



Editors:
Alan &
Wendy
West

LEI NEWS

The Newsletter of the Leicestershire Orienteering Club



JK2014 Day 3 - The LEI Day

Retired Man Chronicles

The Golden Rule of Orienteering

Annual Presentation Dinner



Mapper's Mandate

'O' with the Map Upside Down

Summer 2013

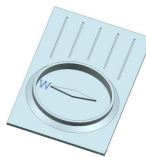
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Front cover photographs: A medley of shots from the British Sprint Championships held at Loughborough University. All photographs by Annie Leake.

Points from the Editors



I am sure that the eagle-eyed amongst you will have noticed the brand-new strap-line on the front cover of this newsletter. Yes, the LEI newsletter was judged

by CompassSport to be one of the top ten newsletters in 2012. This award is testament to the quality and diversity of the articles our members submit for publishing, without which we would not have an award-winning newsletter. Now all we need to do is retain this accolade in 2013, so keep up the good work! If you haven't previously submitted an article, don't be shy - we would love to hear from you!

This edition is jam packed with all of the recent national and international competitions: there are highlights of the excellent British Sprint Championships LEI hosted at Loughborough University in April, alongside news and photos from the JK. In addition to this, there is the rogues' gallery from the British Middle Distance Championships on pages 30 and 31.

We are really pleased to see that the junior members have been busy putting pen to paper again on pages 14 and 15 in order to share their experiences of Interland 2013. On the subject of the juniors, congratulations on coming second in the Yvette Baker Trophy heat and qualifying for the final.

Please send your articles to wenanda@talktalk.net. Happy reading.

Wendy and Alan West



Ramblings from the Chair

Who would have thought that Saturday April 20th would be such a lovely day – and I'm not even referring to the fact that it was my birthday! How we managed to get such good weather for the British Sprint Championships at Loughborough University after the winter that we had experienced was quite unexpected. It was even quite cold today, nearly in the middle of May, as we ran round the centre of Chesterfield in the first of the East Midlands Urban League events. There will be mentions of the Sprints elsewhere and I'm supposed to be writing an article for Focus magazine, but I do want to pay tribute to the way that everyone in the club were so willingly prepared to help out, also at the expense of a competitive run. As Organiser, I had to persuade you all to be helpers and there were over 60 of you out there on the day, so many thanks to you all, as well as several helpers from Shepshed Running Club and the group of students from Loughborough College who acted as marshals and on control site security under the leadership of Howard.

One of the outcomes of running Level A events is that (if successful) it provides good publicity and kudos for our club. We have not been strangers to organising and running level A events in recent years; this was the fifth that we had done in the past 10 years. We started with the day organisation on the Sunday of the 2004 JK in the Lake District, and after a bit of a gap they came thick and fast. Following on from the British Middle Distance Championships at Cademan Woods in May 2009, there followed the Compass Sport Cup Final at Fineshade in October 2009, the Midlands Championships in April 2010 and now the British Sprint Championships in April 2013. Of course, as a progressive club,

there is more to follow. We have agreed to organise the full Long Distance Sunday of the JK in April 2014 in South Wales, and Chris Phillips reminds me that we are also down to organise the British Night Championships in 2016! Any volunteers?



Bob Haskins cuts his birthday cake baked by Ursula Williamson, with LEI helpers relaxing in the background at the end of the British Sprints.

Photograph: Roy Denney

Of course, we will be turning to you again for offers of help for the 2014 JK, and it will be Chris Phillips this time rather than me, as he has taken on the Organiser role, as he did for our previous Level As. Meetings are already being held and we will be looking at trying to find local accommodation for that weekend.



Although in this Ramble I have concentrated on the biggest events we organise, we also run a huge quantity of smaller events and activities. There was a table in the Spring Focus magazine of the number of Events and Activities organised by Clubs in 2012 in which LEI is top with 164, followed by EBOR with 154 and NOC with 138. Many of these are our summer and winter Level D league events, but 112 were activities, i.e. registered club nights and training events. The total of our events and activities now equates to just over three a week throughout the year. This is a great achievement and demonstrates a huge commitment by many members of the club, and again it is something that is recognised within British Orienteering.

Perhaps it is, therefore, not surprising that three of our members now sit on influential committees within the Federation.

Finally, I'd like to congratulate our new British Champion, Finn Lydon, who won M14 at the British Sprint Championships and congratulations also to Hannah Cox who was second at W16. Don Moir was second at M80 in the British Middle Distance Championships on the following day at Stanton Moor. Hannah has now been selected to attend the talent development training camp in Scotland in July, so I would like to wish her good luck on behalf of the Club.

Bob Haskins

Captain's Corner



It's been a busy couple of months in the orienteering calendar. With lots of members taking part in the Jan Kjellstrom Festival of Orienteering and all of the British Championships (Sprint, Middle & Long) and, of course, our first junior social.

38 juniors and adults assembled to do battle at MegaZone's labyrinth in February. For those of you who don't know, MegaZone is a laser tag style game with teams competing in 15 minute sessions to win. With so many LEI juniors attending, we had to split into six teams, with each team having a mixture of adults and juniors. Only three teams could do battle at any one time, and of course the captain's team won the first game. The

night was a resounding success and Matthew Cox, our junior Rep, has promised to organise a summer social.

The club tent has been well used this spring, making an appearance at the JK and the British Championships. LEI achieved national recognition at last year's Yvette Baker Trophy final (for vocal support) and I am starting to believe that our club tent is being pitched at the perfect point for LEI to achieve the loudest cheers on the finish run in (no pun intended), thus helping LEI members shave vital seconds off their result. The tent also provides a real social venue, especially when paired with our flag and a really useful kit dump at these events.

This year we had several teams entered into the JK & BOC relays; sadly we didn't have any podium places, but hopefully in 2014 we will. I must thank Iain Tebbutt for volunteering to co-ordinate the relay teams.



This spring has also seen two of our members producing medal winning performances at national level. Finn Lydon took 1st place at the British Sprint Championships and a 2nd place at the British Middle Distance Championships. Finn was also selected for the England team this spring, along with Gabriel Rawlinson.

Meanwhile, Hannah Cox came 2nd at the British Sprint Championships and was selected for this summer's British Orienteering's Talent Development Camp.

If you haven't already seen the many photographs or videos from the British

Sprints, you can find them on the club's facebook page (you don't need a facebook account to view) at [facebook.com/leioc](https://www.facebook.com/leioc) or search on YouTube for the finish camera footage.

By the time you read this, our junior members will have qualified once again for the Yvette Baker Trophy Final, fingers crossed. This year, we have a staggering 30 juniors running for LEI in the competition, with a few extra juniors on the white course. This has been possible due to the hard work of our coaches and Birthe Wilson.

Roger Phillips

JK 2014 Day 3 - The LEI Day

With less than 11 months to the event, preparation is moving into a higher gear. Progress over the last four months has been rapid, with much of the significant infrastructure that an event of this size requires now in place. Mapping contracts and land access agreements have all been completed and tenders for the entries and download contracts have been invited.

The planning and organising teams have made a number of visits to Llangynidr, and as you would expect with the event area being 1,200ft above sea level, not always in the best of the weather. On our first visit in February, the temperature was well below freezing and the comment was "forget the purple fleeces: how about some club thermal underwear?"

We now have a fairly clear idea of how the event will be laid out on the day and the general shape of the courses. We also have a clearer view of some of the challenges that we face to produce a world class event. The Controller and IOF adviser for the day has been

appointed and we welcome Tim Pribull of CHIG to the team. Tim will be supported by a number of assistant controllers. The Safety Officer for the 6 JK events will be Katy Dyer of BOK who some of you will know from CROESO.

The JK 2014 website is up and running and can be viewed at www.thejk.org.uk/2014 Entries will open on 1st October, 2013. If you want to run on day 3, please speak to me before you enter.

The JK is a world event and we are expecting competitors from 20+ countries. It would be very helpful to have club members available who are fluent in a foreign language - Scandinavian languages and Japanese would be particular useful. If you can help in this way please speak to Ursula Williamson.

Chris Phillips - Organiser

See the back cover for a glimpse of the area and a map extract - Editors



Top Performances from Major Championships

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

British Night Championships, Tankersley, 2nd February 2013

M16 4th Euan Tebbutt
M20L 2nd Simon Bradbury

Midlands Championships, Sherwood Forest, 3rd February 2013

M10A 3rd Ben Hardy
4th Harrington Leake
M12A 1st..... Ethan Tebbutt
M14A 1st..... Finn Lydon
6th Nick Wilson
M18E 5th Matthew Cox
M20E 5th Simon Bradbury
M35L 6th Roger Phillips
M40S 1st..... Jamie Sutherland
M45S 5th Matt White
9th Iain Tebbutt
M55S 4th Andy Portsmouth
M60S 3rd Bob Haskins
M65S 10th Chris Phillips
M70L 6th Simon Ford
M75S 4th Ernie Williams
M80L 2nd Donald Moir

W12A 6th Reed Lydon
8th Peta Jarvis
W14A 6th Gabriel Rawlinson
7th Imogen Wilson
9th Ashleigh Howells
W16A 1st Hannah Cox
W16B 2nd Jessica Howells
W45L 5th Trish Lydon
6th Julie Ferris
9th Alison Hardy
W45S 6th Barbara Tebbutt

CompassSport Cup, Fineshade Woods 17th February 2013

Yellow 2nd Ben Hardy
Orange 2nd Ethan Tebbutt
3rd..... Imogen Wilson
10th... Daisy Herd
Light Green 5th Euan Tebbutt
6th Finn Lydon
7th Nick Wilson
8th Hannah Cox
Green Vets 10th ... Felicity Manning
Green Women 4th Julie Ferris
7th Alison Hardy
Green Men 8th Roger Edwards
9th Simon Ford
Brown 4th Graham Watson



**Interland 2013, Breda, Netherlands,
10th March 2013**

M14 3rd Finn Lydon
W14 2nd..... Gabriel Rawlinson
Both helping England to win this event.

**JK Festival of Orienteering, Chilterns,
29th March - 1st April 2013**

JK Day 1 Sprint, University of Reading

M12 4th..... Ethan Tebbutt
M60 5th..... Roger Edwards
W16 3rd Hannah Cox

JK Day 2, Hambleden

M21V 5th..... Chris Heaton
M70L 8th..... Simon Ford
M80 4th..... Donald Moir
W16A 4th..... Hannah Cox
W65S 9th..... Molly Smith

JK Day 3, Cold Ash

M70L 10th..... Peter Leake
M80 2nd..... Donald Moir
W14B 8th..... Holly White
W65S 6th..... Diane Ford

JK Day 2 and Day 3 combined

M12A 9th..... Ethan Tebbutt
M70L 10th..... Peter Leake
M80 3rd Donald Moir
W16A 6th..... Hannah Cox
W65S 9th..... Diane Ford
10th..... Molly Smith

JK Day 4 Relays, Hambleden

Men's short.....6th

The LEIsurely Lads: Matthew Cox,
Howard Alcock, Simon Bradbury

Senior women..... 10th

Ladies of LEIsure: Julie Ferris, Camilla
Darwin, Trish Lydon

Intermediate men7th

nucLEIc Fusion: Finn Lydon, Ethan
Tebbutt, Euan Tebbutt

Mini Relay M/W12.... 7th

kaLEIdoscope Kids: Harrington Leake,
Reed Lydon, Oscar Wilkinson

**British Sprint Championships,
Loughborough University, 20th April
2013 - Finals Results**

EOD 4th..... Chris Bosley
6th..... John Marriott

M10FA5 4th..... Ben Hardy

M12FA41 4th..... Ethan Tebbutt

M14FA31 1st..... Finn Lydon
8th..... Nick Wilson

M70FA41 7th..... Simon Ford

W14FA41 7th..... Ashleigh Howells

W16FA2 2nd..... Hannah Cox

**British Middle Distance
Championships, Stanton Moor, 21st
April 2013**

M10 7thBen Hardy

M12 8thEthan Tebbutt

M14 2ndFinn Lydon

M20 8thSimon Bradbury

M60 10thRoger Edwards

M70 7thSimon Ford

8thEric Porter

M80 2ndDonald Moir



Top Performances Cont.

British Middles Cont.

W14 9th Ashleigh Howells
 10th Gabriel Rawlinson
 W16 9th Hannah Cox

10th Nick Wilson

M20E 6th Simon Bradbury
 M70L 8th Simon Ford
 M80 3rd Donald Moir
 W14A 6th Gabriel Rawlinson

British Orienteering Championships, Surrey, 4th-5th May 2013.

Day 1, Winterfold/Blackheath

M10A 10th Harrington Leake
 M12A 8th Ethan Tebbutt
 M14A 8th Finn Lydon

W45S 10th Julie Ferris
 W65S 5th Di Ford

Day 2, Relays, Holmbury

Junior Ad Hoc 4th

The LEI surely juniors: Gabriel Rawlinson, Ethan Tebbutt, Euan Tebbutt

CONGRATULATIONS

To the following members who have received colour coded awards since the start of the year. To achieve a colour coded award, you need to get a minimum of **three** qualifying standards, i.e. race round a course within the winner's time plus 50%. The time standard for each event is normally shown on the results front page, so you can easily work out if you ha

White	Ben Bishop	Libby Barber	
Yellow	Ben Hardy	Harrington Leake	
Orange	Anna Barber	Reed Lydon	Oscar Wilkinson
Light Green	Ethan Tebbutt	Imogen Wilson	
Blue	Tom Barber	Finn Lydon	Derek Herd
Brown	Matt Cox		

Chairman's Trophy Awards Evening

Congratulations to Tom Barber, Anna Barber, Hannah Cox and Gabriel Rawlinson who received their most improved athletes' awards from the Chairman of Leicestershire County Council in the middle of April.

Loughborough High Schools won a team award for their first place in the British Schools score competition



CONGRATULATIONS

To Finn Lydon on being awarded the National Forest Trophy. This is awarded for the most outstanding result on the day for an event run within the National Forest. The event took place at Beacon Hill on Sunday 30th December, 2012. The judges of this award consist of the event's controller, planner and organiser. Chris Bosley, the controller, wrote:

We have found it extremely difficult to select the competitor with the most 'outstanding result on the day' as there were so many excellent runs. We considered: who did well in regard to current form, who did well for their age class (young or old); who was running up from their usual colour and who just did consistently good legs?

Even though Finn's Dad (*Nigel Lydon, organiser for the event: editors*) did not vote for him, the other officials felt he just out-performed his rivals on speed, age and position.

The very close runners-up were: Harrison McCartney, Peter Leake, Paul Addison and Hilary Palmer. Also in the frame with commendable runs were: Ethan Tebbutt, Mark Goodhead, John Embrey, Max Cole, Rachel Duckworth, Harrington Leake and John Duckworth. Well done all!



Club President, Ernie Williams, presenting the National Forest trophy to Finn Lydon.

Photo: Sue Alcock

Diary Date

The presentation awards evening for 2014 will take place on Saturday 1st March.

Have you moved house lately?

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



Club Chat

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

Stephen Chafer and daughter Caitlin

Peta Jarvis

Adam Morcom

Grace Garner



Barbara being presented with her prize of an original buff and buff accessories by co-editor, Alan West.

Photograph: Euan Tebbutt



The winning caption in the photo caption competition from the spring edition of the LEI NEWS was:

She only had to say "Jump" and he would ask "How high?"

This was submitted by Barbara Tebbutt.

It was pleasing on this occasion to get a few more entries, some of which were definitely unprintable, so thank you to those members who took the time and trouble to enter. The winning entry was judged by employees of Taylor Hobson Ltd. who were disturbed during their lunch break to vote.

The editors would like to thank Buffera Limited for the donation of an original Buff and other accessories as prizes for our caption competition.



On behalf of all LEI members, we would like to say congratulations to member, Gina Gilbert, who has recently got engaged to Andrew Colton.

For those interested, the Leicester marathon and half marathon for 2013 is on Sunday 13th October.



Leicestershire Orienteering Club Club Championships 2013

The 2013 LEI Club Championships will take place on Saturday 21st September, 2013. The venue will be Sence Valley, near Ibstock. Car Parking will be at Grid Ref SK404113. Post Code LE67 6NW

We are planning to have the post event lunch (fish and chips) and presentations at Ravenstone Village Hall, but at the time of writing this has not been confirmed.

Championships Courses will be:

Yellow: M/W10 and under

Orange: M/W12 and under

Light Green: M/W14 and under. W60+

Green: M/W18 and under. M60+ and

W20 to W55

Blue: M20 to M55

There will be a Golden Boot Trophy, open to all competitors, for the fastest time from the final control to the finish.

The event will use SI punching.

Registration will be from 10.30am to 11.30am, with starts from 11.00am to 12.00 noon. This is a closed event, restricted to club members.

Post event there will be presentations and lunch at 1.30pm. The cost of the buffet is included in the event fee.

Event Fees: Seniors £8. Juniors £4
Dibber Hire £1.00

In order that we can pre-order food, we need some idea of numbers. Please let the Organiser know if you will be attending the event - email: onecphillips@lineone.net

Winners of the junior courses will receive their trophies and certificates on the day. Senior trophies will be presented at the Club Dinner and Awards Evening in 2014. Senior Winners will receive a certificate at the buffet.

Organiser: Chris Phillips

Planner: Roger Phillips

Controller: Peter Hornsby

Club Shop



Club Captain, Roger Phillips, has stock of the new LEI tops in certain sizes, other sizes to order. £21 per top.



Annual Presentation Dinner

The following presentations were made at the presentation Dinner on 16th March, 2013 by president, Ernie Williams, with the exception of the Tiger Trophy which was presented at a later date.



Ursula Williamson: Winter League 2012/2013 top woman.



Roger Edwards: Winter League 2012/2013 winner.



Alison Hardy: Women's W20 to W55 Club Champion.



Howard Alcock: Winner of the 2012 Summer League.



Simon Ford: Men's 60+ Club Champion.



Howard Alcock: Winner: Summer League Sprint & Urban Series.



Trish Lydon: The Clock Trophy, awarded for the longest time on an LEI course. Trish's time was 144 minutes, 9 seconds on a Brown course at Burbage Common on 17th June, 2012.



Trish Lydon: Thelma Spalton Trophy. The trophy was donated by Thelma to honour an outstanding performance by someone of W45 or above. Trish became W45 Midlands Champion at Sherwood Forest.



Iain Tebbutt: The Tiger Trophy, awarded to a member who contributed greatly to the club over a substantial period of time.

Photograph: Sue Alcock

Howard Alcock: President's Salver awarded to honour a member who has put in some outstanding work for the club.



All photographs by Alan West unless stated otherwise.

The following LEI member gained awards, but owing to his emigration to Australia was not present to receive them.

Angus Shedden: Men's M20 to M55 Club Champion & Score Cup

The following members were candidates for the Clock Trophy 2012/2013:

1. Roy Denney: 112m, 29s - Cademan Summer League, Long Course
2. Alan West: 125m, 7s - Spring Cottage Level C, Blue Course
3. Steve Edgar: 130m, 36s - Bagworth Level C, Brown Course
4. Mark Hardy: 131m, 36s - Midlands Night Championships, Spring Cottage, Brown Course.



Junior Spotlight 1: Interland 2013

First off, it was an amazing trip and one I will cherish. First, Nathan Lawson's father, David, took Gabriel and me down to the meeting place where I got the chance to talk and become friends with the other members of the squad. It took some time for the coach to get to us, but that was okay because I had people to chat with. I got on the bus and the atmosphere was awesome. The trip from the meeting place to the ferry, and then to the first accommodation, was endless which gave Gabriel and me time to mingle. However, we got there eventually.

Quickly, the night passed but everyone was up and ready for what lay ahead. It felt brilliant to be a part of this whole event. We reached the next accommodation and soon enough it was time for me to run my first course, which could have gone better, but it happens. I was still happy with my result, though. On the course, my navigational skills were okay but I got confused because there were way too many paths, plus I wasn't running very fast compared to some of my team-mates.

I had dinner, which was delicious, while other members of the squad went out for a sprint around the same area as the first event. I didn't do the sprint because the first event had made me tired. All of the boys from M14 up to M18 had to sleep in one room, which was small, so it was a bit cramped, but I didn't mind because, luckily, I had the top bunk. In the room, we all had a good laugh because all the age groups from the boys and the girls came into one room.

Morning came and I had to get ready to

run for England. It was so nerve racking but so exciting and exhilarating at the same time. It was a fantastic feeling pulling that England jersey over my head. Then it was time to run. It was a fairly technical area with a couple of large, open splodges. I had to keep calm and keep my mind clear and ready to run. Fortunately for me, it turned out brilliantly. I came 3rd overall which I was extremely pleased with. Once I had finished the race I was buzzing, but then it was time to go home. We all had to go so quickly and I was upset that it was about to end.

Once again, we had the long trek back home to England. It was sad but it had been worth it. My time with the England squad was awesome!



Finn Lydon

Orienteering England Chairman, Philip Gristwood, presents Finn with his orienteering England badge.



Junior Spotlight 2: Interland 2013

When I got the letter telling me I had been selected for the English Interland team, I was happy but surprised. I was very excited but nervous as I didn't know anyone going, except Finn, but when Friday came I was looking forward to the weekend as we drove down to London.

After an interesting ferry trip involving walkie-talkie hide and seek and chatting to quite a few French students, we began our drive through France into Belgium and eventually arrived at the Youth Hostel. It was quite late and so I got to sleep quickly.

The next day, we got up early and set out for Holland. We arrived at our next accommodation, which consisted of four to ten metal bunks with rubber mattresses crammed into small dark rooms and girls' showers which the boys had to walk through to get to their rooms. The first event of the PROM (I still don't know what this stands for but it's basically the pre-Interland event or something) was held in the woods opposite the accommodation and involved some tricky paths and small contours. I think I was 3rd in this one. In the night event, I was not expecting to arrive back in any quick time so wasn't surprised to find myself having run a circuit five times from control 5 to 6. Overall, I was pleased with my day's running.

On the morning of the main race, it snowed as we left for the event centre in the coach. When we arrived, we instantly forgot all about orienteering as we saw two huge, bouncy castle-like things which were permanently implanted in the ground. After twenty minutes of solid bouncing, we decided we ought to get

ready to run and I was soon starting my run. The course was quite easy navigationally, but involved a lot of running through spiky vegetation. Well done to Finn for coming 3rd in his race and I was very pleased to finish 2nd in mine, and felt I could relax during the journey home.

After the ferry back to England, where we met even more French, German and American students and a ginger Bradley Wiggins lookalike, I was sad to be driving home from such an enjoyable weekend (but also glad because the fact that it was midnight when we got home provided an almost legitimate excuse for me to miss a morning of geography and physics the next day).

I would like to say thank you to Trish for giving me a lift on Friday morning, and to the Lawson's for driving Finn and me down to London. I had a great time and would recommend any juniors to try and get selected for any competitions like this.

Gabriel Rawlinson

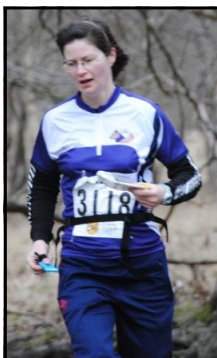


Orienteering England Chairman, Philip Gristwood, presents Gabriel with her orienteering England badge.

Photo Gallery: JK 2013



Trish Lydon



Camilla Darwin



Julie Ferris



Iain Phillips



Roger Phillips



Harrington Leake



Nigel Lydon



Molly Smith



Ben Windsor



All photos : Annie Leake.



Glynn Smith



Peter Leake



Tracey Brookes



Ben Hardy



Mark Rawlinson



Matt White



Ursula Williamson



Alan West



John Marriott

The Golden Rule of Orienteering

Greetings, Orienteers! The objective of this article is to make you think like a champion. Everyone would like to be a champion. But what is it that makes a champion a champion?

They win all the time!

Exactly. They win all the time. Any orienteer can have a good run and do well from time to time, but champions do it all the time.

Lucky sods!

Ah, but it's not luck.

So what's the secret?

Well, someone once asked Nikki Lauda, the Formula 1 motor racing driver: "What is it that makes a champion a champion?"

What did he say?

He replied: "The ability to win going as slowly as possible"

But that is stupid! Champions are supposed to go fast!

Fast, yes, but only fast enough to beat everyone else. Pushing yourself to the limit always runs the risk of pushing yourself *over* the limit, so that things go wrong. Things do not go wrong for champions.

Well, that is all very well for Mr. Lauda, but how does all this relate to orienteering?

Well, maybe we should hear what an orienteering world champion had to say on the subject. Oyvin Thon once wrote: "Every orienteer at a certain level can find his or her way through a course without making mistakes. But the problem is to know how fast you have to run to win the race. If you are going too fast, you will make mistakes. To balance the running speed without making mistakes is very difficult".

So, you are saying that any half-decent orienteer can get round a course without making mistakes if they go slowly enough?

That's right.

And the faster they go, the greater the risk of them making mistakes?

Exactly. To compete, you have to go fast. The trick is to find your optimal speed, which is just below the speed at which you start to make mistakes.

Fine. But Mr. World Champion's optimal speed is a good deal faster than mine! How does he find his optimal speed? How can I find my optimal speed? And why can't you just give me a simple golden rule, eh?

Ah, but there is a simple golden rule ...

ONLY GO AS FAST AS YOU CAN READ THE MAP

Hmm, that sounds fairly sensible, but what does "reading the map" actually mean?

Well, it means a lot of things. The three most important are: (1) being able to relate map symbols to terrain quickly; (2) deciding how much information you need to take from the map to navigate effectively; and (3) being able to read the map on the run.

Good grief! You're not asking much, are you?

Map-reading is the basic skill of orienteering. All of the above components can be improved by training. Doing so will increase your map-reading speed and, thus, improve your optimal speed and your orienteering.

OK, OK, so I can do with improving my map-reading. But you still haven't told me just how fast I need to read the map.

Well, you need to read the map so that, at any point in the course, you (1) know where you *are* and (2) know where you *are going*.

Well, the first one is pretty obvious - if I didn't know where I was I would be lost!



Exactly. Keeping in contact with the map is very important.

So how do I do that, then?

This is where all those navigation skills that you have heard about come in. Things like compass work, distance estimation, and contour interpretation. These are skills which can only be learned through practice in the forest. There are loads of books and training manuals which describe the various skills and how to improve them.

So what is all this "knowing where you are going" about then? I suppose this is route choice.

Well, partly. You should be map-reading ahead of where you are. This helps prevent wasting time at controls, as you know where you are going immediately after punching. It also gives advanced warning of things like steep hills or intricate areas, which require extra physical or mental effort. You can then 'brace yourself' before hitting them.

Hang on! I'm trying to find my way on one leg, and you want me to look at the whole course!

No. I'm not suggesting that you overload yourself with map-reading. Some orienteers may like to plan the whole course in one go, but planning a basic route choice for the next leg is probably sufficient.

So how do I practice route choice?

The good news here is that you can do a lot in the comfort of your favourite armchair. As with map-reading skills, there are a lot of books and articles dealing with things like aiming off, handrails, catching features and 'over or round' problems. It is also useful to look through old maps and ask yourself "what if I had gone that way?".

That sounds easy enough, but I can't orienteer in my armchair!

Of course, making route choices on the run is a slightly different matter. Get information on how well you are doing -

have post-mortem sessions with others on your course and compare split times.

So I need to map read ahead and practice route choice.

That's right. And read your control descriptions.

Ha! I always do that.

Good for you. It is amazing how many people don't. At least, not until they arrive at the control feature.

What's wrong with that?

You would be surprised how much time can be lost by not knowing exactly where to go when you arrive at the control site. The seconds wasted in hesitating, or doing things like running to the top of a knoll when the control is at the bottom can add up to minutes for a 20-control course.

OK. OK. All of this is good advice. But to get back to your main point, how can I find my optimal speed?

Well, you should start by slowing down.

Slowing down?! Are you crazy?

No - I'm serious. Slow down and practise your map reading skills until you can go round courses without making major errors. If you make mistakes on courses, you will be training yourself - through experience - to make mistakes. If you do not make mistakes, you will be training yourself not to make mistakes. Try to develop a rhythm of hitting controls first time.

Then what?

Gradually speed up. If you start making mistakes, then slow down, work on improving your map-reading, and then try speeding up again.

Suppose I can run at full speed and not make mistakes?

Then you are very lucky indeed! Obviously, you will need to improve your running speed through fitness training, but be sure to also work on your map reading, otherwise you could begin to run over your optimal speed.



I think that I get the idea now. It's a bit complicated, though.

It needn't be. Just remember the golden rule - **ONLY GO AS FAST AS YOU CAN READ THE MAP**. Your optimal speed will vary from map to map, from leg to leg and even on the same leg. Remember 'traffic lights'? You can go fast at the beginning of a leg because you only need to read a small amount of information from the map to navigate roughly. Near the control, you have to read much more information and have to slow down. It all boils down to only going as fast as you can read the map.

I see. I suppose it is pretty simple, really.

It sure is. Here is a summary:

Only go as fast as you can read the map

- Know where you are
 - Map-reading skills
- Know where you are going
 - Route choice skills
 - Control descriptions

Magnus Davidson. September 1991

Submitted by Glynn Smith

Orienteering with the Map Upside Down

The Shedden Family Adventures in Sunny Australia

We are not quite sure where the last five months have gone since we arrived in Australia in late December 2012. However, despite being busy unpacking the 100 boxes that arrived in our container in mid February, we have found time to get out and explore the local area and we have joined our local orienteering club - SHOO (Southern Highlands Occasional Orienteers). We are living in Bowral, a large town in the Southern Highlands about one hour south of Sydney and 40 minutes from the beach.

We were not quite sure what to expect of orienteering in Australia. Given that Australia is the size of Europe with a third of the population of the UK, we didn't know how far we would have to travel to get to events and whether the events would have many competitors. There was the added 'excitement' of unfamiliar wildlife and very hot temperatures. However, the Southern Highlands prides itself in having some of the best orienteering in New South Wales, so we

have lots to look forward to right on our doorstep.

The first event we did was a sprint event around the streets of a Sydney suburb. It was a lovely opportunity to meet some like-minded people, get to grips with using a southern hemisphere compass and to familiarise ourselves with new symbols such as that for a termite mound.

One of our biggest concerns was about potential encounters with snakes, spiders and other such wildlife. By talking to many orienteers, we have been reassured that seeing a snake is fairly rare. One club member has been a mapper for over 20 years and has not seen a snake in the wild in all that time. "The noise of early runners will scare away any snakes" is a common saying. However, as we opt for split starts to allow for babysitting of Rory and Euan, one of us has to draw the short straw!

The first State League event of the year



took us to Gardiners Gap East and Long Swamp in the Blue Mountains, venue of the 2009 World Masters Orienteering Championships. It was here that we got our first experience of orienteering in 'the bush'. Rather than the stingy fizz of nettle stings on our legs from UK orienteering, it was the scratches inflicted by the spiky branches which left their mark. The terrain was both technically and physically challenging and made for some fantastic orienteering. Rory was able to enjoy the string course and four month old Euan watched from the pushchair.



Ruth competing in a State League event - no snakes seen on the course, just Kangaroos!

Our most recent event was less successful. We thought it had the potential to be very exciting, given that the format was a single man relay. Runners had a mass start and then did four 'loops' returning to the assembly area each time to collect a different map. This would give Rory, Euan and Ruth the chance to cheer Dad on each time he came back to exchange maps. After more than three hours of orienteering in the heat and battling his way through dense vegetation, Angus returned for some much needed food and liquid. "That's possibly the worst event I have ever done!"

We have also done two 'DuoO' events, a combination of foot o and mountain bike orienteering (MTBO). The format differs from event to event but includes a line and a score component on both foot and bike. Again, these have been great fun and a good opportunity to meet other like-minded people.

Our competitive spirit is fuelled by the very high standard of competition and there is a Lithuanian International orienteer in our club. Like many people, we just need to find more time for training, but given that in the last year we have moved to the other side of the world and Rory's little brother, Euan, has arrived on the scene, we have our excuses for not being as fit as we would like!

Finally, we just want to pass on our congratulations for the continued success of LEI members at regional and national events such as the British Champs and the JK. It is really encouraging to see many LEI names well up the results, with some very good results, particularly from junior club members. A big well done, happy running and do keep in touch.

*Ruth, Angus, Rory and Euan
Shedden*



Rory and Angus discuss their route choice at a local park event.



The British Sprint Distance Orienteering Championships Loughborough University - 20th April, 2013

Who would have thought that Saturday April 20th would give such good weather, following the long winter that we had suffered. Two weeks before the event, we had a site meeting, and the morning start area was pretty much under water. The marquee that we ordered to offer some shelter on the day was ultimately better used as a sun shade!

Loughborough University is the premier sporting campus in the UK, and the University authorities were very keen to see this championship event come to the campus, and were most accommodating. The University is also the largest single campus site in the country and we still have about one third of the campus which is yet to be used. We began discussions with the University in 2009 and firmed up the commitment for the Sprints in 2011.

We held three of our Level D Summer League events there up until the embargo period started, so we had been able to test some of the map and the use of the site. One of the biggest problems that we encountered was the ever-changing nature of the campus with developments happening constantly. We lost one piece of the morning area to demolition and another to re-development, and the map was being changed right up to the Wednesday before the event.

Another advantage of the large campus was that we were able to hold the heats and finals on adjoining areas with no overlap. This, of course, made life more difficult for the planner and the control hanging team, but was more interesting for competitors. The vast majority of the finals area had never been used for orienteering and was more challenging.

This also made for a more interesting day and caused a few navigational issues in the finals. There were also a number of groups of slightly bemused students enjoying afternoon drinks on a sunny day and watching as orienteers ran around in all directions.

From an organisational point of view, having all the facilities along one edge of the campus made our job easier, with the model map becoming the walking map from car park to arena to morning start. It is also not usual to have the use of a 630 space multi-storey car park at an orienteering event, no worry about boggy fields for us. The arena size was not ideal, but seemed to work well enough with the field for enquiries, viewing and club banners, and the finish run in along the top of the bank and leading directly to download.

One of our biggest difficulties was the timetable for the day. It is not possible to finalise the heat times until the entries close, and this year we had 950 entries. We lengthened the start window to just under 85 minutes from 10:45 and got everyone through in this time by using 14 courses. To make the day as short as possible, we opted for the Open Class A Finals at 13:30 and remaining Finals at 14:00 with presentations at 16:00. This put great pressure on our download team and the finish co-ordinator who had to process the heat results into the finals start lists. It just worked out with a bit of patience from competitors, as some of the start lists arrived rather close to the starting times. However, I hope everyone felt that this made the day much better.



I'd like to thank the 60 plus volunteers from LEI in their purple fleeces who helped on the day, plus volunteers from Shephed Running Club and students from Loughborough College. We had good support from Loughborough University, British Orienteering and our other sponsors. We also have a legacy,

by way of a 40 control Permanent Orienteering Course, using both maps from the day, which was installed in the lead up to the Championships.

Bob Haskins - Organiser

Mapper's Mandate

It's the busy time for all mappers with the last few weeks of being able to map in the warm (and dry?) with the ground cover not up enough to hide the little features that we are so keen on that clutter up our maps and give the planners places to hide controls.

The smaller features are often shown symbolically; that means that a standardised, precisely defined shape is used to show the feature. For example, if we consider a depression (as you know from your homework, a small depression is defined as: -

115 Small depression Small shallow natural depressions and hollows (minimum diameter 2m) which cannot be shown to scale by contours are represented by a semi-circle. Minimum depth from the surrounding ground should be 1m. Location is the centre of gravity of the symbol, which is orientated to north. Symbol 116 is used for man-made pits.)

The small depression symbol is 0.8mm across on a 1:15000 map (and therefore 1.2mm across on a 1:10000 map) which means that the symbol covers 12m on the ground! This is typical with symbols, the size on the map is often so much larger than real life, so great care when drawing is needed to make the map clear. The way we deal with this is firstly by simplification, so minor features will be omitted, where there are others adjacent

(hence the regular cry of 'the planner put the control in the unmapped pit!').

We also use generalisation. A bumpy area might be shown with the broken ground symbol to indicate that more is going on, but that it can't all be mapped at scale. Smaller features can be missed off and combined where possible, Think of a typical forest track with a verge, a ditch and a fence on each side: which of these should be shown? If you drew them all, the combined width would be too wide.

A third option, used for areas where there are few symbols but occurring next to major ones, is displacement. So a depression next to a track will have to be moved slightly away so the map becomes clearer, and if there is another feature involved, then that, too, will be moved to keep the spatial relationship correct.

The use of displacement is particularly vital for sprint and urban maps where there are often narrow passages between buildings which, if mapped to scale, would not show up clearly when printed.

The skill of our mappers is not just how they survey the features and draw them in the right place, but how they use generalisation, simplification and displacements to make the map readable. It's often what they don't show on the finished map that counts.

The accuracy of placing features has



been modernised in recent years, first with the introduction of laser measuring devices (made for the golfing enthusiasts) that allow very quick measurements to distant features (up to 1000m with some devices). However, the latest in surveying aids is the hand-held (or wrist-held) GPS unit. The accuracy and speed of these allows reduced time spent measuring when out in the terrain and gives the mapper more chance to concentrate on the other matters. The improving GPS chip-sets and the increasing numbers of GPS satellite systems means that the old problems of poor signals under tree cover and widely varying accuracy are fast disappearing. I would never do a days' survey without taking a GPS tracking device along for the ride. If you want to try this for yourself, take your smart-phone, turn on the GPS and track your route through a mapped area. Use any or the myriad of GPS apps to download, or put your track onto Google maps and see how close it gets to the paths you followed.

On the subject of technology, there are

two interesting new map programmes released recently. Momap for Android smart-phones allows an OCAD map to be displayed and used with a GPS. I will be experimenting with this when checking control sites for the next EMOA league event at Burbage Common. So, if you want to see it in operation, find me at that event and you can have a go.

Perhaps more importantly, there has been major progress with the open source OCAD clone - Open Orienteering Mapper. This free software is now stable and easy to use. It is constantly being developed and getting better, but is already nicer to use than OCAD and catching up in the features department. I suggest that if you are interested in getting involved, download it (Window, Apple, or Linux) and have a bash. It is likely to become the recommended drawing programme, if development continues at current pace, within the next few months.

Good mapping.

Peter Hornsby

Ashby Map Runners

Ashby Map Runners is the new club group which has just started at the Ivanhoe College in Ashby. It is mainly aimed at newcomers, but we can cater for all standards and existing orienteers who are attending to get another fix of their favourite sport.

The group meets in the gym each Wednesday night during term time, from 6.30pm until 8.00pm, and also makes use of a great new map of the college grounds and the adjoining Hood Park

Leisure Centre.

Plans include participating in a gala at the Ashby Bath grounds in July and perhaps putting on an introductory course at that event.

All orienteers are welcome to attend and your first night is free.

Peter Hornsby

Iain Tebbutt



Retired Man Chronicles: Feeding the Foxes at the British Sprints.

(As seen from the Athletics Club House by a member of the LEI catering team.)

It's 3.00pm. on the day before the British Sprints and Roger Edwards is at the front door. He's only taken a few steps inside, "They've changed the paths, they've re-instated paths that were taken away. Now there are **map corrections**" he bursts out.

"How about a nice calming cup of tea?....."

With only hours to go, Roger already has a list of new things to do. He and Retired Man fill my kitchen with piles of control boxes, control number cards and stakes as they double and triple check, then bundle the stakes into some sort of order to be put out very early tomorrow morning. "Where's 102?" " Peter Hornsby's got that" said Roger adding it to the list. "Where's the metre lengths of wire to secure the control to its site?" The TO DO list is getting longer.

Meanwhile, in a quiet corner of the kitchen, I begin my plan to treat you all to some delicious, home baked Italian Focaccia bread and smugly re-name it 'Foxaccia'.The bread dough, olive oil and Italian herbs were rising in the bread maker with that appetising, yeasty smell. Garlic cloves had been crushed and added to soft rosemary leaves, fresh from the greenhouse, to be ground with sea salt in the pestle and mortar, and release their culinary perfumes. Black olives were thickly sliced and tangy sun-dried tomatoes snipped to size. The bread dough was 'knocked down' and those additional, mouth-watering ingredients folded in and kneaded with floury hands.

All that remained to do was to cut the

dough into individual rolls, caress them with a brushing of 'tomatoey' oil, and leave them to rise snuggled under their cling film, in the warmth of the sun-lounge. The big trays of rising Focaccia were each placed on the very wide arms of a comfy chair and bathed by the rays of the afternoon sun in Spring time.

I have a confession to make...

I had volunteered to borrow a very large teapot from the Guide leader. I had only been gone ten minutes but the first words I heard on my return through the front door, teapot in hand, were from Retired Man. "I have a confession to make...."

The Focaccia rolls were upside down on the floor. All the air knocked out of them, jumbled together, limp and in a sorry state.

There was some story about sitting carefully between them and then when he got up both trays fell off.

One set of squashed rolls was still in its cling film and I turned it into a loaf. The others had fallen out of their protective film and onto the floor. I baked this too, to feed real foxes that visit the garden, not the intended orienteering Foxes. However, later that evening, as I peeped between the curtains into the garden, it was a badger that was enjoying a taste of Italian cuisine.

There is a tongue twister 'She sells seashells on the seashore' which



commemorates Mary Anning. She sold shells and fossils on Lyme Regis beach to finance the study of her Jurassic fossil finds in the new science of Palaeontology in the 1800s. It's British Sprints day and John is up before the sun. He decides to walk down the frosty lawn in his slippers to photograph the sun appearing over Thurcaston village and mist rising from the pond in the field. I offer this little tongue twister to commemorate the early morning start for the control 'putter-outerer' on April 20th 2013.

Are slippers slippery on a steep slope?

Our slippers slippery, slip down slope.

Photo of sunrise, gone for a Burton

Now it's pride and bum that are hurtin'.

Are our slippers slippery on a steep slope?

Yes.

My early morning journey was glorious with Epinal Way pink with cherry blossom and a weeping willow just breaking into lime green leaf. The weather was kind to us all day and put everyone (well almost everyone) in a good mood.

"So just exactly how do I get my car to the Traders' area near the Hockey Pavilion (to unload cakes and jams with the WI market) and then to the Athletics Club house (catering team) through the maze of little roads and one way system?" I asked the man on the entrance gate.

Mobile phone call from Linda of the WI. "I'm lost, where are you? Where are we putting up this gazebo for the WI market?" I get stuck behind the lorry that is delivering the toilets.

"Where are we going to put all this stuff?" said the catering team surveying boxes

and boxes of bread, cakes, cheese, ham, tuna and crisps in the tiny kitchen of the Athletics Clubhouse

"I never want to see a tuna sandwich again," said Di Ford, hidden behind a pile of said sandwiches she and Margaret Keeling had just made.

"Isn't cling film wonderful?" said the catering team

"Another tray of sandwiches, cakes and drinks for the start team," said Tracey.

"Now which purple fleece will fit?" said the helpers as they rummaged through cardboard boxes of the unclaimed fleeces.

"Another tray of sandwiches, cakes and drinks for the finish team," said Tracey.

The nearest loo was in the Students' Union.

"How do you get these automatic doors to let you IN to the Students' Union?" said Tracey.

"How do you get these automatic doors to let you OUT of the Students' Union?" said I.

"How much are two cups of coffee, please?" asked two strange women who had wandered into the clubhouse. "50p." said I.

"Another tray of sandwiches, cakes and drinks for the results team," said Tracey. "They are working really hard."

"You mean all these sandwiches, cakes, crisps and drinks are free?" said Howard's young security team with the big appetites.

After a hectic time over lunch, calm returned and we realised the day was going smoothly. Some LEI runners had done well, others were annoyed about the mistakes they had made. Time to sit



outside in the sunshine and watch some athletes training in the Paula Radcliffe stadium.

"Can I have a cup of tea please?" pleaded Chris Phillips "A large one?" said I knowingly.

"Are you having a Diet Coke break?" said Dave Toach, accusing us of ogling the fit young man doing standing jumps over the high hurdles. "Who - us?" replied the catering team.

Peter Leake is watching the circuit runners setting a very fast pace, yet making it look easy.

Steve Edgar and several LEI folk are pink in the face from all the sunshine.

In the car once more to pick up goodies from the end of the WI market. Get stuck behind that lorry again, this time taking the toilets away.

'Happy birthday to you! Happy birthday to you!' Yes it's Bob H's 62nd birthday, but there are so many people at the clubhouse that they overflow onto the grass. Ursula has made a delicious chocolate hedgehog cake with spines of chocolate orange 'matchsticks'. Bob thanks all the purple-cladded people for their help. Now it is time to tidy up, and meet again in The Paget Arms.

The orienteering club needs us all....

Well done everyone. Some folks star at orienteering and become British champions and others star at making cups of tea. The orienteering club needs us all in order to pull off a very successful day. A huge thank you to whoever organised the day-long sunshine.

Retired Man has turned his attention to the centenary of the Radio Society of Great Britain RSGB. Various celebrations are planned for July at Bletchley Park - yes that code breaking/computer inventing place. Retired Man and Bob T. are putting on a radio orienteering event and they have just heard Prince Philip (RSGB President) will be there; an M90 competitor perhaps? I hope John will be 'scrubbed up' and on his best behaviour.

Retired Man and his Garmin are going places. If he uploads a plot that shows:

1. A series of parallel, vertical lines with faster times going one way than the other;
2. Concentric circles;
3. Occasional short horizontal stripes;

then he has been wearing his Garmin while mowing the lawn. ("To see how far I walk." he explains

1=up and down the slope. 2=round the pond. 3=emptying the grass onto the compost heap.

Boys and their toys! Or should that be Retired Men and their toys.

Irene Marriott

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.



Photo Gallery: British Middle Distance Championships

Finish control photos courtesy of Steve Kimberley, all others Wendy Carlyle.



Chris Bosley



Bob Haskins



Howard Alcock



Ian Wilson



Alison Hardy



Kevin Bradley



Iain Tebbutt



Steve Edgar



Richard Leake



Matt Cox



Wendy West



Tom Barber



Simon West



Out and About

Fancy a different Long O? Plans for a new walking route to commemorate John Muir were officially unveiled at the Scottish Parliament late last year. The Central Scotland Green Network will develop the 108 mile John Muir Coast-to-Coast Trail which will run from Dunbar, East Lothian to Helensburgh, Argyll and Bute. The new trail should be open by April 21, 2014 - the date of Muir's birthday and the centenary year of his death.

Also, just launched in Scotland, their longest walking route, a 470-mile Scottish National Trail starts where the Pennine Way leaves off. The trail forms the first ever end-to-end or top-to-bottom walking route through Scotland, from Kirk Yetholm in the Scottish Borders to Cape Wrath, the most north-western point on the British mainland. The route wanders through some of Scotland's most beautiful and rugged landscapes, primarily linking numerous existing rights of way, and creates a long distance walking route that must compare with the best in the world.

For normal mortals who might be tempted to tackle this in bite sized chunks, it does break down into quite identifiable stretches. Kirk Yetholm - Melrose - Edinburgh - Milngavie - Callander - Aberfeldy - Kingussie - Fort Augustus - Acknashellach - Kylesku - Oykel Bridge - Cape Wrath. One big issue for walkers attempting the trail or parts of it is that in the more remote reaches, accommodation is scarce to put it mildly. The jumps mentioned are the best shot along the actual route at getting somewhere to stay and are about 30, 50, 50, 30, 45, 50, 35 45, 55, 35, 50 miles each but then there are easy miles and hard miles to consider.

All we need now is a trail from Edale to link up with the S.W. coast path for the ultimate Long-O.

Work is currently on-going to restore an important blanket bog in Rhyd Ddu, Snowdonia.

Years of inappropriate management means that restoration works on the peat land are badly needed, and the work has been ongoing at the site since September 2012.

Key species required for peat growth, such as sphagnum, or peat moss, can still be found, but its water and plant life need to be restored.

This is a considerable project with 12km of ditches at the site needing filling in. Eventually, the benefits this project will bring to the biodiversity of the area will be substantial, and the restoration of the site will increase the peat land's ability to lock up carbon, improving the quality of the water and water retention within the catchment of Afon Gwyrfaai at the same time.

Work was also undertaken on less intensely drained peat land on adjacent farms as part of the project constructing peat dams at intervals along the lengths of the shallower channels. These dams will ensure that the land will remain wet, therefore able to encourage plants such as bog asphodel, sundews and sphagnum to grow, and create habitats suitable for creatures such as dragonflies and toads.

The project will be completed by the time you read this.

Coming closer to home, a project to renew some 2,000 metres of well-loved paths at four major access points to



Kinder Scout has just been completed and will help to protect the internationally important moorland habitat from the effects of foot traffic and water. Paths at Grindslow Knoll, Crowden Tower, Ringing Roger and The Nab have been enhanced as part of the Natural England Conservation Plan Project.

This will be very helpful for walkers, but keeping us to the paths is also of great ecological benefit. The Dark Peak moorlands support the full range of breeding birds found in the South Pennines, some of which are represented at their most southerly English locations. The extensive areas of peat land are also home to the full range of blanket bog, cotton grasses, crowberry, heather and bilberry.

Crucial innovations that feature in the works include a range of long-term, robust water management devices, such as drainage ditches, water bars and fords. By introducing water bars and angling flagstones, water is diverted across and away from the paths.

Considerable planting has also been done to undo the damage alongside the paths where we previously tried to avoid the swamps.

The improved footpaths will significantly improve our access and enjoyment while protecting much loved landscape and wildlife.

The numbers of birds in Britain over winter is about quadruple that in summer. Geese, swans, waders, wigeon and other ducks, redwings and waxwings are visiting in their thousands, along with other regular, colourful and noisy visitors. These are not all just birds we see in winter only, but numbers of species always resident grow as their cousins from colder climes call in.

We have more blackbirds, as many

younger birds in particular come over from Europe to find easier food supplies to get through the winter, although they may have struggled this year.

The waxwings and redwings have also flown in from across the water looking for berries, fruit, worms, etc. The redwings are often seen in mixed flocks with their fellow members of the thrush family, the fieldfares.

Another close relative of these thrushes is the robin, and our resident birds will have been joined by an influx of continental visitors from Europe, but as robins are territorial throughout the year, the locals defend their patches for feeding and are likely to be seen chasing off these visitors.

Starling numbers also build up and can result in the fantastic spectacle of large flocks dancing in apparent formation above their favourite overnight roosts.

The crow's colourful cousin, the jay, comes in from continental Europe in fairly large numbers. They also become much tamer and you have more chance of seeing them. This is aided, of course, by lack of leaf cover in the trees.

These birds all try to escape the arctic conditions in the heart of continental Europe, Scandinavia or from the colder conditions of Greenland and Iceland.

If you are out and about in the winter months, other than noisily crashing through the undergrowth competing, you have far more opportunity to see birdlife than in summer months. However, if we get many more winters like the last one, who knows whether this will still be the case. Keep your eyes open as you take to the countryside next winter as who knows how many similar opportunities you will get.

Roy Denney



Training for Novice Planners

Some 8 months ago, I wrote an article for the Newsletter about the need for club members to become mapping updaters. At that time, I had hoped that we might be able to put on a course within a matter of weeks. Sometimes (rather like my legs at 'the British') the wheels of orienteering turn very slowly. At long last, however, we have a course and a date:

A training course for new mappers is to be held at Riseholme College, Lincoln, on Saturday 28th September and Saturday 5th October, 2013. This is a two day

course and will cover surveying techniques, including using a GPS, basic OCAD training and will include Mappers' Safety as required by British Orienteering. The course will be suitable for anyone who has an interest in helping update existing orienteering maps. LEI will make a contribution towards travel costs; the course itself is free. If you are interested, please let me know.

Chris Phillips

Project 2015

Take a look at the website: www.project2015.co.uk which is an athlete-led initiative working with the wider orienteering community with the aim of achieving the best British results possible at WOC 2015 and beyond.

Summer League 2013

The fixtures are listed on the following pages. The events are informal, usually with a social element. Week-day 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.

For results, please see 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.



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 or check on 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.

June 2013

2nd	DVO EMOA Level C	Cromford Moor and Black Rock - EM League , Cromford Moor and Black Rocks, Wirksworth Organiser: Stephen Mead www.dvo.org.uk
4th Tuesday	LEI EMOA Level D	Summer League 9. Snibston Discovery Park, SP416144, Classic event
8th	NOC EMOA Level D	EM Urban League , Nottingham www.noc-uk.org
12th Wednes- day	LEI EMOA Level D	Summer League 10. Loughborough Endowed Schools, SK541189, Sprint event.
16th	LEI EMOA Level C	LEI EM League Event , Burbage Common. Organiser: Wendy West Tel: 0116 260 1689 www.leioc.org.uk



June 2013 cont.		
18th Tuesday	LEI EMOA Level D	Summer League 11. Bradgate Park, SK541114, Classic event
22nd	EPOC YHOA Level B	YHOA Urban League (UKOL12), Halifax, Halifax Organiser: Jonathan Emberton
23rd	EPOC YHOA Level A	Northern Championships (UKOL13), Castle Carr, Hebden Bridge, SE022307 Organiser: Amanda Crawshaw www.eastpennineoc.org.uk
27th Thursday	LEI EMOA	Summer League 12. Groby Community College, SK518070, Sprint event
July 2013		
2nd Tuesday	LEI EMOA	Summer League 13. Burrough Hill, SK756115, Classic Event
7th	LOG EMOA	Yvette Baker Trophy Final, Belton Park, Grantham www.logonline.org.uk
14th Sunday	LEI EMOA Level D	Summer League 14. Fineshade, SP978984, Score event
17th Wednes- day	LEI EMOA Level D	Summer League 15. Market Bosworth Country Park, SK407030, Sprint event
21st	DVO EMOA Level C	Buxton EM Urban League, Buxton, Buxton
23rd Tuesday	LEI EMOA Level D	Summer League 16. Swithland woods, SK537130, Classic event
28th	SOA Level B	Scottish 6 Days - 2013 (UKOL14), Lossie, Moray Coast
29th	SOA Level B	Scottish 6 Days - 2013, TBC, Moray Coast



July 2013 cont.		
30th	SOA Level B	Scottish 6 Days - 2013 (UKOL15) , Culbin, Moray Coast
31st	SOA Level C	Scottish 6 Days - 2013 - Sprint Race , TBC, Lossiemouth
August 2013		
1st Thursday	LEI EMOA Level D	Summer League 17. Outwoods, SK515160, Classic event
1st/3rd	SOA Level B	Scottish 6 Days - 2013 , TBC, Moray Coast
6th Tuesday	LEI EMOA Level D	Summer League 18. Burbage Common, SP447953, Classic event
11th Sunday	LEI EMOA Level D	Summer League 19. Beacon Hill, SK510145, Classic event
15th Thursday	LEI EMOA Level D	Summer League 20. Treasure Hunt, venue TBC
20th Tuesday	LEI EMOA Level D	Summer League 21. Bagworth Woods, SK458068, Classic event
24th	EBOR YHOA Level B	White Rose Individual - 1 , Gilling, Helmsley Organiser: Mike Ridealgh , teteblanche@hotmail.com , 01904 634138 www.eborienteers.org.uk
25th	EBOR YHOA Level B	White Rose Individual - 2 & YHOA Superleague , Gilling, Helmsley Organiser: Mike Ridealgh , teteblanche@hotmail.com , 01904 634138 www.eborienteers.org.uk
26th	EBOR YHOA Level C	White Rose Team Score , Gilling, Helmsley Organiser: Mike Ridealgh , teteblanche@hotmail.com , 01904 634138 www.eborienteers.org.uk
29th Thursday	LEI EMOA Level D	Summer League 22. Donisthorpe, SK318141, Score event FINAL EVENT



August 2013 cont.		
31st	LOG EMOA Level C	Lincoln City Race , Lincoln
September 2013		
8th	WCOC NWOA Level B	Peter Palmer Junior Team Relays , Hawse End, Western Lakes www.wcoc.co.uk
8th	DVO EMOA Level C	DVO EM League , Hardwick Estate, Chesterfield Entry times: 10:00 - 12:00. www.dvo.org.uk
15th	SWOC WOA Level B	Junior Home Internationals - Relays , Clydach Terrace, Brynmawr Organiser: Mark Saunders www.swoc.org.uk
21st	LOK SEOA Level B	LOK Ultrasprint (UKOL16) , tbc
22nd	SLOW SEOA Level B	London City Race (UKOL17) , London cityrace.org/
28th	WIM SWOA Level B	Junior Inter Regional Championships Individual , Wareham Forest, Wareham, Dorset Organiser: Christopher Branford www.wimborne-orienteers.org.uk/wim/index.htm
29th	WIM SWOA Level B	Junior Inter Regional Championships Relays , HamptonRidge, New Forest, Ringwood Organiser: Christopher Branford www.wimborne-orienteers.org.uk/wim/index.htm
October 2013		
6th	LOG EMOA Level C	Stamford Town Race , Stamford
12th	NATO NEOA Level B	October Odyssey day 1 & British Schools Score Championships , Druridge Bay Country Park, Amble
12th	NOC EMOA Level C	NOC Regional Event , Bestwood Country Park, Nottingham www.noc-uk.org



October 2013 cont.		
13th	DVO EMOA Level C	DVO EM League , Kedleston Hall, Derby, SK312402 Organiser: Sal Chaffey www.dvo.org.uk
20th	BOK SWOA Level A	CompassSport Cup Final , Moseley Green & Mallards Pike, Forest of Dean, SO631087 Organiser: Mark Dyer , 01179 684173 www.bristolorienteeing.org.uk
26th	CUOC EAOA Level B	Cambridge City Race, Cambridge Organiser: David Maliphant www.cuoc.org.uk
27th	LEI EMOA Level C	LEI EM League Event , Ratby
November 2013		
2nd	SOC SCOA Level B	Salisbury City Race (UKOL18) , Salisbury, Salisbury No dogs allowed. Organiser: Pat Hart , b.hart@tiscali.co.uk , 01794 390593 www.salisburycityrace.org.uk
3rd	SOC SCOA Level B	SOC November Classic (UKOL19) , Brockenhurst, Southampton, SU335025 www.novemberclassic.org
10th	NOC EMOA Level C	NOC Regional Event , Thoresby North, Ollerton www.noc-uk.org
17th	DVO EMOA Level B	British Schools Orienteering Championships , Shipley Park, Ilkeston, SK432454 Organiser: Val Johnson www.dvo.org.uk/
24th	LEI EMOA Level B	East Midlands Championships, Regional B event, Spring Cottage, Ashby de la Zouch www.leioc.org.uk
December 2013		
22nd	NOC EMOA Level C	NOC Regional Event , Walesby, Ollerton www.noc-uk.org
29th	LEI EMOA Level C	LEI EM League Event , Outwoods

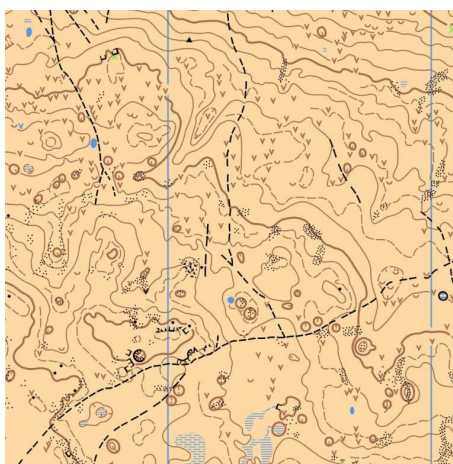


JK2014 - Day 3 Hosted by LEI



A glimpse of the area for day 3. The area is Mynydd Llangynidr and is adjacent to Merthyr Common which will host day 2.

Photograph courtesy of British Orienteering.



Map extract from Mynydd Llangynidr, the area where LEI will be hosting day 3 of the JK2014.