

Organisers of JK2014 - Day 3



Editors:  
Alan &  
Wendy  
West

# LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



JK2014 Day 3 - The LEI DAY  
Fixtures 2014

Larger Scale Maps at Major Events  
Club Shop: New Long Sleeve Tops



Spring 2014

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**Copy date for Next Issue:  
15th May, 2014**

*Front cover photograph: Oscar Ferris and Harrington Leake, 1st Primary Boys' Team at the British Schools' Score Championships. Photo: Annie Leake*

## Points from the Editors



We have another cramp-packed edition of the LEI news for you, with a range of interesting articles. Our junior members had a successful 2013, which our

Club Captain highlights on page 4. JK Day 3 is looming and the final preparation is now in full swing - read more on page 5. We have our annual presentation dinner taking place on 1st March. Find out all the details on page 12 and please ensure that you book through Roy Denney by **10th February**. We highlighted in the last edition that John Marriott was asking for support to help maintain POCs across the city and county. Roger Edwards has written a progress report on page 17 of this edition. We would like to welcome our new Junior Captain, Hannah Cox, who has joined the committee - read more on page 18. There is a very interesting article on map scales on page 19. When looking at the different map scales, especially comparing the 1:15000 to the 1:7500, it's not surprising that us oldies can easily miss controls as we struggle to read the detail on smaller scale maps!

Finally, please be aware that there is an EMOA and Development Training Day arranged for 1st March, offering a range of courses for you to book onto - see page 30. The deadline for bookings is **14th February**. What could be better than a full day of training followed by an evening of good company at the LEI annual presentation dinner? Please send your articles to [wenandal@talktalk.net](mailto:wenandal@talktalk.net). Happy reading.

*Wendy and Alan West*



# Ramblings from the Chair



In the first chair's ramble of 2013, I commented upon the weather in 2012 – it had been rather wet! This now seems to have been trumped by the end of 2013 with storms and massive amounts of rain, though we seem

to have escaped relatively lightly in the East Midlands. The field paths behind our house are a complete quagmire and look like they will stay that way for several weeks to come, though it will not stop me from slopping my way over them as some relief from tarmac.

The club had a good year in 2013 with favourable reports back from the British Sprints at Loughborough University, held on a lovely Spring day, and with the publication of a table in Focus magazine to show that we were officially the busiest club in the country when events and activities are taken into account. It was also interesting to see that DVO and NOC also featured in very high places. Apart from these events, we also run very full summer and winter leagues. Can we keep this up? Well, it all depends on having members who are able and willing to put in a lot of effort in the services of our club. We already have a busy line up for 2014, with our running of day 3 of the JK in South Wales, something like 150 miles away, the Organiser being Chris Phillips. Chris tells me that his list of volunteers is growing well, but we will also need support with helpers from other Clubs in the East Midlands. Although this is our biggest task of the year, our fixtures committees are also putting together the summer league and planning the bigger fixtures up until 2016.

Returning to my remark about running in the fields behind home, I also have an interest in orienteers' attitudes towards running. I come from a running background, so running is everything. I run frequently (for the enjoyment of it), and at a weekend would sometimes rather do a long steady run from home in preference to driving a long distance to find an orienteering event. To me, some orienteers seem to have a dislike of running, seeing it as a necessity in the pursuit of the sport, and only run at orienteering events. Having said that, orienteering is, in some ways, good training, with start, stop, fast run, slow run, etc.

I moved from running to orienteering with a background in marathons and longer distance events (like London to Brighton). I also did the Long Distance Walkers' Association 100 mile event once, but one of our club members has done all 40 events held since 1973 (one year it wasn't held due to foot and mouth problems). That's an amazing record, and congratulations to Roger Cole.

For a runner, there is nothing like a long ,steady, probably off road run of 1.5 to 2 hours of pleasant running through the countryside. This is also stress free, with no controls to find or having to wonder where you are (hopefully)! I'd recommend doing some regular running to everyone, just from home or somewhere local, or do a park run – you don't have to be competitive and it's good to run with others – and free. The most local ones are at Braunstone Park, Conkers Waterside or Rushcliffe Country Park and they always take place at 9am on a Saturday morning.

For a purely social occasion, please join



us at the annual club dinner and presentation evening at Kirby Muxloe Golf Club on 1st March. We are returning to a well liked venue for a very good value meal, followed by presentations with a few surprises. (I wonder who is in the frame for the Clock Trophy at the moment?)

Finally, congratulations to all those who have achieved success in 2013 and I hope to see all club members at an LEI event during 2014 - and for those of you who have just moved up an age group, make the most of it!

*Bob Haskins*

## Captain's Corner



Welcome to all our new and returning members who have joined this year. Sitting writing this article in January, the month of reflections and new beginnings, my thoughts turn to our team

performances over the last year and I hope that 2014 proves at least as successful as 2013.

Last year was once again dominated by our successful juniors, with LEI achieving a 5<sup>th</sup> in the Yvette Baker Trophy and retaining our seeded status in the competition. Along with our team success in the Harvester and the Joan George Trophy, we have had a record number of members achieving a Championship Badge. However, these successes rely heavily on new juniors joining the club and being coached at one of our successful club nights. Your club needs you to spread the word and to encourage your friends to join our club. Orienteering is great way of keeping fit and most importantly of all, it's fun!

Looking forward to the year ahead, LEI will achieve my captain's dream and

qualify for the final of the CompassSport Cup. Being more realistic, the event I am really looking forward too is the Jan Kjellstrom Festival of Orienteering in Wales. As many you are already aware, day 3 of the JK is being run by LEI. Yet again, I seem to have been persuaded to be involved in yet another Level A event. This Easter should be a fantastic LEI on tour event with probably the most members ever signed up for a JK. If you wish to make it a full four days of orienteering, please speak to Iain Tebbutt about being part of one of the relay teams.

By the time this makes it to print, I will have survived an evening of Laser Quest with the club's juniors. This action packed evening was very well supported last year, with 40 juniors battling it out to be top gun. However, the adults in the club have to settle for a more sedate evening at the annual club dinner.

For those of you who like to plan a year in advance, please add the Club Championships on the 5<sup>th</sup> October to your diaries. This year, the Club Championships will also include the presentation of the junior awards.

*Roger Phillips*



# JK 2014 Day 3 - The LEI Day

The countdown clock on my computer tells me there is only 14 weeks to go before we will all be basking in the warm sunlight of Welsh moorland at Llangynidr, watching the world elite race for their lives. Or, as one of our less optimistic club colleagues put it, after a recent visit to site, peering through the low cloud wondering what everyone is doing. Whatever the weather, we will doubtless be enjoying ourselves (it is after all our Club Chairman's birthday) and delivering a spectacular day's racing.

After nearly 18 months' work, we are in the final stages of planning and organising. Whilst there is much still to do, at long last my "to do list" is getting shorter by the day and items left on it less daunting. I am trying to source some items of extra kit that we do not have in the club stores. We need 3 Gazebos for use as shelter for the start teams - can anyone help? A second item is a butane or propane hot water boiler and thirdly some thermos jugs.

Thank you to the 60+ club members who have already signed up to help on the day. The entries list shows that there are a few people who have already entered and have not yet "volunteered" - I know it has slipped your mind and that you will be getting in contact soon!

If you have entered and have not booked any accommodation, may I suggest that you do it soon, as I am aware that local hotels and B & Bs are getting booked up very quickly. Ursula Williamson has a list of local accommodation if you need any help. The organising team have booked some accommodation at Llwyn-y-Celyn Youth Hostel. We currently have two spare beds in a 4 bed male room. If you are interested, again, please speak to Ursula.

I hope that by early March we will have allocated everyone their on-the-day roles and will be able to let you have that information. There will be a briefing for helpers on Monday 7<sup>th</sup> April at 7.30pm at Groby Community College. Please put this date in your diary. It is an important part of the preparation, given the size of the event; it will be very difficult to brief everybody on the day. Please note that all helpers, other than those on elite courses, will be given a punching start.

If you have any questions about the event or helping on the day, please either drop me an email at [onecp47@gmail.com](mailto:onecp47@gmail.com) or speak to me at an event.

*Chris Phillips*

For all up to the minute details on the JK take a look at:  
<http://www.thejk.org.uk/jk2014>

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



# 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 - 12th October, 2013, Druridge Bay Country Park, Morpeth, Northumberland.**

## 45 Minute Score - Individual Results

Year 5 boys 2nd ... Harrington Leake  
 Year 6 boys 2nd ... Oscar Ferris  
 Year 7 boys 3rd .... Ethan Tebbutt  
 Year 10/11 boys 9th .... Nick Wilson  
 Year 8 girls 2nd ... Imogen Wilson  
 Year 9 girls 4th .... Ashleigh Howells  
 Year 10/11girls 1st .... Hannah Cox

## Team Results

**Primary Boys:** 1st - St. Paul's Church of England Primary, Woodhouse Eaves.

**Secondary Girls:** 1st - Loughborough High School, Loughborough.

**Upper Secondary Girls:** 3rd - Loughborough High School, Loughborough.

**British Schools' Orienteering Championships - 17th November, 2013 - Shipley Park, Ilkeston.**

## Individual Results

Year 5 boys 2nd ... Harrington Leake  
 6th .... Ben Hardy

Year 6 boys 8th.... Oscar Ferris  
 Year 7 boys 3rd.... Ethan Tebbutt  
 Year 10 boys 7th... Nick Wilson  
 8th... Euan Tebbutt  
 Year 11 boys 8th... Tom Barber  
 Year 5 girls 10th. Libby Barber & Heather Griffiths  
 Year 8 girls 10th. Imogen Wilson  
 Year 9 girls 1st... Ashleigh Howells  
 Year 10 girls 8th... Gabriel Rawlinson  
 Year 11 girls 1st... Hannah Cox

## Team Results

**Small Secondary:** 1st - Loughborough High School, Loughborough.

**East Midlands' Championships - 24th November, 2013, Spring Cottage, Leicestershire.**

## \* Indicates East Midlands Champion

M10 1st..... Ben Hardy\*  
 2nd..... Harrington Leake  
 M12 1st..... Ethan Tebbutt\*  
 M14 1st..... Nick Wilson\*  
 M14B 1st..... Felix Miskin-Young  
 M16 2nd..... Finn Lydon  
 5th..... Simon West  
 M35 1st..... Roger Phillips\*  
 2nd..... Ian Wilson



	3rd.....Derek Herd	Yellow Male..... 1st Ben Hardy
M45	4th .....Matt White	..... 2nd Harrington Leake
	6th .....Alastair Paterson	..... 6th Francis Mayes
	7th .....Mark Hardy	..... 8th Jack Negus
M60	7th .....David Bray	Orange Male ..... 2nd Oscar Ferris
	9th .....Peter Hornsby	..... 8th Charlie Alcock
M65	3rd.....Glynn Smith	..... 9th Francis Mayes
	8th .....John Marriott	Orange Female.... 2nd Reed Lydon
M65S	4th .....Roy Denney	..... 3rd Anna Barber
M70	7th .....Eric Porter	..... 6th Holly White
	8th .....Ernie Williams	..... 7th Peta Jarvis
	9th .....David Anderson	..... 8th Daisy Herd
W10B	1st .....Flora Miskin-Young	..... 9th Emma Phillips
W12	2nd .....Caitlin Chafer	..... 10th Caitlin Chafer
	3rd.....Reed Lydon	Lt. Green Male .... 1st Ethan Tebbutt
W14	1st .....Gabriel Rawlinson*	..... 8th Chris Cashmore
	2nd .....Anna Barber	..... 10th Roy Denney
	3rd.....Imogen Wilson	Lt. Green Female. 2nd Imogen Wilson
	4th .....Ashleigh Howells	..... 4th Anna Barber
	5th .....Daisy Herd	S. Green Male..... 2nd Ernie Williams
W16B	1st .....Jessica Howells	..... 4th Eric Porter
	2nd .....Emma Phillips	..... 5th Kevin Gallagher
W45	4th .....Trish Lydon	..... 6th Chris Phillips
	5th .....Tracey Brookes	S. Green Female.. 3rd Molly Smith
W50	2nd .....Ursula Williamson	..... 4th Diane Ford
W60	1st .....Felicity Manning*	..... 5th Barbara Tebbutt
W60S	2nd .....Irene Marriott	..... 8th Sue Porter
		Green Male ..... 1st Simon Ford
		..... 2nd David Bray
		..... 5th Peter Leake
		..... 6th David Anderson
<b>EMOA League 2013</b>		
	White Female ..... 1st Libby Barber	
	..... 5th Ngaia Herd	



..... 7th Peter Chick  
 Green Female ..... 1st Hannah Cox  
 Blue Male ..... 1st Glynn Smith  
 ..... 3rd Finn Lydon  
 ..... 4th Chris Bosley  
 ..... 10th Bob Haskins  
 Blue Female ..... 1st Alison Hardy  
 ..... 2nd Trish Lydon  
 ..... 3rd Ursula Williamson  
 ..... 4th Tracey Brookes  
 ..... 5th Julie Ferris  
 Brown Male ..... 7th Matt Cox  
 ..... 8th Ian Wilson  
 ..... 9th Richard Leake  
 Brown Female ..... 4th Julie Ferris

2nd... Simon West  
 6th... Finn Lydon  
 7th... Ethan Tebbutt  
 W's Veteran 2nd... Alison Hardy  
 5th... Tracey Brookes  
 Men's Veteran 2nd... Alastair Paterson  
 4th... Ian Wilson  
 9th... Derek Herd  
 10th.. Iain Phillips  
 Men's Super Vet 3rd... David Bray  
 4th... Bob Haskins  
 W's Ultra Vet 3rd... Diane Ford  
 Men's Ultra Vet 4th... Simon Ford  
 6th... Laurie Fluck  
 8th... Glynn Smith

**2013 East Midlands Urban League**

Junior Women 3rd.... Imogen Wilson  
 4th .... Emma Phillips  
 7th .... Daisy Herd  
 8th .... Reed Lydon  
 Junior Men 1st .... Nick Wilson

**2013 NopeSport Urban League**

Junior Men 1st.... Nick Wilson  
 Junior Women 6th.... Imogen Wilson



**Dibber Hire Scheme**



Club members who are currently hiring a dibber may now collect stickers for each hire and use these to buy an SI dibber through the club treasurer. Collect a sticker (value £1) for each hire at an LEI event and affix to your collector card. Redeem when you want to buy - just pay the difference between your card's value and the dibber price.

*Roger Edwards*





# Club Chat

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

Jane and Jessica Dring-Morris

Kiran Coolican

Stuart Miskin and Katie Young

Finn, Felix and Flora Miskin-Young

David LeBoutillier

Jack Tiffin and Lucy Taylor

Congratulations to Imogen Wilson (W14) and Hannah Cox (W18), selected as travelling reserves for England Orienteering at Interland 2014, to take place at Bruay La Buisserie, in France, on 30th March, 2014.

**Club Championships 2014  
are on Sunday 5th October.**

The following are the top ten LEI orienteers in the British Orienteering rankings as at 31st December, 2013.

Position	National Position	Name	Points
1.....	223.....	Simon Bradbury .....	7614
2.....	261 .....	Matt Cox.....	7560
3.....	472.....	Howard Alcock .....	7295
4.....	614.....	Ian Wilson .....	7158
5.....	685.....	Ian Howells .....	7098
6.....	689.....	Roger Phillips.....	7091
7.....	704.....	Hannah Cox .....	7078
8.....	745.....	Richard Leake .....	7041
9.....	805.....	Roger Edwards .....	6988
10.....	841 .....	Matt White .....	6961

In the 2013 UK Orienteering League, LEI had two teams counting. Team A was 50th and Team B was 81st out of 117 teams.

Team A counting members: Ian Wilson (M45), Ursula Williamson (W50), Euan Tebbutt (M16), Barbara Tebbutt (W45), Roger Phillips (M35), Donald Moir (M80), Peter Leake (M70), Ian Howells (M50), Eric Heritage (M50), Alison Hardy (W45), Simon Ford (M70), Hannah Cox (W16), Simon Bradbury (M20).

Team B counting members: Matt White (M45), Wendy West (W50), Simon West (M16), Alan West (M55), Iain Tebbutt (M45), Trish Lydon (W45), Richard Leake (M45), Diane Ford (W65), Julie Ferris (W45), Roger Edwards (M60), Matthew Cox (M18), Pat Conway (W55), David Bray (M60), Tom Barber (M16), Howard Alcock (M40).



# Congratulations

To the following LEI members who are East Midlands' Champions following the event at Spring Cottage on 24th November, 2013.



*M10 - Ben Hardy*



*M12 - Ethan Tebbutt*

Trophies presented by  
EMOA Chairman, Randal  
Macdonald.

*Photos: Iain Tebbutt*



*M14 - Nick Wilson*



*M35 - Roger Phillips*

Congratulations to the following LEI members who have earned a championship award in 2013. Championship awards are earned during each calendar year to Elite, Long or A course competitors who have achieved the Championship Badge qualifying times at three National events (all of which must be registered at level A). There were 11 qualifying events in 2013, but only 10 for Juniors (British Night Champs excluded). The awards were presented by Chairman, Bob Haskins, following the Christmas Novelty Event on 14th December. Other members earning awards who were not present for the presentation are Hannah Cox and Simon Bradbury.



M12 - Ethan Tebbutt



M14 - Nick Wilson



M16 - Euan Tebbutt



M80 - Don Moir

# Congratulations Continued

Congratulations to the following members who have received colour coded awards since the start of the year. To achieve a colour coded award, you need to get a minimum of **three** qualifying standards, i.e. race round a course within the winner's time plus 50%. The time standard for each event is normally shown on the results front page, so you can easily work out if you have met it. If you have missed out on your certificate, please apply to the Development Co-ordinator, Roger Edwards.

Orange	Peta Jarvis	Holly White	Caitlin Chafer
Light Green	Anna Barber		
Short Green	Chris Phillips		
Blue	Jamie Sutherland	Alan West	

## Own a Tablet?

If you would like to read the full colour LEI NEWS on your tablet, then this can be downloaded from the website shortly after you receive your hard copy at this address: [http://www.leioc.org.uk/members/lei\\_news.php](http://www.leioc.org.uk/members/lei_news.php)

# Annual Presentation Dinner 1st March, 2014

This year's dinner is at the same venue as last year, where we have been looked after admirably. It is on 1st 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 should wear suitable attire. 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 by February 10th 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*



## LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

1st March, 2014. Gather from 7.00pm. Seating at 7.45pm.  
Kirby Muxloe Golf Club, Station Road, Kirby Muxloe - 0116 239 3457

### First Course Choice

Wild Mushroom soup with Thyme Cream

Smoked Salmon Terrine, Salmon Mousse, Pickled Cucumber and Lime

Chicken Goujons with Sweet Chilli Dip

### Mains Choice

Shoulder of Lamb with Rosemary and Garlic Mash and Tarragon Jus

Sea Bass with Olive Oil & Sea Salt, Crushed Potato and Lemon Butter Sauce

Traditional Roast Beef with Roast Potatoes and Yorkshire Pudding

Macaroni, Butternut Squash Velouté, Sunflower Seeds, Sage and Mushroom

*All served with seasonal vegetables*

### Choice of Afters

Blackberry Crème Brulée with Vanilla Clotted Cream & Shortbread

Chocolate & Orange Croissant Bread & Butter Pudding & Custard

Fruit Salad with a Non-Dairy Sorbet

Artisan Cheese with Celery & Wafers

### To Conclude

Coffee & Mints and Presentations

**Cost per Person** £18.00    Guests are welcome.

*Dishes may include nuts, gluten and dairy products—if you have any special dietary requirements we will accommodate them within reason. Please contact Roy Denney.*

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

**Bookings by email or post to Roy Denney 33 Clovelly Rd., Glenfield. LE3 8AE**  
[roydenney@hotmail.com](mailto:roydenney@hotmail.com) or Tel: 0116 233 8604

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.

**DEADLINE FOR BOOKING: 10th February, 2014.**



# Photo Gallery: NOC Walesby Event 22nd December 2013



*Alison Hardy and  
Alastair Paterson*



*Andy Portsmouth*



*Anna Barber*



*Bob Haskins*



*Chris Phillips*



*Finn Lydon*



*Francis Mayes*



*Harrington Leake*



*Hannah Cox*



*Iain Phillips*



*Imogen Wilson*



*Mark Hardy*



*Matt Cox*



*Richard Leake*



*Steve Edgar*

All photographs:  
Annie Leake



*Tom Barber*



*Trish Lydon*



*Ursula Williamson*



# Club Shop

Club Captain, Roger Phillips, is now taking orders for a new design of an LEI long sleeved top from the same supplier as the current short sleeved tops. An on-line order form is available on the club web site and on the LEI Facebook page. These are priced at £29 and feature a zipped pocket on the back.



Short sleeved tops are still available from Roger and these are priced at £21. For sizing, go to the supplier's website <http://www.sivensport.com> (currently under development). Roger also has a supply of LEI purple fleeces for sale at £20 each, as modelled below by club members at the British Sprint Championships.





## Permanent Courses' Improvements Jan 2014

Several volunteers have now inspected the permanent orienteering courses in the club's area.

Gina Gilbert has checked Oadby and Wigston's Brocks Hill and the City Council's course at Knighton Park. There are several missing sculptures at Brocks Hill, but the posts are still there, and a couple of the Knighton Park controls have been moved. Richard Windsor has inspected the easy course at East Carlton Park and one of the sites has now been re-numbered. At Fermyn and Brigstock, Richard found a couple of posts in the Forestry Commission's area buried in brambles and one of the Northamptonshire County Council's Country Park posts has disappeared.

I have replaced the missing plaque at Foxton Locks, where courses were installed at the request of the Canal and Waterways Trust. The courses will be transferred to the new sprint map when Bruce Bryant from OD has finished his exercise. LIDAR data is being used to replace the existing contours.

The missing plaques at the courses originally installed by the Leicestershire County Council, and supported financially by the National Forest Company at Snibston, Donisthorpe and Sence have also been replaced. The original Sence courses were actually installed by the Friends of the Forest Valley Park, supported financially by the Forestry Commission. The courses at Snibston are now using a more recent map but updates using new maps at Sence and Donisthorpe need to be completed. Be aware that the medium standard courses, e.g. orange, are now much closer to light green in places.

The courses the Outwoods paid for by British Orienteering have been repaired and the one with an incorrect number has been changed.

Northamptonshire County Council has bought LEI plaques to install at Irchester Country Park. The new easy course was available from November and the existing posts are to be re-labelled. Post 14 in the brambles/nettles is to be abandoned.

The Forestry Commission has installed plaques for white and yellow courses at Hicks Lodge. If the cycle centre doesn't wish to sell maps, then we will put them onto the LEI download system. Courses here also formed part of our successful bid for Olympic legacy funding.

Courses at Bradgate Park are still under construction, as many posts need to be installed for the technical controls. A score courses is on offer from Hunts Hill. All other maps for the park will be on sale at the tea rooms and shop.

Findings from inspections of the City Council's courses at Castle Hill, Hinckley and Bosworth's courses and Burbage and Melton Borough's courses at Melton Country Park are to be addressed shortly.

A list of known defects can be downloaded from the club's website. Please keep John Marriott updated on anything you find that should be added to this list.

*Roger Edwards*  
*Development Co-ordinator*



## Junior Captain's Corner



Hello everyone. As you may or may not know, I am the new LEI Junior Captain. We have some important events coming up for the juniors, including the

Yvette Baker Trophy qualifier (2<sup>nd</sup> February) at Thieves Wood. We need as many juniors as possible to turn out for

the qualifier to get us a place in the national final, which we have attended in the past two years. Our Compass Sport Cup heat is also coming up on 16<sup>th</sup> February where we need the juniors to support the club to give us the best chance possible of qualifying. Finally, there is the junior social at Laser Quest which I hope as many of you as possible can attend, and I will hopefully see you there!

*Hannah Cox*

## Children in Need 2013 at Groby Monday Club

In November we celebrated *Children in Need* for the second year running in the Brookvale Gym and raised a fantastic total of £212.33.

Our young leaders (*Tom Barber, Finn Miskin-Young, Nick Wilson, Emma Phillips, Imogen Wilson, Anna Barber, Daisy Herd and Caitlin Chafer*) had prepared a fun-filled session with the help of Howard, including a very confident warm-up, fast and furious jigsaw and cartoon character relays, challenging orienteering by map memory around the Groby Campus (competitors had to memorise each leg in turn) and fun 'o' games to cool down.

We had all come dressed up in assorted pyjamas, onesies, dressing gowns and other spotty attire (including some brave parents!) and at the end of the session we sold homemade pizza, delicious cup cakes and chocolates made by some of

the juniors.

My abiding memory was of Tom in a wet-suit putting controls outside on a cold and damp November evening wearing only flip flops! It summed up befittingly the slightly bizarre atmosphere and high spirits of the night. (Goodness knows what other community visitors of the College made of the frenzied spectacle, observing pyjama-clad hordes of juniors running backwards and forwards around the campus!)

Many thanks go to all the young leaders and Howard for organising this session, to all the members who contributed and helped to raise money and all the committed young bakers.

I would also like to take this opportunity to say a big thank you to Tom and Nick who helped with the running of the Monday sessions last term, and planned and



delivered some memorable sessions of their own, too. Who could forget Nick's sessions on simplification, sketch maps and peg relay!!

I would also like to say thank you to other coaches who organised popular sessions on navigation in the forest (in the dark!) and who ran informative Purple Pen

workshops, as well as to the parents who got involved and helped out on the night. It takes a lot of time and planning to make any of the club nights happen. Any help will be very welcome and we can always use more coaches!!!

*Birthe Richter-Wilson*

## Who Should Control the Use of Larger Scale Maps at Major Events?

Who should be responsible for deciding whether map enlargements should be used at major events in intricately contoured terrain - the planners and the controllers or, as at present, the Map Advisory Group? We set out below a case for a transfer of the current responsibility.

This issue is not a new one. The controllers and planners of many major events have beaten a path to the door of the Map Group, now Map Advisory Group (MAG), usually to be rebuffed, and occasionally to get a grudging approval, after lots of argument. For the 2008 British Long Distance Championships at Culbin, the, then, Events Committee eventually allowed the event officials to take the final decision. The planners of the 2010 British Middle Distance Championships on Haverthwaite Heights in the Lake District were finally allowed to give the older runners map enlargements, after initially being advised by the Map Group that they should avoid placing controls for these runners in more intricately contoured locations.

Following the 2010 Middle Distance Championships, Lakeland OC attempted to get the issue of map scales in complex

terrain onto the agenda for the first Association and Club Conference in 2011, but was not successful, even though this was the only issue raised by a Club or Association. The British Orienteering Board offered, instead, to set up a Working Party, but has since taken no further action on this matter.

Day 2 of the 2015 JK is to be on a new map in the Duddon Valley. At the suggestion of Martin Bagness, a very successful elite in his day and now a much respected, professional mapper, who is both preparing the new map and planning the elite courses on Day 2, the controller and planners have requested that all runners should be permitted to use map enlargements, as well as the elite 18s, 20s and 21s, who use 1:10,000 scale maps for their Middle Distance races on Day 2 anyway. A similar application has been made for Day 3, which is on Bigland, near Newby Bridge. These proposals are summarised in the table over the page:



## **DAY 2 INDIVIDUAL**

### **Age Classes/Proposed Map Scales**

M/W 18E, 20E, 21E /  
1:10000 (no change from IOF / BOF  
guidelines)

M/W 16-/  
1:7500 (enlarged from 1:10000)

M/W 18, 21, 35, 40/  
1:10000 (enlarged from 1:15000)

M/W 45+/  
1:7500 (enlarged from 1:10000)

## **DAY 3 INDIVIDUAL**

### **Age Classes/ Proposed Map Scales**

M/W 18E, 20E, 21E /  
1:15000 (no change from IOF / BOF  
guidelines)

M/W 16-/  
1:7500 (enlarged from 1:10000)

M/W 18, 21, 35, 40/  
1:10000 (enlarged from 1:15000)

M/W 45+/  
1:7500 (enlarged from 1:10000)

Unfortunately, MAG has already turned down both requests, without any discussions or visits to either area.

Samples of the Bigland map are presented here, at the standard scale of 1:15,000, at the usual enlargement scale, whatever the terrain, of 1:10,000 and at our preferred enlargement scale for older runners in intricately contoured terrain of 1:7,500. Lakeland OC has carried out 2 surveys of runners' preferences, one by Carol McNeill, who offered a choice of map scales, and the other by questionnaire after a major event at which map enlargements were provided. In both instances, the vast majority of competitors preferred the larger scale maps.

Orienteering is a sport involving a combination of both running and navigation. It is not a test of eyesight, yet MAG continues to argue that British Orienteering should only use the map scales specified in the IOF Rules and that allowing the use of map enlargements will encourage mappers to include more detail on their maps. Participation numbers are in long term decline, yet scant attention is being paid to satisfying what is an obvious preference - for runners to be provided with maps that they can read on the run.

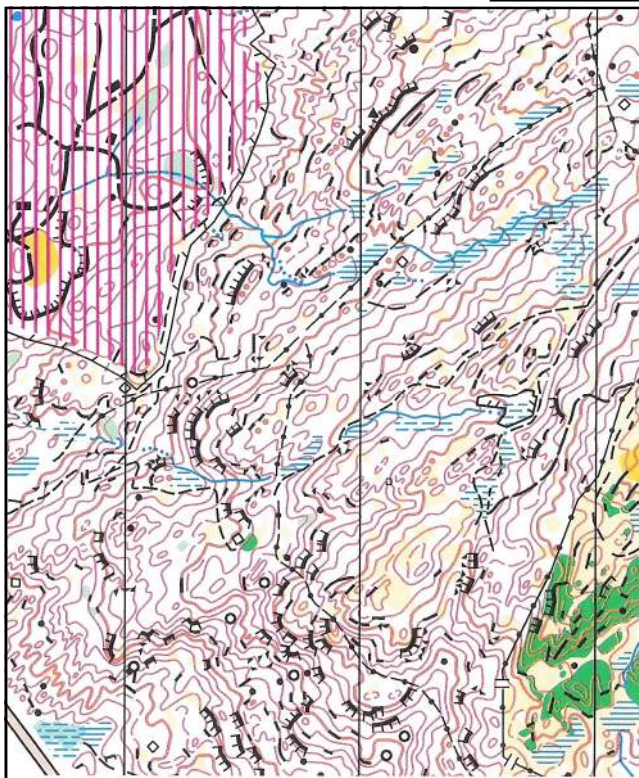
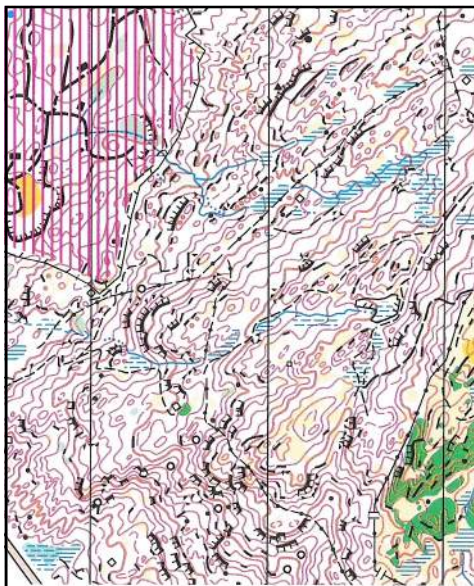
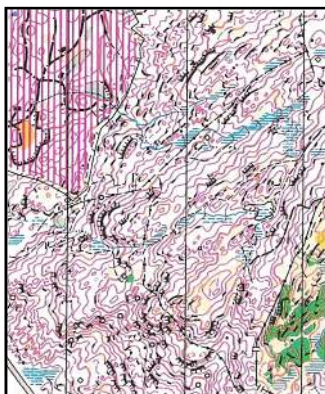
Should MAG be responsible for deciding whether map enlargements can be used, when major events are held on intricately contoured terrain? We don't think so. We believe that MAG should concentrate on ensuring that mappers produce maps in accordance with the rules and that areas are not over-mapped. We believe that the right people to decide at what scale those maps should then be provided to the competitors are the event planners and controller. After all, the controller is already responsible for assessing the suitability of the area for the competition in the first place.

We are making a proposal to the next British Orienteering AGM, to be held at JK 2014, removing the responsibility from MAG for deciding whether map enlargements should be used and delegating it, instead, to the event controllers and planners. Briefly, the proposal allows the event officials to give younger runners, except the elites, 1:10,000 scale map enlargements and older runners 1:7,500 scale map enlargements, in terrain where it is not possible for experienced orienteers to read their maps at the normally specified scales on the run.

If you prefer to be able to read your map whilst running through intricate terrain, please support this proposal. If you



cannot make it to the British Orienteering AGM, please resolve to send back your proxy voting paper as soon as you get the AGM paperwork through the post.



*Bigland map samples:*

*Top left: 1:15,000*

*Above: 1:10,000*

*Bottom Left: 1:7,500*

*Richard Tiley  
Chairman  
Lakeland OC*

*Dick Towler  
Vice-Chairman  
Lakeland OC*

*14<sup>th</sup> January 2014*

# Out and About



When we run in the various events in our area, we sometimes overlook the historic nature of some of these sites. Beacon Hill is one such site and Bradgate Park another. Whilst most of the woodlands in the National Forest are comparatively

new, we do also run in some ancient woodlands. One thing we probably do not consider as part of our regime is to run inside ancient buildings, but that is effectively what we do when running at Burrough.

At 245m (802 feet), Beacon Hill is the second highest point in Leicestershire and the site of an 'Ancient Monument', a Bronze Age hill fort. A toposcope at the summit indicates landmarks that can be seen in every direction.

Burrough Hill is also one of the highest points in Leicestershire, reaching 210m (690 feet) and a toposcope at this site also indicates landmarks that can be seen from its summit. The 35-hectare overall site is owned by the Ernest Cook Trust and leased to Leicestershire County Council. Burrough Hill lies on the western edge of the uplands in the east of Leicestershire and the land falls away by almost 350 feet to the south-west, commanding a wide view of the Wreake Valley. The mixed vegetation, including mature woodlands, some newer plantations, pastureland with copses of gorse and open rough grassland, combined with the inevitable amount of climb, can make this a challenging area.

Burrough Hill is one of the most imposing, prehistoric monuments in our region and

the best surviving example of a large hill fort where few exist at all. It sits on a natural, flat-topped, ironstone promontory and is defined by an almost continuous rampart of stone and earth almost 10 feet high. This manmade 'building' must have been very effective when you bear in mind the steep slopes on three sides. It was an impressive, defensive feature.

It seems it had been reinforced and updated a number of times during its active life. There seems to have originally been a massive gate at the entrance, but this area was reinforced by ironstone mounds faced with dry-stone walling in the period 370-220BC. Later work created a chamber or guardhouse on one side. This substantial chamber was itself the source of many interesting finds. There appears to have been multiple floor levels, some covered with crude paving.

The entrance from the car park direction is the one definitely original break in the rampart, giving access to the enclosed area of around 12 acres. We have long known that it had been inhabited since Neolithic times, but recent excavations are turning up many additional, interesting facts. It seems that in the Iron Age, the fort was surrounded by farms and settlements, and was indeed the centre of a thriving community, rather than an island in an otherwise sparsely inhabited and culturally insignificant land. The entrance passageway was over 100 feet long and had a cobbled roadway.

The dig we have seen, as we have run there recently, has already found distinct boundaries within the enclosed area, numerous pits and a series of round houses around the perimeter. They have also discovered evidence of a sizeable settlement on the flat approach to the entrance.



The Iron Age finds suggest a far more sophisticated people than sometimes they are given credit for being. They have found a number of loom weights, a flute made from polished bone, dice and other gaming pieces, hooks, tools, knives and a spearhead all in remarkable condition.

Burial chambers have also been found below what was the surface of the roadway.

We will have to contend with fenced off areas for a couple of years yet as they continue this work on what is becoming a very important dig.

Anybody especially interested in more detail can find a comprehensive article in British Archaeology magazine written by John Thomas and Jeremy Taylor of Leicester University.

Whilst talking about ancient woodlands, HS2, which it is proposed will eventually come through Leicestershire, may be a good or bad basic idea, depending on your point of view, but it will inevitably cause damage to long established ecosystems, cut woods in half and interfere with a lot of minor routes and footpaths. Cuttings, embankments and tunnels might provide some mitigation to the damage that will be done. The environmental assessments within the output coming from the company are a bit worrying. They are distinctly economical with the truth and contradict themselves at various points in their paperwork. Phase 1 to Birmingham, more advanced than our proposed section, and the more detailed information now available states that 19 ancient woodlands will be destroyed or severely damaged. They are one of our richest wildlife habitats and are irreplaceable, vanishing rapidly, now providing only 2% of England's land cover, 50% down since the 1930s. These woods are part of our historic cultural heritage; they are the living equivalent to

our great buildings, and the Woodland Trust disputes HS2's claim of the number of ancient woods damaged, saying that the first phase of the route will cut through 21 of them, not 19. A further 12 ancient woods are within 200 metres of the track and will be affected by the construction work. This is because the scheme's footprint is bigger than in previous documents: the damage will be done as much by the construction sites and access, as by the line itself. It is not just the trees, but entire ecosystems depend on their trunks and the soils around their roots. An area which has been continuously wooded for centuries contains all kinds of unique organisms. There are 256 species of concern to conservationists that rely on ancient woodlands.

HS2 says 79 acres will be lost, but that only includes woods which will be completely removed. Whilst parts of the affected woods will survive, these fragments will often be turned into unviable, isolated pockets of trees. In all, there are probably about 1,000 acres affected by Phase 1. Without specific detail yet, it appears that at least a further 14 ancient woodlands will be affected by Phase 2.

The other major impact which may well affect us is the cutting of woods: the separation of currently neighbouring woodlands, the closing of access routes and the impact this might have on places where we currently enjoy our sporting activities.

As far as wildlife is concerned, if the track is in a cutting it can be given a land bridge or, if on an embankment, a tunnel, and theoretically these can also provide pedestrian crossing points. Colleagues and I have already identified over 60 paths and green lanes, etc., whether formally recorded or otherwise, which will be affected. The Ordnance Survey seems



to have been the main source by which Phase 1 identified any problems, but it is not a complete record and it is imperative that the definitive map and statement for the county be consulted. Even this is not necessarily the full story.

There are unclassified, county roads where the status is under review; there are outstanding and pending Definitive Map Modification Orders; there are claims going through due legal process and there are historic ways which have not yet been added to the map which all authorities are looking at under the requirements of the CRoW Act.

Cause for some concern!

A little further afield, the Welsh government has announced a review which could fundamentally change the way hill walkers, orienteers and climbers experience the countryside in Wales, and could even result in an open access charter similar to the Scottish system. People familiar with the law surrounding public access to the countryside will know that Scotland has a very different system to England and Wales. In Scotland the law guarantees "a statutory right of responsible access to land and inland waters for recreation" - in simple terms, you can go where you want provided you behave. In England and Wales, however, rights are much more limited. If land is not designated as 'Open Access' - principally mountain, moor, heath, down and common land - you do not have a right to be there unless on a right of way or permissive path. In Wales, at least, that could be about to change. Their Minister for Sports and Culture has instigated a review of the whole legislative framework that allows for access to the countryside of Wales for informal recreational and non-motorised access. Alongside this, the Welsh government has started consulting with recreational user groups, landowners,

farming unions, local authorities and other stakeholders on how they feel access to the countryside should work.

The government of Wales states that they want to "secure better access to the outdoors for recreation, modernise and simplify the current regulatory framework and provide clarity and certainty over where people can go and what they can do there. This will enable them to take forward the Programme for Government commitments to improve access to the outdoors" They are seeking to improve Wales' extensive public path network, extending and improving the rights granted under the Countryside and Rights of Way. On the face of it, this review is really great news for climbers, hill walkers, orienteers, mountaineers and other user groups, and it is encouraging that the Welsh government recognises the value of access both to the economy of Wales and for the social, health and wellbeing of its citizens. They already have a very successful coastal path, whereas in England ours is being created at a snail's pace.

By the time we have organised the main day of 2014's JK in Wales, we may well have seen enough of it for a while.

In another development, the John Muir Trust, well known for its work in conservation and the protection of wild landscapes north of the border in the highlands of Scotland, has just announced a campaign to buy a wild area of land in Snowdonia. Carreg y Saeth Isaf (meaning lower rock of the arrow) is an area of native woodland, heath and bog set deep in one of Snowdonia National Park's wildest upland areas, the Rhinogydd. The 105-hectare property stands at the entrance to Cwm Bychan, at the head of the Artro valley. The site's high wildlife value is recognised by a number of environmental designations, and it is home to greatly diverse bird life,





such as redstarts, black grouse, peregrine and pied flycatchers. By caring for Carreg y Saeth Isaf, they state that they hope to contribute to the long term stewardship of Wales' natural and cultural heritage, and they "hope to support a strong local voice for wild land in Wales and that they will be better placed to deliver a vision that wild land is protected and enhanced and wild places are valued by and for everyone."

The John Muir Trust has a policy of open access, while respecting the views of

other land managers and constraints imposed by land management operations. They wish people to experience the qualities of the land in a respectful way and are happy to allow orienteering. It is the JMT's vision for wild places to be valued by all sectors in society, and for activities like orienteering, walking, climbing and nature photography to take place in high quality, wild land and wild places, providing valuable jobs and income for rural and remote communities.

*Roy Denney*

**Thursday Club Night - Now held at Glenfield Sports Ground, Gynsill Lane, Glenfield. See website for the full programme of events.**

## **Retired Man Chronicles - the Lighter Side of Orienteering**

"I've got a problem," said John, treading mud all over my newly cleaned kitchen floor. "I've lost my i-phone in John's Lee Wood". He goes on and on in great detail about how easy it would have been for it to slip out of his pocket or out of his hand until son Andrew focuses on what to do now, instead of how it happened, with a techy suggestion of using the App "Where is my I-phone?" but no location shows up. My solution is more old fashioned. "Phone the Scout hut up there, in case it's been handed in as lost property." But no one answers from John's Lee Wood. John had his phone with him because he was tracking the progress of the plane to the USA using the App 'Follow my Plane' that he had been boring me with all morning "It's loading. It's taken off. It's heading north west It's turned to Washington, etc, etc." I would be glad when he was on that

plane in a week's time.

To search for a lost i-phone was complicated by the problem that we were going on a tour of the Belvoir Brewery at Old Dalby and we were due to leave very soon. John returns to the wood with my mobile phone to listen for the ring tone on his i-phone, but unfortunately his is switched off. We set off without him to the brewery and start on the meal that is part of the Groupon offer. We have 3 double tickets and there is now only 4 of us, and Suzi and I are not great beer drinkers, so there is lots of food, beer pints and beer samples to be consumed - and still Retired Man has not turned up.

The brewery tour begins: we look at different roasted barleys, varieties of hops, up some steps to sniff fermentation vessels and marvel at the many metal firkins (9 gallon containers) full of beer.



Still no Retired Man, so we buy him some beer and a commemorative pint glass.

Travelling home in the car, And gets a phone call from John, who has found his i-phone and is now at the brewery wondering where we are. "Couldn't organise a p---up in a brewery," comments And, succinctly summing up the day.

A week later, John took the plane to Dulles airport in Washington, USA. He hires a car to drive to the radio O championships near Ashfield, North Carolina. Unfortunately, the US Government was having a financial crisis at the time. Wages were not being paid, National Parks were shut down, ATM machines were running out of money and Tropical Storm, Karen, was heading towards N. Carolina.

However, John does not experience too many mishaps, other than a museum he wanted to visit being closed. Tropical Storm, Karen, fizzles out and John achieves third place in his age group in the American Champs.

While John was in America, Chris Bosley phoned, looking for the small red training cones. I thought they might be in our garage. There was an embarrassed pause as I explained that I was not going out to the garage to look for them right now as I had no clothes on. I had been jogging to Rothley station and was about to shower when the phone rang.

We all wished Happy Birthday to Wendy at the LEIOC AGM and enjoyed the cream sponge cake, decorated with pink roses. Bob H summarises a successful year then hands over to his 'three appendices'. There is a whisper from behind - "I'd rather be one of the three appendices than the three stooges." Roger P, as Club Captain, attempts an entertaining orienteering version of the

Twelve Days of Xmas, Roger E runs through various development opportunities and finally Chris P comments: "The trouble with going last is that everyone has pinched your script."

Roger E, as treasurer, is juggling with grants and Gift Aid, and there appears to be a way of the club gaining 4p per mile from mileage claims. He reports that Bradgate Park, now under new leadership, would like some POCs (permanent orienteering courses); he will give the task of mapping Martinshaw Primary School to John (Retired Man) now he is back from the USA. "What about my decorating?" asks this author. Hannah Cox is 'persuaded' to become junior captain now that brother, Matt, is off to Uni.

Chris P details our next big project, Day 3 of JK 2014. "It's only 172 days away; open moorland with SSI's, bronze-age burial sites, rare flowers, ground nesting birds and 147 miles away. 3,000 people will be coming and does anyone speak Japanese?"

It's big, it's difficult, it's a challenge—that's why we do it." says Chris. Remind you of JFK?? President John F. Kennedy speaking of the American Space Programme: "We choose to go to the moon this decade and do other things, not because they are easy, but because they are hard, because that goal will serve to organise and measure the best of our energies and skills, because that challenge is one we are willing to accept, one we are unwilling to postpone, and one which we intend to win."

Now, if Retired Man were asked to put a POC on the Moon, think of the money the club could earn in the mileage wheeze. A return trip is 480,000 miles, at 4p per mile equals £19,200, and if he forgot the plaques (*or lost his i-phone - editor.*) and had to go back again, that's £38,400.



In the middle of November, I have a go at my first radio O competition. I have had a few hours' practice in the streets of Cropston, intriguing the neighbours as I walk round wearing headphones and carrying a receiver, trying to locate transmitters John has put up trees. The real test is at Northaw Great Wood, near Enfield. Bob T, Stuart Tyler, myself and Retired Man travel together in John's BMW. I don't do very well in the morning, running out of time after only finding one transmitter. Unfortunately, the receivers we used in the afternoon were picking up the football broadcast from talkSPORT from the nearby Brookman's Park transmitters. Again, I find only one control but do make sure I am back before the deadline. The battery of the BMW has been misbehaving. Thank you to whoever push-started John's car after the Beacon Hill event, but again after the radio O, the battery needs help, this time jump-leads from the car of Vlad (the Bulgarian). We set off home, but the flat battery appears to have affected some of the computer controlled systems in the car viz. heaters and screen heaters. For half the journey, we were damp orienteers with ice cold feet. Sitting at the front, I was constantly cleaning the misty windscreen with an O hat until the heaters returned to normal and we could safely see where we were going.

But that was not the end of a problematic day, as we were supposed to meet And, Edd (son-in-law) and Suzi at The Griffin in Swithland for a meal. As I sit in the car, John returns to the house to find his wallet. He returns with wallet but no keys. We are locked out with no car keys, no house keys and no phones. "Maybe there is an upstairs window open?" asks Retired Man, but the ladder is locked in the garage. "I could cycle to The Griffin," suggests John, but the bike is locked in the garage, too. We are helped by our elderly neighbours, who let use their

phone. We can't remember Edd's, Suzi's, or And's mobile number, so John phones the staff at The Griffin.

The landlord approaches Edd tentatively and asks, "Would you know a man who is likely to have locked himself out of his car?"...

That night, I am woken by a loud bang and swearing. Off to the toilet in the dark, Retired Man has misjudged the door recess, turned left and walked into the wall. Keys and cars have caused a few mishaps lately. John left his keys in the showers at Glenfield and was therefore last to lock up the building after retrieving them. At their next training session, the keys that John has do not open the big room, and so exercises and training take place in the corridor. In the car park afterwards, Sue B. backs her car into John's BMW.

The extended Marriott family usually meet up at The Railway on a Monday evening. Plaid Coalville's get-together at Abbots Oak was also on a Monday, so we rearrange the meal for Thursday. John misses training, too busy writing an article for Bob T. Of course, we are spotted by the orienteers in The Railway after their Glenfield training session. Sue B comes over especially to tell me a story about the NOC event at Shirebrook. Roger E, Sue and Retired Man were travelling in Roger's brand new car with lots of computer-controlled gadgets: speed control, automatic parking, etc. John was using his Tablet GPS and Roger, the in-car sat-nav. Neither had read the final travel details and soon they were lost having ignored warnings from Sue B. Sue thought that having to rely on her 20 year-old map would make a funny story, "for those articles you write. What do you call them?.....the RETARDED Man Chronicles?"

*Irene Marriott.*



# EMOA Training and Development Day

## Saturday 1st March 2014 at Groby Community College

As part of the EMOA's commitment to the initial training and development of event officials, and those wishing to refresh their knowledge and experience, we will be putting on another series of workshops and courses .

**1. Event Safety and Welfare Workshop (09.30 – 12.30) - Chris Phillips**

This course is a requirement for organisers and controllers, and is recommended for other event officials.

**2. Organisers' Course (13.15 – 16.15) - Chris Phillips**

Primarily of interest to those Organising Level C and D events for the first time, but a re-cap for all organisers.

**3. Mappers' Workshop - Part 1 (09.30 – 16.15) - David Olivant**

This is the first part of a two-day course intended to get novice mappers up to the level where they can carry out initial surveying and cartography, including the use of mapping software.

**4. Grade C Controllers' Course (10.00 – 16.00) - Ranald Macdonald & Peter Hornsby**

For experienced planners who wish to take on the role of controller, primarily at Level C and D, but will also be of use as a re-cap for Grade C controllers who wish to become familiar with updated rules and appendices.

**5. Planning Course (10.00 - 16.00) - Mike Gardner**

For all interested in Planning at whatever level, though primarily of interest to those starting at Level C and D. Use will be made of the new British Orienteering Appendix to the Rules of Orienteering on planning.

**6. Mentoring Workshop (10.15 - 12.15) - Hilary Palmer**

This workshop will be of interest and use to those mentoring in a variety of contexts - coaches, planners, organisers, etc.

**7. Planning Linked Coaching Sessions (13.15 - 16.15) - Hilary Palmer**

This workshop will be of particular use for the personal development of any coaches who have not done this workshop or UKCCL2 training before.

If you are interested in participating in one of these sessions, please email Chris Phillips by **Friday 14th February, 2014**. Please indicate a second choice just in case we have insufficient numbers to run your first choice. Lunch will be provided.

*Chris Phillips*  
*Events Co-ordinator*



# My Spine Race Lasted Fifteen Hours

My Spine Race lasted fifteen hours. Given that for a significant number of competitors it lasted one hundred and sixty eight hours, I think I got the better deal. The terrain over which we ran and stumbled to check point one, located a couple of valleys beyond Hebden Bridge, was sufficiently technical and boggy to aggravate an injury I'd been carrying since a Christmas Eve jog through Wytham Woods in Oxfordshire. But this distance was enough in which to begin to get my head round the implications of a winter race up the 268 miles of the Pennine Way, as well as enough time to decide my head wasn't in it.

Assembled for the start in Edale at 08:00, Saturday morning, we were deluged with a sharp shower which quickly turned to snow. Within an hour, I was on a white Kinder Scout, frozen and taking too long over the decision to layer up. With the correct gear on, and concentrating on regular eating and drinking, I eased over Bleaklow and stripped off the waterproofs for some freer running through Crowden and out to Black Hill. I was regularly passing runners on the downhill past Marsden, and on up over Castleshaw Moor and Moss Moor to the crossing of the M62 an hour or two after dark. Here, the fog descended: in places it was difficult to make out the ground at one's feet, and even a route as gouged as the PW was hard to follow. Slowed over the last ten miles by an un-cooperative left leg, I got into the first check point, 45 or so miles covered, around 23:00, somewhere in the middle of the field of seventy five starters.

After a fine dinner of goulash and potato gnocchi (the first time I have experienced professional catering rather than school dinners on an ultra), and some

calculations, discretion took over. With an estimated 26-28 hours to the next check point (with at least 17 of them in the dark) I had to be confident that my pace wouldn't dwindle further – climbing was becoming difficult, as was sustained jogging – on a cold and increasingly blowy course. The American poet, John Berryman, wrote that 'we must travel in the direction of our fear', but I was having none of that, and went to bed.

With a couple of hours of kip and some warmth inside me, I was a civilian again, happy to watch sterner folk head off into the early hours of the morning. I crewed the race (mainly stowing drop bags for onward transport to distant check-point two at Hawes) while waiting for a connection home, and got some more insight into the logistics of the event, and the safety net that race-organiser, Scott Gilmour, had put together. Two competitors who headed south with me had been withdrawn by the race doctors, who didn't like their cardio-vascular irregularities.

Spectating – via the GPS-tracking system which Gilmour was using to keep an eye on the rear guard, as well as to move check-point staff up the route ahead of the leaders - was much more my style. Marcus Scotney, a gifted international ultra-runner with a Leicestershire connection, won the Spine Challenger, the 'junior' event which covers the first hundred and five miles of the route, in an astonishing time of 29 hours dead. Even more baffling was the sub-five day completion by the Spine victor, Pavel Paloncy, a man who'd looked disarmingly relaxed before the start. Friends who I'd thought of as strong contenders – GL3Day course-designer, Charlie Sproson, and inov8 marketeer, Andrew



Burton - pulled up at Horton, 'broken men', they told me.

One truth of the Spine Race, and something I'd not fully anticipated, is time on feet. I'd imagined running the Spine as a stage race, using the check points to rest between legs of the journey, and maximizing daylight travel. But it was clear that the mid-packers were moving round the clock to keep up with a seven day schedule. The weather this year was less challenging than for the previous two Spines, and the attrition rate after Hawes was much lower (c. 20 % drop out) than

for stages one and two (c. 60%). But for the finishers, that meant a week of cold, wind and some wet, and more than a hundred hours of darkness. It certainly isn't the Winter Journey (Wilson, Bowers and Cherry-Garrard's trek to the emperor penguin rookery at Cape Crozier in 1911, recalled in the latter's *The Worst Journey in the World*), but it must be about as close as you can get in the UK. Hats off to the finishers.

*Mark Rawlinson*

# Photo Gallery: DVO Matlock Moor 19th January 2014

*Laurie Fluck*



*Caitlin Chafer*

*Peter Hornsby*



All Photographs:  
Glynn Smith





*Diane Ford*



*Pete Leake*



*Roger Edwards*



*Peter Chick*



*Simon Ford*



*Ernie Williams*



*David Bray*



*Sue Bicknell (OD)*



*Dave Anderson*

# Winter League Table (abbreviated)

## Top 40 Places as at 21/01/2014

Pos	Name	Club	Class	Best 6	Handicap	Events	Total
1	Roger Phillips	LEI	M35	604	629	7	629
2	Andis Celinskis	AIRE	M21	557	557	7	557
3	Howard Alcock	LEI	M40	481	520	5	520
4	Iain Phillips	LEI	M45	448	502	7	502
5	Robert Haskins	LEI	M60	387	479	5	479
6	Steve Edgar	LEI	M45	397	444	6	444
7	Roger Edwards	LEI	M60	349	432	6	432
8	James Montgomery		M21	405	405	5	405
9	Peter Hornsby	LEI	M60	315	390	5	390
10	Tracey Brookes	LEI	W45	313	363	4	363
11	Mark Sherriff	LEI	M50	312	362	4	362
12	Stuart Tyler	LEI	M45	286	320	4	320
13	Chris McCartney	OD	M40	295	319	3	319
14	Andy Portsmouth	LEI	M55	261	313	4	313
15	Iain Tebbutt	LEI	M45	273	306	3	306
16	Ian Wilson	LEI	M45	273	306	3	306
17	Ethan Tebbutt	LEI	M12	242	295	4	295
18	Tom Barber	LEI	M16	257	288	3	288
19	Chris Phillips	LEI	M65	217	278	3	278
20	Simon Ford	LEI	M70	200	264	3	264
21	Derek Herd	LEI	M45	226	253	3	253
22	Ursula Williamson	LEI	W50	205	246	3	246
23	Laurie Fluck	LEI	M65	173	222	3	222
24	Hilde Andersen	LEI	W21	212	220	3	220
25	David Bray	LEI	M60	172	213	2	213
26	John Marriott	LEI	M65	162	207	4	207
27	Gina Gilbert	LEI	W21	198	206	4	206
28	Campbell Walsh	NOC	M35	189	196	2	196
29	John Ward	OD	M65	149	191	2	191
30	Kiran Coolican	LEI	M21	190	190	3	190
31	Tanya Taylor	LOG	W40	169	189	2	189
32	Simon Starkey	LEI	M55	154	185	2	185
33	Jeffrey Baker	LOG	M60	147	182	2	182
34	Euan Tebbutt	LEI	M16	160	180	2	180
35	Kevin Gallagher	LEI	M60	144	178	3	178
36	Jack Smith	NOC	M16	159	178	2	178
37	Peter Leake	LEI	M70	126	167	2	167
38	Imogen Wilson	LEI	W14	139	166	2	166
39	Roy Denney	LEI	M65	116	148	2	148
40	Margaret Keeling	DVO	W65	111	146	2	146





# Summer League 2014

The fixtures are listed on the following pages. The events are informal, usually with a social element. Weekday starts are staggered from 6.30pm to 7.30pm - courses close at 8.30pm. (These times may be advanced by 30 minutes at either end of the season.)

The event type, i.e. score, classic or sprint, is listed adjacent to the fixture.

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

Entry fees: Adults £4.50, Juniors £1.50

For results, please see [www.leioc.org.uk](http://www.leioc.org.uk) .

Events are provisional, awaiting permissions, etc.

Please confirm arrangements, either with the organiser or league coordinator.

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.

# EMOA League 2014

The fixtures are listed on the following pages.

Entry into the league is automatic for all East Midlands affiliated competitors, unless you advise the league organiser that you do not wish to take part. You must take part in two events on the same course to appear on the league table. It is the competitor's responsibility to check that they have received points for each event completed. It is especially important if you have a name that can be shortened/lengthened by the BOF database. e.g. Dave/David, Kathryn/Kathy, as the computer cannot recognise that you are the same competitor. Your total score is the sum of your best 8 scores over the whole year. Plaques are awarded to the winners, both male and female, on each course, and certificates for the top three.

**Parents please note: If your child is not completing their course unaccompanied, please mark this on the registration slip, advise the download team or contact the league organiser so that they can be removed from the league tables. Thank you.**

Good luck and remember: the more you take part, the better your chances of winning.

*Ursula Williamson*  
*EMOA League Organiser*



# 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 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.britishorienteeing.org.uk](http://www.britishorienteeing.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 2014

1st Saturday	LEI EMOA Level D	Winter League 9, Irchester Country Park, SP911658, Classic event. Car park: Irchester Country Park
2nd	NOC EMOA Level C	NOC Regional Event (EM League), Thieves Wood, Mansfield, <a href="http://www.leioc.org.uk">SK544568</a> YVETTE BAKER TROPHY HEAT
9th	SYO YHOA Level B	YHOA Superleague, Warnccliffe Sheffield
9th	TVOC YHOA Level B	Nettlebed North and South, Henley-on-Thames
16th	HOC WMOA Level B	COMPASS SPORT CUP - HEAT, Level B Venue: Kinver Edge. Nearest town: Kidderminster



<b>February 2014</b>		
19th	LEI EMOA Level D	Winter League 10, Brocks Hill, SP619997, Classic event. Car park: Brocks Hill visitor centre. Half term event.
22nd	MV SEOA Level A	British Night Championships, Pippingford Park Crowborough Contact: Mike Bolton
23rd	DVO EMOA Level C	DVO Lindop EM League, Lindop, Chesterfield, <a href="#">SK272716</a> Organiser: David Vincent <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
25th Tuesday	LEI EMOA Level D	Winter League 11, Sence Valley, SK391109, Night event. Car park: Queens Head.
<b>March 2014</b>		
2nd	NOC EMOA	Robin Hood Trophy, Regional B Event, Clumber Park, Worksop <a href="http://www.noc-uk.org">www.noc-uk.org</a>
9th	LOG EMOA Level C	<b>Burwell &amp; Haugham EML</b> , Louth Organiser: Sean Harrington , <a href="mailto:sean@logonline.org.uk">sean@logonline.org.uk</a> , 01522 791344 <a href="http://www.logonline.org.uk">www.logonline.org.uk</a>
9th	EPOC YHOA	YHOA Superleague, Hebden Bridge
9th	OD WMOA Level B	OD Regional Event, Bentley Wood, Atherstone
16th	LEI EMOA	<b>EMOA League Event Fineshade Woods, Fineshade Woods, Kettering</b> <b>Entry times: 10.00 to 12.00noon. Dogs: On Lead.</b>
22nd	EBOR YHOA	YHOA Urban League (UKOL), Thirsk School, Thirsk. SE427809
23rd	EBOR YHOA	YHOA superleague, (UKOL), Givendale and White Cliff Rigg, Pickering
30th	DVO EMOA Level C	DVO Shining Cliff EM League, Matlock, <a href="#">SK325531</a>



<b>March 2014 cont.</b>		
30th	HALO YHOA Level B	YHOA Superleague, Market Weighton
<b>April 2014</b>		
6th	LEI EMOA Level B	<b>East Midlands Championships &amp; Regional B event</b> , Cademan Wood, Loughborough Organiser: Laurie Fluck
13th	NOC EMOA Level B	NOC Regional Event (EM League), Rufford Country Park & New Park Wood, Ollerton, <a href="http://www.thejk.org.uk/jk2014/">SK645649</a>
18th	WOA Level A	JK2014 Day 1 Sprint Event, Swansea University & Singleton Park <a href="http://www.thejk.org.uk/jk2014/">http://www.thejk.org.uk/jk2014/</a>
19th	WOA Level A	JK2014 Day 2 Classic Event, Merthyr Common, Ebbw Vale <a href="http://www.thejk.org.uk/jk2014/">http://www.thejk.org.uk/jk2014/</a>
20th	WOA Level A	JK2014 Day 3 Classic Event, Llanyndydr, Ebbw Vale <a href="http://www.thejk.org.uk/jk2014/">http://www.thejk.org.uk/jk2014/</a> * * * <b>LEI DAY</b> * * *
21st	WOA Level A	JK2014 Day 4 Relay Event, Pwll Du, Blaenavon <a href="http://www.thejk.org.uk/jk2014/">http://www.thejk.org.uk/jk2014/</a>
24th Thursday	LEI EMOA Level D	<b>Summer League 1. Melton Country Park, Score event.</b>
27th	DVO EMOA Level C	DVO Allestree EM League, Allestree, Derby Organiser: Helen Chiswell
30th Wednes- day	LEI EMOA Level D	<b>Summer League 2. Stanton under Bardon, Score event.</b>
<b>May 2014</b>		
3rd	LOC NWOA Level B	Northern Champs Weekend Middle Race (UKOL), Summer House Knott, Newby Bridge,



<b>May 2014 cont.</b>		
4th	SROC NWOA Level A	Northern Championships (UKOL) Gummer's How & Blakeholme, Newby Bridge, SD390884
5th	LOC NWOA Level B	Northern Champs Weekend Urban (UKOL), Kendal
<b>6th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 3. Leicester Grammar School, Sprint event.</b>
10th	DVO EMOA Level C	EM Urban League - Matlock, Matlock, Matlock <a href="http://www.dvo.co.uk">www.dvo.co.uk</a>
11th	AIRE YHOA Level B	The Dales Town and Country Weekend/ YHOA Superleague, Baildon Moor, Baildon
<b>13th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 4. Markfield, Urban event.</b>
<b>17th Saturday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 5. Conkers Discovery Centre. Sprint event.</b>
18th	NOC EMOA Level C	NOC Urban Event (EM Urban League), Newark, Newark
18th	SLOW SEOA Level B	Harvester Trophy, Winterfold and Pitch Hill, Peaslake.
<b>22nd Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 6. Charnwood Forest South, Classic event</b>
<b>28th Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 7. Swithland, Classic event.</b>
31st	NEOA Level A	British Long Championships (UKOL). Thrunton and Callaly, Newcastle.



<b>June 2014 cont.</b>		
1st	NEOA Level A	British Relay Championships. Cragg Estate and Cheserhope common, Newcastle.
3rd Tuesday	LEI EMOA Level D	<b>Summer League 8. Oakham Woodlands, Classic event.</b>
8th	LEI EMOA Level C	LEI Regional Event, Burrough Hill,
12th	LEI EMOA Level D	<b>Summer League 9. Treasure Hunt</b>
19th Thursday	LEI EMOA Level D	<b>Summer League 10. Beachamp College, Sprint event.</b>
22nd	DVO EMOA Level C	DVO Carsington EM League, Matlock, <a href="http://www.dvo.org.uk">SK245548 www.dvo.org.uk</a>
24th Tuesday	LEI EMOA Level D	<b>Summer League 11. Spring Cottage (North), Classic event.</b>
<b>July 2014</b>		
2nd Wednes- day	LEI EMOA Level D	<b>Summer League 12. Fosse Meadows, Classic event.</b>
6th	SO SEOA Level B	Yvette Baker Trophy Final, Capite Wood, Ashington, Horsham
8th Tuesday	LEI EMOA Level D	<b>Summer League 13. Bradgate Park, Classic event.</b>
13th	DVO EMOA Level C	DVO Oakwood EM Urban League, Oakwood, Derby, <a href="http://www.dvo.org.uk">SK381383</a>
17th Thursday	LEI EMOA Level D	<b>Summer League 14. Snibston, Classic event.</b>



<b>July 2014 Cont.</b>		
22nd Tuesday	LEI EMOA Level D	Summer League 15. Ratby Burroughs, Classic event.
27th Sunday	LEI EMOA Level D	Summer League 16. Irchester, Score event, Score Cup.
31st Thursday	LEI EMOA	Summer League 17. Watermead, Classic Event.
<b>August 2014</b>		
3rd	NWOA Level B	Lakes 5 Days, Day 1 (UKOL). Swindale, Shap
4th	NWOA Level B	Lakes 5 Days, Day 2(UKOL). Simpson Ground, Newby Bridge
5th	NWOA Level B	Lakes 5 Days, Day 3. Grizedale NW, Hawkshead
6th Wednes- day	LEI EMOA Level D	Summer League 18. Foxton Locks, Sprint event.
7th	NWOA Level B	Lakes 5 Days, Day 4. Pike O'Blisco and Blea Tarn, Ambleside
8th	NWOA	Lakes 5 Days, Day 5. Hampsfell and Eggerslack Woods, Grange over Sands.
14th Thursday	LEI EMOA Level D	Summer League 19. Outwoods, Classic event.
19th Tuesday	LEI EMOA Level D	Summer League 20. East Carlton Park, Sprint event.
23rd	EBOR YHOA Level B	White Rose Day 1. Olivers Mount and The Mere, Scarborough.
24th	EBOR YHOA Level B	White Rose Day 2. South Cliff and Holbeck Ravine, Scarborough.



## August 2014 Cont.

28th Thursday	LEI EMOA Level D	Summer League 21. Oakham School, Sprint event.
31st	BOK SWOA Level B	Inaugral City of Bath Race, Bath
31st	LOG EMOA Level C	Lincoln City Race, Lincoln

## September 2014

3rd Wednes- day	LEI EMOA Level D	Summer League 22. Bagworth, Score event. <b>FINAL EVENT, PRESENTATIONS TO FOLLOW.</b>
6th	POTOC WMOA Level A	British Sprint Championships (UKOL), Keele University, Newcastle-under-Lyme
7th	WCH WMOA Level A	British Middle Champs, Brereton Spurs, Rugeley, Staffs.
14th	NOC EMOA Level C	NOC Urban Event (EM Urban League), Southwell, Southwell
14th	HALO YHOA Level B	Peter Palmer Junior Trophy Relay, Driffield Airfield, Driffield.
20th	LEI EMOA Level C	<b>East Midland Urban League - Provisional, Loughborough University, Loughborough</b>
20th	GO SEOA Level B	GO Guildford Urban Race, Guildford.
21st	DVO EMOA Level C	Longstone Moor - DVO & EM League, Longstone Moor, Bakewell, <a href="http://www.leioc.org.uk/longstone-moor">SK195735</a>
21st	SLOW SEOA Level B	SLOW City of London Race, London.





<b>October 2014</b>		
4th	NN NEOA Level B	October Odyssey Day 1, Venue TBC
5th	DEE NWOA	Formby Dunes, Formby.
5th	NN NEOA Level B	October Odyssey Day 2 Venue TBC
11th	SOA Level B	Race the Castles - Edinburgh Street Race (UKOL)
11th	HOC WMOA Level B	British School Score Championships, Arrow Valley Country Park, Redditch.
12th	SOA Level B	Race the Castles - Stirling Street Race (UKOL)
12th	NOC EMOA Level C	NOC Regional Event (EM League), Byron's Walk, Nottingham
<b>19th</b>	<b>LEI EMOA Level C</b>	<b>LEI Regional Event, Bradgate,</b>
25th	LOG EMOA Level C	EMUL Washingborough & Heighington, Lincoln
26th	DVO EMOA Level A	Midland Championships, Longshaw, Chesterfield.
<b>November 2014</b>		
2nd	SOC SCOA Level B	November Classic (UKOL). Kings Garn Gutter, New Forest
8th	SN SCOA Level A	CompassSport Cup Final, Long Valley North, Aldershot



# Photo Gallery: Christmas Novelty Event 2013



The Editors!



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