LEICESTERSHIRE ORIENTEERING CLUB

Minutes of a Committee Meeting held on Monday 9th May 2016 at Groby Community College.

Present: Roger Phillips, Chris Phillips, Mark Hardy, Roger Edwards, Laurie Fluck, Bob Haskins, Alan West, Steve Chafer, Hannah Cox, Ursula Williamson, Jane Dring-Morris.

- 1. Apologies: Ian Phillips, Roy Denney, Pete Leake, Wendy West, Ernie Williams.
- 2. The. Minutes of the last Committee Meeting on Monday 8th February 2016:

In future all reports by club members should be attached to the minutes and be put on the club website.

- 3. Items arising from the minutes: None
- 4. Request for inclusion in "Urgent and Important" items on the Agenda:
- a) Status of Standing Order 5

BOF have re written their policy on safeguarding to replace word "vulnerable" with "at risk". This was accepted and will be incorporated in our revised Standing Order 5.

b) Date of 2016 Club AGM

It was agreed that this will be Monday 31st October 2016.

5. Development Plan:

After a recent club officers meeting CP has modified the Plan. There are 5 key areas:

Coaching and training of all club members in Orienteering techniques

Recruitment and training of event helpers

Closer engagement with club member to understand their needs

Drive to recruit new members

Increase marketing and publicity

(See attached Development Plan 2016)

6. Treasurer's Report

We have a £2.5K surplus that RE expects to reduce to £1K by the end of the year (see attached accounts 2015/16). Next year we expect a £5K loss because of external mapping costs. These will be paid for by revenues from the 2018 Level A event at Belvoir. BOF levies will increase with club membership remaining the same. Fees for Level C events for 2017 will be increased to £7.50/£3. The YBT coach will be £450 this year and the Club Captain and Treasurer will decide on the club contribution to this expense.

7. Delegates' report:

EM. There is a new BOF director (Julie Webster) and Chair (Judith Holt). The region will do another planner/controller conference in spring 2017. JIRCS is in Aberdeen this year and EM are flying there. The Junior Squad had a successful training day in Cademan Woods recently. There are several major events coming up in the region- Peter Palmer Relays at Groby on 10th/11th September; British Schools Score at Bagworth on 8th October; East Midlands Championships on 27th November. NOC or LOG are in line to hold the YBT regional heats in April or May 2017.

8. Events Sub Committee report

(See Attached Events Sub Committee Report for May 2016)

We now have permission for the East Midlands Championships at Wakerley on 27th November. We will be parking at a nearby airfield and bussing the competitors to the Woods. A new area (The Newarke and Leicester Castle) will probably be used for a Sprint on Saturday to make a UKOL

weekend with the Midland Championships at Belvoir on17/18th March 2018. If this new area is used then the British Sprints in 2019 will be at Loughborough University.

9. Development Team

(See attached report Development 9 May 2016)

There are very few clubs who are putting their POCs on the BOF website. RE attended a club conference in March. Schedules for the Club Nights may need to be published so that members know what to expect. RE wonders whether Glenfield is a good venue for the Thursday club as it is small with no attached woods.

10. Club Captain's report

Club captain's report attached

11. Membership Report

Membership report 9 May 2016 attached

12. AOB

Copy date for the Newsletter is 15th May

Alison Hardy has sent off for the Club Mark renewal submission to BOF

13. Date of future meetings:

FULL February, May, August, November.

Fixtures January, April, July, October
Minor Events March, September, December

Development January, July

Coaching Forum March AGM OCT

Budget for 2016/17 summary

1 Event Income 2 Event Expenses 3	2015/16 2 Rev Budge 20500 -19328 1172	2015/16 2 Actual to dat 3 15814 -14653 1162		2015/16 Forecast 18394 -19408 -1013
5 Other Income 6 Other Expenses	12330 <u>-13411</u>	13213 <u>-12029</u>	2581 <u>-2785</u>	15794 <u>-14814</u>
7	<u>-1081</u>	1184	<u>-204</u>	<u>980</u>
8 Surplus	91	2345	-2379	-34
	Next			
₁₂ Event Income	Budget			
13 Entry Fees	5200 8500	15275.23	2500	17775
	6000			
14 Equipment Hire 15 Incentive JK	300	165	50	215
16 Parking Fees 17 Sales Equipment Hire	500	374.1	30	404
18 Sales Maps 19	20500	15814	2580	18394
20 Event Expenses				
21 Entry Commission	-364	-573		-573
22 Equipment Hire	-250	-85		-85
23 Event Memento	-60			0
24 First Aid	-400	-120		-120
25 Hire of bus				0
26 Land Access	-900	-1242	-300	-1542
27 Levy 28 extra increase	-3200 -384	-2876	-700	-3576
29 Map printing	-500	-1796		-1796
30 Map Surveys	-300	-328		-1258
31 Officials Expenses	-2200	-2443	-600	-3043
32	-440			
33 Publicity	-150	-165		-165
34 Refreshments	-900	-870		-870
35 Room Hire	-600	-397	-150	-547
36 Toilet Hire	-700	-840		-840
37 Trophies for events	-200 -200 -201	-186	•	-186
38 Event Expenses not att	притаріе		5	
Donations Made	-300	-100 -100		-100 -100
39 Equipment 40 dibber refunds	-300 -100	-100 -15	-15	-100
41 Equipment Expenses	-100	-488	-350	-838
42 Equipment Timing	-200	.50	-200	-200
43	-200		-300	-300
44 First Aid Kits	-30	-41		-41
45 Insurance	-415		-430	-430
46 Land Access	-50			
47 Map Printing	-2000	-781	-930	-1711
48 Map Surveys	-800	-409	-600	-1009
49 50	-200 -2000			

51 Publicity	-150	-85		-85
52 Software	-250	-50		-50
53	-100	-540	400	-720
54 Storage Rent 104 Trophies	-720 -165	-540 -122	-180	-720 -122
55	-103	-122		-122
56	-19328	-14653	-4755	-20338
57 EVENT NET	1172			
- -				
58	2015/16	2015/16	2015/16	2015/16
₅₉ OTHER	Rev Budge	tActual to date	3months	Forecast
60 Awards Evening	(866	5	866
61 Club Night Fees	1600	1310.5	200	1511
62 Club Shop Sales	200			
63 Donations Received	440	6335	1000	7335
64	100)		
65	200			
66	6500			
67 Gift Aid	1810	1992.33	3	1992
68 Grant BOF	140	149.29		149
69 Interest Received 70 Membership Fees	690			
71 Sales -Coaching	690	654		660
71 Sales -Coaching 72 Sales -Corporate	(1		0
73 Sales - Mapping	150		800	
74 Sales -Mapping	50			159
75 Sales -POC maps	100			
76 Sales -POC plaques/mapping	350			
77 Team Event Fees and Travel		717.25		717
78				
79	12330	13213	2581	15794
80				0
81 Awards Evening	-25	-829.7	,	-830
82 Club Night Expenses	-1500	-1109	-350	-1459
83 Club Shop Purchases			-250	-250
84 Coaching Clothing	-700	-589		-589
85 Coaching Equipment	-100			
86 Donations Made		-20		-20
87 Grants Made	-450	-31	-150	-181
88 Meeting Room Hire	-350	-216	-60	-276
89 Memberships	-101	-79	-00	-79
90 Newsletter	-620	-441	-175	-616
91 Officers Expenses	-200	-291	-150	-441
92	-100			
93 Promotions	-70	-70		-70
94 Sales -Corporate Expenses		-106		-106
95 Sales -Mapping Expenses		-331	-250	-581
96 Sales -POC Expenses	-300	-919	-150	-1069
97	-300	-187		-187
98 Team Event Fees and Travel	-600	-1358	-250	-1608
99 Training of Members	-110	-314		-314
100	-60			
101	-250			
102 103 Travel Support	-7600	-5968	-1000	-6968
103 Travel Support	-7600	-5908	-1000	-0908
105 CORRECTION				
106 sub total	-13411	-12029	-2785	-14814
107				
108 Other Net	-1081	1184	-204	980
109 Overall Net	91	1184	-204	980
	10091			10057

Events

Main

- multiple -

Sum - Amount	Data		
Event	Income	Spend	Total Result
A British Nights	£4,765	-£3,656	£1,110
B Bradgate & Swithland	£1,878	-£1,289	£589
C Burbage	£761	-£483	£278
C Castle Hill	£815	-£324	£490
C Hanging Hill	£756	-£576	£180
C Hicks Lodge	£1,276	-£626	£650
C Loughborough Urban	£1,100	-£696	£404
C Spring Cottage	£1,368	-£854	£514
D Club Champs	£430	-£718	-£288
D Xmas	£293	-£376	-£83
SL15 Aylestone	£179	-£41	£138
SL15 Brocks Hill	£72	-£28	£45
SL15 Burbage	£8		£8
SL15 Feanedock		-£50	-£50
SL15 Melton	£130	-£75	£55
SL15 Oakham Tops	£106	-£70	£36
SL15 Outwoods	£276	-£26	£249
SL15 Sence	£186	-£425	-£239
SL15 Shellbrook		-£45	-£45
WL1 Ratby	£200	-£68	£132
WL2 Watermead	£341	-£107	£234
WL3 Grange	£122	-£84	£38
WL4 Swithland	£145	-£93	£52
WL5 Outwoods	£179	-£58	£121
WL6 Billa Barra	£144	-£52	£91
WL7 Sence	£150	-£110	£39
WL8 Western Park	£139	-£43	£97
Total Result	£15,814.33	-£10,973.08	£4,841.25

Donations Made
Equipment Hire
Equipment Timing
First Aid
Map Printing
Map Surveys
Publicity
Software
Storage Rent
Trophies
Total Result

-100 -15 -488 -41 -781 -409 -85 -50 -540 -122

Net £2,208.39

Events Sub Committee - Report for May Committee 2016

British Night Championships 2016.

I reported to the last committee meeting that I was hopeful that the entries would be up to the level of the 2015 event. It transpired that a very late rush of entries gave us a figure that was 50% greater than 2015. This was the first year that the "starting after Nautical Twilight" rule came into effect, so were not able to start until 18.54 and with the controller's requirement that we should allow competitors 2 hrs in the forest, there was a restriction on the number of start slots we had available. By 22.00 on the final day of entries we had run out of start slots on some courses and we closed the entries. Unfortunately Fabian4 does not allow one the choice of which courses to close! It's all or nothing.

On the evening, the event ran without any significant hitches and Steve's courses were well received. The winner of the M21 was very complementary.

An article on the event has appeared in Compass Sport and more will appear in Focus.

Summer League.

This is now under way. Fingers crossed for some fine weather.

Peter Palmer Junior team Relays September 2016.

Six clubs have so far indicated that they will be entering teams. Bulletin 1 (Initial Details) is being sent out to those clubs and is also available as a link from the club web site.

Mick Lucking, NOC, has been appointed controller for the event.

British School Score Championships October 2016.

Initial Details and the entry form are now available on the British Schools Orienteering Association and the LEI web sites.

Roger Edwards has organised several practice events for Leicestershire schools.

EMOA Championships 2016.

I am pleased to report that at long last Laurie has been able to secure permission to use Wakerley for a major event. Parking will be at Deere Park Airfield and competitors will be bussed about 5Km to the village of Laxton, followed by a short walk into the south end of the woods. The start and finish will be at the south end

Whilst we refer to the area as Wakerley, it is in reality a patchwork of 8 different woods. As we have not been able to use Wakerley for a major event for several years and additionally we have not had a start at the South end for at least 15 years, for many orienteers much of the area will be completely new to them.

Future Events.

17th & 18th March. UKOL Weekend.

On the Sunday we host the Midlands Championships at Belvoir. Ursula Williamson is the Organiser and Steve Edgar the Planner. Provisional permission has been received from the Belvoir Estate.

As the Midland Championships are automatically in UKOL and it is usual to have a "UKOL weekend" we have been asked to run an event on the Saturday. The current proposal is to run a sprint event on the Saturday morning and possibly, if the Board of British Orienteering has approved the rules, the British Mixed Relay Sprint Championships in the afternoon. The suggestion is that we use a new area, The Newarke and Leicester Castle, for the event. Roger Edwards and I are going to visit the area on the morning of the committee and will make a decision on the viability of the area. The area is large enough for it to be used for EMOA Urban events.

British Sprints Championships 2019

No date had been finalised for this event as we are still awaiting a decision from DVO on what area they will be using for the British Middle Distance Championships to be held the same weekend.

If we use the new area in Leicester for the UKOL weekend then the preferred area for the British sprints is Loughborough University.

Chris Phillips
Events Coordinator.

Development Co-ordinator's report - Committee Meeting 9 May 2016

Minutes

Meeting 18th Jan have been circulated.

Safeguarding

BOF issued new O safe guidance, full version but with a summary. O safe has implications for all coaches and event organisers should also be aware of some issues eg appropriate photography.

We adopt BOF policies, so we need to amend our Standing Orders to meet new terminology, a change from "vulnerable" adults to "at risk".

Propose acceptance of revised Standing Order 5 previously issued./ on web site.

POC

I have converted all our maps to the BOF site. Devon have some features which I am trying to copy. So all our downloads need amending. I am also having issues with the statistics so most maps need renaming.

In April, we have sold two maps about 100 downloads (but some false figures) from 30 people! Several groups have downloaded.

The abandoned Wakerley POC used to be a top seller, so needs to be re-activated after the Level B embargo ends.

We need to supplement Jane's work on POC maintenance by finding a POC Co-ordinator. QEDJW POC for Woodland Trust requested in 2014 still pending.

Coaching

Following the members survey request, we tried three sessions, TD3 and above coaching at Cademan in April. Attendance at the first in school holiday was high, we ran out of maps; and the other two attendance dropped to same level at Glenfield club night -7/8.

BOF Junior Development

Following on from Club/Association Conference in October 2015; SWOA and BOF set up conference on 5th March. Minutes are on BOF. About 25 clubs reps who all sent reports prior to meeting. Typically were 3 pages long. Wye Valley are one of the more interested as they are new and don't have the club baggage so do it differently, more like Xplorer!

The themes were it works where: engage parents.

Schools there are no successes here except where dedicated teacher forces children to join club. Virtually everyone losses teenagers and best results at primary.

Big issues are grow participation or membership; there is a clash between clubs. BOF want participation we want members.

I picked out some little things for us. So I am looking at Xplorer. It works for Blaby, with unbelievable numbers, so how can we build on!

Recognition system needed improving. All the badges! BSOA have now got a badge supplier,

after 3 years of badgering! SW have a colour coded badge supplier.

Attached my notes.

Xplorer

I attended the Blaby Xplorer at Bouskell Park in School holidays. Offer was about five sporting activities with say 10 Blaby staff managing it all. I ran naughty numbers -little time to talk to parents/ mothers.

Weather poor so people leaving and coming back later. Guess 120 attended as family groups, and did the score. Mini Easter egg as prize.

We have been asked to offer Naughty numbers at Fosse Meadows 27th July. This precedes our Summer league event there. Ideal to have a parent there too.

British Schools Score Championship

NW Leicestershire we had 450 primary students at Donisthorpe on 17th March. Used Autodownload for results. Attempting to set up coaching at the winning school.

Practice plans are

Tractice plans are		T
Date	Location	Schools
Wed 23 rd March	Hermitage	0
Tues 26 th April	Abbey Park	Leicester Preparatory
Wed 10 th May	Outwoods	2 LPrep. (May be WoodbankVale and Rawlins)
Thurs 9 th June	Brocks Hill	3 (probably LGS, Robert Smythe, LPrep)
Tues 28th June	Castle Hill	Summer League Race 45 Minute Score (some individuals interested.)

Iain Tebbutt is working with Twycross House holding 5 sessions.

Schools Mapping

John Ferneley High, Melton (map finished)

Hamilton, City (draft map finished)

I have been to both schools to assist. Being paid mileage to fit plaques at JF. Want a plaque for their sponsor.

Oadby & Wigston -Langmoor and Glenmere (via Premier Sports.)

Teacher Training

Pauline Olivant ran Teaching Level 1 ran 20th April, minimum of 6 attended, -one from Bournemouth and another North Lincolnshire! October for Level 2.

Development Committee reorganisation

Proposals considered at January Development meeting needs input from Committee. Aiming to split group and have two smaller teams, probably with new leader(s).

Roger Edwards Development Co-ordinator

Leicestershire Orienteering Club Development Plan 2016-2019

It is intended that the Development Plan will guide the club through the period 2016 to 2019. The plan will be regularly reviewed by the club's executive committee.

The Club Development Plan has five key elements. They are:

- 1. The development of the provision of coaching and training for club members of all ages and abilities.
- 2. The recruitment and training of event officials, volunteer event helpers, coaches, committee members and mappers. Training will include formal training courses e.g. Event Safety and Welfare Workshop, peer to peer training and self learning programmes.
- 3. A closer engagement with club members to understand what they require from the club in the way of training and events. To encourage a greater participation in club activities and events.
- 4. A concerted drive to recruit new members across a wide age, social range and ethnic diversity in order to reflect areas which are covered by the club.
- 5. To increase the amount of publicity and marketing undertaken by the club through social and news media, with the intention of increasing the awareness of the sport in Leicestershire, Rutland and Northamptonshire. To measure and evaluate the various marketing streams undertaken by the club.

It is intended that the club will over the next three years attempt to reach these objectives by the following pathways. It should be noted that during that time the regular reviews undertaken by the club's executive committee will undoubtedly bring changes and modifications to the way we reach our objectives.

1. The development of the provision of coaching and training for club members of all ages and abilities.

- i. The club will endeavour to maintain and develop its existing programme of Club Nights. We will develop the programme for club nights so that they provide a range of training and activities that will increase member's physical fitness and technical abilities. The programme will reflect member's needs and be suitable for the wide age ranges that attend club nights.
- ii. The current BOOST training programme, offering terrain training outside of the club night programme, catering mainly for adult members will be developed from its current occasional and adhoc programme to a regular programmed activity within the club's training programme.

- iii. Junior members who have reached the skill level required will be encouraged to attend the East Midlands Junior Squad Training Days.
- 2. The recruitment and training of event officials, volunteer event helpers, coaches, committee members and mappers. Training will include formal training courses e.g. Event Safety and Welfare Workshop, peer to peer training and self learning programmes.
- i. The club will encourage members, with suitable skills, to take on coaching roles and provide opportunities, resources and training for them to qualify.
- ii. The club will encourage existing coaches to continue with their personal development and where appropriate move to a higher level qualification.
- iii. During the period of this plan the club's executive committee will, as one of its key tasks, establish a succession plan for the committee and the Principal Officers.
- iv. In conjunction with the British Orienteering Federation volunteering initiative the club will appoint a "Volunteer Champion" who will work with the Regional Volunteer Champion to increase participation by the club members in the various volunteer roles.
- v. During the period of this plan the club will run a number of training courses for event officials and helpers. These will include Event Safety courses and courses for Organisers, Planners and Controllers. Some of these courses will be run in conjunction with the East Midlands Orienteering Association.
- vi. The club will also run courses for specific tasks e.g. Download Team.
- 3. A closer engagement with club members to understand what they require from the club in the way of training and events. To encourage a greater participation in club activities and events.
- i. The club will conduct surveys of members to seek their views on the programme of training, events and social activities run by the club and will endeavour to modify its programme in the light of the response to these surveys.
- ii. The Principal Officers, the Club Captain and the Junior Captain, of the club will undertake to talk to the membership of the club to encourage them to take part in events and activities. They will endeavour to find out if obstacles and problems preclude members from taking part in events and try to find ways around any such obstacles and problems.
- iii. The club will continue to develop its use of social media, mail chimp and the Club Newsletter to inform and create a dialogue with the club's members.

- 4. A concerted drive to recruit new members across a wide age, social range and ethnic diversity in order to reflect areas which are covered by the club.
- i. The club's marketing plan as in 5 will have an element aimed at recruiting new members.
- ii. The club will develop a programme of events and activities, over the lifetime of this Development Plan, aimed at recruiting new members. This programme will be backed by advertising and publicity.
- 5. To increase the amount of publicity and marketing undertaken by the club through social and news media, with the intention of increasing the awareness of the sport in Leicestershire, Rutland and Northamptonshire. To measure and evaluate the various marketing streams undertaken by the club.
- i. The club will appoint a "task and go" group specifically to develop a marketing plan for the club. The group will be requested to examine how we can increase the present low levels of publicity and how best we can develop our use of social media. The group will be asked to suggest ways that our marketing programme can be measured against its objectives.

ii The Executive Committee of the club are requested to find a member of the club to take on responsibility for the publicity and market programme of the club. Ideally this individual will be appointed before the "task and go" group in i is set up.

V4 CP 03.4.16

Club Captain

Since the last the committee meeting, I can report that the club has competed in 4 national competitions, the CompassSport Cup, the Yvette Baker Trophy, JK Relays and the British Orienteering Relays with varying degrees of success.

At the CompassSport Cup we had 59 club members entered, which is down on previous years. Sadly the lack of quality adult runners meant we have failed to progress to the final. This probably reflects the lack adults taking the opportunities in the coaching the club offers, either BOOST or club nights.

However this is a very different story with the YBT, we had 25 juniors competing for LEI. The LEI junior squad were once again regional champions and the final will take place on the 3rd July at Wormley Woods, hosted by Happy Herts. Most of the LEI juniors attend (or have attended) the Monday Club Night. I believe the success of the juniors in the YBT is down to our juniors attending regular coaching on a Monday Night and the financial support of the club. However the club does have a long way to go to tempt these juniors to be regular members of the club and to take part in events outside of the YBT.

This year was the first year that Iain Tebbutt was unable to organise (on my behalf) the relay teams for the JK and the British Relays. Trying to get enough orienteers to make complete teams seemed an impossible task, but we managed to have 4 complete teams (12 club members) at the JK Relays and 2 teams (6 club members) at the British Relays. The club contributes 50% of the entry fees for Adults and 75% of the entry fees for Juniors.

We did have a second place in the Junior Ad Hoc at the British Relays on the 1st May, narrowly losing their 2015 title by 2 seconds.

The immediate future for club competitions, is the Junior Squad trying make it on to the podium at the YBT Final after 4 years making it into the top 5 and trying to retain the Joan George Trophy and win the Peter Palmer Relays on the 11th September. Myself and Ursula will be looking for volunteers to help with managing our teams and with running the event on the 11th.

Club Shop

The club shop holds 6 different items of club clothing. Fleeces, Hoodies, Short Sleeved and Long Sleeved orienteering tops and Warm Up Tops and Bottoms.

I try to keep stock levels to a minimum to keep costs to the club low, but if we are to promote the LEI brand and encourage our members to wear our colours when competing then this a cost the club must bear.

Currently I have ordered some new stock from Siven, for members who have requested new tops.

Social Media

Facebook Page - 374 Page Likes, Weekly average Reach of 200 people Facebook Group - 52 Club Members
Twitter - 74 followers

The facebook page is fantastic tool for targeted marketing to promote our events and the club to other clubs, those interested in orienteering and those we hope will become interested in the sport.

As an experiment in 2015 various level C events were promoted/ advertised on facebook with an average reach of 3000 people for £15 to discover the problems and benefits of spending both time and money on advertising.

There are two main issues with using facebook to promote events

- 1. Good quality images are required to engage the audience.
- 2. Information about the event needs to be on the website in good time, ie course lengths, where to park etc.

Those of you that read CompassSport will have seen various articles written about TVOC and the fantastic success in attracting new runners and new members to the sport.

www.facebook.com/tvoclub (You don't need a facebook account to view)

I have listed some of the images I have produced over the last 12 months to use on social media to promote various events we have been hosting.

Recent promotions on facebook have been:-

Peter Palmer Relays



British Schools Score Championships













British Night Championships











EM Urban League



Membership Report 9 May 2016 (002).xls

Membership numbers remaining fairly static. Henderson/Darwin family moved to WAOC. Shirley Moir deceased. Other losses detailed below. New families/seniors: Ron Johnson, Dave, Zoe, Sophie and Thomas Allery, Ed and James de Salis-Young, Robert Bood, Andy, Alison, Ben, Daniel and Cerys Glover.

Year	Units	Total	Family	Seniors	Juniors
2013	103	170	38	53	12
2014	115	183	38	61	16
2015	110	174	37	56	17
2016	106	173	37	58	11

Lapsed Membership for LEI 2016

Name	YOB	Gender	Grade	
Bell (Euan)	2000 m	Junior		•
Brand-Barker				•
(Christopher)	1991 m	Senior		
Brown (George)	2004 m	Junior		•
Coolican (Kiran)	1990 m	Senior		
Miskin (Stuart)	1968 m	Family		
Miskin-Young (Felix)	2000 m			
Miskin-Young (Finn)	1998 m			
Miskin-Young (Flora)	2004 f			
Young (Katie)	1966 f			
Pollard (Joseph)	2000 m	Junior		
Schmid (Nicole)	1989 f	Senior		Returned to Switzerlar
South (Marie)	1950 f	Family		•
South (Larry)	1950 m			Intermittent orienteer