

JK 2024 Sprint Hosts



Editors:  
Alan &  
Wendy  
West

# LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Deeside Tour Report

Events Co-ordinator

Summer League 23 Presentation

Retired Man Chronicles



Autumn 2023

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*Front cover: Control 51, Irchester Country Park Regional Event - 24th September, 2023. Photo: Alan West*

## Points from the Editors



Welcome to another edition of the LEI News and, as always, thank you to all the contributors.

It was good to see so many of you taking part at Irchester, especially as it's not the closest location for LEI events, and a special thanks to all the helpers who made the event run so smoothly and made our jobs, as organisers, very easy indeed.

The fixtures pages are jam-packed with events, many of which we're hoping to attend, starting with New Beechenhurst, in the Forest of Dean. We hope to see lots of you there!

There are a range of interesting articles, including the Deeside Tour Report on page 16, written by Ellie Simpson. It was also good to read about Libby Barber's reflections on the last four years of her orienteering career and her last report as Junior Captain as she heads off to university - good luck, Libby!

This is our last newsletter, as we are stepping down from our editors' role. We are working towards our impending retirement and, hopefully, some exciting travel adventures - thanks to Steve Chafer for his kind words. Please let Steve know if you would be interested in taking on this post (or the post of Club Welfare Officer). We would be happy to support anybody taking on these roles.

*Wendy and Alan West*



# Ramblings from the Chair



I must start my ramblings for this edition of the LEI News with a very special thank-you to our outgoing editors, Alan and Wendy West, as the Autumn 2023

edition will be their final club newsletter after 12 years in post. Their first edition was way back in summer 2011 (a few years before I joined the club, and Don Moir was a youthful M75). There have been many changes in the club over this time, but one thing that has remained constant has been the excellent quality and production of the award-winning LEI News. I am sure that you will all join me in thanking Wendy and Alan, and wishing them good travels as they look to new adventures together.

We are, as a result, still looking for a new editor(s). Alan has kindly produced some notes on the role and what is required (it does not have to be for 12 years!) and no experience is needed. There are also a few other roles that we are still looking to fill. Wendy is also stepping down as Club Welfare Officer, so we are also looking to fill this role, as well as the role of permanent course coordinator. The club, as you are all aware, cannot exist without the invaluable support of its members. If you can help with any of these roles, please let me know.

The Summer League already seems like a long time ago. As always, there was the excellent varied programme of events, culminating with the club score cup and presentation evening. Congratulations to

our league winners, Ben Glover and Jane Dring-Morris, as well as our junior winners, Ben Glover and Ellie Simpson, and Score Cup winners, Andy Nicholls and Jo White. I hope to see the seniors at the club dinner in March to receive their trophies. Many thanks to Jane Dring-Morris for the summer league coordination; thanks to all the planners/organisers and to Ursula and Chris for organising the presentation and buffet.

The club has a very busy time ahead over the next 6 months or so. We have the Club Championships at Tunnel Woods on Saturday 7<sup>th</sup> October, followed by a buffet and presentation. Don't forget the last leg for the golden boot award - it is a very straight run in this year, so I am expecting some quick times. On 14<sup>th</sup> October, LEI is hosting the British Schools' Score Championships at Martinshaw (assuming they have not cut down too many trees by then!). On Wednesday 18<sup>th</sup> October, the club is supporting the Leicester 'Beat the Street' team and are providing a map and course for a follow-on event in half term. Anyone who can help with some support on the day, please let Roger Edwards or me know.

The Club AGM is on the evening of 23<sup>rd</sup> October at Glenfield Parish Centre. The AGM will be followed with light refreshments and an open forum, which will be your opportunity to raise any topic you wish to discuss with the club. Our final event in October is the EML event at Donisthorpe. Oliver Hague is the planner and I am organising, so expect to see me asking for some on-the-day helpers soon!

1<sup>st</sup> November sees the start of the winter league at Burbage Common. The 8 events run through to 21<sup>st</sup> February at

Queen Elizabeth Diamond Jubilee Woods  
- see the events pages for full details.

Most importantly, 12<sup>th</sup> November sees the CompassSport Trophy Final at Beechenhurst, in the Forest of Dean. The entry fee is being paid for by the club. We currently have (at time of writing) 25 club members signed up, but we need as many as possible to attend. Even if you don't score yourself, you can still stop someone from another club scoring too many points. Please see the clubs event web page for more details and to sign up. I am hoping to contribute some points in the final this year, as I have failed in all my previous attempts.

29<sup>th</sup> March next year is LEI JK Day 1 2024 at Loughborough University. Of course, we will once again be turning to you for offers of help. Iain Phillips has taken on the organiser role and will be recruiting volunteers during the autumn. We will really need as many of you as possible to help. If you have not already been asked, please let Iain know you are available.

I wish everyone a good autumn and winter season and I hope to see as many of you at an LEI event in the coming months.

*Steve*

## Captain's Corner



I am writing this on Friday 15<sup>th</sup> September, with the copy deadline looming as usual, although the editors have given me one day's grace - a kind, final gesture before passing on publishing responsibilities. For some, today is the start of a full weekend of orienteering. There's Southwark Park this evening, London City Race tomorrow with 8 LEI members signed up, and on Sunday the British Sprint Relay Championships at Brunel University. By the time you read this, we will know how the LEI team comprising Jane, Alastair and Andy did! I would have loved to attend this weekend, but the Radio 2 Party in the Park is in Leicester and that will not be coming back in the foreseeable future, so a choice had to be made.

This leads neatly to a final plug for the CompassSport Trophy, which is on 12<sup>th</sup> November at New Beechenhurst in the Forest of Dean. As of this evening, 25 LEI members have signed up on the LEI website to compete for the club, which is a good number, and gives us a fighting chance against the 12 other Trophy Clubs, though more are welcome - your £10 entry fee will be paid by the club. The organiser has informed me that if anyone wants to orienteer on the Saturday, then you will find NGOC has a league event at Symonds Yat, which is only 5k from the New Beechenhurst site.

Finally, I want to encourage you to consider coming to club nights. Lately, we have been doing MapRuns on Tuesday evenings, but I appreciate that as the evenings are getting darker, this might not be for everyone. The great thing about MapRuns, though, is that you can do them whenever you want to; the courses from club nights are still available. The one arranged by Roger E this week at Rowllatts Hill, Leicester, was

really enjoyable, and those of us who attended agreed that it would be a really interesting location for a proper event. Why not check it out?

*David*



## Junior Captain's Corner



In October, I will be stepping down as Junior Captain when I move away for university. Therefore, for my last Junior Captain's report I thought I'd take a look at some of my most memorable orienteering moments from the last 4 years.

Weekends away with EMJOS never disappointed. They provided an opportunity to train on a range of different



terrains, such as sand dunes, the Lake District fells and the New Forest. There is also plenty of time for social activities which has, in the past, included swimming, bowling, football and LOTS of Irish snap. We'd also get to meet people from around the country as we often trained with other regional squads. My favourite EMJOS weekend was in North Yorkshire: we trained all day on the Saturday in the woods below the Kilburn White Horse and had an ice-cream once the rain had stopped. We were staying in the village hall in Dishforth, so in the evening we went to find a park to play football in and ended up doing sprint races with some of the locals – they beat us by quite a way and so we tried to save face by telling them we're not sprinters!

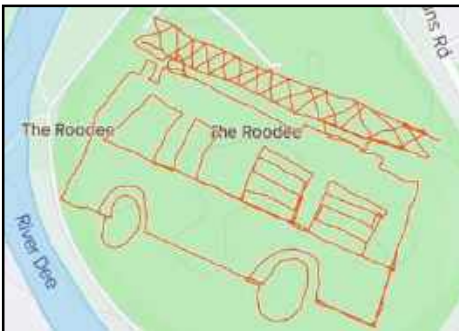




Covid lockdowns gave us new ways to orienteer. Mapruns, as well as online training sessions, and online committee meetings became the norm.

I joined the GPS tracker drawing trend and I was quite pleased with my O kite, but it certainly doesn't compare with some of the other things people were creating on Strava.

Competing in Northern Ireland at the Junior Inter-Regional Championships (JIRCs) was also a lot of fun – even though the sand dunes were vicious! It was the first time I've ever flown to an orienteering event.



Big events are always fun, too. Over the last 4 years, I've been to several JK events, British Champs, British Schools' Champs, Yvette Baker Qualifiers and Finals, the Peter Palmer Relays and CompassSport Cup (both qualifiers and a final). Competing in different places and against different people can be a new and exciting challenge.

*Libby*

# Top 10 Performances from Major Championships

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

## Midlands Championships 2023, Brampton Bryan, 28th May 2023

M14A 4th..... Felix Jarvis  
M90 1st..... Don Moir

## Scottish 6 Days

### Day 1 - Lossie, 30 July 2023

M50L 1st..... Andy Simpson  
M85 6th..... Don Moir  
W45L 4th..... Toni O'Donovan

### Day 2 - Darnaway, 31st July 2023

M50L 3rd ..... Andy Simpson  
M85 5th..... Don Moir  
W45L 3rd ..... Toni O'Donovan

### Day 3 - Roseisle, 1st August 2023

M14A 1st..... Eoin Simpson  
M50L 2nd..... Andy Simpson  
M85 6th..... Don Moir  
W45L 5th..... Toni O'Donovan

### Day 4 - Culbin East, 3rd August 2023

M50L 2nd..... Andy Simpson  
M55S 9th..... Matt White  
M85 5th..... Don Moir  
W45L 5th..... Toni O'Donovan

### Day 5 - Culbin West, 4th August 2023

M50L 6th ..... Andy Simpson  
M85 6th ..... Don Moir  
W45L 6th ..... Toni O'Donovan

### Overall (Best 4 out of 5 events)

M50L 2nd ..... Andy Simpson  
M85 6th ..... Don Moir  
W45L 4th ..... Toni O'Donovan

### Rest Day Sprint, Forres, 2nd August 2023

Junior Male 8th ..... Eoin Simpson

### White Rose Night Score, 25th Aug 23

Junior Male 4th ..... Eoin Simpson  
Junior Women 1st ..... Ellie Simpson

### White Rose Middle Distance, 26th August 2023

M16A 3rd ..... Eoin Simpson  
M55L 10th .... Alastair Paterson  
M55S 4th ..... Iain Phillips  
M80L 6th ..... Peter Leake  
W16A 4th ..... Ellie Simpson  
W60L 10th .... Ursula Williamson

### White Rose Classic, 27th August 2023

M16A 5th ..... Eoin Simpson  
W16A 3rd ..... Ellie Simpson

## White Rose Combined Middle & Classic Events

M16A 5th ..... Eoin Simpson  
M55L 8th ..... Alastair Paterson  
W16A 4th ..... Ellie Simpson  
W60L 10th .... Ursula Williamson

## White Rose Sprint, 28th August 2023

Junior Male 3rd.....Eoin Simpson  
Junior Women 4th.....Ellie Simpson

## London City Race, Rotherhithe, 16th September 2023

Course 7 3rd.....Oliver Hague  
W55+ 9th.....Alison Hardy

Have you changed your email address lately?

If you have, then please don't forget to inform our membership secretary, Roger Phillips, by email: [rogerphillips34@gmail.com](mailto:rogerphillips34@gmail.com) to ensure your contact details are updated.

## Events Co-ordinator

Since the last LEI news, we completed the summer league and the score cup, with their associated presentations, and a successful event at Irchester. Congratulations to the winners.

As I write, we are preparing for the British Schools Score Championships at Martinshaw in mid-October and the LEI Club Championships the weekend before. These are then followed by our next regional event at Donisthorpe and then the start of the Winter League.

This month, a special thanks goes to Chris for organising the volunteers for the BSSC.

We are now beginning to focus on our programme for 2024. The biggest event is the JK sprints on Good Friday. As soon as the BSSC is over, we'll start the

recruitment process for JK24 .

Notwithstanding our contribution to British Orienteering's major events, we also have our own programme of Regional Events and the Summer League to prepare. Looking forward to 2025, we will be holding the East Midlands Championships, too, as well as investigating new areas to hold our events.

Thanks to all the people involved in the organisation and running, controlling and planning of our events; thanks, too, to our mappers, and thanks especially to those who help pick up tasks on the day, particularly with our smaller events.

*Iain Phillips*



# Club Chat

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

Cara Tolley

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

### **Navigation Challenge**

5 Stars: Eoin Simpson

### **Racing Challenge**

Bronze 4 Stars: Daniel Stothard

Gold 5 Stars: Peta Jarvis

Gold 5 Stars: Robyn Jarvis

Gold 5 Stars: Jonathan Lee

Gold 5 Stars: Karen White

## **Diary Date**

**The Club AGM is on  
Monday 23rd October.**

**All members are  
encouraged to attend.**

## **Don't forget!**

**The LEI NEWS can be  
found online, in full  
colour, at  
[www.leioc.org.uk/  
members/lei-news](http://www.leioc.org.uk/members/lei-news)**

# Fundraising Officer for JROS

You may have noticed a recent piece in CompassSport looking for a fundraising officer for JROS (Junior Regional Orienteering Squads). Unfortunately, no one has come forward for this post and we are therefore looking to see if the regions can help us to fill this post.

It is felt that the position does not need to be fulfilled by a committed orienteer, but might also be suitable for a parent of a junior orienteer or a person good at encouraging others to give donations.

The new fundraising officer will be crucial in helping to keep costs down for junior athletes, particularly as we are now running five camps each year.

The new officer would coordinate and submit grant applications, as well as to look at alternative fundraising possibilities. They would be helped by the JROS Executive Committee, as well as camp managers.

The role is an unpaid, voluntary position, but one which will be vital in keeping costs down so that JROS can carry on with existing camps and subsidies for those selected.

If you know of someone who may be interested, or anyone who wants more details of the work involved or even wish to apply, please contact the JROS secretary [jrossecretary@gmail.com](mailto:jrossecretary@gmail.com)

# Summer League 2023



*Kevin: 100% Attendance*



*Peter: 100% attendance*



*Chris: Best use of area - Leicester Castle Urban*



*Liz: Highest female scorer, non LEI member*



*David: 3rd overall Sprint & Urban series, 3rd Overall Summer League.*

*All Photographs by Alan West*



*Jane: 1st senior woman Sprint & Urban series, 1st senior woman Summer League.*



*Andy: 1st overall Sprint & Urban series, 2nd overall Summer League, 1st overall LEI Score Cup.*



*Jo: 1st Woman LEI Score Cup*



*Ursula: 2nd senior Woman Sprint & Urban series, 2nd senior woman Summer League, 2nd LEI Score Cup.*

# Retired Man Chronicles: Someone Somewhere in Summertime (Simple Minds)

In the middle of May, RM attends a radio O event in Fosse Meadows. Some of the other competitors are radio enthusiasts, not orienteers, and he is 'accused of running'. Would they have accused him of 'spying' if they knew he had also mistakenly turned up yesterday, a day too early?

What has RM done? The first aid box is open on the breakfast bar. Now comes the tale of a Mum and Brownie on their way to school and the girl falling off her bike. Her Mum had knocked at our door/Snowy Owl's door for a plaster. Later, RM receives a box of chocolates, called 'Heroes', for his first aid exploits this morning. Those orienteering first aid courses were useful after all.

I wondered if the sweaty Orienteers running round the event in Dishley in the heat recall that the event had been rearranged from the winter when ice was the problem?

RM visits Coventry at the beginning of June. He has been orienteering, but looks more like he has been in a fight at the pub. He had tripped and a stick grazed his cheek, only just missing his left eye.

RM returns from the urban O, in Sheffield, with the words, "My great grandfather might be buried in that cemetery and I've been in the bear pit." I researched Bruin the bear, who had a tree to climb for the amusement of Victorian visitors. However, Bruin did not like to climb and a trip to see the bear was 'boring and there was a dreadful

stench emanating from the pit'. These days, the pit has a large statue of a bear, not a real one, and no longer smells. However, RM has a big bump on his forehead as he was running along, head down, reading the map and ran slap bang into a lamp post.

The day before, he returned from the Radio O event at Moira furnace, with a huge bruise on the finger of his left hand after tripping and falling. He had not accepted my offer to splint it to the next finger, just in case a bone was broken.

A few days' later, RM's hand is still very swollen and he visits the Loughborough Walk-In Centre. X-rays are taken and (guess what) he has returned with his finger splinted to the next finger! ('I told you so.') He has to go back at 10,45pm (Yes 10,45pm) for the X-ray results. He thinks he has been forgotten as he sits in the waiting room for nearly an hour. The X-ray reveals a broken bone in his finger, not across but down the shaft. Next job: rush to Loughborough Tesco for some milk before they close at midnight.

In the rest of the world, June's events included:

Parliament overwhelmingly accepted the Privileges Committee findings that Boris Johnson deliberately lied to Parliament about the parties in Downing Street and Covid restrictions.

A submersible vehicle imploded on its descent to look at the wreck of the Titanic at the bottom of the Atlantic and The

Wagner group of mercenary soldiers had begun an unchallenged route towards Moscow to protest about the way the Russian army was being led in Ukraine. Later a plane 'crash' kills their leader.

July begins with a run around the streets of Markfield and into Hill Hole Quarry.

When he returns, RM is moaning about using old maps and that afterwards the others went to the Field Head. He does not like the beer there and went to The Rock for beer and a little food. Still hungry, he returns home to scoff fruit crumble and squirry cream, a scone and a mince pie. I had been baking for Glenfield WI Country Market.

A few days' later, RM arrives back from orienteering at a Doncaster event, close to the racecourse. Oh dear, the boxes aren't synchronised. Start and finish are OK, but how can you do the 'run in' in minus time?

RM is hoping Peter Hornsby is going to try radio O at Willersley Woods. RM found all 5 of the controls and newbie Peter found 4. David Williams, aka Chocolate Man, found all 5 controls in the fastest time and won the competition. RM arranges to meet Peter at the 'Spoons in Ashby, then disappears to bring in controls. However, RM was a little late getting to 'Spoons and Peter had finished his pint and gone home.

A summer of wildfires in Europe begins, starting in Greece and especially the island of Rhodes, where the usual heat wave in the Mediterranean is lasting longer and at higher temperatures than normal. Holidaymakers are being evacuated and moaning about their disrupted plans, but 'The News' says little about the devastated land, or the animals and locals who have lost their homes.

There is a small catastrophe at home when I spill coffee into my laptop. RM



*John competing at the Irchester Country Park regional event on 24th September, 2023.*

tries to clean the circuit board and the laptop splutters into life - and then, Kaput! An expensive few days with car tax and insurance due, as well as a new laptop needed.

At the end of July, RM sets off with Chris B for Scotland. Later, I receive this message 'forgotten the pills I put aside in a box'. I go to search when a second message arrives 'Found pills. Forgotten slippers',

One evening, Judith was attempting to charge her vehicle at a free charging point, but found herself locked in the car park. A message for help meant that RM drove to rescue Judith and dropped her off the next day to pick up the vehicle.

I'm struggling to write about Scotland as

sad things happened. There was a fatal road accident witnessed by orienteers on their way to the Lossie Forest event. Also, John and Judith's orienteering neighbour suffered a stroke and died in hospital.

The 21st World ARDF (Radio O) Champs took place from 27th August to 2nd September in the North Bohemia region of the Czech Republic and John flew from Luton to Prague. If you want to chat to RM, he will detail where to park your car, take the Dunstable Luton Busway and save £100. Success for the tiny British team with a 2nd place for Chocolate Man and a 5th place for RM.

A few days after his return from foreign climes, RM is orienteering around Leicester University and Victoria Park. RM found that the paths weren't very clear when running through the buildings

and that preparation work was underway for the Kylie Minogue and 'Radio 2 In The Park' event.

The latest orienteering event was using the Rowllatts Hill East map, which RM describes as 'porous'. I think 'soggy, wet and falling to pieces', but apparently in orienteering terms it means riddled with lots and lots of confusing little paths.

Until the next instalment of the Chronicles, I wish you Happy Orienteering

*Irene Marriott.*

P.S. If you don't want to be 'in the 'doghouse' don't go out for the day and accidentally lock your wife in the garden.

## Deeside Tour Report

Deeside is an orienteering training camp organised by the Junior Regional Orienteering Squad (JROS) for first year M16 and W16. It takes place every summer for a week in Deeside, near Aberdeen. The week I spent there was very enjoyable and, of course, great training.

16-20 juniors are selected for the tour each year, based on selection races that take place between the start of the new year and selection. In my year, 10 boys and 10 girls were selected for the tour. I had been training hard throughout the year, as I really wanted to get selected, given how much I had enjoyed myself at the Lagganlia training camp last year, but my selection races hadn't gone brilliantly, so yet again I had to wait anxiously for selection. When I did get in, I was really

excited to be heading off to Deeside at the end of July.

The afternoon we arrived was spent setting up tents as we were camping, which was unusual, and then we were sorted into coaching groups (consisting of 5 juniors and 2 coaches) so we could do some team activities which would earn points for a tally kept throughout the week. After dinner, we did a microO around Templars Park, where we were staying. It was really enjoyable (even though I was the first one out).

Here is a summary of what we did each day:

### Day 1:

On the first day of training, we went to Easter Clune. The training, like most

days, took up the morning and some of the afternoon, with a break for lunch in the middle. Before we left, we were given a briefing about the focus of the training, the type of exercises and where we were going. This day, the training was focused on how to make a good plan for a leg, so before we ran a course we had to go over our plans for each leg with a coach. Then, we did the exercises and normally got shadowed at least once each day, where the coaches gave useful advice on how to improve. After lunch, we did a race in pairs, where one of us navigated

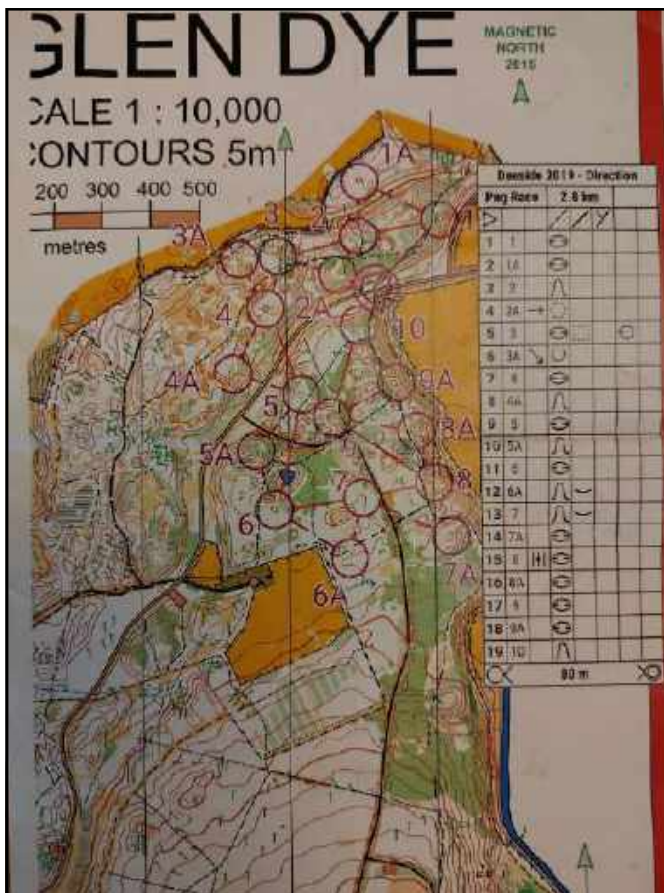
a leg while the other one followed along and planned the next leg at the same time. After the race, we went swimming in a river. It was freezing, but fun! In the evening, we had a theoretical session looking at the technical, tactical, physical and psychological sides of orienteering. I found it both useful and very interesting.

**Day 2:**

After breakfast and the morning briefing, we were off to Balmadie, a sand dune area. This day was focused on picturing the contours, so we did exercises on maps without any paths, buildings, bushes or trees marked, so that we had to navigate using contours and not rely on other features. After lunch, we did a handicapped, gaffled race, which was fun, and then we went swimming again, but this time in the sea. We also did the dunelympics, which was very amusing to watch and fun to participate in. After dinner, we did a session based on what we wanted to get out of the week. I found this useful as it gave me a clear focus to work on.

**Day 3:**

This day was focused on direction, so we went to Glen Dye and did exercises based on direction, including a window exercise, which was particularly challenging. After lunch, we did a bilberry picking competition (my hands turned purple), a peg



Glen Dye, Day 3

relay (my favourite race) and went swimming. After dinner, we did a nightO race on Elric Hill.

#### Day 4:

We did a sprint race around Templars Park and then did a useful session about training plans. Afterwards, we did a short strength and conditioning session, where we did exercises that the coaches showed us, focusing on strengthening muscles useful for orienteering. I found that session really helpful. Then we made personal motivation postcards to be sent to us later in the year. After that, we went to Stonehaven Lido (an outdoor saltwater pool), which was fun. We also got huge ice creams or fish and chips. In the evening, we had a barbecue and made smores, which was great.

#### Day 5:

This day was focused on putting what we had learnt during the week back together, so we did exercises where we were told to try and orienteer well, which meant different things for different people, for example orienteering cleanly without mistakes or more quickly than they normally would. This session was helpful to see how I had progressed during the week. After training, we went swimming in a river (one of the coaches made a temporary rope swing), which was great fun. After dinner, we had a session on making goals for the future.

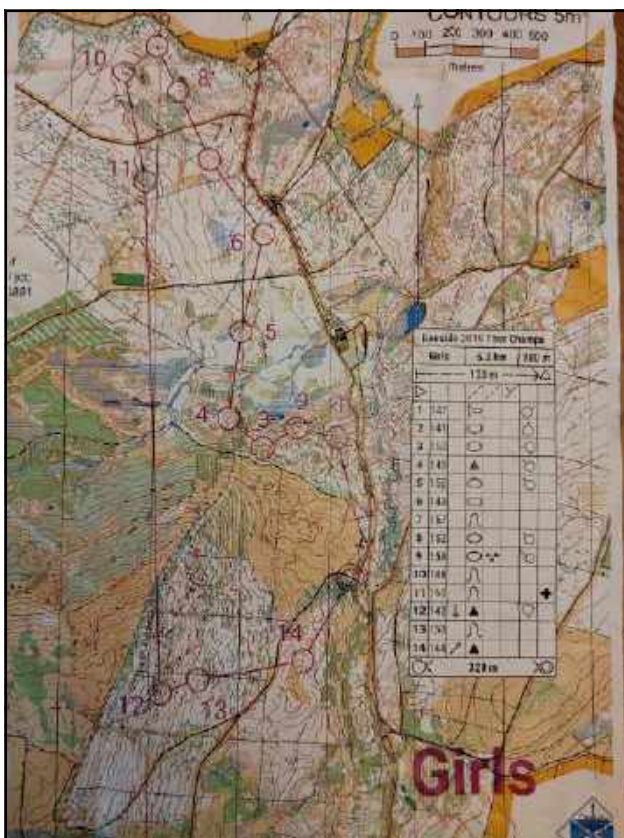
#### Day 6:

We had the tour champs at Glen Dye this year, which was really technical and

interesting, and showed us how we ran competitively and how much we had improved. After the race, we went swimming again, which I enjoyed. In the evening, we had a good dinner to end the week before we left the next morning, with most of us heading to Forres for another week of orienteering.

Thank you to all the coaches, both at Deeside and at EMJOS, who helped to make this possible. I'm now back to winter training again to do my best to get a place on the tour to Czechia next year (whilst also studying for my GCSEs!).

*Ellie*



Glen Dye map. Day 6



# Summer League 2023 (abbreviated)

## Final Top 29 Places

Pos	Name	Class	Club	Best 10 Events	Handicap	Attendance	Score
1	Ben Glover	M18	LEI	1023	1105	130	1235
2	Andy Nicholls	M45	LEI	974	1091	120	1211
3	Ed Cochrane	M35	NOC	1030	1071	130	1201
4	David Cladingboel	M55	LEI	807	968	130	1098
5	Andrew Ward	M35	LEI	915	952	140	1092
6	Bruce Bryant	M65	OD	738	944	130	1074
7	Alastair Paterson	M55	LEI	762	914	150	1064
8	Kevin Gallagher	M70	LEI	684	903	160	1063
9	Roger Phillips	M45	LEI	811	909	150	1059
10	Mark Sherriff	M60	LEI	688	854	150	1004
11	Stephen Martin	M60	LEI	695	861	140	1001
12	Liz Phillips	W55	OD	687	852	130	982
13	John Marriott	M75	LEI	607	826	150	976
14	Andy Portsmouth	M65	LEI	581	743	150	893
15	Steve Chafer	M55	LEI	642	770	120	890
16	Keith Willdig	M70	OD	590	779	100	879
17	Jane Dring-Morris	W55	LEI	592	734	140	874
18	Peter Chick	M75	LEI	510	693	160	853
19	David Jenkinson	M60	LEI	593	735	110	845
20	Ursula Williamson	W60	LEI	546	698	130	828
21	Andy Glover	M45	LEI	640	717	80	797
22	Gerry Spalton	M75	OD	489	665	120	785
23	Jo White	W45	LEI	571	663	120	783
24	Iain Phillips	M55	LEI	542	650	120	770
25	Chris Bosley	M75	LEI	464	631	120	751
26	Sue Bicknell	W75	LEI	411	575	150	725
27	Alan West	M65	LEI	478	612	100	712
28	Maureen Webb	W70	LEI	438	596	90	686
29	George Normand	M75	LEI	430	584	100	684

# Winter League 2023/24

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](http://www.leioc.org.uk) for any last minute alterations.

Events will use SI electronic timing. Dibber hire is available at £1.

Entry fees: Seniors £5, non-BOF seniors £6, full-time students and working age unwaged £2.50, Juniors (or family group shadowing their juniors) £1.50

For results, please see [www.leioc.org.uk](http://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 items likely to be of interest. Local (D) events will only have a limited range of courses. Regional (C) events offer a range of colour-coded courses, with start times generally from 10.30am to 12.30pm. National (B) and major (A) events provide a range of age-related courses. Post-Covid, most orienteering events are normally entered in advance online. EOD will usually be limited and more expensive. 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](http://www.leioc.org.uk) or check on [www.britisshorienteering.org.uk](http://www.britisshorienteering.org.uk). The editors take no responsibility for wasted journeys!

### EVENT STRUCTURE IN FIXTURE LISTS

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

<b>October 2023</b>		
7th	WMOA National B	Junior Home Internationals - Individual, Sutton Park, Birmingham
7th	<b>LEI EMOA Local D</b>	<b>LEI CLUB CHAMPS—Tunnel Woods</b>
8th	DEE NWOA National B	Winsford Urban (UKUL), Winsford
8th	WMOA National B	Junior Home Internationals - Relays, Sutton Park, Birmingham
8th	DVO EMOA Regional C	EMOA League 2023, Longshaw
<b>14th Saturday</b>	<b>LEI EMOA National B</b>	<b>British Schools Orienteering Score Championships, Martinshaw Woods, Leicester</b>
15th	LOG EMOA Regional C	EMUL 2023, Grantham Urban, Grantham
21st	DVO EMOA Local D	Elvaston Castle, Derby. DE72 3EP, SK407330
22nd	NOC EMOA Regional C	EMUL 2023, Southwell. NG25 0GD
28th	CUOC EAOA Regional C	Cambridge City Race. Newnham Scout Hut
29th	<b>LEI EMOA Regional C</b>	<b>EMOA League 2023 (Donisthorpe and Moira)</b>
<b>November 2023</b>		
<b>1st Wednes- day</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 1, Burbage Common</b>

*Know yourself and you will win all battles. Lao Tzu (Chinese Philosopher)*

<b>November 2023</b>		
4th	BAOC SCOA National B	Urban (UKOL) - November Classic Weekend, Winchester
5th	SOC SCOA National B	November Classic & Southern Championships (UKOL), New Forest, Lyndhurst
<b>7th Tuesday</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 2, Market Bosworth Country Park, Market Bosworth</b>
11th	NGOC SWOA Regional C	Highmeadow, Coleford. GL16 7NP
<b>12th</b>	<b>BOK SWOA Major A</b>	<b>CompassSport Cup Final, New Beechenhurst, Coleford GL16 7EL, SO620120</b> <b>*****PLEASE SUPPORT YOUR CLUB AND RUN AT THIS EVENT*****</b>
19th	NOC EMOA Regional C	EMOA League 2023, Watchwood and Calverton, Arnold
19th	AIRE YHOA National B	British Schools Orienteering Championships, Temple Newsham, Leeds
25th Saturday	DVO EMOA Regional C	EMOA League 2023, Linacre, Chesterfield
25th	BAOC SEOA Local D	Southern Night Championships, Pirbright Range Complex and Bisley Camp, Camberley
<b>December 2023</b>		
<b>3rd</b>	<b>LEI EMOA Regional C</b>	<b>EMOA League 2023 (Ratby) (TBC)</b>
<b>9th Saturday</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 3, Fosse Meadows</b>

*Confidence comes not from always being right but from not fearing to be wrong.  
Peter T. Mcintyre (Footballer)*

<b>December 2023 Cont.</b>		
10th	TVOC SCOA National B	TVOC Challenge Regional Event & SCOA Championships, Naphill and Bradenham, Princes Risborough
10th	OD WMOA Regional C	Sutton Park South - WM League. Sutton Park, Boldmere Gate Entrance, Sutton Coldfield
16th	SO SEOA Regional C	Brighton City Race, Brighton
17th	NOC EMOA	EMOA League 2023, Strawberry Hill, Mansfield
<b>29th Friday</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 4, Beacon Hill Country Park</b>
<b>January 2024</b>		
1st	DVO EMOA Regional C	EMUL 2024, Ashbourne
7th	LEI EMOA Regional C	EMOA League 2024 (TBC)
14th	SYO YHOA Regional C	SYO Regional Event, Hathersage Moor (Burbage West), Sheffield
14th	HOC WMOA Regional C	WML Event. Bodenham Arboretum and Shatterford Woods, Kildermister
<b>15th Wednes- day</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 5, Shepshed</b>
20th	EBOR YHOA Regional C	YHOA Night League and Northern Night Championships, Wheldrake Woods, York

*Nothing will work, unless you do. John Wooden (Basketball Coach)*

## January 2024 Cont.

21st	DVO EMOA National B	Eyam Moor & Bretton Clough, Eyam
<b>25th Thursday</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 6, Dishley, Loughborough</b>
28th	BKO SCOA National B	Concorde Chase 2024, Barossa, Sandhurst
28th	NOC EMOA National B	Robin Hood Trophy at Sherwood Forest, Ollerton

## February 2024

<b>3rd Saturday</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 7, Abbey Park, Leicester</b>
10th	WCOC NWOA Major A	British Night Championships, Hawse End, Keswick
10th	BL NWOA Local D	BL Urban Sprint, Keswick
<b>11th</b>	<b>LEI EMOA</b>	<b>EMOA League 2024, TBC</b>
<b>21st Wednesday</b>	<b>LEI EMOA Local D</b>	<b>LEI Winter League 8, Queen Elizabeth Diamond Jubilee Woods, Ibstock</b>
25th	LOG EMOA National B	East Midlands Championships 2024, Grimsthorpe, Lincoln

*Good, better, best. Never let it rest. Until your good is better and your better is best.  
Tim Duncan (NBA MVP)*

<b>March 2024</b>		
3rd	DVO EMOA Regional C	EMOA League 2024, Crich Chase, Ambergate
9th	NOR EAOA National B	Midland Championships and BUCS Individual, Sandringham, Kings Lynn
17th	NOC EMOA Regional C	EMOA League 2024, TBC
<b>29th</b>	<b>LEI EMOA Major A</b>	<b>JK Day 1, Sprint (UKOL), Loughborough University, Loughborough</b>
30th	WMOA Major A	JK Day 2, Middle Distance (UKOL), Beaudesert, Cannock
31st	WMOA Major A	JK Day 3, Long (UKOL), Beaudesert, Cannock
<b>April 2024</b>		
<b>1st</b>	<b>EMOA Major A</b>	<b>JK Day 4, Relays, Stanton Moor, Matlock</b>
13th	CLOK NEOA Major A	British Orienteering Championships (UKOL), Hutton Malgrave, Whitby
14th	CLOK NEOA Major A	British Relay Championships, Hutton Malgrave & Skelder Woods, Whitby
20th	EPOC YHOA Local D	War of the Roses Urban Weekend - Day 1, Hebden Bridge
21st	PFO YHOA Local D	War of the Roses Urban Weekend - Day 2, Burnley
27th	AIRE YHOA	British Middle Distance Championships (UKOL), Danefield & The Chevin, Otley

*Strength does not come from physical capacity. It comes from indomitable will.  
Mahatma Gandhi (Political and spiritual leader)*

<b>April 2024 Cont.</b>		
28th	CLARO YHOA National B	Northern Championships (UKOL), Kilnsley South, Grassington
<b>May 2024</b>		
4th	MDOC NWOA Regional C	Manchester City Urban Weekend - Day 1, Manchester
5th	MDOC NWOA Regional C	Manchester City Urban Weekend - Day 2, Manchester
5th	NOC EMOA Regional C	EMOA League 2024, (TBC)
11th	SO SEOA	SO Sunny Sussex Weekend - Middle Distance, Eatham North
11th	SO SEOA Local D	SO Sunny Sussex Weekend - Evening Sprint, Chichester University
12th	SO SEOA National B	SO Sunny Sussex Weekend - SE League Event, Houghton Forest
12th	POTOC WMOA Regional C	West Midlands Championships, Leek
19th	DVO EMOA Regional C	EMOA League 2024, Hardwick Park, Chesterfield
27th	EBOR YHOA Regional C	York City Race, York
<b>June 2024</b>		
2nd	LEI EMOA Regional C	EMUL 2024, (TBC)



# Photo Gallery 1: : Irchester Country Park



Chris



Roger

*Photos: Alan West*

David

Ian



## Photo Gallery 2: Irchester Country Park



Andy



Carol

*Photos: Alan West*

Kevin

Peter

