

British Night Championships Host 2016



**Editors:**  
**Alan &**  
**Wendy**  
**West**

# LEI NEWS

**The Newsletter of the Leicestershire Orienteering Club**



**OMM 2015**

**Lakes In a Day 2015**

**Club Championships 2015**

**The Orienteering Foundation**



**Spring 2016**

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**Copy date for next issue:  
15th May, 2016**

*Front Cover: Nick Wilson running in the November Classic event at Burley West on 01/11/15. Photo: Annie Leake*

## Points from the Editors



Congratulations to those members who attained top three places in the EMOA league for 2015, as itemised on page 7.

We understand in the last newsletter that we missed out a member's top ten result from a major competition. We apologise for this oversight. In our defence, it is a very labour intensive job going through every class result looking for LEI members, normally done late at night, but we try our best.

Congratulations to the officers who were elected at the AGM, including members who have recently joined the committee, and a big thank you to retiring committee members for all their hard work and dedicated years of service.

As well as the standard diet of orienteering articles in this edition of the LEI news, you can also read about other events that our members take part in, namely the OMM and Lakes in a Day - read more on pages 14 and 18, respectively.

Don't forget that it is the LEI annual presentation dinner on 5th March. This is always a great event, so don't miss it. Roy Denney needs replies as soon as possible, but by 14th February at the very latest. Please see page 11 for more details.

As always, please continue to send your articles to [alanpeterwest@gmail.com](mailto:alanpeterwest@gmail.com) (please note the new email address).

Happy orienteering in 2016!

*Wendy and Alan West*



# Ramblings from the Chair



As I mentioned at the AGM, I don't expect my second term as Chair to be an extended one. My major remit is to find the next generation of principal officers of the club and to help bring forward and mentor those who are going to fulfil the secondary roles within the club committee and the events team.

As expected, the AGM produced a few changes of personnel. Bob, after a hard four years in the hot seat, has moved to the slightly less demanding (he hopes!) role of Vice Chair, and after several years on the committee and 4 years as Vice Chair, Iain Tebbutt is taking a breather, but will continue to look after our Level D results and league tables. Welcome to our new Committee Members: Jane Dring-Morris, Steve Chafer and Iain Phillips.

I expect there will be a reminder somewhere in this edition of the "LEI NEWS" from Ursula regarding membership renewals. If you have not already done, so please renew. We need you. The club is not just about a few of us on the club committee. It is about every member. Orienteering is a sport run by volunteers. Every event and activity we wish to put on will only happen if you, the club members, volunteer at

some time in the year to help. We are very lucky as a club in that we have a very dedicated and willing band of helpers, but we need more. It is a very simple equation: no volunteers = no orienteering.

A Level C event (our EMOA league events) needs 25-30 helpers. Our summer and winter league events need 4 or 5 people to help collect controls. Helping at an event normally only means at the very most a couple of hours work. Don't be put off if you have never done it before as there will always somebody to show you what needs to be done.

There are two events in the next few weeks that I hope you will give your support to. The first is our Annual Club Dinner and Awards evening. The advert for this very convivial evening is in this edition. The second event is the Compass Sport Cup Regional Heat on Sunday 13<sup>th</sup> March, 2016. The likely venue is Abrahams Valley in Walton Chasers country (the draw for the heats has not yet taken place). Even if you don't score for the club, you can stop the opposition getting points - everybody (and I mean everybody) counts! The Club Captain will be in touch!

*Chris Phillips*

**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/)**



# Captain's Corner



By the time you read this, no doubt your New Year's Resolutions have taken a back seat and that promise to yourself to get into the gym/ lose weight/ train more for orienteering competitions is a

distant memory. However, your orienteering club can help you. Several of the club's coaches completed a day's training with the sport's top physical conditioning coach, Paul Murgatroyd. Paul introduced many new themes to coaching, such as 'one legged' training, sprint intervals and the Jack Daniels formula.

A common theme from the day was that many orienteers are inefficient in the training they do. However, with a little direction, they could become efficient by using data obtained in either competition or training to use the in the Jack Daniels formula.

Hopefully, by now, you are re-enthused to complete those New Year's resolutions and race faster in orienteering competitions because the club has need your talents in 2016. On 13th March, there is the interclub competition, the CompassSport Cup, for the whole club at Abraham's Valley, hosted by Walton Chasers. 10th April is the Junior interclub competition, the Yvette Baker Trophy, at Beacon Hill, hosted by LEI. 28th March is the JK Relays and, finally, 11th September is the Peter Palmer Relays, hosted by LEI.

Entries for all of the above competitions is always via the club captain (or his nominated rep).

CompassSport Cup - 13th March -  
Entries online at:- <https://goo.gl/WTKeq1>

Yvette Baker Trophy Heat - 10th April -  
Entries online at:- <https://goo.gl/j0HJUu>

If your appetite for competitions has been whetted, then the Midland Championships is being hosted by our neighbouring club, NOC, on 28th February. This event is also the first selection race for the Veteran Home Internationals 2016 (VHI) for the England team. Full details can be found on the Orienteering England website.

Representing LEI at orienteering races is a privilege for me, but I am always saddened that LEI members don't feel the need to represent the club by wearing their club colours at events. Racing in your club kit makes for fantastic publicity for LEI, especially when medals are won. If you're lucky enough to make it onto the podium in 2016, please help promote your club by wearing your club's kit. A full range of what your club offers via the club shop can be found on the website at <http://www.leioc.org.uk/members/club-shop/>.

An orienteering event is a race and, as such, we should always aim to complete our chosen course in the fastest possible time, so get those training shoes on and start helping your club win more trophies in 2016.

*Roger Phillips*



## Junior Captain's Corner



After a successful 2015 for the juniors, I am hoping 2016 will be the same. The first team event for the juniors this year is the Compass Sport Cup heat on 13<sup>th</sup>

March at Abraham's Valley, followed by the Yvette Baker Trophy heat on home ground at Beacon Hill on 10<sup>th</sup> April. We need as many juniors as possible at

these events in order to try and qualify for the final. Later on in the year, we have the Peter Palmer Relays to look forward to, which are significantly closer to home this year. Make sure you need to go to in order to be selected for various events and tours throughout the year, details of which can be found on the JROS and BOF website. I hope to see you all at the junior social on 1<sup>st</sup> February.

*Hannah Cox*

## Congratulations



*To Tom Barber, receiving his M18 East Midlands Champion trophy, presented by Hannah at the Bramcote Event on 20th December, 2015. Photograph: David Olivant.*

# 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 2015, Chobham Common, 10th October 2015**

### 45 minute score - Individual Results

Year 5 Girls      1st .... Daisy Rennie  
 Year 10/11 Girls 4th .... Ashleigh Howells  
                          7th .... Jess Dring-Morris  
 Year 7 Boys      1st .... Charlie Rennie  
 Year 9 Boys      1st .... Ethan Tebbutt  
 Year 12/13 Boys 3rd .... Euan Tebbutt

## **Junior Home Internationals Individuals, Magilligan Dunes, 24th October, 2015. (Both representing England).**

M16      7th ..... Finn Lydon  
 W18      6th ..... Hannah Cox

## **Junior Home Internationals, Relays, Magilligan Dunes 25th October**

England M1 ..... 6th (Finn Lydon)  
 England W1 ..... 9th (Hannah Cox)

## **British Schools Orienteering Championships, Sandringham, 15th November 2015.**

Year 5 Girls      2nd ... Daisy Rennie  
                          8th .... Robyn Jarvis  
 Year 6 Girls      3rd .... Libby Barber

Year 10 Girls      4th.... Imogen Wilson  
                          9th.... Anna Barber  
 Year 11 Girls      1st.... Ashleigh Howells  
 Year 7 Boys      1st.... Charlie Rennie  
 Year 9 Boys      1st.... Ethan Tebbutt  
 Year 12 Boys      3rd.... Euan Tebbutt  
 Year 13 Boys      3rd.... Tom Barber

## **East Midlands Championships, Birchen Edge, 29th November 2015**

M10      1st ..... Harrington Leake\*  
 M10B      3rd ..... Alex Darwin  
 M12      1st ..... Charlie Rennie\*  
                  9th ..... Ben Hardy  
 M14      1st ..... Ethan Tebbutt\*  
                  5th ..... Oscar Ferris (M12)  
 M18      1st ..... Tom Barber\*  
 M35      2nd ..... Roger Phillips  
 M45      5th ..... Jamie Rennie  
 M45S      1st ..... Kevin Barber  
 M50      7th ..... Andrew Henderson  
 M65S      7th ..... Chris Phillips  
                  8th ..... Ernie Williams (M70)  
                  9th ..... Laurie Fluck  
 M70      1st ..... Glynn Smith\*  
                  3rd ..... Simon Ford  
                  8th ..... Peter Chick



M75	1st..... David Anderson*		4th ... Peta Jarvis
	2nd..... Peter Leake		5th ... Daisy Herd
M80	2nd..... Donald Moir		9th ... Gina Colton
W10	1st..... Daisy Rennie*	S. Green Male	1st ... Kevin Gallagher
W10B	1st..... Hebe Darwin		2nd .. David Bray
W21	4th..... Liz Heaton*		4th ... Ernie Williams
W45	1st..... Alison Hardy*		6th ... Chris Phillips
	6th..... Camilla Darwin		7th ... Laurie Fluck
W50	2nd..... Ursula Williamson		9th ... Peter Leake
* Denotes East Midlands Champion		S. G. Female	5th ... Ursula Williamson
<b>EMOA League 2015</b>			7th ... Diane Ford
White Male	2nd...George Rennie	Green Male	1st ... Simon Ford
White Female	1st....Daisy Rennie		2nd .. Roger Edwards
	2nd...Robyn Jarvis		7th ... Andy Portsmouth
	3rd ...Hebe Darwin		9th ... Peter Chick
Yellow Male	1st....Adam Concannon		10th . George Normand
	4th....Daniel Stothard	Green Female	6th ... Jane Dring-Morris
	8th....Ben Bishop		9th ... Ashleigh Howells
	10th..Samuel Sutherland		9th ... Wendy West
Orange Male	1st....Harrington Leake	Blue Male	2nd .. Andrew Henderson
	2nd...Ben Hardy		5th ... Bob Haskins
	3rd ...Charlie Rennie		8th ... Alan West
	10th..Ben Bishop		9th .. Alastair Paterson
Orange Female	2nd...Annie Leake	Blue Female	3rd... Trish Lydon
	3rd ...Libby Barber		5th ... Tracey Brookes
Lt. Green Male	3rd ...Oscar Ferris		7th ... Liz Heaton
	5th....Charlie Rennie		9th ... Ursula Williamson
	8th....Harrington Leake	Brown Male	3rd... Finn Lydon
	9th....Francis Mayes		5th ... John Worth
Lt. G. Female	2nd...Reed Lydon		8th ... Nigel Lydon
	3rd ...Caitlin Chafer		



### **EMOA League 2015 cont.**

Brown Female 2nd ..Julie Ferris  
3rd ...Hannah Cox  
4th ...Tracey Brookes

Men's Ultra Vet 4th.... Kevin Gallagher  
8th.... Roger Edwards  
10th.. Simon Ford  
W's Ultra Vet 5th.... Diane Ford

### **2015 East Midlands Urban League**

Junior Women 1st .... Ashleigh Howells  
3rd.... Jess Dring-Morris  
7th .... Imogen Wilson

Women's Open 2nd ... Liz Heaton  
4th .... Hannah Cox  
5th .... Tracey Brookes

Men's Vet 9th .... Jamie Sutherland  
10th .. Alastair Paterson

Women's Vet 6th .... Ursula Williamson  
9th .... Alison Hardy

Men's Super Vet 5th .... Bob Haskins

### **UK Urban League 2015**

Young J. Men 10th.. Harrington Leake

Junior Women 1st.... Imogen Wilson

Men's Vet 4th.... Ian Wilson

Men's Ultra Vet 5th.... Kevin Gallagher

### **UKOL 2015 Individual League**

M16 6th.....Finn Lydon

W16 8th.....Imogen Wilson

M18 4th.....Euan Tebbutt

W18 7th.....Hannah Cox

M75 2nd.....Peter Leake

## **The Orienteering Foundation**

### **Who we are.**

The Orienteering Foundation is a registered charity, independent of British Orienteering. It was set up with money from a bequest from Bertie & Elsie Ward and is now raising further funds and awarding grants. The objectives are to promote the sport of orienteering through enhancement, innovation, and alleviation of hardship.

The Orienteering Foundation is built upon your generosity. We welcome all donations, no matter how large or small,

and there are many ways you can contribute.

Many grants have been made, for example supporting national teams at the World Schools Championships, regional squads training at home and abroad, and enhancing the Junior Home Internationals. There has been a historical focus on juniors, but we welcome grant applications for any projects that meet our objectives. There have been some recent changes to the Orienteering Foundation and this article gives you the up-to-date news.





## **New website.**

The Orienteering Foundation has substantially revised its website:

([www.orienteeringfoundation.org.uk](http://www.orienteeringfoundation.org.uk))

which now includes details of how to donate, how to apply for funding and reports from funded projects - let us know what you think.

## **New Orienteering Foundation Chair**

At the Trustees' meeting in September, the Trustees elected Neil Cameron as Chair for the period until early 2018.

## **Making grant applications**

The process for making grant applications is under review, but full details of the current process and an application form can be found on the new website. We are keen to have new applications by January 2016 so that they can be considered at the next Trustee meeting on 1st February. Deadline dates and the application form are on the website.

## **Donors**

Thank you to all those who continue to support us, or have recently started a regular donation.

We are, of course, always happy to receive donations (this can be done directly from the website if you wish) and to discuss the work of the Foundation with potential new donors (contact the Chair or any other Trustee). Donation methods and sources include:

- Regular monthly or yearly donation
- One-off donation
- A bequest left in your will
- Proceeds from fund-raising activity

- Donation of volunteer expenses: instead of ignoring expenses, claim them and give them to charity (the Orienteering Foundation)

## **Orienteering Foundation and Contacts**

You can contact the Orienteering Foundation by e-mailing:

[chair@orienteeringfoundation.org.uk](mailto:chair@orienteeringfoundation.org.uk) or

[admin@orienteeringfoundation.org.uk](mailto:admin@orienteeringfoundation.org.uk)

The Chair can also be contacted by telephone on 01684 294791.

Following some recent changes and new appointments, the full list of contacts is:

- Neil Cameron – Chair & Trustee  
Telephone 01684 294 791  
[chair@orienteeringfoundation.org.uk](mailto:chair@orienteeringfoundation.org.uk)
- Duncan Archer – Trustee
- Malcolm Duncan – Trustee
- Andrew Evans – Trustee
- Pauline Olivant – Trustee
- Viv Macdonald – Administrator -  
[admin@orienteeringfoundation.org.uk](mailto:admin@orienteeringfoundation.org.uk)

We still have a vacancy for a new Trustee and we are particularly interested in recruiting someone from the North-West or Scotland.

For further information on all of the above, and details of recent grant awards and new stories, see the recently updated website:

<http://www.orienteeringfoundation.org.uk>.



# Club Chat

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

Helen and George Rennie

Mike Edwards

The following members have achieved the indicated colour standard.

Colour Standard	Member
Yellow	Adam Concannon
Light Green	Oscar Ferris Peta Jarvis Charlie Rennie



*Congratulations to Harrington Leake on winning the Rising Star Trophy. This was presented to Harrington by Club Chairman, Chris Phillips, at the social event following the Christmas Novelty event.*

In the 2015 UK Orienteering League, Individual League, the following were the top three placed LEI members out of 2383 positions:

Peter Leake .....74th .....437 points

Euan Tebbutt .....89th .....427 points

Hannah Cox.....101st.....414 points

Have you renewed your membership to LEI yet? No? Go to the British Orienteering Website to renew now!

In the 2015 UK Orienteering League, Club League, LEI had two counting teams and these were positioned 23rd and 70th out of 108 teams.

LEI (A) comprising: John Worth (M50), Nick Wilson (M16), Imogen Wilson (W16), Ian Wilson (M45), Ursula Williamson (W50), Matt White (M45), Wendy West (W50), Euan Tebbutt (M18), Glynn Smith (M70), Sue Porter (W70), Finn Lydon (M16), Peter Leake (M75), Julie Ferris (W45), Hannah Cox (W18) and Anna Barber (W16).

LEI (B) comprising: Richard Windsor (M50), Alan West (M55), Barbara Tebbutt (W45), Lucy Taylor (W21), Donald Moir (M80), Richard Leake (M45), Ian Howells (M50), Ashleigh Howells (W16), Liz Heaton (W21), Alison Hardy (W45), Roger Edwards (M65), Matthew Cox (M20), Roger Cole (M75), Tom Barber (M18) and Howard Alcock (M45)

## LEICESTERSHIRE ORIENTEERING CLUB ANNUAL PRESENTATION DINNER

5th March, 2016. 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 jacket and tie, and ladies in suitable attire.

### **First Course Choice:**

Smoked Salmon and Prawn Salad

Stilton and Broccoli Soup

Brussels Pate Salad with Homemade Chutney

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

Braised Steak in Red Wine

Chicken with Apricot Stuffing and a Thyme Jus

Baked Salmon with a Citrus Crust with Hollandaise Sauce

Mediterranean Vegetable Wellington

### **Choice of Afters:**

Mixed Berry Crumble

Chocolate Fudge Cake

Lemon Meringue Pie

Cheese and Biscuits

**Cost per Person** £20.00    Guests are welcome.

*Dishes may include nuts, gluten and dairy products - if you have any special dietary requirements, we will accommodate them within reason, or if you wish to be seated with somebody in particular, please contact Roy Denney.*

**Bookings by email or post (stating which starter, main and dessert you require) by 14th February latest to Roy Denney, 33 Clovelly Rd., Glenfield. LE3 8AE roydenney@hotmail.com or Tel: 0116 233 8604**

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

**Please note:** Roy will be out of the country from 19th February and will be passing details to the golf club on the 18th February. If, for any reason, your circumstances change and you need to cancel, or you wish to attend and have not booked, you must contact the club chairman, Chris Phillips, if this occurs after 17th February. Chris can be contacted on Tel: 0116 255 0330 or by email [onecp47@gmail.com](mailto:onecp47@gmail.com).

**DEADLINE FOR BOOKING: 14th February, 2016**



# Club Championships 2015



*Matilda Tikkanen,  
Minor Girls 2nd*



*Robyn Jarvis,  
Minor Girls 3rd*



*Daisy Herd, Girls  
Intermediate 1st*



*Imogen Wilson, Senior  
Girls 1st*

*Other podium winning members  
not present for the presentation:*

*Daisy Rennie, Minor Girls 1st*

*Daniel Stothard, Minor Boys 1st*

*Charlie Rennie, Junior Boys 1st*

*Ashleigh Howells, Senior Girls 2nd*

*Jessica Dring-Morris, Senior Girls  
3rd*

*All photos: Ursula Williamson*



*Molly Smith, Women  
Vets 1st*



*Ethan Tebbutt, Boys  
Intermediate 1st*

*The Golden Boot is for the  
fastest leg from the last  
control to the finish and there  
was a three-way tie on 21  
seconds. The jury awarded  
the trophy to Ian Howells on  
age handicap.*

*Francis Mayes, Boys  
Intermediate 2nd*





*Hannah Cox,  
Women's Open 1st*



*Alison Hardy,  
Women's Open 2nd*



*Liz Heaton,  
Women's Open 3rd*



*Howard Alcock,  
Men's Open 1st*



*Euan Tebbutt, Men's  
Open 2nd*



*Ian Wilson, Men's  
Open 3rd*

*Glynn Smith,  
Men's Vets 1st*



*Roger Edwards,  
Men's Vets 2nd*



*Simon Ford, Men's  
Vets 3rd*



# OMM 2015

A couple of years' ago, a relative was getting rid of some old maps, and knowing via other family members that our kids had taken up orienteering, they were sent in our direction. Graham had been part of the organising team for many years when it was known as the Karrimor, so many of them were Karrimor and Capricorn maps from the 1980s. The maps sparked much interest, especially with Tom. He did some research and decided he wanted to do the OMM, but being under 18 needed someone older to accompany him and so 'invited' me to join him.

Getting fit enough to accompany him was even harder than anticipated, as I suffered a series of injuries that kept setting me back, the worst being a grade 3/4 ligament tear in my ankle at the end of April which put me on crutches and unable to even drive for a couple of weeks. Just as the physio was happy to let me try some gentle runs, I tore my calf muscle, which meant running was again off-limits. I took to my bike to at least try and improve my general fitness and, in fact, apart from being out as a novice at the S6D where I mainly walked, the most I ever actually ran in preparation was two circuits of Beacon Hill whilst the kids were at the Monday night club training!

Tom also ended up with a course of physio in the run-up to the event. He had injured his knee climbing a while ago and then fallen on the same knee at the S6D, meaning that running downhill was particularly painful. The physio was happy to report that the joy of being 17 means that a couple of weeks of treatment and doing the exercises, the younger models bounce back almost immediately!

OMM 2015 took place in the Tweedsmuir hills, southern Scotland. As it was our very first event of this nature, and Tom not being a huge fan of scores, we opted to do the entry level course D: 40km and 2000m ascent over 2 days (the elites do that each day!). It was really helpful being able to chat to other club members with lots of experience of mountain marathons to get advice prior to the event, especially with regards to kit; Julie, John, Mark and Euan also competed this year.

We began day 1 in torrential rain. We set off well as the first few controls were in the forest and we had the upper hand over most of the fell-runners – we spoke to a pair the night before who had to ask us how to use a dibber! However, they soon had the advantage as the course took us out on the open fells – with continual ascents and descents. We were really pleased to finish Day 1 (19.3km/1700m climb/11 controls) in the light and before courses closed, and were amused to have eaten and sat in our warm sleeping bags watching the trail of head torches coming down the hill in the dark. Day 2 was a rude awakening with a bagpiper circling the overnight camp at 6am, especially as we didn't need to be up for an early start. Tom's not a morning person, so I enjoyed being the lead runner for the first few controls while he was practically sleepwalking! On day 2, the weather was kinder, but with tired muscles from Day 1 and constantly running up and down from peak to peak, it was a tougher day (15.8km/1390m climb/ 8 controls).

The tough thing about the event being in southern Scotland was a 5 hour drive home at 4pm on the Sunday! Despite the





lack of training, simply completing the course felt like a big achievement, so we were shocked, but delighted, to find out a few days after returning home that not only had we completed it, but we had

won the Family Generation category on the D course – and the £50 OMM voucher was an added bonus!

*Kevin Barber*



*Tom and Kevin Barber out on the hillside during OMM 2015. Photo supplied by Tracy Barber.*

*Editors' note. Entries for the 2016 event are currently open. The event will take place over the weekend of 29th-30th October. The event will take place south of the 2015 event location.*

**Have you changed your email address lately?**

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

# Events 2016

Looking through some back issues of LEI news over the Christmas holiday, I discovered that for the 2014 spring edition, I was reminding everybody that the JK was only 14 weeks' away. Well, it has been a quiet couple of years, but it is time to dig out the purple LEI helpers' fleece again as the next Level A event is on the horizon, the British Night Championships 2016 is only, as I write, 8 weeks away.

My thanks to the 40 club members who have already volunteered to help. If by the time you read this I have not been in contact and you would like to help, please let me know. There is, of course, the usual discounted entry for helpers, although I am aware that Cademan at night is not to everyone's taste.

It is the club's policy to try and spread out the more important events over the years, but the crowded national and regional fixtures lists means that 2016 is going to be particularly busy for us. It is the East Midlands turn to host the Peter Palmer Junior Team Relay, a competition in which we have been very successful in recent years. As the other clubs in the region are unable to take this on, the Events Sub-Committee felt that given our juniors' (and their adult support team!) enthusiasm for the competition, we should try our best to find an area and overnight accommodation for the event. Thanks to the endeavours of Hannah and Catherine, we have been able to secure accommodation at Groby Community College, which means that you will all be able to come and cheer the team on at around 5.00am (no that's not a misprint!) on Sunday 11<sup>th</sup> September, 2016.

This is very much our year for supporting junior events as we host the regional heat of the Yvette Baker Trophy at Beacon Hill

on Sunday 10<sup>th</sup> April and the British Schools Score Championships at Bagworth on Saturday 8<sup>th</sup> October.

The final major event in the calendar is the East Midlands Championships on Sunday 27<sup>th</sup> November.

Bob, having taken over as Minor Fixtures Co-ordinator at the AGM, has planned the 2016 Summer League programme and is now looking for volunteers to run the events. If you are new to organising and planning, these are good events to try your hand at and there will be help to advise and guide you through the process.

Two Urban Level C events, 5 EMOA League events, the 5 remaining 2015/16 Winter League events (and some more in the autumn for the 2016/17 series), plus the Club Championships and Christmas Novelty Event make up the rest of our programme for the year.

Finally, congratulations to Steve Chafer, Jane Dring-Morris, Andy Ward and Liz Heaton who completed the Organisers Training Course, and to Laurie Fluck, Tracey Brookes and Chris Heaton who completed the Planners Course in October 2015.

*Chris Phillips*  
Events Co-ordinator.





# Photo Gallery: November Classic



*November Classic, Burley West, 1st November 2015.*

*Photos, clockwise from the top LH corner:*

*Finn Lydon, Reed Lydon, Ian Wilson, Richard Leake, Harrington Leake.*

*All photos: Annie Leake*



# Lakes In A Day 2015

## 50 Miles, 4000M Ascent

As it was John's 50th Birthday last year, he signed us both up for the above ultra marathon over the mountains of the Lake District from Caldbeck in the North, to Cartmel in the South. I can't actually remember agreeing to this, but I seem to have paid the entrance fee. In my mind, I thought that I'd just help him get as far as I could and then gracefully drop out at a feeding station somewhere.

John has done a few 100 milers, so wasn't quite as nervous as me, so slept like a log in the camper van at the school in Cartmel where we were based. I didn't catch a wink. The GPS tracker on my pack flashed at me all night. At 4.30am, we got up, ate and checked all our packing. The bus to Caldbeck ran like clockwork and was filled with a different kind of runner; the very friendly ultra-marathon runner. The race started on time and we started our GPS watches, knowing that they'd only catch the first bit of the journey. It went like this:

Slow start at the back (I know my place and it's a long race) over High Pike, then a struggle down through thigh-high heather (now I've got heathery bits in my shoes), then a long slog up Mungrisedale Common and then up Blencathra to be greeted by the famous Joe Faulkner, and we explained that he was now truly famous as he'd been featured in LEI News (Autumn 2015 - Spine Race fame). Joe gestured down Hall's Fell, which I slid down in a time-wasting and undignified manner. The poor Collie dog helping to "man" the checkpoint put his ball down on the ridge and then took 3/4 hour to retrieve it from the valley floor

vertically below. There was a yummy food station in Threlkeld with slices of melon and everything you could want. A huge screen tracker revealed that we weren't quite last.

We stormed slowly up Clough Head, Great Dodd, Stybarrow Dodd, Raise, White Side (fly-past in our honour by Vulcan Bomber "last" flight) and then Helvellyn. I had wobbly legs down Dollywagon Pike zig-zags and up a slippery and dizzy steep part onto Fairfield for Sunset. A man with sticks over-took us for the 20th time - he was quicker down hill than us. The pink sky was beautiful, but we became aware that we might be close to last, as we couldn't see any head torches behind us. Following this, we had Hart Crag, High Pike, Low Pike and then the longest ridge ever down into Ambleside. We enjoyed freshly cooked gluten-free pasta prepared by a lovely lady. The big screen now reveals that there is only one couple behind us that will make the cut-off at this check point. John got new socks and trainers (I was too scared to remove my socks for fear of what my feet looked like - heathery bits were digging through holes) and we scurried off to keep ahead of that time-out cut-off.

20 miles left - a long blur of weaving through slippery, rocky woods up and down the side of Windermere, and we wondered if anyone was watching us on the on-line trackers (thank you Ursula!). We sat for two minutes by the lakeside and watched the lights on the water at about 2am - very romantic. I was terrified by barking dogs at Claife Heights



and the intricate rocky assault course for sore toes around High Dam - which I thought I knew quite well, but never recognised. I was feeling a bit sick by Finsthwaite. My tummy shut down at this point, which slowed our progress due to many stops. We were now beyond what my body had experienced before, and it wasn't happy. I could only manage vegetable soup at the food station, but we caught up a large crowd, including sticks man, again (who kindly gave me ibuprofen) - we've been speeding up! The big screen reveals that the GPS trackers on the last folks behind us were whizzing at around 30mph on an A road.

7 miles left and Bigland Estate went by in

a blur of mud and loo stops. We hit the road, running faster and faster, and overtook 9 people over the last 3 miles. We finished euphoric. It is amazing that the human body can do whatever it wants to. I was amazed at how the top ultra-runners treat duffers like us so well - the shared experience means it doesn't matter. We took 22 hours. The current record is held by Kim Collison in 9 hours (female record 11 hours). We will certainly do it again next year - it was brilliantly organised and an amazing experience (plus we got a great Haglofs tee-shirt!).

*Julie Ferris*



*John and Julie after the event with a map showing the route of the course*

*Photo supplied by Julie Ferris*

*Editors' note: The event for 2016 will take place on 8th October. Entries are currently open. Visit the website <http://www.lakesinaday.co.uk> for further details and an interesting YouTube clip 'flying' along the route on Google earth.*



# Out and About

The number of people in Britain getting active has declined over recent years and continues to do so. There was a short-term improvement after the Olympics, but that did not last. There is much talk of the anti-obesity campaign and plenty of dietary advice coming out, but little meaningful seems to be being done to encourage more activity. Many people are involved in various sports, but a great mass of the people take no regular exercise at all. All sorts of stats are bandied about when talking about activity, but they are usually based on asking organised sports bodies and I don't accept they represent the true figures. I suspect a lot more people get some activity, but are never counted. However, it remains the fact that the average person is heavier year on year. In the last 30 years, the number of ten year olds who are overweight has increased by 300%, making up about a quarter of their age group. The government has promised a major shake-up, once present consultations are concluded.

The thought is that too many sports bodies receive millions of pounds of public money and just don't get the numbers through their doors. Funding needs to go instead to those organisations that can actually get people participating. I don't know how other clubs are doing, but surely if LEI is anything to go by, it should fall into this last category. If we are losing funding for our elite end, should we be making more of a pitch for support for the introductory end? Not only is this good for the club and the sport, but it encourages an appreciation of the great outdoors.

We are increasingly using school campuses and urban areas for events,

but there is still a classic end to the sport, using wilder places. If we train a generation to be aware of the benefits and, indeed, beauty of such places, they will increasingly use the skills and confidence orienteering gives them to go off exploring the countryside, if only for family walks.

Walking and running are the cheapest and most readily available opportunities to take exercise and enjoy fresh air. As a country, we need to encourage non walkers to give it a try; for the slightly more ambitious, jogging and running are similarly inexpensive, and cycling is also very beneficial, although there is a cost implication.

We all have to help to promote active, healthy lifestyles, protect the places people walk and improve access to the outdoors. As such, the government now believes it needs a new sporting strategy which should promote active lifestyles, rather than focusing solely on organised sport. Nearly 60% of the population still do not play what they consider to be a sport. Sport does still have a part to play, but we need to encourage more grass roots participation

There are a range of barriers to participation, including lack of time, money or poor health. Orienteering locally is a cheap sport and walking can be done from your doorstep at nil cost. One of the barriers to walking the countryside is a fear of the unknown. Some people are reluctant to go down a path which has a footpath sign with no indication as to where and how far it goes. They also turn back at the first sign of undergrowth intrusion. Three quarters of all local authorities have cut funding to maintain green routes and open spaces, some by more than 30%. Under-



investment and neglect of the walking network is storing up problems for the future. Orienteering encourages more familiarity with the countryside and teaches map reading, which can help mitigate this fear. Poor health may be a barrier, but participation can improve your health. BOF needs to push this agenda in the interests of the sport and to help the general population get out and about for their health and general wellbeing, not to mention enjoyment.

In the last edition, I warned of the problems with the Giant Hogweed and I am starting to feel like the prophet of doom. As I have said, going for a run, hike or even a gentle ramble is good for a person's health and wellbeing, but I increasingly wonder how true this is. We are seeing aggressive species of hornets, bees and wasps coming into Britain from the continent and surviving as our climate warms. I, like many gardeners, have installed water butts to collect rainwater off my greenhouse and garage roofs, but this may also put me and mine at risk. Because of the increasing popularity of these, we face an increased threat from tropical diseases, like malaria and West Nile virus; such homes and conditions have seen a greatly increased mosquito population. Mosquitoes in the UK are so far free of diseases that can infect humans, but it is only a matter of time.

Of even more concern are the diseases carried by ticks. We have been warned from time to time about Lyme Disease (LD). It was only found in southern areas, but it is now spreading throughout the country. Worse still, the ticks are now carrying two other serious problems for us. The most prevalent is still LD, which was a fairly rare illness, but it has recently started to become much less so and the risk of infection should not be ignored. We are not only at risk when wandering woodland and moorland areas, as cases

now spread into suburban gardens.

It is now thought over 3,000 people a year are being infected, possibly tens of thousands. Many people are unaware of the risks of this little itch that goes away after a couple of days. It can eventually be life-changing or even fatal. People who walk in the countryside through rough vegetation are still most at risk.

Ticks are found in any moist, rough vegetation in woodland, heath and moorland areas, including deep vegetation such as bracken and often in others that are decaying in mats such as sedges, grasses, etc., growing also in leaf litter within deciduous woods and at woodland edges, in glades and next to paths. The disease is caused by bacteria, which is carried by the ticks.

Most organisations whose members are active in the wider outdoors do issue some advice, which is just as well, as there is a widespread lack of knowledge and awareness regarding tick-borne diseases. Many people with typical symptoms will not actually be tested for the presence of even the most common of the diseases. For those who are tested for one or more of the possible diseases, a negative (and thus inconclusive) test will generally result in further investigation being abandoned. Few people will be lucky enough to see a GP with sufficient knowledge to give a clinical diagnosis, i.e. based on symptoms or knowledge of a tick bite event, etc.

LD symptoms can develop within weeks. They may include tiredness, chills, fever, headache, muscle and/or joint pain, swollen lymph glands and blurred vision. A characteristic skin rash may appear which often appears circular and may clear in the centre, resulting in a 'bull's eye' appearance. It can expand and move around the body.



If early symptoms are not recognised, serious complications can develop weeks, months or even years later. It is likely that infected ticks need to be attached to the body for several hours before they can transmit the bacteria to us, so diligence is very much needed to remove them carefully before any damage is done. When fully fed, they can increase to the size of a grape pip, but unfortunately the larvae are smaller than a pin head and often difficult to spot.

Later stage symptoms include arthritis in the large joints, which can recur over many years. Nervous system problems are common, e.g. numbness, meningitis (with fever, stiff neck and severe headache), Bell's palsy (paralysis of the facial muscles) and memory problems. Some people experience irregularities of the heart rhythm.

LD should be diagnosed by a physical examination and medical history. This clinical diagnosis may, in some cases, be supported by laboratory testing. Diagnosis based on tests alone is not reliable – a negative result does not mean that the disease is not present. Symptoms can mimic those of other diseases. Diagnosis is easiest when there is a skin rash, but this occurs in less than half of sufferers.

It is very difficult to avoid ticks because they can be found in urban parks and gardens, as well as typical countryside locations. It is possible for you or your pets to bring ticks into your home. Ticks have been found in most London parks and their numbers are increasing all the time. Housing developments in what were countryside areas are adding to the problem. Climate change bringing warmer and wetter weather, which prolongs the life of infected ticks, is also not helping.

The best strategy is awareness. Check

yourself for ticks whenever you have visited a place where they may have been present. Do this both immediately and for up to three days after any outdoor visit. Carefully examine their favourite locations: behind the knees, under the arms and on the scalp. Your groin area is also at risk. This may allow you to see any adult tick that has attached. Once it has started to feed, its blood-engorged body will make it very visible. If you find a tick, remove it as soon as possible. This is all very well, but for those of us involved in outdoor sports and activities, this means daily inspections. You should also carefully inspect all clothing, brushing thoroughly when in any doubt because ticks can crawl on clothing to reach their favourite meals.

Ticks can locate their prey by detecting host body heat, carbon dioxide and ammonia. They may crawl towards a stationary host or stretch out their front legs, equipped with tiny 'grappling hooks' in order to attach to a passing host. Therefore, anything you can do to thwart these tactics may help you to avoid tick bites. There are many suggestions about how to stop ticks reaching your skin, but there has been little measurement of their effectiveness. Awareness still remains the best strategy.

You can make it more difficult for a tick to reach your skin by wearing shoes rather than sandals and tucking long trousers into socks. Keep to the middle of paths and do not sit on the ground in suspect areas. Full body cover is a must in suspect locations, which means anywhere where livestock grazes, particularly deer, but is a pain in good weather. Ticks can be more easily seen on white or light-coloured clothing.

There are several myths about removing ticks if you have been bitten. Don't squeeze or twist the body of the tick, as this may cause the head and body to



separate, leaving the head embedded in your skin and making the creature disgorge the contents of its stomach into your bloodstream.

It is highly advisable not to use your fingernails to remove a tick. Infection can enter via any breaks in your skin, e.g. close to the fingernail. Do not try to burn the tick off, apply petroleum jelly, nail polish or any other chemical. Any of these methods can cause discomfort to the tick, resulting in regurgitation or saliva release.

The best way to remove the beastie is probably to use tweezers dipped in antiseptic, grasping the tick as close to the skin as possible without squeezing the tick's body. Pull the tick out without twisting – there may be considerable resistance. Another method is to use a tick card available from [www.tickcard.co.uk](http://www.tickcard.co.uk) £3.95 inc P&P.

Wash your hands after any such work, and in case you develop symptoms later, save the tick in a container, although sticky tape or a folded tissue should suffice, making a note of the date and location. Taking it to your GP will help him/her to arrange tests for the problems. Also, if possible, ask the doctor to return it to you after it has been analysed and send it, in the interests of research, to the Institute of Virology and Environmental Microbiology, Mansfield Road, Oxford OX1 3SR, saying where the infection occurred.

Insect repellents containing Permethrin or DEET do supposedly protect against ticks for several hours, if you wish to be really confident.

As if LD was not bad enough, there is another problem associated with ticks with similar symptoms and prognosis. Tick-borne encephalitis (TBE) is a viral infection with initial symptoms similar to

flu and can include a high temperature (fever), headache, tiredness and muscle pain. These symptoms usually last for about a week, after which point most people make a full recovery. Some people, however, will go on to develop more serious symptoms caused by the virus spreading to the layer of protective tissue that covers the brain and spinal cord (meningitis), or the brain itself (encephalitis).

This can lead to changes in mental state, such as confusion, drowsiness or disorientation, seizures (fits), sensitivity to bright light (photophobia), an inability to speak and paralysis (inability to move certain body parts).

If TBE reaches this stage, you will usually need to be admitted to hospital. These symptoms tend to get slowly better over a few weeks, but it may take several months or years to make a full recovery and there is a risk you could experience long-term complications. Unfortunately, around one in every 100 cases of TBE is fatal.

Further to this, another 'nasty' carried by ticks has been discovered. This also causes headache, fatigue, muscle aches and a recurrent fever, but is feared to be less responsive to antibiotics than similar illnesses. *Borrelia Miyamotoi* has just been found to be present in ticks in the UK and has not yet been given a common name. There are fears it will lead to further confusion in the diagnoses of LD and TBE. These can all be mistaken for flu, leading to a delay in proper treatment being received.

It tempts you to say you will stay at home and watch telly, but then you would die of boredom.

*Roy Denney*



## RETIRED MAN CHRONICLES - COPING

I had driven John to The Railway pub to chat and eat with the Thursday Club Night orienteers when Chris Phillips says, "prayers have been said for you." Not for John, but for me, having to cope with John. After that, I started to think 'How are we coping?'

When John fell and dislocated his shoulder, he also damaged the brachial plexus, a large nerve junction box, and as a result he is unable to use his left arm and it may be two years before the new nerve supply grows into the fingers so that he can use his hand again.

Luckily, John is right handed, but there are many tasks that you need two hands to perform. Shoes were a problem, but a long-handled shoe horn helps to put them on. Tying laces one handed seems impossible, but can be done if you use the other foot to stand on one of the laces while pulling tight. You might like to try this as a party trick! An easier solution is Velcro, but John has chosen laces that are like coiled elastic springs.

Food could be tricky to prepare and eat with one hand. Food such as meat or bread can be impaled on the spikes of a meat slicing tray to stop it moving around, and bread can be buttered by trapping it against the bread bin. Getting a spoonful of coffee from a half empty jar is easier if the jar is lying on its side. John has learned many coping strategies, but he struggles to take the shell off a hard boiled egg with one hand - it is just too slippery. I have been cooking food that can be eaten with one hand: curries, stews, etc. and we must thank the orienteers who slice up the pork tenderloin or steak on trips to The Railway. The doctors have suggested that a study 'done with rats and using

high doses' of chilli, ginger and turmeric have stimulated nerve growth, so everyday I have been adding these ingredients to our food; may I recommend bananas with chocolate Angel Delight spiced up this way, or even the topping on fruit crumbles, although the yellow colour of the turmeric gives the game away.

Vacuum cleaning and lawn mowing are still possible, but one handed attempts at pegging out clothes on the washing line result in tee shirts and jumpers with a line across from armpit to armpit. We had a couple of Heath Robinson devices in the house to hold his injured hand up in the air to reduce the swelling in his fingers. One was made from a parasol base and a curved aluminium pole with straps to a carpet fitter's knee-protector that encloses John's elbow. The other is in the bedroom, where a long horizontal pole is above the bed with strapping material that dangles down to the arm but, unfortunately, the tie wraps broke in the middle of the night. Perhaps we should use duck tape with the hope that 'if duck tape does not work, use even more duck tape'. (I have checked if it should be spelt 'duck tape' or 'duct tape' and either is acceptable.)

Retired Man has gradually returned to orienteering. At first, the doctors suggested he did not run, as an uncontrollable arm changes your sense of balance. So, he has contented himself with walking round and now perhaps a little running. However, it does mean that he is not generating heat and so is not keen on cold, wet days. Andy Portsmouth has joked that we will know when John is improving when he gets back to beating Andy once more. Watch this space.





Radio orienteering really requires both hands to hold the map board and a receiver, so he has not competed in a radio O event. However, he did help out at Bradgate in the snow and frost, but was able to escape to our nearby house in Cropston for desperately needed hot drinks. At a recent event, he asked a woman orienteer to help him zip up his jacket as he was getting cold. I suggested that this could be interpreted the wrong way, not wishing John to end up on a 'perverts list', but he just replied that men run much faster and it was easier to interrupt a woman. Add him to a male chauvinistic pigs list??

He has progressed with his Radio Society of Great Britain, RSGB, exams having to present previous electrical projects that he had made in order to pass the practical. The theory exams were tougher than he expected, but he did get through.

For the first few months, I had to drive Retired Man around to hospital appointments in Birmingham, or to Bob T's house in Lutterworth, etc. This had been the worst change to our life and I threatened, on more than one occasion, to 'make him walk home if he did not desist from giving me the driving advice I did not need'. Therefore, I was relieved when he bought an automatic car that he can drive with one hand. He has also been using the train to see consultants in London and Birmingham, and ticking off museums and Wetherspoons establishments on his 'must visit' list.

The love of his life, the BMW, had to be sold, and in response to John's advert, two men from up north arrived with a big wad of £20 notes in an envelope. The deal was done and I counted several £1000s into lots of little piles of £100 on the front room carpet, hoping they were not counterfeit and secretly checking they had different serial numbers and resisting holding them up to the light to check for I

do not know what!

4<sup>th</sup> October, 2015, will be remembered for the flight of the Vulcan bomber. John investigated the route the bomber will take over the East Midlands. It looks as if the trig point at Cademan Woods would be a good viewing point as the Vulcan passes overhead. High up on the rocks, we met a couple of families also waiting for the bomber, and below us we could hear some noisy adults dressed up in Viking/spacemen outfits re-enacting a battle. What do you expect near Whitwick? I found a suitable rock to sit on and listened to the conversations about Vulcan bombers from the enthusiasts (nerds). But two different flight paths have been published, so which is the route that will be followed today? One nerd has an 'app' that is a live feed to the plane and updates us to sadly say the Vulcan will not fly over us. But the aircrew report they are near 'Newton Lingford' Could this be Newtown Linford? We hear a possible Vulcan noise, but we never see the plane and disappointedly return home. Later, on TV and Facebook, we see the bomber circling twice over Swithland reservoir in a secret pact made with the Great Central Railway to join their steam celebrations. What a bummer - we would have had a good view from our garden in Cropston!

'LEIOC had another busy year, 'well carried out', is the report from the AGM 'But we need to grow the membership numbers.' There is to be compulsory training in keeping safe for all event officials, which seemed to me an ideal business opportunity to earn money from putting on courses if we have the experts in the club. Later in the pub, I suggest this and Roger P says I am 'pimping out' his Dad. Also in The Railway, Ernie advises RM about an exercise for shoulder injuries and demonstrates 'the spider crawling up the pub wall', which must have amused other customers.



The Plaid Coalville group of orienteers gathered in the Hare and Hounds (Mary's House) Whitwick for Christmas and I met Stan, who is Roy's walking and pub investigating partner. A tip from them to all bus pass holders is that the Skylink bus service between Derby, EM airport and Leicester is a good way of reaching excellent walking areas. There is more food than we can manage, but some older teenagers who are watching the Arsenal v Manchester City match on the big screen TV are happy to empty the plates. Thanks, Roy, for organising the social.

Just before Christmas, Edd, Suzi and 16 month old Hattie moved to a thatched cottage in Newtown Linford and Retired Man's advice on solving problems have been invaluable. The sewer was blocked, but Edd and RM rodded the obstruction away. The fridge freezer went off and RM discovered the problem was faulty wiring in the socket. He also helped Edd to solve the problem with the electric gates on the drive, as one gate was not working fully. The Aga was giving a pong of gas and on Christmas Eve, the specialist Aga man replaced the valve and Suzi cooked her first meal in the Aga for the whole family on Christmas day (There was a Plan B, just in case). Wrapped up in

Christmas paper, as a present for RM to take apart and inspect its workings, was the old Aga valve. Anyone would think his favourite subject is engineering. The cottage had previously been rented and the electricity had to be paid for in advance with a key-like object. So what does Suzi do when the electricity unexpectedly runs out, there are no lights, Edd is at work and **the electric gates lock the car on the drive?** The solution is to phone Mum and Dad. However, RM is still in his underpants and has not yet eaten any breakfast, so it is Mum (me) who drives to pick up the 'key' and then to the Co-op in Groby to top up the payment,

John has recently returned from the consultant, who is pleased with the progress of nerve re-growth and the beginnings of contractions in the biceps and triceps muscles, allowing limited amount of movement below the elbow. Yes, we are coping, and each day his arm improves a tiny amount, but we have to thank relatives and friends for offers of help, especially Chris B, Roger E and Sue B, who have taken him orienteering and given me some time to myself.

*Irene Marriott*

## 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.

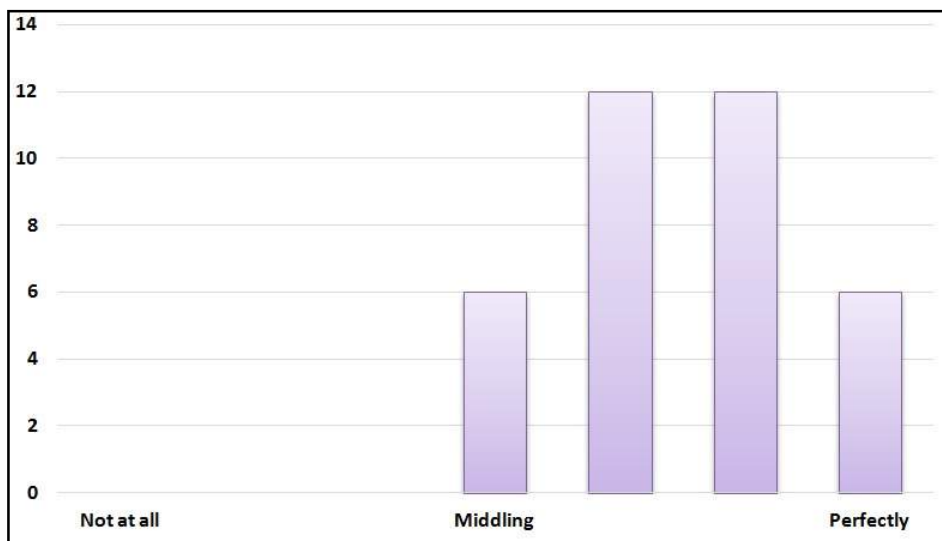
*Roger Edwards*



# How Well is LEI Doing?

Thank you to the 36 members who completed the survey online or on paper last October. The aim of the survey was to find out what the club should do to encourage more participation and to understand what might attract new members. As most responses came from experienced, adult members who competed frequently, it is possible that the results may not reflect all opinion.

To the broad question of how well the club's activities match what you want, the answer was positive, but not perfect.



**Conclusion:** Although we are doing well, there is room for the club to do better.

## Specific aspects you valued

Responses to the question of what you particularly like and would not want to change emphasised the regularity of local events, including the summer and winter leagues. Typical responses included:

- Regular local events encourages others to try orienteering
- Plenty of events planned throughout the year
- Lots of events, especially summer/winter league and club night.
- Summer and winter league are great
- East Midlands league fixtures
- Good level of junior and senior activities outside of standard events
- The second most commented aspect was social events and friendly atmosphere.



- Summer league has a friendly atmosphere, which is welcoming to visitors
- Events are open to all with a friendly atmosphere
- Post event social
- Camaraderie of putting on bigger events gives a buzz.

Junior activities were valued with responses such as:

- Junior events (PP relays & YBT)
- Brilliant junior section, welcome for my daughter and inclusivity for her

Other positive aspects of the club which were noted included:

- Opportunities to develop as (e.g. coaching, planning, organising) via local leagues and with support for event officials
- Being kept well informed about events
- Lots of one's own age group to compete against

**Conclusion:** There are aspects the club can build upon and ensure consistency in order to retain and recruit.

### **Ideas for change**

We asked about what you would most like to change or add to the club's activities which would increase your enjoyment and/or participation. A wide range of ideas were offered but no consistent themes.

Some preferred weekend rather than week day activities.

- Informal events on weekends rather than evenings would be easier to attend for families.

The Leicestershire terrain, particularly brambles, was seen as a downside, as was the lack of venues in the south and east of the county. Several suggestions were made for more development opportunities in more challenging areas, e.g.:

- Whole club training away from LEI
- Training days/weekends out of LEI areas for adults, similar to EMJOS weekends

Some members would like changes in the styles of events, such as preferring navigation challenges to running speed or more straight races, rather than score variations. Other ideas included an obstacle course to warm up waiting competitors.



Some would like more training/coaching for adults:

- I'd like a group for adult improvers. I'm not a beginner but could do with tips/practice to get better. Currently running at light green level.
- Replacing 10% of our events with better coaching opportunities, so we can perform better at major events.
- The lack of M/W21-35 members was commented on. A 'come and try it' event each year, was suggested to get other people to take the first leap into orienteering.

**Conclusion:** All the ideas for change are being given serious consideration and may influence developments this coming year. Everyone's views on these ideas would help in evaluating them.

The full report is on the LEI website under *members>constitution*. We may repeat this survey each year, but it is just as helpful for members to feed their ideas and comments to club officials throughout the year and after events whilst they are still fresh in their minds.

*Chris Bosley*

## Travel Support Scheme

Claims made so far under the club's travel support scheme include: JK 2014, JK 2015, Lakes 5 Days, O Ringen, British Long NE, Forest of Dean, British Middle and Sprints 2015, RAF Linton-on-Ouse, White Rose, Interland selection races at Formby, Pretty Corner and Mytchett, Southern, Northern and Scottish Championships, the November Classic, British Schools, the British Night Championships in Leeds and the YBT Final 2014.

The club's travel support scheme has been in operation since February 2014 and is effective from April 2014. You need to be a tax payer to claim a small contribution to running or officiating at events outside of the region. These must be a two hour drive away and you need to be orienteering on 75% of the days you are claiming for. If you travel 400 miles to

go to the JK and run on three out of the four days, you could claim £173. For this to be affordable, the club needs a voluntary donation of £148. There is a small amount accruing to the club and the extra all arises from our ability to claim gift aid on voluntary donations. From the donations to date, the club has gained £800 from the scheme.

If you want to benefit from the scheme, please use the form on the club web site and email it to the Treasurer.

There is some small print involved in the scheme; for instance, if you already claim high mileage expenses from your employer, you might be over the 10,000 mile cut off and we would need to use roughly half rates.

*Roger Edwards, Treasurer*



# Club Shop

LEI branded clothing is available from the Club Captain. The range is shown below. The preferred payment method is by bank transfer (sort code 09-01-54, account no. 74893286) into the club account. You can also pay by cheque made payable to 'Leicestershire Orienteering Club' or you can pay by debit/credit card with the club captain if he has a signal and you have your card with you. To order, contact the club captain by email: rogerphillips34@gmail.com



*Short sleeve top £23, or  
£21 with no rear pocket.*



*Long sleeve top £31  
with rear pocket.*



*Warm up top £32,  
Trousers £20.*

[http://media.wix.com/ugd/c6b803\\_1ade477dfbaf4217b184c202de1911b9.pdf](http://media.wix.com/ugd/c6b803_1ade477dfbaf4217b184c202de1911b9.pdf) for a sizing guide the for top three items.

*Fleece hat, various  
colours £6.*



*Purple Fleece  
Jacket £20.*



*Old style top, long sleeve,  
£15, size XXL only.*



# Winter League Table (abbreviated)

## Current Positions at 18/01/2016

Pos.	Name	Club	Class	Best 4	Handi-cap	Events	Total
1	Euan Tebbutt	LEI	M18	387	418	4	418
2	Chris Bosley	LEI	M65	254	325	4	325
3	Howard Alcock	LEI	M45	290	324	3	324
4	Roger Edwards	LEI	M65	250	321	4	321
5	Robert Haskins	LEI	M60	206	256	3	256
6	Ethan Tebbutt	LEI	M14	218	253	3	253
7	Derek Herd	LEI	M45	225	252	3	252
8	Chris Phillips	LEI	M65	197	252	4	252
9	Ursula Williamson	LEI	W50	200	240	4	240
10	Andy Barker-Pilsworth	RAFO	M45	208	233	3	233
11	David Seaman	LEI	M40	201	217	3	217
12	Tracey Brookes	LEI	W50	179	215	3	215
13	Alastair Paterson	LEI	M45	186	208	2	208
14	Gina Colton	LEI	W21	197	205	4	205
15	Andy Portsmouth	LEI	M60	160	198	3	198
16	Kevin Bradley	LEI	M60	153	190	3	190
17	Stephen Chafer	LEI	M45	152	170	2	170
18	Iain Tebbutt	LEI	M45	146	164	2	164
19	Jane Dring-Morris	LEI	W45	132	154	2	154
20	Andrew Ward	LEI	M21	150	150	2	150
21	Mike Edwards	LEI	M65	105	135	2	135
22	Robert Bood		M50	105	121	3	121
23	Tracey Coates	LEI	W50	101	121	2	121
24	Alison Hardy	LEI	W45	89	103	2	103
25	Steve Edgar	LEI	M45	64	71	2	71
26	Francis Mayes	LEI	M14	59	68	2	68
27	Roger Cole	LEI	M75	50	68	2	68



# Summer League 2016

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, giving everyone a chance of success in the league if they perform as well as their age would suggest they should. Overall, it is the best 10 events to count with a sub league of sprint/urban events, with the best 4 counting. 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.

## 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 data, but events are sometimes cancelled. If you are uncertain as to whether an event will take place, check with the organiser, check on [www.leioc.org.uk](http://www.leioc.org.uk) or check on [www.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 2016		
6th Feb Sat	LEI EMOA Level D	LEI Winter League 6, Billa Barra Hill, Stanton under Bardon, <a href="#">SK468111</a> Entry times: 11.00am to 12.00noon. Dogs: on Lead. Organiser: Tracey Brookes
7th	NOC EMOA Level C	EM Score Championships, Clumber Park, Worksop, <a href="#">SK620752</a> Entry times: 10:00 - 12:00. Organiser: Helen Parkinson
11th Thurs	LEI EMOA Level D	LEI Winter League 7 Sence Valley, Sence Valley County Park, Coalville, <a href="#">SK404113</a> Entry times: 6.30pm to 7.30pm. Dogs: On Lead. Organiser: Robert Haskins
14th	NOC EMOA Level C	NOC Regional Event (EM League), Bestwood <a href="http://www.noc-uk.org">www.noc-uk.org</a>
17th Weds	LEI EMOA Level D	LEI Winter League 8, West Leicester Parks, Western Park, Leicester, <a href="#">SK561042</a> Entry times: 11.00am to 12.00noon. Dogs: on Lead. Organiser: Chris Phillips , <a href="mailto:onecp47@gmail.com">onecp47@gmail.com</a> , 0116 255 0330
27th Sat	LEI EMOA Level A	British Night Championships (UKOL), Cademan & Thringstone Woods, Loughborough Dogs: On Lead . Organiser: Chris Phillips , <a href="mailto:onecp47@gmail.com">onecp47@gmail.com</a> , 0116 255 0330
28th	NOC EMOA Level A	Midlands Championships (UKOL), Sherwood Forest, East Midlands Organiser: Julie Webster
March 2016		
6th	DVO EMOA Level B	DVO Level B - Longshaw, Sheffield Organiser: Michelle Mackervoy
13th	WCH WMOA Level B	CompassSport Cup Heat, Abraham's Valley, Rugeley. SJ993210 <b>THIS HEAT FOR LEIOC TO BE CONFIRMED.</b>
20th	LOG EMOA Level C	EM League, Grimsthorpe Castle, Stamford, <a href="#">TF046321</a> Organiser: Sean Harrington <a href="http://www.logonline.org.uk">www.logonline.org.uk</a>
20th	SARUM SWOA Level B	<b>Sarum Saunter</b> , Grovely East, Salisbury Organiser: Charles Bromley Gardner <a href="http://www.sarumo.org.uk">www.sarumo.org.uk</a>
25th	YHOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL), Leeds University, Leeds, <a href="#">SE291353</a> Organiser: Neil Harvatt <a href="http://www.thejk.org.uk">www.thejk.org.uk</a>



<b>March 2016 Cont.</b>		
26th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 1 (UKOL), Wass Forest, Thirsk, <a href="#">SE561806</a> Organiser: Mike Ridealgh <a href="http://www.thejk.org.uk">www.thejk.org.uk</a>
27th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 2 (UKOL), Kilnsey, Skipton, <a href="#">SD976674</a> Organiser: David Shelley <a href="http://www.thejk.org.uk">www.thejk.org.uk</a>
28th	YHOA Level A	Jan Kjellstrom Orienteering Festival Relays, Storthes Hall, Huddersfield, <a href="#">SE186116</a> Organiser: Amanda Crawshaw <a href="http://www.thejk.org.uk">www.thejk.org.uk</a>
<b>April 2016</b>		
2nd	LOC NWOA Level B	LOC Weekend - Middle Distance, Tarn Hows, Coniston
3rd	LOC NWOA Level B	LOC weekend - Long Distance, Holme Fell, Coniston
3rd	NOC EMOA Level C	NOC Regional Event (EM League), Sherwood Pines, Ollerton
<b>10th Sunday</b>	<b>LEI EMOA Level C</b>	<b>EM League &amp; Regional YBT Heat.</b>
16th	CLOK NEOA Level B	Northern Champs Weekend (UKOL) urban, Whitby, Whitby (UKUL)
17th	CLOK NEOA Level B	Northern Champs (UKOL), Mulgrave Woods, Whitby Organiser: Paul Thornton , paulthornton59@gmail.com , 01287 635829
<b>23rd Saturday</b>	<b>LEI EMOA Level C</b>	<b>EM League, Hanging Hill, Leicestershire</b>
24th	DVO EMOA Level C	EM League Event Calke, Calke Park, Derby <a href="http://dvo.org.uk">dvo.org.uk</a>
<b>28th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 1, Willesley, Classic</b>
30th	WMOA Level A	British Long Distance Orienteering Championships (UKOL), Brown Clee Hill, Bridgnorth Organiser: Lester Evans



<b>May 2016</b>		
1st	WMOA Level A	British Relay Championships, Brown Clee Hill, Bridgnorth Organiser: Philip Kirk
<b>4th Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 2, Foxton Locks, Sprint Event</b>
7th	WAOC/ DRONGO	UKUL Event, Cambridge
8th	NOC EMOA Level C	NOC Urban Event (EM Urban League), Southwell, Southwell, <a href="#">SK698533</a>
<b>10th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 3, Ratby, Classic</b>
14th	SO SEOA Level B	Southdowns Weekend event 1 / 3. Friston Forest (north). SE Middle Champs / SE League / SO Champs , TBC
<b>19th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 4, Feanedock, Classic</b>
21st	MAROC SOA Level A	Scottish Championships Individual (UKOL), Balmoral, Braemar Organiser: Terry O'Brien
22nd	HALO	UKUL Event, Grimsby
<b>25th Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 5, Huncote, Sprint Event</b>
28th	Devon	UKUL Event, Plymouth
<b>31st Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 6, Beacon Hill, Classic</b>
<b>June 2016</b>		
<b>5th Sunday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 7, Burrough Hill, Classic</b>
11th	SEOA Level A	British Sprint Championships (UKOL), Olympic Park, London Organiser: Ray Curtis



## June 2016 Cont.

12th	SEOA Level A	British Middle Championships (UKOL), Leith Hill, Dorking Organiser: Andrew Evans
<b>16th Thurs- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 8, Watermead, Urban event</b>
18th	DVO EMOA Level C	EM League Event - Carsington, Carsington, Wirksworth <a href="http://dvo.org.uk">dvo.org.uk</a>
<b>22nd Wednes- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 9, Bradgate, Classic</b>
25th	AIRE YHOA Level B	The Dales Town and Country Weekend / YHOA Urban League, Settle & Giggleswick, Settle
26th	AIRE YHOA Level B	The Dales Town and Country Weekend / YHOA Superleague, Yockenthwaite, Settle
26th	NGOC SWOA Level B	Harvester Relays, Cleeve Hill, Cheltenham, SO993276
<b>26th Sun</b>	<b>LEI EMOA Level C</b>	<b>EM Urban League, Ibstock &amp; Heather, Leicester</b>
<b>28th Tuesday</b>	<b>LEI EMOA Level D</b>	Summer League 10, Castle Hill, Classic

## July 2016

3rd	HH SEOA Level B	Yvette Baker Trophy Final, Wormley Woods, Hoddesdon TL338066 Organiser: Francis Goldingay <a href="http://www.happyherts.org.uk/events/event/wormley-woods-ybt-finall/">www.happyherts.org.uk/events/event/wormley-woods-ybt-finall/</a>
<b>7th</b>	<b>LEI EMOA Level D</b>	<b>Summer League 11, Oakham School, Sprint event</b>
9th	MDOC NWOA	MDOC Sprint/Urban Weekend (UKOL), Stockport, Stockport



<b>July 2016 Cont.</b>		
10th	MDOC NWOA Level B	MDOC Sprint/Urban Weekend (UKOL), Manchester City, Manchester (UKUL)
<b>13th Wednesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 12, Burbage, Classic</b>
16th	SN	UKUL Event, Woking
17th	NOC EMOA Level C	NOC Urban Event (EM Urban League), TBC, Nottingham
<b>19th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 13, Outwoods, Classic</b>
24th	WOA Level B	Croeso 2016, Day 1 (UKOL) Kenfig Burrows, Wales
25th	WOA Level B	Croeso 2016, Day 2 (UKOL) Kenfig Burrows, Wales
26th	WOA Level B	Croeso 2016, Day 3, Margam Forest North, South Wales
<b>28th Thursday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 14, Brocks Hill, Sprint event,</b>
28th	WOA Level B	Croeso 2016, Day 4, Pen Rhiw Wen, South Wales
29th	WOA Level B	Croeso 2016, Day 5, Craig Fawr, Margam Park, South Wales
<b>August 2016</b>		
<b>3rd Wednesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 15, Fosse Meadows, Classic</b>
<b>7th Sunday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 16, Sence Valley, Score Cup</b>



## August 2016 Cont.

14th	LOG EMOA Level C	EMUL League, Lincoln City, Lincoln (UKUL)
<b>16th Tuesday</b>	<b>LEI EMOA Level D</b>	<b>Summer League 17, Melton Country Park, Urban event</b>
21st	NATO	UKUL Event, Newcastle
<b>25th Thurs- day</b>	<b>LEI EMOA Level D</b>	<b>Summer League 18 (Final event), Donisthorpe Score event</b>
27th	EBOR YHOA Level B	White Rose Weekend, Dalby Forest, Pickering
28th	EBOR YHOA Level B	White Rose Weekend & YHOA super league, Dalby Forest, Pickering
29th	EBOR YHOA Level B	White Rose Weekend Relays, Dalby Forest Pickering
29th	TVOC	UKUL Event, Wantage and Grove

## September 2016

3rd	DEE NWOA Level B	The Liverpool Big Weekend, Ainsdale, Formby, SD301111 <a href="http://www.deeside-orienteeing-club.org.uk.htm">www.deeside-orienteeing-club.org.uk.htm</a>
4th	SELOC NWOA Level B	The Liverpool Big Weekend, Liverpool City Centre, Liverpool, SJ336906 Entry times: To be agreed. No dogs allowed. (UKUL) Organiser: Caroline Barcham
4th	BOK	UKUL Event, Wells
10th	SLOW SEOA Level B	London City Race, City of London, London
11th	EMOA Level B	Peter Palmer Junior Team Relay.



<b>September 2016 Cont.</b>		
17th	PFO NWOA Level B	Lancashire Hot Pot Weekend Urban (UKOL), Todmorden, Todmorden
18th	PFO NWOA Level B	Lancashire Hot Pot Weekend Urban (UKOL), Hurstwood, Burnley
18th	GO	UKUL Event, Guilford
24th	MAROC SOA Level B	Junior Inter Regional Chamionships Individual, Cambus O May, Deeside
25th	GRAMP SOA Level B	Junior Inter Regional Chamionships Relays, Forvie, Aberdeen
25th	DVO EMOA Level B	DVO Level B - Chinley Churn, Chinley Churn, New Mills, <a href="#">SK024850</a>
<b>October 2016</b>		
1st	LEI EMOA Level C	<b>EM Urban League, Dishley Grange, Loughborough</b>
1st	WSX SWOA Level B	Caddihoe Chase Day 1 (UKOL), Agglestone Heath, Poole, SY035836 Organiser: Julie Astin, <a href="http://www.wessex-oc.org">www.wessex-oc.org</a>
2nd	WSX SWOA Level B	Caddihoe Chase Day 2 (UKOL), Agglestone Heath, Poole, SY035836 Organiser: Julie Astin, <a href="http://www.wessex-oc.org">www.wessex-oc.org</a>
8th	LEI EMOA Level B	<b>British Schools Score Championships, Bagworth Common and Woods, Leicester. Organiser: Chris Phillips, <a href="mailto:onecp47@gmail.com">onecp47@gmail.com</a></b>
8th	NATO NEOA Level B	October Odyssey Day 1 including JHI, Venue TBC
9th	NATO NEOA Level B	October Odyssey Day 2 including JHI, Venue TBC



## October 2016 Cont.

9th	NOC EMOA Level C	East Midlands League (NOC), Byron's Walk, Mansfield
15th	NIOA Level B	Veteran Home Internationals, Northern Ireland
16th	NIOA Level B	Veteran Home Internationals, Northern Ireland
16th	SYO YHOA Level A	Compass Sport Cup Final, Tankersley, Barnsley
22nd	ERYRI WOA Level B	Senior Home Internationals & Welsh League Event 2016, Newborough Forest, Newborough, Anglesey.
22nd	DVO EMOA Level C	Grange Top Wood EM League, Grange Top Wood, Swadlincote, SK265143, <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
22nd	HOC	UKUL Event, Great Malvern
23rd	ERYRI WOA Level B	Senior Home Internationals & Welsh League Event 2016, Newborough Forest, Newborough, Anglesey.
23rd	LOG EMOA Level C	EMUL League, Bourne Town, Bourne

## November 2016

6th	SOC SCOA Level A	SOC November Classic & Southern Championships, Fritham/Islands Thorn, Southampton, Organiser: Diana Smith
12th	LOC NWOA Level B	LOC/SROC Weekend (UKOL), Sandscale Haws, Barrow
13th	SROC NWOA Level B	LOC/SROC Weekend (UKOL), Torver High Common, Coniston
13th	<b>LEI</b> <b>EMOA</b> <b>Level C</b>	<b>EM League, Bradgate &amp; Swithland, Leicester</b>





<b>November 2016 Cont.</b>		
19th	OUOC	UKUL Event, Oxford
20th	WMOA Level B	British Schools Orienteering Championships, West Midlands
20th	DVO EMOA Level C	EM League Event - Hardwick, Hardwick Hall, Chesterfield
20th	NOR	UKUL Event, Norwich
26th	QO SWOA Level B	Southern Night Championships, Bridgwater
27th	LEI EMOA Level B	<b>East Midlands Championships, Leicestershire</b>
<b>December 2016</b>		
11th	DVO EMOA Level C	EM Urban League - Wirksworth <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
18th	NOC EMOA Level C	East Midlands League, TBC
31st	LEI EMOA Level C	<b>EM League, Ratby Woodlands &amp; Martinshaw Woods, Leicester</b>

## UK URBAN LEAGUE Details

Eighteen races across the UK, best seven to score for seniors, six for juniors (16-) and five for young juniors (12-). Race Categories are 12-, 16-, open, 40+, 55+ and 65+ for men and women. Points are allocated using BOF membership numbers. Ultrasport vouchers for the overall series Champions. For further details and results see [www.oxfordfusion.com/ukul](http://www.oxfordfusion.com/ukul).



# Photo Gallery: Christmas Novelty 2015



*Mark Hardy*



*Simon Ford*



*Ethan Tebbutt*



*Jessica Dring-Morris*

*Ursula Williamson*

*Andrew Ward*

*Ben Hardy*

*Bob Haskins*

