

# LEI News

editor - john cooke

The Newsletter of the Leicestershire Orienteering Club

## Ramblings from the Chair



Firstly my thanks to all those club members who helped with the Midlands

Championships at Belvoir in March. When, on the Saturday afternoon, I found myself standing in the car park with the rain pouring down and the standing water lapping round my ankles I feared the worst but a fine Sunday morning and sterling work by club members made the event very successful. Congratulations to Peter Leake on becoming the Midlands M70 Champion.

One issue from the Midland Champs (and a number of other events) is the widespread lack of knowledge among competitors, of the rules of our sport. How knowledgeable are you? One area of confusion is the shadowing of Junior Competitors. EMOA have recently

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**Copy date  
for next issue  
15th Sep**

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requested clubs to ensure rule 1.5.4 is adhered too at League Events and we shall also be trying to ensure better compliance at other LEI events.

We have several major events coming up over the next nine months and you will find further details elsewhere in the newsletter. I would like to draw your attention to the revamped Club Championships in October. This will be a stand alone event, open only to club members and we shall be combining it with our 40<sup>th</sup> Anniversary celebrations.

After the successful 5 week trial of "Club Night" in March your committee have agreed that a weekly Club Night will run throughout the Autumn and Winter of 2010/2011. Several club members have agreed to train as coaches to enhance our coaching resources and we are currently looking for a co-ordinator and a small group of people to act as the administrators on each night. Further details will be available towards the end of the summer.

*Chris Phillips*  
*Chair*

## LEI 40<sup>th</sup> Anniversary Celebrations

We shall be celebrating our 40<sup>th</sup> anniversary at the Club Championships on Saturday 2<sup>nd</sup> October. This will be a closed event open only to club members.

The plans are not yet completely finalised but at the time of writing this is the proposal:

10.30am to 12.30pm The Championships at The Partings, South Charnwood

1.00pm to 3.00pm Party at the Thatched Cottage, Stanton under Bardon.

With either a hot buffet or Carvery.

The event fee will be Seniors £7.00, Juniors £3.50 and that will include the food at the party.

Invitations will be sent out later in the year.

As part of the celebrations Iain Tebbutt is compiling a montage of "as you were in 1970" photos of current club members. Please let Iain have your photos and we can have some fun on the day identifying people!

*Chris Phillips*

# LEI Major Fixtures



In the next 11 months we have a number of major fixtures:

## **Saturday 12<sup>th</sup> June Bradgate Park - EMOA League Event -**

As this is a Level 2 event it will be a national ranking event. A chance to get ranking points on home ground.

Rachel Simonetti is organising and she will be grateful for any offers of help

## **LEI Club Championships – Sunday 2<sup>nd</sup> October 2010 – The Partings**

Your club committee have agreed a new format for the club championships. This years event will be a “stand alone” closed event (open to club members only) and will include for the first time courses to determine Junior and Super Vet Champions.

The courses and classes will be:

Yellow M/W10 and under

Orange M/W14 and under and W60+

Green M/W18 and under, W20 to W55 and M60+

Blue M20 to M55.

You may of course compete on a “higher” course.

As this year marks the 40<sup>th</sup> anniversary of LEI’s first event we are planning some post event celebrations after the Club Championships

## **Midlands Middle Distance Championships**

A new event which is being held at Irchester on Sunday 24<sup>th</sup> October. We are running this event jointly with SMOC who are holding a Sprint event in the centre of Milton Keynes on Saturday 23<sup>rd</sup>.

## **Compass Sport Cup**

We shall be hosting the regional heat of the Compass Sport Cup at Beacon Hill on Sunday 16th January 2011. As this will be a Level 2 event it will also be a national ranking fixture. This autumn, Club Captain Alison Hardy will be recruiting team members. We are on home ground, so with a strong team we have a real chance of doing well.

## **East Midlands Championships**

On Sunday 3rd April 2011 we return to Cademan for another major event, The East Midlands Championships. Again this will be a Level 2 event and therefore another chance to gain Ranking Points

And looking to the future:

## **The British Elite and the British Age Class Sprints Championships 2013**

We have been invited to host the 2013 British Sprints. No dates yet but likely to be between mid April and mid May at Loughborough University.

*Chris Phillips*  
*Chairman*

## Recent Events Update

### Bagworth EMOA League Event

17<sup>th</sup> January 2010

**Organiser: Alison Hardy**

**Planner: Max Cole**

**Controller: Peter Hornsby**

A turnout of approximately 130 competitors was rather low compared to previous events at this venue, maybe the cold weather in previous weeks dissuaded people although the weather on the day was fine.

A couple of interesting points from the Organiser's and Planner's comments respectively:

"A number of runners were overheard commenting that they hadn't realised how physical the area could be."

". . . it was good to see that we will soon be able to add some detailed areas not yet mapped that will provide some interesting alternative control locations."

One attraction of events at Bagworth, if they are run from the Miner's Welfare Club is the availability of hot bacon butties at the end of a run on a cold day.

One of the more interesting parts of the longer courses was the "stepping stones" or "rock scramble" which was rather wetter than usual due to snow melt. The photograph below shows Mark Foxwell demonstrating one way to overcome this obstacle. It is not clear to me whether this was Mark's intended method or not !!!

*(more photographs are available on the results page for this event on [www.leioc.org.uk](http://www.leioc.org.uk))*

Bagworth				
Brown (9.9km - 175m)	Graham Watson	LEI	M21	63:18
Blue (7.2km - 120m)	Andy Hemsted	HOC	M60	52:31
Green (4.8km - 85m)	Harriett Lawson	DVO	W16	41:26
Light Green (3.7km - 70m)	Amy Parkinson	NOC	W21	38:01
Orange (3.3km - 60m)	Alan West	LEI	M50	31:52
Yellow (1.8km - 35m)	Ethan Tebbutt	LEI	M10	17:21
White (1.6km - )	Alex Gibb		M10	15:28



## **The Midland Championship - Belvoir Castle 21st March 2010**

**Organiser: Chris Phillips**

**Planner: Peter Hornsby**

**Controller: Hedley Calderbank**

Mud, Mud Glorious Mud! Twelve hours of heavy rain before the event had turned parts of the car park and the start area into a muddy swamp. Thankfully on the day the rain had cleared away and 900 competitors were treated to the Vale of Belvoir at its most beautiful.

For the first time in nearly 40 years we had permission to

use the area around the Castle and with only the longer courses using the long escarpment, most runners competed on unfamiliar terrain. Peter

Hornsby's courses making the most of the slopes and very runnable woodland. One of the problems with staging this level of event is the size of area needed. With M21E running over 15Km plus nearly 400m of climb we needed every bit of Don Moir's new map.

The bad weather, entries and seeding problems before the event, computer and catering problems on the day plus other assorted minor problems made this one of the more difficult events of recent years but as always LEI turned out in force to help and most of the difficulties were resolved. My thanks to everybody for the help on the day and with setting up in the rain on the Saturday.

*Chris Phillips*

## **Charnwood Forest South**

**18<sup>th</sup> April 2010**

**Organiser: Laurie Fluck**

**Planner: Bob Haskins**

**Controller: Andy Portsmouth**

This event should have taken place in February but a substantial overnight snowfall caused access to the whole of the Charnwood Forest area to become problematic and the event was postponed. What a difference a couple of months make, a beautiful spring day made it a pleasure to be out. A turnout

<b>Charnwood Forest South</b>				
Brown (6.7km - 180m)	Jeff Colbert	SYO	M21	54:57
Blue (5.9km - 135m )	Paul Armstrong	DVO	M55	54:44
Green (4.3km - 110m)	Philip Emery	NOC	M40	46:41
Light Green (3.2km - 80m)	James Gath	LEI	M16	29:48
Orange (2.8km - 55m)	Edward Parsons	LEI	M14	31:18
Yellow (2.1km - 40m)	Xavier Salcedo		M7	15:49
White (1.3km - 35m)	Rhiannon Emery	NOC	W8	11:35

of just over 180 competitors was very respectable for a rearranged event. Charnwood Forest South consists of three areas, Benscliffe Woods, Abell's Wood and Rough Hill. The heavy undergrowth in parts of Benscliffe means that the planner is effectively restricted to only one crossing point from Abell's Wood into Benscliffe and then a certain amount of dead running to get to and from the more accessible areas of Benscliffe. Despite these limitations Bob produced excellent courses which seemed to be appreciated by the competitors on the day.

# Development Activity



## **Permanent Orienteering Courses**

The Permanent Orienteering Course at Foxton Locks was launched in March. There are three courses with one suitable for those with restricted mobility, all courses are downloadable from the club website. Maps are also for sale in the Top Lock Café. British Waterways sponsored the map and plaques.

In May the courses at Melton Country Park were put onto the club website for downloading

We were awarded a £1000 Highcross bursary in March and this will be used to provide an extended permanent orienteering course from Watermead North to Abbey Park. The courses will be suitable for cyclists and runners. We are working with the City Council and British Waterways to agree permanent posts sites. Paddle plus have given advice on ensuring the courses will be suitable for canoeists with some posts visible from the river.

## **Coaching**

Teaching orienteering Part one course was held in May at the Leicester Outdoor Pursuits Centre and there were nine attendees, including three from out of County.

The 3 day UKCC level 1 coaching course started at Groby Community College on May 8 and the final session will be in mid June. As some club members were not able to attend the East Midlands

Orienteering Association will endeavour to run a further course in the autumn, it is hoped that four more club members will be able to attend the course at no charge. Two club members are also attending the four day level 2 course at Sherwood Pines, Nottinghamshire.

## **Schools Orienteering**

May is the busiest period for Schools orienteering, with partnership selection events being held for most of the County. The club is supporting the events at Oadby and Wigston, North West Leicestershire district, Blaby & Harborough and South Charnwood partnerships. The Inter Schools Partnership (County schools) championship will be on Friday, 18 June AM at the Outwoods, Loughborough.

We are providing coaching at three Sports Unlimited projects in city schools. The sessions will culminate in activity weekend at Leicester Outdoor Pursuits Centre on June 26/27<sup>th</sup> when climbing, archery, canoeing, sailing and orienteering will be offered to 80 children on the Sports Unlimited projects.

Election night was also the Chairman's Trophy Evening at County Hall, Glenfield and four awards were made to Leicestershire and Rutland orienteers: Ethan Tebbutt and Simon West for being the most improved boys and Abigail Leake and Harriet Lawson (DVO) most improved girls. The club was again nominated for the John Buckingham award for the best developing schools sports Association.

## Training Centres and Club Night

The two new training centres at Ibstock Community College and Hastings High School, Hinckley have just commenced and the club coaches are busy delivering a variety of activities. All club members are invited to attend the sessions. Ibstock is on Monday evening and Hastings High School on a Wednesday evening.

We offered taster sessions at Moat Community College on its family fun and learning day and again at Burbage Country Fair on Sunday 9th May. We

have been invited to attend the Sence Valley country fair on Sunday 8th August. These provide an opportunity to present orienteering to new members who may be interested in the training centres.

Following the success of the Spring pilot, the club night at Groby Community College will recommence when the summer league has finished. We are seeking individual night organisers to put up the programme and collect entry fees.

*Roger Edwards*



Belvoir Castle through the trees - Midland Champs - March 2010 - Roy Denney

## SOCIAL REPORT ANNUAL PRESENTATION DINNER

This year's dinner is at the same venue as last year and is to be on Saturday November 27<sup>th</sup>. You will be asked to gather from 7.00 at Kirby Muxloe Golf Club (off Station Road) and we will be sitting down at 7.45.

First course choice is from Tandori chicken and sweet chilli sauce; a prawn cocktail and Scottish smoked salmon salad or winter vegetable soup. Main courses will be roast beef and Yorkshire puddings etc.; cod loin and crayfish butter-lemon sauce or goats cheese and

onion tart, with for afters, a choice from Raspberry pavlova, sticky caramel pudding with custard or cheese and biscuits with celery and grapes

You will be reminded in the next newsletter but put the date in your diary.

*Roy Denney, Social  
Secretary*

# Map Symbols

## Do you know your runnability?

We all dream of running in white woods. But it is usually a dream! As you should all know, nice orienteering woods are coloured white with darker shades of green indicating areas that are not so easy to run through. But do you know how fast you should be able to run through those darker green areas or the areas covered in green stripes?

The symbols used on a normal cross country orienteering map, i.e. excluding sprint, urban and school maps, are (or should be!) drawn to the International Specification for Orienteering Maps (ISOM 2000). The words in bold below are taken from ISOM 2000. The comments are mine.

White

**FOREST: EASY RUNNING. Typically open runnable forest for the particular type of terrain.**

*[Comment. Based on the next definition, this should mean that it is possible to run at speeds of 80 to 100% of normal speed.]*

Green 30% The lightest shade of green used

**FOREST: SLOW RUNNING. An area of dense trees (low visibility) which reduces running speed to around 60 to 80% of normal speed.**

Green: Wide stripes overlaid on White or Yellow (Open or Rough Open land)

**UNDERGROWTH: SLOW RUNNING. An area of dense undergrowth but otherwise good visibility (brambles, heather, low bushes, and including cut branches) which reduces running speed to 60 to 80% of normal speed.**

*[In terms of running speed it therefore corresponds to Slow Run]*

Green 60% The intermediate shade of green

**FOREST: DIFFICULT TO RUN. An area of dense trees or thicket (low visibility) which reduces running speed to 20 to 60% of normal speed.**

*[Sometimes this appears in legends as Forest: Walk]*

Green: Narrow stripes overlaid on White or Yellow (Open or Rough Open land)

**UNDERGROWTH: DIFFICULT TO RUN. An area of dense undergrowth but otherwise good visibility (brambles, heather, low bushes, and including cut branches) which reduces running speed to 20 to 60% of normal speed.**

Green 100% The darkest shade of green

**VEGETATION: VERY DIFFICULT TO RUN, IMPASSABLE. An area of dense**



**vegetation (trees or undergrowth) which is barely passable. Running reduced to 0 to 20% of normal speed.**

*[Comment This is colloquially known as "Fight" and is often used for things like rhododendron bushes. Note the definition includes dense undergrowth as well as dense trees and bushes. In my view this means that wooded areas covered in brambles more than about knee height should be coloured dark green even if there are no bushes and the woods have good visibility.]*

Yellow 100% The brightest yellow

**OPEN LAND. Cultivated land, fields, meadows, grassland, etc without trees, offering easy running.**

Yellow 50% A more dull yellow

**ROUGH OPEN LAND. Heath, moorland, felled areas, newly planted areas (trees lower than about 1m) or other generally open land with rough ground vegetation, heather or tall grass. This may be combined with the green stripe symbols to show reduced runnability due to vegetation.**

*[Comment. The current Specification does not specify a runnability range for either Open or Rough Open. In my view it would be helpful to specify Open as having a runnability of 80 to 100% of normal with Rough Open corresponding to 20 to 60% so that these mimic the Forest runnability categories. The current definition of Open is too limited which means that highly runnable moorland or heathland is often shown as Rough Open. When considering route choices in such*

*areas, what you need to know is the areas where you should be able to run at more than 80% normal speed and those where typical speeds may be much less than half normal speed and even down to 20%. Below 20% the area should be coloured Green (Fight) – basically don't go there! ]*

If you want to know more about ISOM 2000 then search for it using Google or, if you really want to, type in the following URL to go to the IOF website.

<http://www.orienteering.org/index.php/iof2006/Rules-and-Guidelines/Mapping-Standards>

Hope this helps

*John Marriott*

## AGM Date

The Leicestershire Orienteering Club 2010 Annual General Meeting will take place on Monday 25th October. Venue and other details to be confirmed nearer the time.

## THE LEICESTERSHIRE ORIENTEERING CLUB 2010 SUMMER TRAINING LEAGUE for THE RBS SHIELD

Events are informal, usually with a social element  
Weekday starts are staggered from 6.30 to 7.30 pm - courses close 8.30  
(these times may be advanced by 30 minutes at either end of the season)  
For non competitive training & other events ( \* ) please try to arrive by 6.45 pm.  
Sprint/Urban events are marked S/U  
Competitive events will use SI electronic punching (£1 hire) whenever possible  
Entry fees - Adults £5 (£3 for members) - Juniors £1  
For results please see [www.leioc.org.uk](http://www.leioc.org.uk) or contact Mark Foxwell

League scores are on standard handicaps and the best eight events count giving everyone a chance of success in the league if they perform as well as their age would suggest they should.

All events include a technical course. There will always be an introductory level course for novices and young children and where practical an intermediate standard course.

League points are also allocated for all training events

Events are provisional, awaiting permissions etc. Please confirm arrangements either with the organiser or league coordinator (Mark Foxwell 01509 646695) or visit [www.leioc.org.uk](http://www.leioc.org.uk)

DATE	DAY	EVENT	ORGANISER	NOTES
June 16	Wed	Beauchamp	S James Gath	Two races
June 24	Thur	Johns Lee & Sim Bailey	Roy Denney	
June 29	Tue	Foxton Locks	Chris Phillips	
July 4	Sun	Outwoods		
July 13	Tue	Sence Valley and Ibstock	U Mark Sherriff	
July 22	Thu	Treasure Hunt	* Bruce Bryant	Nuneaton area
July 27	Tue	Ratby	Peter Leake	
Aug 1	Sun	Bagworth		
Aug 4	Wed	Fosse Meadows	David Anderson	
Aug 10	Tue	Loughborough University	S Bob Haskins	Prologue and 1
Aug 18	Wed	Oakham		Includes Oakh
Aug 24	Tue	Evington		
Sep 2	Thu	Burbage Common	Mark Foxwell	Main Visitor C

## League Table - Top 15 places

Pos	Name	Club	Class	Best 8	Handicap	Events	Total
1	David Bray	LEI	M55	643	772	80	852
2	Chris Williamson	LEI	M21	765	765	80	845
3	Simon Ford	LEI	M65	574	735	70	805
4	Roger Edwards	LEI	M60	550	683	70	753
5	Mark Foxwell	LEI	M45	583	653	80	733
6	Roger Phillips	LEI	M21	662	662	70	732
7	Ursula Williamson	LEI	W45	557	646	80	726
8	Iain Tebbutt	LEI	M40	598	646	70	716
9	Robert Haskins	LEI	M55	503	604	70	674
10	Euan Tebbutt	LEI	M12	481	586	80	666
11	Mark Sherriff	LEI	M45	512	574	70	644
12	John Marriott	LEI	M60	456	566	70	636
13	Kevin Gallagher	LEI	M60	444	550	70	620
14	Steve Edgar	LEI	M40	449	484	80	564
15	Simon Starkey	LEI	M50	424	492	60	552

***For a more detailed league table visit the LEI website - [www.leioc.org.uk](http://www.leioc.org.uk)***

	GRID	SOCIAL VENUE
	SP629994	Oadby Owl
	SK507100	Coach and horses, Markfield
	SP692892	Foxton Locks- need name
	SK514159	Priory, Nanpantan
	SK390109	Queens Head, Heather
	Tba	
	SK497061	
	SK457067	Bricklayers Arms, Thornton
	SP488907	The Countryman, Sharnford
Final race	SK523193	Paget Arms, Regent Street
am Tops	SK840074	Plough, Braunston
	SK629020	Cow & Plough
entre CP Mass Start 6.30	SP 447953	Hinckley Rugby Club-tbc

# A Large Helping of The Chronicles of Retired Man



In the last episode of the Chronicles I made a personal comment about the safety of the icy descent to the Finish at Snibston. Peter H commented that competitors were made aware of the icy conditions as the slope had to be climbed from the Start and there was a choice of route available: steep & icy or less steep & longer on a footpath.

For those readers wondering what happened to Chris B and his out of date passport, he was able to join Retired Man skiing in Austria only one day late

Sunday 17<sup>th</sup> January was the event at Bagworth with those lovely bacon butties and Pete H's action packed video of competitors visiting a control, originally described as 'between the ponds' but is actually 'in the pond', and the stepping stones are underwater. Peter's video is being played in the download room and in the main registration room a huge roar can be heard. Have Leicester City scored a goal? No. Has Mark Foxwell fallen in the water? Yes.

John phones from Austria to say that the best way to mend a bad back is to dose up on paracetamol and go skiing with his LEI fleecy hat jauntily adorned with a tiny Austrian flag.

On his return from skiing John has a 'new gadget' a touch pad I pod computer, the size of a mobile phone which does absolutely everything. He insists on following me around, even into the toilet, to show me more & more of

the apps (applications) that his new toy can do.

For a few days I am sure he is waiting for his brain to be delivered back from Austria as he goes searching in the **fridge** for postage stamps and then gulps his food down to arrive on time at a map group meeting. This panic is not necessary as his watch is on Austrian time i.e. an hour later

Early in February Retired Man goes to a week end coaching conference at Lilleshall. It's a posh old house, part of the Prison Service, and was used by the England football squad who went on to win the World Cup in 1966. Will any of this brilliance rub off onto John?? I can't get much sense out of him other than he has been well fed, and there's a video about how to run which looks like John Cleese's Ministry Of Silly Walks.

February 16<sup>th</sup> and the Winter League is at Western Park where I hear details of Ursula Williamson's encounter with a bog at Allestree. Ursula was waist deep in mud, clinging to a low growing branch and was rescued by two fellow orienteers.

Feb 21<sup>st</sup> and I awake to find lots of snow has fallen. I decide not to go to South Charnwood and then feel guilty about not supporting the club. However on the website the event has now been cancelled.

John has 'man flu' and is working his way through the supply of Lemsips from

Anstey Coop; By Monday evening I have 'woman flu' but am determined to witness the inaugural Club night at Groby College. I am very sorry if I sneezed all over you. Unfortunately Club night overlapped with the parent & child classes (no not changing a nappy) in orienteering, so it was all a bit muddled and the carpet was very muddy. "Kids who'd 'ave 'em eh?" but I don't think the

***Retired man demonstrating his new found skipping technique—note the look of intense concentration on his face.***



grown ups were any better.

John Thompson, an experienced running coach, was showing us some simple exercises to stretch the muscles. It looked like a line up in a gent's urinals as we all faced the wall, one sock & shoe removed. We stood with the bare foot 4" (10cm) from the wall and bent the knee to touch the wall. It's supposed to

get easier if you practise but I thought that people with longer lower legs would have a distinct geometric advantage?? .After club night advice, John tried skipping.

At Belvoir Castle the Club Shop was expanded to become the WI Country Market stall with lots of goodies from everyone at Glenfield WI market. With posh green gazebo & matching green tablecloths I thought it looked very smart "You'll be getting net curtains next" quipped an orienteer. (I did get a bit miffed when someone was selling cakes from the boot of their car. UNWRAPPED cakes contravene food hygiene regulations). I think they had fun on car park duty when the 3 men in charge were all called Ian/Iain. Reminds me of the Monty Python sketch where everyone is Bruce and Australian

It was raining heavily as we travelled south to the JK for the sprints at Bicton Agricultural College and we needed a push as the car got stuck in the car park. When a soggy John returns we use our 'reduced price for orienteers' offer next door at the Bicton Gardens and travel on the little railway for a tour of the Gardens & Champion Trees.

Sue Bicknell has organised a chalet on the caravan site at Coombe Martin, on Devon's North coast, for a week and we are joined for the weekend by Bob B & John M from OD.

The next morning, after Retired Man has broken the blind in the bathroom, we set off for Cookworthy Forest. The terrain is saturated and it is still raining. I am a prisoner trapped in the car with an orienteer who mumbles to himself as he gets ready. "What, no clothing bags?" "Sugger, my 'O' shoes have a hole in them big enough to poke my finger

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# LEI News

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through" Demonstration of finger in hole. "Shall I wear my short sleeve or long sleeve Helly?" "Have you seen my 'O' socks?" "Yes back at the chalet". Put on normal socks, put on 'O' shoes "Sugger" take off shoes, take off socks. Put tape on ankles, put on socks then shoes again.

I am wishing it would stop raining then I can escape this mental torture.

John continues "Now the list of 5 things in my head.: Compass, whistle, dibber, control card holder, GPS Tracker, map.. (That's 6 already) Race number 2411, attached by safety pins (that's 7 & 8) and half moon glasses (9). When he leaves for his run I **write down** this checklist and put it in his 'O' box for the sake of future sanity.

During his run, the string on John's whistle gets caught up in a tree and he spends precious time untangling himself as Mike Hampton streaks past. Also Chris Bosley, who is injured, manages to beat Retired Man by six minutes. Most orienteers commented "Never have I orienteered in so much mud."

On Saturday evening we attend the Orienteering AGM at Barnstaple and sit with Judith Holt and Don & Shirley Moir. There is sadness at the death of Dave Stubbs who died whilst orienteering yesterday. LEI are second in the Club of the Year category and John is to collect a £200 cheque and a certificate in a cheapo clip frame... I leap to my feet to take a photo. Back in our seats, the framed certificate falls on the floor but Don finds all the clips and mends it. However by the time it gets home to Leicestershire there are a few clips missing. The motion to abandon the newly introduced 3 tier system and

replace with 4 tiers, was hotly debated, and carried. John would have preferred the old 5 tier system.



***Retired man collecting the club's runner up award in Club of the Year at the BOF AGM***

Easter Sunday at Braunton Burrows and the written checklist of 'O' items works well, only he has forgotten to bring his 'O' shoes. Revenge is sweet as he beats Chris Bosley by six minutes. Braunton Burrows is a military training area with notices that warn "If you find strange objects, do not touch, they may explode and kill you". Back at the Assembly area we watch and cheer as Mairead Roche collected her prize in the W21 Elite.

Next day Mike Hampton is injured and may not compete in the relay. John offers himself as a replacement. Sue

Bicknell sets off to talk to the relay team and texts back three little words "John not needed" That's abrupt, sad & disheartening: he'd even made sandwiches just in case.

Although it's a long drive to Wheal Florence, a former tin mine near Plymouth, the allure of a complicated map was irresistible. Sue & John take similar times, 71 minutes, to run the short & long course respectively. The long course was won by Graham Gristwood, a member of the winning world relay team, in 24 minutes 59 seconds. "How do I get as good as him?" asked Retired Man " Try being a lot younger & a lot skinnier" I replied.

Sue, John & I bought various components of an Indian meal: different rices, Naan bread poppadums, chicken korma, lamb bhuna etc. Back at the chalet, Sue & I watched in amusement as John took charge. It was like a military campaign. to heat everything in the microwave and it all be ready at the same time and on **Hot** plates. Sue comments that "John is good value for money---entertainment-wise"

Next morning it's Sue's turn to be in the spotlight as she struggles and fails, to open a tube of Colgate fluoride toothpaste. It must have a child safety cap or something. There are detailed accounts of how to clean your teeth but nothing to show how to open the tube first! The solution is to stab the tube with scissors.

In Ifracombe harbour Sue & John are arguing whether the tide is coming in or going out. The answer is to go away and have a cup of coffee in Smuggler's Café & then return to see if the water is higher or lower. The winner (John) may gloat, but has to pay for the coffees.

There are lots of businesses in Ifracombe

with the name Smuggler's .....Inn/ Hotel etc but I laughed all day long at "Smugglers' Needlecraft" & the mental picture of salty old sea dogs taking up crochet, knitting and needlepoint. "Sorry Matey, I can't go a-smuggling today, I've got my cross stitch to finish!"

On the coast path at Coombe Martin we discover this poem scrawled on a notice board:

If I could be anything

I would be a slug.

Then I could crawl up your sleeve

And give you a hug.

Sophie

Well Sophie, it does not scan and there is a spelling mistake, but hey, you are a published poet.

Thank you Sue for organising the accommodation. for the JK. The battle between Chris Bosley and Retired Man on cumulative results (that means added together, kids) was won by Chris beating John by FOUR seconds. (Retired Man blames it on being tangled up in the tree by his whistle.)

John, Roger E, Chris B. Sue B and Pete L. and maybe more, have 'joined the army' in orienteering terms, and done several mid week events e.g. Swinnerton. The start was delayed for an hour but the army laid on sandwiches and mugs of tea. Perhaps the area was double booked as the orienteering took place with bullets firing, land rovers whizzing by, logs being moved, Middle Eastern music playing and pretend dead bodies being loaded into the back of trucks.

John has been very busy helping to

*(Continued on page 16)*

*(Continued from page 15)*

coach at various places such as Groby College, Soar Valley school and a one-off taster session with some ASBOs and their minders at Markfield –half of them got sent home but the other half were fine and one very quick lad ought to be signed up by LEI.

The cancelled –by –snow event at Charnwood Forest South was moved to a most glorious day in April with orienteers dusting off the picnic blankets to enjoy some sunbathing. I am helped by young orienteers to sell sweets, chocs and drinks in the club shop Thank you.

The Development team, Roger & Ursula W., Judith, Roger Kelly, and the Hardy family, (and I hope I haven't missed any one,) were very busy at Burbage Common with lots of children trying the 2 string courses and Naughty Numbers. Retired Man & Roger E were off to Cromford Moor after Roger had delivered some of the equipment I had to take to Burbage. John's parting words were "By the way, they've built a new road at Earl Shilton" Well, I am famous for getting lost and of course OS maps & Street Atlases don't have Clickers Way on them. Well I passed through Earl Shilton twice and ended up 3 km away on the single track back road, called Burbage Common Road, at Elmesthorpe. Sorry team if I arrived just before kick off with quite a bit of the kit and a Dalmatian called Millie. Millie helped Roger Kelly and I to put out the extension that formed the long string course. Millie was not impressed. She did not like the undergrowth of prickly brambles near where Roger K had put the string. But the kids must have liked it as they returned again & again to improve their time.



**Garden Gnome fishing ??? - Laurie Fluck on car parking duty at Belvoir**

Usually the Chronicles also contain some of the exploits of Helen Edwards and myself when we accompany Roger & John to orienteering festivals. At the moment Helen is recovering from a serious ear operation that she underwent in January and I'm sure we all send our best wishes.

Until next time.....happy orienteering.

*Irene Marriott*



# 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 10.30 to 12.30. 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 using a Standard Entry Form (SEF) or more frequently these days online; EOD will usually be limited and more expensive. Most will offer a limited number of colour-coded course for EOD. Cheques payable to organising club , if not otherwise specified.

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

## CHANGE OF EVENT STRUCTURE IN FIXTURE LISTS

2009 sees the start of the new British Orienteering event structure with 3 levels of event. .

- ◆ Level 1 = NATIONAL (British and Area Championships and the JK)
- ◆ Level 2 = REGIONAL (Age Class Ranking Events)
- ◆ Level 3 = LOCAL (Participation events including \*Colour Coded\*, Summer and Winter League etc.)

\*Courses available at Colour Coded Events are White, Yellow, Orange, Light Green, Green, Blue and Brown unless the Event details state otherwise\*.

This replaces the previous 5 category system although at present the British Orienteering fixtures list appears to be still using the old system apart from dropping category 4. This makes it currently very difficult in the to distinguish a local event with a full complement of colour coded courses from a "Summer League" type event with limited courses

# LEI News

## July 2010

11th	WMOA HOC Local	HOC Local Event , TBC TBC Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
18th	WMOA OD Local	OD Colour-coded Event Burton Dassett Hills Country Park , Burton Dassett Hills Country Park Gaydon , SP396519 Organiser: Richard Gardner, 01604 770761 Entry On Day: Senior £6.00, Junior £3.00, Student £3.00. , Punch Type: EMIT, Dogs: Preferably on a lead Start Times: 10-30am to 12-30pm <a href="http://www.octavian-droobers.org">www.octavian-droobers.org</a>
25th	WMOA POTOC Local	POTOC Stone Town Score Event , Stone Town Stone, Staffordshire , XX999999 Organiser: Henry Morgan, <a href="mailto:shenrymorgan@yahoo.co.uk">shenrymorgan@yahoo.co.uk</a> , 07910 859932 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, Start Times: TBC <a href="http://www.potoc.dandasparks.org.uk">www.potoc.dandasparks.org.uk</a>

## August 2010

22nd-27th	NWOA Re- gional	Lakes 5 Day Regional Events 22nd Lakes 5 Day 1 , North end of Haweswater Penrith , NY510164 Organiser: Dick Whitworth Postal Entry: Lakes 5 2010, 7 Ashbourne Court Shirebrook Park, Glossop, Derbyshire, SK13 8RT. Cheques payable to Lakes 5 Online entry through <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> Entry On Day: Senior £18.00, Junior £5.00, Student £5.00. Pre-Entry Fees: 31/07/2010. Senior £16.00, Junior £5.00, Student £5.00 , Punch Type: SI, Start Times: tbc <a href="http://www.lakes5.org.uk">www.lakes5.org.uk</a>
	NWOA	23rd Lakes5 Day 2 , tbc Coniston , SD304973 Postal Entry: Lakes 5 2010, 7 Ashbourne Court Shirebrook Park, Glossop, Derbyshire, SK13 8RT. Cheques payable to Lakes 5 Online entry through <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> Entry On Day: Senior £18.00, Junior £5.00, Student £5.00. Pre-Entry Fees: 31/07/2010. Senior £16.00, Junior £5.00, Student £5.00 , Punch Type: SI, Start Times: tbc <a href="http://www.lakes5.org.uk">www.lakes5.org.uk</a>
	NWOA	24th Lakes5 Day 3 , Steel End Farm Lake District , NY321128 Organiser: Roger Jackson Postal Entry: Grahame Crawshaw, 7 Ashbourne Court Shirebrook Park, Glossop, Derbyshire, SK13 8RT. Cheques payable to Lakes 5 Online entry through <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> Entry On Day: Senior £18.00, Junior £5.00, Student £5.00. Pre-Entry Fees: 31/07/2010. Senior £16.00, Junior £5.00, Student £5.00 , Punch Type: SI, <a href="http://www.lakes5.org.uk">www.lakes5.org.uk</a>

## August 2010 continued

	NWOA	25th Lakes 5 Day Regional Events Lake District No Entry On Day. Entries Close: TBC , Punch Type: SI,
	NWOA	26th Lakes5 Day 4 , Bracelet Moor Coniston , SD243919 Organiser: Norman Hall Postal Entry: Grahame Crawshaw, 7 Ashbourne Court Shirebrook Park, Glossop, Derbyshire, SK13 8RT. Cheques payable to Lakes 5 Online entry through <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> Entry On Day: Senior £18.00, Junior £5.00, Student £5.00. Pre-Entry Fees: 31/07/2010. Senior £16.00, Junior £5.00, Student £5.00 , Punch Type: SI, <a href="http://www.lakes5.org.uk">www.lakes5.org.uk</a>
	NWOA	27th Lakes5 Day 5 , Old Racecourse Kendal , SD501917 Organiser: Susan Denmark Postal Entry: Grahame Crawshaw, 7 Ashbourne Court Shirebrook Park, Glossop, Derbyshire, SK13 8RT. Cheques payable to Lakes 5 Online entry through <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> Entry On Day: Senior £18.00, Junior £5.00, Student £5.00. Pre-Entry Fees: 31/07/2010. Senior £16.00, Junior £5.00, Student £5.00 , Punch Type: SI, <a href="http://www.lakes5.org.uk">www.lakes5.org.uk</a>
28th-30th	YHOA EBOR Regional	White Rose Weekend 28th White Rose Regional Event (EBOR Prize Event) , Collis Rigg Helmsley Organiser: Bill Griffiths No Entry On Day. Entries Close: TBC , Punch Type: None, No dogs allowed. <a href="http://www.eborienteers.org.uk">www.eborienteers.org.uk</a>
	YHOA	29th White Rose Regional Event (EBOR Prize Event) , Collis Rigg Helmsley Organiser: Bill Griffiths No Entry On Day. Entries Close: TBC , Punch Type: None, No dogs allowed. <a href="http://www.eborienteers.org.uk">www.eborienteers.org.uk</a>
	YHOA	30th White Rose Team Race , Collis Rigg Helmsley Organiser: Bill Griffiths No Entry On Day. Entries Close: TBC , Punch Type: None, No dogs allowed. <a href="http://www.eborienteers.org.uk">www.eborienteers.org.uk</a>

## September 2010

4th	YHOA SYO Regional	Urban Race , Sheffield Sheffield Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
5th	EMOA LOG Regional	Lincoln City Urban Race , Lincoln Lincoln , SK973719 Organiser: Sean Harrington, <a href="mailto:sean@logonline.org.uk">sean@logonline.org.uk</a> , 01522 791344 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.logonline.org.uk">www.logonline.org.uk</a>

# LEI News


## September 2010 continued

5th	WMOA WCH Local	Walton Chasers local event , Sycamore Hill, Oldacre Valley Can- nock , SJ972181 Organiser: Tom Roach, 01543 254 617 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: On leads. <a href="http://www.walton-chasers.co.uk">www.walton-chasers.co.uk</a>
11th	EMOA DVO Local	DVO Local Event , Littlemoor Matlock Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
12th	WMOA WRE Local	Shropshire Long O , Long Mynd Church Stretton Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
12th	EMOA LEI Local	Local , Donisthorpe & Willesley Ashby Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
19th	EMOA DVO Regional	DVO Regional Event , Carsington Pastures Wirksworth , SK243553 Organiser: Roger Hodgson, <a href="mailto:mail@rh-architect.co.uk">mail@rh-architect.co.uk</a> , 01629640829 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Start Times: 10:30 - 12:30 <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
19th	WMOA HOC Local	West Midland Relays , Hartlebury Common Stourport , SO823708 Organiser: Barbara Ford, 01386 40246 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.harlequins.org.uk">www.harlequins.org.uk</a>

## October 2010

2nd	WMOA OD Local	OD Sprint Event Stoneleigh Park , Stoneleigh Park (National Agricultural Centre) Kenilworth , SP329712 Organiser: John Bowman, 01926 853720 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.octavian-droobers.org">www.octavian-droobers.org</a>
3rd	WMOA OD Regional	Warwick Urban Race , Warwick Warwick , SP287648 Organiser: Richard Gardner, 01604 770761 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: EMIT, Dogs: Preferably on lead Start Times: 10-30am to 12-30pm <a href="http://www.octavian-droobers.org">www.octavian-droobers.org</a>

## October 2010 continued

9th	EMOA DVO Local	DVO Local Event , Calke Abbey Derby , SK368227 Organiser: Val Johnson, gmjandfam@aol.com, 01773 824754 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
23rd	EMOA DVO Local	Limited Colour Coded Event , Bottom Moor Matlock Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.dvo.org.uk/">www.dvo.org.uk/</a>
23rd	EAOA SMOC Regional	SMOC MK O-Sprint & EA League , OU Campus Milton Keynes , SP885375 Organiser: John Shaw Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
24th	 EMOA LEI Regional	<b>LEI Midlands Middle Distance Championships , TBC TBC</b> <b>Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. ,</b> <b>Punch Type: None,</b>
24th	WMOA WCH Local	Shoal Hill local , Shoal Hill, Cannock Chase Cannock , SJ959123 Organiser: Ianka Petrova Evans, 01782 788341 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, <a href="http://www.walton-chasers.co.uk">www.walton-chasers.co.uk</a>
30th	WMOA WRE Regional	WRE Regional Event , TBC TBC Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
31st	EMOA DVO Regional	EM League , Stanton Moor Matlock , SK247635 Organiser: Stuart Swalwell, stuart.swalwell2412@mac.com, 01335 347814 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.dvo.org.uk">www.dvo.org.uk</a>
31st	WMOA POTOC Regional	West Midland Championships , Park Hall Stoke on Trent , SJ928446 Organiser: Henry Morgan, shenrymorgan@yahoo.co.uk Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.potoc.dandasparks.org.uk/">www.potoc.dandasparks.org.uk/</a>

# LEI News

## November 2010

7th	EMOA NOC Local	EM League , Bestwood Nottingham Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
7th	WMOA WRE Regional	WRE Regional Event , TBC TBC Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
14th	WMOA HOC Regional	HOC Regional Event , Postensplain Bewdley , SO743791 Organiser: Brian Hughes, 01905 21001 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.harlequins.org.uk
21st	YHOA SYO Regional	Regional Event , Ecclesall Woods Sheffield Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
22nd	EMOA DVO Local	DVO Local Event , Shipley Park Heanor , SK432454 Organiser: Kim Buxton, 01773 604123 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.dvo.org.uk
28th	EMOA LEI Local	EM League , Burbage Common Hinckley Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.leioc.org.uk
28th	WMOA WCH Regional	WCH Regional Event & WM League , South Sherbrook, Cannock Chase Cannock , SK001167 Organiser: Patrick Murray, 01538 266224 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.walton-chasers.co.uk



The registration & enquiries team ready for action at the Midland Champs at Belvoir Castle, March 2010 - R. Denney