

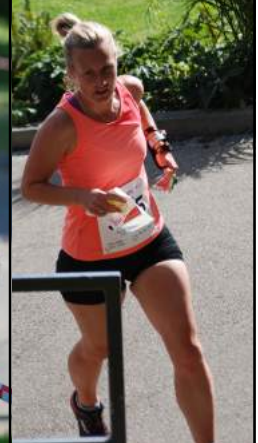
British Sprint Championships Host 2019



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



The LEIOC MTB Group

Memoirs of a novice ... Part 2

What3Words

The Surrey

Autumn 2019



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**Copy date for next issue:
15th January, 2020**

Front cover: Some of the LEI competitors at the British Sprint Championships 2019.

Photos: Steve Rush

Points from the Editors



A warm welcome to the Autumn edition. The British Sprints have been and gone, but what a great event it was, not to mention that we were blessed with the weather. You can read more about this from Chris and Roger Phillips in their regular offerings on pages 3 and 5, respectively, as well as Bob Haskins' article on page 15. Also, see the back page for the photos in glorious technicolour.

We urge you to read an interesting, as well as potentially lifesaving, article on page 17, entitled What3Words. Basically, if you download the aforementioned app onto your mobile phone and, subsequently, find yourself lost in the middle of nowhere, you will be able to summon help. The words, although random, are all mapped out, hence 3 words are all that are required to pinpoint your location. I say this as I am sitting in my lounge, log burner blazing, in the What3Words location of: starts.warms.jobs.

Congratulations to John Marriott on his fantastic achievement at the radio orienteering championships—you can read more on page 22.

The forthcoming AGM will be taking place on Monday 28th October at Glenfield Parish Rooms, starting at 7.30pm, and we hope to see you all there. Chris Phillips will be standing down after 8 years as our Chairman and I'm sure you will agree that he will be a hard act to follow.

Wendy and Alan West



Ramblings from the Chair



I was recently told that orienteering is in decline. However, our summer league this year has gone some way to disproving that. The average attendance at events this summer has been 53, an increase of 10 on last year. Even the quieter holiday period showed an increase in attendance on last year. My thanks to everybody who helped put together and run what has been a very enjoyable league season. Congratulations go to Andy Glover, the overall league winner and to Imogen Wilson who claimed the ladies prize.

Of course, the other highlight of the summer, for the club, has been hosting the British Sprint Championships. As usual, it was another polished performance by the club, delivering a high-quality event. Although the run up to the event was not without its problems, which ranged from the fairly minor - holes being dug in the heats' start lanes in early September to the major headache of the refurbishment of the Edward Herbert building that started just 10 days before we were due to use it as the event centre.

As always, we coped. Once again, many thanks to everybody who helped with the event.

The club champs will probably have come and gone by the time you read this - I hope you enjoyed the event. You did enter, didn't you? I hope you are not one of those members we never see at events!

The rest of the autumn programme will be our usual mix of urban and forest regional events, plus the ever-popular winter league. Ursula has put together a slightly different package this year. One reminder: night events will have courses closing at 8.15pm, with last starts at 7.15pm. One other change this autumn is that the club night is now on Tuesdays. Please see the club website for details.

A key date in our calendar is the club's AGM on Monday 28th October at the Glenfield Parish Rooms, starting at 7.30pm. The AGM itself lasts for about 30 minutes, followed by a buffet, then the evening is rounded off with an open forum, which is your opportunity, as a member, to air your views on the running and the life of the club.

This will be my last Chair's Ramble. I will, at the AGM, be standing down as your Chairman. Having completed 8 of the last 12 years as Chairman, it is well past the time for another member to lead the club. I shall, for the present, be staying on as Events Co-ordinator, so you will still have me twisting your arm to take on some task for the club!

Chris Phillips



Captain's Corner



Recipe for Success (or Disaster):

- 4 x bags of sand
- 200 x laminated signs
- 120 x plastic stakes
- 2 x orange mesh fencing
- 4 x feather banners
- 3 x dozen rolls of tape
- 20 x metal barriers
- 4 x gazebos (unused)
- 400 x cable ties
- 1 x duck tape
- 20 x clipboards
- 4 x Sharpie pens
- 4 x road signs
- 1 x video camera

Guess what it takes to build a Level A event? Everything listed above was used at the British Sprint Championships at Loughborough, plus a whole load of other odds and ends. Whilst the planner and organiser had a full 2 years working on the sprints, I, as the engineering team leader, had only a few months to translate the planner's dreams into a working arena (slight poetic licence!).

Actually, being a volunteer at a high profile, world ranking international event is fun, even if it is lots of hard work. I say

'volunteer' in the loosest possible terms because like all the team leaders at the sprints, we were approached about 12 months before the event to help, and no didn't seem an appropriate answer.

Being a team leader is very much about communication with the planner, organiser and the other team leaders. This meant site meetings, team leader meetings and lots and lots of emails. All this background effort was needed so the club could produce a quality, top flight event. As it turns out, we had the good weather booked and Iain Phillips' courses were well received. LEI's reputation for putting on good events has been maintained.

I would like to publicly thank my team for the hard work at the sprints. It made my job very easy on the day.

If you would like another side to the volunteering story, please ask my wife about her experience of saying "yes" to volunteering. P.S I am blaming the assistant organiser!

If you would love to look the part at sprint orienteering races, the club shop has a brand new sprint singlet design. I am currently taking pre-orders from members before placing an order with Bryzos in Bulgaria. The pre-order price is £18, payable on receipt of the top. If you are interested, please drop me an email or speak to me at an event.

Roger Phillips



Junior Captain's Corner



One of the main events of the summer for the juniors was the Yvette Baker Trophy final, which was at Sandringham this year. The juniors did really well,

considering how hot it was and how young the team was, finishing in 10th place overall. It was great to see some of the juniors from a local primary school joining the team and participating in their first major race.

Over the summer, several juniors have participated in different training camps and races of varying length, including Libby, who ran the Saunders Mountain Marathon, whilst others, myself included, stuck to the shorter distances of the LEI summer league. Also, a big congratulations goes to Harrington for being selected for the Lagganlia camp,

which is a one week training camp for M/W14s in Scotland.

This is my last article as Junior Captain as I am off to study PPE at Oxford University at the start of October. It has been a pleasure being part of the orienteering club for the last seven years and being your junior captain for the last couple. I will be joining the university team in Oxford (which is a little daunting as all the other freshers were on the sprint champs podium!). Good luck to all the juniors for the upcoming races in the Autumn, especially those going to the JIRCS and attempting selection for Interland. Check the JROS website for details on the qualifying races and selection process. I hope to see you all in a muddy field sometime soon!

Anna

Club Night

Club night has now moved to a Tuesday, although the venue stays the same at South Charnwood High School. The evening runs from 6.30pm until 8.00pm.

Since starting again for the Autumn, club night has covered sprint training prior to the British Sprints and navigation in a parkland setting at Castle Hill. There will be the usual mixture of indoor and outdoor activities. Park in the southern car park as usual, SK471092.

In November, the sessions will be for newcomers to deliver an event so we will cover the skills of planning, including the use of purple pen and organising,

culminating with the night sprint on Tuesday 3rd December.

This series will be especially to enable the juniors to plan and organise a complete event. Planners would benefit by having viewed the hour long BOF purple pen webinar from July. We will also introduce some of the extra features to help one review the courses. Everyone is welcome to these sessions.

The final week will be the quiz on 10th December, when you can expect three quiz masters.

Roger Edwards



Top 10 Performances from Major Championships

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

SINS 2019 - Day 1, 25th May 2019, Shrewsbury

M75+ 7th..... Peter Leake

Day 2, 26th May 2019, Brown Clee (Midland Championships)

M12A 6th..... Daniel Glover

M21E 10th..... James Rogers

M40L 7th..... Andy Glover

M80 9th..... Peter Leake

M85 2nd..... Don Moir

W10A 5th..... Cerys Glover

Day 3, 27th May 2019, The Wrekin

M85 2nd..... Don Moir

Scottish 6 Days, Strathearn, 28th July - 3rd August, 2019 - Overall results.

M10A 10th..... Eoin Simpson

M45L 7th..... Andy Simpson

M85 1st..... Don Moir

W40L 2nd..... Toni O'Donovan



White Rose Orienteering Weekend, 23rd - 26th August 2019.

Night Sprint

Vet Women 1st.... Toni O'Donovan

Sprint Event

Junior Women 6th.... Ellie Simpson

Senior Women 9th.... Jess Dring-Morris

Ultra Vet Men 5th.... Roger Edwards

8th.... Kevin Gallagher

Overall Results from Days 1 and 2

M10A 7th..... Eoin Simpson

M21L 3rd Andy Simpson

8th..... James Rogers

M50L 9th..... Alastair Paterson

M50S 7th..... Steve Chafer

M65L 5th..... Roger Edwards

W12A 5th..... Ellie Simpson

W20L 3rd Jess Dring-Morris

W40L 3rd Tony O'Donovan

W50S 1st..... Jane Dring-Morris

W55L 8th..... Ursula Williamson



**British Sprint Championships,
Loughborough University, 14th
September, 2019**

Final Results

M14A	8th	Ben Glover
M40A	5th	Andy Glover
M45A	1st.....	Andy Simpson
M50B	3rd	Ed de Salis Young
M50C	2nd	Matt White
MOpenC	5th	James Rogers
W12B	4th	Ellen Simpson
W16B	7th	Libby Barber

W40A	3rd.....	Toni O'Donovan
WOpenC	1st	Jess Dring-Morris
	9th.....	Zara Rogers

**British Middle Distance
Championships, Chinley Churn, 15th
September, 2019**

M10	7th.....	Eoin Simpson
M45	1st.....	Andy Simpson
M75	10th.....	Peter Chick
W12	10th.....	Ellen Simpson
W40	2nd.....	Toni O'Donovan

Photo Gallery - Scottish 6 Days



Harrington and Richard at the Scottish 6 Days.

Photos: Annie



Summer League 2019



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



Imogen: 1st Senior Woman, 1st Junior Female, 1st Junior Female in the Sprint & Urban series.



Ed: 2nd Senior Man.



Jane: 2nd Senior Woman in both the summer league and the Sprint & Urban series.



Roger : 3rd Senior Man in both the summer league and the Sprint & Urban Series.



Ursula: 3rd Senior Woman.



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



Andy: Best use of a summer league area: Swithland Woods.



Libby: 2nd Junior Female.

Presentations by Club Chairman, Chris Phillips.

All photos: Alan West



Jessica: 3rd Junior Female.



Maureen: 3rd Senior Woman in the Sprint & Urban series.



Memoirs of a Novice Orienteer-ing-er - Part 2

My last piece finished at the end of 2018, with my 41st event of the year at Martinshaw Woods.

2019 started with a bang on New Year's Day and an early parkrun at Markeaton Park, Derby, followed by a mass-start urban event at the same location. From an orienteering perspective, a mass-start was something completely new to me.

If you are not familiar with the concept, imagine the start of a 5k race, but for people with no sense of direction. On the command 'Go!', competitors took off in all directions, some running with purpose, some with hesitancy. The first pinch point was a bridge leading from Markeaton Park over the main road to the nearby estate where the real action was to take place. This is where I learnt my first lesson in reading control descriptions. After running round in circles a few times I found the control exactly where it should be, on the bridge. Not under it!!

Next up was our EMOA event at Spring Cottage, where I failed to duck low enough when passing under a barbed wire fence and managed to scalp myself. Being somewhat 'bald', I must say that did sting a bit. Fortunately, there was no lasting damage.

The following week, my wife and I travelled to Leeds to see our daughter, and on my way back I convinced my wife to take a short detour so I could compete in an event at Hugset Woods, near Barnsley. I found this very difficult with lots of pits and depressions, all looking alike. From the air, the area must look like something from the Somme. My status as a Forest Plodder was confirmed with a last place finish. On the plus side, I found all of the controls – eventually.

A steady run of regional events from January through to April, with some coaching from Chris Bosley at Bagworth, led me nicely into the JK. Not Rowling.

I have to say this was a fantastic event and provided some great challenges over the three days I was there. The problems with the results has been well documented. In fairness, it did not bother me too much - I was confident that I was not competing for a podium place.

For the event on day 3, I was glad that I had changed my event to a shorter one, as I had a disaster. I was determined to finish, despite three major errors, and I did with no mis-punches - hooray!

In June, I travelled to Witham St Hugh's, near Lincoln, for a sprint urban event. For those of you who don't know, Witham St Hugh's was formerly RAF Swinderby, and where I did my square-bashing as a 17 year old recruit in 1979. Suffice to say, bar some of the married quarters, little evidence remains of the area's RAF heritage, although I swear I could hear the ghost of Corporal Lewis shouting expletive-laden threats as I traversed the area! I do recall that my recruit pay was £5.01 a day and that beer was 30p a pint (for those allowed to drink). Happy days!

During the summer, I spent a few evenings reviewing my performance over the course of the first part of the year and I have come to the conclusion that orienteering is similar to golf in that a novice golfer can hit a shot as good as Tiger Woods. Doing it consistently is the challenge. In the same sense, hitting a control when you have used a combination of orienteering skills is within the grasp of most of us. Doing that across all controls on the course is another thing.



At this stage in my orienteering career, I would regard myself as a 28 handicapper. I hit the equivalent of a good shot every now and then, and on occasion get a lucky bounce. Will I get any better? I am sure I will improve to some extent, but it remains to be seen if I will become the equivalent of an 18 handicapper, let alone the equivalent of somebody who plays to a single figure handicap.

Enough of the golf and back to orienteering. It would be fair to say that if there was a consistent area for development, it would be route choice and planning. Too often I find myself heading off the path into a white or light green area in a general direction with a vague idea of how far I am going and what I am looking for. This is where 'Forest Whisperers' often help, particularly when I hear the familiar crack of branches breaking to the side of where I am and find that I was vaguely in the right area, but not quite on the button.

I was, therefore, delighted to receive an email from Roger Edwards offering me the opportunity to become an 'Apprentice Forest Whisperer'. If I wanted to, I could be shadowed at the local event at the Outwoods, to which I said an immediate "yes". I was to be shadowed by Richard Leake.

On my arrival, I was required to roll up my leggings to show that I had served my time in the woods and forests of Leicestershire as a Forest Plodder and that I did bear the scars on my knees and rips in my leggings showing battles with brambles and undergrowth. I was also required to pledge that I would not improperly reveal any of the secrets that were about to be given to me, to any unworthy Forest Plodder.

With the preliminaries completed, we set off on the long course.

In the 90 minutes or so I spent with Richard, much of what I had been trying to achieve in the previous 18 months came sharply into focus. Without breaching my pledge, I learnt the following:

1. Paths can be fake friends
2. Simplify. Take the detail out and identify the big features.
3. Get your head out of the map. Look up and around.

I learnt a lot and have had an insight into the thinking of a Forest Whisperer. This exchange between Richard and myself sums up the evening as we approached a control towards the end of the course.

Richard: "What is your plan?"

Me: "Turn right down this path to the junction, turn left then to next junction and left again and look for the path junction on the left. Use this as an attack point to the control, which is a large bush on the right."

Pointing to a path about 100 metres in front of where we were standing, Richard said, "Where you are looking to get to is just over there, we can run straight to it."

Taking on board Richard's advice, I reviewed many of my recent events using Routegadget, particularly my disaster at day 3 of the JK, and I have tried to apply it to the events I have taken part in subsequently. There is also a great video available on the British Orienteering website about simplifying the map, which I would highly recommend.

To my fellow Forest Plodders, do not despair, help is available. If you can find it!

Till next time.

Philip Caswell



Club Chat

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

Martin Lewis
Olivia Spencer

Colour coded awards were recently achieved by the following club members:

Colour Standard	Member
Yellow	Eoin Simpson
Orange	Robyn Jarvis Daniel Glover
Light Green	Isaac Spencer

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

Navigation Challenge

4 Stars: Zara Rogers

4 Stars: Isaac Spencer

Racing Challenge

Bronze 2 Stars: Daniel Stothard

Bronze 4 Stars: Isaac Spencer

Bronze 5 Stars: Peter Dargue

Gold 5 Stars: Maureen Webb

Diary Date

At the time of going to press the date of the annual presentation evening 2020 has not been fixed. Watch out for the date in your weekly e-newsletter and on the website.

Summer League

Summer league positions for others not present at the presentations (see report on page 8).

1st Junior Male Isaac Spencer

2nd Junior Male Ben Glover

3rd Junior Male Joesph Twigg
(LUOC)

1st Junior Male (Sprint & Urban series)
..... Adam Cladingboel

2nd Senior Male (Sprint & Urban series)
..... Richard Gale (DVO)



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.



Diary Dates - AGM - 28th October 2019

The date for the AGM is Monday 28th October, starting at 7.30pm. This will be held at the Glenfield Parish Rooms, Stamford Street, Glenfield, Leicester. LE3 8DL. You will have received an agenda for the meeting through the post. Please make every effort to attend.

Annual Accounts 2018 - 2019

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

EVENTS			ACTIVITIES		
Income		14,570	Income		
Donations		530			
<u>Less expenses for specific events</u>			Club night	850	
Land access	1,070		Donations received	9,150	
Levy	3,700		Gift aid	1,840	
Officials' expenses	1,570		Sales	750	
Hire of facilities	1,400		Other	2,590	15,180
Other	1,120	-8,860	<u>Less Expenses</u>		
<u>Less other Expenses</u>			Club night	630	
Map printing	1,880		Sales expenses	350	
Equipment	1,580		Team entries	1,090	
Other	2,410	-5,870	Travel support	9,710	
			Other	2,540	-14,320
Events Surplus		370	Activities Surplus		860
			Overall Surplus		1,230



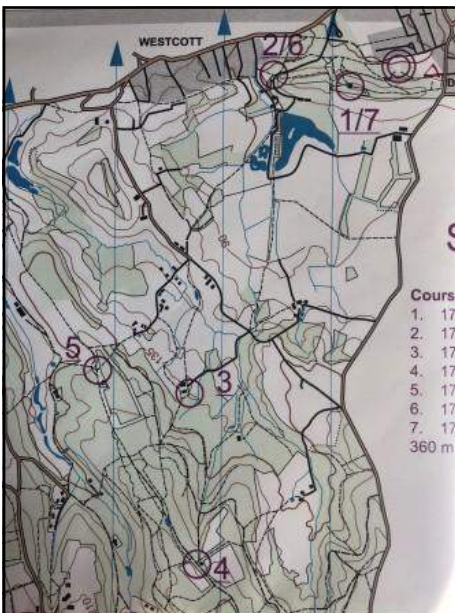
The Surrey Hills Races 2019

Since moving to London for university last September, I haven't had the same opportunities to continue with my orienteering, not only because there aren't any forests in London, but also because 'Imperial' doesn't have an orienteering club. Despite this, however, 'Imperial' does have a large trail-running group within the cross country and athletics club, which is how I initially heard about the Surrey Hills Races, held by the orienteering club, SLOW, in the Dorking area of Surrey.

The Surrey Hills Trail Races are three different races held simultaneously, all of varying distances: The Surrey Six (10km), The Leith Hill Ten (16km) and the Three Summits Challenge (30km). A couple of my friends and I decided that since the races were held the weekend after our exams had finished, we would celebrate by taking a trip to Surrey to

compete. The Surrey Hills Trails Races are different to normal trail races because they involve navigation, a concept which baffled my trail-running friends. However, they are also unlike a typical orienteering event as we were given the map at registration, so had time to plan our routes before the race began.

Each of the three races had a mass start, all involving running up a very steep hill, the first of many, to the first control. Although some very experienced trail runners were competing in the race, it soon became clear who could read a map and who couldn't, as the main group split up very fast. Due to my orienteering experience, I was able to break away from the group by the second control and continued to have a strong run for the rest of the race, only making one small navigational error at the second to last control. I finished the race in 4th position



overall, winning the women's race and only being beaten by 3 men, one being in the British Army.

Although cross country and trail running have become more of my focus since moving to London, competing at the Surrey Hills Race was a great opportunity

to get back into orienteering. If you're looking for a challenge, as well as the opportunity to run in a very beautiful area of Surrey, I recommend competing in one of the Surrey Hills Races next year!

Jess

The British Orienteering Sprint Championships 2019

14th September 2019 turned out to be a warm and sunny early Autumn day. It couldn't have been better for holding the British Sprint Championships at Loughborough University. There were 800 entrants who were able to enjoy a day of fast, and, at times, complex sprint orienteering. The event centre was at one of the University's main facilities buildings (thanks to holding the event out of term time) and had plenty of capacity for enquiries, starts and results displays and download.

Loughborough University is the premier sporting campus in the UK, and the University authorities were very accommodating, as they had been when the event was held here previously in 2013. It is also the largest single campus site in the country and we still have about one third of the campus which has not been used for a championship event. It is also a quickly changing environment, and our mapper, Peter Hornsby, was making changes up until just a few days prior to the event.

As the available area is so large, it enables the heats and finals to be on adjoining areas, but with no overlap. This makes life more difficult for the Planner,

Iain Phillips, of course, who effectively plans two separate, large events for use on one day with 40+ separate courses and 150+ control sites. However, this makes for a much more interesting event for the competitors, with the most complex areas being used for the Finals.

From an organisational point of view, having good facilities makes putting on the event a bit less challenging. There is a 630-space multi-storey car park available, so no muddy fields for us. The arena area seemed to work well and it was possible to look down over the finish run-in from the grass banks or the hard standing next to the event centre.

The biggest challenge of the Sprints is the timetable for the day. We started all the morning heats over one hour, setting off 20 competitors at a time in full minutes. This was thanks to our 18-member start team and some pre-event practices and much thinking. The big pressure then comes to process the heats into the start lists for the Finals, and we were very thankful that this was contracted out by us to SIEntries. The printout I have of the finals start lists shows a time of 12.38pm, ready for the first finals starts at 1.30pm. The Finals



were over a larger window, and therefore a bit more relaxed.

The Open Class Final was also a World Ranking Event, which necessitated a variation from normal practice, in that all the three finals were the same course. Only an A Finalist could be British Champion, but any of the finalists could win the WRE race (as it turned out it was the British Champions who won this race as well). For the first time at the British Sprints, there were also separate class medals for M/W 18 and 20. We also altered the usual ordering of the Finals, so that we had a stream of A Final winners coming in at regular intervals, culminating in the Open Class finalists at the end of the afternoon, with most competitors back and watching this

exciting finale and listening to the excellent commentary.

An event such as this doesn't happen without a lot of help, and the purple fleece brigade of LEI volunteers (and a few from Shepshed Running Club and beyond) totalled just about 60. We had good support from Loughborough University and the Vice Chancellor, who presented medals at the podium ceremony, congratulated the sport on its inclusivity, with having winners from the ages of 10 to 85. Apart from LEI members, the event was also enhanced by input and advice from the Controller, John Britton and IOF Adviser, Nermin Fenmen.

Bob Haskins
Event Organiser

Club Shop

For your next sprint event, why not consider buying the new LEI sprint singlet that Roger referred to in his report, see page 5.

For full details, email Roger Phillips : rogerphillips34@gmail.com



What3Words: The app that can save your life.

Police have urged everyone to download a smartphone app they say has already saved several lives. What is it and how does it work?

Kicked. Converged. Soccer.

These three randomly chosen words saved Jess Tinsley and her friends after they got lost in a forest on a dark, wet night. They had planned a five-mile circular stroll through the 4,900 acre (2,000 hectare) woodland in Hamsterley Forest, in County Durham, on Sunday evening, but after three hours they were hopelessly lost. "We were in a field and had no idea where we were," the 24-year-old care worker from Newton Aycliffe said. "It was absolutely horrendous. I was joking about it and trying to laugh because I knew if I didn't laugh, I would cry."

At 22:30 BST, they found a spot with a phone signal and dialled 999. "One of the first things the call-handler told us to do was download the what3words app," Ms Tinsley said. "I had never heard of it."

Within a minute of its download, the police said they knew where the group was and the soaked and freezing walkers were swiftly found by the Teesdale and Weardale Search and Mountain Rescue Team.

"I have told everyone I know to download this app," Ms Tinsley said. "You never know when you are going to get lost and need it."

What3words essentially points to a very specific location. Its developers divided the world into 57 trillion squares, each

measuring 3m by 3m (10ft by 10ft) and each having a unique, randomly assigned three-word address. For example, the door of 10 Downing Street is slurs.this.shark, while the area across the road where the press congregate is stage.pushy.nuns. It was born out of company founder Chris Sheldrick's postal-related problems growing up in rural Hertfordshire.

"Our postcode did not point to our house," he said. "We got used to getting post meant for other people, or having to stand in the road to flag down delivery drivers."

Ten years in the music industry, which involved trying to get bands to meet at specific entrances to their venues, also fuelled his frustration. "I tried to get people to use longitude and latitude, but that never caught on," Mr Sheldrick said. "It got me thinking: how can you compress 16 digits into something much more user friendly? I was speaking to a mathematician and we found there were enough combinations of three words for every location in the world." In fact, 40,000 words was enough. The company started in 2013 and now employs more than 100 people at its base in Royal Oak, West London. Mongolia has adopted what3words for its postal service, while Lonely Planet's guide for the country gives three word addresses for its points of interest. Mercedes Benz has also included its system in its cars and what3words is now being used in 35 languages.

But still, not enough people know about it according to Lee Wilkes, a crew manager



for Cornwall Fire and Rescue Service, one of 35 English and Welsh emergency services to have signed up to the system.

"It cuts out all ambiguity about where we need to be," he said. Tackling fires in large rural expanses, for example on moors, will be helped by the system, Mr Wilkes said. "Instead of saying 'meet at the gate and then get directed from there,' we can be absolutely specific about where our crew needs to get to," Mr Wilkes said. "It will make for a much more effective service. We are quite excited about it. "It would be flippant of me to say this will become commonplace, but I really do think it could be. "I just cannot see a downside."

If people do not have the app, the emergency services can send a text message containing a web link to their phones. But that requires a signal (85% of the country is said to have a 4G connection). The app does not need a phone signal to tell someone their three-word location, however. "Say there was a group up a mountain and one got injured," Mr Sheldrick said. "They haven't got any signal to call for help, but they can still find out their three word location. "Someone from the group can then take that down and tell the emergency services, who will then know exactly where to go to find the injured person."

The emergency services are urging people to download the free app.

South Yorkshire Police used it to find a 65-year-old man who became trapped after falling down a railway embankment in Sheffield. North Yorkshire Fire and Rescue Service found a woman who had crashed her car, but was unsure where she was. And Humberside Police were able to quickly resolve a hostage situation after the victim was able to tell officers exactly where she was being held.

"That was a time critical situation and being able to use a three word address meant officers could get there much quicker, rescue the hostage and arrest a man," Mr Sheldrick said. "That made us understand how the work we are doing is so important." Humberside Police also used the system to find a group of foreign nationals, including a pregnant woman in labour, who were trapped inside a shipping container at a port. "The port had over 20,000 containers and we knew that we needed to get to them quickly," said the force's control room supervisor Paul Redshaw. The group were told to download the app and they were soon found. "There is no doubt in my mind that these incidents could have had very different outcomes, had we not been able to use what3words," Mr Redshaw said.

Duncan Leatherdale

BBC News

15th August 2019

Don't forget!
The LEI NEWS can be found online, in full colour at
www.leioc.org.uk/members/lei-news/



The LEIOC MTB Group!

Too much time away from your orienteering mates? Pining for good company? Then come and join us!

Who Are We? We are a small band of orienteers who meet for a ride on mountain bike trails.

When Do We Meet? Every Monday morning at 10.00 a.m.

Where Do We Meet? Hicks Lodge Cafe, near Ashby de la Zouch.

What Do We Do? First things first – a cup of good tea or coffee! Then we ride the trails. The trails take about forty minutes. After loading our bikes back into the cars, we take a post-ride refreshment in the cafe. We're normally departing for home around midday.

Who Can Ride With the Group? Anyone and everyone! As long as you have either a hybrid or mountain bike, you're good to go! We're not babysitters, though, so you can't dump your pre-teen on us and go shopping in Ashby!

I'm Not Used to MTB Trails. No problem, we're not experts either! We ride at a pace to suit everyone. It always takes a while to get used to the trails. However, the Hicks Lodge trails are quite tame! Sometimes, a few break off the main group to ride the alternative, easier route - it's up to you.

Is There a Charge? Nope. Only a car-park charge at Hicks Lodge, though if you start attending regularly, we will expect that you buy the occasional round of tea! We treat newcomers to a cuppa!

It's a Long Way for One Ride. Come early, like one or two do, and take a warm-up ride. Ride round the lake, ride any of the tracks or even go round some

of the trails to get value for money! Alternatively, stay on after the trail ride and do your own thing.

Who Should I Ask to Join? It's not a club with a membership and you don't need to contact us at all. Just show up, any Monday, at 10.00 a.m. at Hicks Lodge (a couple of times a year we have an away-day, so just check with anyone who attends that we are at Hicks Lodge). You'll be very welcome.

How Did it Start? We have Dave Toach and Bob Haskins to thank for this group; they're the founding fathers! You'll have to ask them exactly why they decided to do it, but since they have, the group has grown. Most Mondays will see about six to eight of us, sometimes ten or eleven, then sometimes there's just been a couple. Whatever the weather, there will be someone there - Monday at 10.00 a.m!

Who Goes? You'll recognise most who ride. A few names are: Bob, Dave, Laurie, Simon, Julie, Tracey, John, Andy, Mark, Iain, Esther, Felicity. Occasionally, one or two Shepshed Running Club members (we have a close alliance with Shepshed) show up.

Away-days. Every now and then (maybe once or twice a year), we'll have an away-day. We will normally travel to Sherwood Pines or Cannock Chase, where the trails are much longer and a step up technically.

We're a very friendly group, so come prepared for some joking, laughing and putting the world to rights - we don't take anything too seriously. We look forward to you joining us soon!

Andy Portsmouth



22nd European Radio Orienteering Championships, Rogla, Slovenia

The European Championships were held in Rogla, Slovenia, in early September. Around 300 competitors from 28 countries took part, with strong representation from many former Soviet Bloc countries. The event centre was at an altitude of 1500 metres at the top of one of Slovenia's best ski resorts.

The British team comprised 7 members, including one who lives in the Czech republic and a Hungarian who lives in Wales. Competitors are divided into classes, like orienteering, but for older competitors these span 10 years. Over 30% of competitors are female. The largest M50 age group had over 40 participants.

The Championship comprises four days of competitions, with one rest day. The first two were held near to the hotel in forested areas, interspersed with pistes. The opening Fox-O event uses very low powered transmitters (Tx's). This means that you have to navigate to them using a normal orienteering map, but this only shows their approximate location. Once you are close enough, you can pick up the signal and use that to find the adjacent control site. I managed to find the four I needed in 32 minutes, six minutes behind the very experienced winner. It was good enough for 2nd in my class, one better than I managed at the World Championships in Korea last year. David Williams from HOC achieved the second best result by finishing 11th in M50. The finish was at the bottom of several pistes and a novel feature was that competitors were taken back up to the hotel by chairlift.



John on the podium.

The second competition is called a Sprint. Ten unmarked controls are grouped into two sets of five. These are separated by a spectator control and there is one more at the start of the run-in. These are both marked on the map. Competitors are told which of the hidden controls in each group they have to visit, depending on their class, but within the group they can be visited in any order. This means there can be up to 12 controls to find and the winning time is typically around 15 minutes. The five Txs in each group only transmit in turn for 12 seconds every minute, so picking all 12 up in 15 minutes requires speed and considerable skill. The best placed GB runner was Robin Bishop, from TVOC, who was only one minute slower than the winner in his class, but that was enough to put him down into 6th place. (Robin came 2nd in Korea last year.)



John with transmitter in hand.

The remaining two days of competition follow the Classic format. This includes a team competition comprising 2 or 3 people in each class, with the aggregate time of the best two used to determine the position. On each day, two frequencies are used with one using a smaller area for the older runners. On each frequency, there are five hidden Txs transmitting for one minute in turn before repeating. On the second day, the frequencies are swapped over. The 144MHz competition, using radios with larger aerials, is much more difficult because reflections can provide a false indication of the Tx locations. There was a common finish for both days. Although the two maps overlapped, it was little help to competitors. The location was a short coach ride from the hotel and, thankfully, at a lower altitude. The forest was mostly very runnable and not too steep, but it included some swampy areas which could be crossed. The longer finishing times for the 144MHz competitions show that competitors were experiencing

problems with reflections from the hills and swampy areas.

The M50 team came 4th on the first Classic day, missing out on a podium place by two minutes. However, on the second day, David Williams managed to put in a storming performance to finish 5th. His two team mates, Andy (joint 15th) and Robin (17th), finished within 4 seconds of each other. This was sufficient to put the team in second place behind the Lithuanians. The haul of four silver medals in a competition with some very experienced and tough competitors is our best result for a few years.

If you would like to know more about Radio Orienteering, ask John Marriott or Bob Titterington. The sport is also known as ARDF, which will yield additional results when using search engines.

John Marriott



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 and 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 are ne'er-do-wells on their belated way home. This does mean I have less opportunity to be out and about and 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

Some of the tiny areas gave us 'Mickey Mouse' events, but they were no less pleasant on a summer evening and did sometimes provide wildlife surprises. I used to delight in the occasional sightings of Peregrine Falcons when out on the rocky moors, but I saw one above the Orchards on the A50 a few years ago and the last time I saw a barn owl was running at Fosse Meadows.

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, moneywise, 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 and access, as well as more use of Charnwood Forest for recreation. I would like ideas where links are missing, which would help us 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 site, but I wondered if there is anything in particular members would like me to ask them to include.

Finally, as I hinted at earlier, I like long vistas and high places, but I also take in what I see about me, and, while I am not an expert, I do like to identify anything more unusual I come upon and enter it onto NatureSpot. Over the years, I still get surprises, like rarer birds, and over the years have learned to identify most, but it is good to walk with an expert, not because he knows what they are, but more where to find them. Garden birds are fairly easy, as are birds of the waterside, but birds in the bushes or canopy are tricky. A real ornithologist can hear a bird call, and, knowing its habits, look straight at the likely location.

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; it can 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

Retired Man Chronicles - Tinker, Tailor, Orienteer, Silver Medallist

On the morning we are due to set off on holiday, RM decides to try his first ever park run. This is at Dishley and he hurries to be there at 9.00am, leaving me to finish packing. 'A boring 2 ½ laps'. Was this decision influenced by being beaten by a bloke pushing a buggy, or that his GPS had a flat battery and did not work? After a cuppa and looking at the results, he cheers up: 3rd out of 5 for his age group and about halfway up the whole of the competitors, taking just under 30 minutes for 5km. Then we set off for a lovely walking holiday in Swanage with Helen and Roger Edwards.

Eight days later, Roger and Retired Man go to the Springtime in Shropshire event on Brown Clee Hill. RM had not had a good day: he had fallen into a ditch and a concerned woman competitor asked 'Are you OK? I can only see your feet sticking out of the ditch?' As well as this face plant, being lost and ripping his trousers, Chris B had beaten him by 20 minutes.

RM travels to Coombe Abbey with

Peter Hornsby and Iain Phillips, but afterwards cannot find his phone. He remembers having it at the Blue Pig pub for pie night. He uses the 'where's my phone' on the computer and watches his phone moving across the on-screen map, as it travels by Sence Park and stops at Peter's house in Ravenstone.

Why is he blaming my cakes for putting on weight when he has been eating out most nights after orienteering? Tonight is mixed grill in the pub after the Billa Barra training session.

He is dining out again after the O in Leicester, near St Mary de Castro, and on his return I am interrogated as to how I would get between controls on paths so narrow they are almost invisible on the map.

My map reading is cross examined again after the Street O in Tamworth: 'choose a route to the next control, but there are big ponds and ditches in the way. Would you be tempted to run along the grass strip at the edge of the map?' The answer ought



to be 'NO' as it's the coloured border around the map!!!

The Open Gardens weekend of 29th and 30th June in aid of the Air Ambulance is extremely hot. Months of frost- protecting, weeding and watering mean my garden is a magnificent display of colourful flowers and leafy fruit and veg plants. In between answering gardening questions, I am refilling the water jugs for folks sitting in the shade. Retired Man is only allowed to cut the lawns and jet wash the patio, and even then he forgets he has plugged the jet wash in my computer socket and so the battery reaches 'critical' level. Although his horticultural knowledge is zero, he knows an awful lot about HS2 and has disappeared to an HS2 meeting in Ashby to criticise officials and return with more maps of the proposed route.

There are early morning bumbling-about noises downstairs as RM has suddenly remembered that the radio O transmitters for the Martinshaw event have a 3 hour delay and need 'waking up' at 6.30am, but does the wife need waking up, too?

Peace at last as, at the end of July, RM goes to 6 days of O in Scotland with the Middletons and Chris B. Floods in Mountsorrel, Greater Manchester and York are hit by days and days of rain with flash flooding, but RM is having good weather, although he has pulled a muscle.

His return gifts from the Scottish 6 days were a pack of shortbread (empty) and a whisky bottle with a few dregs in the bottom. What a **tinker!**

Back to normal times, as a grumpy RM returns from Cademan Woods. A run of 92 minutes because he had fallen over several times and had been lost. 'How can I be lost in Cademan woods?', he asks disgustedly. Worse was to follow as he does not appreciate the pub for the



social venue, with no beer or food that he liked. Now home again, he is soon in the bath, falling asleep and dropping his phone into the bath water.

I have been helping John as he wants to use the sewing machine to mend the elasticated control card holder and a rip in his O trousers. What a painful experience struggling to thread the needle, taking it out of the machine, dropping it into the works, threading it with the use of a threader, spectacles and jeweller's eyepiece, then getting it back in its slot and having to repeat the whole thing again as it was threaded L to R and not R to L. Not to mention the wrong tension. Give me strength. I am constantly dragged away from peeling apples and squishing blackberries for bramble jelly. Will a beer help this novice **tailor**? After three days, RM has patched his blue O trousers and made shorts from trousers that cannot be mended. Oh dear, he has discovered that I have never



oiled the sewing machine, as the pot of oil is still tightly packaged. I bought it around 1972 and it cost £125 - almost as much as my second hand Hillman Imp car that I drove.

The last event of the summer league is in Castle Hill, with food and presentations at The Wheatsheaf, Thurcaston. RM is not a happy bunny; he had found only 15 of the score controls 'Could have done better'. However, he is cheered by the announcement that HS2 railway is to undergo a review to see if it is worthwhile continuing.

At the end of August, RM returns from Coventry after the evening O at Warwick Uni. He had had a 'trying' evening, setting off a little late, getting stuck in traffic, O details not good enough to find registration and car park. So he had a long walk to register, forgot to take his map to the start, fell over and found the course difficult. He had finished in the dark as controls were being collected in and finally got soaked by the rain in the long walk back to the car, but he had found some buddies in Ashby 'Spoons'. He had also located possible places to park his car on the street for a week so that he can pick up a bus to Birmingham airport for his Radio O Slovenia trip.

I am at the Knighton Park gala with the WI market when RM is setting off to Slovenia. I have messaged RM, asking where he is, and thinking the reply would be 'at the airport'. One word reply 'Wetherspoons'. I think they do a good all day breakfast.

RM sends several photos of a damp and rainy Rogla in Slovenia, but then on Sept 3rd a message as important as 'The Eagle has landed'

'Eventually stopped raining and sun came out, but cold waiting for the start. Not a bad run, but had no

chance of beating Oleg, a lifetime professional who beat me by 6 minutes. Happy with 2nd.'

So, an individual **silver medal** at FOX O in the 22nd Region 1 (Europe) championships Well done Retired Man (and what a good name for an orienteer - O leg).

Three days later and more good news for the Brits as the M50 team win silver medals.

RM returns with lots of maps, photos and a chunky silver medal on a blue ribbon. He had not bought any new black trousers, so for the medal ceremony he had worn the blue ones with the patch on the knee (see photo). I hear about a visit to a monastery and winery. Evidence includes 3 bottles of wine and some evil looking black liquid. Is it cough medicine, furniture polish or walnut liqueur?

Since the beginning of the summer, RM has been discussing HS2 with the local branch of CPRE Campaign for the Protection of Rural England, and in September has an article published in the Leicestershire Branch News entitled 'HS2 in Leicestershire'

Nationally, more & more news about HS2 and its spiralling costs is leaking out.

14th Sept 2019 - British Sprints world ranking event. Well done to all those volunteers who gave up their chance to run in order to help the club. Comments have all been positive. I only saw the event from the enquiries desk and



presentation area. At the desk, Bertie was looking for some scrap paper and I handed her a sheet with just 3 letters at the top: RMC 'What's that?', asks Bertie. 'Retired Man Chronicles, deadline tomorrow.' And I hadn't written anything yet, so I am grateful to Alan for extending the deadline. He has been busy with the Sprints and 'digging footings,' too.

The Enquiries team had a back up plan; if we had an awkward customer we would get Ernie to talk and talk the enquirer to death.

The Sprints finished with the medal ceremony. I lost count of the number of

times we moved and re arranged those medals and ribbons on the baking trays. The Vice Chancellor was genuinely pleased to have been asked to present the medals, we only hope he gave the male and female ones the right way round?

Final heart warming moment came when the commentator announced 'That was the fastest medal ceremony ever' **Another world record for LEI ??**

Happy Orienteering

Irene Marriott

Congratulations



Congratulations to Jane and Jess on their podium positions at the White Rose Orienteering Weekend.



Changes afoot at Bradgate Park and Swithland Wood?

Bradgate Park and its neighbouring Swithland Wood are two of our premier orienteering sites – and there is the possibility of significant changes to their management.

Bradgate Park was bought by philanthropist, Charles Bennion, in 1928 and then donated in trust to the “city and county of Leicester” for their “quiet enjoyment,” and a charitable trust was set up to run the Park; Swithland Wood was bought by the Rotary Club of Leicester in 1925 and donated to the Trust in 1931. The Trustees were to be appointed by Leicestershire County Council (3), Leicester City Council (3) and the National Trust (3); a further three Trustees could then be appointed by the Trustees themselves.

20 years ago, the Councils provided half of the Trust’s income through various grants.

Then things radically changed. As austerity bit, the Council’s grants fell away so that they now only provide 1% of the Park’s income. In 2012, the long-standing Estate Manager, Michael Harrison, retired, and Peter Tyldesley (who is an honorary member of LEI) replaced him. Alternative sources of finance were found, a major volunteer programme was started, the Visitor Centre was revamped and the tearooms expanded, although the overall tenor of the park was little changed.

Not all the changes were to orienteering’s benefit; much of the bracken was rolled, which was good for both biodiversity and runnability, but made control sites much

more visible. But the changes should be seen as both necessary and generally good for the park, bringing it into the 21st century.

But earlier this year, things changed again. Nicholas Rushton, Leader of the County Council, took over as Chairman of the Trustees in March 2019, and the relationship between him and Tyldesley deteriorated. Tyldesley decided he would seek alternative employment, and in September he started as Director of the Centre for Alternative Technology in Machynlleth in Wales.

After Tyldesley left, Rushton then announced (via the Leicester Mercury) that “Bradgate Park was not delivering for the people of Leicester and Leicestershire” and that the leaders of the County and City Councils have taken control, although it appears that this was announced without the agreement of the other Trustees. Tyldesley claimed that this was unlawful and has complained formally to the Charity Commission.

At the time of going to press, the position remains unresolved; it is known that the trustees met, behind closed doors, on September 16th, but we do not know the results of either this meeting, nor what action (if any) is being taken by the Charity Commission.

We hope, however, that whatever changes are made to the management of these wonderful areas, that it will not adversely affect our access for orienteering.

Toby Manning



Summer League 2019 (abbreviated) Final Top 27 Places

Pos	Name	Class	Club	Best 10	Handicap	Attendance	Score
1	Andy Glover	M40	LEI	992	1072	150	1222
2	Edward De Salis Young	M50	LEI	937	1087	130	1217
3	Roger Phillips	M40	LEI	884	955	150	1105
4	Roger Edwards	M65	LEI	742	950	150	1100
5	Kevin Gallagher	M70	LEI	713	941	150	1091
6	Imogen Wilson	W20	LEI	884	955	120	1075
7	Alastair Paterson	M50	LEI	776	900	130	1030
8	Andy Portsmouth	M60	LEI	698	865	160	1025
9	John Marriott	M70	LEI	670	884	130	1014
10	Chris Prince	M21	LUOC	889	889	110	999
11	Andy Ward	M21	LEI	841	841	140	981
12	Mark Sherriff	M55	LEI	694	833	130	963
13	Chris Bosley	M70	LEI	624	824	130	954
14	Richard Gale	M21	DVO	833	833	90	923
15	Jane Dring-Morris	W50	LEI	658	789	130	919
16	Ursula Williamson	W55	LEI	607	753	150	903
17	Esther Revell	W21	LEI	748	778	120	898
18	Philip Caswell	M55	LEI	611	734	150	884
19	Kevin Bradley	M60	LEI	582	722	160	882
20	James Rogers	M21	LEI	800	800	80	880
21	David Seaman	M45	LEI	663	743	110	853
22	Brian Mead	M55	LEI	583	699	150	849
23	Derek Herd	M50	LEI	649	752	90	842
24	Robert Bood	M50	LEI	608	705	130	835
25	Chris Phillips	M70	LEI	509	672	150	822
26	Chris McCartney	M50	OD	611	709	80	789
27	Maureen Webb	W65	LEI	486	641	120	761



Winter League 2019/20

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.

Fixtures

This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other events 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 2019		
5th	LEI EMOA Local D	CLUB CHAMPIONSHIPS
12th	MDOC NWOA	British Schools' Score Championships, Heaton Park, Manchester. SD830045. Organiser: Marie Roberts, marie-bo@roberts.gb.net
12th	LVO NIOA National B	Junior Home Internationals Individual, Cassey Water, Rostrevor. www.lvo.org.uk
13th	LEI EMOA Regional C	East Midlands Urban League 2019, Ashby de la Zouch. SK359170 Organiser: Jane Dring-Morris, janedringmorris@gmail.com
16th Wednes- day	LEI EMOA Local D	LEI Winter League 1. Fosse Meadows, Leicester SP489910. Entry times: 11.00am - 12 noon. Dogs on leads. Organiser: Peter Chick
20th	MV SEOA Major A	CompassSport Cup Final, Pippingford Park, Crowborough.
26th	DVO EMOA Regional C	East Midlands League 2019, Longshaw, Sheffield, SK265799 Organiser: Stuart Swalwell www.dvo.org.uk
26th	CUOC EAOA National B	Cambridge City Race, Cambridge. Organiser: James Ackland
26/27th	NATO NEOA National B	October Odyssey Day 1 Urban, Hexham and Day 2 Dukes House Woods, Hexham
27th	OD WMOA Regional C	OD WMOA League Event 9 & Club Champs. Brandon Woods, Coventry.
November 2019		
2nd	SO SEOA	Chichester City Race (UKOL), Chichester.
2nd/3rd	ERYRI WOA Regional C	ERYRI Weekend of Orienteering Day 1 & 2 & 2019 Welsh League races, Newborough Forest, Newborough



November 2019 Cont.		
3rd	SOC SCOA National B	November Classic (UKOL), Bramshaw, Southampton.
9th Saturday	LEI EMOA Local D	LEI Winter League 2. Western Park, Leicester SK561042. Entry times 11.00am - 12 noon. Dogs on lead. Organiser: Roger Phillips
9th	MDOC NWOA National B	Twin Peak Day 1, Goyt Valley Forest, Buxton. SK010760. Registration from 10.15am, start from 10.30am to 13.00. Organiser: Paul Jarvis , tp2019@mdoc.org.uk , 0161 980 5068
10th	MDOC NWOA National B	Twin Peak Day 2, Stockport Town Centre, Stockport Entry times: Register from 10.30. Starts 11.5 to 13.00. Organiser: Chris Rostron , tp2019@mdoc.org.uk , 0161 980 5068
17th	LEI EMOA Regional C	East Midlands League 2019, Aylestone Meadows, Leicester. SK573014. Organiser: Chris Phillips.
17th	BKO SCOA National B	British Schools' Orienteering Championships, Black Park, Slough. TQ005832
24th	NOC EMOA National B	East Midlands Urban League 2019, Nottingham University, Nottingham.
27th Wednes- day	LEI EMOA Local D	LEI Winter League 3. Sence Valley Night Event, Ibstock. SK404113. Entry times 18.15 - 19.15. Dogs on lead. Organiser: Peter Hornsby
30th	NGOC SWOA Regional C	Southern Night Championships. Caerwent Trg Camp, Chepstow. ST473909, Entry times 17.30 - 19.30.
December 2019		
1st	BOK SWOA Major A	Southern Championships and Mike Nelson BOK Trot (UKOL), Churchill Enclosure and Cannop Ponds, Coleford. SO620121 Www.bristonorienteering.org.uk
1st	DVO EMOA Regional C	East Midlands League 2019, Allestree Park, Derby
3rd Tuesday	LEI EMOA Local D	LEI Winter League 4. South Charnwood High School Night Event, Leicester. SK471092. Entry times 18.15 - 19.15. No dogs. Organiser: Roger Edwards



December 2019 Cont.		
8th	LOG EMOA National B	East Midlands Championships 2019, Grimsthorpe Castle, Bourne. TF047229. No dogs allowed. Organiser: Sean Harrington
15th	LEI EMOA Regional C	East Midlands League 2019, Cademan and Thringstone Woods, Leicester. SK440181. Entry times 10.00am - 12 noon. Organiser Laurie Fluck, l.fluck@btinternet.com
22nd	NOC EMOA Regional C	Worksop College & Clumber North.
28th Saturday	LEI EMOA	LEI Winter League 5. Abbey Park Leicester. SK590057. Entry times 13.00 - 14.00 . Dogs on lead. Organiser: Chris Phillips
January 2020		
		The editors wish all of our readers a happy and healthy New Year.
1st	DVO EMOA	East Midlands Urban League 2020, Wirksworth SK287539
5th	NOC EMOA	East Midlands League 2020. Strawberry Hill, Mansfield.
12th	LEI EMOA	East Midlands League 2020, Martinshaw Woods, Leicester.
18th Saturday	LEI EMOA Local D	LEI Winter League 6. Willesley Night Event, Ashby-de-la-Zouch SK337144. Entry times 18.15 - 19.15. Dogs on lead. Organiser: TBA.
25th	GO SEOA	GO Middle Distance Event (UKOL), Farley Heath, Guildford.
26th	BKO SCOA	Southern Championships (UKOL - Permission pending). Long Valley North, Aldershot. SU851520. No dogs.
27th Monday	LEI EMOA Local D	LEI Winter League 7. Beacon Hill Night Event, Loughborough. SK523145. Entry times 18.15 - 19.15. Dogs on lead. Organiser: TBA.



February 2020		
2nd	LOG EMOA Regional C	East Midlands League 2020, Harlaxton, Grantham
8th	NOC EMOA Regional C	Middle Distance Event supporting the Midland Championships, Bramcote Hills, Nottingham.
9th	DVO EMOA Major A	Midlands Championships (UKOL), Longstone Moor, Bakewell.
16th	LEI EMOA Regional C	East Midlands League 2020, Castle Hill Park, Leicester.
19th Wednes- day	LEI EMOA Local D	LEI Winter League 8. Loughborough University, West Entrance. SK510185. Entry times 14.00 - 15.00. No dogs. Organiser: Leah Williams & LUOC
22nd	TVOC SCOA Major A	British Night Championships, Hambleden, Henley on Thames.
23rd	TVOC SCOA National B	TVOC Chiltern Challenge National Event, Hambleton Henley on Thames.
23rd	NOC EMOA Regional C	East Midlands League, Byron's Walk, Mansfield.
March 2020		
1st	SWOC WOA National B	2020 Welsh Orienteering Championships , Merthyr Common, Trefil Organiser: Nick Silk
1st	SYO YHOA National B	National Event * YHOA Superleague, Burbage, Sheffield.
8th	DVO EMOA Regional C	East Midlands League 2020. Linacre, Chesterfield.
15th	TBA.	CompassSport Cup Heat



March 2020 Cont.		
21st	SEOA Major A	British Orienteering Championships (UKOL), Golden Valley & Cognor Wood, Haslemere.
21st	SEOA Major A	British Trail Orienteering Championships.
22nd	SEOA Major A	British Relay Championships. Iron Hill & Parkgate Rough.
29th	LEI EMOA Regional C	East Midlands League 2020 & YBT Heat, Outwoods, Loughborough.
April 2020		
10th	NEOA Major A	JK Orienteering Festival - Sprint (UKOL & WRE), Stockton Riverside, Stockton. NZ455187.
11th	NEOA Major A	JK Orienteering Festival - Middle Distance (UKOL & WRE), Sneaton Forest West, Whitby. NZ887022.
12th	NEOA Major A	JK Orienteering Festival - Long (UKOL & WRE), Pickering Forest, Pickering. SE812927.
13th	NEOA Major A	JK Orienteering Festival - Relays Hutton Mulgrave and Skelder, Whitby. NZ846091.
19th	SYO YHOA Regional C	Regional Event, Sheffield
25th	SROC NWOA	Spring in the Lakes Middle Distance Event. Blakeholme, Kendal.
May 2020		
3rd	NOC EMOA Regional C	East Midlands Urban League 2020, Arnold (TBC), Nottingham.
9th	LOC NWOA Major A	British Middle Distance Championships (UKOL) Summerhouse Knott, Newby Bridge.
10th	MDOC NWOA	Lake District Championship Weekend & Northern Championships (UKOL), High Dam, Newby Bridge.



May 2020 Cont.

17th	DVO EMOA Regional C	East Midlands League 2020, Longstone Moor, Bakewell.
17th	WAOC EAOA National B	North Cambridge Urban.
23rd	DEVON SWOA National B	Tamar Triple Day 1 - Urban, Tavistock.
24th	KERNO SWOA National B	Tamar Triple Day 2 - Davidstow Moor South, Bodmin.
24th	KERNO SWOA National B	Tamar Triple Day 3 - Hardhead Downs, Bodmin.
25th	EBOR YHOA	York City Race.
31st	LEI EMOA Regional C	East Midlands Urban League 2020, Barrow on Soar, Loughborough.

June 2020

14th	LEI EMOA Regional C	East Midlands Urban League 2020, Ashby-de-la-Zouch.
20th	NWOA Major A	British Sprint Championships (UKOL), Skelmersdale.
21st	NWOA Major A	Mixed Sprint Relays, Skelmersdale.
28th	FVO SOA National B	Harvester Relays, Drumlanrig Castle, Dumfries, Scotland. NX852993
28th	DVO EMOA Regional C	East Midlands Urban League 2020, Belper.



July 2020		
5th	BOK SWOA National B	Yvette Baker Trophy Final, Westonbirt Arboretum, Tetbury. ST856897. Dogs allowed in Silk Wood (70% of area) but not in the Old Arboretum.
25th - 31st	ERYRI WOA National B	Croeso 2020
August 2020		
7th	International	World Masters Orienteering Championships 7th - 15th August, Slovakia.
16th	LOG EMOA Regional C	East Midlands Urban League 2020, Lincoln City Race.
19th	International	European Orienteering Championships 19th - 23rd, Estonia.
29th - 31st	EBOR YHOA	White Rose Orienteering Weekend, North Yorkshire.
September 2020		
6th	DVO EMOA Regional C	East Midlands League 2020, Kedleston Hall, Derby.
12th/13th	AIRE YHOA National B	Dales Weekend, Conistone South, Grassington, and Kilsney South, Grassington.
12th	SLOW SEOA National B	SLOW City on London Race.
13th	WCOC NWOA National B	Peter Palmer Junior Team Relays, Keswick.
13th	LOG EMOA Regional C	East Midlands Urban League 2020, Woodhall Spa, Horncastle.
27th	NOC EMOA Regional C	East Midlands Urban League 2020, The Meadows, Nottingham.

Photo Gallery: British Sprint Championships - Loughborough University.



All photos: Bob Haskins

