

British Sprint Championships Host 2019



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



LEI British Champions 2018

Summer League 2018

Lagganlia 2018

European Trail O Championships

Club Championships 2018



Autumn 2018

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Front cover: Podium places at the British Sprint and Middle Distance Championships. Daniel, Andy, Toni and Don.

Photos: Scott Bailey

Points from the Editors



Welcome to the autumn edition of the LEI News after an amazing summer of orienteering, although the weather has proved a little too hot at times for running. We wish to say a big thank you to everybody who has been involved in putting on such excellent events for members to enjoy. Andy Portsmouth's very interesting article on page 14 shows just one element of the work that goes on in the background in his role as Permissions Officer. I'm sure all club members wish Andy well in his new role, as well as to thank Laurie Fluck for his sterling work over many years.

Some of our members have travelled further afield in the pursuit of orienteering over the summer: Iain Phillips competing for Great Britain in Trail O in Slovakia (see page 22) and now Denmark; John Marriott, also in the GB team, competing in Radio O, in Korea, and Libby Barber training in Foot O, in Lagganlia, albeit a little closer to home.

We have an upcoming Parks Series, which has been organised to encourage others to try out our wonderful sport. The committee is looking for club members to act as 'meeters and 'greeters' at these events, so please do volunteer if you're able to do so. The dates of the Parks Series are on pages 33 and 34 of this newsletter.

Don't forget it's the AGM on Monday 29th October, so do come along. Happy orienteering!

Wendy and Alan West



Ramblings from the Chair



What a fabulous summer! Never mind the heat wave, what about the summer league?

With an average of 42 entries at each event and 111 competitors, plus adding in some very close competition, this

was one of best leagues for a number of years. Congratulations to the winner, Andy Glover, who was only 15 points ahead of second place Ed Young. Competition for the Ladies Trophy was even hotter, with Ursula Williamson pipping Jane Dring Morris at the final event by just one point.

Thank you to everybody who planned and organised the events, as well as those who helped with the 'behind the scenes' work, including all the control collecting at the end of each evening. Thanks also to Ursula who masterminded the whole league.

Way back in July, our intrepid juniors were once again on the road, this time for the Yvette Baker Trophy final. They delivered yet another top performance, coming 5th in this national competition and retaining our status as one of the seeded clubs. Looking ahead, LEI is hosting the final at Irchester Country Park in 2021 (just a little forward planning!). Unfortunately, our second 'road trip' to the Peter Palmers did not go quite so well. There is always next year!

Just two weeks after the end of the Summer League, we held our Club Championships at the Outwoods. The

editors will have detailed all the champions later in the newsletter, but special congratulations go to Ethan Tebbutt, Men's Champion, and Alison Hardy, who won the Women's Open to become Women's Champion in a hotly contested race.

We have a new addition to the programme this autumn - the 5 Parks Challenge. This is a series of events taking place in the city parks in Leicester. The 5 Parks Challenge is not aimed at club members, although you are welcome to take part. It is primarily a recruiting vehicle for new members. Details are on the club website. We do need help with 'meeters and greeters', so please let either Roger Edwards or me know if you can help.

Like many orienteering clubs, some of our long-standing event officials are getting past their 'sell by date' and are looking to take more of a backseat. We need some new blood. Training for officials is available. The regional training day is in Loughborough on Saturday 24th November. Details are on the club website.

Costs for adults at our Level C and B events will increase by 50p from 1st October, 2018. Costs are steadily rising and, in particular, access charges for our areas have gone up considerably in the last 18 months.

On a final note, the club AGM will be held on Monday 29th October, 2018, at Glenfield Parish Rooms at 7.30 pm.

Chris Phillips



Captain's Corner



*Oh why, oh why do I volunteer?
Oh why, oh why do I volunteer?
Is it the sleeping on a sports hall floor?
Is it the 4:00 am early morning start?*

*Oh why, oh why do I volunteer?
Is it the sunrise at 6:00 am?
Is it the free tea and cake early in the
morn?*

*Oh why, oh why do I volunteer?
It's the pleasure and pride,
Of seeing our juniors whoop and cheer,
At 5 in the morn.
Oh that's why I volunteer!*

'Ode to the Peter Palmer Relays'

After a weekend of orienteering at the club championships and supporting our junior squad at the Peter Palmer Relays, I thought I would start my corner with an ode to the relays. It seems sleeping on the sports hall floor and rising at 4:00am brings out my creative side.

Sadly, 2018 was not to be our year in the relays. With two of our top juniors 'retiring' after this year's relays, the team had high hopes for a podium finish.

Unfortunately, that classic orienteering mistake of a mis-punch meant that our team was disqualified. Rob Lines of SO was the official event photographer and he took some great photos of our juniors in action.

<https://www.flickr.com/photos/148096286@N05/albums/72157701155985415/with/42770956400/>

On the subject of volunteering and supporting the clubs juniors squad, I must say, on behalf of myself, Alastair & Lucy, it was a privilege and pleasure to support these talented athletes over the weekend of the relays. Our club relies on its many volunteers, not just those with named jobs like 'Club Captain', but it relies on those volunteers who collect controls after events, those that give up their precious weekends to plan, map, coach or just be that supervising adult for a junior weekend away. So, if you are at a loose end and need something to do, just volunteer for your club.

Just the one date for your diary and that's 17th March 2019. Please, please reserve that date for your club as it's the first round of the Compass Sport Cup. As always in the heat, the club with the most runners usually wins. Luckily, the 2019 heat will be a little nearer than previous years. It will either be in Nottinghamshire or Warwickshire.

Roger Phillips



Junior Captain's Corner



Q. What comes between control 5 and control 7?

A. A disqualified Peter Palmer team.

Despite mis-punching at the Peter Palmer relays this year, the juniors all had a great time. I was leg 2, which is my favourite leg to run as the sun rises whilst you are running, which makes the area look incredibly beautiful. This year, the Peter Palmer relays was held in a quite technical area, with lots of pits, which created a fun, but challenging, race. It was great to see a younger junior, Ben Glover, make his first appearance at the Peter Palmer relays with a very fast time on the yellow course.

The other major race was the Yvette Baker Trophy final, where we achieved a 5th place. This was a really enjoyable

race and the team competed well, especially considering how hot it was. Let's keep up the winter training and do even better next year!

Congratulations to all juniors who competed in major national races this year, particularly those who achieved podium finishes. Also, well done to Libby for being this year's Rising Star; I like to think of myself as the plummeting star of the family.

As a member of the Young People's Board for British Orienteering, I am currently researching and creating an opinion piece on recruitment of girls into the sport. If anyone has any thoughts or ideas on the subject, please get in contact with me via email or speak to me at an event. It would be great to hear from anyone, but particularly juniors, as the board is all about making juniors' voices heard!

Finally, make sure you know which races you need to go to for selection for various tours and events throughout the year, details of which can be found on the JROS and BOF website.

Anna

Have you changed your email address lately?

If you have, then please don't forget to inform our membership secretary, Jane Dring-Morris, by email: janedringmorris@gmail.com to ensure your contact details are updated.



Top 10 Performances from Major Championships

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

British Orienteering Championships, Balmoral 19th May 2018

M45L 1st Andy Simpson

Lakes 5 Days: Day 1, Silver How, 29th July 2018

M85 2nd Don Moir

Day 2, Angle Tarn Pikes, 30th July 2018

M85 1st Don Moir

Day 3, Whinlatter, 31st July 2018

M85 2nd Don Moir

Day 4, Askham Fell, 2nd August 2018

M85 1st Don Moir

Day 5, Dale Park, 3rd August 2018

M35S 8th Chris Heaton

M85 1st Don Moir

White Rose Weekend, Helmsley, 24th - 27th August 2018

Days 1 and 2 Combined

M10A 9th Eon Simpson

M18L 3rd Oscar Ferris

M50S 1st Steve Chafer

W10A 3rd Ellen Simpson

8th Berangere Le Goff

W18L 4th Jess Dring-Morris

W18S 1st Caitlin Chafer

W21L 4th Julie Ferris

W50S 1st Jane Dring-Morris

British Sprint Championships, University of Bath, 1st September 2018

M10A final 3rd Daniel Glover

M14B final 2nd Ben Hardy

M50B final 3rd Richard Leake

M70B final 3rd Chris Bosley

M75B final 2nd Peter Leake

M85A final 1st Don Moir

W10A final 5th Ellen Simpson

W40A final 1st Toni O'Donovan

W55B final 9th Ursula Williamson

British Middle Championships, Stockhill New Wells, 2nd September 2018

M10 1st Daniel Glover

M12 2nd Ben Glover

M14 9th Ben Hardy

M45 1st Andy Simpson

M75 10th Peter Leake

M85 2nd Don Moir

W10 10th Ellen Simpson

W14 10th Libby Barber

W40 1st Toni O'Donovan



Annual Accounts 2017 - 2018

The club's accounts will be presented at the AGM and will show more detail than the summary printed below.

The position for the coming year is one where there is a deterioration in the club's position with rising costs of putting on events and the return of the East Midlands Orienteering Association 50p Levy, which was suspended last year.

Consequently, we are increasing event fees for seniors to £8 at Level C events, e.g. the East Midlands League, and £5 for Winter/ Summer League events. This will mitigate half the anticipated loss.

Roger Edwards

Treasurer

EVENTS			ACTIVITIES		
Income		24,670	Income		
Donations		2,670			
<u>Less expenses for specific events</u>			Club night	1,020	
Land access	3,030		Donations received	5,370	
Levy	3,610		Gift aid	2,820	
Officials' expenses	3,750		Sales	1,000	
Hire of facilities	2,650		Other	1,830	12,040
Other	6300	-19,340	<u>Less Expenses</u>		
<u>Less other Expenses</u>			Club night	1,020	
Map printing	3,380		Sales expenses	592	
Equipment	1,870		Team entries	520	
Other	1,610	-6,860	Travel support	5,230	
			Other	3,770	-11,130
Events Surplus		1,140	Activities Surplus		910
			Overall Surplus		2,050



Summer League 2018



Andy: 1st Senior Man and best score before handicapping, summer league overall winner.



Ursula: 1st Senior Woman , 2nd Senior Woman in the Sprint & Urban series.

Presentations by Club Chairman, Chris Phillips.



Ed: 2nd Senior Man



Jane: 2nd Senior Woman, 3rd Senior Woman in the Sprint & Urban series.



Roger: 3rd Senior Man.



Maureen: 1st Senior Woman in the Sprint & Urban series.

All photos: Alan West



Imogen: 1st Junior Girl in both the summer League and the Sprint & Urban series.



Daniel: 1st Junior Boy, 2nd Junior boy in the Sprint & Urban series



Jessica: 2nd Junior Girl

Steve: Best use of a summer league area, Aylestone



Libby: 3rd Junior Girl

Roger: Awarded for the most economical use of SI kit on a summer league event.





*Alastair: 1st Senior
Male Sprint & Urban
series*



*Kevin: 2nd Senior
Male Sprint & Urban
series*



*Andy: 3rd Senior
Male Sprint & Urban
series*

Other Summer League positions for members not present:

3rd Senior Woman.....Felicity Manning

2nd Junior Boy.....James de Salis Young

3rd Junior BoyNick Wilson

1st Junior Boy (Sprint & Urban series)
.....Nick Wilson

3rd Junior Boy (Sprint & Urban series)
.....James de Salis Young

Safeguarding in Orienteering

One of the mechanisms that British Orienteering has to facilitate the reporting of potential safeguarding concerns is a safeguarding email address. This allows individuals to report safeguarding concerns directly to the Lead Safeguarding Officer within British Orienteering. Reports could include any concerns about the welfare of children, either within or outside of orienteering, and any concerns over adult behaviour

related to the welfare of children. The email address is: safeguarding@britishorienteering.org.uk

British Orienteering has asked that event organisers publicise this email address at all events from now on.

*Wendy West
Club Welfare Officer*



Photo Gallery: British Middle Distance Championships



Ben



Richard

Photos by Scott Bailey
and Steve Rush.

Jane



Chris



Club Chat

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

James and Zara Rogers

Jonathan Lee

Congratulations to Libby, who was awarded the Rising Star Award by Chairman, Chris Phillips, at the recent Club Championships.



Congratulations to members, Chris and Liz, on the birth of their son, Marcus James, born on 19th August at 9.24pm, weighing 8lbs 3 ozs. The photo below is from an event on 15th September at Swindale North, their first since the birth, with Mum and Marcus looking on as Dad competed.



The following member has recently achieved his colour standard:

Colour Standard	Member
Short Green	Peter Chick





Congratulations to LEI members, Julie and John (ex TVOC), who got married on 27th May. The ceremony took place at Eilean Donan Castle, in Scotland, and the reception was held in the Lakes at Far Sawrey. The reception tables had an orienteering theme as they had met each other on a start line. They have now moved from Leicestershire up to the Lakes, with Julie starting a new teaching post in Carlisle and John busy renovating their new house. They are the third family from LEI to move to the Lakes recently, following the Rennies and the Heatons.



Table decoration at Julie and John's reception.

Congratulations to Andy and Roger, who were presented with Event Official coats at the recent Club Championships.



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

Racing Challenge

Gold 4 Stars: Caitlin Chafer

Navigation Challenge

5 Stars: Tuomo Tikkanen

The AGM will take place on Monday 29th October at the Glenfield Parish Rooms, Stamford Street, Glenfield. The meeting commences at 7.30pm. Light refreshments are provided after the meeting, followed by an open forum. ALL WELCOME.



Have You Got Permission?



First off, we owe Laurie Fluck a vote of thanks for his tireless work as our Permissions Secretary. Laurie has recently retired from this important role after five years of sterling service. During this time, he cultivated the

relationships between our club and the landowners, upon whom we rely so much for our sport. Thank you, Laurie!

Laurie has handed the baton to me to take the role on into the near future. Maybe you have never heard of this crucial role? You can be excused of that as it is one of the many back-office roles that is rarely brought to the fore. Probably the only people in our club that have anything to do with the Permissions Secretary are the organisers and planners, apart from, of course, the Events Committee. When you attend an event, all you are bothered about is taking part and having a good run, a good natter, with results uploaded to the website that very same afternoon! And that's just how it should be. But, to get to that stage, there's been an awful lot of work completed by the back-office boys and girls, all beavering away on your behalf – for free!

Taking a look at permissions, in particular, there are hardly any orienteering areas that do not require access permission of any kind. Urban orienteering is one of those and open-access areas are another. However, they tend to be in the minority. The vast majority of events, therefore, require an

agreement with the landowner. Our landowners come in all shapes and sizes! We have to deal with city and county councils, borough councils and sometimes parish councils. Then there are the private and charitable landowners, schools, sports clubs, etc. Some, such as the councils, require their unique application forms completing and, as you can imagine, there's plenty of paperwork to get through. Councils are not the fastest at granting permission, very often requiring further details such as route maps, risk assessments, likely attendees split down to ethnic type, gender, age bands..... One recent club league event required permission from four different landowners!

Private landowners, luckily, tend to be more laid back over the whole issue of access. Very often, an email is all it takes to grant permission. Private landowners are under no obligation to grant access and their decision may depend upon how it all went the last time we used their area – so please do not break down fences or walls in your efforts to trim a few seconds off your time! Out of bounds areas are also there for a good reason; we don't put those on maps for fun. Entering those areas could result in future access difficulties.

Unfortunately, we have to provide an increasing amount of supporting details in order to obtain permissions. This is just symptomatic of our society and the fear of the claims culture we find ourselves in. As you might imagine, councils require probably require the most detail, but even the charitable institutions and some private landowners are waking up to the need for more detail, usually driven by their insurers. Access charges should be



of concern as increasing numbers of landowners charge for our events. Sometimes it's just a donation, sometimes it's time based, sometimes it's based on a head count, but these costs we increasingly have to bear between us.

Permissions are normally applied for three months in advance. This is the minimum amount of time the councils usually demand, so we apply it to all types of permission request. Major events require permission some time in advance; in fact, we have just applied for permission for an event in 2021! It's not possible to say any more about that event at this time, but it is a prestigious, national level, event and, hence, the organising team needs to know permission is in place before all the work commences.

If you are a planner or organiser, you can assume that permission is, or will be, granted for your event, unless you hear otherwise. We don't want to burden our event officials with any more than they have to think about and there is no need to contact the Permissions Secretary, unless you really are concerned.

With the move from Laurie to me, there have been a couple of changes, as you might expect. Probably the biggest change relates mainly to council and charity owned areas. These will usually require an application form completing and that will, in future, be forwarded to the organiser of the event. This is not to increase workload, but the organiser should know more about the event and be able to answer the questions. There are often conditions that the organiser ought to be aware of and these are usually included. Please don't fear the paperwork as the Permissions Secretary will help with any queries you might have.

We are trying to make the permissions process easier for all concerned,

including the landowners. One of the ways in which we are aiming to achieve this is to have a single point of contact between the club and the landowners – the Permissions Secretary. This way, communication between us should not become confused, and relationships between the club and landowners can be enhanced. No other member in the club, with the exception of the Chairman and the Treasurer (for payment purposes), should have direct contact with a landowner (except in special circumstances).

Adding a word of warning, or maybe a plea: if, whilst competing at an event, you have contact with a member of the public, a farmer, or an employee of a landowner regarding a complaint against you, the event or the club, please do not get involved in a discussion about the rights and wrongs, but let a committee member or the event organiser know the details. The committee member or the organiser will then pass the details to the Chairman or the Permissions Secretary. Sometimes, these incidents come to nothing, but there have been occasions where complaints have been made to landowners, which then come back to the club. It is important, again, that committee members do not take it upon themselves to communicate directly with a landowner regarding a complaint. It has been agreed that, in future, complaints will be handled by the Chairman and the Permissions Secretary, thus keeping our line of communication clear and concise.

Do bear a thought for our back-office boys and girls. Next time you compete, please spare a thought for all the work that has gone into that event, and please think twice before criticising! We are, after all, only volunteers.

Andy Portsmouth



Club Championships 2018



*Daniel,
1st, M10 & under*



*Ben,
1st, M12 & under*



*Libby,
1st, W14 & under*

*Matilda,
2nd, W14 & under*



*Harrington,
1st, M14 & under*



*Imogen,
1st, W18 & under*





Jess, 2nd, W18 & under



Ben, 1st, M18 & under



Maureen, 1st, W60+



Roger, 1st, M60+



Kevin, 2nd, M60+



Andy, 3rd, M60+

Alison, 1st W20 to W55



Ursula, 2nd, W20 to W55



Jane, 3rd, W20 to W55





Ethan, 1st M20 to M55



Andy, 2nd, M20 to M55



Richard, 3rd, M20 to M55



Ed, Golden Boot Trophy

The championships took place on Saturday 8th September in the Outwoods, with the courses planned by Steve Chafer. This was followed afterwards by refreshments at Quorn village Hall, where Ursula had admirably catered for all those present.

Certificates and trophies were presented to junior members, with senior members just receiving certificates. Senior member trophies will be presented at the presentation evening on Saturday 2nd March, 2019.

All photos: Alan West



Diary Date

The next annual presentation evening will take place on Saturday 2nd March, 2019. The venue will be Longcliffe Golf Club, Snells Nook Lane, Loughborough. LE11 3YA.



Lagganlia 2018

I arrived at Lagganlia on the Saturday evening, already exhausted from an early start by taking 3 trains from Nottingham to Aviemore and being picked up by the minibus. We spent the evening getting to know each other before starting the training the following day and being given our tour tops (which are much nicer than those from previous years). Over the next week, we would be learning lots of new skills, gaining lots of experience and having the chance to practise all this in a race. Each day generally consisted of a few shorter exercises in the morning, then a longer exercise in the afternoon



Photo: Wendy Carlisle

and a relay or something fun. The evenings were usually spent talking about the day in our coaching groups, then listening to a briefing from Nev, before playing a lot of Irish snap or sometimes playing football with the junior coaches and making them late for their briefing.

My favourite area was Roseisle, which is a very runnable sand dune forest, with a few areas of thicker and tougher terrain. Here, we practised map memory, before running a relay and completing a short course in a greener area on the map. I found that the map memory was very useful and was surprised how much detail I could remember. Also, it was fun to navigate in the thicker terrain, as visibility was low, so you had to know exactly where you were going.

One of my favourite exercises was the sketch map. We were given a map of North Granish, which is a small area with lots of small features, such as pits, depressions and small hills. We then had to draw a simplified version of the map and create a course, before running our course. Despite forgetting to put the north lines on my map, so making a 90 degree error at the start, my map was very successful and I managed to find all my controls without any trouble. And my mistake at the start made me realise that it's quite easy to line up my map on the features around me and I can be less dependent on my compass.

One of the most difficult exercises we did was the checkerboard, which is an area of forest with small squares of white and different shades of green in the pattern of a checkerboard. This was very challenging as it required a lot of concentration and, for me, this was a completely new experience and I soon





Photo: Wendy Carlisle

managed to get lost and had to get out to relocate.

Also whilst at Lagganlia, we ran a sprint

qualifier at Glenmore Lodge and a final at Badaguish. Both courses contained multiple butterfly loops, which were quite confusing and frustrating. However, I did really enjoy both sprints and can definitely say 31 controls over 1.7km is a lot, especially with a scale of 1:1500! Also, we ran a classic race at Inshriac, which is a forest with lots of different terrain, but we ran in an area of runnable forest with lots of contour detail and a few large tracks, which, of course, we ran straight across. The course was very challenging and even some of the coaches struggled with it. But, overall, the sprints and classic race were very enjoyable and good experience.

Overall, Lagganlia has given me a lot of experience and new skills that I can use when I'm orienteering, and I've made a lot of friends that I'll see at bigger events. I'm very grateful for all the coaches who helped me and for all the funding I received from LEI and the East Midlands.

Libby

European Trail O Championships

Sitting at 12th in the British ranking at the turn of the year with 6 places available left me not expecting a place of selection, so the email announcing my selection to represent GB at the European TrailO Championships was somewhat a pleasant surprise. I immediately accepted and planned time off work, working out the cost of flights and entry fees.

I've taken part in several TrailO events, the British Champs, at the JK and abroad

in Norway, Finland, Latvia and Slovakia. TrailO abroad is much more difficult than home; like most orienteering, the areas are better and there are more orienteers, so maps are better.

TrailO is not a physical sport; it is designed for wheelchair and mobility-impaired athletes to take part in orienteering on an equal level with those fully able, so technical training is most important. As with Foot O, coaching and planning can improve your own





Photo: Klabinda, European Trail O championships, Slovakia

knowledge as much as being coached and taking part in events. So the majority of my training this spring has come from planning the Irchester Middle Distance event and the TempO at the JK.

TrailO has two disciplines: PreO and TempO. As in FootO, the key part is in understanding and interpreting a map. However, this is done at a distance from the controls and there is no running between the controls; time sometimes matters, but thinking time, not time across the ground.

In PreO, competitors have a standard orienteering map (usually sprint at 1:4000), but must remain on a specified trail at all times. When you get close to the place, the control circle represents there will be a viewing point (not marked on the map) and between one and five kites in the landscape; the exact number is indicated in the control description. The task is to determine which of the kites corresponds to the one in the centre of the circle, as described by that control

description. This is a lot easier to say than do. The task is more complicated, as there could be no kites that fit, in which case the answer is recorded as Z, for zero. Usually, your decision is recorded with a pin punch on a large control card, but in very big events a carousel of SI boxes is used. PreO has two classes - Open and Paralympic - and at the British and JK there are also junior categories. There is an overall time limit based on the number of controls and the length of the course, with Para competitors receiving an extra 10 minutes. Both genders compete in the same class. PreO can become quite physical, as running will give you more thinking time.

In TempO, the sprint version, Para and Open classes compete together in a single class and it is truly fair, probably the only sport where juniors, seniors, men, women, able, partially able and wheelchair users can compete as equals. The course is divided into several stations and at each station there is a viewing point with a chair and 6 kites in the landscape. As far as is possible, the competitor is prevented from observing the landscape as they walk to the chair. After being introduced to the kite locations, you are given a book of maps (up to 6). Each map is a 5cm circle (usually) with a control circle in the centre and a control description. The viewing point is somewhere on the map, but not marked. The task is to identify which, if any, as zero (Z) answers are possible, of the kites is the one described by the circle and the control description. This has to be done as fast as possible with the best Trail orienteers taking a few seconds. After your decision, a marshal records your answer and you flip to the next page. The time limit is a total of 30 seconds per control at the station. Your score is the time taken with 30 seconds added for each you get wrong. As the





Photo: Klabinda, European Trail O championships, Slovakia

decisions are taken sitting down, this is referred to by my esteemed orienteering colleague, Mr Wilson, as 'deckchair-O'.

PreO uses a TempO-style station with 2-3 controls as a tie breaker, this time with no zero answers. At the JK in 2016, Pete Huzan (SLOW) and I got the same number of controls correct, but he was 2s faster on the timed control, so he received the gold medal and me the silver - my best result in an actual competition, but I did also win an informal TempO event in Norwich just before ETOC.

So, to ETOC and the most expensive entry fee event I've ever been to, with athlete accreditation fees taking this to over 200 Euros. With accommodation and travel to consider, the grants from EMOA and LEI made the trip more comfortable. More and better TrailO events take place in Europe, and over the past year I've travelled to Norway, Finland, Latvia and Slovakia to get some experience.

We arrived late afternoon at Bratislava and stayed the night at the event centre hotel. The first day was spent at a model event, a 12 controls PreO course and 3 TempO stations. We were also introduced to the long-distance kites. These are 1m square and used for PreO stations, viewed from over a km away. The purpose of the model events is to get us use to the terrain and the sort of problems that we might expect to see on the event proper.

The next day was PreO 1 and I'm wearing GB kit. I settled well into the course, but made more errors than my team mates, finishing 6th in the GB team. However, my PreO 2 performance was better and I moved to 5th beating my room mate, Peter Huzan (!). Both events were difficult with severe concentration needed simply to complete the courses without doing anything silly. I finished 78th out of about 120.

The next event was the relay with 2 teams of 3 being selected. I was in GBR2. The event took part in a castle, so similar to some British events in parkland, which helped the GB athletes. In the relay, all competitors go into quarantine waiting for their team mates to complete the course. On arrival, we discovered the toilets hadn't arrived, so after some hours of waiting, the organisers dismantled the course so we could walk through the event area to use toilets at the car park. There was a lot of running here. Everything was delayed, and as the Paralympic competitors lined up at the start, several in wheelchairs, the 3-minute countdown started and the toilet lorry appeared over the hill – there was a standoff wheelchair vs lorry before the latter chickened out and pulled off the path so the competition could start.

The PreO course was quite easy, but had 3 of those long-distance controls, which I found too hard. However, the 3 members



of GBR1 had clean runs, along with only Finland. The TempO stations proved more of a challenge for GBR1 than GBR2, and with the final competitors (John Kewley of MDOC and Ian Ditchfield of MV) having to make decisions in front of the crowd with live feedback (by red or green marker) of his performance. GBR1 eventually ended up with the bronze medal – a fantastic achievement. GBR2 finished creditably in 19th.

The final event was the TempO, with 6 stations of 4 in the heat and the top 18 of each heat getting to the final. TempO is very difficult without the regular training and practice that our Scandinavian counterparts manage, with only John Kewley getting to the final and finishing 17th. The Finnish team took 4 of the top 5 places, including the entire podium. The

organiser was heard saying, “Don’t worry, we’ve got 3 Finnish flags.” There was some controversy with a complaint and the organisers voiding a complete station, followed by a protest against this and a decision by the jury to reinstate the station.

The final event was the banquet, with displays of Slovak singing and dancing, as well as excellent food and beer.

For me, a very enjoyable week representing my country at orienteering, a position on the world ranking tables for TrailO and a hope to have another chance sometime in the future. Thanks to both LEI and EMOA for their support.

Iain

Retired Man Chronicles - Summertime Blues

Two days ago, RM returned from the World Radio O Championships in Korea, where he and the other Great Britain team member, Robin Bishop, both won bronze medals. Unfortunately, RM has not taken up the suggestion that he write ‘The Chronicles’ on the eleven hour return flight from Seoul, so I am beginning to compose this on the Airbus A321 holiday flight to Sardinia.

He has been asked by Bob T to write an article for the radio enthusiast’s magazine ‘Rad Com’ and is willing to do this as ‘he gets paid for it’.

The summer of 2018 summarized in four words: HOT, FOOTIE, DIY and more DIY.

The hot weather began when the clan were altogether at Woburn Center Parcs

and RM disgraces himself when he was directing a fountain of water at grand daughter, Hattie, but something went wrong and he splashed a sleeping baby - sorry!

We had only been there a few hours and he had lost (misplaced) his car keys and phone already. He volunteers to take the long walk to the car park and then cycle back with our bike. We wonder what is taking him so long? Nobody had checked the bike and the flat back tyre refuses to inflate.

The hot weather meant that I spent hours watering plants as my plot is part of Thurcaston & Cropston Open Gardens. RM is not a gardener and is only allowed to mow the lawn and build the bean cages. Usually he disappears to O-ing for



the Open Gardens, but this Sunday he could not compete at Radio O as he had helped to site the transmitters. Instead, he is edging more of the lawn without his sun hat and is getting very hot and confused; so confused that he struggles to make teas and coffees. He misses an orienteering visitor, Felicity Manning, as he has gone to bed saying, "Edging the lawn was far harder than running up and down at Burrough Hill. No more gardening please."

I am swimming with the Brownies at Beaumont Leys and there are very few people there. Is it because the flumes aren't working (again) or because England are playing Croatia? At 7pm, the National Anthem sounds out across the pool as the match begins. Soon, I am driving home along empty, ghostly roads and the score is England 1 Croatia 0. John has gone to watch the match with other orienteers in Whitwick. At home, I fall asleep in front of the TV and wake to find that the match is over: 2.1 to Croatia. Oh dear, never mind. The young England team got to the semi-finals and no one expected such good results.

The DIY begins with a leak in the bathroom, fixing a front door lock and a car windscreen-washer pump, while the temperature rises to 30C.

RM returns from the O at Uppingham with stories of areas suddenly becoming out of bounds without the organiser knowing, and the delights of curry and cheap beer at 'Spoons; and also this car key story:

Chris B was RM's passenger and when he finished he picked up RM's (?) car keys. There was a click noise as he pressed 'unlock' to climb into the car. Meanwhile, Roger E's keys have gone missing. The puzzle is solved when RM returns and picks up the keys that are really his. He had not locked the car, which is why CB could open the door.

And the click noise? CB has RE's keys and the two cars are parked next to each other.

RM is doing more DIY: installing a new TV and breaking up old concrete posts. We still have very hot weather. So hot, he decides not to run at Foremark Reservoir and, instead, watches the FISU World O Champs relays on his phone, following Pete Leake's suggestion.

RM wants help to move the upright fridge/freezer out of its wooden carcass and lower it to the floor so he can access the pipes behind - 'a 10 minute job'

On this very hot day, we put fridge contents in cooler bags, take out the freezer drawers, then struggle to gradually lower the monster to the floor. John sets up an electricity supply to plug it back in again. How dirty can the outside of a fridge/freezer get when it is in a wooden cupboard? You would not believe it. I did not enjoy cleaning it, then refilling the insides on one of the hottest days ever.

Two evenings later, we empty the monster once more and struggle to put it on successively higher chunks of wood until it is level with its carcass to push it back in its space "Oh dear," says John. "Perhaps we should have put the wooden doors back on first?" Repeat lowering the monster back to the floor. It will wait till he is back from The Lakes. Screws lost to the plug, screws found, screwdriver lost, typical. It is still very hot weather, refill the monster then, shattered, off to bed and sleep with no duvet at all.

'A ten minute job'? I am still squeezing by the monster on the kitchen floor seven weeks later, but he has been to the Lakes and Korea in between.

I wave 'Goodbye' as RM sets off to The Lakes with Roger E and Chris B. The house is in a mess, but 'peace at last'



Home again from The Lakes and RM goes to Martinshaw O, but all I hear about is the free meal at the Stamford Arms.

RM is back to DIY-ing as I have waterlogged and ruined the sparking system on the hob. He has struggled and struggled to undo some screws and even broken some drill bits trying to drill out the screws. Son, Andrew, looks at the hob and, with just a little difficulty, lifts it out as it did not need unscrewing at all. The sparking system is now a box of matches.

For several days, the kitchen is eerily watery. Sunlight streams in through a huge blue plastic sheet as the patio doors are on the lawn, while RM replaces the rotten wooden sill. Unfortunately, in August, we get some rain at last, which is a bitter sweet event: listening to rain hitting the plastic sheet and hopefully not coming into the house, but knowing it is watering the yellow parched lawns.

RM has decided to have a new boiler, and to clean out the central heating pipes and radiators using a magnetic cleaner which takes grot out of the water that circulates in the system. It arrives in the post as I pop to the Anstey shops, and when I return John has the magnetic cleaner in pieces 'just to see how it works'.

The new boiler has arrived, and I help him take down the old one and lift and fix the new one in place high up on the wall. I lose count of how many times we lift those heavy old and new boilers, and struggle to fix screws into awkward places when pipes are not the correct length, or need more pipe bending, etc.

At 9pm, I have had enough of the horrible loud noises as RM drills holes high up through the garage wall. I am about to say that the neighbours will complain when the noise abruptly stops. The

ladder platform has collapsed and RM has fallen. Thankfully, he is unhurt, but feeling silly as he had not put the safety bolts in place.

There is some respite from DIY as John is going with Alastair to Lincoln, and Google maps is giving suggested routes. Out of interest, he glances at the public transport possibilities. "Look, I could go by bus!" but then he realises the bus doesn't leave for Lincoln until Monday.

As RM is chatting on the phone, I notice grey water dripping from the oven and flowing across the kitchen floor. RM is flushing out the radiators with power-flush equipment hired yesterday for 24 hours and is in a hurry to finish the job. Oh dear, he had forgotten to screw back something upstairs in the bathroom and the water has soaked the bathroom carpet ('We need a new carpet anyway') before dripping downstairs and into the kitchen. We also have a big black stain on the landing carpet underneath an old radiator. We put the radiator out for the recycling lorry, but it was still there until the 'Gypsies spotted it'.

Sunday 26th August was a miserable, rainy day and we feel sorry for those orienteers at The White Rose. Pity John did not go as well, instead of all this plumbing havoc, but he wants to finish the pipe work before going to Korea.

John needs some 'little gifts from England' and we have been racking our brains what to give the radio orienteers in Korea. Answer: Fox's Glacier Fruits 'from Leicester.' If you have half an hour to waste, you could ask RM the trouble he had with Tesco and ordering Korean money called 'Wans'.

At last, I am to have 2 weeks of freedom from being plumber's mate ('I'm getting too old for this') as he sets off to Robin's



house before flying to Seoul from Heathrow. Photos and news from Korea include a bronze medal each. Amongst the photos is one of a remote control with strange symbols. No it's not for the TV but for the bidet. RM and his bottom investigate.....

David Anderson has just moved to Anstey and I predicted I would probably see him in the Co-op. So we laugh as the prediction comes true. However, he has some unfortunate news about Sue Bicknell and a broken ankle from a slight accident at Warwick Uni campus.

RM considers he has had a good Korean holiday as he has only lost 3 things: a souvenir towel, a lead for the GPS and the magnifier from his compass. He also has sweets, key rings and biro's swapped for the Glacier Fruits.

Oh no, he is back to the soldering and pipe bending and it is only a day and a half until we fly to Sardinia. Please, please can someone find him an event to organise, or an area that needs mapping, preferably on the far side of the county?

Irene Marriott (Plumber's Mate)

Out and About



The Summer League has come and gone, and we are all a year older. It is noticeable that our age profile climbs steadily and car park talk is now more about injuries and medication than best times.

When I took up the sport, it was to go to wilder corners, given my main interest of high level walking was more distant when I moved to the Midlands. The sport was an extreme sport and though I never aspired to be able to compete at that level, I did enjoy pitting myself against a rough environment and whatever the weather can throw at you. There were fast runners going round obstacles and, 'nutters' like me, trying the direct routes, but it was a real challenge.

I also enjoyed planning, mapping and being in quiet places at the start of day when wildlife was about. The body will not allow this now, other than on an occasional basis, and in any event we

have to resort to events in urban areas ever more frequently. That has become a sport within a sport, which has its devotees, but I find running on hard surfaces more punishing, and the only wildlife you see early morning is 'n'er-dowells' on their belated way home. This does mean I have less opportunity to be out and about to get those pleasant surprise wildlife experiences

As Access Development Officer, I also used to explore pockets of woodland, looking for new areas, but few are left to find and major new plantings have dried up. As an orienteer, I find this frustrating and disappointing, but as a sport we are less willing to contrive events in small areas, changing in the streets, etc., with no toilet facilities. We also 'lose' areas because of avaricious land owners, so we do need to use imagination to create new experiences for people.

One way is to use our larger areas from more directions. Only the top runners ever get round a whole area, so this opens up new territory for many runners. I really enjoyed doing Martinshaw from the back in the summer league and would



like to see more such events

Strangely, as I mentioned in the last newsletter, Glenfield now has about 150 new acres of open land with mature woodland, new plantings, streams, ponds, ditches, bogs and hills, etc., made available to us recently. In the process of appreciating and marketing this, I have become aware of, and adopted, a new charitable vehicle which not only tells of finds but allows all and sundry to contribute. NatureSpot is a Leicestershire-based charity with the aim of promoting the wildlife and wild places of Leicestershire and Rutland, helping to increase public awareness of, and interest in, local biodiversity. It is entirely run by committed volunteers. Their aim is to help the public to identify local wildlife, to learn about the natural environment and to encourage public participation. It is an online showcase of the wildlife and wild places of Leicestershire and Rutland.

Anybody and everybody is invited to record findings and it is a simple process. You can indicate how sure you are and experts will look at your suggestions to check whether it is credible, and if they think you may have wrongly identified it, they can get back to you to discuss it.

NatureSpot has a Board of Trustees comprising local naturalists involved in wildlife conservation, biodiversity recording and local natural heritage. They are also supported by experts and professionals such as the County Recorders and officers of the Leicestershire and Rutland Environmental Records Centre (LRERC), Leicestershire County Council, Leicester City Council and the Leicestershire and Rutland Wildlife Trust. You can also suggest wild places in your locality that can be set up with their own page and you can search by species, by location or by parish. If your Parish Council has not set up a page, encourage them to do so.

They only have to contact NatureSpot and, money-wise, they are only asked to cover the modest out-of-pocket costs of maintaining that page.

Whether you are out for a run, a walk or sitting in your garden, there is wildlife all around you, so why not help to build up the record. Have a look at their site; it is impressive www.naturespot.org.uk Select 'Glenfield' and you will see all the wild corners we could incorporate into an event.

As your access officer, I do keep beavering away and have my eye on a couple of modest possibilities. The Charnwood Forest Regional Park, of which I am a board member, is working up the projects within our £3M lottery grant, and a big part is connectivity, access and more use of Charnwood Forest for recreation. I would like ideas where links are missing, which would help us to use more areas and, indeed, where a parking provision would be useful.

In addition, the National Forest Company is creating a new website and is keen to use it to promote as many activities within the Forest as possible. The current website doesn't contain much information about our sport, despite the fact it enjoys good coverage, and there are lots of events across the Forest. I have helped with a bit of text about Orienteering and they will add a link to the LEI club website, but I wondered if there is anything in particular members would like me to ask them to include.

Some of us walk or run for exercise because we feel we need it. Some just do it for the sheer fun of it and enter events for the good company. No matter why we take to our feet, it is good for us. There is increasingly strong evidence of the health benefits, e.g. the fact that brisk walking improves circulation and the performance



of the heart and lungs. Walking can lower blood-pressure, reduce the risk of stroke and of heart disease. It can improve control of blood sugar in type-two diabetes and it has an important role in cardiac rehabilitation. Walking also promotes mental health and general well-being, and has the potential to be as effective as anti-depressants or psychotherapy in treating depression. Once people start walking, running is the natural next step.

Widespread take-up of walking generally could massively lighten the economic burden on the NHS, caused by physical inactivity, and provide a boost for rural economies. If your conscience is suffering after a good run when you go into a pub to re-hydrate, just think you

could be keeping that village pub open for locals who have lost their village shop, post office, school and church.

One thing we do all need to enjoy a walk is a footpath or open access land. A number of local walkers, including your author, are working to identify potentially valuable links and find historic evidence that they were once a footpath and should be recorded as such. Help is always welcome and if you are at all interested, have a word with me. It is fascinating and you need only do as much as you want, but every little helps.

Roy Denney

Summer League 2018 (abbreviated) Final Top 47 Places

Pos	Name	Club	Class	Best 10	Handicap	Events	Total
1	Andy Glover	LEI	M40	981	1060	140	1200
2	Edward de Salis Young	LEI	M45	933	1045	140	1185
3	Roger Edwards	LEI	M65	772	988	160	1148
4	Alastair Paterson	LEI	M50	830	963	180	1143
5	Roger Phillips	LEI	M40	896	968	170	1138
6	John Marriott	LEI	M70	722	952	160	1112
7	Simon Ford	LEI	M75	675	918	160	1078
8	Derek Herd	LEI	M50	756	877	140	1017
9	Kevin Gallagher	LEI	M65	664	851	160	1011
10	Andy Portsmouth	LEI	M60	650	806	180	986
11	Chris Bosley	LEI	M70	634	837	140	977
12	Peter Hornsby	LEI	M65	609	780	160	940
13	David Seaman	LEI	M45	724	810	120	930
14	Ursula Williamson	LEI	W55	608	754	150	904



Pos	Name	Club	Class	Best 10	Handicap	Events	Total
15	Jane Dring-Morris	LEI	W50	636	763	140	903
16	Ian Wilson	LEI	M50	705	818	80	898
17	Andrew Ward	LEI	M21	777	777	100	877
18	Peter Chick	LEI	M70	535	706	150	856
19	Imogen Wilson	LEI	W18	665	745	80	825
20	Stephen Chafer	LEI	M50	636	738	80	818
21	Iain Phillips	LEI	M50	603	699	110	809
22	Kevin Bradley	LEI	M60	569	705	100	805
23	Mark Sherriff	LEI	M55	590	708	90	798
24	Mick Smith	HH	M70	544	718	80	798
25	Peter Leake	LEI	M75	487	663	130	793
26	Robert Titterington	LEI	M75	501	681	110	791
27	Philip Caswell	LEI	M55	534	641	140	781
28	Felicity Manning	LEI	W65	506	668	100	768
29	David Bray	LEI	M65	530	678	90	768
30	Sue Bicknell	OD	W70	459	625	130	755
31	Maureen Webb	LEI	W65	455	601	150	751
32	Chris Phillips	LEI	M70	442	584	140	724
33	Nicholas Jarvis	LUOC	M21	656	656	60	716
34	Tuomo Tikkanen	LEI	M50	527	612	100	712
35	Mike Edwards	LEI	M70	386	509	80	589
36	Andrew Stuart	DVO	M35	499	519	60	579
37	David Pettit	DVO	M21	499	499	60	559
38	Jessica Dring-Morris	LEI	W18	406	455	60	515
39	Keith Willdig	OD	M65	332	425	50	475
40	Richard Naish	DVO	M50	359	417	50	467
41	Craig Lucas	LOG	M21	408	408	50	458
42	David Jenkinson	LEI	M55	322	387	60	447
43	Simon Starkey	LEI	M60	311	385	50	435
44	Steve Edgar	LEI	M50	309	358	70	428
45	Ed Chester	LEI	M40	336	363	50	413
46	Daniel Glover	LEI	M10	276	343	70	413
47	Toby Manning	LEI	M65	264	338	50	388



Winter League 2018/19

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 £5.00, 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 2nd March, 2019.

Fixtures

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

EVENT STRUCTURE IN FIXTURE LISTS

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




October 2018		
6th	DEE NWOA National B	Liverpool Big Weekend Day 1 Formby Dunes (UKOL) , Formby Dunes, Formby, Organiser: Norman Hall https://liverpoolbigweekend.wordpress.com
7th	SELOC NWOA National B	Liverpool Big Weekend Urban Event (UKOL) , Liverpool University, Liverpool, deeside-orienteering-club.org.uk/events/club+events.htm
7th	LEI EMOA Regional C	East Midlands Urban League 2018, Shepshed, Loughborough , Organiser: Laurie Fluck
13th	LEI EMOA Local D	Park Series 2, Western Park, Leicester. SK561042 Entry times: 1pm - 2.30pm. Dogs: On lead. Organiser: David Bray
13th/14th	CLOK NEOA National B	October Odyssey day 1, Flyingdales, Whitby October Odyssey day 2, Sneaton, Whitby
14th	DVO EMOA Regional C	East Midlands League 2018, Grangewood, Swadlincote dvo.org.uk
20th	OD WMOA Local D	OD Saturday Morning Event - Pooley Country Park, Pooley Country Park, Polesworth, Tamworth, SK257024 Entry times: 10.30 - 12.00. Dogs: Dogs to be kept on a lead please.
24th	LEI EMOA Local D	LEI Winter League 1, Watermead Park, Leicester, SK607114 Entry times: 11am - 12noon. Dogs: On lead. Organiser: Ursula Williamson. www.leioc.org.uk
27th	OUCO SCOA Local D	Oxford City Race, Oxford Organiser: Jamie Parkinson users.ox.ac.uk/~ouoc/cityrace/index.shtml
27th	LEI EMOA Local D	Park Series 3, Knighton Park, Leicester, SK606009 Entry times: 1pm -2.30pm. Dogs: On lead.. Organiser: Roger Edwards, www.leioc.org.uk
28th	NOC EMOA Regional C	Nottingham Urban Race



November 2018

3rd/4th	MOOC NWOA Regional C/ National B	Eurocity Race Tour Weekend (Twin Peak Day 1), Offerton Streets, Stockport Organiser: Trevor Roberts www.mdcc.org.uk Eurocity Race Tour weekend (Twin Peak Day 2), Central Manchester and Castlefield, Manchester Organiser: Andrew Gregory www.mdcc.org.uk
4th	NOC EMOA Regional C	East Midlands League 2018, Silverhill Wood, Sutton in Ashfield, SK473622
4th	SOC SCOA National B	November Classic, Hampton Ridge, Southampton Organiser: Kieran Devine
10th	LEI EMOA Local D	Park Series 4, Watermead Park, Leicester, SK602083 Entry times: 1pm -2.30pm. Dogs: On lead. Organiser Ursula Williamson. www.leioc.org.uk
17th	LEI EMOA Local D	LEI Winter League 2, Bagworth Woodlands, Leicester, SK458068 Entry times: 1pm to 3pm. Dogs: On lead.
18th	DVO EMOA Regional C	East Midlands League 2018, Linacre Reservoirs, Chesterfield, SK355730 Entry times: 10:00 - 12:00. Dogs in car park and assembly only. Organiser: Jon Cundill , jcundill@gmail.com , 01246 230563
18th	SELOC NWOA National B	British Schools Orienteering Championships
24th	GO SEOA National B	Southern Night Championships (UKOL), Puttenham Common and Britty Wood, Puttenham Organiser: Jeremy Wilde
25th	LEI EMOA Regional C	East Midlands League 2018 & Park Series 5, Bradgate Park, Leicester , Entry times: 10.00 to 12 noon. Dogs: On Lead. Organiser: Chris Phillips , onecp47@gmail.com, www.leioc.org.uk
25th	SN SEOA Major A	Southern Championships (UKOL), Hindhead & Devil's Punchbowl, Hindhead Organiser: Stephen McKinley



December 2018		
3rd	LEI EMOA Local D	LEI Winter League 3, Groby Urban Night, Leicester, SK518070 Entry times: 6.30pm to 7.30pm. Dogs: On lead.. Organiser: Chris Phillips , onecp47@gmail.com
8th	LEI EMOA Local D	LEI Christmas Novelty , Castle Hill Country Park, Leicester Organiser: Edward de Salis Young www.leioc.org.uk 
9th	DVO EMOA Regional C	Oakwood Urban, East Midlands and UK Urban League, Oakwood
12th	LEI EMOA Local D	LEI Winter League 4, Swithland Woods, Leicester, SK537130 Entry times: 6.30pm to 7.30pm. Dogs: On lead. Organiser: Chris Bosley
16th	NOC EMOA National B	East Midlands Championships, The Dukeries, Ollerton Organiser: Helen Parkinson , org20181216@noc-uk.org
23rd	NOC EMOA Local D	NOC Christmas Chase, Walesby Forest, Ollerton, SK668703
29th	OD WMOA Local D	OD Christmas Relays, Rough Close Scout Camp, Coventry
30th	LEI EMOA Regional C	East Midlands League 2018, Martinshaw Woods, Leicester, SK497061 Organiser: Derek Herd , derek@herds.kiwi
January 2019		
1st	DVO EMOA Regional C	East Midlands Urban League 2019, Markeaton Park, Derby Organiser: Val Johnson www.dvo.org.uk
5th	LEI EMOA Local D	LEI Winter League 5, Melton Country Park, Melton Mowbray, SK756208, Entry times: 11am - 12noon. Dogs: On lead. Organiser: Clive & Jenny Kent. www.leioc.org.uk
6th	NOC EMOA Regional C	East Midlands League 2019, Sherwood Forest, Mansfield



January 2019 Cont.		
13th	LEI EMOA Regional C	East Midlands League 2019, Spring Cottage, Ashby, SK310161
19th	OD WMOA Local D	OD Saturday Morning Event - Daventry Country Park, Daventry Country Park, Daventry, SP575629 Entry times: 10.30 - 12.00. Dogs: Dogs to be kept on a lead please.
23rd	LEI EMOA Local D	LEI Winter League 6, Ratby Woodlands, Leicester, SK494074 Entry times: 6.30pm to 7.30pm. Dogs: On lead.
27th	LOG EMOA Regional C	East Midlands League 2019, Belton, Grantham
February 2019		
2nd	LEI EMOA Local D	LEI Winter League 7, Hermitage Country Park, Whitwick, SK434157 Entry times: 11am - 12noon. Dogs: On lead.
3rd	NOC EMOA Regional C	East Midlands League 2019, Bramcote Hills & The Hemlockstone, Nottingham
10th	DVO EMOA Regional C	East Midlands League 2019, Birchen Edge, Matlock, SK277721
17th	LEI EMOA Regional C	East Midlands League 2019, Beacon Hill, Loughborough, SK510145
20th	LEI EMOA Local D	LEI Winter League 8, Fosse Meadows Country Park, Leicester, SP489910 Entry times: 11am - 12noon. Dogs: On lead.
23rd	MAROC SOA	British Night Championships (UKOL), Muir of Dinnet, Scotland Organiser: Denise Wright
23rd	OD WMOA Local D	OD Saturday Morning Event - Everdon Stubbs, Everdon Stubbs, Nr Daventry, Daventry, SP606562 Entry times: 10.30 - 12.00. Dogs: Dogs to be kept on a lead please.
24th	MAROC SOA National B	CompassPoint Scottish Orienteering League 1 (UKOL), Deeside AB34 5HT



March 2019		
3rd	MWOC WOA National B	2019 Welsh Orienteering Championships, Nash Wood, Presteigne, SO300630, Organiser: Terry Smith
10th	SYO YHOA Major A	Northern Championships (UKOL), Wharnccliffe Woods, Sheffield Organiser: Peter Gorvett
17th	?	CompassSport Cup Heat Please reserve this date in your diary.
23rd	OD WMOA Local D	OD Saturday Morning Event & Schools' Champs - War Memorial Park, War Memorial Park, Coventry, SP322772 Entry times: 10.30 - 12.00. Dogs: To be kept on a lead please.
24th	DVO EMOA Local D	East Midlands League 2019, Crich Chase, Belper, SK350530 dvo.org.uk
24th	CLOK NEOA Regional C	Regional event and YBT round 1, Errington Woods, Saltburn, NZ618201
30th	NGOC SWOA National B	NGOC Southern Champs Weekend Event (UKOL), Knockalls Inclosure (West), Monmouth GL16 8NU SO550125
31st	BOK SWOA Major	Mike Nelson BOK Trot and Southern Championships (UKOL), Moseley Green West & Cannop Ponds South, Bristol , Organiser: Howard Thomas
April 2019		
7th	LEI EMOA Regional C	East Midlands League 2019, Bagworth Woodlands, Coalville, SK446081 Organiser: Maureen Webb & Kevin Gallagher
13th	OD WMOA Local D	OD Local Event - National Herb Centre (tbc), National Herb Centre, Warmington, Banbury, SP410471 Entry times: tbc. Dogs: Dogs to be kept on a lead please.
19th/22nd	SCOA Major	Jan Kjellstrom Orienteering Festival-Sprint (UKOL)-Aldershot Garrison Jan Kjellstrom Orienteering Festival-Individual 1 (UKOL)- Frimley Jan Kjellstrom Orienteering Festival-Individual 2 (UKOL)-Cold Ash Jan Kjellstrom Orienteering Festival-Relays, Fleet, Minley



May 2019		
4th	AIRE YHOA National B	British Mixed Sprint Relays, University of Bradford, Bradford Organiser: David Averill
5th	AIRE YHOA Major A	British Orienteering Championships (UKOL), Kilnsey North & Arncliffe, Grassington, Organiser: David Shelley
6th	AIRE YHOA Major A	British Relay Championships, Middleton Park, Leeds Organiser: Chris Burden
12th	NOC EMOA Regional C	East Midlands Urban League 2019, TBC, Nottingham
19th	DVO EMOA Regional C	East Midlands League 2019, Calke Abbey, Ticknall dvo.org.uk
25th	HOC WMOA National B	Springtime in Shropshire 2017 Day 1 Urban/Sprint, West Midlands
26th	HOC WMOA Major A	Midlands Championships (UKOL)/Springtime in Shropshire Day 2, Brown Clee, Bridgnorth Organiser: Andy Johnson
27th	HOC WMOA National B	Springtime in Shropshire 2017 Day 3 Middle, West Midlands
June 2019		
8th	OD WMOA National B	Sprint and Urban Weekend (UKOL), Warwick University (tbc), Coventry
9th	OD WMOA National B	Sprint and Urban Weekend (UKOL), City of Coventry, Coventry
16th	DVO EMOA Regional C	East Midlands Urban League 2019, Allestree Urban, Allestree dvo.org.uk
23rd	LOG EMOA Regional C	East Midlands Sprint Championships 2019 and East Midlands Urban League 2019, Witham St Hughs, Newark



July 2019		
7th	EAOA National B	Yvette Baker Trophy Final, Hatfield Forest, Bishop's Stortford
13th	WCH WMOA National B	WCH weekend Sprint Event, West Midlands
14th	WCH WMOA National B	WCH weekend Classic Event, West Midlands
22nd-27th	International	O-Ringen, Sweden
28/7 - 3/8	STAG SOA National B	Scottish 6 Days - Strathearn
August 2019		
11th	LOG EMOA Regional B	East Midlands Urban League 2019, Lincoln City, Lincoln
17th	YHOA National B	Race the Castles in Yorkshire - provisional, Yorkshire
18th	YHOA National B	Race the Castles in Yorkshire - provisional, Yorkshire
24th-26th	EBOR YHOA National B	White Rose Orienteering Weekend, Scarborough
September 2019		
7th-8th	SBOC WOA National B	Senior Home Internationals Individual, South Wales
14th	LEI EMOA Major A	British Sprint Championships (UKOL), Loughborough University, Loughborough No dogs allowed. Organiser: Robert Haskins , piperdrive@btopenworld.com
15th	DVO EMOA Major A	British Middle Distance Championships (UKOL), Chinley Churn, Chapel-en-le-Frith, Organiser: Sal Chaffey



Photo Gallery: British Sprints 2018



Finn



Peter



Steve

All photos: Steve Rush

Andy



Roger



Jessica

