

British Night Championships Host 2016



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



'O' Festival Oslo

Junior Spotlight: Lagganlia

My Spine Race Lasted 144 Hrs

Monday Club Night Update



Autumn 2015

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**Copy date for next issue:
15th January, 2016**

Front Cover: Team Deep Purple retaining the Joan George trophy at the Peter Palmer Relays. Photograph: Wendy West

Points from the Editors



Welcome to the autumn 2015 edition of the LEI News. By the time you receive this, we will be in the swing of the winter league series, and yet it doesn't

seem like five minutes since we were competing at the Scottish Six Days. What a fabulous competition it was, running in the same terrain as the world champions. We also had a treat at Darnaway watching on the big screen just how the experts do it, but I'm not sure we really picked up any tips, other than to navigate accurately and run fast, neither of which we do with great success!

It's great to read about our members orienteering further afield over the summer months: Norway, Sweden and Switzerland, to name a few countries. You can read about the Wilson's experience of Norwegian orienteering on page 18, plus Hannah Cox's 'European tour' of orienteering on page 5. The Czech Republic was the destination of choice for John Marriott (see page 27), but the outcome wasn't altogether a good one. I'm sure you will join us in wishing John a speedy recovery.

We will be experiencing some changes to our committee in October, so we urge you to get involved at committee level and have your say on how the club is run. We don't bite, honestly! However, at the very least, do read page 7 and complete the questionnaire on what you think the club can do better.

As always, please continue to send your articles to wenandal@talktalk.net. Happy reading. *Wendy and Alan West*



Ramblings from the Chair



Well, this is the 12th Chair's Ramble that I have written since taking over as Club Chairman in October 2011. To be strictly accurate, you have only read 11 of them, as I wrote one and then went on holiday before sending it

through to the editors, though I did manage to recycle some of it for the next Ramble. I couldn't resist taking a quick look through some of the previous editions before I started to write this. It is always a temptation to adapt a few pieces from the previous year's edition. Well, this time I am going to do that openly, but go back to what I wrote in September 2013. Here's the first bit: "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". That is pretty accurate again, apart from the fact that we regained, rather than retained The Ashes. Then it gets a bit more surreal! "We have more of a marathon event, and it is called the LEI summer league. Congratulations to Roger Edwards and Hannah Cox as the male and female winners". Perhaps I should keep going and reuse the whole piece as it continues with talk about volunteering.

As many of you will probably know, I am going to stand down as Club Chairman at the AGM. I definitely think 4 years is enough - for me and the club. Iain Tebbutt, who has been Vice Chair for those four years, is also standing down, and I'd like to thank him for being around all the time I've been in the Chair's role.

We aren't the only ones who are giving up posts, so there will be some necessary swapping round. It would be great to also get some new faces on the committee, not necessarily to take on major roles, but to get experience in the running of the club for the future. It need not be massively onerous as we only have full committee meetings on a quarterly basis, though there is also a sub-committee structure.

I've said in the past that orienteering is a very volunteer-intensive sport, not just due to the number of events that we run, but because of the number of volunteers needed for each event. There is an EMOA training day at the end of October and I know that a number of our members are already booked in, and the more the better. Of course, volunteers don't always get the thanks they may deserve from competitors, as orienteers can be a strangely critical bunch, some more notorious than others, but even that can cause amusement. My favourite comment, when I was controlling an event a while ago went like this. Notorious critic (not from LEI) arrived at the finish, where I was standing, and came over and said, "Well, I couldn't find anything wrong with that course" (possibly with a slight hint of disappointment). I took that as a great compliment in rather a back-handed way. However, the point is that we are all volunteers and we need as many as possible to keep the sport, and our club, moving along as we are at the moment.

As usual, I've been out and about at the summer league and a few urban events recently, though there have also been a few Sundays when I've been able to go out for a run just from my back door, which I love doing. We seem to have had



a summer holiday from EM league events, but will be back in the forests of the area soon. Our next big event is the British Night Champs in February 2016 and also the Midlands Championships in 2018, and I hear on the grapevine that discussions are proceeding well at Belvoir Castle for that event. Once again, volunteers will be needed.

Well, I hope to see many of you at an LEI event over the winter, not forgetting the AGM, possibly looking a bit more relaxed after the end of October.

Bob Haskins

Captain's Corner



It seems like a good idea when you're asked to be a volunteer with the LEI Junior Squad weekend at the Peter Palmer relays and you enter the London City Race. This year, the relays were hosted by

Southdowns Orienteers in Lancing and, luckily, this tied up nicely with the London City Race. With 16 juniors and 4 adults, the transport arrangements were always going to be tricky.

My orienteering weekend with the city race and the relays started at 6:30am on Saturday and ended at 2:00pm Sunday, with not much sleep in between. After 1 car journey, 1 minibus journey, 4 underground trains, 2 overground trains, 6 normal trains, a 1.7km walk, a 7.2km urban at the London City Race and the privilege of watching 16 LEI juniors give it their all (and one a little too much) for the club, I had the enjoyment of watching our junior squad retain the Joan George Trophy and come 3rd in the Peter Palmer Relays.

For those of you who don't know, the Peter Palmer Relay race is a 6 leg race covering at least 20km, with the first two legs in darkness. This means a mass

start at 5:00am for the teams and not a lot of sleep for the juniors and adults alike. You might be wondering by now why I and others are willing to volunteer our time for such a sleep-deprived weekend. To find out why, just say yes the next time we are looking for volunteers.

A huge thank you must go to Iain for organising the teams and the logistics of the weekend, and also a huge thank you to Wendy and Alastair for being willing to wake up at 4:15 am to support our juniors.

Unfortunately, our success at national level in the relays did not stretch to winning the Yvette Baker Trophy back in July. We came a very respectable 5th, with a very strong Devon team winning the trophy. Being placed in the top 5 nationally means that in 2016, LEI will once again be a seeded team in the YBT. The 2016 regional heat will be held on home ground on 10th April, so please book this date into your diary.

I do hope by the time you read this you have already entered online at <https://goo.gl/nmRavX> for the LEI Club Championships and Junior Presentations. With a busy orienteering calendar, it's always hard to find a free date for our club champs. A lot of work goes into planning any event and it's always nice



for the officials to have their efforts enjoyed by a large turnout.

Roger Phillips



Junior Captain's Corner



This summer I have been lucky enough to go to Norway, Scotland, Switzerland and Sweden for competitions and training. This year's JWOC, my first trip of the summer, was held in the Rauland area of Norway, where I competed in the sprint and relay. After arriving in Norway, there were opportunities for training at model events in areas similar to those used for competition, then it was straight into racing. The sprint took place on the Sunday in the town of Åmot, where I would be the first starter. With no-one else around on the course, I managed to focus well on my own race. The course was trickier than many expected, with a lot of interesting route choices. Except for controls 2, 4 and 7, I was generally happy with my route choices and the execution of them. The best thing about being first starter was the support from the spectators as I ran through the arena during and at the end of the course to be first finisher! Obviously I slipped down the results as the other girls finished, but I managed to stay in the top 50, finishing 44th, which I was very happy with at my first JWOC. For the rest of the week before the relay, I supported the rest of the team in the middle and long events, and also got out onto some fantastic terrain to train. The marshes proved to be very fast and the best route choice, even

if it meant going further round. From the training, it was also clear that executing the route across the marshes was fairly simple, but navigating into the control was going to be tougher, so slowing down into the control would be important. After 4 days of supporting and not racing, I was keen to get going for the relay. I was looking forward to the mass start and putting my running background into practice to try and stick with the pack for as long as possible. I didn't quite have the run I would have liked, though. A small mistake into number one meant that I was just off the main group; the next few controls I hit cleanly and since I hadn't raced in the terrain before, unlike the other girls, I was happy with how I was orienteering and was still in touch with most of the group. At number 7, I came in off the marsh just slightly too early and missed my control, costing me more time. The next few controls had a lot of track running and I still felt like I was



Hannah running at JWOC.

Photo: Porsgrunn O-lag





Team GBR JWOC 2015

Photo: British Orienteering

running well and pushed on. The next control was number 10, positioned just 50m from the spectator control, which was followed by the arena run through. As I neared number 10, I decided that I was actually going to the spectator control and so consequently missed out number 10. I then continued to run through the 400m run through with spectators cheering for me whilst I started to plan ahead for the next few controls. As I neared the end of the arena, I realised what I had done and so turned around and ran back through the arena (including a steep uphill when ran in the opposite direction to which was intended) to get the missed control. Not only did this cost me and my team a large amount of time, but missing a control meant having to re-run the arena, backwards, and is probably one of the most embarrassing orienteering experiences I have had. The rest of the course was good with no big mistakes, but with the annoyance of missing out 10 playing on my mind, I was a bit scrappy into the controls. Having not raced in the terrain before, I was pleased with my run and the routes I chose, and generally the execution of them.

After JWOC, I had a few weeks before

the Scottish, which was immediately followed by a trip to Switzerland in order to train ahead of JWOC 2016. The terrain in Switzerland was very steep and the altitude added an extra challenge. One of the training areas actually involved us taking a gondola up to the start! The forests were generally runnable and the large contour features were very useful for navigation. The areas we used for sprint training were very intricate with many little alley ways that could easily be missed, meaning planning ahead and full concentration are going to be essential for the races. Training in the relevant terrain for JWOC next year has given me a lot of motivation to try and get selected again, but we'll just have to wait and see!

Following Switzerland, I then went on the JROS self-help tour to Gothenburg, where we stayed in a club hut that we based our training around. The area by the club hut was really good, which meant most days we didn't have to travel to train, and even when we did, we didn't have to go too far! The training in Sweden was very different to Switzerland, as the contour detail is much more intricate in Sweden, so fine navigation into controls is important. After a week of training everyday and most of the time twice a day, we finished the week by entering into two local events, a middle and a relay which were both on very runnable areas, forcing us to put some pace back into our orienteering.

It has been an amazing summer of orienteering that has given me the chance to see some different countries. I'd like to thank both LEI and EMOA for the financial support they have given me this summer, allowing me to go to the competitions and for training. (The mirror score at Sence Valley was definitely the hardest event I did all summer, though!)

Hannah Cox



What can LEI do Better?

Or are we as good as we can get? We need every member's ideas, and also ideas from juniors and parents who are not paid-up members.

The club aims to increase participation and attract new members. As most people learn about orienteering via word of mouth, improving our own experience of the sport is the best place to start.

The club's development committee is therefore keen to hear all LEI members' thoughts, ideas and gripes about LEI's activities, including club nights, summer league fixtures, main fixtures, social, coaching, newsletters, website, etc.

We have set up a very short questionnaire on the web, and as a printable form. Links to these are on the home page of www.leioc.org.uk and on the mail chimp email.

There are just 3 questions:

1. Overall, how well do the club's activities match what you want?
2. What do you particularly like about the club which you would not want to change or be lost?
3. What would you most like to change or add to the club's activities which would increase your enjoyment and/or participation?

Possibly your first thoughts are going to be the most significant. Please can you give some thought to these, discussing them with your family and friends before completing the form. We also welcome views from juniors and parents who are not paid-up members. The results of this survey will be ready for the AGM on 26th October and will help set priorities for development. To get this right, we need everyone to add their thoughts: radical changes, minor tweaks or stay as we are. Please join the debate.

NEW DATE: Level B Orienteering at Bradgate Park

****Saturday 21st November****

Entries via Fabian 4

Helpers required. Please contact Wendy West.
(Helpers get a half price run and should NOT enter via Fabian 4).



Summer League 2015 Presentations

The following presentations took place following the final summer league event at Sence Valley Forest Park on Thursday 20th August. The social event was held at Heather St. John's Football Club, with the presentations made by club Chairman, Bob Haskins. When Bob won his certificate, this was presented by President, Ernie Williams.



Anna Seaman: 2nd junior girl in the sprint events. (Certificate collected by her father, David).



Howard Alcock: Best use of area for a summer league event at Sence Valley.



Peter Hornsby: 3rd senior man sprint events.

All photographs: Alan West



Other league positions for members not present:

- 1st Junior Boy Euan Tebbutt
- 2nd Junior Boy Ethan Tebbutt
- 3rd Junior Boy Finn Lydon
- 2nd Junior Girl Anna Barber
- 3rd Junior Girl Reed Lydon
- 1st Junior Boy (sprint) Ethan Tebbutt
- 2nd Junior Boy (sprint) Finn Lydon

- 3rd Junior Boy (sprint) Euan Tebbutt
- 3rd Junior Girl (sprint) Anna Barber
- 1st Senior Woman Jane Dring-Morris (sprint events)
- Best Points Score Roger Phillips (before handicap)
- Longest Summer League Run Peter Chick (93 minutes 8 seconds)
- 2nd Best Use of Area.. Bosworth CP
- 3rd Best Use of Area .. Melton CP





Roger Edwards: 1st overall & 1st senior man - sprint events.



Alastair Paterson: 2nd overall senior man.



Bob Haskins: 3rd overall, 2nd senior man - sprint events.

Hannah Cox: 1st junior girl, 1st senior woman - sprint events, 1st junior girl, 2nd senior woman.

Tracey Brookes: 2nd senior woman, 3rd senior woman - sprint events.

Ursula Williamson: 3rd senior woman.



Top Performances from Major Championships

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

Springtime In Shropshire: 23rd - 25th May 2015.

Overall results Day 1 to 3 combined

M50	9th	John Worth
M55S	8th	Alan West
M65S	9th	Derek Ricketts
M70	1st.....	Glynn Smith
W45	2nd	Julie Ferris
W50S	7th	Wendy West
W70S	5th	Molly Smith

Scottish 6 Days, Highland Scotland 2nd - 8th August 2015

Overall results Day 1 to 6 combined

M10A	4th	Harrington Leake
M70L	10th	Glynn Smith
W12B	1st.....	Libby Barber
W14B	8th	Caitlin Chafer

White Rose

M10B	3rd	Alex Darwin
M45L	10th	Alastair Paterson
M45S	6th	Stephen Chafer
M50L	9th	John Worth
M65S	7th	Chris Phillips

M70L	2nd	Glynn Smith
M75L	4th	Peter Leake
W10B	3rd.....	Hebe Darwin
W14B	3rd.....	Caitlin Chafer
W16B	2nd	Jessica Dring-Morris
W45L	7th	Julie Ferris
W45S	2nd	Camilla Darwin
W50L	6th	Ursula Williamson
W70S	3rd.....	Molly Smith

Peter Palmer Relay, Lancing, West Sussex, 12/13th September

Team: Purple Rain - Peter Palmer - 3rd

Comprising: Euan Tebbutt, Tom Barber, Imogen Wilson, Finn Misikin-Young, Francis Mayes, Felix Misikin-Young, Charlie Rennie and Hannah Cox

Team: Deep Purple - Peter Palmer - 5th/1st in the Joan George Trophy

Comprising: Ethan Tebbutt, Anna Barber, Gabriel Rawlinson, Caitlin Chafer, Ben Hardy, Libby Barber, Reed Lydon and Finn Lydon.

Peter Palmer: all team members from the same club.

Joan George Trophy: all team members from the same club, combined British Orienteering ages to total 90 or less.



City Of London Race 2015, 12th September

Youth 9th..... Anna Barber

Children 10th..... Libby Barber

EYM 7th..... Nick Wilson

Northern Championships, Monks Road (Malham Tarn to Arncliffe) 19th September

M12A 6th..... Harrington Leake

M16A 8thEthan Tebbutt

M18E 6thEuan Tebbutt

M20S 1stChris Heaton

M45S 5thRichard Leake

M70S 2ndEric Porter

M80 3rd.....Donald Moir

W21L 1stLiz Heaton

W70L 9thSue Porter

Congratulations



Libby Barber, 1st place in the W12B Course at the Scottish 6 Days.

Photo: Tracy Barber



Anna Barber, 2nd In W16 on the Youth course at the City of London Race.

Photo: Kevin Barber

Club Chat

Popular LEI member, Gina (nee Gilbert), took time out from orienteering recently to get married! Gina, a nanny in Rothley, married her beau, Andrew, a police officer, at Rothley Court Hotel, in June. Although the day was a bit damp, Gina said that they managed to take the wedding photos during a break in the weather. The afternoon wedding breakfast was followed by an evening celebration, with disco and buffet. An unusual element of the day was the candy buffet, organised secretly by Andrew. Enjoyed by all, we are sure that Gina will soon be able to work off any excess.....orienteering! After a night in the hotel's bridal suite, their honeymoon will be taken later in the year.

We wish Gina and Andrew (Colton) all future happiness.

Andy Portsmouth



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

Euan Bell

Ian Salmon

Diary Date

**The annual presentation
dinner will be held on
Saturday 5th March, 2016**

FOUND in the club tent on day 6 of the Scottish six days, a certificate for taking part in the event. Please contact the editors for its safe return.

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.



Events, Events and Yet More Events

Once again, it is going to be a busy winter of orienteering. We have a number of special events over the next few months.

Club Championships

As I am sure you are all aware, the 2015 Club Championships are being held at Hick's Lodge and Shellbrook on Sunday 18th October. Entry is online via the link on the club web site. The event fees cover the cost of the post event buffet. Please pay the club treasurer online via bank transfer or hard cash when you next see him! Please note, there will be **no entry on the day** for this event. Entries close on 11th October. At the buffet, there will be the presentation of a number of awards and certificates.

Level B Event at Bradgate and Swithland, Saturday 21st November, 2015 ** (NEW DATE)**

Our only Level B event of the year and a chance for those of you who run the longer courses to sample the pleasures of both Swithland and Bradgate in one event. There will be, most unusually for LEI, a Black Course. I wonder which of our more senior members will be up for the challenge. After all, we cannot leave it just to the M21s. By the time you have received the newsletter, entries will be open on Fabian4. There will only be limited Entry on the Day. Wendy and Alan West are organising, so please volunteer to help and be rewarded with a half price run.

The Christmas Novelty Event

Santa is playing his cards very close to his chest at present and all I can tell you is that it will be held in a very dark wood full of Reindeer (at least that is what it

says on the BOF fixtures list). The date for this event is Saturday 5th December, 2015.

British Night Championships, 27th February, 2016. Cademan, Grace Dieu and Swannymote Woods.

Final preparations are well in hand for this event and entries will be opening in mid-October. Whilst the "Nights" are the smallest of the British Championships, it requires the same standards as all the other elements of the British and it has its own unique challenges for the organising team. Towards the end of the year, I will be asking club members to take on various roles on the night. One challenge that we do have is control collecting after the event - it could be fun! To complete the weekend, NOC are hosting the Midlands Championships at Sherwood.

Belvoir in 18

Looking ahead, I can now confirm that the 2018 Midlands Championships will be held at Belvoir Castle and Estate. As we have not held an event at Belvoir since 2010, there will have been a gap of 8 years since you last had a chance to run there and it may well be several years before we return again. Put the date in your diary now! 18th March, 2018.

It is planned that the Belvoir event will be part of a weekend of orienteering that will feature in the United Kingdom Orienteering League (UKOL). Plans for the Saturday are still in the melting pot, but we are currently looking at a World Ranking Sprint Event, followed by a Sprint Relay, and if I can prise some money out of the Treasurer for mapping, on a brand new area.

Chris Phillips



Monday Club Update - Autumn 2015

First of all, I would like to say a big thank you to *Julie (and Oscar!)*, *Trish and Derek*, who took over the running of Monday nights temporarily for the last 2 terms. They did a wonderful job!

After a long summer break, we have resumed our Monday Club sessions. On our first Monday back (7.9.15), we had our postponed annual barbecue and family picnic at Beacon Hill (top) where we enjoyed some orienteering games and a good deal of sunshine. It was nice to welcome some newcomers, too!

It was also a very special occasion as we said good-bye to a lot of the older juniors who will hopefully move on to Thursday Club and pastures new. There were some special awards for *Daisy and Derek Herd*, *Reed and Trish Lydon*, as well as *Imogen Wilson*, for being the longest continuous family members of Monday Club. (They all started during a 5 week and a 3 week trial block in the winter and spring of 2009 - an unbelievable 6 and a half years ago! The club was initially run by Judith Holt, Chris Bosley, John Marriott and me on Friday afternoons at *South Charnwood School* near *Markfield*. We changed to *Groby College* in September 2009.)

Special awards also went to best newcomer, *Matilda Tikkannen* (W10) who represented LEI at the Yvette Baker heat and final after only a few months of orienteering; and *Libby Barber* (W12) for excellent performances this year (and a lot of trophies to prove it!) - rivalled only by *Harrington Leake's* (M10) outstanding performances and medal collection last season!

However, all the juniors have shown their metal again this year and have done their

best, competing in many of the national and special junior events, representing their club (LEI OC). They can all be very proud of themselves!!

We are now hoping to meet for 2 more weeks of orienteering off Groby Campus at John's Lee Wood (21.9. and 28.9.). After that, we'll be back at Groby College (5.10. and 12.10.) and Brookvale Gym (after half-term) for the winter months. (We'll have a winter break from the end of November to the beginning of January!)

There are lots of special events to look forward to, such as the annual Children-in-Need session in November, the Christmas Novelty event in December and the Junior Social next January. Don't forget to put an entry in for the British Schools Score Champs (October) and the British Schools Orienteering Champs (November), as well as the Club Champs (October).

As we wish the older juniors good luck with their transition (you will be missed!!), I would also like to welcome more newcomers to Monday Club. Now is an ideal time to join, so please bring any friends along that would like to give it a try. Anybody is welcome!!!

Happy Monday Orienteering!!!

Birthe Richter-Wilson



Peter Palmer Relays

On the afternoon of Saturday 12th September, Iain Tebbutt, a crowd of junior LEI members and I left Leicester Forest East Services at 2.30pm in a minibus bound for Lancing, near Brighton, and the Peter Palmer Relays. We had an uneventful journey and arrived at our destination at around 6.00pm. The first job we had to do was to unload our bags from the minibus and find a space to sleep on the floor of the leisure centre gymnasium, our venue for the competition. Shortly afterwards, we were joined by Roger Phillips, Alastair Paterson and a number of older juniors who had arrived by train following the London City Race which they had taken part in earlier that day.

After we had settled in, the adult volunteers attended a briefing meeting ahead of the competition the following day, which was held in a lovely room with wonderfully comfortable furniture—so comfortable, in fact, that I had thought it would be a good idea to sneak in there overnight and have a slightly more comfortable ‘mattress’ than the one I had brought with me! However, duty calls and the welfare of the juniors was more important than my sleep—just as well because I didn’t get much! After lights out at 10.45pm, people began to settle down and all was quiet, until a loud snore reverberated around the room. This didn’t bode well, especially as our alarms were set for 4.15am.

After a restless sleep, we awoke and prepared ourselves for the competition which started at 5.00am. This was held just a short walk away from the leisure centre. We had two teams competing: ‘Purple Rain’ (see back cover) and ‘Deep Purple’ (see front cover). The first two

runners from each team needed head-torches to get round as it was still dark. Just as it was beginning to get light, we had the pleasure of watching bats circling overhead as we awaited our runners. Eventually, all of our runners came back safely and had recorded some good times between them. We were really pleased to see that ‘Purple Rain’ finished in third place, but only missed second place by four seconds. ‘Deep Purple’ won the Joan George Trophy, so the club has now won this trophy for the second year running, meaning success all round.

After the excitement of the competition and being on the podium, we all packed ourselves into a very full minibus in order to head up the motorway for the long journey back to leafy Leicestershire. Iain made sure that none of us slept on the way back, entertaining us with his selection of CDs (with far too many rap ‘numbers’ played as far as I was concerned!).

We eventually arrived back at Leicester Forest East Services at 1.00pm feeling extremely tired, but elated at the same time due to the success. I really enjoyed the experience of the weekend and I was very proud of the way our juniors behaved. However, it took a few days to catch up with my sleep!

I would like to say a big thank you to the hosts, Southdowns Orienteers, for their wonderful hospitality and also to Iain for organising the event and for expertly driving us there and back. However, next time I’ll be bringing my own CD selection—anyone for Beethoven?

Wendy West



Junior Spotlight: Lagganlia 2015

20 things I learnt at Lagganlia:

1. Take a bearing and then look-up
2. Tucking in your O-top stops it catching on under-growth (and holds "beer-belly" up!)
3. Swimming in O-kit makes you very cold and grumpy
4. Every contour is a line feature in disguise
5. Proper warm-up = faster run
6. Have a good park run PB
7. Don't forget to clean the minibus - or else!!
8. Traffic lights are useful
9. Sprint qualifiers are never like the finals
10. Don't trust the person who catches you up to be going the correct way
11. ... and certainly never trust the coaches to be running in the right direction!
12. I like sand-dune areas (and sand castles)
13. Pacing advice – use a GPS watch
14. Make it simple
15. Ticks are very difficult to remove from your ear
16. Flow through controls BUT always exit in the right direction
17. Fitness helps you to concentrate
18. A good night's sleep helps you to orienteer the next day
19. Check for hidden cameras watching you stand at a control
20. I like cucumber on Nutella sandwiches, but strangely enough no-one else does

And 2 things I didn't learn:

1. Always check you have picked up the correct map for your course (Day 1 at the Scottish)
2. Make sure you adjust for the map scale (Peter Palmers)

I would like to thank LEI and EMOA who contributed to the cost of the training camp – it was a great experience and I learnt more than 20 things!

Ethan Tebbutt





Ethan heading 'in the drink' at Lagganlia.

Photo: Wendy Carlyle

**The Club AGM is on
Monday 26th October at
Glenfield Parish Rooms,
Glenfield LE3 8DL**

**National rankings can be
found by looking on the
British Orienteering website
at
[www.britishorienteering.org
.uk/page/rankings](http://www.britishorienteering.org.uk/page/rankings)**

**Don't forget!
The LEI NEWS can be found
online, in full colour at
[www.leioc.org.uk/members/
lei-news/](http://www.leioc.org.uk/members/lei-news/)**

*LEI members at
the Oslo 'O'
Festival:*

*L to R: Ian
Wilson, Nick
Wilson, Iain
Tebbutt, Ethan
Tebbutt, Barbara
Tebbutt
and Ethan
Tebbutt.*

*(see article on
page 18).*



'O-Festival' (26th - 28th June, 2015) Oslo, Norway

What better way to celebrate Nick's long (and well-earned!) GCSE exam break than doing some orienteering Norwegian style. We flew out from Stansted to Rygge (an hour's train journey from Oslo city centre) on Thursday (25.6.15) to compete in the 3 day O-Festival in Sogsvann, on the outskirts of Oslo.

We stayed in a hotel near the National Theatre in the city centre and travelled about 20 minutes by Metro each day, plus a 10 minute walk to the event. It was the same finish arena each day and all the events were held in the woods. It felt a bit like the White Rose, but without the camping and on better and more complex terrain! It was mostly runnable, with smaller hills and a good network of paths. The organisers had put up some temporary fences towards the finish to make it more complicated, and there was a VERY LONG run-in for an oldie to endure every day!

In total, there were about 2,000 competitors taking part. These were predominantly Norwegian (as this was their traditional opening of the summer season) and only about a dozen British, including 6 LEI members - the Tebbutt family, Nick and myself.

Day 1 (Friday 26th June) was a *Sprint Event* in the evening. The juniors probably scored their best results in this event against stiff competition. Ethan (H14) came 10th. Euan (H17-20) had a brilliant run, but sadly mis-punched and Nick (H16) finished somewhere in the middle.

Day 2 (Saturday 27th June) was the *Middle Distance Race*. The orienteering

was a lot more challenging, rocky and very physical underfoot, with fewer paths and lots of marshes and grassy slopes. Unintentionally, I had entered 45A, which was physically punishing for an oldie like me, so I dropped down to 45B for the next day. (The most important information I have learned about orienteering in Norway is that H45K means SHORT!!)

Day 3 (Sunday 28th June) was the *Long Distance Event* and the final competition day. By now, I had got into the different terrain and way of mapping and felt much more confident about what I was doing. I was very pleased to finish in the top half on the last day.

Of course, it wasn't all just about orienteering. We also crammed in a lot of sightseeing around Oslo, making good use of public transport - it was fun travelling by metro, tram, ferries and buses. We visited numerous museums: the Fram Museum (Arctic & Antarctic exploration), the National Folklore Museum and the Viking Museum. We also enjoyed the sculptures in Frogner Park, saw the Opera House, had a boat trip around the islands and even took the opportunity to watch the Minions in 3D in Europe's largest cinema.

On Sunday evening, we flew back to Stansted feeling tired but exhilarated after a wonderful few days in Oslo and three very challenging races!

Ian & Nick Wilson



Annual Accounts 2014-2015

The club accounts are being examined and are likely to show a surplus of £700 for the year ending 31st July. A summary of the major items is shown below. The most significant changes are the cost of the travel support scheme to help members attending events out of region and the payments to tutors for the extensive member training programme. Further details will be presented at the AGM. The membership fees for 2016 were agreed at the AGM last year and remain the same as this year.

Roger Edwards, Treasurer

Events		
Event income		17700
<i>Less expenses</i>		
Levy	3100	
Officials	2600	
Other	3100	
<i>Less expenses not attributable to a specific event.</i>		
Equipment	3300	
Maps	2900	
Other	900	
Event Surplus		1800

Other Activities		
Donations	8000	
Sales shop, Mapping & POC	2000	
Other	3300	
<i>Less expenses</i>		
Travel Support	7100	
Training of Members	1900	
Sales Expenses	3400	
Other Expenses	4700	
<i>Loss on Other Activities</i>		1100
Overall Surplus		700

POC Volunteer Update

Following my request in the LEI News earlier this year, I had a really good response to my appeal for volunteers to help check the Permanent Orienteering Courses in Leicestershire.

I just wanted to thank everyone who has volunteered to give up their time to check the courses and report any issues. We are really lucky in LEI to have so many club members who are constantly ready and willing to contribute their personal time, talents and energy when asked!

We now have volunteers checking all of our courses and we've had some valuable feedback on improvements that need making. I think just about all the courses have been checked now, but if anyone has any further updates or comments, please let me know.

Thank you again!

Jane Dring-Morris



Photo Gallery: Scottish 6 Days



Molly Smith



Wendy West



Peter Leake

June Cole



Alison Hardy



Julie Ferris





Mark Hardy



Chris Bosley



Stephen Chafer

All photos: Annie Leake

John Worth



Matt White



Richard Leake



My Spine Race Lasted 144 Hours

Further to Mark's article in the Spring 2014 edition of the LEI NEWS when back then his spine race only last fifteen hours. Editors.

The directors of the Spine Race call it Britain's most brutal race – a continuous foot race up the Pennine Way (270 miles) in winter. Competitors can refuel at five checkpoints, but are otherwise expected to be self-sufficient. Sleep is a necessity, whether a bivouac *en route* (we took our first nap after thirty hours, in a bird hide in Yorkshire) or at a checkpoint, but it adds to your race time, so must be taken sparingly (competitors had from 10th-17th January 2015 to complete the course). The intervals between checkpoints dictate a big push in the first half of the race: our plan was to go straight through the first check point (45 miles) and then, after a short rest at the end of day two, do a 25 hour day to get us to check point two (Hawes, 107 miles). This achieved, we could use the remaining check points for recovery between the last four 45 mile stages. That was the theory, and despite the very harsh weather, it just about worked out.

The Pennine Way, established as a long-distance hiking route in the 1970s, combines weather-blasted uplands (two thirds of the route is above 1000', Cross Fell tops out above 3000') with extensive bogs; it starts in Edale, Derbyshire, takes in Hadrian's Wall and finishes with a remote twenty-five mile stretch over the Cheviot Hills on the Northumberland/Scotland border. January weather makes the journey marginal from the perspective of both endurance and safety – the start was delayed because competitors were being knocked off their feet on Kinder Scout, and we were twice held at checkpoints while the course was

battered by the gales and blizzards, which were making headlines in the *Daily Express*.

Several runners were retired with corneal abrasions from the winds of day one, and in general the competitors who make it to the end are the ones who take the greatest care in slowing down the rate of their physical decline. I teamed up with navigation instructor and Cumbrian adventure-racing legend, Joe Faulkner, on the start line, and we worked together over the next six days to move as efficiently as possible – error-free navigation, tactical eating and sleeping, and anticipation of the impact of the weather. Thus, we were in the minority who were able to traverse Cross Fell in the snow, and placed 20th and 21st overall.

But planning only goes so far and the most memorable aspects of the race will be the surprises – both the bad ones, such as how much worse the weather could get, and the good ones: Mr Andrew Burton waiting at a road-head in Kielder Forest with bowls of his pheasant and hazelnut curry, and the ministry of the Race Psychologist.

This is the longest continuous race I've run, and only now I've finished I can see how little the dozen hundred-mile mountain races I've run in Britain and Europe prepared me for a week on the Pennine Way. The Spine Race is not about speed, but about managing resources, pain and boredom. This might suggest that the Spine offers a lesson for life, but if there was a demonstrable learning outcome for this race, it would have to be 'don't enter again next year.'

Mark Rawlinson



Access Report - Autumn 2015

Finding new areas is increasingly difficult and we need to be looking at present areas to explore just how they can be used and whether areas we do use can be entered from different directions. Most runners only see those parts of any wood nearest to the start point, so there are areas of some of our largest plots that many runners have never seen. There is a mapped area of our Spring Cottage map that nobody has competed in which would, by itself, be big enough for a level D (Pick Triangle). There is also a car park we have never used within walking distance of that area and big enough for that size of event.

A new car park has now been created at the Queen's 2012 Diamond Jubilee Wood to the west of Ravenstone, the biggest block of woodland in the National Forest under a single ownership, which should mature into a very usable area. For large events, there are full facilities available at a nearby farm shop and café. Good news as regards linkage of woods round there and access from our point of view is the creation of two new bridleways by QE2. These have been created by UK Coal at their Longmoor site and are now available to use. LCC are currently going through the legal processes required to show them on the Definitive Map.

The Forestry Commission are to create a route from Hicks Lodge to Moira Furnace, which will be very useful. The issue of the route is somewhat complicated, as planning permission has been granted for the housing development alongside it. It was given with a number of conditions, but due to issues with past coal mining at the site, the matter has now been passed to the Ombudsman.

Further potential trails are being

progressed, all of which should link our various areas and link them to alternate parking possibilities. Ashby Town Council has agreed in principal for a multi-user route to be created across their recreation ground. The agents for the Woodland Trust have been in contact and are considering the proposal. The Trust is also the landowner of a proposed development off Willesley Lane, within which they are proposing a cycle link to Hicks Lodge. A planning application for this is due to be submitted next month.

A further link in the network is being sought from Willesley to the Ivanhoe Trail. The Woodland Trust and Leicestershire County Council have agreed in principal to the creation of the multi-user route across their land and the last bit of the link is being considered by a private owner.

Belvoir had priced itself off the agenda, except for very large events, but we have now agreed a major event with them and if it goes well we may be able to use the western end of their woodlands for smaller events again, but we will not know the financial implications until we ask.

We have now used the National Forest's new large site at Hanging Hill, and this should mature nicely. There are efforts being made to gain a new access from the Moira end, nearer to the village hall. A planning application has been submitted for a housing development off Ashby Road. As part of the planning comments, the National Forest Company and Ashby Wolds Town Council are requesting that a route be provided from Sweethill to Maybury Wood.

The map of Castle Hill has been



extended to the speedway club, who have offered us parking and other facilities. The area can be linked to the major part by underpasses and the whole site itself is being slowly redesigned and improving for our purposes, although how to use it without the risk of equipment loss is a bit of a challenge. The speedway parking has not been used as yet, as the toilets and bar, etc. are only available on the mornings when they are to have an afternoon event. One problem on the horizon, however, is that all the pleasant parklands between the speedway and our traditional area are being considered for sale by the City Mayor.

Martinshaw, like many woodlands, is subject to constant change, as there is a continuing programme of thinning and felling. The National Forest has now acquired a lot of land behind Groby College which does not exactly meet Martinshaw, but using the school grounds as we do should leave us able to use this as an addition to our area.

Rauncliffe, beside Altar Stones, has now been opened up to the public. There is only one access point, but it is an interesting area and could be used in conjunction with Altar Stones.

Major housing developments are now being constructed in and around Glenfield. Open countryside is being lost, but more amenity land has been provided along the Rothley Brook corridor with a new link to the cemetery, near Groby College. This will be good for training purposes, either from Groby or Glenfield, and, when complete, a large area of available land linked by only paths and estate roads might offer other opportunities.

I have had a meeting with the developers of what is effectively a new town at Lubbesthorpe. This will be 20 years in the making and, when complete, will be

about the size of Glenfield and Groby combined. I have now got the plans for the area which will include lots of open spaces, woodland, linking green corridors and a comprehensive off-road network of paths and bridleways. There should be opportunities there in due course.

I have had a meeting with Bardon Quarry, who are opening up new paths to divert existing routes across what will be a giant new hole. In doing so, I got to see what is there which is usable, and there is certainly scope for an event restricted only by available parking locations. This is worthy of more research if we have the capacity to map any new areas. Similarly, Mountsorrel Common, parts of Buddon Woods, Castle Hill and the off road snickets of the area could make an event area.

Roger Edwards and I have a dialogue with Blaby District Council and are to have the Pavilion at Blaby and Fosse Meadows Country Park remapped and POCs provided. Blaby is to create a new park of just under 40 acres at Countesthorpe on land already heavily covered with trees, which could make a small area for us to use.

The National Forest has now appointed a Sports and Recreation Officer, and Chris Phillips, Roger Edwards and I have had a meeting with her. The focus of the project is now to link up the various areas and make the Forest more cohesive, which should eventually mean we can run between some of the smaller blocks to create an event area. They are also to promote usage, sport and recreation; especially events which introduce people to the Forest. The meeting went well and we expect to work together to promote our events, assisting them in their aims

Roy Denney
Access Development Officer



Retired Man Chronicles

The Summer of 2015

I have been reading an article (*Editor: LEI NEWS, Summer 2015*) about the reversal of the magnetic field. Since 2014, the magnetic north has been to the west of true north, a situation that was last recorded 350 years ago. Does this magnetism have ominous effects on our lives?

Retired Man was looking forward to Springtime in Shropshire. He had borrowed a pop-up tent and paid the entry fees, so when he succumbed to man flu and was unable to attend, he was not a happy bunny at all. He was still unwell for the Evington Arboretum event and was dragged off to De Montfort Hall instead to take up a spare ticket. The ticket said U2, but unfortunately that was the seat number, not the act, but he enjoyed the performance of Joseph and the amazing Technicolor Dreamcoat nonetheless, sitting with the Girl Guides and their leaders.

A few days later, he is competing at Burrough on the Hill and is disappointed to be beaten by orienteers who are only walking round. The next morning, I find a copy of Engineering and Technology magazine drying out on the heated towel rail in the bathroom, because RM went for a soak in the bath and fell asleep reading the magazine.

Retired Man's old GPS watch had stopped working and was left in the heap on his desk, as he bought a new one. Months later, he has taken it apart, rather than throw it away. He tries out the mended GPS at an army event in Sutton Park that he and Pete Leake attend. Unfortunately, the GPS tracker works all

too well to display 'headless chicken' patterns as he searches for a control.

Did you see lots and lots of photos on Facebook of a family of Mallard ducks that had taken up residence in Pete Leake's garden pond?

The saga of the SI droid results system begins in early June when RM discovers an app that would make O results instantly available by downloading onto the internet, and he is in communication with the Swedish developer. John is hovering excitedly to show me. However, he confuses me with someone who is technically knowledgeable enough to appreciate the achievement of this. "Yes, dear" I reply, wondering when he will get around to building the bean cage in the garden, as the bean plants in their pots are beginning to strangle each other. Bean cage built, he hurries off to get ready for the summer league event at Beacon Hill. He is so excited about trying out the quick results system and wondering if the results could be online before everyone leaves Beacon Hill that he sets off without his O shoes. But it is a disappointed RM that returns.

Again, John returns from Hermitage Leisure Centre, disappointed that he can't persuade everyone that his dibber downloading results system is a leap forward. But when RM goes radio orienteering in Hereford, Bob T forgot to take his computer to operate download and results. RM triumphantly brought out his tablet with the new results system and the day progressed without a hitch.

The new system is more efficient. Those actually involved in processing the results



of the summer league are spending many hours manually completing tasks that the new system is capable of doing much more quickly, and those making decisions do not seem to appreciate this.

A new mini-printer had arrived from China via the Netherlands. There is a wonderful accompanying letter in amusingly translated Chinese: 'Tank cue for choosing ourw pproduct, honourable Sir.' You need to read that with a Chinese accent.

RM has been cutting up polystyrene foam to fit in a plastic case to hold his new printer for the SI Droid system and now there are bobbles of white foam everywhere. Derek Herd had given him more foam that is pink, although RM would have preferred a different colour. I would have preferred not to have little bits of foam everywhere, whether pink or white.

It is the evening before RM is off to Scotland to share a cabin with the Middletons and Chris Bosley. I settle down to watch the Inspector Lynley Mysteries, but I am interrupted: 'Have you seen my...?/ Should I take that?/ Look at the website; these are the cabins we have booked.' Finally, at 10.30pm, I am asked to sew a patch, near the crotch, on his O trousers.

The messages from Scotland are often photographs: the wooden cabin, the two Highland beef cattle in the nearby field, now named Fillet and Rump, dolphin watching and the West's car stuck in a marshy spot.

When they return home, Chris is holding his chest and wearing one red glove, as he had taken a tumble and cut his hand. He still managed to beat John by 26 seconds in 92 minutes of orienteering. Over all the days, John has only beaten Chris once; the day Chris forgot his



West Car - Marsh, West Side

Photo: Chris Bosley

glasses.

On 10th August, RM was astonished to find that he was he winning the summer league, but is 'not going to fly back from the European Radio O champs in the Czech Republic (CR) to compete at Sence Valley'. Perhaps he should have ??

RM had spent several days on the computer trying to work out how to travel to the CR and had decided to go by train. However, finding the cheapest tickets is proving to be similar to tackling a maze because of enormous differences in prices. Should he stop overnight on a station bench, book a hotel or take a sleeper train on a longer route? He finally decides, and was booking 4 tickets when the booking session became 'timed out' and his credit card is refused. A telephone call comes from the bank to stop fraud on the credit card. When he has proved that train tickets for a trip to C R really are for him, and not a fraudster, the timed out train travel site has timed out and he has to go through the task of filling in all those details again for the different train trips. Could this be a warning not to go to the Czech Republic?

On the evening before the trip to CR, Retired Man was having a beer in the garden when he spits something onto the





John in action at the S6D

Photo: Annie Leake

floor. It is a wasp and it has stung his bottom lip. John reacts badly to wasp stings, so I drive him quickly to the nearest late night chemist for Piriton tablets. His swelling is spreading across the whole of his bottom lip. Should he

really go to the Czech Republic ?

The next morning, he does not look like his passport photo, more like a criminal, and a criminal with a bagful of electronic kit (radio receivers). I drop him at Leicester station and, with a quick kiss, he is off to catch 7 trains. He travels from Leicester to St Pancras, then Eurostar to Brussels. On to Germany with Cologne, Frankfurt, and Nuremberg, with a bus to Pegnitz, finally crossing into the Czech Republic at Cheb, and the last train is to Marianske Lanzne.

22nd August is the last day of competition at the radio O and in the evening my phone rings; it is David Williams (HOC) in CR. Retired Man has dislocated his shoulder, he was able to walk himself out of the forest for help. He was taken to the local hospital and had the shoulder reset and then sent to a different hospital for an MRI scan, but his hand is still numb. The X rays and MRI scan have been copied to a disc, so he can show the UK doctors. Bob T in England also phones to keep

me updated as to how the British Team are rallying round to get RM home tomorrow. Retired Man has his left arm in a sling, but will be able to come back on the train while his big luggage bag goes in David's car. Fortunately, RM is right handed.

I receive lots of 'What's App' messages from RM as he hops from train to train on his way home. Most of the messages are photos out of train windows and a tankard of beer. Near Leicester Station, he is waiting in the street, his arm is in a large sling made of wet suit type material, with his T shirt on the top so he looks like half a penguin. On the car journey home, I hear about the accident where his studs got tangled up in a ruined fence, and as he fell, his shoulder clouted the fence post. Although his dislocated shoulder has been put back in place, he cannot use the muscles or feel sensations in his left hand and arm. He has damaged the brachial plexus. The next morning, RM wakes me up 'to get to the LRI hospital before the rush,' but it is only 6.00am, not 7.00am. His watch is still set to Czech time.

We have seen the specialists at Birmingham's QE Hospital and RM's arm will probably not need surgery, but he has to keep flexing the joints and muscles to stop them deteriorating. The nerve cells grow at a rate of 1mm per day, so it could be 6 months to reach the elbow and two years to reach the fingertips. He is looking for an automatic car to be adapted to drive with one hand, so soon he will no longer be dependent on my driving. Bob T has asked the radio orienteers for souvenir photos of the Czech Republic championships to use as publicity material, so Retired Man has jokingly sent him the X ray photo of his dislocated shoulder.

Irene Marriott



Out and About

A lot of my activities out and about lately have not been relevant to orienteering. With a defective foot and an ineffective eye, my condition was not conducive to orienteering in particular and walking in general. However, two operations later, all I now need to do is get fit again and get some new glasses.

I spent a few weeks on the Vercor, in France, earlier this year between operations and they certainly know how to promote their permanent courses there.



I got some walking in, but not as much as I would have liked, but have had two weeks pottering around the Cotswolds and spent the last four days walking in the Pennines. Walking a bit slower and not pushing on head down, you do tend to see more, and during the last few months I have seen water voles and a close up Peregrine Falcon in the Cotswolds, a bedraggled buzzard in North Wales and a very close up view of a Barn Owl in the Craven District of Yorkshire, none of which are common occurrences. I saw a Hen Harrier in Bowland this weekend, and as I struggled up one hillside, a black grouse was laughing at me.

I would like to give a warning - we all take care by nettles, brambles and blackthorn, but there is another plant which is a bigger threat and can cause a long term, very painful condition. The Giant Hogweed can reach over 20ft tall; a very impressive plant introduced into gardens, but now spreading in the wild. It is highly invasive and has spread throughout the whole of Great Britain, normally along water courses, but also other areas such as parks, cemeteries and wasteland.

The sap of Giant Hogweed contains toxic chemicals which react with sunlight, and when they come into contact with the skin, they cause a reddening, often followed by severe burns and blistering. The burns can last for several months and even once they have died down, the skin can remain sensitive to light for many years.

Two people have been badly burnt in Leicestershire recently.

It is easy to identify when fully grown by height, size of leaves and size of flowers, but it can be confused with native hogweed when not fully grown. The leaves are sharply divided with serrated edges which are clustered like a giant hand. They also have bristles on their undersides. Each cluster can be as much as 10 feet across. It looks very much like giant cow parsley

This invader is out-competing native flora, and is causing river bank erosion and increase in flood risk.

It is now an offence to plant or otherwise cause this species to grow in the wild.

Roy Denney



Summer League Table (abbreviated)

Top 36 Final Positions

Pos	Name	Club	Class	Best 10	Handicap	Events	Total
1	Roger Edwards	LEI	M65	843	1079	180	1259
2	Alastair Paterson	LEI	M45	932	1044	180	1224
3	Robert Haskins	LEI	M60	847	1050	160	1210
4	Simon Ford	LEI	M70	788	1040	160	1200
5	John Marriott	LEI	M65	803	1028	170	1198
6	Hannah Cox	LEI	W18	941	1054	110	1164
7	Iain Phillips	LEI	M45	878	983	180	1163
8	Roger Phillips	LEI	M35	956	994	160	1154
9	Derek Herd	LEI	M45	872	976	160	1136
10	Peter Hornsby	LEI	M60	785	974	150	1124
11	Tracey Brookes	LEI	W50	811	973	150	1123
12	Chris Bosley	LEI	M65	740	947	140	1087
13	Ursula Williamson	LEI	W50	778	933	150	1083
14	Stephen Chafer	LEI	M45	844	946	130	1076
15	Liz Phillips	OD	W50	788	946	120	1066
16	Kevin Gallagher	LEI	M65	730	934	130	1064
17	Andy Portsmouth	LEI	M60	704	873	170	1043
18	Jamie Sutherland	LEI	M45	824	923	100	1023
19	Keith Willdig	OD	M65	712	911	110	1021
20	Liz Heaton	LEI	W21	842	875	130	1005
21	Howard Alcock	LEI	M45	823	921	80	1001
22	Chris Phillips	LEI	M65	621	795	170	965
23	Robert Titterington	LEI	M70	615	812	140	952
24	Peter Leake	LEI	M75	588	800	130	930
25	David Seaman	LEI	M40	741	800	120	920
26	Margaret Willdig	OD	W60	620	793	110	903
27	Kevin Bradley	LEI	M60	638	791	110	901
28	Euan Tebbutt	LEI	M18	754	815	80	895
29	Andrew Ward	LEI	M21	786	786	100	886
30	Sue Bicknell	OD	W70	558	760	120	880
31	Jane Dring-Morris	LEI	W45	614	712	130	842
32	Alan West	LEI	M55	518	622	80	702
33	Nicole Schmid	LEI	W21	580	603	90	693
34	Tanya Taylor	LOG	W45	538	624	60	684
35	Simon Starkey	LEI	M55	508	609	70	679
36	Peter Chick	LEI	M70	424	560	90	650



Winter League 2015/2016

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 for any last minute alterations.

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 .

Winter League prizes for senior members will be presented at the annual presentation dinner on 5th March, 2016.

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 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

- 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.



October 2015		
3rd Sat	LEI EMOA Level D	LEI Winter League 1 Martinshaw and Ratby Woodlands, Ratby Woodlands, Leicester, SK497061. Entry times: 11.00am to 12.00noon. Dogs: On Lead. Organiser: Roger Edwards
3rd	CLOK NEOA Level B	October Odyssey Day 1, Eston Moor, Middlesborough
3rd	MWOC WOA Level B	Veteran Home Internationals Individual & Welsh Championships Classic, Llynnoedd Teifi, SN760657
4th	LOG EMOA Level C	LOG Level C (EM League) Burghley , Stamford, TF0485906083 No dogs allowed. Organiser: Sean Harrington
4th	CLOK NEOA Level B	October Odyssey Day 2, Boltby, Northallerton
4th	MWOC WOA Level B	Veteran Home Internationals Relays, Llynnoedd Teifi, Tregaron
10th	GO SEOA Level B	British Schools Score Championships, Chobham Common, South East, SU965649 , Organiser: Geoff Wright
10th	DEE NWOA Level B	DEE Sprint Weekend - Forest Sprint (UKOL), Eastham Country Park, The Wirral, SJ363820
11th	DEE NWOA Level B	DEE Sprint Weekend - Urban Sprint (UKOL), Chester City Centre and Chester North, Chester , No dogs allowed. Organiser: Jane Campbell , janemockford@hotmail.com www.deeside-orienteeing-club.org.uk/events/club+events.htm
11th	NOC EMOA Level C	NOC Regional Event (EM League), Shirebrook Wood
18th Sun	LEI EMOA Level D	LEI Club Championships, Hicks Lodge and Shellbrooke, Ashby de la Zouch. Organiser: Chris Phillips, onecp47@gmail.com, 0116 255 0330
21st Wed	LEI EMOA Level D	LEI Winter League 2 - Watermead, Watermead Country Park, Leicester, SK607114 Entry times: 11.00am to 12.00noon. Dogs: On Lead. Organiser: Kevin Bradley , kevin@elya.co.uk



October 2015 Cont.

24th	NWOC NIOA Level B	Junior Home Internationals Individual, Magilligan Dunes, Limavady.
24th	CUOC EAOA Level B	Cambridge City Race 2015, Cambridge, Cambridge, TL4503257694 No dogs allowed. Organiser: John Ockenden , cityrace2015 AT cuocDOTorg.uk cuoc.org.uk/events/4380/Cambridge-City-Race-2015/
25th	NWOC NIOA Level B	Junior Home Internationals Relays, Magilligan Dunes
25th	LOG EMOA Level C	Grantham Urban Race, Grantham , No dogs allowed. Organiser: Sean Harrington
25th	EPOC YHOA Level B	YHOA Superleague, Ogden Water
31st	BADO SCOA Level B	BADO Urban race, Hatch Warren & Beggarwood, Basingstoke, SU604486 Organiser: Bernie Fowler

November 2015.

1st Sun	LEI EMOA Level C	EMOA League Event - Burbage Common, Burbage Common, Leicester Entry times: 10.00am to 12.00noon. Dogs: On Lead. Organiser: Alison Hardy , alisonhardy@hotmail.co.uk
1st	SOC SCOA Level B	November Classic, Burley West, New Forest, Southampton, SU212031 Organiser: Nick Bosbury
7th	LOC NWOA Level B	LOC Middle Distance Event (UKOL), Simpson Ground, Newby Bridge, SD395865 Organiser: Richard Towler , dick@towler.org.uk , 01539 724413
8th	NOC EMOA Level C	NOC Regional Event (EM League), Thoresby North, Ollerton, SK640730 Organiser: Robert Parkinson www.noc-uk.org
8th	LOC NWOA Level B	LOC event (UKOL), Bethacar Moor, Coniston Organiser: Susan Butterfield
10th Tues	LEI EMOA Level D	LEI Winter League 3, Grange Wood, Grange and Battram Woods, Coalville, SK425093 Entry times: 6.30pm to 7.30pm. Dogs: on Lead.



November 2015 Cont.		
15th	DVO EMOA Level C	Matlock Urban Event, Matlock dvo.org.uk
15th	EAOA Level B	British Schools Orienteering Championships, Sandringham, King's Lynn
21st Sat	LEI EMOA Level B	**NEW DATE** Level B event Bradgate and Swithland, Bradgate & Swithland, Leicester Organiser: Wendy West , wenandal@talktalk.net
29th	DVO EMOA Level B	Regional B Event (EM Champs), Birchen Edge & Gardoms Edge - DVO , Matlock, SK279721 , Entry times: 10 - 12. Organiser: Sal Chaffey , sal.chaffey@gmail.com , 01773 825418 dvo.org.uk
December 2015		
5th Sat	LEI EMOA Level D	LEI Christmas Novelty Event, In a very dark forest with lots of Reindeer, Lapland and possibly Santa!
13th	DVO EMOA Level C	EM League Event - Longstone, Longstone Moor, Bakewell, SK195735 www.dvo.org.uk
15th Tues	LEI EMOA Level D	LEI Winter League 4, Swithland Woods, Swithland Woods, Leicester, SK537118 Entry times: 6.30pm to 7.30pm. Dogs: On Lead.
20th	NOC EMOA Level C	NOC Regional Event (EM League), Bramcote Hills & The Hemlockstone, Nottingham, SK503383 www.noc-uk.org
27th Sun	LEI EMOA	EMOA League Castle Hill, Castle Hill, Leicester , Organiser: Laurie Fluck , l.fluck@btinternet.com www.leioc.org
January 2016		
1st	DVO EMOA Level C	EM Urban League, Ashbourne, Ashbourne dvo.org.uk
3rd	NOC EMOA Level C	NOC Regional Event (EM League), Boundary Wood & Haywood Oaks, Mansfield



January 2016 Cont.

10th	GO SEOA	GO SE League event, Blackheath, South East, TQ036461 Organiser: Keith Tonkin www.guildfordorienteurs.co.uk
17th	DVO EMOA Level C	EM League, Eyam Moor, Eyam
20th Weds	LEI EMOA Level D	LEI Winter League 5, The Outwoods, The Outwoods , Loughborough, SK516176 Entry times: 6.30pm to 7.30pm. Dogs: On Lead. Organiser: Ursula Williamson , ursula.williamson.orienteer@gmail.com
24th	NOC EMOA Level D	NOC Winter Series, Rufford Country Park, Ollerton, SK645648 Organiser: David Cooke
31st Sun	LEI EMOA Level C	EM League Hicks Lodge, Hicks Lodge, Leicester

February 2016

6th Feb Sat	LEI EMOA Level D	LEI Winter League 6, Brocks Hill, Brocks Hill Country Park, Leicester, SP619997 Entry times: 11.00am to 12.00noon. Dogs: on Lead. Organiser: Tracey Brookes
7th	NOC EMOA Level C	EM Score Championships, Clumber Park, Worksop, SK620752 Entry times: 10:00 - 12:00. Organiser: Helen Parkinson
11th Thurs	LEI EMOA Level D	LEI Winter League 7 Sence Valley, Sence Valley County Park, Coalville, SK404113 Entry times: 6.30pm to 7.30pm. Dogs: On Lead. Organiser: Robert Haskins
14th	NOC EMOA Level C	NOC Regional Event (EM League), Thieves Wood, Mansfield www.noc-uk.org
17th Weds	LEI EMOA Level D	LEI Winter League 8, West Leicester Parks, Western Park, Leicester, SK561042 Entry times: 11.00am to 12.00noon. Dogs: on Lead. Organiser: Chris Phillips , onecp47@gmail.com , 0116 255 0330
27th Sat	LEI EMOA Level A	British Night Championships (UKOL), Cademan & Thringstone Woods, Loughborough Dogs: On Lead . Organiser: Chris Phillips , onecp47@gmail.com , 0116 255 0330
28th	NOC EMOA Level A	Midlands Championships (UKOL), Sherwood Forest, East Midlands Organiser: Julie Webster



March 2016		
6th	DVO EMOA Level B	DVO Level B , TBD
13th	PTOC WMOA Level B	CompassSport Cup Heat, Stoke
20th	LOG EMOA Level C	EM League, Grimsthorpe Castle, Stamford, TF046321 Organiser: Sean Harrington www.logonline.org.uk
20th	SARUM SWOA Level B	Sarum Saunter (possible Southern Champs), Fonthill or Great Ridge, Shaftsbury/Warminster www.sarumo.org.uk
25th	YHOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL), Leeds University, Leeds, SE291353 Organiser: Neil Harvatt www.thejk.org.uk
26th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 1 (UKOL), Wass Forest, Thirsk, SE561806 Organiser: Mike Ridealgh www.thejk.org.uk
27th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 2 (UKOL), Kilnsey, Skipton, SD976674 Organiser: David Shelley www.thejk.org.uk
28th	YHOA Level A	Jan Kjellstrom Orienteering Festival Relays, Storthes Hall, Huddersfield, SE186116 Organiser: Amanda Crawshaw www.thejk.org.uk
April 2016		
2nd	LOC NWOA Level B	LOC Weekend - Middle Distance, Tam Hows, Coniston
3rd	LOC NWOA Level B	LOC weekend - Long Distance, Holme Fell, Coniston
3rd	NOC EMOA Level C	NOC Regional Event (EM League), Sherwood Pines, Ollerton
10th Sun	LEI EMOA Level C	EM League & Regional YBT Heat Beacon Hill, Beacon Hill, Leicester
16th	CLOK NEOA Level B	Northern Champs Weekend (UKOL) urban, Whitby, Whitby



April 2016 Cont.		
17th	CLOK NEOA Level B	Northern Champs (UKOL), Mulgrave Woods, Whitby Organiser: Paul Thornton , paulthornton59@gmail.com , 01287 635829
23rd Sat	LEI EMOA Level C	EM League, Hanging Hill, Leicester
24th	DVO EMOA Level C	EM League Event Calke, Calke Park, Derby dvo.org.uk
24th	TVOC SCOA Level B	TVOC Chiltern Challenge, Wendover Woods, Aylesbury Organiser: John Dalton www.tvoc.org.uki
30th	WMOA Level A	British Long Distance Orienteering Championships (UKOL), Brown Clee Hill, Bridgnorth Organiser: Lester Evans
May 2016		
1st	WMOA Level A	British Relay Championships, Brown Clee Hill, Bridgnorth Organiser: Philip Kirk
8th	NOC EMOA Level C	NOC Urban Event (EM Urban League), Southwell, Southwell, SK698533
14th	SO SEOA Level B	Southdowns Weekend event 1 / 3. Friston Forest (north). SE Middle Champs / SE League / SO Champs , TBC
21st	MAROC SOA Level A	Scottish Championships Individual (UKOL), Balmoral, Braemar Organiser: Terry O'Brien
22nd	MAROC SOA	Scottish Championships Relays, Balmoral, Braemar
June 2016		
11th	SEOA Level A	British Sprint Championships (UKOL), Olympic Park, London Organiser: Ray Curtis
12th	SEOA Level A	British Middle Championships (UKOL), Leith Hill, Dorking Organiser: Andrew Evans



June 2016 Cont.		
18th	DVO EMOA Level C	EM League Event - Carsington, Carsington, Wirksworth dvo.org.uk
25th	AIRE YHOA Level B	The Dales Town and Country Weekend / YHOA Urban League, Settle & Giggleswick, Settle
26th	AIRE YHOA Level B	The Dales Town and Country Weekend / YHOA Superleague, Yockenthwaite, Settle
26th Sun	LEI EMOA Level C	EM Urban League, Ibstock & Heather, Leicester
July 2016		
3rd	HH SEOA Level B	Yvette Baker Trophy Final, Wormley Woods, Hoddesdon
9th	MDOC NWOA Level B	MDOC Sprint/Urban Weekend (UKOL), Stockport, Stockport
10th	MDOC NWOA Level B	MDOC Sprint/Urban Weekend (UKOL), Manchester City, Manchester
17th	NOC EMOA Level C	NOC Urban Event (EM Urban League), TBC, Nottingham
24th/ 30th	WOA Level B	Croeso 2016, Wales
August 2016		
21st	LOG EMOA Level C	EMUL League, Lincoln City, Lincoln
27th/ 28th	EBOR YHOA Level B	White Rose Weekend, York



LEI Junior Teams



Team: Purple Rain-3rd in the Peter Palmer Relay: Hannah Cox, Charlie Rennie, Felix Miskin-Young, Francis Mayes, Finn Miskin-Young, Imogen Wilson, Tom Barber and Euan Tebbutt. Photo: Wendy West



Part of the Yvette Baker Trophy finalist team. Back Row L to R: Daisy Herd, Jessica Dring-Morris, Finn Lydon, Euan Tebbutt, Ethan Tebbutt, Francis Mayes, Harry Tory, George Brown and Zoe Robinson. Front Row L to R. Harrington Leake, Matilda Tikkanen, Reed Lydon, Imogen Wilson, Anna Barber, Iona Moss, Ngaia Herd and Adam Concannon. Photo: Annie Leake