

British Night Championships Host 2016



Editors:  
Alan &  
Wendy  
West

# LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



London City Race 2014

Aged 17

RAB Mountain Marathon 2014

Robin Hood Red Bull Race



Spring 2015

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**Copy date for next issue:  
15th May, 2015**

*Front cover photograph: The start of the Christmas Novelty event. ( I think the hats give it away:Editor).*

*Photograph.: Wendy West*

## Points from the Editors



Welcome to this edition of the LEI news. It is great to see that our juniors continue to go from strength to strength, having had their most successful year in 2014. Let's hope that 2015 continues in the same vein. On the subject of juniors, we enjoyed reading about Euan Tebbutt taking on the might of the RAB Mountain Marathon and successfully navigating Mark Hardy to the finish. See more on page 5.

As the new POC Volunteer Co-ordinator, Jane Dring-Morris is advertising for club members to help maintain the POCs around the county. It would be great if we had a volunteer to cover every area, ensuring well-maintained POCs, so that members of the public can have an enjoyable experience, hopefully resulting in an increased membership. Please read page 21 and contact Jane if you're able to help.

After reading the Retired Man Chronicles on page 32, Irene Marriott and the editors have decided to make it easier for **Iain Phillips** to check the number of times his name appears in print in this issue, as all entries are in bold type.

It's that time of year when we look forward to the annual LEI presentation dinner. Please ensure that you get your bookings to Roy Denney in plenty of time - ours are already in!

As always, please continue to send your articles to [wenandal@talktalk.net](mailto:wenandal@talktalk.net). Happy reading.

*Wendy and Alan West*



# Captain's Corner



2014 was LEI's most successful year, with our Junior Squad bringing home our first club trophy, the Joan George. Our Junior Captain, Hannah Cox, was selected for British Orienteering's Talent Squad and

is expected to become a top 10 performer at the World Championships. With this in mind, the 2015 Club Championships will be a little different. Our champions will be found at Helsington Barrows on 18<sup>th</sup> October at the CompassSport Cup Final.

For this great day to happen, we first have to qualify for the final. We need every single one of you representing LEI at the regional heat on Sunday 15<sup>th</sup> March at Sherwood Pines in order to have a chance of overcoming the eight other clubs. Entries in the past have been via the club captain, but this year NOC

will be using online entries via [www.fabain4.co.uk](http://www.fabain4.co.uk) Please keep checking our website for full details.

Shortly after the CSC heat, it's the turn of our Junior Squad to defend their title as regional champions on 26<sup>th</sup> April at DVO's event at Cromford Moor in the Yvette Baker Trophy. In 2014, the squad were one point away from achieving a podium place at the national final, and with many of the same squad available in 2015, I am hoping for a new trophy to make it back to Leicestershire. I will be contacting the juniors shortly to be part of LEI's successful junior squad.

2015 is also the year that the World Orienteering Championships will make it back to Britain. This is a fantastic opportunity to watch world class orienteers and to compete on world class terrain, or even volunteer. Full details can be found at <http://www.woc2015.org/>

*Roger Phillips  
Club Captain*

# Junior Captain's Corner - EYOC 2014



After a very successful 2014 for the juniors, I really hope 2015 will be as good, if not better! We will be taking part in the Yvette Baker once again with the final a bit closer to home

this year in Nottingham, so we need everyone there on 8<sup>th</sup> March to ensure

we make it into the final in July. Maybe this year we will make it onto the podium! The club will also need all the juniors to take part in the CompassSport heat to help try and get us to the final this year!

As you may know, I have had a very busy year of orienteering. Before this year, I had only ever been abroad twice and now I can add France, Macedonia, Sweden and Belgium to a previously very short list of countries I have visited.



In the summer, I went on one of the JROS tours to Stockholm. This was two weeks of quality training in various places around Stockholm. The terrain was, as everyone says Swedish terrain is, amazing, and very complex. We spent the week using public transport to get to many areas to do various training exercises and events, and our two rest days were spent at a theme park and sightseeing in the centre of Stockholm. The training exercises aimed to improve techniques like contour reading and compass work. I hope to put on some training sessions in the new year incorporating some of the training methods used in Sweden, unfortunately not on quite the same terrain.

My final trip of the summer was to Lommel in Belgium for JEC, the Junior European Cup. I was focusing on the sprint at this event and despite a 10/15 second mistake to number 1 (which made me last at that point!) I had a really good run from there on, and over the course I managed to work my way up to 7<sup>th</sup>. The 'long' also went pretty well. It was held on a flat, fast area which varied between sand dunes and woodland, and was perfect for someone whose running is stronger than their navigating. I had a solid run overall with just a few small mistakes throughout the course, which put me 31<sup>st</sup> overall and 4<sup>th</sup> Brit. The next day was the day of the relays in which both 18s and 20s ran together. I was in a team with Jenny and Helen, who are both bottom age 18s, so we were probably one of the youngest teams in the race. I, very unenthusiastically, volunteered to go on first leg after both Jenny and Helen declined it, but in the end was very glad I did. I started off badly, getting confused in the mass start and going to the wrong first control. I was still in touch with the pack, however, but another mistake at 6 made me lose them. My running speed on the flat, runnable area really helped as

I tried to run the pack down. I gradually began to take more and more people, and by the spectator control I was back with most of the group. The final loop went really well and I managed to hang onto the Swedish runner and come back third with the main pack just behind me. Our team finished 8<sup>th</sup> overall which we were all happy with since the whole team was bottom age.

I would like to thank EMOA and LEI for all the funding with which I was provided, enabling me to go on these trips. I would also like to thank all the coaches at EMJOS who have helped me to get selected in order that I could have these opportunities.

Finally, to all the juniors, make sure you know which races you need to go to over the year in order to be in with a chance of selection for anything in 2015. Most of the information can be found on either the JROS or BOF website.

*Hannah Cox*



*Hannah in action during the JEC long event. Photo: VVO Oriëntatie*

# RAB Mountain Marathon 2014

Last September, I did my first mountain marathon, the RAB, with Mark Hardy on Longsleddale. We had been planning to do it the year before (2013), but I managed to break my arm a few weeks beforehand, so I had had to wait another year before I could get my first taste of a mountain marathon.

The RAB Mountain Marathon takes the form of a score course, with some severe penalties for being late, and uses a 1:30,000 Harvey Map. Saturday was misty and very windy on the tops, but we made good progress and, despite Mark's best effort at trying to weigh me down (I am sure he hid a brick in the tent flysheet), he still couldn't get ahead. Unfortunately, we were late (I blame Mark for not running fast enough on the last bit!) and that 9 minutes (after 6 hours of running!) penalised us 13 points, which would later prove costly.

We ended the day with 157 points, 32<sup>nd</sup> overall out of 177 teams. After carrying the half pitched tent around the windy campsite until Mark found a place where



*Mark & Euan at the RAB.*

*Photo: Alison Hardy*

he could get the pegs in, we had our evening meal and squeezed into the tent for 10 hours sleep.

Sunday was similar, although slightly clearer weather. We made good progress, amassing another 125 points, and placing us 35<sup>th</sup>, but, more importantly, 3<sup>rd</sup> in the generations competition (1 adult/1 junior). Our 13 point penalty had cost us the win. However, we did score more points than a certain LEI pair (naming nobody, Julie), even though they had an extra hour each day!

Navigation-wise, I managed to stop Mark from making too many mistakes. ("Is there any reason why we are going down this path when the control is about 90° over there?" "Err, no, not really"), although I was perhaps a little over optimistic for some of the controls. ("We're only 750m away from this control." "Yes, but there are at least 13 brown lines (200m) between us and it.")

I really enjoyed the experience and I'm looking forward to doing another (although I'm not sure whether Mark is looking forward to being my partner next time!).

*Euan Tebbutt*

## Don't forget!

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



# The Accidental Face-Booker

Way back in 2012, LEI joined the conversation and created a social media presence to complement our existing website.

Following on from the success that TVOC have had in using their Facebook page as a marketing tool, the theme for the 2014 British Orienteering Annual Club and Association Conference was local events and using social media as a promotional tool. As the club's Facebook administrator, I thought it would be useful to attend and represent LEI's view nationally.

Our national governing body have identified a worrying trend in the sport. Participation in main stream orienteering is on a drastically downward spiral - a 36% fall in the number of runs at level C nationally over the last four years. Closer to home, an average of 50 members out of a club of 183 (as declared at the AGM) have had a run at an LEI level C event in 2014. All this data paints a bleak picture for LEI, but all is not lost!

Your club's Development Officer organised a marketing course for

interested members and the committee. As the club's accidental Face-Booker, I went along to see what I could do in promoting the LEI brand on Facebook. A central theme of the evening was that promoting our club is every member's job. We all need to talk about the best qualities of LEI and of our sport to friends and family. This is what social media is all about, starting the "conversation". If you haven't already checked out our Facebook page, it's [www.facebook.com/leioc](http://www.facebook.com/leioc) (you don't need an account to see).

As part of the club's efforts to increase participation at level C events, I have been creating a series of adverts on our Facebook page. Facebook adverts can be targeted to a demographic of your choosing and you can set a suitable budget. Currently, we are spending £7.00 per event, reaching approximately 3,500 people and attracting a few new people to our events. So, if you meet a new face at one of our events, please extend to them the warm, LEI welcome.

*Roger Phillips*

Leicestershire Orienteering Club shared their event.  
Sponsored

Our next #orienteering race is at The Outwoods, on Sunday 11th January. Run, jog or just walk, we'll have courses for newcomers, runners and families from 1km to 9km. Why not come along and give it a go? No... See More

**Trio Orienteering**  
EMOA League - The Outwoods

11 January at 10:00-12:00  
The Outwoods  
17 people went

23 Likes · 2 Comments

Leicestershire Orienteering Club shared their event.  
Sponsored

We are offering a trio of #orienteering races over the festive period to help you work off that Christmas Dinner. All events will have a range of course's suitable for those new to orienteering and those... See More

**Spring Cottage**  
EMOA League - Spring Cottage

Sunday, 28 December 2014 at 10:00-...  
Spring Cottage  
5 people went

12 Likes

Leicestershire Orienteering Club shared their event.  
Sponsored

Try orienteering at our next race, at Beacon Hill on Sunday 30th November. Run, jog or just walk, we'll have courses for newcomers, runners and families too, from 1km to 9km. Why not come along and give it a... See More

**Beacon Hill**  
EMOA League - Beacon Hill

Sunday, 30 November 2014 at 10:00-...  
Beacon Hill  
10 people went

7 Likes



# Top Performances from Major Championships

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

## **British Junior Inter Regional Championships 2014, Graythwaite, 27th September, 2014**

M16 7th .....Finn Lydon  
 W14 7th .....Anna Barber  
 W16 10th .....Gabriel Rawlinson

## **Midlands Championships, Longshaw, 26th October, 2014**

### **\*Indicates Midlands Champion**

M10A 2nd .....Ben Hardy  
 4th .....Harrington Leake  
 M14A 3rd .....Ethan Tebbutt\*  
 M16A 7th .....Nick Wilson  
 8th .....Finn Lydon  
 9th .....Euan Tebbutt  
 M20L 6th .....Matthew Cox  
 M35L 5th .....Roger Phillips  
 M40L 2nd .....Howard Alcock\*  
 M50S 1st .....Ian Howells  
 M65L 10th .....Glynn Smith  
 M65S 7th .....Kevin Gallagher  
 M70L 2nd .....Simon Ford  
 M70S 1st .....Eric Porter  
 M75L 2nd .....Peter Leake\*  
 4th .....David Anderson

M80L 2nd..... Donald Moir  
 W10A 4th..... Libby Barber\*  
 W10B 1st..... Robyn Jarvis  
 W12A 4th..... Reed Lydon  
 W14A 4th..... Imogen Wilson  
 7th..... Anna Barber  
 W18L 4th..... Hannah Cox\*  
 W21S 6th..... Liz Heaton  
 W45L 3rd..... Alison Hardy\*  
 W45S 4th..... Barbara Tebbutt  
 W50L 10th..... Ursula Williamson  
 W65S 3rd..... Diane Ford  
 W70L 6th..... Sue Porter  
 W70S 3rd..... Molly Smith

## **Junior European Cup, Lommel, Belgium, 3rd - 5th October, 2014**

### ***Sprint Event***

W18 7th..... Hannah Cox

### ***Relay***

Great Britain 3.....8th with Hannah Cox competing on leg 1, where she came home in 3rd place.

## **British Schools Score Championships 11th October, 2014, Arrow Valley Country Park**

### **45 Minute Score - Individual Results**

Year 5 boys 1st.... Harrington Leake  
 Year 6 boys 1st.... Charlie Rennie  
 Year 8 boys 1st.... Ethan Tebbutt



Year 10/11 boys 3rd.... Finn Lydon  
 6th .... Nick Wilson  
 7th .... Euan Tebbutt

Year 12/13 boys 3rd.... Tom Barber

Year 5 girls 1st .... Libby Barber & Heather Griffiths

Year 9 girls 4th .... Imogen Wilson  
 6th .... Anna Barber  
 8th .... Daisy Herd

Year 10/11 girls 9th .... Ashleigh Howells

### Team Results

**Primary Boys:** 2nd - Leicester Grammar Junior, 7th - St Pauls CE Primary, Woodhouse Eaves.

**Primary Girls:** 2nd - Leicester Grammar Junior

**Lower Secondary Boys:** 9th - Twycross House School

**Lower Secondary Girls:** 5th - Loughborough High School, 6th Brookvale High School, Groby

**Upper Secondary Girls:** 2nd - Loughborough High School

British Schools' Orienteering Championships - 16th November, 2014 Temple Newsam

### Individual Results

Year 5 boys 1st .... Harrington Leake

Year 6 boys 4th .... Ben Hardy

Year 8 boys 1st .... Ethan Tebbutt

Year 11 boys 4th .... Euan Tebbutt  
 5th .... Nick Wilson

Year 12 boys 3rd .... Tom Barber

Year 5 girls 2nd... Libby Barber

Year 9 girls 8th.... Anna Barber

Year 10 girls 4th.... Ashleigh Howells

Year 12 girls 5th.... Hannah Cox

### Team Results

**Primary:** 3rd - Leicester Grammar Junior

**Large Secondary:** 7th - Loughborough High School

East Midlands Sprint Championships, Abbotsholme - 29th November, 2014

Women's Open 1st.... Hannah Cox  
 3rd.... Liz Heaton

Men's Ultra Vet 3rd.... Simon Ford

W's Ultra Vet 3rd.... Diane Ford

### **2014 East Midlands Urban League**

Junior Men 5th.... Nick Wilson  
 9th.... Ethan Tebbutt

Junior Women 1st.... Ashleigh Howells

Men's Open 5th.... Simon West

Women's Open 3rd.... Liz Heaton  
 9th.... Lucy Taylor  
 10th.. Hannah Cox

Men's Veteran 8th.... Alastair Paterson

W's Veteran 6th.... Ursula Williamson  
 7th.... Tracey Brookes

Men's Super Vet 3rd.... Bob Haskins  
 9th.... Roger Edwards  
 10th.. Alan West





Men's Ultra Vet 4th .... Simon Ford  
7th .... Glynn Smith  
9th .... Chris Phillips  
W's Ultra Vet 5th .... Diane Ford

### **EMOA League 2014**

White Male 2nd...Adam Concannon  
White Female 3rd ...Robyn Jarvis  
Yellow Male 1st....Harrington Leake  
7th....Felix Miskin-Young  
Yellow Female 1st....Libby Barber  
3rd ...Flora Miskin-Young  
7th....Tracey Phillipson  
Orange Male 6th....Harrington Leake  
7th....Charlie Alcock  
Orange Female 3rd ...Reed Lydon  
4th....Peta Jarvis  
6th....Annie Leake  
7th....Daisy Herd  
10th..Tracey Phillipson  
Lt. Green Male 5th....Oscar Ferris  
7th....Tom Barber  
9th....Hugh Lachlan  
Lt. G. Female 2nd...Caitlin Chafer  
3rd ...Reed Lydon  
4th....Anna Barber  
5th....Jess Dring-Morris  
7th....Ashleigh Howells

S. Green Male 1st ... Kevin Gallagher  
3rd... Ernie Williams  
5th ... Eric Porter  
6th ... Chris Phillips  
S. G. Female 3rd... Molly Smith  
5th ... Diane Ford  
9th ... Sue Porter  
Green Male 1st ... Simon Ford  
3rd... Roger Edwards  
5th ... Peter Leake  
6th ... David Bray  
Green Female 2nd .. Imogen Wilson  
8th ... Jane Dring-Morris  
9th ... Wendy West  
Blue Male 2nd .. Glynn Smith  
7th ... Chris Bosley  
8th ... John Marriott  
Blue Female 4th ... Trish Lydon  
5th ... Ursula Williamson  
8th ... Tracey Brookes  
10th . Liz Heaton  
Brown Male 4th ... Finn Lydon  
Brown Female 1st ... Hannah Cox  
3rd... Julie Ferris

EMOA League 2014 prize giving will take place at the Ratby event on 1st March, 2015, at 10am. 1st place will receive a plaque and the top three receive a certificate.



# Social Report



I hope you all enjoyed a good Christmas and have a healthy, prosperous and successful new year.

As your Social Secretary, most of the year I have a very easy life these days as the activities calendar leaves

almost no space for any social activities. I used to organise a few social events each year, but these can no longer be squeezed in, and I used to sort out the refreshments for the AGM, but this is now in other, very capable hands.

I can still suggest venues for social debriefings after events, but we seem to be rather creatures of habit now, and as such I am rarely asked to contribute.

At the end of the day, all that is left of my role seems to be the annual presentation dinner. That, in itself, is quite a challenging task, but here we go once again.

I do seek quotes from a number of establishments each year, but once again by far the best value I have found is our hosts of recent years, the Kirby Muxloe Golf Club. Whilst they offer a great package, they do take some pinning down, and that takes many weeks of pushing most years. I then have to come up with a choice of meals accommodating various dietary sensitivities before I can even advertise what is on offer. Pricing is also problematic, as numbers can vary greatly. Last year, with four weeks to go, we only had 19 people coming. In the end, we more than trebled that number. Once I have the details, we have to

organise table plans and tell the chef who is to sit exactly where to ease their service (and keep our costs down). As it can be a nightmare over the last few weeks, it has been suggested that I introduce a late entry surcharge.

I feel we have a good choice of dishes this year, with variants to meet dietary needs, but if anybody needs any further special attention I can try and sort it with enough notice. If people wish to sit with specific friends, again I can try but the earlier you get to me, the more chance you have. I do need to try and balance the sexes and the ages in an appropriate manner.

We have a change of format this year. You will all be greatly disappointed that we will not be having a novelty quiz. We have invited Peter Tyldesley, the man in charge at Bradgate Park, to be an Honorary Member of the Club, which he has happily accepted. He will take the opportunity whilst we enjoy our after dinner coffees, etc. to briefly update us on his ambitions for the park. That will be followed by a comfort break and a chance to recharge your glasses. When we resume, our other Honorary Member, Sam Lattaway of the National Forest, will update us on their situation before we move onto the presentation of the trophies for this year.

Please arrive between 7.00pm and 7.30pm. We expect the formalities to conclude some time between 10.00pm and 10.30pm.

The details of the choice of courses are opposite and you can now make your bookings. Please do get them in before the deadline and as early as possible.

*Roy Denney*



## LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

7th March, 2015. Gather from 7.00pm. Seating at 7.45pm.  
Kirby Muxloe Golf Club, Station Road, Kirby Muxloe - 0116 239 3457

**A dress code is in operation:** No denim, t-shirts, trainers, etc. Gentlemen in jackets and ties, and ladies in suitable attire.

### First Course Choice:

Cauliflower & Stilton Soup - Croutons

Prawn & Smoked Salmon Cocktail - Lemon Dressed Salad

Garlic Button Mushrooms - Brushetta - Rocket & Parmesan

### Mains Choice *(all served with seasonal vegetables):*

Breast of Chicken - Pancetta - Mushrooms - Rosemary & Garlic Mash - Tarragon Jus

Roast Hake - Olive Oil & Seaweed Potato - White Wine Butter Sauce

Traditional Roast Beef - Roast Potatoes - Yorkshire Pudding

Root Vegetable Wellington - Leek Sauce

### Choice of Afters:

Baked Chocolate Tart - Vanilla Clotted Cream - Mulled Berries

Toffee Apple & Blackberry Crumble - Custard (ice cream alternative on request)

Selection of Cheeses - Celery - Wafers

**And to finish** - A short presentation on Bradgate Park by the Agent, Peter Tyldesley whilst we enjoy Coffee & Mints (decaffeinated and teas available on request).

**Comfort Break** - Followed by a short update from Sam Lattaway on the progress of the National Forest, to be followed by the trophy presentations.

**Cost per Person** £19.00 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: 20th February, 2015.**



# Club Championships 2014

Club Chairman, Bob Haskins, presented the awards at the social event following the LEI Club Championships held on 5th October, 2014, at Hanging Hill.



*Harrington Leake,  
Minor Boys 1st*



*Ben Hardy, Minor  
Boys 2nd*



*Flora Miskin-  
Young, Minor  
Girls 1st*



*Libby Barber,  
Minor Girls 2nd*



*Charlie Rennie,  
Junior Boys 1st*



*Felix Miskin-Young,  
Boys Intermediate 1st*



*Francis Mayes, Boys  
Intermediate 2nd*



*Anna Barber,  
Girls Intermediate  
1st*



*Caitlin Chafer, Girls Intermediate 2nd*



*Daisy Herd, Girls Intermediate 3rd*



*Tom Barber, Boys Open 1st*



*Fraser Alcock, Boys Open 2nd*



*Simon West, Boys Open 3rd*



*Simon Ford, Men Vets 1st*



*Roger Edwards, Men Vets 2nd*



*Chris Bosley, Men Vets 3rd*



*Sue Bicknell, Women Vets 1st*



*June Cole, Women Vets 2nd*



*Di Ford, Women Vets 3rd*





*Howard Alcock,  
Men Open 1st*



*Roger Phillips,  
Men Open 2nd*

*Not present for the  
presentation, Jamie  
Sutherland, Men Open  
3rd.*



*All Photographs:  
Alan West*



*Alison Hardy,  
Women Open 1st*



*Lucy Taylor, Women  
Open 2nd*



*Liz Heaton,  
Women Open 3rd.*

**Senior Winners will receive their trophies at the Annual  
Presentation Dinner on Saturday 7th March, 2015.**



# Events Update: 2015 and Beyond

After the hectic event programme of the last two years, we take a bit of a breather in 2015. No level A events and only 45 Level B, C and Ds! We have our usual contributions to both the EMOA and EMOA Urban Leagues, plus the Summer and Winter Leagues. One of our Level C urban events will be on a new area in the north of Loughborough (we still have not decided on a title for the map) and will be one of the feature events in the Nopesport Urban League.

Our next round of major events starts in February 2016 when we host the British Night Championships at Cademan. Organising and planning are moving ahead. In 2017, we are hosting the British Schools Score Championships. Whilst this is not a large event, we shall be welcoming schools from all over the UK and I hope LEI members will be out in force to 'meet and greet'. It will also be our turn in 2017 to host either the Regional CompassSport Cup Heat or the EMOA Championships.

The club's computerised mapping archive has been in operation for just over a year. Like all new projects, it has not always operated as smoothly as we would have liked, so in order to smooth out some of the hiccups, a number of changes have been made. The most visible one for club members is the appointment of a librarian. Steve Edgar is taking on this role. If you need to draw a map from the

archive for event planning, please contact Steve with your requirements.

Orienteering is a sport that is entirely volunteer led and run. LEI is very well supported by its members in the organising, planning and running of its events programme. I believe that we are one of the best supported clubs in the UK. However, we do have constant attrition of our volunteer base; members move on, grow older, etc. If you have not volunteered to help at an event, perhaps this should be one of your New Year resolutions, or maybe you are a regular helper, but have not taken the step up to organise and plan a level D. Every new organiser/planner has a mentor who will guide you through the relatively easy process of being an event official. If you would like to be involved, please speak to either Steve Edgar or myself. Later this year, we will be running training courses for new organisers and planners.

I am sorry to have to report that our Control Collecting Fairy has disappeared. The numbers of members volunteering to help collect in controls at the end of Level D events has dropped this year and we are down to a very few stalwarts who are doing most events. Please volunteer. This really is a case of many hands making light work!

*Chris Phillips*

*Events Co-ordinator*

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.



## Aged 17

(Refer to the maps on the back cover - Ed.). Aged 17, and a few weeks before starting a Geology degree at Durham University, I walked into Keswick Youth Hostel on one of the last legs of a round-the-Lake District walking tour to be told that there was a third year geologist from Durham in the kitchen who would tell me all about the secrets of university life. I'm not sure he managed that, but what he did was tell me about the orienteering club and invite me to the Fresher's Week event at Hamsterley Forest. Fast forward 30 years and it was his 50<sup>th</sup> birthday, and he decided to spend part of it at the second weekend of the 'Race the Castles'.

Seven M45/M50s joined him for the weekend, and with all of us running Short Brown and being *slightly* competitive between each other (for *slightly*, read *very*), it was set for an exciting weekend. Five of the eight were all at Durham together; the others had known each other from earlier days competing at orienteering events as teenagers. Over the years, we have spent many a JK, Scottish 6 Days and (most notoriously) White Rose weekend together.

The 'Race the Castles' event comprised urban orienteering during the first weekend – sprint and long urban races in Edinburgh on Friday and Saturday, and a long urban in Stirling on the Sunday – and a World Ranking Event classic race the following Saturday, with a relay on the Sunday (we ran as individuals). The whole event was designed as a training week for next year's World Championships based around Inverness, and the racing and terrain were all high class. There were over 100 elite men entered for the WRE classic event.

Teams or individuals from Norway, Finland, Sweden, Switzerland, Denmark and the Czech Republic joined the UK National Squad in using the event to prepare for the World Championships. The second weekend also included the Senior Home Internationals, when England, Scotland, Wales and Northern Ireland elite athletes compete at a series of individual and relay events. England were narrowly beaten into second place, so I won't dwell on the result of the SHI.

Luckily for us, Jesus Orienteering Klub (JOK) had also decided to put on the JOK Chasing Sprint on the Friday, and, with starts for the Prologue between 1200 and 1330, it was feasible to fly from Manchester to Aberdeen in the morning and make the event as part of a busy weekend of four races. The JOK Chasing Sprint is in two parts, with competitors' times from the Prologue being added to a base time to determine starts for the Chase – the first over the line is the winner.

The JOK race was held at Birsemore Hill, Aboyne. This is a varied and technical area, with lots of contours throughout, and there was a longish walk up to the assembly area, which allowed the courses to use the best parts, avoiding the steep, rocky, northern slopes. The Prologue courses were on semi-open moorland to the south, and the Chase was in open coniferous forest on top of the hill. I've orienteered in Scotland and in challenging terrain and was, I thought, prepared for the challenge, although I took the Prologue slowly and carefully. Finding 1m high boulders when traversing down and across a steep slope, and having just got off a plane a couple of hours earlier, is never going to





be easy.

What struck me immediately, one of the delights of this type of orienteering, was the multitude of route choices available on almost all legs. I managed quite well on most legs, but a good example of the importance of good decision-making is on leg 5, where I thought the path route might be safe and give a good attack point (the knoll to the south-east), only to change my mind because of the climb and to cut in along the base of the hill from the junction with the path. The best route here would have either been just north or south of straight, i.e. avoiding the deepest parts of the marsh. Because of my indecision, I didn't concentrate and miscounted the knolls, leading to some serious 'faffing about', and loss of a couple of minutes. Still, I made it round the 3.2K in 38:47, and was pleased to be 16<sup>th</sup> and not 17<sup>th</sup> out of 17.

The start of the Chase was one of the best spectator experiences I have had whilst orienteering. From our base on a ride by the finish, we could see each competitor emerge and sprint up the hill to the first control. First came a Belgian competitor, who held a narrow lead from the Prologue, a few seconds later the 1983 and 1984 JK champion and World Championships Relay Silver Medallist Martin (Bilbo) Bagness and a few seconds later the England Team Captain for the SHIs. Fifteen minutes later, I picked up my map and also ran hard up the hill to the first control. I was being urged on by one of my Durham contemporaries, who was starting a couple of minutes after me. The first control lay in a re-entrant, after the first of a series of rides criss-crossing the map, and, as the SHI Team Captain had just said to me, navigation was going to be easy, judging by how large the rides were.

WRONG! I had a horror - a complete

meltdown. Some 15 minutes after setting off, I found my aforementioned Durham contemporary, and had no option but to ask for help, which, of course, was only vaguely forthcoming and accompanied by ridicule. I had crossed the second ride (thinking it to be the first) and dropped into a lovely re-entrant, but on a hillside like this re-entrants are ten-a-penny. I found the control after nearly 22 minutes of stumbling around, possibly a record for 400m. I concentrated hard, and compass and paced across to No. 2, into which I dropped nicely, but 3 was possibly worse than 1. I retired, completely beaten by the forest. I was only slightly relieved when I discovered the Belgian had retired, Bilbo didn't find No. 4, and the SHI Team Captain mis-punched, and we were listed together on the results.

So, on to Saturday and the WRE. This was held in a private forest in the grounds of Balmoral Castle, with the assembly on the grass in front of the castle. I have never been in such an amazing assembly area and made use of the freedom to walk around the castle and peer in through the gaps in curtains, which were all drawn. I was rather surprised to see a group of artists in full highland dress restoring paintings in one room and decided to beat a quick retreat and concentrate on orienteering.

With my confidence not sky-high after yesterday's disaster, I was more than a bit concerned by the prospect of 7 km on an area never before used for orienteering, and with a story circulating in assembly that elite orienteers were running 10 minute Ks. Obviously, extreme care was the order of the day, and EVERY control would have a clear plan and definite attack point, and my route would be paced and controlled with a compass. An example of the care I was taking is the leg from 6 to 7, where I could see no obvious attack point on the



straight route. Therefore, I ran along the path to the north-east to the point where the path drops back down hill and a spur acts as a linear feature linking the path and the control. This careful route lost me a little bit of time, about 30 seconds, but at the front of the race, two-and-a-half minutes were lost on this leg by the eventual winner and nearly cost him his win. My run through the rest of this section of the map was the best part of the whole weekend for me. A lung busting 30m climb up a near vertical gap between the crags was followed by a chase against one of my mates around the base of the crags to No. 10, with only the briefest glimpse of four stags charging through the heather, as I wondered if I could sneak into the crag before him (I didn't).

I became slightly more inconsistent as I tired at the end of the race, but was quite happy to complete the 7K in 95.41, and to be placed 53<sup>rd</sup> out of 72 starters. The winning time on Short Brown was 63.41, so I was relatively pleased. I had run faster than one of my friends and, if you count the fact that another dropped his dibber on the lung-busting crag climb, came 6<sup>th</sup> in my group.

The final day was held to the north of Aberdeen on an area of sand dunes known as Forvie. Forvie is a Scottish National Nature Reserve, and only received permission for use for orienteering events in 2006 following an environmental impact study and a test event. The race held out the possibility of being the most exciting. Of my eight friends, seven of us had starts within 11 minutes, and this promised to hold out for some intense, head-to-head racing on what looked like fast sand dunes. I was second off, and, as I knew that I was far from the fastest, was hoping to get a bit of a tow around some of the earlier controls. The map showed that there

were discrete, large, complicated sand dunes, and navigating within the dunes would be challenging, whereas navigating between them would be easy. Unfortunately, the planning mainly focused on long legs from one block to another. Combined with the fact that the 'fast' sand dunes were no such thing, but consisted of tough heathery tussocks, it was hard going and my expectation of being towed was short-lived.

An example of the planning is No 9, which was behind the most prominent dune in area and involved little navigation or route choice. Moving this control 20-30m to the south-east would have at least given some route choice. None of us could understand why the large block of dunes to the south of the start was not used; no explanation was given. This also contrasted to the previous two days, where the planners had been innovative and had crossed over courses several times to provide changes in direction and challenging routes, rather than the alternative of contouring around the hills.

I was tired by the end and trudged in after 68 minutes in 43<sup>rd</sup> out of 51. This was about 20 minutes behind the winner, the same as at Balmoral, but given that the winner was much quicker than the day before, not so good percentage wise.

The weekend was one of the best orienteering weekends I have had for ages. It was great to run in such high-quality terrain, in the company of elite orienteers and, for the most part, on fantastically planned courses. RouteGadget is well worth a look and can be found via the 'Race the Castles' website. I'm also grateful that I stayed at Keswick Youth Hostel all those years ago.

*Matt White*



# Club Chat

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

George Strevens

Daisy Rennie

## LEI meets Robin Hood



*Photo: Andy Portsmouth*

Congratulations to Tracey Brookes, and Alan and Simon West, who ran in the Robin Hood half marathon on 28th September, 2014. Tracey ran a PB in 1h 51m 22s, Simon was running his first half marathon and finished in 1h 55m 17s and Alan finished in 1h 58m 49s.

Congratulations to Euan Tebbutt and Imogen Wilson who have been selected for Interland 2015 in the M20 and W17 class, respectively. The competition will take place on the North Downs in Surrey on 8th February, 2015.

Congratulations to the following members who have received colour coded awards since the last LEI NEWS. 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.

Colour Standard	Member
White	Daniel Stothard
Yellow	Ben Bishop
Orange	Charlie Alcock Harrington Leake
Light Green	Reed Lydon
Green	Anna Barber Ethan Tebbutt
Blue	<b>Iain Phillips</b>
Brown	Tom Barber Euan Tebbutt

In the 2014 UK Orienteering League, Club League, LEI had one counting team that was positioned 34th out of 115 teams. Counting members were: Ursula Williamson (W50), Ernie Williams (M70), Wendy West (W50), Euan Tebbutt (M16), Glynn Smith (M65), Donald Moir (M80), Trish Lydon (W45), Finn Lydon (M16), Richard Leake (M45), Peter Leake (M75), Ian Howells (M50), Alison Hardy (W45), Simon Ford (M70), Hannah Cox (W18) and Tom Barber (M16).



The following are the top ten LEI orienteers in the British Orienteering rankings as at 31st December, 2014.

Position	National Position	Name	Points
1	354	Howard Alcock	7402
2	377	Matt Cox	7370
3	400	Hannah Cox	7341
4	559	Euan Tebbutt	7168
5	652	Matt White	7075
6	684	Ian Wilson	7054
7	693	Tom Barber	7047
8	730	Roger Phillips	7016
9	845	Jamie Sutherland	6905
10	853	Ian Howells	6900

In the 2014 UK Orienteering League, Individual League, the following were the top three placed LEI members out of 2669 competitors:

Peter Leake ..... 77th  
 Finn Lydon..... 210th  
 Hannah Cox..... 275th

*Congratulations to Euan Tebbutt on receiving the Rising Star Trophy. This was awarded at the Club Championships, but as Euan was not present then, club chairman Bob Haskins presented the trophy at the social following the Christmas novelty event. In addition, Euan won the Christmas novelty event.*

*Photo: Alan West*



## Permanent Course Improvements

The missing plaque at the Foxton Locks courses, provided by the Canal and Waterway Trust, has been replaced. We ran a training course for museum staff earlier in the autumn. After the Foxton Inclined Plane Museum is re-opened following its winter refurbishment, they will sell the new maps. There will be two 500m new courses for 'on the day' sales. We have re-printed the courses using the new Bruce Bryant map, which you used for the summer league event.

We have made our Ashby Town Trail map available through the Tourist Information Centre. One of the plaques is on the English Heritage site, Ashby Castle, which we intend to use for the Ashby Urban race in June.

We have received our first income from the sale of maps at Hicks Lodge, which we offered on a sale or return basis. The Forestry Commission also advertised on site our New Year's Day event at Sence Valley.



Courses at Bradgate Park are now complete, but for club members you are now impacted by the area embargo leading up to the event on 22 November. Three different maps are on sale in the park at the tea rooms and shop. The format has been copied from NGOC, so it's now a single doubled-sided sheet with map and instructions, plus a loose-leaf legend.

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

*Roger Edwards*  
Development Co-Ordinator

## POC Volunteer Co-ordinator

I've taken on the role of POC Volunteer Co-ordinator, so I'm looking for volunteers to help check and maintain the permanent orienteering courses in Leicestershire.

The maintenance task is to inspect the course at least annually and repair plaques as necessary. A site visit would involve taking the 'All Controls' map, checking the control numbers, carrying out any minor repairs, taking photos if necessary and reporting any major issues to John Marriott (e.g. if posts have been moved, it makes sense to amend our download maps).

Your repair kit would include: blank plaques, screws, screw driver, number and letter transfers, and scissors. If necessary, we have a post 'basher' and more posts.

My understanding is that the following club members have already volunteered for the areas shown in the table opposite.

Please let me know if any of the above information is incorrect.

We still have 25 areas which need checking, including: Abbey Park, Evington Arboretum, Ashby, Beacon Hill, Booth Wood, Bosworth Park, Castle Hill,

Volunteer	Area
Gina Gilbert	Brocks Hill, Foxton Locks and Knighton Park
Keith Willdig	Burbage
Richard Windsor	East Carlton Park and Fermyn Woods & Brigstock
Matt White	Melton Country Park
Myself	Outwoods

Donisthorpe, Evington Park, Fosse Meadows, Hicks Lodge, Hood Park, Irchester, John Lee's Woods, Loughborough Uni, Martinshaw, Oakham Woodlands, Ratby, Riverside Park, Sence Valley, Snibston, Stonebow, Watermead North and South, and Western Park.

If you are interested in volunteering, please let me know which area(s) you would like to check by emailing me at: [jane@dring-morris.com](mailto:jane@dring-morris.com) I can then arrange for the relevant 'All Controls' map and a supply of transfers to be issued as necessary.

Thanks very much!

*Jane Dring-Morris*



# Access Update 2015

For reasons of vandalism and control disturbance and the lack of toilet facilities, we do not use a number of areas where, in the past, we have had perfectly acceptable events. This does unfortunately mean that we go back to the same areas so often that they become too familiar to us.

It is therefore essential that we try and find more opportunities for orienteering. We should not, however, stop looking at present areas to explore just how they can be used and whether areas we do use can be entered from different directions. Most runners only see those parts of any wood nearest to the start point, so there are areas of some of our largest plots that many runners have never seen. There is a mapped area of our Spring Cottage map that nobody has competed in, which would, by itself, be big enough for a level D (Pick Triangle). There is also a car park we have never used within walking distance of that area and big enough for that size of event.

I recently had a meeting with Everard's Brewery and raised the issue of orienteering, to which they were very receptive. The brewery is being demolished to make way for shopping, and a new, much smaller 'craft' brewery is being built across the road. They have ambitions to include a pub on the site and a visitor centre-cum-café, and evenings and weekends they will have parking for 180 cars. It will not happen until 2016, but they will be keeping me in the loop, and at that point they would be open to selling POC maps from their visitor centre if the final layout of the site lends itself to a course. They are to landscape land down to the river and create a new bridge lined up with the bridge over the canal. It does give a way to walk into the existing

Aylestone area, but involves too much dead running along the canal side to really be used as a start point. It might permit for white to orange close to the parking area.

As for larger events, the Aylestone area has matured nicely and the car park misuse problems seem to have gone away, but a large, new car park with full facilities could be useful. It would only be a quarter of a mile from the corner of our existing event area, but whether it would be practical to walk people across the ring road is doubtful.

We have had control problems in the northern end of the area, but basing ourselves at the south end should avoid that, largely. There is another new opportunity as well. If parking at the Black Horse is not deemed adequate, and Everard's new parking not yet available or too faraway, a large, new car park has been created where the old football pavilion used to be. It would certainly take 30 cars, probably more.

A new car park has now been created at the Queen's 2012 Diamond Jubilee Wood to the west of Ravenstone, the biggest block of woodland in the National Forest under a single ownership, which should mature into a very usable area. For large events, there are full facilities available at a nearby farm shop and café. Good news as regards linkage of woods round there and access from our point of view is the creation of two new bridleways by QE2. These have been created by UK Coal at their Longmoor site and are now available to use. LCC are currently going through the legal processes required to show them on the Definitive Map.

The Forestry Commission has made a planning application for a route from



Hicks Lodge to Moira Furnace, which will be very useful. The issue of the route is somewhat complicated, as planning permission has been granted for the housing development alongside it. It was given with a number of conditions, but due to issues with past coal mining at the site, the matter has now been passed to the Ombudsman.

Further potential trails are being progressed, all of which should link our various areas and link them to alternate parking possibilities. Ashby Town Council has agreed, in principle, for a multi-user route to be created across their recreation ground. The agents for the Woodland Trust have been in contact and are considering the proposal. The Trust is also the landowner of a proposed development off Willesley Lane, within which they are proposing a cycle link to Hicks Lodge. A planning application for this is due to be submitted next month.

A further link in the network is being sought from Willesley to the Ivanhoe Trail. The Woodland Trust and Leicestershire County Council have agreed, in principle, to the creation of the multi-user route across their land and the last bit of the link is being considered by a private owner.

The National Forest is developing a new site at Bawden Castle, near Beacon Hill, about a 1K walk from the top car park, probably only big enough for level D events.

Belvoir had priced itself off the agenda, except for very large events, but we are to test the water for such an event in the near future, and the regime there may well have had to backtrack on their commercial aspirations after some planning knock-backs. We live in hopes that if we can get back on board with them, we may be able to use the western end of their woodlands for smaller events again.

We have now used the National Forest new, large site at Hanging Hill and this should mature nicely. There are efforts being made to gain a new access from the Moira end, nearer to the village hall. A planning application has been submitted for a housing development off Ashby Road. As part of the planning comments, the National Forest Company and Ashby Wolds Town Council are requesting that a route be provided from Sweethill to Maybury Wood

The map of Castle Hill has been extended to the speedway club, who have offered us parking and other facilities. The area itself is being slowly redesigned and improving for our purposes, although how to use it without the risk of equipment loss is a bit of a challenge.

Martinshaw, like many woodlands, is subject to constant change as there is a continuing programme of thinning and felling. The National Forest has now acquired a lot of land behind Groby College which does not exactly meet Martinshaw, but using the school grounds as we do should leave us able to use this as an addition to our area.

We now have access to the copses in Bradgate; two of them in particular are full of complex landforms and rock features, and all are wooded.

Four housing developments are now pretty certain in and around Glenfield. Open countryside will be lost, but more amenity land will be provided along the Rothley Brook corridor with a new link to the cemetery near Groby College. This will be good for training purposes, either from Groby or Glenfield.

*Roy Denney*  
*Access Development Officer*



# Robin Hood Red Bull Race

As slightly unfit 'twenty-somethings', Jack and I rarely participate in high ranking, fast paced events against our elite peers. If you have ever seen me at an event, the likelihood is that you were overtaking me rather than me speeding past you! However, having found the advertisement for the Red Bull Robin Hood Race on the BOF website, we were drawn in by the £5 entry fee, hog roast and intriguing format,



that even in our state we would give a go.

The first challenge (apart from the advertised six that were going to be on the course) was our lack of car. Luckily, a kind friend was able to drop us off on the day and we arrived at the event to find a group of marquees and Robin Hood's Merry Men greeting us. We then signed our lives away to Red Bull for advertising purposes and collected our O-Tops (another freebie). We were able to have a quick practice at the archery range before the introduction was given.

The event was constructed like this: a score event containing normal controls throughout the forest, with six challenge controls that included a mental or physical challenge (onion slinging, rope climbing, plank walking/balance, pulling up a portcullis, archery and memory

game) to be completed for additional points. Every control would score 10 points and every additional challenge completed would score 20 points. Time would be called at 75 minutes and anyone back after would forfeit 10 points per minute late (quite significant).

We were walked by the Merry Men to a clearing in the forest, then we had ten minutes to start. Before this, Jack and I had been chatting. It would seem that Jack fancied trying the challenges but I, fearing my lack of strength would probably be a hindrance, felt that my orienteering 'skill' might be more useful. So we would split up and go our separate ways. Whilst this was happening, we were herded into a circle and given the maps to be opened when Robin Hood blew his trumpet. Unfortunately, his trumpet was ineffective and I didn't even hear him blow it. But everyone else did and the circle scattered into the forest.

Of course, I ran too fast at the start like a W10 in the mini relay, so burnt out just before I reached the first control on the route I had made for myself. After that, I continued along my route until I reached a challenge control. I had hoped that the two in which I included into my course would be the nice memory challenge or even archery, but fate tripped me up with the rope climb, of which I failed miserably. Luckily, my pitiful attempt at this meant that I didn't waste too much time at the control and I continued on my way onto my second challenge control, where I wrenched my shoulder slinging onions into a turret, which I still didn't complete (very embarrassing!).

It was interesting to see others competing whilst on my course. I saw speedy elites running past, criss-crossing in all







directions. I also saw groups running together, non-orienteers helping each other around the controls and shouting back to each other when they found them. It was nice to see so many people having fun whilst out.

The rest of my run was uneventful and finally I was back at the finish with three minutes to spare, and Jack a minute or so before me. After guzzling a 'Red Bull' and downloading, the most interesting thing to see was the comparison between our routes. Jack went to fewer controls but more challenges, completing three of four he visited and gaining 150 points in total. I failed both challenge controls but went to more actual ones and gained 190 points. We

were both very pleased with what we did, and looking at the results board we were both placed around about the middle. Then, off to the hog roast and free bar for us (and no car to drive so alcohol aplenty!).

For the elites, it

was a tough race for some and extremely worthwhile for others. I know some missed out on podium points because of having a bad race strategy, missing out because they came back just a few minutes late. However, it paid off for the winners, Ralph Street and Lucy Butt, who both won £500 (blooming 'eck!).

All in all, it was a very exciting and enjoyable race. I don't think I have ever got so much stuff for my entry money, but not just that, it was a really good way to increase orienteering's profile. Plenty of the non-orienteers at the event were very keen on trying not just the challenges but orienteering again and it was nice to chat to some about their experience of the run. Red Bull might be a large company that simply want to advertise their brand off the back of an adventure race, but if that means increasing the popularity of our sport, then I'm happy for them to put on events like this again, novelty aside.

*Lucy Taylor*

*All photos: Red Bull Content Pool*



## Out and About



With foot problems that hopefully a surgeon will have resolved by the time you read this, I have not been out and about as much as I would wish over this winter. I have had to restrict such walking as I could handle to doing so on the flat,

so I have seen more of the canals than is my wont. Different and interesting, but not where I want to be.

On the wider front, and looking back over the year, it began with a mild spring, seeing many species of butterfly appear weeks earlier than usual. Two endangered species, in particular the Duke of Burgundy and Glanville Fritillary were both seen in April, a good few weeks earlier than the previous year. Peacock butterflies seemed to be everywhere this summer, as Buddleia bushes and flower beds were besieged by them. The Small Tortoiseshell has also bounced back after decades of decline. There were even numerous sightings of Scarce Tortoiseshells last visiting the UK in 1953. In June, Continental Swallowtails appeared along the South Coast and the indications are that they may stay for good.

As ever, the weather played a major part and it has been a very unusual year. A lovely, warm July was followed by the coldest August for twenty years. Some butterflies struggled as a result, with the common white species floundering. Autumn came along dry and remarkably warm, with October then very wet. As I pen this, we have just missed out on a white Christmas by one day.

A recent supposedly working visit to Charlecote Manor, a Victorian home set in landscaped deer park in Warwickshire countryside on the edge of Shakespeare's Stratford on Avon, turned up contrasting situations. I must admit nursing my foot I did more pottering about quietly by myself, rather than working on the trees.

Two pairs of barn owls were raising their second clutches of the year, with seven and five chicks, respectively, and the adults were so busy trying to feed them that they were flying back and forth in the daytime within twenty feet of us - a wonderful sight!

The next thing that struck me, however, took a bit of time to sink in. Tracks pass through long avenues of trees throughout the park and they were strangely tidy. The removal of all low branches and shoots by heavy deer browsing was responsible and, almost certainly, reduces the suitability of woodland for some species of birds. The National Trust, which manages this park, tries to balance things by having fenced-off copses where the deer cannot interfere. Studies have apparently shown that numbers of birds, especially migrants like nightingales, were much lower in deer-browsed coppice than areas protected from deer. Some species, however, prefer open woodland created by grazing, so a balance has to be struck. Another trick the Trust uses is not to mow back nettles which grow under some species of tree, as these deter the deer to some extent.

Other problems that deer cause are hard to prevent, and a case can be made that we need to start culling in



some areas to reduce their impact. They can strip bark, killing quite well established trees. Deer can reduce the diversity of tree species and regeneration by eating seeds, which hits food supplies for birds. Management is easier in enclosed estates, but even at Charlecote, wild Muntjac are present, and they grub about in the soil killing off a number of rare wild flower species. Wild boars do the same and there are culls of these creatures being organised. I hope some come my way as they are rather tasty.

Our moorlands are struggling and we are in part to blame. These wild areas of peat bog and rocky outcrops are coming under increasing pressure, not only having an impact on the wildlife they support, but having a direct affect on our lives. Only about 4% of uplands are in 'good, ecological condition' and we need to start encouraging them back to a healthy ecosystem. These moors are carbon sinks cleaning up poor air and fighting climate change, and also hold back water, preventing fast run off and flooding down-stream.

Fortunately, at last if somewhat belatedly, many environmental organisations are campaigning for protection and restoration. One of the creatures most hit by the state of our moorland is the iconic Black Grouse. This is one of the most rapidly vanishing birds in the UK. Once found all over Britain, not only have overall numbers dived in the last thirty years, but populations have become isolated from each other, weakening the gene pool. Now only found in a few upland areas of England and Wales, they are not doing much better in Scotland.

The Welsh population is clawing its way back with serious help from

conservationists, but numbers are still small and confined to a few areas. There are now thought to be about 5,000 lekking males. Numbers are stable or increasing in Wales and northern England, but it is a mixed picture in Scotland, where populations in some areas are still seeing severe decline.

In England, they have vanished from many counties. A hundred years ago, they could be found on the heath lands of southern England, in Hampshire and Dorset, and as late as the 1960s a small number lekked on Dartmoor and Exmoor. These have all gone now. The Staffordshire moorlands, including Cannock Chase, saw them as recently as 1997, as did Lancashire, but no more.

The bird is now restricted to the North Pennines, and parts of Northumberland and North Yorkshire. The bulk of the population is found on the fringes of moorlands managed for red grouse. I did see one close up on the moors above Hardraw last year, looking as miserable as I felt fighting heavy rain coming sideways. It could not be bothered to move away as I struggled past within ten yards.

As with all threatened species, it is probable that no single factor is responsible and it will not be the same in different parts of the UK. Major landscape changes, especially in the uplands with more intensive farming and large-scale forestry, played a large part due to loss of habitat, but to differing extents predation, shooting and weather have played a part. Black grouse tend not to disperse very far, so there is less chance of new blood. Isolation of groups with weakening genetic make-up makes them more prone to disease. The weather can have a



substantial effect on breeding, with chicks very susceptible to bad weather during midsummer when they are hatching.

Changes in weather patterns and the overall global climate are unlikely to help in this regard. Global warming actually leads to more extremes, including colder and wetter snaps when nature does not expect it. Generally warmer weather helps some creatures, and we have seen an extension in the range of some butterflies. Trends may be kinder to creatures in general, but the increasing brief anomalies can be disastrous in breeding seasons.

Still with Moorlands, as the song says ---  
"I'm a rambler; I'm a rambler from Manchester way...."

I don't get all my pleasures the hard moorland way, but still enjoy every opportunity I can to get out on the moors. For that, I am eternally grateful to the campaigners and participants in the mass trespass of Kinder. The story does not end there, however, and the battle still goes on. Before the creation of National Parks, folk wishing to escape the towns and cities, to walk over moorland or climb mountains, risked harassment at best or actual threats and even arrest.

Campaigners and user groups, in particular the Ramblers Association, still push for more rights, and last September was the tenth anniversary of the winning of the right to roam over mountains, moor, heath, down and common land in England and Wales. In Scotland, we are even freer and can walk almost anywhere. Many of us have been pushing for more access to woodland and thwarted the selling off of parts of the forestry estate. As I pen this, we have just had a promise from the government that the coastal access strip around England will be completed by 2020. The

government has also finally agreed to include the Isle of Wight in the process.

At present, over a third of our coastline remains out of bounds. The Marine and Coastal Access Act, which passed into law in 2009, provides for the creation of a complete way around England's coast, as well as access to all of the beaches and foreshores. This law guarantees that, when complete, the 'path' will 'roll back' onto the land immediately behind it, should coastal erosion occur. It is not so much a path as a margin providing right of passage with spreading room. When the Act came into force, it was hoped that the new coastal path would be completed within a decade, but, four years on, very little has been opened. Perhaps now we will see some real progress.

In a similar way, protecting areas is as important as providing access to them, and the Scottish authorities are working on identifying specific boundaries around as many as 33 areas of the seas to be designated as Marine Protected Areas. Let us hope they conclude the exercise more quickly than is happening in England, where of 127 proposed around our coasts, only 31 have finally been confirmed for possible designation this year.

The Scots have just given our parliamentarians a scare and they now more than ever realise that they must take note of the wishes of the populous, so with a general election looming, if any of you get a chance to speak to your MPs, do press them to support more access, not only for our general enjoyment, but for the boost this can bring to rural economies.

*Roy Denney*



# Photo Gallery: British Schools Orienteering Championships 2014



*Anna Barber*



*Caitlin Chafer*



*Daisy Herd*

*All photos: Annie Leake*



*Libby Barber*



*Nick Wilson*



*Tom Barber*

## Retired Man Chronicles: - Much Ad'O' Ab'O'ut N'O'thing

'You said. We did' sums up the advice from Mike Lynch at the marketing meeting held to help us promote LEI. in other words, listen to your members and act. 'Did we have a club magazine?' he asked 'Yes, an award winning one' came the reply. 'And what do people read first in your magazine?' Well, most people tell ME that the first thing they turn to is the Retired Man Chronicles, but **Iain Phillips** confessed that his first action is to flip through the LEI News to see how many times his name is mentioned. So, 'You said. I did, **Iain Phillips**.'

In September, RM is in Ratby Woodlands checking his piles - piles of tree protector tubes. Some have been removed, but have any more been added? This map checking visit allows him to play at being Karate Kid, hand-chopping and kicking down fifty rotten, spindly trees. I don't know if he uttered fierce noises, too, but that gives a more detailed, mental picture. However, tree 51 fights back and hits him on the head. Should mappers be let loose on their own? Shouldn't they go in pairs, in case one is injured and the other can summon help?

After the Winter League Score event at Castle Hill, everyone is waiting for RM to return with the few controls he had to collect in. After half an hour, the group give up and set off for the pub. They find RM sitting there, already starting on his second pint and wondering how he could improve on his 16<sup>th</sup> position. **Iain Phillips** was 8<sup>th</sup>.

On 5th October at the Hanging Hill Club Champs, RM wins the men's vet course, but his glory is short lived as he had just finished mapping this area where no one

else had ever run. I think that counts as non-competitive. So, Simon Ford becomes club champion. **Iain Phillips** competes on the Men's Open coming 8<sup>th</sup>.

A weekend away near the Berwyn Ridge and staying at the West Arms Hotel with orienteers and cyclists from Sue Bicknell's life was a wonderful way to celebrate her 70<sup>th</sup> birthday. Thanks for a memorable time, Sue. On our way home, we called in at Stafford for the Walton Chasers Urban Sprint, but, unfortunately, pot holes and pheasants along the route to Oswestry mean we are late arriving. However, the kind 'Start' people let John have a run. No time to change, so he runs in trainers, tee shirt and jeans, having borrowed Mark Sherriff's compass. Oh dear, we discover at download that he punched the wrong 16 - two close-together controls with similar numbers: 174 and 175. Phone messages to Mark and Peter Leake mean we can meet up at 'Spoons in Ashby for food and return Mark's compass. Peter Hornsby has 'popped out for some fuel' so how is he going to explain to Liz about the chicken skin in his pocket for their dogs. "I have something very interesting we can do in the dark," says Mark, suggestively. "Naughty Numbers." Intriguing. Mark and his wife, and Peter Hornsby, are planning an evening 'O' event. At Ashby Map Runners, the youngsters are learning magic tricks.

The Loughborough Sprint event was organised by **Iain Phillips** on Remembrance Sunday, but John got the time wrong and arrived *too early* - now, that's a first! He was hoping to raise the flag for radio orienteering, but was disappointed that he was not allowed to



put the flag's spike into the ground because of an agreement with the University, so he draped the flag over his car instead. He was quite pleased with his run, but miffed that the social afterwards was not at 'Spoons. He arrived home, hungry and mumbling that he couldn't find his phone and someone must have stolen it from the pub table. Several hours, a lamb korma and a hot bath later, a less grumpy RM finds his phone is in his car, on silent mode.

That night RM submitted an SI droid article to Nopesport about using your phone/tablet to process the results from your dibber—much cheaper and less bulky than the current equipment. All the next day, he was becoming increasingly annoying, with his gleeful reports of how many hits he had had on his website. 7 29 85 123 If he carried on much longer, there would be another hit, a big one, and not on his website!

On a day that John was away, the 'Virgin' man came round to investigate our poor internet access. What would you do if you found the following?

- transmitters and receivers (supposed to be for a sport called radio orienteering);
- a website tracking planes to Kazakhstan, (radio O world champs);
- Lidar data (light detecting & range) for generating contours' (latest mapping toy) and
- a computer keyboard that types in code, e.g. the QWERTYUIOP letters become '.,PYFGCRL? (This 'quick typing' keyboard layout was invented by August Dvorak).

I was fully expecting the anti-terrorism squad to come bursting through the front

door if the 'Virgin' man reported these very suspicious findings.

Many of you may have met the latest additions to the family. Andrew's girlfriend, Fiona, was trying her first 'O' event as we walked around quite a tough orange course at Beacon Hill on 30th November. Fiona knows Harrington and Annie Leake well and so was keen not to disgrace herself. The other addition to the family, three month old Hattie, was also doing her first orienteering course, but was fast asleep most of the time. John ran the blue achieving 10<sup>th</sup> position, with **Iain Phillips** in 31<sup>st</sup> place, also on blue. In the download tent, Wendy West was commenting on RM's recent spate of injuries (cracked rib, bad back, deaf ear) and was wondering if the words Retired Man Chronicles should be rearranged as Chronic Man Retires.

Such beautiful weather at Beacon Hill and delicious cakes, too!

In the middle of December, I catch this cough/streaming cold/flu virus. So, while I'm suffering, wrapped in a blanket and watching Harry Potter on the telly, RM and Peter Hornsby are night orienteering at Rosliston. He was supposed to buy some Lemsip and The Times (for the crossword, the easy crossword) on the journey. He even shows me the till receipt to prove he bought the Lemsip, but somehow they have gone missing, and at the time of writing have still not been found. Bah, grrrr, cough, sneeze, blow nose. A few days before, he had lost a connecting download cable with green and yellow sticky tape on. He phoned Chris Bosley to see if the cable had been left in Chris's car, only to discover that Chris was searching for his own wallet; they are as bad as each other, those two.

After the marketing meeting, many orienteers gathered in The Stamford



Arms, in Groby. Peter Hornsby, **Iain Phillips**, RM and others are discussing/ moaning about colours on maps and how the variety of shades gives misleading information. Peter had a bundle of coloured paper strips which looked like a paint chart from B&Q. These strips can be used once only as they are light-sensitive. It seems to me there are an awful lot of pitfalls in surveying and in printing maps. No wonder so many hours are spent in the pub poring over maps. However, at the Indian restaurant in Rothley, Andrew discovered how to stop RM from talking. Ask him to check if the long, green thing in the Jalfrezi is a chilli or a green bean.

RM was aiming to compete in 100 events in 2014 and, with a little fudging, such as counting heats and finals as separate events, he has done it. He has made a good start to 2015, too, running on 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> January in **GRAN CANARIA**.

In our posh hotel, we did 'people spotting' and found a Thelma Spalton and Woody Allen amongst the hotel guests; Roger Philips was a waiter in the cocktail bar, Steve Edgar was watching the football on the TV and the piano was played by Anthony Hopkins. In the cabaret act, a young Bob Dylan is singing and, thankfully for The Three Tenors' act, does not sing like Bob Dylan, but we did not find a look-alike for **Iain Phillips**. We stayed for a week on the south of the island and negotiated long, twisty car journeys on roads that clung to the steep mountain-sides to events in the middle and north. John competed in an urban sprint, normal orienteering around a wooded hillside estate and somewhat neglected grounds. The final event involved a minibus journey to the start at the top of the mountain, and running downhill to finish in the sports centre. Prize giving

and Tapas closed the festival. John was extremely pleased to be 5<sup>th</sup> overall in his class for the three days. No doubt he will be discussing Gran Canaria maps in the pub and pointing out grey, shaded areas that represent banana plantations, and special symbols for significant cacti and big palm trees.

At the check-in desk, the lady notices we will not be sitting together for our return flight. (When we booked, the only spare seats together were extra leg room seats at extra £25 each prices.) These seats were still spare. For some unknown reason, and after getting permission from her boss, we were upgraded free of charge. On the plane, John sits in the window seat, then I'm next to him and, embarrassingly, when a chap sits in the third seat of the row John pipes up, "Did you pay the extra £25 for your seat?" "Yes," replies the man. Most people would not take it further at this point, but John continues with the 'we were upgraded for free' story and I'm nudging him to stop. Why do you never have a chilli in a Jalfrezi when you need one?

Happy New Year.

*Irene Marriott*

P.S. In case you are wondering, I did ask **Iain Phillips** if I might mention his name in the Chronicles.

**Don't forget!**

**Club Nights.**

**Mondays, Wednesdays and  
Thursdays.**

**See the website for full details**





# London City Race – The Barbican - September 2014

It was a bright sunny morning as Alastair and I emerged from the underground station onto the busy street in the capital. In that moment, with the wide multi lane carriageway stretching out in front of us and the towering multi level buildings surrounding us, it was almost as though we had been miniaturised!

Tales of orienteering around the Barbican after the previous event had intrigued me, but nothing I heard prepared me for what confronted us at the tube exit. I had done some last minute prep looking on route gadget at the previous courses and routes. To be honest, I was none the wiser and, though maybe not the best strategy, I was simply relying on options becoming obvious as I made my way round, map in hand.

I could feel my pulse rising as I looked around at the varying levels of the encircling structures with what seemed to be a myriad of mysteriously interconnecting high level walkways, paths and staircases. My “strategy” was seeming woefully inadequate!

We approached the event centre to find it curiously sited next to a traditional stone church, somewhat dwarfed by the adjacent multilevel modern buildings of metal, glass and concrete. Stretching out behind the event centre was an expanse of water separating us from the main entrance to the Barbican itself.

Many runners were already criss-crossing pavement steps alongside the water's edge and shortly we would be joining them.

My goal for the day was simple - to

complete the course cleanly, if not quickly, and I was wearing my lucky hair bobble to enhance my chances. I was hoping that my disappointments at recent events were down to wearing the wrong bobble. However, I wasn't sure this was fully to blame for mis-punching at the Sprint Finals at Keele University or the separation from my glasses in the dense woodland undergrowth, then subsequent retirement, at the Middle Distance event at Brereton Spurs.

So, with three controls safely located on the city race, my heartbeat rose rapidly again as I realised it was the moment of truth. Control 4 was located in the area I had been particularly apprehensive about. The first challenge was finding a way in as the obvious route appeared blocked by solid black lines. On closer inspection, an additional dotted line under the solid one showed a possible entry point. I was so relieved when this worked! I was in. Controls 4-6 needed absolute concentration to avoid being in the correct areas, rather than a floor above or below the correct level. I slowed up whilst trying to make sense of the map and lost a bit of time, but heading into control 7 I was relieved to be back to more traditional urban running.

Another quick look at the map showed the course would return to this complex area for the final 3 controls. I tried to put that out of my mind, but made a mental note to keep focused right up until the finish was in sight.

Approaching control 8, I was surprised to discover the circular feature on the map was the “Gherkin” building. The long



queue of people seemed equally bemused at the sight of us running around clutching our trusty sheet of paper! Apparently, it was an 'open buildings' weekend, so we were providing a diversion for those in the queues.

There was a long leg between controls 10 and 11 and a bad route choice here cost me time. I chose a longer option, as the area was so crowded with shoppers. The shorter route was very narrow, so I hoped my route would retain a quicker pace. Sadly this didn't pay off.

Thankfully, the routes linking the succession of varied control sites that followed were easier to run between and had some route choices. My heartbeat was beginning to increase again as the Barbican area loomed into view once more as I headed for control 18.

The logical approach to this was up a steep, concrete footpath, initially a swooping bend which then zigzagged up to the raised area of more concrete with planted areas. I was feeling tired now; there were just a couple of controls to go, but the uphill dash left me struggling to think straight. I located 18 but stood staring at the map trying to process a viable route to 19. Essentially, should I choose to go right (looks more direct but will I be on the level I need and I have to avoid an out of bounds area) or left (possibly simpler if I am on the correct level?). With the blood pumping and the finish in sight, I still haven't moved and can't decide. I give myself a talking to. It

doesn't matter what decision I make; both will work - I just need to make a decision and get on with it!

Eventually, I opt for right, drop down some steps, cross in front of the main Barbican entrance, avoid the OOB but then see the way to cross the water is a level above. Drat! There's another zigzag ramp, this time indoors – I hope using this is permitted. It feels strange to be running indoors and my eyes struggle to adjust after the bright sunshine. Not far now. Focus. Concentrate. Keep pushing. Keep going.

I emerge onto an upper walkway. Relief. It's the right level. Great, now get a move on! A quick descent of some stairs and I am heading around the back of the church to the finish. Dib. Breathe....

Later at download, I am thrilled, I have visited all the correct controls and, to my amazement, I finish 7<sup>th</sup>, just six minutes behind the winner. My lucky hair bobble and me are extremely happy with that! Now, if only I hadn't opted for the longer route and had I decided that last leg a little quicker and more accurately ..... that's orienteering for you!

There's time for a quick trip to view the stunning poppies at the Tower before heading northwards again. It was a great experience and I thoroughly recommend it, but maybe study the routes if you do get the chance to run there.

*Alison Hardy*

Join other LEIOC members and keep yourself fit for Orienteering. There is now a park run at Melton Mowbray at the Country park to compliment the existing runs at Braunstone Park and Conkers.

Note: it is necessary to register on the Parkrun website before your first race.



# Summer League 2015

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 2015

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.britishorienteering.org.uk](http://www.britishorienteering.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 2015

1st	LEI EMOA Level C	EMOA League Event Bagworth , Bagworth, Coalville
7th	MV SEOA Level B	Southern Championships Weekend, Sprint Event (UKOL), The Nower, Dorking
8th	MV SEOA Level A	MV Southern Championships & Interland (UKOL), White Downs, Netley Heath & Sheepleas, Dorking
15th	WCH WMOA	Midlands Championships, Cannock Chase, Cannock
19th Thursday	LEI EMOA Level D	Winter League 11. Hermitage Leisure Centre. LE67 5EU SK434157 (Final Winter League Event).



<b>February 2015 Cont.</b>		
22nd	NOC EMOA Level C	<b>NOC Regional Event (EM League)</b> , Harlow Wood, Mansfield, <a href="http://SK550568">SK550568</a> Organiser: Julie Webster
28th	AIRE YHOA Level A	British Night Championships (UKOL), Middleton Park, Leeds
<b>March 2015</b>		
1st	LEI EMOA Level C	<b>EMOA League Event Ratby Woodlands, Ratby, Leicester</b> <b>Organiser: Ursula Williamson</b> <b>EMOA LEAGUE 2014, WINNERS PRESENTATIONS</b>
1st	SYO YHOA Level B	BNC Weekend Event (UKOL), Cawthorne/Deffer Barnsley.
8th	DVO EMOA Level C	<b>DVO Regional Event</b> , Kedleston, Derby, <a href="http://SK305412">SK305412</a> Entry times: 10:00 - 12:00. Organiser: Malcolm Spencer , malcspencer25@gmail.com , 01629 583681 <a href="http://dvo.org.uk">dvo.org.uk</a>
8th	CLOK NEOA Level B	CLOK Acorn Event. Hutton Mulgrave, Whitby
15th	EMOA NOC Level B	<b>COMPASS SPORT CUP HEAT, Sherwood Pines</b>
		
22nd	OD WMOA Level B	OD Level B Event, Bentley Wood. CV9 2HF SP291966
29th	YHOA HALO Level B	YHOA Middle Championships, Knapton Wood, Malton
<b>April 2015</b>		
3rd	NWOA Level A	JK Weekend Sprint (UKOL). Lancaster University, Lancaster
4th	NWOA Level A	JK Weekend Day 1. (ukol) Ulpha Park & Barrow Fell, Ulverston



## April 2015 Cont.

5th	NWOA Level A	JK Weekend Day 2. (UKOL) Bigland, Ulverston
6th	NWOA Level A	JK Relays. Graythwaite, Windermere
12th	NOC EMOA Level C	East Midlands Score Championships, Clumber Park, Worksop, <a href="#">SK620752</a>
18th	BOK SWOA Level A	British Long Distance Orienteering Championships (UKOL). New Beechenhurst, Forest of Dean.
19th	BOK SWOA Level A	British Relay Orienteering Championships. Cannop Ponds, Forest of Dean.
26th	DVO EMOA Level C	DVO Regional Event, Cromford Moor, Cromford.
<b>29th Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 1. Bosworth Country Park. Score Event</b>

## May 2015

4th	NOC EMOA Level C	NOC Urban Event, Newark SK799538 (BANK HOLIDAY MONDAY)
<b>7th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 2. Loughborough University. Sprint event.</b>
9th	BAOC SCOA Level A	British Sprint Championships. (UKOL) Aldershot Barracks, Aldershot
10th	TVOC SCOA Level A	British Middle Championships. (UKOL) Naphill and Park Wood, High Wycombe.
<b>12th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 3. Wakerley Woods. Classic Event.</b>



<b>May 2015 Cont.</b>		
<b>19th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 4. Castle Hill. Classic Event</b>
23rd	HOC WMOA Level B	Springtime in Shropshire, Brampton Bryan
24th	WRE WMOA Level B	Springtime in Shropshire, Stapeley
25th	WRE WMOA Level B	Springtime in Shropshire, Corndon
<b>27th Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 5. Evington. Sprint Event</b>
<b>31st Sunday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 6. Burrough Hill. Classic Event</b> <b>Entry times: 11.00am - 12.00pm</b>
<b>June 2015</b>		
<b>3rd Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 7. Donisthorpe Woodlands, Swadlincote. Classic Event</b>
<b>11th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 8. Beacon Hill, Loughborough.</b>
14th	DVO EMOA Level C	EM Urban League, Chesterfield.
<b>18th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 9. Beaumanor Hall, Woodhouse Eaves. Loughborough. Sprint Relay</b>
<b>21st</b>	<b>LEI EMOA Level C</b>	<b>EM Urban League, Ashby</b>
<b>24th Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 10, Feandock and Maybury Hill, Swadlincote. Classic event.</b>



<b>June 2015 Cont.</b>		
<b>27th Saturday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 11 and Leicestershire County Schools Championships, Burbage Common, Burbage. Entry times 10.30am to 12.30pm. Classic event.</b>
28th	WIM SWOA Level B	Harvester Relays. Rushmore Estate, Tollard Royal, Wiltshire
<b>30th Tuesday</b>	<b>LEI EMOA</b>	<b>Summer League 12, Fosse Meadows Country Park, Hinckley. Classic event.</b>
<b>July 2015</b>		
5th	NOC EMOA Level B	Yvette Baker Trophy Final, Nottingham University, Nottingham SK540385
<b>7th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 13, Bagworth Woodlands, Bagworth. Classic event.</b>
<b>16th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 14, The Outwoods, Loughborough. Classic event.</b>
<b>21st Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 15, Melton Country Park, Melton Mowbray Sprint event.</b>
<b>25th Saturday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 16, Score Cup. Willesley, Hicks Lodge Cycle Centre, Ashby de la Zouch. 60 minute score.</b>
<b>30th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 17, Aylestone Meadows, Leicester. Classic event.</b>
<b>August 2015</b>		
2nd	SOA Level B	Scottish 6 Days, Day 1. Keppernach, Inverness
3rd	SOA Level B	Scottish 6 Days, Day 2. (UKOL) Glen Strathfarrar, Inverness
5th	SOA	Scottish 6 Days, Day 3 (UKOL) Darnaway, Inverness

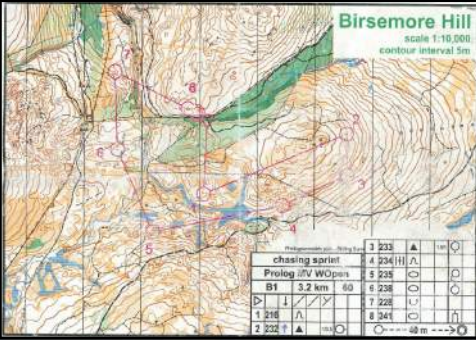




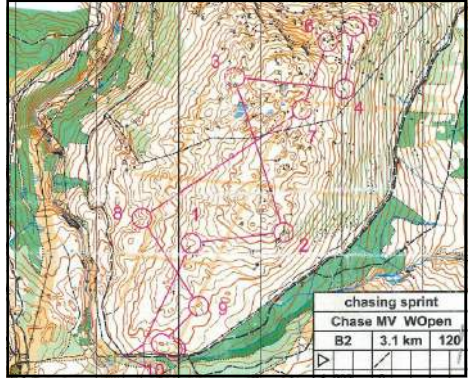
<b>August 2015 Cont.</b>		
<b>5th Wednes- day</b>	<b>LEI EMOA</b>	<b>Summer League 18, Brocks Hill Park, Leicester. Sprint event.</b>
6th	SOA Level B	Scottish 6 Days, Day 4. Darnaway, Inverness
7th	SOA Level B	Scottish 6 Days, Day 5. Glen Affric, Inverness
8th	SOA Level B	Scottish 6 Days, Day 6. Glen Affric, Inverness
<b>13th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 19, Oakham Woodlands. Classic event.</b>
<b>18th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 20. FINAL. Sence Valley. 60 minute Score.</b>
29th	EBOR YHOA Level B	White Rose Weekend, Pickering Forest, Pickering.
30th	EBOR YHOA Level B	White Rose Weekend, Pickering Forest, Pickering.
<b>September 2015</b>		
12th	SLOW SEOA Level B	London City Race, City of London North
13th	SO SEOA Level B	Peter Palmer Junior Team Relay, Brighton??
19th	AIRE YHOA Level A	Dales Weekend Day 1. Northern Championships (UKOL) Senior Home Internationals Individual. Malham Tarn to Arncliffe Settle
20th	AIRE YHOA Level B	Dales Weekend Day 2. (UKOL) Senior Home Internationals Relays. Hawswick Clowder, Upper Wharfdale



# Maps for the article on page 16



Day 1: Sprint Prolog - Birsemore Hill

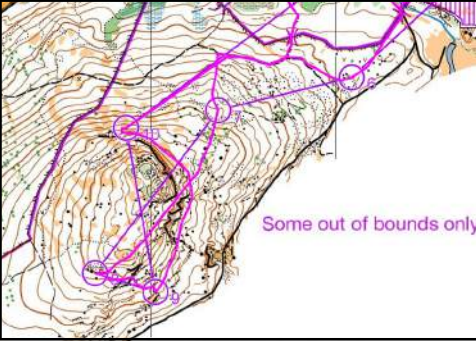


Day 1: Sprint Final - Birsemore Hill



Balmoral Castle.  
Photo: Matt White

Day 2 - Balmoral Castle



Day 3: Forvie

