	DVO Lindop EM League, Lindop, Chesterfield, <a href="http://SK272716">SK272716</a> Organiser: David Vincent <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
25th Tuesday	LEI EMOA Level D	Winter League 11, Sence Valley, SK391109, Night event. Car park: Queens Head.





<b>March 2014</b>		
2nd	NOC EMOA Level B	Regional B Event, Clumber Park, Worksop <a href="http://www.noc-uk.org">www.noc-uk.org</a>
9th	EPOC YHOA Level B	YHOA Superleague, Hebden Bridge
9th	OD WMOA Level B	OD Regional Event, Bentley Wood, Atherstone
16th	LEI EMOA Level C	<b>EMOA League Event Fineshade Woods, <a href="http://www.leioc.org">www.leioc.org</a></b>
23rd	EBOR YHOA Level B	YHOA superleague, Pickering
30th	DVO EMOA Level C	DVO Shining Cliff EM League, Matlock, <a href="http://SK325531">SK325531</a>
30th	HALO YHOA Level B	YHOA Superleague, Market Weighton
<b>April 2014</b>		
6th	LEI EMOA Level B	<b>East Midlands Championships &amp; Regional B Event. Cademan Wood. Middle Distance.</b>
18th	WOA Level A	JK2014 Day 1 Sprint Event, Swansea University & Singleton Park
19th	WOA Level A	JK2014 Day 2 Classic Event, Merthyr Common, Ebbw Vale
20th	WOA Level A	JK2014 Day 3 Classic Event, Llangyndydr, Ebbw Vale  * * * <b>LEI DAY</b> * * *
21st	WOA Level A	JK2014 Day 4 Relay Event, Pwll Du, Blaenavon



# Photo Gallery: Scottish 6 Days 2013



Jessica



Holly



John



Enjoying the sunshine around the club tent. Day 3, Culbin. Photo: John Marriott



Imogen

Photos unless shown:  
Annie Leake



Pete



Richard



Matt



Molly



Chris



Oscar

