

Midlands Championships' Host 2018



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Kiwi Run in the Mud

SLMM 2017

YBT2017 - Finally 3rd Place

LEI Training Weekend



Autumn 2017

Photo Gallery: Yvette Baker Trophy



George



Barbora



Daniel

Harry



Daisy



Ben



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Front cover: The Yvette Baker Trophy team for 2017.

Photo: Birthe Richter - Wilson

Points from the Editors



We hope you enjoy the slightly different layout of this addition, allowing us the opportunity to celebrate the excellent performance of the juniors in the Yvette Baker Trophy. Thanks to Birthe Richter - Wilson and Ged Moss for their photographs from the day.

The success of the juniors is most certainly attributed to the adults who support their orienteering development. The Monday Club, amazingly in its 9th year, is stronger than ever. Indeed, that was how our orienteering 'career' began some 8 years' ago, accompanying Simon to Monday Club. The orienteering training the club offered us, as adults, as well as juniors, was invaluable, especially to those of us (Wendy) who are a little more navigationally challenged! I owe my (albeit limited) ability to orienteer to the Monday Club and will never forget their support.

The adults have also had a busy summer season, with some excellent results all round! The excellent training opportunity in The Lakes allowed club members to train in more technically demanding terrain - read more on page 12, whilst others got to orienteer further afield - see page 16.

Organisers for the UKOL weekend event in March 2018 will be on the look out for volunteers - see page 8 for more details. In the meantime, enjoy your orienteering and we'll see you at an event soon!

Wendy and Alan West



Ramblings from the Chair



It must be autumn - the summer league has ended and the winter league is nearly upon us! Firstly, congratulations to the summer league winners. Ethan Tebbutt became the first junior for over 10 years to win the league and added

the sprint /urban trophy to his major title. Liz Heaton won the women's trophy, retaining her title from 2016.

Winning has become very much a habit for our juniors this summer. Our third place in the Yvette Baker Final was our first ever trophy in this national competition. Congratulations to everybody who took part and thank you for making the very long trek up to Northumberland.

Last minute illness forced some reshuffles in our Peter Palmer teams, but nevertheless we managed a third place in the Joan George Trophy against some very strong opposition. After some years in the doldrums, last year's record entry at Groby seems to have sparked new interest in this competition.

Looking a year ahead: in the autumn of 2018, the club committee has agreed to introduce, as a one off, a series of four

events in parks around the city of Leicester, with the objective of recruiting new members. This format has been tried by both DVO and NOC, and has attracted a significant number of first timers. The events will be held on Saturday afternoons. This is a departure from our normal time slots, but it has worked for our two fellow East Midlands clubs. Whilst we have a number of members interested in working on the logistics of running the event, we do need a number of people who would be happy to spend a little time talking to potential new orienteers about the sport.

I know that Christmas still seems a long way away, but we have booked Santa for the Christmas Novelty Event on Saturday 2nd December, 2017. Perhaps more importantly, but undoubtedly a lot less fun, the Club's Annual General Meeting, Open Forum and Buffet takes place on Monday 31st October, 2017, at Glenfield Parish Rooms at 7.30pm.

Finally, only a slightly personal note, congratulations to Club Captain Roger Phillips on his wedding to Leanne (my lovely new daughter-in-law) this summer. There is a significant amount of truth in the rumour that a number of LEI members were seen dancing (very badly) the night away - there is photographic evidence!

Chris Phillips

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



Captain's Corner



For the LEI junior squad, it has been a very busy summer. They have been competing in the junior inter-club competition, the Yvette Baker Trophy, and the night/day relay competition, the Peter Palmer Junior

Relays. The LEI junior squad would not have been able to compete at either event without the very generous financial contribution from the club.

This season saw the LEI junior squad fend off competition from the region by winning at Calke Park on 21st May. As regional champions, the LEI junior squad were heading for a long trip to Northumberland to compete at the Yvette Baker Trophy final.

This year's final was hosted by NATO (the other NATO, Newcastle and Tyneside Orienteers) at Druridge Bay on 2nd July. With 16 of the junior squad and 13 adults, a very early start of 6:30am was needed to make the long journey North to the final. Due to an error on the day, LEI were provisionally declared as 4th place and the 3rd place trophy was awarded to DEE. However, on closer analysis of the results and two more recounts, LEI were declared the 3rd place team. This is our best ever result in the YBT. The small print in the rules meant we were declared 3rd after drawing, with DEE on 868 points (first 9 count). It was only the 10th placed runner that decided our 3rd place position and we were only 1 single point better than DEE.

This year's Peter Palmer Junior Relays was always going to be a logistical

challenge for the adults volunteering to look after the juniors at the PPJR. As in previous years, the Peter Palmer relays coincided with the London City Race and this year Alastair, Liz and I were determined to compete in the popular London City Race. For those of you that have never competed in the London City race, or even any urban orienteering race, I can highly recommend it. Running past iconic landmarks, such as the Bank of England and St Paul's Cathedral makes for a very enjoyable day's orienteering.

The Peter Palmer junior relay returned to its spiritual home of Sutton Park on the weekend of 9th/10th September. After last year's top performance on home turf, I was worried that the squad would struggle to compete after a loss of some of our top juniors to adulthood. This captain needn't have worried. Our '*LEItining*' fast team came 3rd in the Joan George Trophy (6th overall), with our 'fLEIying' foxes team coming in 17th out of a total of 24 teams.

As always, the LEI junior squad cannot enter competitions and be successful without the generous support of parents and adult volunteers in giving up their precious time. So, on behalf of the club, I would like to say a big thank you to those adults for your support.

A notable date for your diary is the CompassSport Cup on 11th March, 2018, venue to be confirmed.

As always, please see the website for final details for events and training.

Roger Phillips



Junior Captain's Corner



Firstly, well done to all of the juniors who competed in the Yvette Baker qualifier and final in the summer. We managed to do our best yet, with a podium finish in the final, which was an amazing accomplishment. Hopefully, next year we will do just as well!

Secondly, well done to all of the juniors who competed in the Peter Palmer relays. Once again, we got a podium finish with a 3rd place in the Joan George Trophy. This year was definitely more

challenging, as many juniors moved up to harder courses, but everyone managed really well. I was on the first leg this year for the first time, and it was definitely very dark and very early, but I think it is fair to say we all had a great time.

Overall, I think this has been a very successful year for the juniors with a podium finish in both of the major junior events. Let's hope next year will be just as good or even better.

Juniors interested in qualifying for Interland next year should look at the Orienteering England website for details about the selection races at the end of this year.

Anna



Peter Palmer group photograph, rear row L to R: Caitlin, Anna, Francis, Ben, Charlie, Matilda. Front row L to R: Iona, Libby, Euan, Imogen, Daisy. Finn also ran but missed out on the group photograph.

Top 10 Performances from Major Championships

Springtime in Shropshire, 27th - 29th May 2017.

Overall results Day 1 to 3 combined

M10 4th George Rennie
M14 1st Charlie Rennie
M45 2nd Jamie Rennie
M80 4th Don Moir
W12 1st Daisy Rennie
Light Green 1st Helen Rennie

East Midlands Sprint Championships, The Meadows, Nottingham, 17th June, 2017. Overall results of race 1 and race 2

M16 1st Charlie Rennie
M40 1st Jamie Rennie
 10th Iain Phillips
M65 3rd Bob Haskins
 4th Roger Edwards
 8th Kevin Gallagher
W. Open 1st Liz Heaton

Scottish 6 Days, Royal Deeside, 30th July - 5th August, 2017

M10B 4th George Rennie
M14A 9th Charlie Rennie
M40L 9th Andy Simpson
M80 9th Don Moir
W10B 6th Ellen Simpson
W16B 3rd Caitlin Chafer
W35L 2nd Toni O'Donovan

White Rose Weekend, Helmsley, 25th - 28th August 2017

Days 1 and 2 Combined

M10A 3rd George Rennie
M18L 3rd Oscar Ferris
M35L 6th John Worth
M45L 3rd Jamie Rennie
W12A 2nd Daisy Rennie
W18S 1st Jess Dring-Morris
W40S 3rd Helen Rennie
W45S 2nd Jane Dring-Morris
Blue 2nd Esther Revell
Green 3rd Derek Ricketts

Peter Palmer Junior Team Relay, Sutton Park, Sutton Coldfield, 9th - 10th September, 2017.

Team:

LElting fast - 6th overall, 3rd in the Joan George Trophy

Comprising: Ethan Tebbutt, Charlie Rennie, Libby Barber, Daisy Rennie, Matilda Tikkanen and Finn Lydon.

London City Race, Barbican, 9th September, 2017

Men's Open 5th Nick Wilson
Women's Open 4th Liz Heaton



Events 2018

UKOL Weekend

17th and 18th March, 2018

Our major orienteering event next year is the staging of one of the weekends of the UK Orienteering League (UKOL).

Late changes of permission for access have required a change of venue for the first event on the Saturday. The weekend now rolls out as follows:

Saturday: National Event, Middle Distance Race at Irchester.

After this year's regional event, many of you will be familiar with the complex contours and high earth banks of Irchester Country Park, near Wellingborough. This is ideal terrain for a middle distance race. The event will take place on the Saturday afternoon. We expect around 300 competitors.

Organisers: Alan and Wendy West. Planners: Roger Edwards and Iain Phillips.

Sunday: Major Event, The Midlands Championships at Belvoir Castle.

This will be the first time since 2010 that an Orienteering event has been held at Belvoir. It is unlikely that we will be able to hold another event there for several years. The terrain consists of a long ridge which is typical East Midlands Forest. This area will only be visited by the very long courses, and a more parkland area around the castle, including the delights of the Duchess' Garden, will entertain those of you competing on the shorter courses.

We expect around 800 competitors.

Organiser: Ursula Williamson. Planner: Steve Edgar. Controller: Charles Daniel BKO

Alan, Wendy and Ursula will need a large team of helpers for the weekend. As a thank you to those members who volunteer to help at both events, the club will give you a free run at the event of your choice that weekend. There will also be purple fleeces available for helpers who have not already been given one.

We shall be using Fabian4 for online entries. However, if you are volunteering to help, please contact Chris Phillips onecp47@gmail.com to enter and volunteer.



Annual Accounts 2016-2017

The club's accounts will be examined before being submitted for approval at the AGM. The figures should be similar to those below. Overall, a small loss was made. A large amount of equipment was bought for events and we therefore lost a large amount on our events. For our large events, we lost money on our East Midlands Championship event at Wakerley, but made money on all other large events.

This loss largely balanced out by our usage of various schemes, bringing in £1,400 in gift aid plus several donations from members. We have a healthy bank balance.

Roger Edwards, Treasurer

EVENTS			ACTIVITIES		
Income		21000	Income		
<u>Less expenses for specific events</u>			Club Night	1220	
Land access	1410		Donations received	8940	
Levy	3900		Gift Aid	1430	
Officials Expenses	3500		Sales	3020	
Hire of Facilities	4040		Other	2530	17140
Other	2660	-15510	<u>Less Expenses</u>		
<u>Less other Expenses</u>			Club Night	1060	
Map printing and surveys	3100		Sales Expenses	2350	
Equipment	3690		Team Entries	1990	
Other	1610	-8400	Travel Support	6310	
			Other	2810	-14520
Events Loss		-2910	Activities Surplus		2620
			Overall loss		-290



Yvette Baker Trophy 2017: Finally 3rd Place!!!

A podium place without the podium!

A day of controversy, drama, team spirit, spectacular scenery, beach fun, celebration, sunshine and joy!

The day dawned on another YBT Final, our 6th in consecutive years! The stakes were high, with two previous 4th places (once narrowly missing out on a podium place by 1 point only!) and twice coming 5th. The results have always been very close, so would it finally be our day of glory? Would we finally manage to get onto the podium? With SYO, LOC and DEE running, we knew it wouldn't be easy. It would require a huge team effort!

This time, the venue was Druridge Bay Country Park in Northumberland - a long way up north! (Luckily that didn't deter too many juniors!!) It was an early start from Groby College on Sunday 3rd July. All junior competitors, their families, our club captain, Roger Phillips, and I travelled together on the team bus and spirits were high, in spite of the early hour, leaving Groby at 6.30 am. It was nice catching up with old friends and the 4.5 hour journey seemed to whizz by, with one service stop at Scotch Corner and 'ooohs' and 'aaahs' passing 'The Angel of the North', near Gateshead.

Once we arrived at the venue, we put up our club tent and LEI banner along the run-in to the finish, collected dibbers and had a last look at some old maps of the area. The competition area comprised a strip of high dunes with complex contour detail to test the more experienced, and a mix of fields and patches of mostly open woodland with some paths and small

details, as well as two prominent lakes in the country park itself.

With time to spare, Finn took all the juniors for an impressive and thorough warm-up, which was quite a formidable sight to see (in full LEI colours) and certainly psyched out the opposition! Then, it was time for the juniors to take the short walk to the start in small groups, whilst the adults were anxiously waiting near the finish, cameras ready.

True to our reputation, our runners were cheered in loudly as they came into sight, dibbed the last control and sprinted to the finish, one by one, although we were missing Annie's cow bell! There were some outstanding top 5 performances by Finn Lydon and Daisy Rennie (2nd), Anna Barber and Matilda Tikkanen (3rd), Imogen Wilson (4th), Ben Glover and Ben Hardy (5th), and some other very good performances against some stiff competition and a sea of yellow tops (SYO). It really was a superb team effort, with our top 9 runners counting and the remaining runners pushing down the scores of other teams.

Then, it was truly nail-biting stuff waiting for the results to come in. There was a big 'uproar' at the download tent when an M16 had been competing on the yellow (against the rules) and won by miles, possibly pulling younger team runners around. He was later declared as non-



competitive. It was soon clear that SYO and LOC were lying in 1st and 2nd place, as predicted. However, the results for 3rd place were very close between DEE and LEI. In the end, DEE was declared 3rd at the prize giving, but we were all advised that several recounts might be necessary by the hosting club (NATO) to find out which team was really 3rd.

In spite of all the controversy, everybody was feeling pretty philosophical about 'another' 4th place. We couldn't wait to get onto the beach, as promised. Shoes and socks came off, juniors and adults alike were running along the beach and into the waves, the juniors in their LEI tops (a purple invasion!), splashing, jumping, getting very sandy and wet ... glorious fun on a glorious sunny day, full of laughter and joy!

Then it was time for the long journey back, more sedate and quiet this time, people snoozing and eating ... bar the noisy teenage section at the back, who were highly amused by calling out unintelligible words like 'Margiiiiiiiiitaa' – what is that supposed to mean??? At least they weren't singing the *Yogi Bear* song (small mercies, Roger!). We arrived back in Groby at 8.30 pm, feeling happy and tired after a very long and memorable day, thinking that was it!

Lo and behold, after several recounts, NATO declared us joint 3rd with DEE on equal points (868) on their club website the following day. This propelled our club captain (and others) into fever pitch, frantically counting points (whilst at work!); according to the rules you count your 10th runner in case of a tie! So, finally, after all these years of trying, LEI was officially awarded 3rd place with 869 points, one point ahead of DEE! This is how we eventually ended up with a podium place but without the podium!! However, what excitement and suspense we enjoyed in the process ... a fitting end

to our quest and well deserved! Well done, juniors!!!

Here are some of the highlights and lasting memories of the wonderful day from LEI juniors and parents in their own words:

"A spirited, purple LEI squadron of junior athletes holding formation, going through their drills, putting the fear of God into the opposition.... certainly a sight to see and now standard for all LEI junior squads ... brilliant! Young Daisy delivers a standout performance. Young Daisy plus Young George equal a pair of salty, sandy, soaking little Rennie sea monsters! (... and they weren't the only ones!!!) ... Long way, memorable day!! (Nigel Lydon)

"9 seconds!" (between 2nd and 3rd place!); "jumping on the beach" (Matilda Tikkanen)

"Early start, happy journey, windy tent pitch, faint hopes, controversy, sunburn; and we came 3rd, but still missed the podium! Margiiiiiiiiitaa!" (Ged Moss)

"First time I was orienteering near the sea! Have to take the map to show it at my Czech orienteering club." (Barbora Brozikova)

"Finn warming up the team in a sea of purple: 'Stand in a line! Stand in a line!' Anna needing a life-jacket instead of a dibber when she fell in the lake, getting soaked and still beating me by 12 seconds! I loved the intricate contour detail of the high dunes, but didn't enjoy running on the never-ending path around the lake!" (Imogen Wilson)

"Wet! I slipped on the stepping stones and fell right into the lake! I also got terrible blisters from my orthotics but it was all worth it for a YBT podium place after 6 years of trying to achieve this!" (Anna Barber)



'I lost 15 minutes in the sand dunes on control 3! The contour detail was very tricky!'; '... breathtaking, breathtaking ...' (Libby Barber)

'I twisted my ankle again.' (Harrington Leake)

"I liked playing on the beach" (Daniel Glover)

"The location was good because we were

near the beach" (Ben Glover)

"YBT finals should come with a health warning to parents and coaches – there is only so much excitement I can take!" (Birthe)

Compiled by Birthe Richter-Wilson with contributions from LEI Juniors and parents.

LEI Training Weekend - A Trip To Hawkshead

I first saw an orienteering map from the Lake District at a club night and was amazed how anyone could navigate off nothing but brown squiggles and a confusing array of black bits. There seemed to be very few 'handrails', no distinctive trees or little vegetation change, so when the chance came to do some training there, I was keen to go.

What a small world orienteering can be; about 3 weeks after signing up, I was on a walking weekend in Patterdale, where, staying in the same YHA as my group was a running club from Melton Mowbray, known as the Stilton Striders. On the final day, the two groups were walking in similar directions and sat near each other for a tea break. I overheard one of them mention they would be coming back to the Lakes for orienteering training in June, so we started talking and they turned out to be Jenny (a colleague of Liz) and Clive Kent who have recently joined the club.

June 2nd finally came around. I had a bit of an epic journey from my temporary home in Pembrokeshire to get there, but

at least I had a whole day to accomplish it.* Others drove after work, managing to burst in through the doors of YHA Hawkshead not long before closing at 11pm. We stayed there for two nights; a lovely hostel with a view towards Esthwaite water, full of families and groups enjoying the end of half term.

On the Saturday morning, nine members from LEI were joined by six others from BKO, OD, PTOC, LOG and NOC at Tarn Hows, all keen to improve technique and practise in the different terrain for bigger events. I had packed to prepare for all eventualities, including sun cream, full waterproofs, hat and gloves... but the weather turned out to be of the gloriously warm and sunny variety which you always hope for but only sometimes get in the Lakes. Our coach for the day was Richard, from Lakeland Orienteering Club (LOC), accompanied by a younger lad, Harry.

The first exercise was a 'Talk-O' in pairs. Liz and I took turns to plan and describe a leg and then execute it. That was really good for getting familiar with the area and



trying to match the contours to the undulating landscape around us. We had some interesting discussions about which crags, boulders or areas of stony ground were mapped and which weren't, how the bracken could obscure the hill shapes and boulders, and that paths were not necessarily as distinct as we may expect from Midlands maps. This was followed by similar exercises on our own.

After a picnic lunch, there were more exercises focused specifically on compass use or contours. On the contour map, the paths and some of the woodland vegetation had been eliminated. I decided to abandon my compass in favour of trying to concentrate on those brown lines, but really struggled, only making it to the general area of the second control (but not actually finding it) before it was time to go back to the start point (and I got lost doing that, too!). The final exercise was a 'clock exercise' done in pairs. There was a centre point where we all congregated and 12 points around it marked on the map. One person would go and put an object on a marked location and return to the centre, then the other person would go and collect it and move it clockwise to the next location for the first person to collect, and so forth. Back at the hostel, we enjoyed tea, beers, dinner, chats about life and put the O-world to rights. (Who doesn't enjoy a good whinge about accommodation at the Scottish 6 days, the rising cost of using sites, the pain of driving on the Leicester ring road at rush hour, etc.).

On Sunday, we travelled to Yewdale Fells, near Coniston, for a regional Galoppen event, organised by LOC. The weather was not as warm as the previous day, but still a little sunny, clear and (most importantly) dry. The pre-course info gave an alarming warning of a half hour long steep ascent to the start (with a

caution that some may need assistance on the way back down), although it didn't seem quite that long in reality. The fells were just stunning: a beautiful view of hills and a lake, cute sheep roaming around and the pleasing smell of bracken. I opted for the green course and it wasn't long before I suffered my first surprise foot-baptism – a good thing, since I then had no hesitation in running across the numerous marshy areas. That first leg was one of the longer ones, so I tried my best to be careful, and was quite pleased with myself when I managed to use the contours a bit to find it okay. The rest of the course continued to go fairly well, even the longest leg, although I could have made some better route choices to avoid scrambling up and down so much. My other mistakes were searching for a control a hill too early, and not trusting enough in a bearing. It was a fun course to do and the perfect weather for a run; I reached the finish with a massive smile on my face.

I think we all learned a lot over the weekend (someone said they picked up more from one day of training than they had just running around on several events), and, personally, I felt I gained the confidence I was hoping for to run on this type of terrain in the future. We all had fun, too. A huge thank you to Chris and Liz Heaton for organising the trip, to Richard and Harry for the training and to the lovely folk from other clubs for joining us.

Esther Revell

**A warning to all drivers that Google Maps lies. I have found this on several occasions. What is supposedly 6½ hours turns out to be 7½ in reality, and what is suggested to be 6, is actually 8!*



Club Chat



Congratulations to our club captain, Roger, who married Leanne on Saturday 22nd July, 2017, at the Leicester Town Hall. The ceremony was followed by a reception at The Boot Room and an evening party at the Hotel Maiyango. The happy couple spent their honeymoon on the Scottish Islands.

Diary date: The presentation dinner in 2018 will take place on Saturday 17th February at our usual venue, the Kirby Muxloe Golf Club.

Diary date: The date of the AGM is on 30th October, 2017, and will take place at the Glenfield Parish Council Offices, Glenfield.

Hello from down here in Australia.

It was great to receive an email the other day from Angus Shedden, who left LEI when he and his family emigrated to Australia. Angus says:

Today we had a big surprise when we bumped into the LEI Wilson family taking part in a NSW state league double sprint event in Wollongong (just South of Sydney). It was fantastic to catch up with the club news and hear that LEI is as strong as ever. It has been almost 5 years since we moved to Australia, so the two baby boys, Rory and Euan, are older and faster, while Ruth and I are older and slower!

We all had good runs, with Nick just pipping Ian to the win on the 'entry on the day' hard course, with Imogen picking up 5th on the same course. Rory claimed 3rd in the M9 (he is still only 6), Euan (5 years old yesterday) won the entry on the day very easy course, Ruth won the W40 and I got the win in the M40. A pretty successful day for LEI on the other side of the world!

I am afraid to say we are unlikely to be returning to LEI, as we have become very acclimatised to the Australian weather, with the beach just 40 minutes away, the Opera house 90 minutes away, skiing within 4 hours and huge areas of bush for running, walking and cycling in all around us; we feel very lucky.

It was fantastic to meet up with some old friends and, who knows, the orienteering world is pretty small, so I am sure it won't be the last time we bump into an LEI member! All the best to everyone at the club.

Emailed to Alan West, Editor





Angus pictured with Rory on the left and Euan on the right.

Please note our club secretary, Jane Dring-Morris, has a new email address:

janedringmorris@gmail.com

Please update your contact details now!

Consider this:

At your next orienteering event, make the event organiser happy by offering to collect some controls after the event has finished.

Attendees at the LEI Hawkshead training weekend, organised by Chris Heaton. Read Esther's account of the weekend on page 10.



Kiwi Run in the Mud Oceania Middle Distance 2017

“Excuse me, sir, but you appear to have spiked sports shoes in your bags,” said the biosecurity women on the x-ray at Auckland Airport. “It’s okay,” I told her, as they were brand new orienteering shoes. “That’s alright, then,” she replied, as the rest of our shoes and boots had gone for cleaning. Tip for entering Australia and New Zealand: always pack all your shoes and boots into one bag and declare on arrival; it’s so much faster.

Up early on Easter Monday for the 80-minute drive to the competition area, south of Auckland, I had only entered the Oceania Middle Distance Champs, as it was the only event I could squeeze in on our trip to New Zealand. There were 7 events spread over the week before the Masters games in Auckland.

The area was called Onewhero, which translates from Maori as ‘Red Earth’, and the terrain was open farmland in limestone karst terrain. It features

numerous valleys, hemmed by large cliffs and boulder fields. There are many tomos marked with a black V symbol, as well as some large and many, just small, dangerous holes. Also, steep ridges have eroded surfaces which are best avoided – mapped with a special symbol for broken ground. Marsh areas are frequent and may be dry. There are small patches of native trees and some re-generating tea trees. After 2 cyclones, it was looking very wet. The access road had bad wash outs and slips, and the last few kilometres were a slow crawl. The parking for 2,000 competitors was an organiser’s nightmare, as the field they planned to use was too wet and muddy, so cars were parked for many kilometres on the gravel road leading to the event.

It was then time to go to the start after a long walk back to event centre to collect my bib, etc. The weather was overcast but, warm with 99% humidity. While





waiting for my call up, I was stung by a bee - a 'good' start, but it's what you get when you site a start next to bee hives! After clearing and checking, it was a quiet zone, so absolutely no talking. Even start volunteers didn't speak; it was all taps on the shoulders.

With the right map in my hand and my cheap, Chinese warehouse compass, I was off. The first few controls were straightforward, working my way up the hill and contouring into the next valley. I was actively matching the rock formations on the ground to those on my map as I went, and was quite happy at the way it was looking, until I started out for control 7, having slightly overrun control 6. I found one rock formation was repeated on the ground, and trying to find one rock in amongst many got the better of me, as can be seen on my GPS track. I eventually found the control and set off to the next valley.

The next 3 controls were again easy enough, but poor route choice put me in the bottom of a valley up to my knees in pine needles. I ended up in the wrong valley looking for control 11, which should have taken less than 2 minutes, but took

11, as I was getting distracted by large amounts of water I could hear running underground.

Once back on track, the next 6 controls were all straightforward, following compass bearings, contouring and matching the rock features with the map, but did involve another big climb and a long downhill to the finish. The winner took just over 29 minutes in the M45 class, but with my 2 big mistakes I was at the finish in 75 minutes. At the finish, I sat and watched the men's elite race between Nick Hann and Matt Ogen. They had many radio controls in the competition area and a lot of screens displaying every class live as it was being run, and in the end there were only 2 seconds between them at the finish.

That ended the first orienteering event in New Zealand I had done since I did an SAS selection course at Carrington hut at night in the snow in Arthur's Pass some 26 years ago. My Dad was not too pleased to get his car back in a new colour of red mud instead of blue!

Derek Herd



Summer League 2017



Alastair Paterson: 3rd Senior Man, summer league 2017 and most dedicated control collector.

Liz Heaton: 1st Senior Woman and 1st senior woman in sprint & urban series.

Presentations by Club Chairman, Chris Phillips

All Photos: Alan West



Ben: 3rd Junior Boy in both the summer league, and sprint & urban series.

Andy Glover: 3rd Senior Man in sprint & urban series



Alison Hardy: 3rd Senior Woman, and joint 3rd Senior Woman in sprint & urban series.



Maureen Webb: 2nd Senior Woman.

*Sue Bicknell: Nearly the perfect 10**



Other summer league positions for members not present:

- 1st Senior Man..... Ethan Tebbutt
- 2nd Senior Man..... Euan Tebbutt
- 1st Junior Boy Ethan Tebbutt
- 2nd Junior Boy Euan Tebbutt
- 1st Junior Girl..... Imogen Wilson
- 2nd Junior Girl..... Jess Dring-Morris
- 3rd Junior Girl Daisy Rennie
- 1st Senior Man (sprint & urban series)
..... Ethan Tebbutt
- 2nd Senior Man (sprint & urban series)
..... Euan Tebbutt
- 1st Junior Boy (sprint & urban series)
..... Ethan Tebbutt
- 2nd Junior Boy (sprint & urban series)
..... Euan Tebbutt
- 2nd Senior Woman (sprint & urban series)
..... Imogen Wilson

Joint 3rd Senior Woman (sprint & urban series)..... Jane Dring-Morris

- 1st Junior Girl (sprint & urban series)
..... Imogen Wilson
- 2nd Junior Girl (sprint & urban series)
..... Jess Dring-Morris
- 3rd Junior Girl (spring & urban series)
..... Matilda Tikkanen
- 1st Score Cup..... Richard Robinson (NOC)
- Best competitor before handicapping
..... Euan Tebbutt
- The best use of area: Simon Ford for Market Bosworth.

* Nearly the perfect 10 was awarded to the competitor who has scored the most number of 10 points. This is where a competitor attends a summer league event and, for instance, mis-punches on their course.

Summer Awards

Summer awards under the BOF Incentive Scheme were given to:

Racing Challenge

- Gold 4 stars: Libby Barber
- Gold 1 star: Cerys Glover, Daniel Glover
- Silver 5 stars: Esther Revell
- Silver 2 stars: Matilda Tikkanen
- Bronze 5 stars: Peta Jarvis
- Bronze 3 stars: Iona Moss

Navigation Challenge

- Navigation 5 stars: Esther Revell, Peta Jarvis
- Navigation 2 stars: Matilda Tikkanen
- Navigation 1 star: Cerys Glover, Daniel Glover



Saunders Lakeland Mountain Marathon - 2017

On the first weekend of July, Jenny Kent and I took part in the 2017 Saunders Lakeland Mountain Marathon.

Saturday started at Cockermouth Premier Inn with a 5am alarm call – yuk! Despite the early hour, my overwhelming feeling was “At last! I can stop getting ready for this crazy escapade and actually get on with it!” I’d spent weeks preparing: buying new lightweight kit and dry bags; stripping out every last gram of unnecessary weight (no need for labels or carry cases); packing it all into the OMM 32L rucksack Sue Bicknell lent me (thanks, Sue!); and then repacking it, having realised my comfy sleeping mat really won’t fit, not to mention trying to fit sufficient distance training and kit runs around work (and Summer League events!), and spending time with Chris once in a while. I was still sewing Velcro pads onto my trousers at 10pm the night before...

Most mountain marathons take place over two days: on the first day, you navigate from the start to a remote overnight camp, and on the second day you navigate from there to the finish, where you left your car the day before. You have to be self-sufficient, so have to carry all the kit you need during the day and at the overnight camp. Jenny and I were running in a team, so we were able to share the tent, stove, emergency food and first aid kit between us. On the Saunders, there is milk, beer and cider available at the overnight camp, along with a mains water tap nailed to a rusty gate - this was the height of luxury!

Jenny’s a colleague and friend from work,

who joined the club this year. She has a lot more long-distance running under her belt than me, including several marathons. I’ve got more orienteering experience, so we felt, that between us, we’d make a pretty good team. This was our first mountain marathon, and our target was to get round and still be friends at the end. We’d entered ‘Wansfell’, the shortest course on offer. The straight line distances were 14.8 km on Saturday and 10.9km on Sunday, with 850m and 620m climb, respectively.

This year’s SLMM was based in the Loweswater Fells, the wedge of hills between Ennerdale and the Buttermere / Crummock Water Valley. The longer courses also took in some of the Fells to the south of Ennerdale on Saturday, before crossing the River Liza and joining us on the run into the overnight camp, just south of Loweswater village.

We started Saturday with a 4km walk from the assembly, just below Murton Fell, to the start, on the shore of Ennerdale Water. At 8:38am we picked up our control descriptions and settled to the task of marking up our maps (not something I’m used to doing at orienteering events!). A new innovation for this year’s SLMM was that the control sites were pre-printed as red circles on the map – in previous years, runners have been responsible for marking the sites themselves, using 6-figure grid references. Presumably, the organisers have suffered too many complaints from competitors looking for a control in the wrong place. Whatever the reason, it was definitely helpful, though a side effect was that you could work out where





Liz and Jenny at the top of Great Borne

everyone else was heading on the fells, even those not on our course. This meant there was much less need to wonder whether other people were on our course and taking a better route choice.

We set off in glorious sunshine around the north shore of Ennerdale Water on a pleasant, level track, not at all reflective of things to come! After our first control, on a knoll, we headed straight up the side of Great Borne (Herdus to some), knocking off 500m of climb in one leg, then round the side of Starling Dodd and onto White Pike, a subsidiary of Red Pike (Buttermere), and our highest point for the weekend.

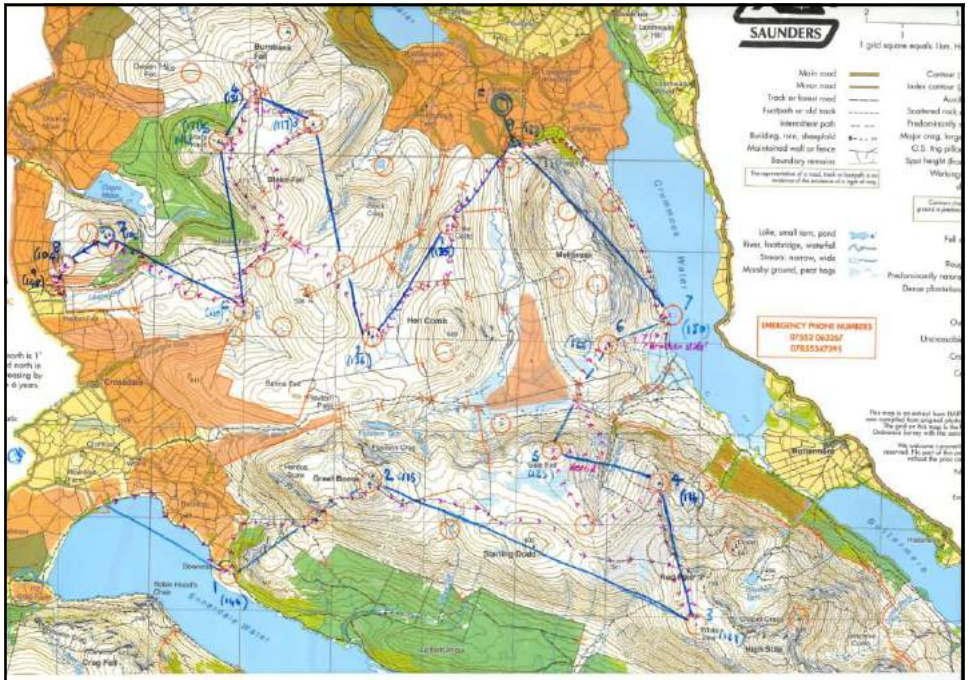
After that, we headed northwards, then around Scale Beck and onto Gale Fell. Our first (and only) real difficulty was getting down off Gale Fell towards our next control, on the south side of Mellbreak. We opted to head eastwards, where the contours look kinder than the straight-line northwards route, but this turned out to be a mistake – the ground got progressively steeper and rockier, the heather and bilberries deepened, and it got increasingly difficult to make

progress. Eventually, we admitted defeat, turned northwards and dropped down through some bracken to a path – heaven!

A short climb over a saddle to the next control was followed by a bracken slide coming down the south-eastern slopes of Mellbreak along an elephant track. It turns out bracken stalks are as slippery as ice once the leaves have been stripped off by the 100 runners in front of you. Having reached the bottom, we punched our penultimate control – on an attractive spur into Crummock Water that we'd spotted from 600m up, about four hours earlier. Then round the east side of Mellbreak and a last short climb up to the last control and finish.

We reached the overnight camp around 3:30pm, a few minutes after it started raining. We pitched the tent, made tea, then made dinner (feeling surprisingly hungry, despite the time), and changed into dry clothes. The rain set in, and continued for the next four hours. We spent the first two in the tent, then I got fed up with lying down/sitting with my head shoved into the tent apex, so I donned my lightweight waterproofs and stood outside for the next two, chatting to folks and sipping my cider. I really felt for those still out on the longer courses. Finally, it stopped raining around 8 pm, and as the evening sun gilded the trees and the crags on Mellbreak above us, runners emerged all around from their tent-cocoons, and there was a lovely atmosphere around camp for the next couple of hours before we all turned in for the night.





Sunday involved another 5am wake up, but on this occasion without the need for an alarm: it was very cold! However, on balance, I was pretty happy getting 6 hours sleep, despite bedding down on a bit of radiator insulation. I was a bit slow to get started, but we were eventually dressed, fed (more tea), packed and headed off for the Day 2 start. I remember watching those on the longer courses (including "Harter Fell", just one up from us) heading straight up Mellbreak, which, from the campsite, looked like a near-vertical ascent. I was quite happy not to be following them; instead we waded across a river within 5 minutes of leaving camp and headed up the side of Hen Comb.

The bulk of Day 2 was across more heathery, rolling hillsides than Saturday, topping out on Carling Knott, a subsidiary of Blake Fell. We turned for home and contoured around the side of Blake Fell

on a fairly vertiginous narrow path, with a steep drop on our right, then headed over and around Middle Fell. The sting in the tail was an outrageously steep climb up the south side of Murton Fell to get to our last few controls. 'Follow the taped path through the plantation woodland', our descriptions said. The 'path' turned out to be a 60 degree uphill mud slope, where the previous runners had stripped away the thin layer of moss and pine needles beneath the trees. The only way to make progress was to haul yourself up from tree to tree. Eventually we emerged onto open fell again, climbed to the top of Murton Fell and dropped down to the finish run-in. We had done it!!

Chris was there to photograph us as we finished – somehow he managed to identify the correct blue-coloured ants heading off the hillside, half a mile away. So was Julie Ferris, who'd unfortunately retired late on Saturday after running 35





Liz and Jenny about to punch the last control on day 1.

km in the “Klets” class (that’s more than Jenny and I did over the whole weekend!). We cheered in John Worth shortly afterwards, as he came in on the solo “Pillar” class (possibly not to his enjoyment...) and watched/applauded at the prize-giving, before enjoying a well-earned hot meal (and cake, of course). Jenny’s husband, Clive, and his running partner, Katie, joined us a bit later, ready for the drive home, having scouted out a couple of legs of the Bob Graham Round, in preparation for her attempt next year.

We took about 11.5 hours to complete the course over the two days. On the whole, the navigation was pretty straightforward compared to that at an orienteering event and the distance was about right for us. With route choice, we ended up covering 18.4 km and 13.1 km on the two days. Several of our controls were on summit cairns/shelters, so we just had to keep going until we reached them. A few were trickier, e.g. choosing the correct sheepfold in a steep-sided gorge, but all of the features were pretty big (they have to be to show up on the map – a 1:25,000 waterproof

Harvey map), so we didn’t have any real problems. It helped that the weather was clear (so no need to rely on compass bearings) and that there was a steady stream of runners heading for the same features. I get the impression that the legs involved on the longer courses make for harder navigation, as well as longer distances and more climb.

Some things I’ve learnt:

- Radiator insulation is surprisingly comfortable to sleep on.
- Astronaut ice-cream is delicious, but not at all what I had visualised. Imagine a block of edible polystyrene with chocolate chips in it. It’s not cold, it’s not creamy, but it’s tastier than it sounds...
- Pizza slices = good food on the run!
- It’s really not a good idea to try to descend into a gorge with a waterfall in it.
- Jenny is fantastic company in the mountains! Just make sure she has plenty of tea.

Thanks very much to Sue, John and Julie for indispensable advice, kit loans and training runs. Also thanks to the friendly photographer who was snapping away at one of our controls and passed on his photos of us for free! We both had an absolute blast over the weekend and I’d definitely recommend the experience to others. Almost Jenny’s first words after finishing were, “Can we do it again next year?” Absolutely – I’m looking forward to it already!

Liz Heaton



Access Report

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. This year's Club Championship does just that. For those of us who also like walking around our patch, I would like to point out that a new guide to the Leicestershire Round is now in the shops at just £9.95. This is a totally rewritten guide, published thirty years after the first launch. The new guide is full colour, with maps from Ordnance Survey at 1:25,000.

When the National Parks were created, they were supposed to protect our wilder places, and most such authorities do a pretty good job. However, they are becoming increasingly bureaucratic, and virtual planning authorities, along with funding challenges, means that actual conservation of the places we love to walk is not as proactive as we would wish.

There is, however, good news about one classic part of the Lakes: Glenridding Common is likely to be managed in future by the John Muir Trust. This Trust is a conservation charity dedicated to protecting and enhancing wild places. They campaign to keep wild places free from inappropriate development and open for all to enjoy and work to restore natural habitats and native species, to help nature flourish. They own and/or manage large blocks of wild land in Scotland, and some in Wales, but this will be their first venture into England. Glenridding Common takes in much of the land to the east of the summit of Hellvelyn, including Swirral and Striding Edges.

The Lake District National Park should be well protected in future, as, after many years of trying, it has just become a UNESCO World Heritage Site. Well deserved, but it will probably make it even busier. Famous for its stunning scenery and for our purposes, England's most dramatic outdoor area also has a distinct culture which added to its case. The part it has played in the past has inspired numerous artists, and literary giants helped as well.

It is still a living landscape with a buoyant farming community and its distinctive tough breed of sheep, the Herdwicks. Man's presence here covers the whole span of history, with thousands of archaeological sites, but its stunning countryside is its main selling point. In Westwater, it has England's deepest and coldest lake. It also has England's largest natural lake, Windermere, and its highest mountains topped by Scafell Pike. It is hard to see why it has taken so long to get to this point.

Closer to home and my work for Charnwood Forest Regional Park, as part of a development group working with the local authorities and the National Forest Company to submit a bid for lottery money of several millions to protect and enhance the area, I have had a meeting with the lottery people since the bid was submitted, and another is scheduled in a few weeks' time. From our point of view, I wish to see smaller areas of access joined up and better path networks linking them to make them useable for events. The decision on our bid should be decided during October.



Within the Forest, they are working up a new long term plan which will focus on access and recreation, and it all stands us in good stead as a sport. They have appointed a new officer specifically to push this agenda and she is a very experienced officer currently with South Derbyshire Council. I have shared committees with her in the past.

The Forest is also working on a new prospect, which is under wraps at present, and I do not know the exact location, but it will be a new area a bit bigger than the Outwoods.

Roy Denney
Access Development Officer

Out and About

That was the summer and thank you very much! In reality, the labels for the seasons mean little these days. During late spring and early June, we had wonderful weather. Perhaps the only thing which defines our summer league is longer daylight hours.

With the seasons changing and species adapting at different rates, many creatures are breeding when weather and food supplies are not as required. When talking of crops, this has an impact all the way up the food chain, and farmers are having to consider switching products. The last 3 months of summer this year were each far wetter than normal, which means drying crops has been a problem. Some crops have rotted in the fields and some were collected, but required very expensive drying methods, pushing up prices or reducing margins. One way around the problem has been the reintroduction of old strains of cereals, tougher and more resilient than modern hybrids, but also less productive. On a positive note, these old species often provide more spin off food for creatures struggling to cope with modern intensive agriculture. A recent study showed that a fifth of all the impact on species' populations was due to modern intensive agricultural practices. We are a heavily populated country, but it is worth noting that three quarters of the country is still

used for food production.

Some species are surviving because they remain on islands cut off from the problems of the mainland. Some have actually been introduced onto islands as a means of protecting them. Where island populations exist, it is also a lot easier to eradicate the predators. New Zealand is protecting a number of its rare creatures on island reserves and the UK is following suit. After years of conservation efforts on Ramsay Island, Manx shearwaters are up 25% in 4 years and, similarly, Fidra Island, near Edinburgh, saw Puffin numbers double over 25 years.

The eradication of grey squirrels from Anglesey has seen a dramatic recovery of the red squirrel population, and the removal of hedgehogs from the Hebrides has helped ground nesting birds. One downside is that small island populations having small gene pools are open to diseases running through populations, and Brownsea Island's red squirrel population has been riddled with leprosy for 50 years.

Climate change also has an effect. It is extending the area suitable for species, previously only found in the south, and spreading northwards, where new species are making their homes here from the continent. Unfortunately, there



are species that favour conditions further north, and at higher altitudes, and these may have nowhere to go, unless they are birds. Even with birds, if they go to countries further north, they will be lost to us.

Enjoy what you can see when out in the countryside - it may not be there in a few years, although other creatures may become more common.

As we wander or run in the wilder places in Britain, we may increasingly spot something a bit different. Wild boar are not uncommon now, and at the end of last year the Scottish Government decided that beavers be classed as a native species, despite having been absent from Britain for many years. Those which have been released and are living in Argyll and Tayside will now be free to wander at will and presumably create populations in other parts of the country.

Polecats are making a come back and can now be found in many locations. Furthermore, colonies of pine martens have been found in Yorkshire and Shropshire. Many of us visit the North Yorkshire Moors and the Clun Valley / Long Mynd area, and if we very fortunate we may sight them.

Who knows what we might bump into down the years? There is talk of other animals being reintroduced. No predators of any size look likely to be allowed, although the argument for wolves in remote areas has many advocates, not least because with no predators, deer are multiplying at a dramatic rate and do a lot

of damage. Britain once looked a very different place; there were vast natural forests and wild spaces with wolves, bears and lynx roaming the land. The UK is now one of the few countries in the world that doesn't have top predators.

The other side of the coin, though, is that wolves do not stay where they are released. New spin-off packs are formed which look for new territories, and we only have to look over the Channel to where they are at the doors of Paris. For all that, there do not appear to have been any problems for humans, other than the taking of farm animals. Wolves still roam free in many parts of upland Europe and no person has been killed by one in Europe for at least a hundred years. The last wolves in Britain were killed in the mid 1700s.

The bear has been mentioned in these debates about possible releases in Britain, and we could learn to live with them, but I cannot see it happening. However, if you go down in the woods some day, you may be in for a big surprise!

We have long dreamed of freely walking round our beautiful and dramatic coastline. Back in 2010, after many years of campaigning, work started on the England Coast Path. This summer work has started on all 66 stretches of the path. This is a major milestone on the way to its completion in 2020. When complete, it will be the longest continuous coastal walking route in the world.

Roy Denney

Don't forget!

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



Club Championships 2017



*Daniel, Minor
Boys 1st*



*Matilda, Juniors
Girls 1st*



*Robyn, Junior
Girls 2nd*

These took place at Gresley and Tunnel Woods on 17th September. Certificates were presented by Chairman, Chris Phillips. Presentation photos: Alan West, course photo:Wendy West



Golden Boot Trophy, a tie between Tom and Euan at 17 secs.

*Ben, Junior
Boys 1st*



*Libby, Girls
Intermediate 1st*





Ben, Boys Intermediate 1st



Jessica, Junior Women 1st



Anna, Junior Women 2nd



Peta, Junior Women 3rd



Ethan, Junior Men 1st



James, Junior Men 2nd

Maureen Webb, Women's Vets 1st



Sue Bicknell, Women's Vets 2nd



Roger Edwards, Men's Vets 1st





*Ian Wells,
Men's Vets 2nd*



*Chris Bosley,
Men's Vets 3rd*



*Tracey Brookes,
Women's Open 1st*



*Alison Hardy,
Women's open 2nd*



*Jane Dring-Morris,
Women's Open 3rd*



*Howard Alcock,
Men's Open 1st*

*Euan Tebbutt,
Men's Open 2nd*



*Tom Barber,
Men's Open 3rd*



*LEIOC Rising Star Trophy
awarded to Charlie Rennie*



Monday Club, Season of 2016/2017

It's hard to believe that we are now in our 9th year of running Monday Club, and 2016/2017 has been yet another successful and very busy year for our juniors. This included most of the juniors taking part in the Peter Palmer Relays in September 2016 on our own turf at Martinshaw Woods (a memorable night with over 200 juniors and coaches sleeping in our Groby College sports hall!) and again this September at Sutton Park, with our younger team, eligible for the Joan George Trophy, coming in the top 3 each time.

The Peter Palmers are among the annual highlights of the junior events calendar, and Iain P, Chris and Peter had arranged a number of exciting Monday training sessions at Beacon Hill, practising short, mixed relays with different coloured legs, suitable for all levels, which were followed by our annual picnic. As friends and families were invited, too, we had some extra runners, including some very young, but enthusiastic and promising younger siblings! Afterwards, we celebrated one of our juniors' greatest achievements, that of finally coming 3rd in the YBT Finals in July 2017 in Northumberland. We also, sadly, had to say goodbye to the wonderful Rennies, who moved to the Lake District over the summer and who will be terribly missed on Monday nights, including Kasper the dog!

The other highlights of 2016 were, of course, the British School Score Championships at Bagworth in October, with a record number of our juniors gaining individual podium places (Daniel Glover, Daisy Rennie, Charlie Rennie, Iona Moss, Ethan Tebbutt, Imogen Wilson, Anna Barber and Finn Lydon) and the British Schools Orienteering

Championships in November at Sutton Park. The latter also saw Charlie Rennie (from Monday Club) and Ashleigh Howells qualify for the British Schools World Championships in Italy. Charlie also managed to qualify for his first summer tour to Lagganlia in August 2017, one in a long line of LEI juniors being selected for various tours!

Hopefully, this year will be as successful, as we're now preparing for the BSSC 2017 at Rother Valley Country Park, with special score training provided at Billa Barra and Bagworth, a route choice session at John's Lee Wood and Derek starting Mondays off this year with an extremely challenging session testing everybody's navigational skills! Hopefully, more sessions on compass skills and fine navigation will follow around Martinshaw and Ratby Woodlands with Chris and John's famous 'tubes'.

For the winter months in 2016/2017, we decamped to South Charnwood School. As Anna, our junior captain, was out of action, due to her OMM injury last October, I had to rely on Charlie and Imogen, who took most of the warm up sessions. Thank you guys!! After a short winter break, Jamie Rennie organised 5 weeks of fun fitness sessions which involved the whole Rennie family transporting a vast amount of equipment to South Charnwood in their campervan each Monday night! The workouts were amazingly varied and fun, but really tough and left many of the adults breathless! However, Jamie was amazed by the fantastic core strength displayed by most of our juniors, who participated with exuberance and gusto! Thank you so much for organising these fabulous sessions, Jamie, and thanks to the rest of the Rennie family for carrying and



assembling the circuits.

In February, we enjoyed our well-attended annual junior social at Laserforce again. Spring training saw us briefly back at Groby College, Martinshaw and Ratby Woodlands, before we were off campus for the final 6 weeks, practising loops and various skills on different terrain at Bradgate Park, the Outwoods, Windmill Hill and Beacon Hill.

To sum up last year's Monday sessions, they had a distinctly international feel about them. It was no surprise to hear participants chatter in Finnish, Czech or Polish. We also had an Irish contingent and a German visitor! Our numbers were going from strength to strength, with an average of 20-25 participants a night. Sadly, numbers have dropped after the summer, though. Therefore, we will have

to increase numbers again! I am also looking for more volunteer coaches to help with the planning and leading of sessions. Considering that most LEI juniors have come through Monday Club, it is really worthwhile! Also, Monday Club will celebrate its 10th anniversary in January 2019!!

Finally, I would like to thank my die-hard coaches for their never-ending support, planning and leading sessions over the last year. Special thanks go to Iain Phillips, Chris Bosley, Jamie Rennie and Alastair Paterson who helped me out on so many occasions! A big thank you also goes to my young leaders: Anna, Imogen and Charlie.

Birthe Richter-Wilson

Keeping Up With The Marriotts

Shortly after the last edition of LEI News, the junior O squad did exceptionally well at the Calke Abbey event. RM ran the blue course, but told me he had been stung twice, once by the nettles and twice at having to pay £3 as a car passenger, but non member of the National Trust. Could he have entered for free if he had got out of the car and walked ????

RM, Chris B and Roger E renew their rivalry at the Springtime in Shropshire orienteering over the May Bank Holiday. RM is able to celebrate, as there has been a beer festival at Aldi's and he treated himself to over 20 different varieties to try. He has a photo of his shopping trolley full of beer bottles, with fascinating names like Waggle Dance, Medusa, Rev James and Dryneck.

A few days later and RM is pushing his luck to get to the John's Lee Wood event without running out of fuel; he has topped

up the almost empty tank from the can in the shed. This is just enough to get him to the event, the pub and Tesco to fill up again.

Oh dear, he goes to Billa Barra for a summer league event, but he is late and they are collecting in controls as he is finishing. RM is not a happy bunny.

On 17th June, It is British Orienteering's 50th birthday and on the BBC their 'try different sports' reporter has a go at urban O and is a keen convert to the family aspect of the sport. John is off to orienteer in the hot sunshine at The Meadows, near Nottingham, with Roger E. Oh dear, is that the time? and he has not made any sandwiches. Later, John is sitting drinking beer in the garden with the newspaper puzzles and, despite the blue suntan cream, is looking 'baked'.

Next day, Bob T and RM share lifts to the



radio orienteering at Heartwood, near St Albans. RM did not do very well, running by transmitters which he really should have picked up with his headset. He arrives home looking baked. Again, it has been the hottest day of the year at 32.5C - not good for running. Although the area was called Heartwood, it was only planted from 2009, and the event was run in an area where the trees were only head high, offering little shade. Wooden rabbits and an enormous table for a mass picnic were intriguing.

The weather has changed to rain for the 'run around Quorn'. John shows me the map and asks if I can see the tiny gaps in the fences, "No," I reply. "You should put your glasses on," he suggests. "I have got my glasses on!" Distinguishing purple control sites on black proves difficult, too (unless you are colour blind, apparently).

Early in July, RM is radio orienteering at Buckleberry Common, near Thatcham. The weather had been perfect and the event went well, except Bob T managed to trap lots of coins and keys in the car boot lock.

RM travels to Sweden for the O Ringen, having won free entry in a Compass Sport competition. However, he still has to find flights and accommodation. He has been pestering me with questions: should he hire a car or use the trains? Hotel or Airbnb? While trying to book Airbnb accommodation, he gets annoyed as he has to take a photo of his passport and picture, then a selfie to match with the passport picture, and when he returns to the Airbnb website, the room he wanted has gone. Bah! However, the next day he receives a confirmation of this Airbnb accommodation because when the room had 'gone' it was allocated to him.

I drive him to the station (with the usual comments about my driving) to catch a

train at 1.30pm. We are there with 15 minutes to spare. As John opens the boot, the bag with his laptop falls to the ground. Whoops! Then, with a kiss, I am gone. Next day, I receive a photo of a bus stop in Stockholm - why? - and a message that the laptop was undamaged.

Swedish orienteering, travel plans and accommodation go well and he returns a week later at 2.30am, with only a few hours before he and Chris B set off for the Scottish 6 Days.

They are to share a house in Scotland with the Middletons. On the way, John decides to visit his twin brother in Wooler, Northumberland, but cannot contact him as he has the wrong phone number. So, they sit in his brother's garden to eat their sandwiches. A phone call from Scotland asks me to read the electricity and gas meters as it is the end of the month and we are switching suppliers. How romantic! I get RM back again on the Saturday about 10.00pm. I have fallen asleep again watching TV and wake to help bring in his belongings from the pavement, as Chris is driving away.

16th August is a 'busy day', as RM has a hospital check up on his arm and hand in Birmingham, and then an OD evening event at Elmdon. Afterwards, he needs money to buy fish and chips and goes to the hole in the wall cash machine in Ashby, only to find it is boarded up, stolen in a recent ram raid, the tenth such raid in 2 years. The raid was caught on CCTV and has been posted on the internet, so later we watch the digger attack the wall.

RM is on his travels again, this time to the Radio Orienteering, ARDF, Championships in Lithuania, with other members of the British team. Unfortunately, his plane takes off from Luton in the early morning, which involves getting up at 4.00am to drive to



Leicester train station. Of course, things take longer than planned and, "Give me the keys, I'm driving" really means, "Hang on tight! We are going to drive along the empty early morning streets at top speed, to get there on time."

No spectacular radio O results this year. I receive photos, mainly of the cakes and other foods offered to the teams, mostly from Eastern Europe, staying at a sanatorium.

RM has been continuing his fight to prevent the waste of huge amounts of money in building the high speed railway, HS2. He was invited to chat to HS2 and the Department of Transport officials in London, joined a Twitter group discussing HS2, received a letter from our local MP and interested the influential editor of a railway magazine. He has spent hours and hours on research, firing off multiple FOIs (Freedom of information requests). All but one of the original team promoting HS2 has resigned or moved on.

In his HS2 research, RM had made an enquiry to Virgin Trains about passenger numbers on the West Coast line. It seems that they have not read his email, and in their reply they are sorry that it is taking time to deal with his complaint and have offered him 2 return first class tickets! Now he ought to complain that they have not read his email properly and see if he can get another 2 tickets!

Bob T has persuaded John to give a PowerPoint talk about HS2 to the Rotary Club in Lutterworth. How many people will there be? Will there be any at all? Should he say something else/ approach from a different angle? Bob's advice was to 'make a plan and stick to it'. Should he wear a tie? Does this shirt go with the grey trousers, etc., etc. I go through the presentation with him, trying to think of questions they might ask or where clarification is needed. It is mainly maps,

graphs and charts and I suggest a picture of a train might help. He is very happy with the outcome of the meeting and HS2 talk. "That's more people made aware of the waste of money scheme" and he had been given a free meal for his efforts.

On a personal front, RM might have looked a little tidier lately as he had a 'Father of the Groom' wedding haircut. Our son, Andrew, married Fiona in a lovely wedding in Uppingham, in July. John behaved himself, looked smart in his Moss Bros suit and luckily did not have to give a speech. Grand daughter Hattie was a flower girl at the wedding and stole our hearts.

We send congratulations to Roger and Leanne on their wedding and, of course, our deepest sympathy at the sudden loss of Alison Phillips.

John's left hand is improving and he was proud to tell me he has managed to tie the shoe laces in his new shoes. "It only took me 15 seconds this time." His improving condition means we have gained more discarded equipment, such as slings for Dr Grandma and Dr Hattie's hospital. Hattie has just had her third birthday party/teddy bears' picnic with a bouncy castle. Grandma Irene and Poppa (RM) prove to Hattie that no one is too old to make a fool of themselves on a bouncy castle. Hattie is beginning to play board games, such as snakes and ladders and card games, such as Snap and Pairs, but all young children have to win, so after playing the games for a while, Hattie will start to bend the rules in her favour. She also invents new games with new names such as Tiddy Wonks!

Irene Marriott



Winter League 2017/8

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 17th February, 2018.

Fixtures

This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated, local (D) and regional (C) events offer entry on the day (EOD) to a range of colour-coded courses, with start times from 10.30am to 12.30pm. Local events will only have a limited range of courses. National (B) and major (A) events provide a range of age-related courses and are normally entered in advance online. EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded courses for EOD. The OS map reference is either the car park or point from which the event will be signposted. The list is based on BOF registration data, but events are sometimes cancelled. If you are uncertain as to whether an event will take place, check with the organiser, check on www.leioc.org.uk or check on www.britisshorienteering.org.uk. The editors take no responsibility for wasted journeys !

EVENT STRUCTURE IN FIXTURE LISTS

- Local (level D) = relatively low-cost events providing local competition and aimed at increasing participation.
- Regional (level C) = events providing a wider variety of venues and competitors.
- National (level B) = events providing opportunities for more experienced competitors, giving a wider variety of terrain and competition for those who are prepared to travel longer distances.
- Major (level A) = major UK events, the best that orienteering can offer.



October 2017		
7th	MWOC WOA National B	Junior Home Internationals Individual & Welsh League Event 2017, Tir Stent or Gwanas, Dolgellau Organiser: Mark Saunders
7th	NN NEOA National B	NN October Odyssey - day 1 (NEOL), Bewick Moor South, Alnwick, NU110211 http://http://www.northern-navigators.org.uk/fixtures/071017.html
8th	LOG EMOA Regional C	EM Urban League, Stamford, Stamford, TF032074 Entry times: Reg 10 til 11.45am Starts 10.30 till 12.00 Course closes 2.00pm. Dogs: On lead at all times . Organiser: Amanda Roberts
8th	NN NEOA National B	NN October Odyssey - day 2 (NEOL & NE Champs), Bewick Folly & Blawearie, Alnwick, NU074231 http://http://www.northern-navigators.org.uk/fixtures/071017.html
14th	SYO YHOA National B	British Schools Score Championships, Rother Valley Country Park, Rotherham Organiser: Peter Guillaume
15th	LEI EMOA Regional C	East Midlands League 2017, Burrough Hill, Melton Mowbray Organiser: Andy Portsmouth , andy.portsmouth@btinternet.com
18th	LEI EMOA Local D	LEI Winter League 1, Western Park Leicester. SK561042 Entry times: 11.00am to 12 noon. Dogs on lead.
28th	CUOC EAOA National B	Cambridge City Race 2017, Cambridge http://http://cuoc.org.uk/events/4454/Cambridge-City-Race-2017/
29th	DVO EMOA Regional C	EM Urban League, Chesterfield (EMUL 6) Organiser: Claire Selby www.derwentvalleyorienteeers.org.uk
November 2017		
2nd	LEI EMOA Local D	LEI Winter League 2, Glenfield Night Urban, Leicester. SK544071. Entry times: 6.30 to 7.30. Dogs on Lead. Organiser: Chris Phillips, onecp47@gmail.com
4th	SOC SCOA National B	Southern Champs Weekend Urban Race (UKOL), Southampton City Centre, Southampton SU421122 Organiser: Peter Davis , peterjdavis@gmail.com
5th	SOC SCOA	November Classic and Southern Championships (UKOL), Highland Water, South Central Organiser: Mary Nixon



November 2017

5th	NOC EMOA Regional C	East Midlands League, Boundary Wood and Haywood Oaks, Mansfield, SK600570 Organiser Jane Booker, org20171105@noc-uk.org
12th	LEI EMOA Regional C	EM Urban League, Shepshed, Loughborough Entry times: 10.00. Dogs: On Lead in school area. Organiser: Liz Heaton , lizharvey1@gmail.com
19th	BOK SWOA National B	British Schools Orienteering Championships, Forest of Dean, SO614120 Organiser: Richard Rossington
25th	LEI EMOA Local D	LEI Winter League 3, Hicks Lodge, Ashby SK328156. Entry times 11.00am to 12noon. Dogs on Lead. Organiser Roger Edwards, rwmhedwards@gmail.com
26th	NOC EMOA Regional C	East Midlands League 2017, Clumber Park, Worksop Entry times: 10:00 - 12:00.

December 2017

2nd	LEI EMOA Local D	LEI Christmas Novelty. TBC when Santa returns from his Christmas holidays. Entry times 10.30—11.00am. Organiser Roger Phillips rogerphillips34@gmail.com
2nd	TVOC SCOA Regional B	Southern Night Championships, Penn and Common Wood, High Wycombe, SU923957 Dogs: TVOC policy - no dogs on courses with timed starts. Allowed in car park strictly on leads..Organiser: Alun Jones , alunandliz@live.co.uk http://www.tvoc.org.uk
3rd	NOC EMOA Regional C	EM Urban League 2017, The University of Nottingham & Wollaton East, Nottingham (EMUL 8). Organiser Julie Webster, org20171203@noc-uk.org
10th	DVO EMOA National B	East Midlands Championships at Eyam Moor, Eyam Moor & Bretton Clough, Grindleford Organiser: Richard Needham www.dvo.org.uk
17th	LEI EMOA District C	East Midlands League 2017, Outwoods, Loughborough Entry times: 10.30 to 12.00 noon. Dogs: On Lead. Organiser: Laurie Fluck , l.fluck@btinternet.com
28th	LEI EMOA Local D	LEI Winter League 4, Fosse Meadows Night Event, Leicester. SK489910. Entry times 6.30 to 7.30pm. Dogs: on lead.

Happy New Year to all members of LEIOC.



January 2018		
1st	DVO EMOA Regional C	EM Urban League 2018, Buxton http://www.dvo.org.uk
3rd	LEI EMOA Local D	LEI Winter League 5, Sence Valley night event, Coalville SK404113 Entry times 6.30 to 7.30pm. Organiser: Bob Haskins bobh@piperdrive.org.uk
7th	NOC EMOA Regional C	East Midlands League 2018, Strawberry Hill, Mansfield, SK580600 Organiser Hilary Palmer, org20180107@noc-org.uk
14th	LEI EMOA Regional C	East Midlands League 2018, Burbage Common Hinckley, Organiser Maureen Webb, maureen808512@gmail.com http://www.leioc.org.uk
20th	LEI EMOA Local D	LEI Winter League 6, Moira Furnace, Ashby. SK313152. Entry times 11.00am to 12noon. Organiser: Andy Portsmouth andy.portsmouth@btinternet.com
28th	DVO EMOA Regional C	East Midlands League 2018, Birchen Edge, Bakewell . Organiser: Sal Chaffey. http://www.dvo.org.uk
28th	BKO SCOA National B	BKO Concorde Chase, Star Posts, Camberley
30th	LEI EMOA Local D	LEI Winter League 7, Outwoods night event, Loughborough. SK514159 Entry times: 6.30 to 7.30pm. Dogs: on lead. www.leioc.org.uk
February 2018		
4th	LOG EMOA Regional C	East Midlands League 2018, Lincoln South Common, Lincoln
11th	NOC EMOA	East Midlands League 2018, TBC.
14th	LEI EMOA Local D	LEI Winter League 8, Beacon Hill, Loughborough. SK521148. Entry times: 11.00am to 12noon. Organiser Maureen Webb, maureen808512@gmail.com.
18th	LEI EMOA Regional C	East Midlands League, Cademan Ashby



February 2018 Cont.		
24th	SBOC WOA	British Night Championships (UKOL). Pembry TBC. Organiser: Roger Stein, rogerstein@sboc.org.uk 01792 371450
25th	SWOC WOA National B	BNC Weekend National Event (UKOL), Margam Forest North, Margam. Organiser: Nick Silk
March 2018		
4th	DVO EMOA Regional C	East Midlands League 2018, Linacre, Chesterfield
11th		Compass Sport Cup Heat - Venue TBC
17th	LEI EMOA National B	Midlands Championships Weekend Middle Distance Event (UKOL), Irchester Country Park, Wellingborough. SP911658. Dogs: On lead Organiser: Wendy West, wendyannwest@gmail.com
18th	LEI EMOA Major A	Midlands Championships (UKOL), Belvoir Castle and Estate, Grantham. Dogs: On lead. Organiser: Ursula Williamson, ursula.williamson.orienteer@gamil.com.
25th	NOC EMOA Regional C	East Midlands League 2018, TBC Nottingham
30th	WMOA Major A	JK Sprint (UKOL) MOD Stafford, West Midlands
31st	WMOA Major A	JK Day 1 (UKOL) Middle Distance. Brereton Spurs, West Midlands
April 2018		
1st	WMOA Major A	JK Day 2 (UKOL) Classic. Beaudesert and Brereton Spurs
2nd	WMOA Major A	JK Relays. Beaudesert.
15th	DVO EMOA Regional C	East Midlands League 2018, Pleasley Park Bolsover
15th	TVOC SCOA National B	TVOC Chiltern Challenge, Great Hampden, High Wycombe. Organiser: John Dalton



April 2018 Cont.		
21st	HALO YHOA National B	Northern Champs weekend urban event (UKOL), Thirsk
22nd	EBOR YHOA Major A	Northern Championships (UKOL) Wass, Thirsk. Organiser: Mike Ridealgh
22nd	LEI EMOA Regional C	East Midlands League 2018 & Regional YBT Heat. Spring Cottage, Ashby.
29th	NOC EMOA Regional C	East Midlands Urban League 2018, Southwell.
May 2018		
6th	BOK SWOA National B	BOK Trot, New Beechenhurst East, Cinderford SO622151
19th	MAROC SOA Major A	British Orienteering Championships (UKOL) Balmoral, Braemar
20th	MAROC SOA Major A	British Relay Championships (UKOL) Torphantrick, Ballater
27th	DEVON SOA National B	Tamar Triple (UKOL), Braunton Burrows, Barnstaple
28th	DEVON SOA National B	Tamar Triple (UKOL), Braunton Burrows, Barnstaple
June 2018		
9th	NATO NEOA	British Mixed Sprint Relay, Pegswood, Morpeth
10th	LEI EMOA Regional C	East Midlands Urban League 2018, Quorn & Barrow, Loughborough



June 2018 Cont.		
10th	NATO NEOA National B	Morpeth Fair Day urban (UKOL), Morpeth
10th	SAX SEOA National B	SAX Urban Event, Rochester
24th	LOG EMOA	East Midlands Urban League 2018, Skegness Town, Skegness
24th	SO SEOA National B	Harvester Relays, Tilgate Forest, Crawley
July 2018		
1st	HOC WMOA	Yvette Baker Trophy Final, Arrow Valley Park, Redditch
29th to 3rd August	LOC NWOA National B	Lakes 5 Days
August 2018		
19th	LOG EMOA Regional C	East Midlands Urban League 2018, Lincoln City, Lincoln
24th/27th	EBOR YHOA National B	White Rose Bank Holiday Orienteering Weekend
September 2018		
1st	SWOA Major A	British Sprint Championships (UKOL) Bath University, Bath ST773644
2nd	SWOA Major A	British Middle Distance Championships (UKOL), Stock Hill, Wells ST548511
15th	SLOW SEOA National B	SLOW City of London Race, London

Photo Gallery: Yvette Baker Trophy



Club Captain and parents supporting the juniors.



Libby

Matilda



Caitlin



Imogen



Photo Gallery: Yvette Baker Trophy



Enjoying the sea post race.

Anna



Charlie



Finn

