

British Schools Score Championship Hosts 2016



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



White Rose 2016

JROS Stromstad Camp 2016

Durmitor Orienteering Challenge

100th Nijmegen Vierdaagse



Autumn 2016

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15th January, 2017

Front cover: Imogen and Ian Wilson on the podium at the Durmitor Orienteering Challenge.

Photo: Birthe Richter-Wilson

Points from the Editors



Welcome to another edition of the LEI News. This edition has an international flavour, with articles from Sweden, Montenegro and the Netherlands. Although our article from the Netherlands isn't about orienteering, we have had many people asking us about our recent walking event that we thought we should put pen to paper. A little closer to home, LEI has had the excitement of hosting the Peter Palmer Relays. Despite being a little bleary-eyed, we were very excited to be volunteers on the finish line, not least because of the amazing sunrise that morning - more about this event on page 3. As always, congratulations to our juniors who do a superb job of putting LEI on the map!

Talking of juniors, I am sure you join us in saying farewell to Hannah as she leaves her role as Junior Captain in order to go to University. Hannah - you have been a real inspiration and wonderful role model for the younger juniors and we wish you the best of luck at Leeds University. I am sure we will still continue to see you when you are home during holiday periods.

If you haven't already done so, please enter the club champs, which are taking place on Saturday 29th October. As I'm the organiser of the event, please be kind to me if I approach you for help.

Always check the relevant website for any changes to dates of events, as we found out when we turned up 24 hours late for the final summer league event. Happy orienteering!

Wendy and Alan West



Ramblings from the Chair



There are occasions when you actually wonder why you are doing something. In this case, the 'something' was switching my alarm off at 03.45 to get out of a warm sleeping bag and act as Safety Officer for the Peter Palmer Junior Team Relays.

Apart from grumbling at the early start, it was a wonderful weekend. With an entry of twenty two teams (twice the normal number) and some of the UK's top juniors competing, it was a very exciting race - one of those occasions when all the hard work is worthwhile. Post event, we received the following comment from one of the team managers.

"Many thanks to your team for organising a very enjoyable event - the vision of competitors whizzing out of the forest from all directions to reach the spectator control/finish will stay in my mind for a long time!"

Thank you to Ursula Williamson for organising, Iain Tebbutt for planning and to the many LEI members who also climbed out of bed in the early hours to help run a great event. A very special thanks to the LEI juniors who, as 'hosts', put in a lot of hard work on the Saturday evening. I must not forget to thank Roger, Liz and Alastair as the 'adult team' looking after our juniors over the weekend.

The final word on this subject must, of course, be congratulations to the LEI Fabulous Foxes who came 3rd overall and 2nd in the Peter Palmer Trophy, and

to the LEI's Flying Foxes for a hard fought 5th place and 4th in the Peter Palmer Trophy.

Another summer league is over, congratulations to the winner, Ed Young. Ed is one of our newer members and it will be great to see a new name on the trophy. The highest placed woman was Liz Heaton, the junior league winner was Euan Tebbutt and the sprint/urban winner was Bob Haskins. Congratulations to you all.

Those of you who were at last year's AGM will remember that I indicated it was likely that event fees would rise in the foreseeable future. The club's executive committee agreed at the May Committee meeting that from 2017, fees for Level C events would rise from £7.00 to £7.50 for seniors and from £2.50 to £3.00 for juniors. We have held fees at their current level for several years, but rising costs have eroded the surplus from events that we need to fund our other activities, mapping and purchase of equipment. It is also quite likely that fees for our Level D events may rise from April next year.

I have recently heard from one of our older, long standing members, Roger Kelly. Roger has not been in the best of health lately and has decided that it is time to 'hang up his compass'. Roger was, for many years, the club's equipment officer and was also a provider of some fierce string courses. I have passed on the club's good wishes to Roger and the hope that he may be restored to full health.

The autumn programme is, as always, full. Just a few items to draw your attention to. Firstly, the Club Championships will take place on



Saturday 29th October, 2016. This is pre-entry only via the link on the club website. Two days later we have the club AGM on Monday 31st October. We are hosting the East Midlands Championships at Wakerley on 27th November. Entries will be via Fabian4.

There will be limited, expensive entry on the day. Finally, the Christmas Novelty event is on Saturday 3rd December - more details when Santa gets his act together.

Chris Phillips

Captain's Corner



As Club Captain and Members' Rep to the committee, it's my role to ensure that our club is entered into the two club competitions, the CompassSport Cup and the Yvette Baker Trophy, along with

encouraging members to take part in JK & BOC relays.

It does seem to be a trend amongst the orienteering community to leave entry to various events to the last minute. Therefore, I am giving you plenty of warning about the 2017 competitions, where I will be requiring members to pull on their club colours and run for LEI. The dates for your diary are:-

CSC Heat - 12th March 2017

JK Relays - 17th April 2017

BOC Relays - 7th May 2017

YBT Heat - 21st May 2017

With the CSC heat in 2017, I have a tricky choice to make on behalf of the club. This time, our regional heat is being hosted by LOG, near Louth, which is a very long drive for most members. As a club, we can ask to be considered as part of another region's heat, and the next choice of heat would be POTOC's event,

near Stoke. I will be asking for members' views on which heat they would prefer. I must point out that if an event is oversubscribed and we are out of region, we will then be bumped back to our own region to balance out the events.

This year's Peter Palmer Junior Relays were held on home turf at Martinshaw Woods on the weekend of the 10th - 11th September, 2016. With being defending champions of one of two trophies available, expectations were high. Team selection had been hotly debated: could we defend the Joan George Trophy and win the Peter Palmer Trophy? In the early hours of Sunday morning, 4:00 am to be precise, the first leg runners and their supporting adults began to stir from their sleeping bags in Groby Community College sports hall. Could you manage to navigate at night after only 4 hours sleep? Well, 6 of LEI's juniors proved they could.

Sadly, this year was not to be our year. We narrowly missed out on winning the Joan George Trophy by a mere 90 seconds. This, after the juniors had run nearly 30km between them in just over 3¼ hours. This tremendous effort placed LEI in 2nd place, with our other team coming in 4th. On behalf of myself, Alastair and Liz, it was (as always) a pleasure to look after the LEI junior squad on the weekend of the relays.

I do hope by the time you read this you



have already entered online at <https://goo.gl/SSc1Tb> for the LEI Club Championships. The closing date is 15th October. 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

Editors: Roger's explanation of the results: The race finished with WAOC 1st, SYO 2nd, LEI 3rd, DEE 4th and LEI 5th. WAOC won the Peter Palmer Trophy, SYO won the Joan George Trophy, therefore don't count in the Peter Palmer Trophy, thus promoting LEI to 2nd and 4th in the Peter Palmer Trophy.

Junior Captain's Corner



Firstly, congratulations to all the juniors that competed in the Peter Palmer relays. There were some fantastic runs and both teams did very well, finishing 3rd and 5th overall, and the Fantastic Foxes coming 2nd in the Joan George trophy.

Good luck to the juniors competing in the

upcoming British Schools Championships. The score is on home terrain this year, so hopefully we can get some good results!

As many of you may know, I'm off to Leeds University this year so I'm handing over my duties as junior captain. I'd just like to thank everyone for their support over the past few years. I'm sure I'll see many of you at an event in the near future.

Hannah Cox

Travel Support Scheme

We give grants to support good juniors running in the Interland for England or attending the summer training camps in Scotland or Sweden.

For the rest of the club, we operate a travel scheme, making use of what is permitted under the tax rules without you having to pay tax yourself. The scheme operates for those travelling/driving for more than two hours to any race. This typically includes the championships and multi-day events. The club will pay you mileage expenses and the club claims gift aid on your travel donation, which will be quite a bit lower. The gift aid is shared

between you and the club. Higher rate tax payers can also get some tax back themselves.

If you are apprehensive about filling in the form, do ask the Treasurer about the scheme. Travel to events from July 2013 can be included in your claim. One member has just claimed for ten events and we used this to subsidise the Peter Palmer Relays entry fees and pay for a grant for the Summer Training camp in Sweden.

Roger Edwards, Treasurer



Top Performances from Major Championships

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

British Sprint Championships, Queen Elizabeth Olympic Park - 11th June, 2016

'A' finals

M12A	5th	Ben Hardy
M16A	7th	Ethan Tebbutt
M35A	9th	Chris Heaton
M75A	5th	Peter Leake
W14A	9th	Reed Lydon
W16A	2nd	Ashleigh Howells
	6th	Anna Barber
W35A	3rd	Liz Heaton
W50A	9th	Alison Hardy

British Middle Distance Championships, Leith Hill, Dorking - 12th June, 2016

M12	7th	Harrington Leake
M18	10th	Finn Lydon
M21	9th	Chris Heaton
M75	9th	Peter Leake
W10	2nd	Daisy Rennie
W20	9th	Hannah Cox
W35	7th	Liz Heaton
White	9th	George Rennie
Orange	4th	Steve Chafer

Yvette Baker Trophy Final, Wormley Woods - 3rd July 2016

7th.....LEI

Croeso 2016, South Wales - 24th - 29th July, 2016

Overall results - Day 1 to Day 5

M10B	4th	George Rennie
M80L	5th	Don Moir
W10A	2nd	Daisy Rennie
W16B	4th	Caitlin Chafer
W20L	2nd	Hannah Cox
W35L	7th	Liz Heaton
W50S	9th	Ursula Williamson

Durmitor Orienteering Challenge, Montenegro - 29th - 31st July, 2016

Overall results Day 1 to Day 3

M50	3rd	Ian Wilson
W20	1st	Imogen Wilson

White Rose Orienteering weekend, Dalby Forest - 26th - 29th August, 2016

Sprint Race

Junior Men	2nd	Charlie Rennie
J. Women	5th	Jessica Dring-Morris
Veteran Men	4th	Jamie Rennie
Vet.Women	10th ...	Jane Dring-Morris



Days 2 and Day 3 Combined

M10B	2nd.....	George Rennie
M14A	1st.....	Charlie Rennie
	6th.....	Oscar Ferris
M45L	8th.....	Jamie Rennie
M45S	2nd.....	Steve Chafer
M65S	5th.....	Derek Ricketts
M70L	4th.....	Glynn Smith
	5th.....	Simon Ford
W10A	1st.....	Daisy Rennie
W16A	4th.....	Jessica Dring-Morris
W16B	1st.....	Caitlin Chafer
W45L	5th.....	Julie Ferris
W45S	2nd.....	Jane Dring-Morris
W50S	5th.....	Wendy West
W70S	2nd.....	Molly Smith

Relay

Class C :1 parent + 2 children 3rd

Team: *Super Foxes* comprising: Jamie, Charlie and Daisy Rennie

City of London Race 2016 - 10th September, 2016

WSV 7th..... Alison Hardy

Peter Palmer Relays, Martinshaw Woods - 11th September, 2016

Team:

Fantastic Foxes - 3rd overall, 2nd in the Peter Palmer

Comprising: Ethan Tebbutt, Anna Barber, Charlie Rennie, Ben Hardy, Reed Lydon, Matilda Tikkanen, Libby Barber and Finn Lydon

Team:

Flying Foxes - 5th overall, 4th in the Peter Palmer

Comprising: Euan Tebbutt, Tom Barber, Imogen Wilson, Caitlin Chafer, Harry Tory, Francis Mayes, Harrington Leake and Nick Wilson.

PFO HotPot Weekend - 17th - 18th September, 2016

Day 1 - Todmorden Urban (UKOL)

M65+ 9thGlynn Smith

Day 2 - Hurstwood (UKOL)

M70L 2ndGlynn Smith

M75L 5thPeter Leake



Have you moved house lately?

If you have, then please don't forget to inform our membership secretary, Ursula Williamson, on Tel: 01509 412132 or email: ursula.williamson.orienteer@gmail.com to ensure your contact details are updated.



LEIOC Club Championships 2016

The 2016 LEI Club Championships will take place on Saturday 29h October, 2016. The venue will be Bagworth Common and Woods.

Championships Courses will be:

Age Class	Colour
M/W10 and under	Yellow
M/W12 and under	Orange
M/W14 and under. W60+	Light Green
M/W18 and under. M60+ and W20 to W55	Green
M20 to M55	Blue

There will be a Golden Boot trophy, open to all competitors, for the fastest time from the final control to the finish.

The event will use SI punching.

Parking will be at Bagworth Working Men's Club, Station Rd., Bagworth LE67 1BJ

Post-event, there will be presentations and a buffet lunch at Bagworth Working Men's Club at 1.30pm. The cost of the buffet is included in the event fee. There will be a bar open from 1.00pm and we hope to have the presentations at 2.15pm.

Event Fees: Seniors £9. Juniors £5. Dibber Hire £1.00

There will be electronic entry with no entry on the day. Closing date for entries is 15th October. Start times will be pre-allocated. The link for entries is <https://goo.gl/SSc1Tb>

It will also be on the event details on the club web site.

This is a closed event restricted to club members and guests.

Winners of the junior courses will receive their trophies and certificates on the day. Other junior certificates and prizes will be presented on this occasion. Senior trophies will be presented at the club dinner and awards evening on 4th March, 2017. Senior winners will receive a certificate at the post-championship buffet.

Organiser: Wendy West

Planner: Kevin Bradley



Annual Accounts 2015-2016

The club's accounts will be examined before being submitted for approval at the AGM. The figures should be similar to those below. There was a small loss on events and this was turned into a surplus of £610 by income from our sales of mapping and plaques, but mainly because of our use of gift aid. We are reliant on gift-aided donations by officials at events and to those making claims for travel to any event more than a two hour drive away.

If you make such journeys and have not made a claim, do speak to the Treasurer about making a claim. It's very easy.

Roger Edwards, Treasurer

EVENTS			ACTIVITIES		
Income		18980	Income		
<u>Less expenses for specific events</u>			Club Night	1580	
Land access	1570		Donations received	6710	
Levy	3660		Gift Aid	1990	
Officials Expenses	2910		Sales	3030	
Hire of Facilities	1640		Other	3180	16490
Other	3100	-12880	<u>Less Expenses</u>		
<u>Less other Expenses</u>			Club Night	1530	
Map printing and surveys	3590		Sales Expenses	2240	
Equipment	1340		Team Entries	2010	
Other	1490	-6420	Travel Support	6140	
Events Loss		-320	Other	3640	-15560
			Activities Surplus		930
			Overall Surplus		610



Summer League 2016



*Ed Young:
1st overall*

Presentations by Club
President, Ernie Williams.



*Howard Alcock:
2nd senior man*



*Liz Heaton: 1st senior
woman & 2nd - sprint &
urban series*



*Ursula Williamson: 2nd
senior woman & best use
of area for Glenfield*



*Tracey Brookes: 3rd
senior woman*



*Andrew Ward: best
points score before
handicap.*

All photos:
Roger Phillips



*Bob Haskins: 1st overall
- sprint & urban series.*



Other summer league positions for members not present:

3rd Senior Man Roger Edwards
1st Junior Boy Euan Tebbutt
2nd Junior Boy Charlie Rennie
3rd Junior Boy Ethan Tebbutt
1st Junior Girl Hannah Cox
2nd Junior Girl Daisy Rennie
3rd Junior Girl Anna Barber
1st Score Cup Richard Dearden (NOC)
2nd Score Cup Andy Glover

3rd overall (sprint & urban series) Alastair Paterson
1st Junior Boy (sprint & urban series) Charlie Rennie
2nd Junior Boy (sprint & urban series) Euan Tebbutt
3rd junior Boy (sprint & urban series) George Rennie
1st Junior Girl (sprint & urban series) Hannah Cox
2nd Junior Girl (sprint & urban series) Daisy Rennie

Permanent Orienteering Courses

The maps for all the club's permanent orienteering courses are on the British Orienteering website. Where maps are sold by landowners, we now offer a facility to buy these, or similar maps, on-line.

We have improved the offer by making available a limited range of star/loop maps for groups. The check letters can also be downloaded so that leaders can confirm their group has visited the correct site. For some sites where map legends do not fit on the paper, we have permission to print the Maprunners' one page legend.

Since the switch over at the end of February, we have had 600 map downloads which might have been used by 4,000 people, including over 100 youth groups or parties of 10 or more. The only areas with no downloaded maps are Snibston Country Park and Wakerley Woods.

All the city council parks have been repaired and there are new courses at Evington and Knighton Parks. Don Moir has updated the Knighton Park map and the park now has a course which can be completed in a wheelchair.

The British Orienteering website provides a facility to download maps for the whole of the UK. So far, however, few clubs are making their maps available through this facility.

Club volunteers are in the process of checking courses to make sure they work in the summer, as we have found a few where the undergrowth is rampant and finding the controls is impossible.

To make sure we have fresh pair of eyes, we need to swap round some course wardens so we will be looking for replacement volunteers later this year.

Roger Edwards



JROS Stromstad Camp 2016

Sweden will forever hold a place in my heart as one of the most beautiful countries ever visited. Not only was the running and orienteering terrain some of the greatest in the world, but the atmosphere and the hospitality of the Swedish crowd, surrounding the World Orienteering Championship events, which were being held the same week, was brilliant.

The 12 day trip to the Stromstad camp started with a plane ride to Gothenburg airport, where all of the coaches and young athletes that made the tour met up. Then, after a one and a half hour bus journey from the airport, we arrived at the Idefjordens SK club hut, situated somewhere in the forests of Sweden, only about 2 kilometres from the Sweden/Norway border. By the time we ended up settling down at the hut, it was time for bed, but in the morning when the mist had cleared and the sun started to gleam, we got to see the full glory of the surrounding wonder – sublimely runnable woodland with patches of exposed rock, which made running through terrain feel like heaven. Surprisingly, I don't think I found a single bramble bush, so felt a little out of place as I'm used to fighting through tonnes of these in local LEI areas.

For the first few days, we trained from the club hut. All coaches were very helpful and put extra effort into those who had not run in Scandinavian terrain before. For the first time, running through the forest felt like all the features had doubled in size. The crags were no longer little ones that you would find in places like the Outwoods or Beacon Hill; they were the size of houses - the boulders in Sweden made our boulders look like pebbles, and the contour detail was second to none.

After a couple of tough training days, it was time to compete in the ROC races that were staged alongside WOC 2016. There were some beautiful, challenging and fantastic areas that we ran on, the first of which was the sprint area – Strömsvallen Strömstad. It mixed some high speed urban with fast open hillside, making it tough to always be thinking ahead. The sprint race results weren't as planned, but we soon realised that the level of competition was higher than that of any English race. After the event, we went to watch the final of the men's and women's sprint in the centre of Strömstad. The atmosphere was electric and you could feel the buzz of the crowd all around. Looking over the sprint arena was a huge cliff lined with orienteers and spectators all eager to watch the racing.

After all the hard days of spectating, cheering and competing, we would always be fed a good meal back at the club hut. Carol, the cook, would work tirelessly - alongside walking almost 7 miles a day to keep fit - to produce endless amounts of quality food for the whole group. After dinner, we would all come together to work on our post-race analysis, where we were helped by the coaches and each other to see where we went right or wrong and how to improve our skills for the next race. This would then be followed up by a nightly quiz, where 4 teams would compete to see who has the best general knowledge. Between events, we would often go to a lake that we found and go for a swim for half an hour, part of our 'down-time'.

The next race was the first of the middles, Medeldistans – Strömsvallen, which was near the same area as the sprint. This area was tough technically, but fairly



good running. After the event, we all went back to the sprint arena – in the same place as the day before – to watch the WOC Mixed Sprint Relay. All athletes and spectators were extremely excited and proud to see GB come in a fantastic 4th position.

The following day, we did Trail-O, which is orienteering without the physical part. There is one path which you have to walk up and down on and there are control circles which can have more than one control in them. You have to decide which control is in the correct place. If you get bored easily, this is probably not the sport for you. After an hour of this, you can become somewhat mentally drained, but it is great for those who like a challenge. It is also very relaxing if you like to take in the scenery, if nothing else.

The next two middle distance days, Medeldistans - Tanum being the first, went smoothly with both areas being extremely challenging, both physically and mentally.

The next rest day from racing, we did a very hard and long training run through tough terrain, and then some more Trail-O the following day before the weekend of the two long races.

Both long races were pretty gruelling. The first of the two races, Langdistans Buar Stromstad, was super tough as it had some really long legs which truly tested your navigation, map reading and route planning

skills. It also meant that you had to trust yourself entirely, so thumbing the map was essential. The second of the two long races, Langdistans Tanum, was also like this, but with much shorter legs. After the first long race, we stayed to watch the men's and women' relays. We were so glad to see our boys bringing it home in 4th but still proud of our girls for sticking in there.

After all that, it was time to say goodbye at the airport. After 12 days of solid running and having a tonne of fun, we all had to go our separate ways. The whole 12 days was a brilliant experience and I would recommend this tour to anyone that has a chance to go.

Many thanks to LEI and EMOA for their help with funding towards this trip. It is, as always, much appreciated!

Also, a big thank you to Nick Barrable and all the brilliant coaches on this trip who made it 12 days to remember!

Finn Lydon M18

Finn in action at the Peter Palmer relay event. Photo: Annie Leake



Club Chat

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

Ben Marchant

Patrycja Czupryniak

**The Club AGM is on
Monday 31st October at
Glenfield Parish Rooms,
Glenfield LE3 8DL**

Congratulations to Daisy, Jamie and Charlie Rennie, the only LEI entrants in the White Rose Team event to come 3rd in the one parent and two children class.

Photo: Glynn Smith



Advance Tempter - Diary Date: 4th March 2017

Next year's annual dinner has been organised and the booking form will be in the next LEI NEWS, but just to get your taste buds tantalised you can look forward to:

Tomato and Basil Soup, Creamy Stilton Mushrooms served on a Brushetta or Pate Salad served with Melbourne Toast and a Real Ale Chutney.

Roast Beef with Yorkshire Puddings, Grilled Fillet of Sea Bass on a Herby Mash or Mediterranean Vegetable Wellington.

Baileys Bread and Butter Pudding, Cheese and Biscuits or Fresh Fruit Salad.

Coffee and Mints.

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.



Photo Gallery: White Rose - 2016

Congratulations to the following members who made the podium at this year's White Rose, which took place in Dalby Forest.



Caitlin Chafer



Charlie Rennie



Daisy Rennie

All photographs: Alan West

George Rennie



Jane Dring-Morris



Molly Smith



Steve Chafer



Durmitor Orienteering Challenge: 29th - 31st July 2016

After consulting the international orienteering calendar, our summer holiday for 2016 was decided – 2 weeks in Croatia and Montenegro planned around 3 days of orienteering in the beautiful Durmitor National Park in north-western Montenegro, close to the borders with Serbia and Bosnia. It was our first family holiday without Nick, who was doing voluntary work for 4 weeks in Ecuador with Camps International and a group of students from Groby College. (It was very quiet without him!!)

We first flew to Dubrovnik on the Dalmatian coast to enjoy 3 'relaxing' days exploring Dubrovnik's fascinating historic town and the beautiful island of Lokrum, acclimatising slowly to the heat and numerous steps!

By hire car, we carried on over the border into Montenegro to spend a further week near the old town of Kotor, overlooking the scenic fjords and exploring 2 more National Parks: Lovcen, a mountainous area overlooking Kotor, with a rich historical and cultural heritage, and Lake Skadar, a karst lake and the biggest lake in the Balkan Peninsula. It lies on the border of Montenegro and Albania, and is one of the largest bird reserves in Europe, with 270 different bird species, including some of the last pelicans in Europe. During a leisurely boat trip through the stunning wetlands, one highlight was seeing a water snake!

Finally, we felt ready for some challenging orienteering and moved on to the small town of Zabljak, which lies at the heart of the Durmitor National Park with its 48 peaks above 2000 m (highest

peak Bobotov Kuk, 2522 m), 18 glacial lakes and 3 canyons, including the Tara River Canyon which is the second deepest in the world, after the Grand Canyon! On our first day, we 'rested' and went rafting on the Tara River. We did not really hit much white water at that time of year, but it was enough to give us a flavour and enjoy the amazing views.

The Durmitor Orienteering Challenge comprised 3 events – long, medium and a sprint. It was organised by Zoran Milovanovic, (who also organised the event in Egypt!) who was aiming to develop the sport in Montenegro. It was also a trial run for the SE European Championships 2017, which will be held in the same area next year.

In total, there were 120 competitors from 17 countries, but mostly from Serbia, where the sport is well developed. However, we were the only competitors from the UK. There were less than 20 Montenegrins entered and most of them did not turn up! It was certainly a very friendly and informal event. All assembly areas were within 5 km of Zabljak and the sprint on the final day finished in the town centre.

The area for the medium and long events did not disappoint, with great contour detail and big depressions in wooded karst terrain. The beautiful woodlands were very runnable with little undergrowth and without too much climb. The sprint was a great mix of woodland and urban, and I was finally 'persuaded' to take part in the sprint (more of a 'fast walk'!). To my surprise, I really enjoyed it! At least I knew what I was doing and did not come



last!

Ian and Imogen both gained a podium place: Ian won his first medal since he was an M19 (... and is very proud of it!). He came 3rd in his age category, behind competitors from Israel and Serbia; and Imogen won the gold medal for W20 (she had upgraded for more of a challenge as the W16 courses were quite short and too easy in order to accommodate the inexperienced Montenegrins). The prize giving was at the local school and there was a big cheer for the UK competitors. Imogen and Ian were presented with their medals by the President of the Montenegrin Orienteering Federation. Afterwards, there was a group photo of all the competitors, friendly handshakes and farewells, with everybody looking forward to future meetings at other international venues.

We can certainly recommend orienteering in Durmitor National Park, if anybody fancies entering the event next summer. It is a fantastic location, with the most amazing biodiversity, cheap accommodation, very tasty local foods (... where else can you pick berries and edible mushrooms, herbs and medicinal plants in abundance on your way to the start!).

Finally, as Leicester City fans, of course, we were greeted like royalty wherever we went!

Birthe, Ian and Imogen Wilson



Out and About



As the season of festivities approaches, most of you will visit a hostelry some time over the holidays and it is a fair bet that amongst those visited will be one of several known as The Chequers or Royal Chequers. I

wonder how many of you know where the name comes from?

Chequers or Chokers are the fruit of the Chequer Tree, otherwise known as the Maple Cherry or, perhaps properly, as the Wild Service Tree. In Neolithic times, this fruit formed a staple part of people's diet and they were still eaten until comparatively recently. It is still used by some people, especially for wine making. The brown 'pears' are bitter as they develop, but turn very sweet when ripe - something like sultana or apricot in flavour. In Victorian times, children used to eat them as sweets as Christmas approached. They are now mostly found in areas of clay soil in south and east England.

Feeling a bit historic and suffering more than my share of niggles, I thought I should look back at the past. Before I get any daft comments, I should say I was not about in Victorian times! I have, however, been more than a little restricted in how much I have been able to be out and about.

I should be about this Christmas, but my build up will be a bit unusual as I will be the other side of the world for two months, where the weather will be anything but Christmas-like.

Active and restored quarry sites can and do provide habitats for a wide variety of species. The quarrying industry has, through restoration programmes, already delivered or planned over 10,000 hectares of priority habitats.

The Twite has declined dramatically, both in numbers and range over the last 25 years and it is now a rare bird in England, only breeding in a few small locations in the South Pennines. This includes a small group near Dove Holes Quarry.

CEMEX, the quarry company, has been working with the RSPB in providing extra feeding to help maintain this population, which now seems to be slowly expanding.

Natural Resources Wales, with the help of EU funding, is to introduce or enhance active management and restoration of a large number of sites to act as key reservoirs of biodiversity, mostly in Special Areas of Conservation and Special Protection Areas.

The total cost to deliver the actions across Wales has been calculated at £120 million over five years, but it will have to be spread thinly as protected sites cover around 7% of the land area of Wales and about a third of Welsh seas. An analysis has identified priority ecosystems, which include peat lands, sand dunes, woodland, rivers and, in the marine environment, estuaries and salt marsh, lagoons and shingle.

I have been able to start wandering again of late, and quite apart from admiring such wildlife as I have come upon, I am gently opening up the doors to get us back into an old orienteering area.

One unusual and interesting experience



orienteering was trotting along the Sharnford edge of Fosse Meadows at the summer league event and having a barn owl fly over my shoulder. As they are silent, it made me jump out of my skin, but a few minutes later I saw it again quite clearly (or it could have been another bird). Another first was the first white egret seen in Glenfield. There are a number of additions to available access land along Rothley Brook, which is becoming an excellent wildlife corridor,

but will also open up a much larger area for our sport. Most of them will be on song by next summer.

I had a run out to the Belvoir area recently and one bit of news may need some checking. It appears that Coombes Meadows has been made a L&R WLT reserve. Coombes plantation and the adjoining meadows are on our Belvoir map.

Roy Denney

Retired Man Chronicles - Dilly Ding, Dilly Dong

"Well, I don't know what you are going to write about this time in the R M Chronicles," says John. "Very little has happened since May." "Yes, you haven't done very many silly things lately," I reply. "It's an orienteering magazine. Orienteering is what they want to read about. People don't want to hear silly things." Thinking the opposite, I just smiled.

So 'very little has happened since May???? other than a Brexit vote; David Cameron resigns and Theresa May becomes Prime Minister; the Labour Party is in leadership turmoil with Jeremy Corbyn; UKIP elects a new leader and Nigel Farage celebrates by going skinny dipping at midnight off Bournemouth pier; refugee crisis, the Olympics and Paralympics in Rio; Andy Murray winning Wimbledon and Chris Froome winning the Tour de France, and locally the railway bridge at Barrow partially collapsing.

And, of course, there is always Leicester City winning the Premiership! The city centre turned blue as shops and offices displayed their support for the Foxes with

folks leaning out of windows and climbing lamp posts to get a view of the open top bus and its victory parade to Victoria Park. On a poignant note, even dead and departed fans joined in the football celebrations, as Leicester City flags fluttered at the grave sides in Anstey Cemetery. Unfortunately, Retired Man misses most of the televised victory celebrations as he is at the Groby O club night.

Claudio Ranieri uses 'dilly ding, dilly dong' as a wake-up call for players to concentrate. Maybe he should have said it louder as Leicester City made history again by being the first team to win the title and then lose the opening match of the following season - not a first they will want to remember. Leicester lost 2:1 to Hull City and, true to his word, Gary Lineker presented Match of the Day that evening in his undies as he had jokingly promised, months earlier, when Leicester were top of the league and Gary could not believe they would still be at the top at the end of the season.

So, I am not sure the statement that 'very little has happened since May' rings true.



John's left arm is slowly regaining function in muscle and nerve control. After the 'are you wearing cotton underpants?' operation in early May, he had 3 small incisions on his upper arm, elbow and palm that were mostly sealed with dissolvable stitches. However, some of the stitches that needed to be removed were overlooked and I had the lovely task of cutting out a couple of stitches. "More dilly ding, dilly dong required, nurse."

He needs to gain strength in his hand and arm, and is practising with a heavy hammer wrapped in foam. I think the foam is to help him grip, or it may help to cushion the blow should the muscle control in his injured hand fail and the hammer land on his foot! The little finger is controlled by a different nerve than the other fingers, and at the moment the little finger does not bend, so it is similar to a posh person drinking tea with their pinkie finger held straight. He has been able to bend his other fingers and close them enough to hold a piece of paper. Just recently, he returned from Thursday club night pace counting in the stubble fields of Groby and the après O meal at The Railway, to proudly announce that he had been able to use his left hand to cut up his pork tenderloin. In the past, other kind orienteers, such as Ursula, have helped. It is a year now since his Radio O accident, where he fell in the Czech Republic and dislocated his shoulder and damaged a nerve junction box. Nerve regrowth has slowly taken place from the shoulder and is now near the hand, gradually allowing the return of the control of his left arm. He no longer needs a sling, as the biceps and triceps are working and he can rotate his wrist in a controlled manner. So, to celebrate a year of improvements, our daughter, Suzi, organised a champagne, Pimms, clotted cream and jam scones party in the summer sunshine. Although many jobs require two hands, and I have been roped

in to be the second hand holding the screwdriver, the torch, the electrical probe, etc., son Andrew and son-in-law Edd have borrowed Retired Man for his DIY brain, and together they have been plumbing a bathroom, mending lawn mowers, fixing fridge freezers, etc. The boys have bought an old rusty motorbike to restore in the winter months and have signed up to learn how to thatch a roof on a weekend course in October. Andrew sent Retired Man a lovely card for Father's Day with the words 'Dad, you have taught me all I know about DIY, mostly words beginning with B or F'!

My garden was part of the Thurstaston and Cropston Open Gardens. As Retired Man knows absolutely nothing about gardening, other than mowing the lawn, his help was employed beforehand in jet washing the patio and scrubbing the wooden furniture. Best of all, he disappeared all day to go radio orienteering with Bob T and only reappeared when the Open Gardens event was over, scoffing the few remaining cakes.

The Costertons and Marriotts had a family holiday together at a place with the lovely name of Bag End, Thorpeness, on the Suffolk coast for a week of very hot sunshine. The lads visited the British Dirt Bike Championships and tried not to get covered in gravel and dust as the bikes sped past. Meanwhile, the girls were enjoying the sunshine, with grand daughter Hattie just wearing a nappy. But where can she put the little pebbles she has found? She is nearly two years old and talking well. "Oh dear," she says, looking bewildered 'Nappies. No pockets'.

We visit Southwold Pier and are fascinated by the water clock that was built to encourage water conservation. It has 2 people sitting in a bath, squirting water at each other, then 2 men drop their trousers and 'wee' into a toilet.



Finally, the water drops into a flower trough and tulips spring up. The water clock was invented by Tim Hunkin, a local man, cartoonist and author of the Secret Life of Machines,

So, what orienteering has Retired Man done? Well, nobody dragged him off to Scotland, Wales or Yorkshire. Come on, folks, dilly ding dilly dong. You must try harder to take him away with you!

RM has been to Oundle school to discuss orienteering and chatted to Euan Tebbutt and Peter Hornsby about a possible A level project to write a computer programme for O results. John helped with a schools' event at Castle Hill and afterwards ran in the proper Summer League event. Unfortunately, RM fell down a ditch in Castle Hill and scratched his face as he disappeared underneath a rhododendron bush. He could not climb out, had no whistle with him and had to shuffle along the ditch to escape. A little later, he discovered he had no map and had to return to the scene of his 'downfall' to find it. More dilly ding dilly dong required, Retired Man

In early September, RM is to set off for Bulgaria for the world Radio O Champs in Bulgaria and a few days before is busy making a 'starship enterprise look alike'. This is a rotating map board which he hopes to fit to his left forearm with Velcro, as his left hand probably won't manage to hold the map all the way around the course and he needs his right hand for the receiver. In the sunshine on the patio table, he cuts out circles of strong corrugated plastic card that used to say 'sold' (an estate agent's board).

The 2nd September is Hattie's birthday and after climbing Old John and descending to the double decker bus café in Hunt's Hill for lunch, she is also having a party with grown ups in her garden. The party starts at 5pm, but RM has to be in

Lutterworth at 7pm to start the journey to Bulgaria with Bob T. At 4pm he turns up looking for a small rucksack to use for hand luggage and has done little packing. Suzi and I send him off to Argos, wondering why he always leaves things to the last minute. All packed, he returns for birthday barbeque then rushes off with a slice of cake in his hand to drive from Newtown Linford to Lutterworth in 20 minutes.

He made it to Bulgaria, but his mobile phone had a fatal accident at Luton airport's check-in desk, falling to the hard floor and breaking the screen. Eventually, I receive an email with this information, but then silence. The British team doesn't do as well as they had hoped this time, (except David Williams who wins a gold medal). John blames the heat and his 'runs' become 'walks'. 'Runs' also feature in the news from Bulgaria, as many of the teams come down with a sickness/diarrhoea bug. Thankfully, RM doesn't, but he has a big bandage where he fell and sliced the top of his middle finger, leaving a puddle of blood on the beacon control and the nearby finish control before receiving first aid.

Our family were expecting John to arrive home on Saturday and we are surprised when he turns up on Friday evening. Thank you to the Titteringtons for his evening meal, as he would have gone hungry here in Cropston!

Of course, I am obliged to mention Iain Phillips in every Chronicles, but this is easy to do as we wish the Phillips family and Peter Hornsby good luck in their Trail O quest in Norway.

Don't forget to dilly ding, dilly dong all you LEI OC members!

Irene Marriott



100th Nijmegen Vierdaagse (The Walk of the World)

This event was first held in 1909 with approximately 120 participants and, in 1928, it became international. July 2016 was the 100th Vierdaagse (the Dutch meaning 'Four Days'); there were several years when no walk was held, e.g. World Wars. Between 19th and 22nd July, 2016, a maximum of 50,000 participants from over 70 countries took part, which includes a large military contingent of 5,500. Each year, the event takes place in Nijmegen, an old Roman town which lies approximately 7km from the German border. The event is not a race, but is about meeting a personal challenge by completing the distance. In fact, running and race walking are against the rules. The walk's motto is 'Willen is Kunnen' which translates roughly as 'If you want to, you can'. Depending on your age, the undertaking is to walk either 30km (18.6 miles), 40km (24.9 miles), 50km (31.6 miles) or, for the 2016 centenary event, an extended distance of 55km (34.2 miles). This is the daily distance required, which is repeated for four consecutive days.

I first heard of the Nijmegen event when I was an air cadet and put my name down to take part in the event in 1976, a hundred mile march over four days. Training commenced at the end of 1975 and all I can remember now was the training weekend routines at RAF Abingdon, of arriving Friday evening, waking at 3.00am on the Saturday, being lined up outside by 4.00am and marching around the perimeter track of the airfield until breakfast at 8.00am. We then re-assembled at 9.00am and set off again, building up until we had completed 25

miles in a day. This routine was repeated on the Sunday. The May Bank Holidays were utilised for three training days, covering a distance of 75 miles. At the actual event, the miles and miles of training paid off; the American Marines who came storming by us on day 1 were a hobbling mass on days 3 and 4, and we marched proudly by, singing one of many marching songs learned to keep up morale. My parents, brother, uncle and aunt come out to watch the event and I can remember over the four days just catching one glimpse of them as we marched around a bend in the road, and gave them a wave. This snippet in time was captured by my uncle on his cine camera, which I have seen played back using a reel projector and screen. At the end of the walk, I was awarded with the KNBLO medal.

Forward in time to when son Simon joins the air cadets and I tell him about the fantastic event that takes place in Nijmegen every year in July. Simon entered the 2013 event and his training started in the January that year. Simon completed all the training events, which included a 2 day event covering 50 miles, RAF WARMA, and a 2 day event covering 40 miles, the Waendel Walk, and was selected to be in the team. Knowing that Simon had been selected, Wendy and I decided that we would like to go out and support him, finding space for our 2 'man' tent at Camping de Berendonck, a temporary campsite set up at a country park in Nijmegen just for the 4 day event. We arrived in Nijmegen on the 2nd day of the walk, set up the tent, and headed down to the town centre to





The medal awarded after your first completion.

try and catch sight of him. We sat in a grandstand for several hours, and despite seeing hundreds of walkers, there was no sign of Simon. The sun was beating down, and Wendy and I were soaking up the sun; it must have been so hot for those walking. We were to find out later that we had missed him by approximately 30 minutes; their 4.00am start meant that they were back early.

We headed out on day 3 on our push bikes (which is a fantastic experience in the Netherlands, where traffic gives way to the cyclist) and picked a place on the course to try and see him. Again, we waited for several hours, but didn't manage to see him. Walking with the air cadets meant that he had a separate start and finish from the general public, so we headed to a point just down the road from his finish. After waiting again for several hours, watching hundreds of military personnel from all over the world file past us, we spotted him, which was not easy as he was in uniform and hiding behind sunglasses.

We cycled up the road and met him for a quick chat, just inside the entrance to the military camp at Heumensoord. One of his officers advised that on day 4, all the military teams are awarded their medals 5km from the finish in a military rest stop before they march together on the last leg, proudly displaying their medals. On day 4, we cycled to the military rest stop

and watched Simon march in with the rest of his team. The heels on his boots were totally worn away, but he was beaming from ear to ear. It is a tradition that walkers are given gladioli by local residents, and he has a large flower emerging from his rucksack. After congratulating Simon and his fellow cadets, we waved goodbye as he started the final 5km leg. It was at this point when Wendy commented that if we ever came back to Nijmegen, it would be to take part in the walk. When we were all back at home reflecting on the occasion, Simon added that in 2016 it would be the 100th anniversary of the event and what an occasion that would be. It also had the added bonus of not being a Scottish 6 Days year.

As time progressed towards 2016, we decided that all 3 of us would enter the event, taking our caravan and returning to the site 'Camping de Berendonck'. Reading the registration details in the autumn of 2015 revealed that the maximum number of registrations allowed for the centenary event had been increased to 50,000. Registration is divided into two time periods, the first from 1st February to 26th February and then from 29th February to 1st April. The first registration period is for those that meet certain criteria, e.g. they have completed five of the last six years' events and so are guaranteed a place; the second registration period is for all other applicants. Out of the 50,000 entries, 5,500 are allocated to military teams; these include the air cadet teams that Simon and I had previously marched in.

I knew that we had to start training early to build up our fitness for walking on roads. Wendy and I initially devised a programme of walks starting on 15th November, 2015, working towards the RAF WARMA event at RAF Cosford, a





Wendy's heel blister after day 1 of the RAF WARMA event.

two day event (2 x 40km) on 23rd and 24th April, 2016, and the Waendel Walk in Wellingborough (2 x 42km) on 13th and 14th May. Our first walk was 15 miles - to Wendy's parents and back, with seven further walks taking us to our first back-to-back walk, which we did on 23rd and 24th January, 20 miles on the first day and 11 miles on the next. Simon, meanwhile, was away at University and had to train on his own, joining us if he was home for the weekend.

In early January, we did a 22 mile walk without problems, but the next morning when I came down the stairs, both my knees were in agony. At this stage, I was also running approximately 12 miles a week for exercise, but with knees in this state I was not going to be able to run that week. I decided to visit the doctor and he recommended that I should go for physiotherapy to help with the knee pains. Up until now, whenever I had been out walking I had, within a few miles of starting, a pain on the top of my left foot. Walking on a second day, this pain became most unpleasant and took away any enjoyment of the second day's walk. The physiotherapy appointment came through in about three weeks; by this time the knee pain had stopped (probably helped by stopping running) but the pain on the top of my foot had increased significantly, so I asked the physiotherapist to concentrate on this. The problem was diagnosed as tendonitis

in one of the joints on top of the foot. I was given an oversized elastic band (in simple terms), which I tied around the stair banister and had to move my foot, working against the pull of the elastic. Over the next few months, this exercise seemed to pay dividends, although I could always feel a slight discomfort there. However, it never got to the stage where I needed to take pain killers.

We did enjoy our training walks; for the majority of these, we could leave home and within half a mile we would be inside Watermead Park. We could then follow the canal all the way into Leicester and either continue on the canal out the other side, or pick up the Great Central Way, a disused rail line that is tarmaced and runs out from the centre of Leicester, in a southerly direction. Following the route of the canal gave us a different view of the Leicester we normally see, and it was great fun exploring new areas and watching all the regeneration work taking place canal-side in Leicester. It also meant that our route was traffic-free, which made it far more enjoyable. On the first of these walks along the canal through Leicester, we were beginning to get a bit thirsty, so we came up a flight of steps to reach road level, as we had spotted a small supermarket. Disappointed that they did not have a café or even a hot drinks machine, we pushed on and picked up the Great Central Way. This shortly crossed the Upperton Road in Leicester and we noticed a Starbucks coffee shop just a few yards off our route. We went in and rewarded ourselves with a cappuccino and a cinnamon bun. This was the first of many visits, and it became a focal destination, the only problem being we knew that we would not have this convenient stop when we got to the Netherlands.

During our training walks, we were very



lucky with the weather, as it only rained on two or three occasions. On one of these occasions, it rained nearly all the way to Starbucks. When we eventually arrived and stripped off our outer layers, we left puddles of water all over the floor. What I did learn from this experience was that the shoes I had purchased the previous summer, with the intention of completing the walk in them, were not waterproof - my feet were soaked. I wanted to ensure that my feet were properly warmed up before choosing a replacement pair, so we went on a 25 mile training walk via 'Go Outdoors', in Loughborough, which was just under the half-way mark. I selected a pair of Meindl Gore-Tex shoes and walked back home in them - they were so comfortable. I continued to complete all my training in these shoes.

Wendy had purchased a pair of Ecco Gore-Tex shoes to walk in, which she described as 'like putting on a pair of slippers'. However, from the word go she always got a hot spot on her heels; the use of Compeeds (a blister plaster) became second nature. Simon started his training in a pair of Doctor Martens with Airwair soles, but combined with his walks to University each day, the heels on these were soon worn down and the air pockets punctured. Simon then selected a pair of Meindl Gore-Tex shoes, a different model to mine, and he continued his training in these.

In early December 2015, although only three weeks into our training, and approximately three months before we could register for the event, I had noticed that the ferry we intended to take from Harwich to the Hook of Holland was already full on the Friday night of the weekend we would need to travel on. We therefore went ahead and booked the ferry for the car and caravan for the Saturday overnight sailing. Booking for



Wendy and Simon after the RAF WARMA event.

the temporary caravan site opened on 1st January, 2016, and again we went ahead and booked this to ensure we had a place to stay, even though it was two months before registration began.

When the first period of registration closed, 29,512 walkers had registered, meaning 20,488 places were left. All three of us applied on the first day of the second registration period, although this gave us no advantage over anyone registering on the last day. Now, all we could do was continue with the training and watch if the number of participants exceeded 50,000, meaning a ballot would



be necessary. Over the second registration period, the total began to slowly rise and passed the 50,000 entries in the final week, ending with a total of 54,325 participants. A ballot would be necessary, which was due to take place on 8th April, although I wrongly noted it down for 10th April on our kitchen calendar. So, when Wendy and I were sat in Café Rouge on the evening of 8th April, an email arrived on her phone to say she had been successful in gaining a place, which came as a complete surprise. I had forgotten my phone, so was not able to join her celebration. We phoned Simon and he also confirmed he had a place. When we arrived home, I logged into my email to find that I had not been selected. I was devastated. However, having booked the ferry and the campsite, and having completed over 325 training miles, I decided that I would do the walk, but just not get a medal for my efforts.

When we arrived at RAF Cosford for the RAF WARMA event (2 x 25 miles) on 23rd April, we had completed just over 350 miles in training. This event is mainly for the teams of Air Cadets training for Nijmegen, but civilian entries are permitted and we were made very welcome. At the end of the first day, despite having done all that training Wendy ended up with a massive blister on one heel, as well as smaller blisters, despite having Compeeds on. We were told that first aid was available and so Wendy hobbled to the building and joined the queue. Whilst waiting, we were told that the first aid was being provided free of charge by the British-Dutch Walking Fellowship (BDWF), an organisation with a focus on participants taking part in the Nijmegen four day marches. The blisters were punctured and drained and we were introduced to 'armadillo' taping on the heel, which is a method of repeated layering of zinc oxide

tape, with each layer overlapping the next. With this in place and the use of Paracetamol and Ibuprofen, Wendy was up next morning saying she was able to face the second day. We finished the second day, even running the last few hundred metres onto the parade ground, just to stretch different muscles, and proudly received our RAF WARMA medals. Simon had undertaken this event as part of a University of Birmingham Air Squadron team, themselves based at RAF Cosford. We waited at the finish line to see Simon, as he hobbled across the line, wearing his military boots which had only been issued two weeks previously. Clearly, they had taken their toll and you couldn't see his heels for blister. We were so impressed with their first aid service that we all joined the BDWF, and learned that they fill a sports hall in Nijmegen each year with participants.

At this point, we now reduced the schedule to allow the blisters to heal, knowing that in three weeks' time all three of us had the Waendel Walk (2 x 26 miles) to complete. During this period, Wendy purchased a pair of Meindl walking shoes to see if these would be as comfortable (and blister-free) for her as they were proving to be for Simon and me. At the Waendel Walk, the first day went without a hitch, with Wendy insisting on having her heels taped in the armadillo style. Simon complained on the morning of day 2 about a hot spot on his ankle, so he visited the first aiders before we started. They then introduced us to the cohesive bandage, a bandage that will stick to itself and not to your skin or hairs. Fifteen miles into the walk on the second day, Wendy started to experience severe pain on the underside of one foot. We stopped and examined it, but there are no obvious blisters. Topping up on Paracetamol and Ibuprofen, the final 10 miles was at a much reduced pace - all



three of us finish with only ten minutes to spare on the printed finish time of 5.00pm, but observe plenty of walkers still coming in after this time and receiving their medals.

Wendy and I now plan our longest training session to date, fitting it around work, on the weekend of 17th to 19th June. We walked 10 miles on the Friday evening after work, then 25 miles on both Saturday and Sunday. On the Sunday, Wendy suffered over the last ten miles with the same pain on the underside of one foot. Despite having invested in both cold and warm painkiller sprays, neither appeared to assist with the pain for more than a few minutes. With only a month to go before the Nijmegen March, Wendy was concerned about the pain she had been experiencing in her foot, especially as she was now also getting shooting pains in her toes when she was resting. She booked an appointment with an orthopaedic surgeon and he confirmed that the damage to her foot had been caused by all the training, diagnosing nerve pain, Morton's Neuroma and Sesamoiditis. Unable to do anything significant at the eleventh hour, he recommended that she purchased an orthopaedic insole to support her feet; Amazon came to the rescue for this.

The time had arrived. Wendy and I had now undertaken 550 training miles and, along with Simon, we took the overnight ferry, drove across the Netherlands (all 90 miles of it) and arrived at the campsite by 10.00am on Sunday morning. We set up and after lunch took the bus into Nijmegen. Wendy and Simon needed to register in person and show their passports as identification. The registration area was heaving with all 50,000 competitors having to register on the Sunday or Monday before the walk began on the Tuesday. As part of the registration process, a wristband is fitted



One of the hills on day 3. Walkers stretch into the distance as far as you can see.

containing multiple barcodes, which are scanned at the start and finish each day, and walkers are also given a control card. When Wendy showed her passport to obtain her wristband, a very excited Dutchman commented on her birthplace being Leicester, the city of a very famous football team! We then queued to purchase our bus passes, which were for specific buses laid on in the early hours of the morning to get walkers into the centre of Nijmegen, and fortunately they did not want to check any registration documents, so I was able to purchase one. Monday was our final day of rest;



we spent some of the day visiting Arnhem Bridge, the site of a major battle in World War 2, and the Arnhem Oosterbeek War Cemetery. The walk starts and finishes in the centre of Nijmegen and loops out in a different direction each day.

Day 1 - Elst

Simon's alarm went off at 2.45am; his start time was at 4.00am, as he had elected to walk 55km (34 miles) each day. Our alarm went off at 3.30am and we left the caravan at 4.25am, taking a 10 minute walk to the bus stop in order to catch the 4.45am bus into central Nijmegen, arriving just before the start time of 5.00am. Wendy's starts alternated between 5.00am and 6.00am each day as she was on the 40km route (25 miles) each day. Wendy had to go and queue up to be scanned at the start; we arranged to meet just down the road. Unfortunately, we didn't pick an exact spot and following an explosion from a confetti cannon, swarms upon swarms of walkers came by me and I was struggling to spot Wendy. I heard my phone ringing and struggled to hear Wendy above the background noise and shouted in the phone to her to 'hold on' whilst I moved to the side of the road, hoping for a quieter spot, and walked straight into her. The next three mornings, we arranged a definitive lamp post to avoid a repeat of day one. From the moment we started off, the atmosphere in the city was amazing. People were calling out 'success' and high-fiving you as you walked down the street. Many well wishers had bottles of alcohol in their hands, and I'm convinced that they had not been to bed. The atmosphere of the event can only be described as magical. From the moment you start walking, the streets are lined with supporters; family after family sat outside their houses giving you encouragement. Many offer sweets and slices of cucumber as



Walkers on the pontoon bridge at Cuijk.

refreshments. Nearly every street has a hi-fi system blasting out music as you walk past, even at 5.00am! The number of times we heard 'You'll Never Walk Alone' was unbelievable. As the day wore on, we passed through towns and villages, and local bands and groups would be out playing for us.

At one stage, we were walking along and a large number of officials in hi-vis jackets were all over the road. I was approached and asked where my barcode wristband was. I replied by saying that I was just supporting my wife on this section of the walk to keep up her morale. They said that was fine, but I did feel guilty as I did



not have an official place. Fortunately, this didn't happen on any other day.

Each day you had until 5.00pm to complete your walk. After finishing, Wendy had to report to her registration desk to be scanned and be issued with a control card for the next day. During the first day of the walk, the temperature rose to around 29 deg C, and with weather reports showing that the following day would be even hotter, the organisers brought forward the 5.00am and 6.00am starts by 30 minutes.

We met up with Simon back at the caravan. He arrived at a very low ebb, having not fully enjoyed the first day because he had spent a lot of the time walking on his own. We told him that he should wear the BDWF shirt that he had been issued with, so that he would be spotted by fellow BDWF members; the shirt is the 'loudest' colour of orange you will ever see with BDWF plastered across the front!

Day 2 – Wijchen

The temperature in the afternoon reached 36 deg C. Fortunately, numerous households had hosepipes, either spraying water onto the road for walkers to walk under or for filling up large buckets. The large buckets were useful for dipping your hat or neck scarf into to try and cool you down to avoid sun stroke. During the day, Wendy started to experience a lot of foot pain and we assumed the hot temperatures were causing her feet to swell excessively. We stopped several times to try different things, but in the end we cut off the toe portion of her outer socks to give her feet more room inside her shoes. This appeared to do the trick. I ended up with two small blisters at the end of the day, the first in all my training; I can only assume the hot weather was to blame. When we met up with Simon in the



Spectators on the rooftops on the Via Gladioli.

evening, he was in a very buoyant mood. He said that he ended up walking with several other BDWF members, all in their fluorescent orange tee shirts. Throughout the walk, Wendy and I carried small Union Jack flags in our rucksacks and numerous people came up and asked which part of the UK we were from. This would then lead to a conversation, which helped pass the time of day.

Day 3 – Groesbeek

This was the day of the seven hills - and you thought that the Netherlands was flat! Fortunately, only two of the hills were really noticeable and they were both short in length. What the hills did allow you to appreciate more was the number of people walking, as you could see hundreds and hundreds ahead of you as they made their way up the hills. Today was when we had our faith in human spirit restored and realised just how kind the Dutch people are. As we approached the town of Groesbeek, there was a mandatory check point ahead. Wendy asked me to get her phone out of her rucksack, in which she carried both her control card and bus pass. I said that I couldn't see it. We stopped at the side of the road and emptied the contents of all





The finish line. Note the walkers with their gladioli.

of the rucksack pockets, but there was no phone. Realisation dawned that at some point back down the road, we had stopped at the side of the road whilst Wendy adjusted her shoes. She must have been carrying her phone, put it down when we stopped and walked off without it. Using my phone, she rang her own phone, but the background noise where we were meant that it was impossible to hear anything. She approached the check point in a mild panic, explaining what had happened, and that she had not got her control card. The marshal dealt with the situation brilliantly, comforting Wendy and taking her to the person in charge where she explained what had happened. She was given another control card, marked in a specific way to show that her original had been lost.

At the far side of Groesbeek was a military stop. As members of BDWF, we were able to use the military stops and the BDWF tent was always located between the British and Canadian tents. Here, the background noise was far less and Wendy rang her telephone again. This time it was answered by a Dutch lady, who explained that the phone had been left after we had stopped by her house. The lady's English was not that

good (although much better than Wendy's Dutch!). However, each BDWF stop has at least one Dutch speaker and so the phone was handed over to Marin, one of the marshals, to talk to the lady. Despite all the thousands of people along the route, the lady volunteered to cycle to the rest stop to hand the telephone back. Not wanting to hold us up, Marin said he would be at the rest stop until it closed. He would then take my phone from the lady and then return it to the sports hall where the BDWF were staying; we agreed that later that evening we would go to the sports hall to collect it. When we arrived, the phone was there ready and waiting for us. After the walk, we tried to trace the lady to say thank you - a piece of paper retrieved with the phone with numbers and addresses on led us nowhere. So can we just say a very big thank you to the Dutch lady who we never met for returning Wendy's phone, should she ever read this story.

Day 4 – Cuijk

With Wendy having a 6.00am start on the final day, two hours behind Simon, we arranged to meet at the last military stop, known as Charlemagne, and finish the final 5km of the walk together. The last day went in a blur, despite the body aching and the blisters making themselves known, as we only had 25 miles to go. The morning started as usual, but shortly after we had started we heard the rumble of thunder in the distance and saw lightning flashes in the sky. Soon, it started to rain, then it started to bucket it down. Because of the warm weather, we had been walking in shorts. Although we had waterproof jackets on, a situation arose that we had not really considered. The rain ran off our jackets, down our legs and into our socks, which were getting wet. Very soon, the socks were soaked, and each step became one squelch after another.





Enjoying a well-earned rest at the end of the event.

The rain continued for around two hours and then it dried up, allowing the final half of the walk to be completed in the sunshine.

One of the memorable events of the day came after passing through the town of Cuijk. We crossed the River Meuse on a floating pontoon bridge, which had been specifically built for the walk by members of the Dutch and German military engineers. Earlier in the day, as this was the 100th anniversary of the walk, the Dutch King, King Willem-Alexander, had joined walkers and crossed the bridge with them.

When we arrived at the final military stop, we only had to wait about 20 minutes before Simon had caught us up. We gave him time to enjoy a drink and a bite to eat, and then we changed into our official 'Walk of the World' tee shirts to finish the final 5km altogether. The final 5km is walked down St. Annastraat, a major arterial road into Nijmegen. On the final day of the walk, it is renamed as 'Via Gladiola'. The name is a play on the Dutch meaning 'Death' or 'the Gladioli', referring to Roman times when the Gladiolus became a symbol of strength and victory. It now honours those who finish the marches, and spectators hand out Gladioli to those finishing the walk.

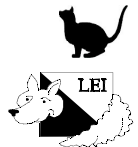
Here, the spectators bring out their sofas to the edge of the road so they have a front row seat. The crowds of spectators were five rows deep in some places and the more youthful spectators were up on the house roofs. The atmosphere was electric! As we came towards the last 2km, grandstands had been erected at the side of the road and all the walkers were being cheered on, whilst the finish is televised live on Dutch television. We passed under the finish banner and whooped with delight. Wendy and Simon reported to their registration desks for the last time and Wendy came away clutching her medal, and Simon admires his medal with a crown on, awarded for his second completion.

We sat down on the wooden decking, which has been covering the park all week to protect it, and enjoy a well deserved drink as we soak up the atmosphere. We noticed that the lady sat next to us had just earned her 44th pin, an amazing achievement. The complete area was littered with walkers enjoying the fact that they had completed the walk. Out of the 50,000 registered participants, 47,166 actually commenced day one of the walk and 42,557 completed all four days of the walk.

If you enjoy walking, I can't recommend this event enough; I can only describe the experience as awesome. If you don't want any organising to do, consider joining the BDWF and participate with them.

Simon is now looking forward to going out with the BDWF next year, although Wendy and I are happy to hang up the walking shoes for a while now!

Alan West



Summer League Table (abbreviated) Final Standings, Top 60 Places

Pos	Name	Club	Class	Best 9	Handicap	Events	Total
1	Ed Young	LEI	M45	861	964	140	1104
2	Howard Alcock	LEI	M45	889	996	100	1096
3	Roger Edwards	LEI	M65	729	932	160	1092
4	Robert Haskins	LEI	M65	723	926	140	1066
5	Roger Phillips	LEI	M40	849	917	130	1047
6	Simon Ford	LEI	M70	692	913	130	1043
7	Liz Heaton	LEI	W35	815	880	160	1040
8	Andrew Ward	LEI	M21	892	892	130	1022
9	Alastair Paterson	LEI	M45	743	833	150	983
10	Chris Bosley	LEI	M65	644	825	150	975
11	Ursula Williamson	LEI	W50	656	788	150	938
12	Mark Sherriff	LEI	M50	679	788	140	928
13	Tracey Brookes	LEI	W50	664	797	130	927
14	Iain Phillips	LEI	M45	701	785	140	925
15	Euan Tebbutt	LEI	M18	778	841	80	921
16	Keith Willdig	OD	M65	626	801	100	901
17	David Seaman	LEI	M45	680	761	120	881
18	Andy Portsmouth	LEI	M60	603	748	120	868
19	John Marriott	LEI	M65	590	756	110	866
20	Tanya Taylor	LOG	W45	666	773	80	853
21	Iain Tebbutt	LEI	M45	662	742	100	842
22	Liz Phillips	OD	W50	624	748	80	828
23	Charlie Rennie	LEI	M14	645	748	80	828
24	Chris Phillips	LEI	M65	511	654	160	814
25	Margaret Willdig	OD	W60	546	699	100	799
26	Jamie Rennie	LEI	M45	644	722	70	792
27	Jane Dring-Morris	LEI	W45	556	645	110	755
28	Peter Leake	LEI	M75	470	640	90	730



Pos	Name	Club	Class	Best 9	Handi-cap	Events	Total
29	Stephen Chafer	LEI	M45	546	611	80	691
30	Derek Herd	LEI	M45	552	618	70	688
31	Sue Bicknell	OD	W70	403	548	90	638
32	David Bray	LEI	M60	457	567	70	637
33	Robert Titterington	LEI	M70	419	553	80	633
34	Hannah Cox	LEI	W20	500	540	50	590
35	Dave Allery	LEI	M45	470	526	60	586
36	Peter Hornsby	LEI	M60	396	490	80	570
37	Ethan Tebbutt	LEI	M16	422	473	80	553
38	Kevin Gallagher	LEI	M65	381	487	60	547
39	Jane Stew	OD	W55	361	448	70	518
40	Kevin Bradley	LEI	M60	358	444	70	514
41	Simon Starkey	LEI	M55	386	463	50	513
42	Jeff Baker	LOG	M65	332	425	70	495
43	Laurie Fluck	LEI	M65	320	410	70	480
44	Finn Lydon	LEI	M18	395	426	40	466
45	Ian Wells		M60	313	388	50	438
46	Andy Glover	LEI	M35	346	360	50	410
47	Daisy Rennie	LEI	W10	251	322	80	402
48	Robert Bood	LEI	M50	271	314	50	364
49	Dai Bedwell	DVO	M45	291	326	30	356
50	Chris McCartney	OD	M45	280	314	30	344
51	Ben Marchant		M40	280	303	40	343
52	Nigel Lydon	LEI	M50	254	295	40	335
53	David Jenkinson	LEI	M55	221	265	60	325
54	Alison Hardy	LEI	W50	245	294	30	324
55	Ian Salmon	LEI	M50	223	259	40	299
56	Anna Barber	LEI	W16	228	265	30	295
57	David Anderson	LEI	M75	187	254	40	294
58	Campbell Walsh	NOC	M35	234	243	30	273
59	David Chandler	OD	M21	237	237	30	267
60	Philip Vokes	DEE	M20	219	228	30	258



Winter League 2016/17

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 4th March, 2017.

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 2016		
1st	LEI EMOA Level C	EM Urban League, Dishley Grange, Loughborough
1st	WSX SWOA Level B	Caddihoe Chase Day 1 (UKOL), Agglestone Heath, Poole, SZ034836 Entry times: 12:00 to 15:00. Organiser: Julie Astin, Julie.astin@hotmail.co.uk
2nd	WSX SWOA Level B	Caddihoe Chase Day 2 (UKOL), Agglestone Heath, Poole, SY995835 Entry times: Chasing Start with Base Time of 10:00. Organiser: Christopher Brandford, candl.branford@btinternet.com
8th	LEI EMOA Level B	British Schools Score Championships, Bagworth Common and Woods, Leicester. SK 458068. Organiser: Chris Phillips, onecp47@gmail.com
8th	NATO NEOA Level B	October Odyssey Day 1 including JHI, North East Champs and North East Orienteering League, Simonside, Rothbury.
9th	NATO NEOA Level B	October Odyssey Day 2 (Middle) including JHI, Slaley Hall Estate, Hexham.
19th Wednes day	LEI EMOA Level D	Winter League 1. Daytime Event. Watermead. Organiser: Roger Edwards
22nd	ERYRI WOA Level B	Senior Home Internationals & Welsh League Event 2016, Newborough Forest, Newborough, Anglesey.
22nd	DVO EMOA Level C	Grange Top Wood EM League, Grange Top Wood, Swadlincote, SK265143, www.dvo.org.uk
23rd	ERYRI WOA Level B	Senior Home Internationals & Welsh League Event 2016, Newborough Forest, Newborough, Anglesey.
23rd	LOG EMOA Level C	EMUL League, Bourne Town, Bourne. Organiser: Sean Harrington.
29th Saturday	LEI EMOA Level D	LEI Club Championships, Bagworth Woods and Common, Leicester. SK440181. Organiser: Wendy West, wendyannwest@gmail.com



November 2016

5th	SARUM SWOA Level B	Salisbury City Urban, Salisbury City, Salisbury. Organiser: Pat Hart
6th	SOC SCOA Level A	SOC November Classic & Southern Championships, Fritham/Islands Thorn, Southampton, SU252119 Organiser: Diana Smith
9th Wednes day	LEI EMOA Level D	Winter League 2. Night Event. Burbage. Organiser: TBA
12th	LOC NWOA Level B	LOC/SROC Weekend (UKOL), Sandscale Haws, Barrow
12th	LOG EMOA Level D	Race the Parks, Grantham Town, Grantham Entry times 10.00am to 12 noon. Courses close 1.00pm
13th	SROC NWOA Level B	LOC/SROC Weekend (UKOL), Torver High Common, Coniston
13th	LEI EMOA Level C	EM League, Bradgate & Swithland, Leicester. SK522116. Entry times 10.00am to 12.00 noon. Dogs on Lead. Organiser Liz Heaton www.leioc.org.uk
19th	LEI EMOA Level D	Winter League 3. Day Event. Willesley. Organiser: Peter Hornsby
19th	OUC SCOA Level C	Oxford City Race, Oxford City Centre, Oxford, SP513070 Organiser: Jamie Parkinson users.ox.ac.uk/~ouoc/cityrace/index.shtml
20th	WMOA Level B	British Schools Orienteering Championships, Sutton Park, Sutton Coldfield.
20th	DVO EMOA Level C	East Midlands Urban League - Wirksworth. www.dvo.org.uk
26th	QO SWOA Level B	Southern Night Championships, Ramscombe, Bridgwater, ST168376 Entry times: 16.00 - 18.00. Organiser: Roger Craddock , jandr.craddock@gmail.com , 01823 323850



November 2016 Cont.		
27th	LEI EMOA Level B	East Midlands Championships at Wakerley, Wakerley Great Wood, Corby, SP960987 Entry times: 10.00am to 12.00noon. Dogs: On lead. Organiser: Laurie Fluck , l.fluck@btinternet.com
December 2016		
3rd Saturday	LEI EMOA Level D	Xmas Novelty event followed by a buffet. Location: TBA 
4th	NOC EMOA Level C	East Midlands League, Byron's Walk, Mansfield
11th	DVO EMOA Level C	East Midlands League, Eyam Moor, Grindleford, SK224780. Organiser: Richard Needham. www.dvo.org.uk
14th Wednes- day	LEI EMOA Level D	Winter League 4. Night Event. Beacon Hill. Organiser: Chris Phillips
18th	NOC EMOA Level C	East Midlands League, Walesby Forest, Ollerton, SK668703
31st	LEI EMOA Level C	EM League, Ratby Woodlands & Martinshaw Woods, Leicester
January 2017		
2nd	DVO EMOA Level c	East Midlands Urban League, Belper. SK351474
8th	NOC EMOA Level B	Robin Hood Trophy, Clumber Park, Worksop. SK620752
11th	LEI EMOA Level D	Winter League 5. Night Event. Pick Triangle. Organiser: Mark Sherriff
15th	LEI EMOA Level C	East Midlands League, Bagworth Common and Woods, Leicester

January 2017 Cont

21st Saturday	LEI EMOA Level D	Winter League 6. Day Event. Melton Country Park Organiser: Andy Portsmouth
29th	DVO EMOA	DVO Level B, Shining Cliff, Matlock. www.dvo.org.uk

February 2017

4th	CUOC EAOA Level B	Icenian 2017, Thetford cuoc.org.uk/events/4453/icenian-2017/
5th	LOG EMOA Level C	East Midlands League, Stapleford Woods, Stapleford
9th Thursday	LEI EMOA Level D	Winter League 7. Night Event. Martinshaw Wood Organiser: Bob Haskins
11th	MDOC NWOA Level B	Twin Peak, Torver Back Common, Coniston
12th	MDOC NWOA Level B	Twin Peak, Bleathwaite and Banishead
12th	NOC EMOA Level C	East Midlands League, Harlow Wood, Mansfield SK555570
15th Wednes- day	LEI EMOA Level D	Winter League 8. Day Event, Score. Sence Valley Organiser: Ursula Williamson.
19th	LEI EMOA Level C	East Midlands League, Beacon Hill, Loughborough.
25th	LOC NWOA Level A	British Night Championships (UKOL), Great Tower, Newby Bridge. Organiser: Richard Towler
26th	LOC NWOA Level A	Northern Championships (UKOL), Bigland, Ulverston Organiser: Richard Tiley



February 2017 Cont		
26th	DVO EMOA Level D	East Midlands League, Lindop Wood, Matlock
March 2017		
5th	NOC EMOA Level C	Silverhill Wood, Nottingham
12th		CompassSport Cup Heat. Venue TBA.
25th	OD WMOA Level B	Midlands Champs Weekend Urban (UKOL), Rugby, West Midlands Organiser: John Middler
26th	OD WMOA Level A	Midlands Championships (UKOL), Bently Wood, Atherstone Organiser: Robert Brandon
April 2017		
2nd	LEI EMOA Level C	East Midlands League, Irchester, Wellingborough
9th	DVO EMOA Level C	East Midlands League, Crich Chase, Ambergate
14th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL), Brunel University, Uxbridge. Organiser, Helen Errington
15th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Middle Distance (UKOL), Ambersham, Midhurst. Organiser: Linda Pakuls
16th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Long Distance (UKOL), St Leonards and Holmbush, Horsham. Organiser: Mike Bolton
17th	SEOA Level A	Jan Kjellstrom Orienteering Festival - Relays, Pifford Park, Forest Row. Organiser: Jerry Purkis
23rd	NOC EMOA Level C	East Midlands League, Strawberry Hill, Nottingham



May 2017		
6th	LOC NWOA Level A	British Long Championships (UKOL), High Dam, Newby Bridge
7th	LOC NWOA Level A	British Relay Championships, Summer House Knott, Newby Bridge
13th	SO SEOA Level C	Southdowns Weekend 1/2 Level C urban event - Chichester
14th	SO SEOA Level B	Southdowns Weekend 2/2 Arundel Estate.
21st	DVO EMOA Level B	East Midlands League, Calke Abbey, Ticknall www. Derwentvalleyorienteurs.org.uk
27th	HOC WMOA Level B	Springtime in Shropshire (SINS) 2017 Day 1 (UKOL), Ludlow
28th	HOC WMOA	Springtime in Shropshire (SINS) 2017 Day 2 (UKOL), Ludlow
29th	HOC WMOA Level B	Springtime in Shropshire (SINS) 2017 Day 1 (UKOL), Brampton Bryan, Ludlow SO365721
June 2017		
10th	BOK SWOA Level B	BOK Blast Urban Orienteering, Bristol Harbourside East & Temple Quarter, Bristol. Organiser: Mark Dyer
11th	BOK SWOA Level B	BOK Blast City Race Euro Urban Orienteering, Briston Harbourside North & Clifton Wood, Bristol. Organiser: David Hunt 0117 925 1891
18th	LEI EMOA Level C	East Midlands Urban League, Loughborough University, Loughborough
25th	Level B	Harvester Relays TBC



July 2017		
2nd	NATO NEOA Level B	Yvete Baker Trophy Final, Druridge Bay, Country Park, Alnwick
2nd	DVO EMOA	East Midlands League, Longstone Moor, Buxton www. Derwentvalleyorientees.org.uk
8th	AIRE YHOA Level B	Fat Rascal Weekend (UKOL), Peel Park/ Lister Park, Bradford
9th	AIRE YHOA	Fat Rascal Weekend (UKOL), Bradford, Bradford
30th	SOA Level B	Scottish 6 Days — Day 1, Ballater, Deeside
August 2017		
20th	LOG EMOA Level C	East Midlands Urban League, Lincoln City
26-28th	EBOR YHOA	White Rose Weekend, Barnscliffe, Scarborough
September 2017		
2nd	DEVON SWOA	Caddihoe Chase Day 1 (UKOL), Burrator, Yelverton
3rd	DEVON SWOA Level B	Caddihoe Chase Day 2 (UKOL), Burrator, Yelverton
9th	SLOW SEOA	SLOW City of London Race
10th	COBOC WMOA Level B	Peter Palmer Junior Team Relay, Birmingham
16th	AIRE YHOA	Dales Weekend Day 1 of 2, Level B, Skipton



The LEIOC Peter Palmer Relay Teams



Back row L to R: Euan Tebbutt, Nick Wilson, Finn Lydon, Tom Barber. Middle row L to R: Caitlin Chaffer, Reed Lydon, Anna Barber, Ben Hardy, Harry Toy, Harrington Leake, Ethan Tebbutt, Charlie Rennie, Francis Mayes. Front Row L to R: Libby Barber, Matilda Tikkanen, Iona Moss, Imogen Wilson