

British Sprint Championships Host 2013



**Editors:
Alan &
Wendy
West**

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



Ruth in Russia

Letter from America

Where is your mind wandering?

New Incentive Schemes

Minor Leagues Scoring

What step are you on?

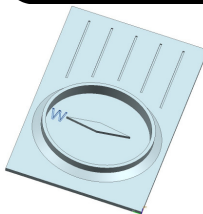
Spring 2012

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Points from the Editors



A Happy New Year to one and all. Congratulations to all the top 10 LEI performers in last year's EMOA league. This was particularly dominated by the blue

males (see page 6). Furthermore, congratulations to Ruth Shedden after her excellent debut representing GB at mountain bike orienteering, in Russia. You can read more about Ruth's adventures on page 10.

There are vacancies for willing volunteers on the LEI committee for a secretary, a junior representative and a media representative. If you think you can offer a small amount of your free time, Bob Haskins, our new Chair, would like to hear from you. In return, these posts offer you the opportunity to be involved in further developing the great club that we are.

Chris Bosley has written an interesting article on the Talent Club on page 17. I (Wendy) am a member of this club and I am beginning to see an improvement in my orienteering, both as a result of the excellent training sessions and race analysis. I would really recommend it!

We have no Junior Spotlight article to publish in this edition. We really would like to hear from our juniors, so get writing. Please send all articles to wenandal@talktalk.net Happy Reading!

Wendy and Alan West

*Front cover photograph by Wendy West.
Thursday club night, January 2012.*



Ramblings from the Chair

Well, here goes – we had a bit of a committee change round at the AGM, as I'm sure you all realise. At least I was present to be elected Chairman this time; I was in South America when I became Chairman of Shepshed Running Club some years ago.

We have a good year to look forward to in 2012. We are already half way through the current and expanded Winter League, and the Summer League has been provisionally planned. Our EMOA colour coded event at the end of January is on a new area (Welbeck College) and there are further events at Ratby, Bradgate Park, Spring Cottage and Beacon Hill, plus an urban event at Ashby. One could wonder why it is ever necessary to leave Leicestershire (or at least the LEI catchment area), but our members will be going around the country to national and championship events. I'll be going to the National Sprint Champs at York to take a look, as we will be organising the equivalent event at Loughborough in 2013.

As the Organiser at the Regional event at Fineshade, I was at the sharp end of some very heated comments by a DVO member about the cost, (though he did enter on the day and hadn't looked at our website). However, it does raise an interesting point. As part of the lead up to chairing LEI, I attended the Association and Club Conference in Sheffield last October. One of the sessions was on Membership and Levies. The notes of this section of the conference show general agreement that the ratio of income generated from membership should be reduced, and the income generated from levies increased. Also, a relatively low cost for membership would be welcomed. This, of course, will put

increased costs onto those who attend a high number of events.

With regards to the cost of an event, I wonder if members also take into consideration the cost of getting to it, which must often outweigh considerably the entry cost. A number of our members were at the Scottish Six Days, based around Oban, about an 800 mile round trip. As some of you probably know, I was able to do all 24 summer league events in 2011, so sadly (!) I did a rough calculation of the distance, also around 800 miles. I'm not sure of the cost of the Scottish Six days, but the entry cost for me was 24 times 3.50, or £84, though travel cost would have been substantially more. This is a debate which could be quite prominent in 2012.

I'm hoping to get to most LEI events in 2012 and I look forward to seeing you all.

Bob Haskins



Captain's Corner

As this is my first item in the Club Newsletter as Club Captain, I thought I would introduce myself. I have been orienteering for 19 years and have been a member of LEI for all of that time. I am currently a Grade C controller and compete on Brown Courses.

One of my first duties as Club Captain was to watch the LEI juniors in action at the Yvette Baker Trophy Heat at Byron's Walk. The club was narrowly defeated by NOC—894 points to our 890 points. This was an amazing performance by the juniors and I think this reflects the hard work that has been going on behind the scenes over the last couple of years. I would like to thank those juniors who made the trek north to Nottinghamshire and their parents for putting up with their hobby.

I am hoping that the rest of the club feels inspired by our juniors and will support

the club's entry in the Compass Sport Cup heat on 19th February at Brereton Spurs, near Rugeley, hosted by Walton Chasers.

Lastly, I would like to thank Alison for being a great captain and I hope to see many of you out and about orienteering or training at club night.

Roger Phillips



Loughborough Activity Night

Starting Monday 20th February, 2012, 6.30 to 8pm

At Burleigh Community College, Thorpe Hill, Loughborough
LE11 4SQ

Have Fun, Learn Orienteering, Keep Fit

Lead Coach: Mark Sherriff

Adults: £3 Juniors and Students: £1

For further details, contact Steve Edgar 07854 788 438

Compass Sport Cup 2012 Calling all Club Members!!

It's that time of year again when LEI enters the Compass Sport Cup. For those of you who don't know, this is the premier inter-club competition. This year, our qualifying round will be at Brereton Spurs, near Rugeley, hosted by Walton Chasers on 19th February.

The Compass Sport Cup is a whole club competition. It is not just about having our best 25 runners competing, it requires as many members as possible taking part on

each course to prevent other clubs from gaining valuable points. A Compass Sport Cup regional heat is usually won by a club having the most runners on all of the courses. So if you enjoy orienteering, LEI need you to take part in the Compass Sport Cup.

If you are willing to run in the Cup please contact me.

Roger Phillips

Compass Sport Course	Eligible Age Classes
1 Brown Men Open Large	Men Open
2 Blue Women	Women Open
3 Blue Men	M45+ M20-
4 Green Women	W45+ W20-
5 Green Men	M60+
6 Short Green Veterans	M75+ W60+
7A Light Green Men	Men 18-
7B Light Green Women	Women 18-
8A Orange Men	Men 14-
8B Orange Women	Women 14-

Fixtures: Stop Press

Club Championships will be held on Saturday 15th September, 2012, at Gresley Woods.

Midlands Night Championships – the club has bid to hold the Championships at Spring Cottage on Saturday 3rd November, 2012.

More details in the next LEI News.



Top Performances from Major Championships

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

British Schools Score Championships – 8th October 2011

45 minute score

Year 5 boys Ethan Tebbutt 4th
 Year 6 girls Imogen Wilson 2nd
 Year 6 girls Daisy Herd 9th
 Year 7 boys Finn Lydon 2nd
 Year 8 boys Euan Tebbutt..... 1st
 Year 8 boys Nicholas Wilson..... 3rd
 Year 9 girls Hannah Cox 4th

60min score

Year 12/13 boys Matthew Cox 6th

British Schools Orienteering Championships – 20th November 2011

Year 5 boys Ethan Tebbutt 10th
 Year 8 boys Euan Tebbutt..... 2nd

EMOA League 2011

White Male 3rd Ben Hardy
 White Female 2nd Reed Lydon
 7th Ngaia Herd
 9th Sian Edwards
 Yellow Male 9th Matthew Coates
 Yellow Female..... 3rd Daisy Herd
 9th Holly White

EMOA League 2011 cont.

Orange Male1st Ethan Tebbutt
 Orange Female.....2nd Imogen Wilson
 Light Green Male ...1st Finn Lydon
4th Nicholas Wilson
5th Simon West
 Lt. Green Female...3rd Molly Smith
7th Wendy West
 Green Male2nd David Anderson
4th Peter Leake
9th Euan Tebbutt
 Green Female.....6th Trish Lydon
7th Barbara Tebbutt
9th Tracey Brookes
 Blue Male.....1st Roger Edwards
2nd Glynn Smith
3rd Simon Ford
5th John Marriott
6th Bob Haskins
7th Ian Wilson
 Blue Female.....1st Alison Hardy
4th Ursula Williamson
 Brown Male.....10th Howard Alcock
 Brown Female.....3rd Ruth Shedden



Congratulations

Congratulations to Laurie Fluck, Bob Haskins, Peter Hornsby, Simon Starkey, Chris Bosley, John Marriott, Gary Boothroyd, Iain Tebbutt, Euan Tebbutt, Mark Foxwell and Tracy Brookes, all of whom completed the Event Safety & Welfare Module at the end of 2011.

As of 15th January, 2012, LEI has 86 members on the British Orienteering ranking list with Ben Windsor (216th), Howard Alcock (511th) and Roger Edwards (707th), our top 3. Remember you can check your position by going to:

<http://www.britishorienteering.org.uk/page/rankings> and set the filter to LEI.

Best results for UK Masters Cup were Iain Tebbutt (9th in M40), Peter Leake (13th in M70) and Don Moir (14th in M75).



LEI members who attended the British Schools Score Championships (L to R): Matthew Cox, Hannah Cox, Nicholas Wilson, Euan Tebbutt, Imogen Wilson, Finn Lydon, Daisy Herd and Ethan Tebbutt.

Where is your Mind Wandering? Selective Attention in Orienteering

A particularly bad leg at the Outwoods EMOA league event got me pondering. Why did I go off in that direction? What was I thinking?

It dawned on me – I'd answered my own question! What was I thinking? "I'll get to that next control faster than that guy a bit ahead of me, who I am pretty certain is also on the brown course".

My focus of attention at that particular point was on being faster than the guy ahead of me and not on my own navigation or route choice. Guess which one of us spent two minutes wasted thrashing through waist high brambles?

Research has shown that we can only focus our attention on one or two things at a time (anecdotal evidence suggests that this is limited to just one thing at a time for men!). The literature refers to us having a 'limited bandwidth'. With this limited bandwidth comes the necessity for us to use 'selective attention' – we can only focus on one or two specific stimuli at one time and we filter out irrelevant information.

If we relate this to orienteering, it suggests that more successful orienteers have the ability to focus on different aspects at different times during the course to maximise their performance. What needs to be done is for us, too, to be able to adjust the focus of our attention at different times during the course.

But there are so many things that we could/should attend to and we could put these into three general categories:

The Map – direction, distance, route choice.

The Environment – recognising features, contours, hazards, looking out for other orienteers and control sites.

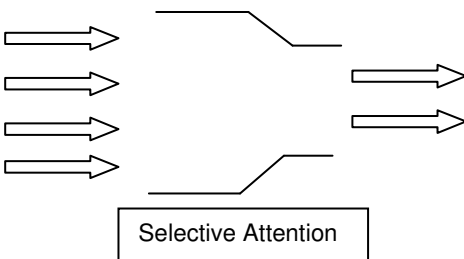
Ourselves – our emotional state, level of fatigue, physical state (cuts, scrapes, temperature etc.).

All orienteers will be paying attention to these three areas in different proportions, and these proportions will vary at different points throughout the race. For example, when an orienteer initially leaves a control site, the balance may be:

Map: 60% Environment :30% Self: 10%

The focus will be on studying the map and looking at the optimal route choice between the controls based on the information provided by the mapper. Very little focus should be on the environment at this stage as long as he/she is moving off the control in roughly the correct direction.

Once a route choice has been made, the



balance may swing toward:

Map: 20% Environment: 60% Self: 20%

Much less focus is given to reading the map – perhaps a few glances now and again to confirm/tick off features/ attack points, etc. A far greater amount of the attention should be given to 'reading the terrain' to maximise speed on the particular leg (e.g. through the fight or skirt round, over the spur or contour, follow the paths or cut the corner). These decisions need to be made 'on the hoof' as even the best mappers cannot give an experienced orienteer as much information about the ground he/she is covering as he/she wants or needs.

Perhaps at this point more attention can be given to oneself – you may need to adjust your pace or attend to one of those annoying occurrences that blight us all at one time or another – laces come undone again, sweat in the eyes, glasses steam up or the need to nip behind the holly bush!

As long as no major errors have been made on the leg, the focus of attention when nearing the control site might change to:

Map: 10% Environment: 90% Self: 0%

The majority of your focus should be on looking for the specific control site. What clues are there in the environment that you could be looking for?

The actual feature the control is on (Which side? Top or bottom? etc.).

Other orienteers entering/leaving the control site.

Well trodden paths entering/leaving the control site.

Flashes of orange/white in undergrowth.

Pre-identified catch features.

If the control cannot be quickly found, attention should obviously return back to the map to reorientate or return back to a suitable attack point. If the control site is spotted, your attention should be focused on getting in and out of the control as quickly as possible. A quick glance at the map may be all that is needed to confirm the general direction that you should leave the control site. At this point it is definitely not a good time to be attending to your empty stomach and planning what you're having for tea!

So next time you are out orienteering, think about how much attention you are paying to these different elements at different times and at different sections of the route. Rebalancing your focus of attention may help you shave precious seconds off your time.

My thanks to Mark Hardy for reviewing my article. He has also observed that many orienteers have developed a strategy on the easier path running sections where there is less need to focus on map/terrain/self. Experienced orienteers seem to choose to "flex" their attention towards planning future legs (map in preference to terrain/self).

Howard Alcock

Want to analyse your latest run? Use the form developed in the Talent squad.

Available for download at:

<http://www.leioc.org.uk/members/coaching.php#documents>



Ruth in Russia

In July, 2011, I got the fantastic news that I had been selected to represent Great Britain at the European Mountain Bike Orienteering Championships in Russia in September.



Mountain Bike Orienteering (MTBO) is very similar to conventional foot orienteering in that you have to visit a fixed number of controls in a set order, with the winner being the person who can do it in the quickest time. I've come from a background of foot orienteering as a junior when we went as a family to many of the big events like the JK, British Champs and Scottish 6 days, despite living on the other side of the Irish Sea.

At university I orienteered a bit and when I moved to Sheffield in 2004, I took up mountain bike orienteering. During my time in Sheffield, I gained lots of experience of score type events such as the Dark and White events where you have 3 hours and have to get as many points as possible. I even met my husband to be (Angus) at an event! After the birth of Rory in November, 2010, we made the transition to MTBO as we were looking for shorter events so we could have split starts!

The logistics of MTBO are much more difficult than foot-o...

A team of four of us, myself, Iain, Mark and Andy, flew out to St Petersburg on 17th September 2011. (Big

thanks to Wendy for babysitting Rory so Angus could run in the LEI Club Champs on that day). The logistics of MTBO are much more difficult than foot-o, basically because you have a bike which means much more gear, the dismantling and reassembly of the bike to transport it and the equivalent of an extra person in the hire car! We hired two cars between the four of us and set off in the dark and rain to avoid central St. Petersburg, only to find ourselves at the Winter Palace in central St Petersburg two hours later. Navigation is made all the more difficult because road signs are in Russian and these bear no resemblance to their English translation.

We were based 90km north of St. Petersburg surrounded by acres upon acres of towering pine forest and had five



days of racing to look forward to. Again there are many similarities to foot-o - a sprint (20 minutes), a middle distance (50 minutes) and a long distance (90 minutes). The sprint took place in Vyborg, a city very close to the border with Finland. Indeed, it was unsurprising that the Finns did so well, given the similarity of the Scandinavian type terrain to their own. We raced around the historic streets, when the traffic was supposedly stopped! Once finished, I was really pleased as I had made few errors but I still managed to finish near the bottom of the table. Over the following days, I was to experience not only how strong the other competitors were physically, but also how they could read a map at speed as they cycled over rough terrain with their map board rattling.



On the middle distance race, I was passed by the former World Champion, an Austrian who is paid by the Austrian army to compete at MTBO. As I stopped briefly at a junction to decide which way to turn, she glanced at the map and was out of sight quicker than I could even engage my cleat in the pedal. I was looking forward to the long as I thought it was more my distance, but in the end the torrential rain turned everything into a big soggy wet mess (including the map) and turned me into a shivering wreck. My hands were so cold I found it difficult to change gear and all I kept thinking about

was how cold I was. With my concentration broken, I made a number of navigational errors and completed the course in just under two hours, 30 minutes down on the winner. However, at least I wasn't last. The relay event we did was fast and furious (and dangerous) but lots of fun. My knees had the scars to prove it (see article in the most recent edition of Compass Sport).

Where the European competitors have the advantage is that they have a multitude of MTBO events at which to compete. Many of them regularly compete on the MTBO World Cup circuit and there simply is no substitute for racing to improve navigation at speed. I thoroughly enjoyed the experience and would definitely like to compete again. Against me is that I'm getting a bit old for W21 and the next category in MTBO is W40. At least I can look forward to moving up to W35 in 2012 in foot-o to avoid the young whippers!

I thoroughly enjoyed the experience and would definitely like to compete again.

There are not many MTBO events in the UK but if you fancy having a go, visit www.bmbo.org.uk. Alternatively have a look at www.darkandwhite.co.uk for some really great events more locally.

Ruth Shedden



Letter from America No. 2

LEI NEWS Overseas Correspondent: The Florida Brambles

The September Florida orienteering event was at the Rock Springs Run State Reserve near Orlando. On the road leading up to the location was an animal warning sign with a bear on it. Fortunately, none were encountered during the event. It reminded me to do some homework on what other creatures might be lurking out there. On the other hand, not knowing helps to focus the mind on the navigation.

After last month's come and try event, this time the usual offering of courses were on offer. From shortest to longest, these were: white, yellow, orange, green, red and blue. Having travelled about two hours to get to the event, I opted to do the longest course, just under 9 km. In the face of sterner competition, to my surprise I was the fastest finisher. It was a lot more challenging than the map might otherwise suggest.

Lessons were learnt from the last outing. This time I came equipped with a fully filled hydration pack. It is sheer lunacy to orienteer at speed under the intense Florida sunshine without water. Nevertheless, I still took several minutes to recover after collapsing in a heap after crossing the finish line. The planner took pity on me and kindly bought me a chilled can of coke to aid my recovery; Floridians tend to be friendly and generous. The shower in the WC block also helped to revitalise me.

Why was I such a disheveled heap at the finish? Three reasons. Firstly, the terrain

was not as runnable as mapped. The open ground between controls 2, 3 and 4 was anything but open. Closely packed, impenetrable, bamboo like vegetation well over head height confronted runners – a long detour was necessary. Secondly, I still need to do more hot weather running acclimatization training Thirdly, the rough open ground around control 9 comprised the Florida equivalent of



Sisal, picture courtesy of Wikipedia

brambles, namely Sisal. In fact it was worse than brambles: it was a sea of Sisal.

What is Sisal? Well, it's an agave. It has stiff, razor sharp foliage. It is turned into a stiff fibre that is used to make twine and rope,

amongst other things. Despite gaiters, I emerged from the area around control 9, which was densely packed with Sisal, thoroughly lacerated and covered in blood. What we do in the pursuit of orienteering!

(Editors' note: refer to the rear cover to see the map of Eric's course).

Eric Heritage



British Orienteering's New Incentive Schemes

British Orienteering is launching two new incentive schemes:

The Navigation Challenge and The Racing Challenge

The incentive schemes have been devised by the Development Committee and will run alongside the existing Badge and Championship Scheme.

The Navigation Challenge

Members will be able to claim a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The Incentive schemes will be 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5.

Technical Difficulty (TD)	Colour Coded Courses
1	White
2	Yellow
3	Orange, Long Orange
4	Light Green
5	Very Short Green, Short Green, Green, Short Blue, Blue, Short Brown, Brown, Black

The Racing Challenge

Members will be eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same TD) within the following times:

- Gold Award.
Participant's time < Course Length (KM) x 12.5mins
- Silver Award.
Participant's time < Course Length (KM) x 15mins
- Bronze Award.
Participant's time < Course Length (KM) x 20mins

Administrating the Scheme

The results uploaded onto the British Orienteering website will determine when a participant has completed a course. When the system recognises that a member has completed three courses at the same TD standard and/or at the designated speed, the member will be eligible for a certificate.

The certificates will be automated and be made available for the member to download via the member login on the website. If British Orienteering hold the email address of the member, they will be automatically notified.

Chris Phillips



2011 Original Mountain Marathon

Cultybraggan Camp in Comrie, near Crieff, Perthshire, was the event centre for the 2011 Original Mountain Marathon (OMM). Set in the beautiful wilderness of Perthshire, Cultybraggan Camp previously housed prisoners in World War II. Comrie is known locally as “Shaky Toon”, as the site of many earth tremors being located on the Highland Boundary Fault. The worst recorded was 4.8 on the Richter Scale. Fortunately, 3000 competitors running over the fells didn't produce any seismic disturbance.

The OMM was founded in 1968. Then known as the KIMM, the OMM was the first ever adventure race, and many races have their roots based on the OMM format of 2 days of totally self supported racing. In teams of 2, you navigate a linear course in wild, usually pathless, country. As a team, you must carry all food, clothing and equipment (tent, stove, sleeping bag, etc.) needed to survive and compete for 36 hours unaided. Careful choice of equipment and food gives some surprisingly small rucksack weights. Mine weighed about 7 kg, but I'd gone posh and included a short inflating camp mat! Ian's was about the same.

As I boarded the bus to the start, I couldn't help reflecting on the possible fate of some of the previous people to depart for unknown destinations from the camp. I needn't have worried, though, as the OMM organisers only moved us a few miles westward to St. Fillans on the North Shore of Loch Earn to a track for a couple of kilometres to the start.

Those who have known me for some time know by now that I like a bit of masochism in the shape of a Mountain Marathon. However, 2011 was not a planned mountain marathon year! In

August, I was asked by Ian Williamson if I fancied competing in the OMM. My initial thought was that I wasn't really mountain fit and that I didn't have the time to train, but when I discovered the event was in a bit of the Highlands that was new to me, I couldn't resist. The class we entered this year was the D. This equates roughly to a half marathon and 800-1000m of climb on each of the days, mostly in trackless terrain.

. . . y o u
navigate a
l i n e a r
course in
w i l d ,
u s u a l l y
pathless
country.

Saturday saw us on the start line at the late hour of 10.38am. This was unusually late for such an event and initially a concern as we certainly had no desire to finish in the dark. The klaxon blared and we set off in pursuit of our 10 checkpoints to take us to Glen Almond, 11km to the North of Comrie. The 20+km route took us a rough “C” shape around Loch Lednock Reservoir and over the Corbett Creag Uchdag (879m) to descend into Glen Almond via the North flank of the Munro, Ben Chonzie, (pronounced Ben-Y-Hone). There was one hairy moment when there were many more streams on the ground than on the map. This would have been ok in good visibility, but of course we were in good Scottish clag. We ascended to the plateau too soon and this error cost us probably about 10 minutes.



We reached the overnight camp with an official time of 4:49:38. This put us in eighth place, about 55 minutes behind the leaders - not bad in a field of 123 teams! The camp simply comprised a collection of Portaloos and space for many small tents. Water, as is usual on these events, was straight from the river to be boiled before use, and dinner was whatever we had carried - foil packed dehydrated pasta, couscous for 2, soup, tea and high 5 electrolyte (together), and chocolate bars were my rations. Ian's were similar. It doesn't sound exciting typing it now, but we had to replace the energy and salts used to be able to compete on the next day. Even the chef in the team seemed happy with the menu.

It is traditional on Mountain Marathons in October for the weather to beat you around a bit! Some of you may remember the 2008 OMM that was abandoned on the Saturday with extreme weather in Borrowdale. The forecasted drizzle was actually torrential rain by the time we pitched the tiny Saunders Jet Packer. This tent is best described as an optimistic space for two to camp in. Everything we had carried was soaked in minutes, once out of the waterproofing we had carefully packed it in. We made the decision to sleep in the survival bags the rules obliged us to carry on the basis that warm and wet was better than cold and wet. You can probably guess that it was not the most comfortable night's sleep that either of us had ever had, and I wasn't sorry to leave the tent after breakfast in the morning. We had spent about 14 hours cramped, cold, and wet by the time the piper, clad in full highland regalia, woke us up. So much for an extra hour in bed because the clocks went back!

Sunday's weather was kinder, but being "veterans" we knew that probably meant

that we would do less well, as faster, less accurate teams can see where the checkpoints are by the visits of other teams. The route took us initially across the Western side of Ben Chonzie, again in pursuit of 10 checkpoints. We then moved W, S, E and finally emphatically towards the South to finish in Comrie. The terrain was much less forgiving on the second day and we ran less on the hills, having to contend with a mixture of drying neck high bracken and up to knee depth heather—not a combination likely to provide a fast running surface.

It is traditional on Mountain Marathons in October for the weather to beat you around a bit!

We took 4:44:14 to the finish, which put us in 13th place on the day, and as feared we dropped a few places to 12th overall with a combined time of 9:33:52. In the veterans handicap competition, we were ranked 5th.

We are quite pleased with our efforts. My stated aim was to be still standing at the finish; Ian's hope was for a top 30 place. Neither of us was disappointed. I guess you may see us entering more in the future - we may even do some training!

More details can be found at www.theomm.com where results and, if you're lucky, some photos are displayed.

Mark Hardy



What Step are you On?

The Answer isn't Left or Right Foot

Whilst coaching recently, I was asked "what do the elite orienteers do?" At the time I didn't answer, as the question was not relevant to the technique I was coaching, so to answer that question I have penned this article. Don't worry, it's not aimed at "Elite" Orienteers, just anyone who wants to understand a way to improve their orienteering.

Ignoring the aspects of physical training in terrain, which I feel wasn't the point of the query, I set about thinking about the question. I concluded that elite orienteers must use the same techniques as other orienteers, but practise and use them more effectively.

At LEI club nights we have focused a lot on the skills in terrain and in my opinion it has paid dividends for some of our regular orienteers who have been consistent across the various leagues. However, I think that the use of techniques in terrain has increased fitness rather than improved technique for some orienteers. I am told that "you don't know what you don't know", so for those that don't know about it, below is a brief introduction to "The Step System" for orienteering.

Whilst most orienteers know about progression from white through to black courses, The Step System addresses the differences across the colour levels in terms of technique requirements.

Published by British Orienteering, (http://www.britishorienteering.org.uk/images/uploaded/downloads/coaching_support_stepsystem.pdf), the Step System outlines orienteering skills in

15 steps spread across 5 levels that have been identified. Step A deals with map symbols and orientation, whilst Step O is "longer distances from and/or indistinct attack points & catching features". In between these steps are the skills and techniques that we have practised on club nights (contours, catching features, compass skills, cutting corners, etc.).

In order to state that an orienteer is performing at a certain level, the following sequence of development is:

1. Master the individual steps
2. Learn to select and apply the correct technique when just one technique is required
3. Learn to select and apply the correct technique when more than one is required
4. Adjust speed to the technical difficulty of the orienteering
5. Develop relocation techniques appropriate to the skill level.

So, to conclude by answering the question "what do the elite orienteers do?" the answer must be: apply the techniques appropriately to the course leg they are on.

The coaching section of the club website (<http://www.leioc.org.uk/members/coaching.php>) has a race analysis form and a simplified Step System for your use. I would recommend looking at both, analysing what you need to improve on and seeking the help of a coach to do so.

Mark Hardy



LEI's Got Talent

The idea of the Talent Club came about as a result of a meeting with Sarah Hague, the national talent manager. BOF's performance strategy is for each club to have a talent squad of 10-15 orienteers covering all age classes. Key features of the talent training which Sarah leads in her club are a focus on identifying individual's needs and a systematic use of measurable targets. The activities should be both challenging and enjoyable. It is also important that skills learned are put into practice in events and progress monitored regularly.

We thought that the LEI members with most potential to benefit from this approach were those improvers and experienced orienteers who are competing at light green or above and were keen to improve their competitiveness. Activity nights had revealed that experienced orienteers, often self-taught, had some gaps in their mastering of fundamental skills.

So, last autumn we ran a series of 2½-hour Saturday morning sessions to see if we could make use of these ideas. We called this the 'Talent Club', as enthusiasm rather than current performance seemed the criteria for attendance. However, eventually it is hoped that this will develop into a 'Talent Squad' of competitors feeding into the BOF vision of regional and world-class squads.

Each member completed a skills audit,

which they can use to assess progress, and the coaches can use to plan sessions. The first session also featured leg-by-leg race analysis of events, self commentary and helpful routines. Subsequently we focused on the skills members had identified as areas for improvement. These included map interpretation away from line or other distinct features; fine compass orientation and aerobic interval sessions to improve running fitness.

We would like all the top LEI competitors to attend these sessions, as well as those with ambition to be amongst the top. We are therefore keen to ensure that the timing and dates suit as many as possible.

The initial race analysis form was further developed with help from the members and can now be downloaded from www.leioc.org.uk/members/coaching.php

The club continues with sessions on 4th Feb, 17th March and 28th April. We are likely to include some fitness and performance analysis in most sessions, as well as specific skills. The venues will vary within Leicestershire so that the terrain suits the skill. Keep an eye on the LEI Fixtures web page for details.

Anyone wanting more information can contact me: chris@bosley.me.uk or 0116 2363349.

Chris Bosley

Did you know?

East Midlands Orienteering Association league events for 2012 now include a short green course.



Social Report

To those whom I did not see at events over the festivities, I hope you enjoyed them and wish you a happy, prosperous, healthy and successful new year.

Social events are becoming rather infrequent, not least because we are staging so many events that there is little room left in the calendar. I am however always open to suggestions (polite).

We do, of course, identify a social venue following most events when we can relax

and make our excuses: blame the weather, mappers, controllers and planners, etc.).

Quite apart from being pleasant, social interludes, these do give a real opportunity to compare notes and perhaps identify areas where we could have made better choices, hopefully learning from them.

Roy Denney

Annual Presentation Dinner 3rd March, 2012

This year's dinner is at the same venue as the last 3 years, where we have been looked after admirably. It is on 3rd March and you are asked to gather from 7.00pm at Kirby Muxloe Golf Club (off Station Road) and we will be sitting down at 7.45pm. We, again, have a private function room.

Smart attire is required and gentlemen must wear a jacket and tie. No denims, trainers or T shirts will be allowed. Ladies and any children must be dressed appropriately (*I leave you to work out what is meant by this*). If you are turned away, we will eat your meals for you!

The choices are detailed on the booking form opposite, and must be with me 10 days before the event to allow us to make arrangements with the catering team. Guests are allowed if you do not feel they

will be bored by our presentations. If you have particular requests for table companions, I will try and accommodate them.

If you have any special dietary requirements, please let me know, although I have tried to anticipate them in the choice of courses available.

For those of you who are holding trophies to be presented on the night, can you please return them before or on the night.

Roy Denney

(Editors' note: if you don't want to tear the booking form page from your LEI news, you can either email Roy with your requirements or you can download a booking form from the LEI website).



LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

3rd March, 2012. Gather from 7.00pm. Seating at 7.45pm.

Kirby Muxloe Golf Club, Station Road, Kirby Muxloe - 0116 239 3457

First Course Choice

Crab and Crayfish Cocktail

Tomato and Mascarpone Soup

Mains Choice

Poached Salmon Fillet with Spinach Cream Sauce

Pan-fried Chicken Supreme with Red Wine and Wild Mushroom Sauce

Goats' Cheese Tartlet with Tomato and Basil Sauce

Roast Beef and Yorkshire Pudding

All with New & Dauphinoise Potatoes, Carrots, Broccoli, Cauliflower & Fine Beans

Afters Choice

Apple Pie with Custard

Raspberry Pavlova

Cheese and Biscuits

Should include Stilton and a non-cow cheese for those with food intolerances

To Conclude

Coffee or Tea and Presentations

Cost per person £17.00

A dress code is in operation. Drinks may be purchased to accompany your meal including house wines Pinot Grigio and Merlot at no more than £12.00 per bottle

Bookings by email or post to Roy Denney 33 Clovelly Rd., Glenfield, LE3 8AE

roydenney@hotmail.com or Tel: 0116 233 8604

Surname	Known as	Starter	Main	Afters	Chq enclosed or paid to club

A cheque may be enclosed with booking (payable to Leicestershire Orienteering Club) or payment may be made direct to the Club's bank account Number 74893286 at 09-01-54.

ABSOLUTE DEADLINE FOR BOOKING: 24TH FEBRUARY, 2012



Schools' Orienteering

Leicestershire pupils and club members had a successful day at the British Schools' Score Orienteering Championship in Hampshire, in October. British Orienteering's FOCUS magazine has coverage and photographs, including two of our group. All those competing had top 10 finishes and Martinshaw Primary School, County primary schools winners, were the third team.

Next year's event returns to Kingsbury Water Park, near Tamworth, so we hope that even more can make the journey this October. To maintain this level of success, the club will again put on practice events.

The Tebbutt family also went to The British Schools' Championship in Scotland. The 2012 event is in the Delamere Forest, Cheshire, in November and in 2013, the event will be put on by DVO at Shipley Park, Derby.

Following a series of Leicestershire County Council grants, the club has established a set of computer timing equipment which is available for loan by any school. It is nominally based at Hastings High School, Burbage, but needs to be collected from the previous user.

The equipment was used at a Sportivate project at Judgemeadow Community College and Leicester Grammar School

last half term. Sportivate is a new programme aiming to capture the excitement of London 2012 and provide attractive sporting opportunities for teenagers and young adults, aged 14-25, to receive 6-8 weeks of coaching in the sport of their choice.

County Schools' Championships- Saturday 19th May, 2012

The format of the County Schools' Orienteering Championships will change this year, so that a full range of age groups, years 5 to 13, can be offered. The event will be part of the club's East Midlands League event at Bradgate Park on Saturday 19th May. Entry numbers need to be sent to me by Tuesday 8th May.

The British Schools' Championship format will be used, which means Primary Years 5/6 run White, Years 7/8 run Yellow, Years 9/10 run Orange, Years 11/12 run Light Green and Year 13 runs Green. Pairs are allowed for years 5/8. Full details are on British Orienteering's web site.

http://www.britishorienteering.org.uk/images/uploaded/downloads/events_competitionrule_q.pdf

Roger Edwards

Want to know more about warming up correctly?

Take a look at the following 2 minute video:

<http://www.youtube.com/user/Orienteeringtvuk>



Loughborough Activity Night

The club is expanding its club night programme and is offering an activity night at Burleigh Community College starting on Monday 20th February from 6.30 to 8pm. Mark Sherriff will be the lead coach and will be supported by others. This includes Ruth Shedden, who completed her Level 1 coaching course at Cannock in November. Mark will be using the 'Year in a Box' format, the resource used by other community orienteering clubs.

Work is in progress to remap the school and to set up Permanent Courses on the campus and in the adjoining Booth Woods Nature Reserve.

Those interested will be encouraged to attend events at Beaumanor (EML), our Winter League event at The Outwoods (Tues 14th Feb), Beacon Hill (Sat 25th

February), plus two further sessions on Saturday 3rd and 10th March at Burleigh Community College, starting 11am.

The initial audience are families and beginners, but in the longer term we would expect the group to include the more experienced. So, if you are Loughborough based, come and enjoy the fun. We also intend to use the Loughborough University campus, but this is an embargoed area until the British Sprint Distance Championships on 20th April, 2013.

We are being supported and funded by British Orienteering and Charnwood Borough Council, and supported in kind by Burleigh Community College.

Roger Edwards

Training for Event Officials

The final training course for Winter 2011/12 will be a:-

Level C Planners Course

Wednesday 29th February from 6.30pm to 9.30pm, and Saturday 10th March from 9.30am to 12.30pm. Both sessions will be held at Groby Community College.

The course is aimed at those who have done some planning at Level D and would either like to move on to higher level events or refine their skills to make their Level D planning a more creative experience.

The training is very practical and hands on with a lot of field work.

Course Tutors: Ernie Williams & Chris Phillips

To book a place email Chris Phillips: onecphillips@lineone.net.



Photo Gallery



Barbara and Iain Tebutt take to the bridge during the Wistow maze event.

Photo: Roger Edwards

Alastair Paterson emerges from the maize.

Photo: Roger Edwards



George West (M80) finishing the short course on New Year's Day, the eldest competitor on the day.

Photo: Alan West



Have you moved house lately?

If you have, then please don't forget to inform our membership secretary, Roger Williamson, on 01509 412132 or email rwilliamson63@virginmedia.com to ensure your contact details are updated.



Santa's helpers queuing for the micro maze at the Christmas Novelty event.

Photo Mark Hardy

Santa getting some navigational training before his big day!

Photo: Mark Hardy



It's behind you! Peter Hornsby, organiser/planner of this year's Christmas Novelty event, posing as a Santa statue.

Photo: Mark Hardy

Monday Activity Night - Groby Community College

Re-starts Monday 20th February, 2012

See website for full details.

**Thursday Club Night - Groby Community College/
Brookvale High School Gym**

A full programme every week.

See website for full details.

Out and About

Whilst I have not seen one yet, water voles are being released into Rutland Water. There is evidence of breeding by last year's releases and more are planned for this year.

The major causes of climate change are debated at length and much is laid at man's door, probably justifiably. Politicians are not really grasping the issues and, indeed, even our own government seems to have lost their way, despite having one of the most ambitious targets for the reduction of greenhouse gases. On the one hand, they pour untold millions into wind turbines, an inefficient means of power production which disfigures the landscape, whilst they have halved the subsidy for solar power on domestic roofs, a proven technology with little by way of downsides.

As we see the New Year in, reports are received of runners passing fields of rape in flower and trees in blossom. My next door neighbour has a rose which burst into flower on Christmas Day and ducklings have been born in Kent. Perhaps we should rename the winter league the long-nights' league, as that is apparently the only certainty this time of year.

One of the really worrying threats to knock us off course for carbon reduction is not a man made one at all, although perhaps partly our fault. As orienteers, our sport is under threat and, indeed, in the longer term all members of the human race should be concerned. Unfortunately,

trees deprived of their normal rest period are weakened and are more susceptible to attack, and a serious threat is looming.

It started by attacking Rhododendrons and has meant that orienteers and other users have been banned from areas of the countryside to stop spreading this problem, which otherwise few people seem to know anything about.

The greatest source of oxygen on the planet is the by-product of plants' respiratory systems. Of at least as much concern as the cutting down of rain forests is this natural problem creeping up on us with devastating effect.

Although I say it is natural, it is in part brought about by man planting trees, etc. in areas where they are not naturally found, and in densities which would not be found in the wild.

...orienteers and other users have been banned...

The end result is, however, that, one by one, most species of trees are being decimated by insect, fungus or bacterial attack. Elm, Spruce, Oak, Hawthorne and Chestnut have suffered badly in recent years, but there is an even bigger threat looming.



The problem is, in fact, a family of what might be described as parasitic plants. These Phytophthora eventually kill their hosts and the latest type to hit us is wiping out Larch trees.

The Forestry Commission have been felling literally millions of trees in the south west to try and halt the spread of the 'disease', but this may well not be enough. The problem is now being seen all over the UK.

The safe disposal of millions of infested tree carcasses is a matter of great concern. The organisms will survive in the leaf litter and debris, the rotting stumps and roots left after felling. Burning the affected area will have no impact on the survival and proliferation of the phytophthora, and any attempt to remove the debris and the stumps will probably only spread the infestation way beyond the forest.

These plant-killing plants are not new; indeed the first recorded major attack by them was the potato blight which laid Ireland low.

The Larches show the symptoms of extensive dieback of crowns and outer branches, and resin bleeds on the trunk and lesser branches - lesions that dry out to form pale scabs. Unfortunately, by the time these symptoms appear, the disease process is well advanced and the tree will have passed on the problem to its neighbours. The Forestry Commission has no option but to fell the affected trees because allowing the disease process to continue increases the reproductive potential of the phytophthora, which then spreads to previously unaffected

areas.

Even more worrying, phytophthora are rapidly hybridising and mutating, and have, to date, been found in about 100 countries. In parts of the world it is erupting in the native woodlands, a classic example being Australia. It is destroying a vast range of native vegetation in the land of Oz, from woody shrubs to forest hardwoods, and has been identified in more than half of all described plant species. It threatens to annihilate entire ecosystems. They are mutating faster than we can keep up with the variants, and all that can be done is to limit the spread of the infestation.

It threatens
to annihilate
entire
ecosystems

In Europe, it seems initially to have been spread by the horticultural trade, where it has infested citrus trees, azaleas, forsythias and numerous other woody ornamentals brought in from other parts of the world, but it is now running wild. In Britain, it is known that Rhododendron is a host plant and we are trying to remove those and restore biodiversity to our woodlands, which may be more effective in the long term than felling millions of Larches.

Larch in Britain may now be doomed. There is actually no native larch species; the European larch comes from the open mountainous areas of Central Europe, where it does not form dense stands. The species



does not do well in Britain, so we have grown the Japanese Larch, often in plantations, a situation which we know, as a monoculture, is likely to be overwhelmed by pathogens that are less virulent in mixed plant communities.

The problem is spread through the water supplies of the trees and usually hits plants that are already distressed by overcrowding, drought, flood, etc. In Australia, the relentless spread is thought to have been helped by the steady rise of the water table, due to excessive tree clearing.

You may well have noticed that many national parks and conservation areas now request visitors to wash their footwear on coming and going, usually in a solution containing bleach. This is, to my mind, a fruitless tactic, given the multitude of access points.

The Ancient Woodlands' Project, based in Rockingham Forest on the borders of Rutland, Northamptonshire and Cambridgeshire, is intended to restore the Forestry Commission's lands to native species. As evidenced recently at Fineshade, conifers have been, or are being, cleared in numerous woods to be replaced by native species such as field maple, ash, oak and hazel.

This is not before time, as ancient woodland is still under threat and not many local authorities maintain a proper register of such sites. As a result, planning often disregards damage to such areas and proposed new planning systems will provide even less protection. At present, only

2% of the UK is covered by ancient woodlands. They could provide the biodiversity to keep this 'disease' at bay (hopefully). This project is by way of a test case and, if successful, be emulated in other areas of the country. The Woodland Trust is also following the same policy, and much of the developing National Forest is of mixed native species.

One problem the foresters are experiencing, however, is that they are finding that the new growth is being attacked by wild boar, muntjac and fallow deer. These creatures also speed up the spread of phytophthora, as do badgers. Culls of badgers and wild boar, in particular, and also deer in some areas, are being organised, but again we are treating the wrong end of the problem - we have to stop the trees from becoming susceptible in the first place by treating woodlands as amenities and wildlife havens, not commercial operations. As a country, we are moving away from trying to be strategically self-providing with timber and moving back to the importing of our needs from sustainable woodlands, where the trees are native.

In the meantime, all we can do as individuals is to change out of our boots or shoes as soon as we leave an area where we have been walking or running and then clean them in mild bleach when we get home.

Roy Denney



Winter League Table (abbreviated)

Top 40 Places as at 16 January 2012

Pos	Name	Club	Class	Best 6	Handi-cap	Events	Total
1	Iain Tebbutt	LEI	M40	556	601	6	601
2	Peter Hornsby	LEI	M55	484	581	7	581
3	Howard Alcock	LEI	M40	519	561	5	561
4	Robert Haskins	LEI	M60	450	557	7	557
5	Roger Edwards	LEI	M60	427	529	5	529
6	John Marriott	LEI	M60	401	497	6	497
7	Finn Lydon	LEI	M12	403	491	6	491
8	Roger Phillips	LEI	M35	456	474	5	474
9	Alison Hardy	LEI	W45	378	438	5	438
10	Euan Tebbutt	LEI	M14	375	435	5	435
11	Steve Edgar	LEI	M45	377	422	6	422
12	Trish Lydon	LEI	W40	368	412	5	412
13	Ursula Williamson	LEI	W45	345	400	5	400
14	Bruce Bryant	OD	M50	325	378	4	378
15	Jeff Baker	LOG	M60	280	347	4	347
16	Jamie Sutherland	LEI	M40	311	335	5	335
17	Chris Phillips	LEI	M60	262	325	5	325
18	Ed Chester	LEI	M35	311	323	4	323
19	Stuart Tyler	LEI	M45	288	323	5	323
20	Glynn Smith	LEI	M65	246	315	3	315
21	Tanya Taylor	LOG	W40	280	314	4	314
22	Matthew Cox	LEI	M16	268	301	5	301
23	Liz Phillips	OD	W45	253	294	4	294
24	Simon Ford	LEI	M65	222	284	3	284
25	Ian Wilson	LEI	M45	251	281	3	281
26	Keith Willdig	OD	W60	214	274	3	274
27	Alastair Paterson	LEI	M40	246	265	3	265
28	Nigel Lydon	LEI	M45	217	243	4	243
29	Nicholas Wilson	LEI	M12	183	223	3	223
30	Chris Bosley	LEI	M60	175	217	3	217
31	Andy Sykes	DVO	M45	193	216	2	216
32	Sue Bicknell	OD	W65	156	207	3	207
33	Simon West	LEI	M14	171	198	3	198
34	Roger Cole	LEI	M70	148	195	4	195
35	Keith Roberts	NOC	M50	160	185	2	185
36	Robert Titterington	LEI	M65	143	183	2	183
37	John Ward	OD	M65	143	183	2	183
38	Nick Malbon	NOC	M16	160	179	2	179
39	Alan Halliday	OD	M55	148	177	2	177
40	Rodney Hugo	OD	M65	138	177	2	177



Minor Leagues Scoring - Update

There have been some changes to the way that we score the summer and winter leagues, so it is probably worth reviewing the scoring system so everyone knows how the scores are calculated. We are not proposing to change the handicapping at this time.

For the long course: first, second and third placed competitors' times are averaged to calculate the "best time" for the course. The score for everyone who correctly completes the long course is then calculated as $100 \times \text{best time} / (\text{their time})$. Hence the winner (or even the winner and the second placed competitor) can score over 100 points.

For the medium course: the winner gets 75 points. All other competitors get $75 \times (\text{winner's time}) / (\text{their time})$.

For the short course: the winner gets 35 points. All other competitors get $35 \times (\text{winner's time}) / (\text{their time})$.

The number of events that count depends on the league. We have aimed to count between 40% and 50% of events. For the 2011/12 winter league, this means that we will count the 6 best scores. For the 2012 summer league, we will count the best 10 scores.

For the winter league 2011/12, we have tried not awarding attendance points. However, attendance points will be retained for the summer league 2012. We have removed attendance points for the winter league as a trial so that competi-

tors who do not compete at night events are not penalised in their overall score; they can still attend 6 daytime events to get a full score.

Organiser points have also changed slightly. An organiser will get their best score for the first event that they organise. If they organise a second event, then they will get their second best score and so on. We would always encourage as many people as possible to run, rather than claim organiser points. Very often, it is possible to run even if you are helping – such as helping at the start.

The tables for the winter and summer leagues are compiled using a computer program. The program matches your result for an event with your earlier results by matching the first name and surname. The only problem with this approach is that some of you use different names at different events. So if you appear in the results for an event under a different name and you aren't credited with points in the league, then please let me know and I'll fix the problem. This happens most often for Andy/Andrew, Bob/Robert and Jeff/Geoff, but if you are thinking of getting married or changing your name to "Elite Orienteer" by deed poll, then it would be much better to do so between leagues!

Iain Tebbutt

Don't forget to visit the BOF website at

<http://www.britishorienteering.org.uk> to check the latest information on fixtures.



THE LEICESTERSHIRE ORIENTEERING CLUB WINTER LEAGUE 2011/2012 (Remaining events)

DATE	DAY	EVENT	NOTES	GRID
Feb 7th	Tue	Bosworth 6.30pm-7.30pm	Winter League 10 Night event	SK407030
Feb 14th	Tue	Outwoods, Loughborough 11am – 12.00pm	Winter League 11	SP515160
Feb 25th	Sat	Beacon Hill, Lower Car Park 11.00am – 12.00pm	Winter League 12	SK521148

Permanent Orienteering Courses

The new courses at Western Park will be using the new map shortly. This location fell into disuse, as it was subject to vandalism, and we expect to have some issues in future, so use it while it's still intact! We have had a discussion with the Forestry Commission at Fineshade Woods and expect the Commission to establish a set of courses there in 2012.

As part of the Loughborough Activity Night, we are:

- setting up a white course at the Stonebow Nature Reserve, off Mount Grace Road;
- enhancing the Beacon Hill courses with a new start in the top car park;
- setting up a white course in Booth Woods.

Following approval from The Outwoods Management Committee in December, 2011, from August 2012 a permanent course will be put into the Outwoods for a trial three month period. The courses will use mainly the existing walking trail markers.

These should bring the number of control sites in the club's area to over one thousand. A UK record!

How many control sites have you visited?

Maps for most courses are free from the club's web site. Where map packs are sold, e.g. Foxton Top Cafe, Brocks Hill, Abbey Park and Knighton Park, (sold at the Victoria Park Parks Office) the courses on offer vary from those on the club's web site.

Roger Edwards



THE LEICESTERSHIRE ORIENTEERING CLUB

Events are informal, usually with a social element

Weekday starts are staggered from 6.30 to 7.30 pm - courses close 8.30

(These times may be advanced by 30 minutes at either end of the season)

For non-competitive training & other events (*) please try to arrive by 6.45 pm.

Sprint events are marked 'S'

Competitive events will use SI electronic punching (£1 hire) whenever possible

Entry fees - Adults £5.50 (£3.50 for members) - Juniors £1

DATE	DAY	EVENT		ORGANISER
Apr 12th	Thu	Bagworth		
Apr 17th	Tue	Beauchamp College Campus	S	
Apr 25th	Wed	Charnwood Forest South		
May 1st	Tue	Linford Woodlands		
May 10th	Thu	Evington/Arboretum	S	
May 15th	Tue	Grange Woods		
May 24th	Thu	Aylestone Meadows		
May 30th	Wed	Loughborough Endowed Schools	S	
Jun 7th	Thu	Cademan		
Jun 12th	Tue	Burrough Hill		
Jun 20th	Wed	Swithland Woods		
Jun 26th	Tue	Foxtan Locks	S	
Jul 1st	Sun	Irchester		
Jul 10th	Tue	Melton CP		
Jul 18th	Wed	Fosse Meadows		
Jul 24th	Tue	Watermead		
Jul 31st	Tue	Snibston		
Aug 5th	Sun	Outwoods		
Aug 9th	Thu	Treasure Hunt – venue TBC	*	
Aug 14th	Tue	Willesley		
Aug 22nd	Wed	Oakham Woodlands		
Aug 30th	Thu	Donisthorpe		



SUMMER LEAGUE 2012 FOR THE RBS SHIELD

League scores are on standard handicaps and the best 10 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.

League points are also allocated for all training events

NOTES	GRID	SOCIAL VENUE
Score – Mass Start 6:30	SK458068	Bricklayers Arms, Thornton
Sprint League	SP627993	Oadby Owl, Oadby
	SK523118	Bradgate Arms, Cropston
	SK504105	Fieldhead, Markfield Lane
Sprint League	SK628021	Cow & Plough, Gartree Rd
Batram Car Park	SK425093	The Thatched Inn, Stanton
	SK573014	Black Horse, Aylestone
Sprint League	TBC	Paget Arms, Loughborough
	SK433167	Hare & Hounds, Whitwick
	SK765115	Saddle Inn, Twyford
	SK537118	Bradgate Arms, Cropston
Sprint League	SP691897	Foxton Locks Inn
11am-12pm	SP911658	Cherry Tree, Catthorpe
	SK756208	The Welby, Nottingham Rd, Melton
	SP489910	The Countryman, Sharnford
South Car Park	SK602083	Hope and Anchor, Wanlip
	SK416144	Kings Arms, Coleorton
Score Cup (Beacon Hill Car Park) 11am-12pm	SK521148	Curzon Arms, Woodhouse Eaves
	TBC	
South End	SK337144	Masons Arms, Donisthorpe
	SK840074	Old Plough, Braunston
Score – Mass Start 6:30	SK312152	Navigation, Overseal



Fixtures

This fixture list is intended to list events in and around the Midlands and neighbouring areas, plus other items likely to be of interest. Unless otherwise stated, local events offer entry on the day (EOD) to a range of colour-coded courses, with start times from 10.30am to 12.30pm. Local events will only have a limited range of courses. Regional and National events provide a range of age-related courses and are normally entered in advance online. EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded courses for EOD.

The OS map reference is either the car park or point from which the event will be signposted. The list is based on BOF registration, but events are sometimes cancelled. If you are uncertain of whether an event will take place, check with the organiser, check on www.leioc.org.uk, or check on www.britisshorienteering.org.uk. The editors take no responsibility for wasted journeys !

EVENT STRUCTURE IN FIXTURE LISTS

- Level D = Relatively low cost events providing local competition and aimed at increasing participation.
- Level C = Local events providing a wider variety of venues and competitors.
- Level B = Events providing opportunities for more experienced competitors, giving a wider variety of terrain and competition for those who are prepared to travel longer distances.
- Level A = Major UK Events.

February 2012

4th	EMOA NOC Level D	NOC Winter League 4 , Clifton Campus, Nottingham Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. Punch Type: None, www.noc-uk.org
5th	YHOA SYO Level B	SYO Regional Event , Big Moor, Chesterfield, SK254754, Organiser: Brian Shaw, 01433 630467 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. Punch Type: None www.southyorkshireorienteers.org.uk
7th	EMOA LEI Level D	Winter League 10. See list on page 31.
12th	EMOA NOC Level C	Colour Coded Event , Thieves Wood Mansfield Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.noc-uk.org



February 2012 cont.		
14th	EMOA LEI Level D	Winter League 11., See list on page 31.
16th	LOG EMOA Level D	LOG Night Score Cup #2, Hartsholme Park, Lincoln, SK946697 Organiser: Sean Harrington , sean@logonline.org.uk , 01522 791344 www.logonline.org.uk
19th	WCH WMOA Level B	WMOA CompassSport Cup & Trophy Heat, Brereton Spurs, Rugeley, SK040146 Organiser: Tracy Craig www.walton-chasers.co.uk
23rd	LOG EMOA Level D	LOG Night Score Cup #3 , South Common, Lincoln, SK979699 Organiser: Sean Harrington , sean@logonline.org.uk , 01522 791344 www.logonline.org.uk
25th	SWOA SARUM Level A	British Night Championships , Hamptworth Salisbury , SU235180 Organiser: Mary Nixon, mary_david_nixon@yahoo.co.uk, 01794 516298 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.sarumo.org.uk
25th	EMOA LEI Level D	Winter League 12. See list on page 31.
26th	EMOA DVO Level C	DVO Regional Event & EM League , Lindop Bakewell Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.dvo.org.uk/
March 2012		
1st	LOG EMOA Level D	LOG Night Score Cup #4 , Riseholme Park, Lincoln, SK984757 Organiser: Sean Harrington , sean@logonline.org.uk , 01522 791344 www.logonline.org.uk
3rd	EMOA NOC Level D	NOC Winter League 5 , Haywood Oaks, Mansfield, SK609547 Entry times: 10:00 - 11:00. www.noc-uk.org
4th	SWOC WOA Level B	Welsh Championships 2012 , Pwll Du, Blaenavon, SO236098 Entry times: 10.30 -12.00. Dogs: In car park only, please keep on lead because of grazing sheep and clean up.. Organiser: Kate Balmond , entries@swoc.org.uk www.swoc.org.uk
4th	EMOA LOG Level C	EMOA League South Common , South Common Lincoln Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.logonline.org.uk



March 2012 cont.

11th	HOC WMOA Level A	Midlands Championships , Foxley and Garnstone, Hereford, SO423471 Organiser: Anthony Clerici , 01905 26078 www.harlequins.org.uk/marchinthemarches.html
18th	EMOA NOC Level D	NOC Winter League 6 , Holme Pierrepont, Nottingham www.noc-uk.org
24th	YHOA EBOR Level A	British Sprint Orienteering Championships , York University, York, SE620504 No dogs allowed. Organiser: Keith MacDermott , 01904 761120 www.york2012orienteering.org.uk
25th	YHOA EBOR Level A	British Middle Distance Orienteering Championships , Srensall Common, York No dogs allowed. Organiser: Mike Ridealgh , 01904 761120 www.york2012orienteering.org.uk

April 2012

1st	LEI EMOA Level C	EMOA League Event, Ratby Burroughs & Martinshaw, Ratby Burroughs & Martinshaw Woods, Leicester, SK51870 Entry times: 10.00am to 12.00 noon. Dogs on lead. Organisers: Alan and Wendy West wenandal@talktalk.net www.leioc.org.uk
6th	SOA Level A	JK Weekend - Day 1 - Sprint , Livingston Centre, Livingston, NT048667 No dogs allowed. Organiser: Kenneth Daly , colin.matheson@scottish-orienteering.org www.scottish-orienteering.org/jk2012/
7th	SOA Level A	JK Weekend - Day 2 , Dunalastair, Tummel Bridge, NN712594 No dogs allowed. Organiser: David Nicol , colin.matheson@scottish-orienteering.org www.scottish-orienteering.org/jk2012/
8th	SOA Level A	JK Weekend - Day 3 , Craig a'Barns, Dunkeld, NO021433 No dogs allowed. Organiser: David Kershaw , colin.matheson@scottish-orienteering.org www.scottish-orienteering.org/jk2012/
9th	SOA Level A	JK Weekend - Day 4 - Relays , Newtyle Hill, Dunkeld, NO065412 No dogs allowed. Organiser: Angela Dixon , colin.matheson@scottish-orienteering.org www.scottish-orienteering.org/jk2012/
12th	LEI EMOA Level D	Summer League 1. See list on pages 32/33.
15th	DVO EMOA Level C	DVO EM League , Riber Hillside/Bow Woods, Matlock, SK318564 Organiser: Paul Wright , cpstwright@tiscali.co.uk , 01773 856387 www.dvo.org.uk/



April 2012 cont.		
17th	LEI EMOA Level D	Summer League 2. See list on pages 32/33.
22nd	OD WMOA Level B	OD Regional Event , Bentley Wood, Atherstone, SP291967 Entry times: 10:30 to 12:30. Dogs: Must be on a lead. www.octavian-droobers.org
22nd	NOC EMOA Level C	NOC Regional Event & EM League , Thoresby North, Mansfield, SK626675 Organiser: Paul Beresford , org20120422@noc-uk.org , 01302 751549 www.noc-uk.org
25th	LEI EMOA Level D	Summer League 3. See list on pages 32/33.
29th	BOK SWOA	Mike Nelson BOKTrot & ASO Ind Champs, Beechenhurst, Forest of Dean, SO 614120 Entry times: 10.30-12.30. Organiser: Howard Thomas , 0166 - 651 0155 www.bristolorienteeing.org.uk
29th	EBOR YHOA Level B	YHOA Superleague, White Horse, Thirsk Entry times: 10.00 to 12.00. Dogs: On lead and in car park area only. Organiser: Graham Todd , 07710002961 www.eborienteers.org.uk
May 2012		
1st	LEI EMOA Level D	Summer League 4. See list on pages 32/33.
5th	NWOA Level A	British Orienteering Championships, Dalegarth, Seascale, NY170000 Organiser: John Slater , runningmarra@googlemail.com www.boc2012.org.uk
6th	NWOA Level A	British Relay Championships, Heslington Burrows, Kendal Organiser: Ann Smith , roger.smith100@btinternet.com www.boc2012.org.uk
10th	LEI EMOA Level D	Summer League 5. See list on pages 32/33.
13th	NOC EMOA	NOC Summer League 1/6, Burnstump Country Park, Nottingham, SK575505 Entry times: 10:00 - 11:00. www.noc-uk.org
15th	LEI EMOA Level D	Summer League 6. See list on pages 32/33.



May 2012 cont.		
19th	LEI EMOA Level C	EMOA League Event Bradgate Park, Bradgate Park, Leicester. Entry times: 10.00am to 12.00noon. Dogs on lead. Organiser: Laurie Fluck www.leioc.org.uk
24th	LEI EMOA Level D	Summer League 7. See list on pages 32/33.
27th	HOC WMOA Level B	HOC Regional Event , Brown Clee Hill, Ludlow Organiser: Charles Nelson www.harlequins.org.uk
30th	LEI EMOA Level D	Summer League 8. See list on pages 32/33.
June 2012		
7th	LEI EMOA Level D	Summer League 9. See list on pages 32/33.
10th	DVO EMOA Level C	DVO EM League, Allestree Park, Derby, SK352408 Organiser: Kim Buxton www.dvo.org.uk/
7th	LEI EMOA Level D	Summer League 10. See list on pages 32/33.
17th	LEI EMOA Level C	EMOA League Event, Burbage Common, Burbage Common and Woods, Hinckley www.leioc.org.uk
20th	LEI EMOA Level D	Summer League 11. See list on pages 32/33.
23rd/24th	NOR EAOA Level B	Junior Inter-Regional Championships, Sandringham Country Park, King's Lynn, TF690290 Organiser: Alan Bedder www.norfolkoc.co.uk
24th	SAX SEOA Level B	SAX Canterbury Urban Race, Canterbury, Canterbury, TR152579 Organiser: Sarah Howes , sarahmhowes@hotmail.co.uk , 01892 723327 www.saxons-oc.org
26th	LEI EMOA Level D	Summer League 12. See list on pages 32/33.



July 2012		
1st	LEI EMOA Level D	Summer League 13,. See list on pages 32/33.
8th	NOC EMOA Level C	Nottingham City Race , Nottingham City, Nottingham, SK572399 www.noc-uk.org
10th	LEI EMOA Level D	Summer League 14. See list on pages 32/33.
15th	NOC EMOA Level D	Summer League 3/6, Colwick Park, Nottingham, SK603392 Entry times: 10:00 - 11:00. www.noc-uk.org
18th	LEI EMOA Level D	Summer League 15. See list on pages 32/33.
23rd-28th	SWOC WOA Level B	Welsh 6 day CROESO , Gwanas, Aberystwyth, SH771166 Organiser: Peter Nicholson www.croesomultiday.org.uk
24th	LEI EMOA Level D	Summer League 16. See list on pages 32/33.
29th	NOC EMOA Level D	Summer League 4/6 , Wollaton Park, Nottingham, SK533393 Entry times: 10:00 - 11:00. www.noc-uk.org
31st	LEI EMOA Level D	Summer League 17. See list on pages 32/33.
August 2012		
5th	LEI EMOA Level D	Summer League 18. See list on pages 32/33.
9th	LEI EMOA Level D	Summer League 19. See list on pages 32/33.
14th	LEI EMOA Level D	Summer League 20. See list on pages 32/33.



