

2010 Issue 1
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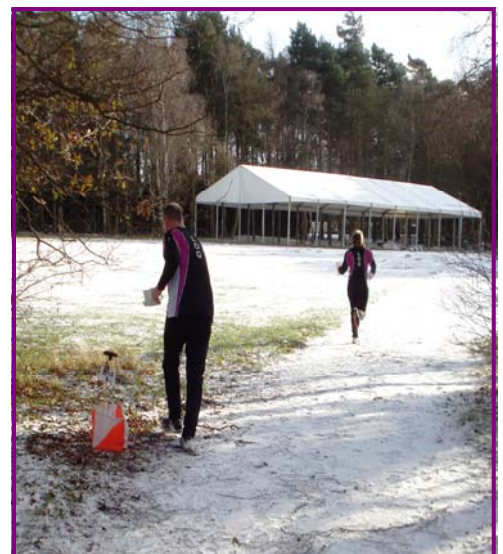
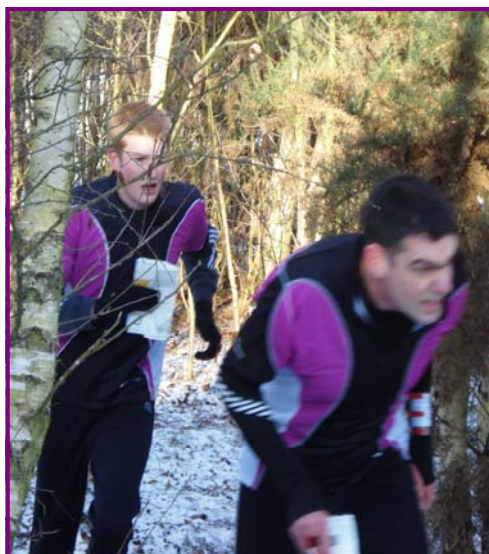
NEWSLETTER AWARDS 07 08

CompassSport



LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

LOG-NEWS



Inside this issue:

Ed's Bit / Chairman's Sound Byte	2
LOG events/ Club Training	3
Winter Series—reports & tables	4-6
Compass Sport Trophy—report	7
Coaching & Fitness	10-11
Blue Riband reports/results	12-13
Minutes/Coaching	14-15
B0 Selected Fixtures' List	16

Photos from the 'Blue Riband' Club Champs, Walesby, Dec 2009. Clockwise from top left: Eager runners take their places in the start lane; Anne Gibbs loving her course; the assembled competitors savouring NOC's hospitality; debutant Charlie Thomas snapping hard at the 2008 champion's heels and orienteers leaving the last control for the race into the finish.

ED'S BIG BIT



An incredible start to the new decade for LOG — qualification for the Compass Sport trophy final for the first time in our 23 year history! This is the culmination of a great

deal of hard work from a whole host of people involved in the club and is testimony to the positive direction in which we're heading. Undoubtedly the moves we've made as regards year round training, two local series now spanning both winter and summer and the recruitment and retention of new orienteers on the back of these events have all been factors in helping us to move from 'also-rans' to a stage

where we can beat four other clubs in a regional round, including opposition which came fourth at last year's final.

Can we rest on our laurels—I think not! It will be fantastic to go to Burbage Moor in October and celebrate together the achievement of making our first final and, also, find out just how far we've travelled when we compete against the best of the rest small clubs, but there is no room for complacency.

We remain very dependent on a hard core crew of around half a dozen strong orienteers, who travel around the country competing on a regular basis, and some of our scorers in the regional round could stop their involvement in the sport at any minute, particularly the juniors who are reliant on parents and cadets for their participation. How do we ensure that we continue to build on this success and ensure that everyone not only stays in the sport, but also improves in order to give us the holy grail of the small club—strength in depth across all courses and age groups!!?

I don't have the answers here, but hopefully what we're doing in terms of providing regular opportunities for training and competing, and encouraging the 'newbies' to take their next steps into regional and national competition, will help us to continue to improve and develop as a club.

On an aside, the new club t's and hoodies seem to have gone down well and I will be taking another order for kit during the summer series, so don't fret if you feel you missed out the first time round! I also have a small stock remaining of the Trimtex O tops, so get in touch if you'd like one and I'll see what I can do for you.

Finally, if you are new to the club, can I take this opportunity to let you know about our Yahoo chat group, where much friendly debate and sharing of ideas goes on:

groups.yahoo.com/group/lincolnshireorienteeringgroup

See you on there!

Chairman's Sound Byte



The "Blue Riband" event was held for the fourth year at NOC's Walesby event on Sunday 20/12/09. We had a record turnout on the day with 24 members making the short trip to Walesby Scout Camp. Full details of

the day's events can be found later in the newsletter.

The winter series reached its climax at Sudbrooke on Saturday 23/01/10. As far as I am concerned, I think it has been another very successful series, with a turnout of approximately 50 people at most of the events. Congratulations to this year's winners, Neil Harvatt from HALO on the long course and one of our own younger members, Craig Lucas, winning the short course. As in the previous years, the club presented an additional trophy, 'The Orienteer of the

Series' and this year it went to Helen and Robert Parkinson, from NOC, for their continued support of LOG events. To finish off the event we thought it would be nice to put some quality food on and many thanks to Lisa and Nikki for all their hard work in the kitchen.

The Stapleford L3 event on Sunday 14/03/10 is now only about 6 weeks away and, as usual, I am looking for as many helpers on the day as possible. Therefore, could everyone who is available to help, please get back to me ASAP. All helpers will still be able to have a run at sometime during the event.

The summer series has now been sorted with all the venues / dates / planners in place. We will be using 4 new areas for this year events, with a bit more empathise on urban areas, which should be a touch more pleasant than running through nettley/brambly woods at the height of summer! Full details can be found on the website.

With it being the start of a new year in

orienteering, I would like to welcome several new members to the club: Charlie Thomas; Amanda Mylett; Di Read; Terry Matthews; Christopher Smith; Tanya Taylor; Dace Medne; Jeffrey Baker; Craig Lucas; Lewis Goddard; Andy & Jacqui Armitage; Terry & Trudy Crosby and finally the William's family including Justin, Karen, Bella, Hazel and Toby. The vast majority of these new members have joined in the last 2 months, which is great news for the club. I apologise for the late welcome for some of the others, who joined the club during the summer months.

Finally, I could not fail to mention the Compass Sport Trophy! A great team effort to get us through to the final for the very first time. Special mention to all the LOG members, including myself, who travelled all the way to Norfolk, knowing there was very little chance of scoring points for the club, but who still wanted to be part of the event. Superb!

Sean Harrington

FUTURE LOG EVENTS

2009/10

- 11.02.10** **Riseholme Night Score event**, Paul Murgatroyd
- 18.02.10.* *Training session—Hartsholme Park (fitness)*
- 25.02.10.* *Training session—Hartsholme Park (technique)*
- 04.03.10.* *Training session—University of Lincoln (fitness)*
- 11.03.10.* *Training session—South Common (technique)*
- 14.03.10** **L3 Stapleford Woods (East Mids League)**, Paul Murgatroyd
- 18.03.10.* *Training session—South Common (fitness)*
- 25.03.10.* *Training session—Riseholme Park (technique)*
- 01.04.10.* *Training session—Riseholme Park (fitness)*
- 08.04.10—05.08.10** **Summer Series 2010**
- 08.04.10* *Hartsholme Park (Andy Lucas)*
- 22.04.19* *South Common (Andy Furnell)*
- 06.05.10* *Sudbrooke Park (Liam Harrington)*
- 20.05.10* *Stapleford Woods (Neil Harvatt)*
- 03.06.10* *Ostler's Plantation (Amanda Roberts)*
- 17.06.10* *RAF Cranwell (Michael Nell)*
- 01.07.10* *Sleaford Town (John Mather)*
- 15.07.10* *Nettleham Village (Paul Murgatroyd)*
- 29.07.10* *Stamford Town (Dave Denness)*
- 05.08.10** **Midsummer Madness—Chasing Sprint: University of Lincoln**, Paul Murgatroyd



CLUB TRAINING NIGHTS

These will be taking place at the dates and venues above, with provisional details of the next few sessions shown below (time to be advised). We'll be conducting a varied programme, geared to technique, fitness and skills work in a fun and friendly environment. Only £1 a session and both members and non-members are welcome!

18th February—University of Lincoln—indoor session focussing on fitness and sports hall 'O'. Indoor kit required, plus bring your dibber!

25th February—Hartsholme Park—group session, looking at race techniques around a mini course. Again torch needed.

4th March—University of Lincoln—fitness work, interval session around a simple O course, working on anaerobic and aerobic fitness. A torch will be a necessity for this session.

11th March—South Common—pairs work, examining pacing/compass strategies around a control picking and mini loop exercise. Torch needed.

If there are any aspects of O work you'd like to focus on, then let us know at the sessions and we'll build this into the programme. We aim to please!



4. Saturday 12th December – Riseholme Park, nr Lincoln

(Planner: Spikey)

This was my third go at planning and all ran pretty smoothly. I spent two lovely afternoons exploring Riseholme, checking out where I would like to put controls and then a couple more afternoons making up the short and long courses. That was after having spent at least one afternoon trying to remember how to work OCAD and how to print off the maps at the right size and not micro or split on two pages!

Finally the morning of the 12th dawned and outside it was lovely sunshine. Having packed and checked everything the night before all was loaded in to the car and I arrived at Riseholme just before 8am. I had however seriously over dressed expecting the temperature to be colder than it was. Some time after 9.30 the boys (Paul M, Sean H and Andy L) arrived to set up the computers and everything else ready for the flurry of orienteers we were expecting.

We were not disappointed. The short course had 16 orienteers, with Steve Barnet of RAFO winning the short course in an outstanding 21:15. The long course had a total of 36 orienteers and was won by LOG'er Paul Murgatroyd in a similarly impressive time of 33:25. It was also great to see a couple of more families out for the morning to have a go too. All had been going so very well until towards the end someone pointed out that the Long course descriptions were a tad wrong! Well the first 12 out of 18 were. I had cut & paste the short and extended it to include the last 6 long control descriptions, but some how managed to not alter the first 12! Well, we must all have goals to aspire to next time... It has to be said, however, that surely the Riseholme results must have set some kind of Guinness world record for LOG, in terms of the speed with which the results were posted on to the website! The joy of wireless networks....

5. Saturday 9th January – South Common, Lincoln

(Planner: John Mather)

Whilst the rest of Britain ground to a halt under the weight of the some of the largest snowfalls for years, the fifth event of the Winter Series carried on (almost) regardless... As my first ever venture into planning an O event, it was not without some trepidation that I set off onto South Common in the late Autumn with a blank map and my trusty M6 assistant, Ben, to put together a couple of courses worthy of the LOG name. The courses I planned from the comfort of home remained largely intact, the only real changes being the odd control in the more public areas of the Common being moved to sites where they could be securely 'gripped' to something solid. Nonetheless, with continued minor tweaking, the courses were set, OCAD wrestled into submission and maps printed.

Then it started snowing. The day before the event, there was snow on the ground. The main roads were clear, but the side roads were lethal ice rinks. However, I figured that the Common was accessible, and snow on the Common itself would not stop orienteering. I checked the weather forecast (snow showers) and rang Sean to check the lie of the land. The event was on. The next morning, as I drove almost sideways down Canwick Hill on ice and slush, I was beginning to think postponement would have been a better idea. An hour later as I was setting out controls in white-out blizzard conditions I definitely thought postponement was the better option. But the snow stopped, and as I set out the last few controls the sight of Andy, Sean, Liam et al setting up the registration tent was all the encouragement I needed.

In the end 29 hardy souls made it to the event - including Robin Wright who came armed with skis, but unfortunately no poles. He went on to win the short course using more conventional means of transport. The long was won by Liam, closely followed by Paul Murgatroyd. No controls were stolen, nobody was run over by sledgers and everyone made it back out of the snow. A success in my view.

I'm not sure the event will be remembered for the quality of the courses on offer, but the memory of my first event as planner being run under a full blanket of snow will certainly stay with me for some time to come.

LOG WINTER SERIES 2009/10 – REPORTS/PHOTOS

6. Saturday 17th January – Sudbrooke Village

(Planner: Paul Murgatroyd)

The climax of the winter series saw record numbers descend on Sudbrooke village to enjoy a scintillating mix of urban and cross-country orienteering. 24 individuals and teams on the short course were led in by series champion, Craig Lucas, a comfortable 4 minutes ahead of challenger, Hazel Williams. Paul Barnes scored his first victory on the Long, ahead of the other 31 runners, with NOC's Elizabeth Parkinson home in second. The handicap scoring system resulted in Hazel Williams overtaking Harry Gourlay and claim silver place in the short series. Elizabeth Parkinson's maximum haul brought her up into fourth place on the long series, with the podium positions having already been settled at the previous event. A notable turn-out from Scothern Scouts helped to boost numbers, as well as the club's finances!

The after race entertainment appeared to be well received, with many runners taking up the option of food, provided courtesy of the Murgatroyds and Harringtons. Sterling work from Lisa and Nikki ensured that everyone was well catered for and a big vote of thanks must go to them for their efforts! The village hall made for a cracking venue in which to host the dining and the presentations, with President Ian Durrant on hand to make the awards to Craig Lucas, Neil Harvett and Robert & Helen Parkinson, who together won the 'orienteer of the series award' for their unswerving dedication to the sport of orienteering, in general, and LOG's events, specifically. Their support is always welcome and yet again they did themselves proud by providing a host of cakes for the assembled throng. Roll on next year's winter series and let's hope the weather and the numbers attending continue to be excellent.



Left: Short Course series winner, Craig Lucas (LOG)



Right: Paul Murgatroyd receiving the Long Course series trophy on behalf of winner, Neil Harvett (HALO)



Left: 'Orienteer of the Series' winner, Robert Parkinson (NOC)



Right: Paul showing how happy he is to hand over the trophy

LOG WINTER SERIES 2008/9 – FINAL TABLES

Name	Age Category	West Common	Uni of Lincoln	Hartsholme Pk	Riseholme Pk	South Common	Sudbrooke Pk	Total (Best 3)
LONG								
1 Neil Harvatt	M50	1000		1000	1000	1000		3000
2 Paul Murgatroyd	M40	980	1000	995	977	993		2988
3 Phil Longstaff	M55	957	987	859	968			2912
4 Elizabeth Parkinson	W16		999		862	898	1000	2897
5 Andy Lucas	M45	935	935	966	886	891	860	2836
6 Dave Gourlay	M45	959	931	872	920	863		2810
7 Robert Parkinson	M50		929	933	892	863	902	2764
8 Terry Crosby	M50			909	896		953	2758
9 Liam Harrington	M21		912	903		898		2713
10 William Parkinson	M14		874	959		0	871	2704
11 John Fulwood	M55	772		876	881			2529
12 Martin Wheeler	M50	790		860	846			2496
13 Paul Barnes	M21	666	837		806	0	797	2440
14 Amanda Mylett	W55		779	765	765		627	2309
15 Amanda Roberts	W45	747				728	810	2285
16 Sean Harrington	M50		771	786	709	689	726	2283
17 Anne Gibbs	W65		811	827			614	2252
18 Charlie Thomas	M18	742		704	712		687	2158
19 Helen Parkinson	W40		759		690	653		2102
20 Terry Matthews	M55		720	683	688			2091

Name	Age Category	West Common	Uni of Lincoln	Hartsholme Pk	Riseholme Pk	South Common	Sudbrooke Pk	Total (Best 3)
SHORT								
1 Craig Lucas	M12	730	890	1000	743	891	1000	2891
2 Hazel Williams	W10		778	687	667		931	2396
3 Harry Gourlay	M10		787	798	775		721	2360
4 Toby Williams	M10		724	682	637		823	2229
5 Clare Hanna	W40	838			678		683	2199
6 Allsopp Family	M10	452	756	667	534		685	2108
7 Bella Williams	W12	610			605		725	1940
8 Ryan Lucas	M10	782				815		1597
9 Ben Mather	M10	427	457	451			384	1335
10 Hannah Mather	W10		452	450			382	1284
11 Trudy Crosby	W50			633	642			1275
12 Nikki Harrington	W45		693		561			1254
13 Pickett Family	M10	1000						1000
14 Georgia Thomas	W14		1000					1000
15 Steven Barnett	M16				1000			1000
16 Robin Wright	M55					1000		1000
17 Will Wright	M12					980		980
18 Ian Durrant	M65	900						900
19 Goulbourne Family	M10						846	846
20 Ian Durrant	M65						832	832

The Top 20 on both the Short and Long Courses are shown here. For full, unabridged results, see the web-page and follow the link to the Winter Series

www.logonline.org.uk

COMPASS SPORT TROPHY 2010



Karen Williams writes:

We were treating this event seriously. We'd taken note of the emails, printed off the control descriptions, checked the route to the event, Karen promised to finish, Bella was told to treat the event like a swim meet [ie more seriously than usual] and Benji was not allowed to accompany Bella. These days our normal preparation is to leave the wake up call for Toby, check the weather and then decide between an O event or the charms of Gary and Match of the Day in bed.

As we arrived Justin was moaning. My route choice from Digby to the event had been too quick; I had an extra 20 minutes preparation time..... I was contemplating just what to do with this extra time when we were directed through a huddle [is that the collective noun for multiple LOG'ers?] of pink and black. I mustn't be late.... wasn't I first off in the club? It is unusual for us to be at an event early: I'm used to sprinting to the start then recovering on the first couple of controls. Obviously we are no longer members of SN!! Plus somebody remembered the club tent!!!

A text is sent to Bella, Kate is still in bed. Sunday is supposed to be



a day of rest for these swimming girlies. Maybe she was still under the bedcovers as she set off for number 1; hence the huge mistake! 13 minutes later it was found, then she must have run like her dad as she motored around the rest of the



course. Afterwards, in the car, she was even heard to say that she had enjoyed the day. A first for a non-water-based activity.

Hazel wants to go round a course. Off she goes on the white. The first time that she has started all alone. She was the first competitor to start and the first to download. A fantastic day for firsts.

Toby wants to 'win' sweets on the string course, then get dirty. Benji is happy to join him for the dirty fun. Their day was a huge success. Did the boy or the dog have the dirtiest bathwater that evening?

I wasn't quite as successful. I arrived moaning about my sore hip and part way into my course I was swearing! I learned that I can't run through terrain at the moment; and that when you unexpectedly hit a path, check which one it is before running. Honestly I never used to make such huge errors; 4 years of cafe culture and this is what happens. On the plus side I was still running at the end (well Justin would call it a slow jog but I'm happy).

I was even scoring for a while, until those W21s finished.... Oh well, only 3 more years of blue courses.

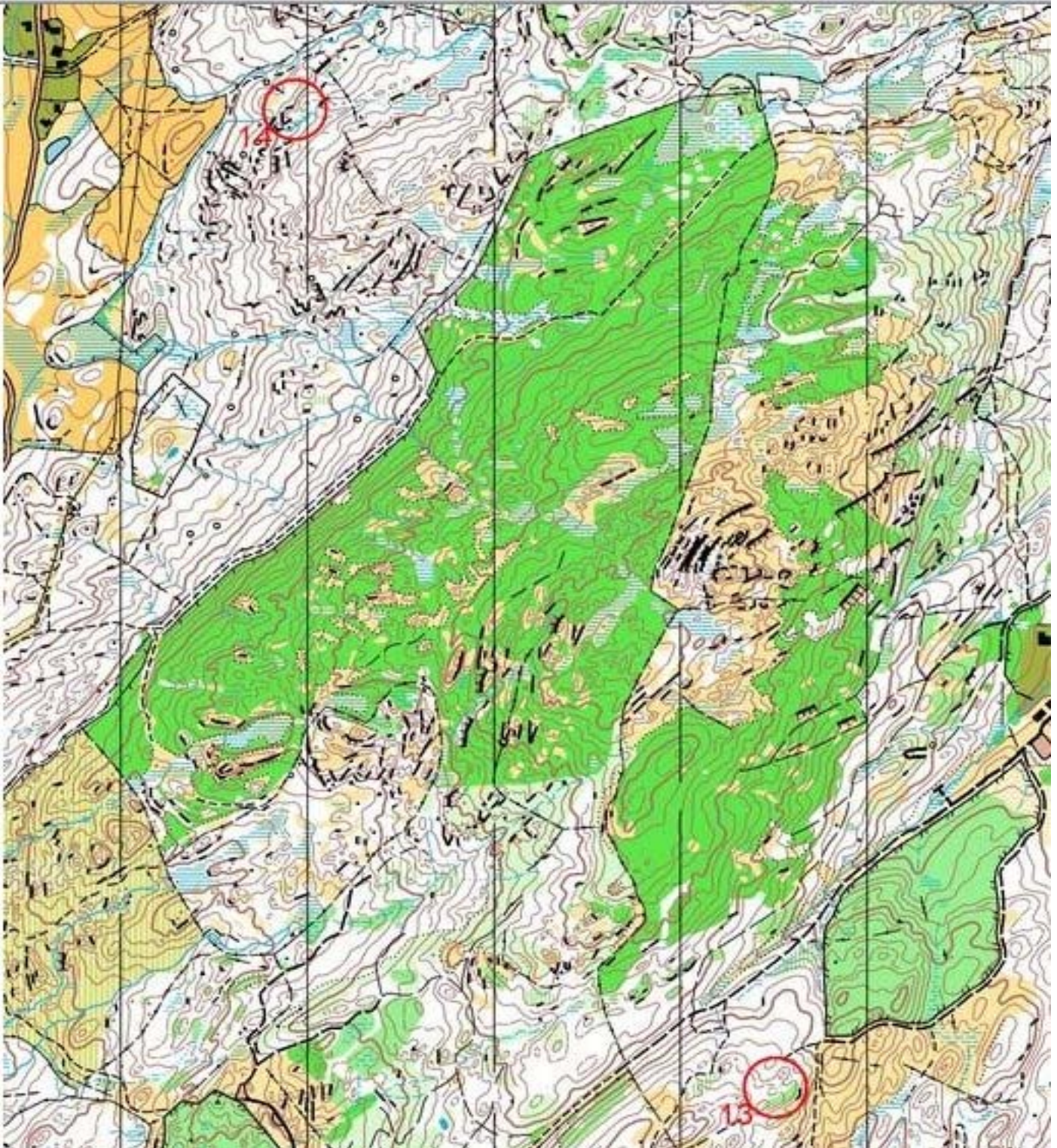
And then there was Justin..... The area suited him - no intricate areas on the map which he has to stop to read [Yep old age / reading glasses. Less said the better.] He could blast round. Late start, lots of people about so his fine navigation was helped. He loved it... Before the day he was moaning about how short the blue is [strange I thought it was too long]. Now he likes the glory. After a 6 minute win, who wouldn't? Trouble is he might be keen now. No more Match of the Day. Anyone for the British relays or JK or Harvester.....[aargh].



And the best bit. LOG was first. Quite an achievement. Justin and I have competed for SN about a dozen times and have never progressed beyond the first round. I have watched Justin [I'd like to say me too but I'd be lying] win individual and relay honours but that motivates a few, not a club. Both of us were amazed by the club turnout. As a percentage of the membership probably one of the best turnouts anywhere on the day. Well done to the people who scored, but strength in numbers is fantastic.

I didn't score but I always remember that if people like me didn't enjoy running around in the woods, there would be nobody for the winners to beat. See you all at Burbage Moor.

COACHING—ROUTE CHOICE



An interesting theme on The World of 'O' website (<http://worldofo.com/>) is their Route To Christmas series, which looks at a different map each day during December and asks orienteers to consider what would be the optimum route choice on a particular leg (usually the longest) of a course from around the world. This one is from the Northern championships at Graythwaite in Cumbria and is from course 1, the M21 class. Consider your route and turn to page 15 to compare this with the top 6 runners on the day.

In terms of personal orienteering development, it's often useful to 'map geek' in this way by considering what you would do in theory when sat at home and try to consider the viable options and their relative merits. This should then begin to transfer itself to your actual orienteering over time and will help with route planning and consideration of other aspects of techniques, such as attack points.

FITNESS FOR ORIENTEERING

This series of articles appearing in CompassSport magazine over the next year is aimed at helping the orienteer, irrespective of their age, ability or ambition, to develop their understanding of the fitness aspects of the sport and to help increase their enjoyment of orienteering through a logical approach to fitness development.

The first part of the series concentrates on examining the underlying physiological requirements of the sport, through analysis of the scientific research that currently exists in orienteering, so that we may develop a foundation on which to build our fitness programmes.

General Profile

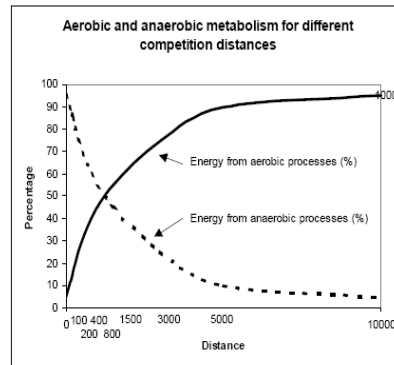
As orienteers, we know from experience that the demands of the sport can be extremely varied. The range of events on offer to the orienteer nowadays is far removed from the origins of the sport, where classic long distance orienteering across rugged terrain was the norm. Modern orienteering offers participants the chance to engage in a host of different events, extending from sprint and urban racing, where the test is on decision making and route choice options executed quickly and efficiently, through middle distance events, where the emphasis is on an unremitting technical navigational challenge, up to the traditional longer distance orienteering, where the ability to maintain mental accuracy and focus whilst coping with increasing physical fatigue is the ultimate examination.

However, irrespective of the style of event, there are physiological similarities linking the disciplines that allow us to draw certain conclusions about the demands of the sport.

Aerobic Characteristics

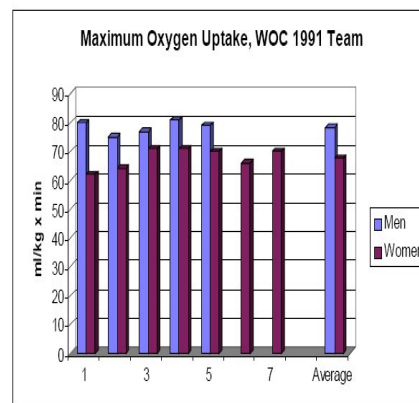
The endurance aspect of the sport is well understood and much of the scientific research from the 1980's and 90's focussed on this aspect in a detailed analysis of traditional, long distance orienteering. The growth of other forms of orienteering in recent times, such as sprint, urban and park racing, superficially indicates that

the sport is moving away from its 'aerobic' foundation, but this is not, in reality, the case. Most races, irrespective of type, are still at least a minimum of 10-15 minutes in duration and thus would have energy demands similar to a 3-5000m race on the track, ie. predominantly aerobic in nature (see figure 1).



(From Andersson, 2010)

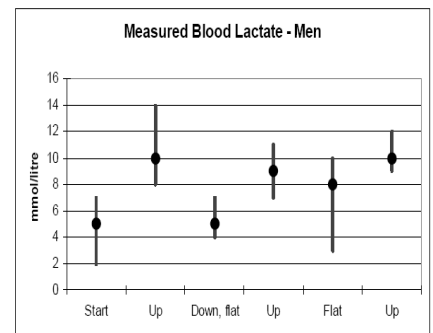
We can therefore begin to estimate that, regardless of specialist focus, most orienteers will need to develop a good cardiovascular base to their fitness work and, indeed, research within the sport indicates that in order to be an elite athlete, a high aerobic capacity (or $VO_2\max$) is a basic prerequisite (see figure 2). Typically, international level female orienteers have $VO_2\max$ values in the region of 60-70ml/kg/min, with international males reported to be in the 70-80ml/kg/min range (Gjerset et al., 1997; Jensen et al., 1999). Recent research (Smekal et al., 2003) showed on a simulated course that orienteers ran at around 80-86% of their maximum oxygen uptake levels throughout and supports the need for a high VO_2 .



(From Andersson, 2010)

Anaerobic Characteristics

If we refer back to the energy continuum in figure 1, we would estimate from this that orienteering races would see about 5% (classic distance) through to around 25% (sprint events) of our overall energy supply being created through anaerobic sources. Indeed, research from the 1990's has indicated that anaerobic demands of the sport are significant and that figure 1, based on more steady state running events, probably underestimates the anaerobic qualities of orienteering. This research has typically used blood lactate measurements as a general indicator of anaerobic energy production and Figure 3 shows an example of such data, taken from a simulated race (Johansson, 1990).



(From Andersson, 2010)

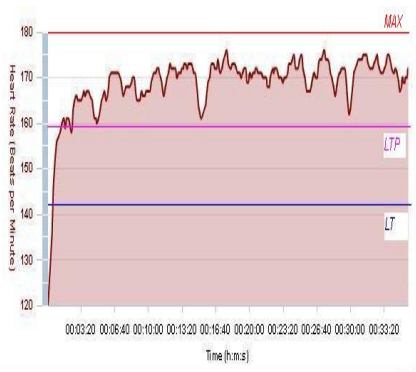
The blood lactate levels of the subjects, measured at various points on the course, show the fluctuations that can be found from a traditional cross-country orienteering race. Steady state, aerobic-style running will usually elicit lactate values of around 2-4mmol/l and here we can see that a typical race would see values range between 3-10mmol/l when on the flat, indicating the existence of an additional anaerobic component. Unsurprisingly the uphill parts of the course saw blood lactate values soar to between 8-14mmol/l, reflecting the increasingly anaerobic nature of the incline running. Dresel (1985) and Smekal (2003) also demonstrated the high anaerobic demand in orienteering, through recording lactate values of 3.7 to 6.7mmol/l for the athletes, with a peak of 8.8mmol/l following a severe ascent. Most of the data available on blood lactate markers is unfortunately from classic distance orienteering and more research is needed on how the profile differs when moving to middle and sprint racing.

FITNESS FOR ORIENTEERING

Heart Rate Indicators

In addition to the reported values for oxygen uptake and blood lactate from studies over the past twenty years, heart rate data from races can also support the need for highly developed aerobic and anaerobic capabilities. Heart rate (HR) is a good indicator of exercise intensity and research (Bird et al., 1993; Creagh and Reilly, 1997; Creagh et al., 1998; Larsson et al., 2002) has shown that HR, just as with blood lactate levels, varies greatly during long distance orienteering. This variability can be attributed to a number of causes, including terrain type, course profile and technicality and is unsurprisingly greater than the variation shown in other forms of running.

Figure 4 shows a typical heart rate trace during a cross-country orienteering race of 'middle distance' duration, where values fluctuated from around 158-175bpm, with an overall race average of 169bpm. The three lines on the graph show heart rate values representative of levels established through laboratory testing. Maximum heart rate of the orienteer was recorded as 180bpm, with the lactate threshold (the first increase of lactate above resting levels - LT) and the lactate turn-point (the point at which lactate levels show a sudden and marked increase - LTP) at 142bpm and 159bpm respectively.



What does this data tell us about the nature of orienteering and its demands? The average HR of the orienteer over the course shows that they are working at around 90% of their maximum and is indicative of a

very significant demand placed on both aerobic and anaerobic energy systems, with only brief periods where the intensity drops to around 80% of their maximum. The LTP is a benchmark level that has been shown to be reflective of an individual's 10 mile to half-marathon running speed and it is not surprising that the orienteer is working at a level higher than this pace. The average HR is more representative of the intensity of 10k running, where the athlete is attempting to run around their anaerobic threshold level for as long as is feasible before fatigue takes hold and pace must begin to drop.

This 'snapshot' of a typical HR trace is representative of the research findings and endorses the dual demands of the sport. Johansson (2000) suggests that, as orienteers maintain a HR of around 90% of their maximum during competition, orienteering is not a purely aerobic sport. Finally, Gjerset et al. (1997), in the only research that so far attempts to draw comparisons between short and long distance orienteering, found that during a short distance race, HR was on average 4bpm (2.2%) over the laboratory established, anaerobic threshold level. Also, not surprisingly, they discovered that short distance racing resulted in higher average HR, with an increase of approximately 2% in women and 4% in men over the long distance HR results, giving credence to the logic that the shorter the race, the more anaerobic the demands become. Again, further research is needed to establish the differences between the various disciplines and to update these findings from research that is now beginning to be a little dated.

Other fitness demands

Much of the scientific research on orienteering has concentrated on the aerobic/anaerobic demands of the sport and unfortunately other fitness components, such as flexibility, strength and agility, have had scant regard paid to them. Early research (Garderud et al., 1985; Lusa & Lonka, 1988) showed some promis-

ing results from two limited studies into the use of weight training for the development of orienteering-related fitness. It was found that running times in terrain and lactate production were lowered, along with an improvement in the subjects' perception of their ability to run through terrain, after a period of strength training. This allows us to conclude, albeit cautiously, that strength is an important part of the orienteer's armoury and this is supported by later research on the use of core and strength work to offset injury in runners (Brummit, 2009) and improve their running economy and power (Paavolainen et al., 1999), but it requires research within orienteering to verify. Many practitioners have recently advocated the increased use of core work, in particular, to enhance orienteering fitness, through improved dynamic balance and muscular endurance, but research into its effectiveness for orienteering has yet to be conducted.

When examining the relevance of flexibility to the sport, no studies using orienteering have been carried out so far, but it has been suggested generally as being an important component for the avoidance of injury and improving overall sports' performance (Allison et al., 2008), however it remains a controversial area. The commonly accepted wisdom is to work on suppleness as part of a programme for orienteering, but the science behind how and why is sparse.

Conclusion

In summary, the nature of the sport is, not surprisingly, multi-dimensional. The most succinct overview about the physical demands of orienteering I have come across is by Johansson (2000), who states that,

"...the elite orienteer should have an aerobic capacity of a world class skier, an anaerobic capacity of an elite middle distance runner" and the "leg muscle strength and endurance of a professional cyclist..."

Next issue will see us begin to build our orienteering fitness programme based on this knowledge.

Paul Murgatroyd

EAST MIDLANDS LEAGUE — 2009/10

east midlands orienteering association



EMOA League— Remaining Fixtures 2010

14th February	Allestree Park	21st February	Charnwood Forest South
7th March	Thieves Wood	14th March	Stapleford Woods
28th March	Crich Chase	9th May	Cromford Moor
16th May	Clumber Park	12th June	Bradgate Park
20th June	Linacre Woods	31st October	Stanton Moor
7th November	Bestwood Country Pk	28th November	The Outwoods
19th December	Walesby	28th December	Beacon Hill

East Midlands League 2009 (Final LOG & RAFO members' best placings)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	Best Eight Scores	Overall Position
Yellow	Russell Kirk			321		438				376				728	1863	3rd
Orange	Georgia Davey				557	672	831		1000	888					3948	4th
Orange	Bella Williams											894	811		1705	6th
Orange	Diane Read										515	466			981	15th
Lt Green	Kevin Kirk			693					1000	514				828	3035	7th
Green	Martin Wheeler								831			957			1788	30th
Green	Tom George			564			477		696						1737	31st
Green	Craig Youngs								497	435					932	48th
Blue	Michael Nell			754	699	877	760	650	854	814	787	873			6418	5th
Blue	Andy Furnell	529							549		586				1664	43rd
Blue	Robin Stevens										729	734			1463	45th
Blue	Sean Harrington	612										723	668	517	2520	31st
Blue	John Mather					661						607	696		1964	38th
Blue	Phil Longstaff										626	804			1430	48th
Blue	Joanne Nell			816	834	1000	964	825	778	956	1000	1000	737	872	7451	1st
Brown	Paul Murgatroyd	879			739	718								846	3182	14th
Brown	Liam Harrington	780				677					809			791	3057	15th
Brown	Charles Nell				580				836					722	2138	24th
Brown	Dave Gourlay											888		904	1792	31st

Key to Events: 1 Lount, 2 Lindop, 3 Willesley Woodlands, 4 Stanton Moor, 5 Carsington Pastures, 6 Swithland Woods, 7 Calke Park, 8 Harlow, 9 Byron's Walk, 10 Wakerley Woods, 11 Bourne Woods, 12 Walesby, 13 Beacon Hill

CLUB CHAMPIONSHIP - 2009 - THE BLUE RIBAND

This year saw a record 24 members enter the fourth annual running of the "Blue Riband". This was a great turn out, especially as the weather on the day was, to say the least, a bit dodgy Yours truly only managed to travel 100 yards from home before skidding down a hill, mounting a path and almost landing in a neighbour's front garden.

At Riseholme, the weekend before the event, a provisional set of handicaps were available for people to see and comment on. There were quite a few people who thought Joanne Nell's time was very generous and I was going to change it, but I was told by my wife, Nikki, not to be horrible to Joanne and to leave it alone. The only other comment was by one person who thought Jon May's time was also a bit generous, so I "chopped" his time. Sorry Jon, Nikki wasn't bothered about you and it looks like I might of robbed you of a possible win!!! I thought this year's handicaps looked like they were going to favour the "slower" runners in the club, but in the end most of the top ten finishers were from the more

experienced members of the club. No less than 15 members ran faster than their handicap time - I must be getting a bit soft in my old age!

As far as the results are concerned, it was another close thing, with the top 3 runners only separated by 19 seconds once the handicaps were taken into account. Jon May in third, Charles Nell in second and the winner, by just 15 seconds, was Thomas Honiball. Thomas was also the winner of the prize for the quickest run of the day, beating Justin Williams by just 12 seconds. This is the first time this has occurred, not sure how I let this happen!!!!

We have now run this competition for 4 years and had 4 different winners, so for anyone who has not yet won, there is always next year when you should have an even better chance of winning it.

Finally, your committee have been discussing the idea of having a permanent trophy for this annual event, so all you pot hunters out there had better start getting some training in for next years event!!



Winner Tom Honiball (right) pictured receiving the Blue Riband trophy from Chairman, Sean Harrington, following his 2009 victory at Walesby.



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.

Orienteering

"Night Event"

Riseholme Park
University Campus, Stable Yard, Grid ref: SK981757

Thursday 11th February 2010

Mass start @ 6:30pm - 45 minute score event

Entry - £2

Dogs welcome, torch needed, full legwear recommended

Register between 5:45pm & 6:15pm

www.logonline.org.uk



www.britishorienteering.org.uk

British Orienteering



LINCOLN ORIENTEERING GROUP

PRESENTS
AN L3 EVENT

BOURNE WOODS

SUNDAY 22nd NOVEMBER 2009

1 mile west of Bourne on the A151
MAP REF: TF075202

This is an SI electronic punching event

Registration: 10.00-12.00

Starts: 10.30-12.30

Courses close at 2.30

Fees: Adults £7/£5, Juniors £2

E-punch hire: £1

Free Car Park

Full courses - White to Brown

Help available for beginners

Planner: Dave Denness

Organiser: Sean Harrington - 01522 791344

Controller - TBA

Terrain: Attractive mixed working forest

www.logonline.org.uk

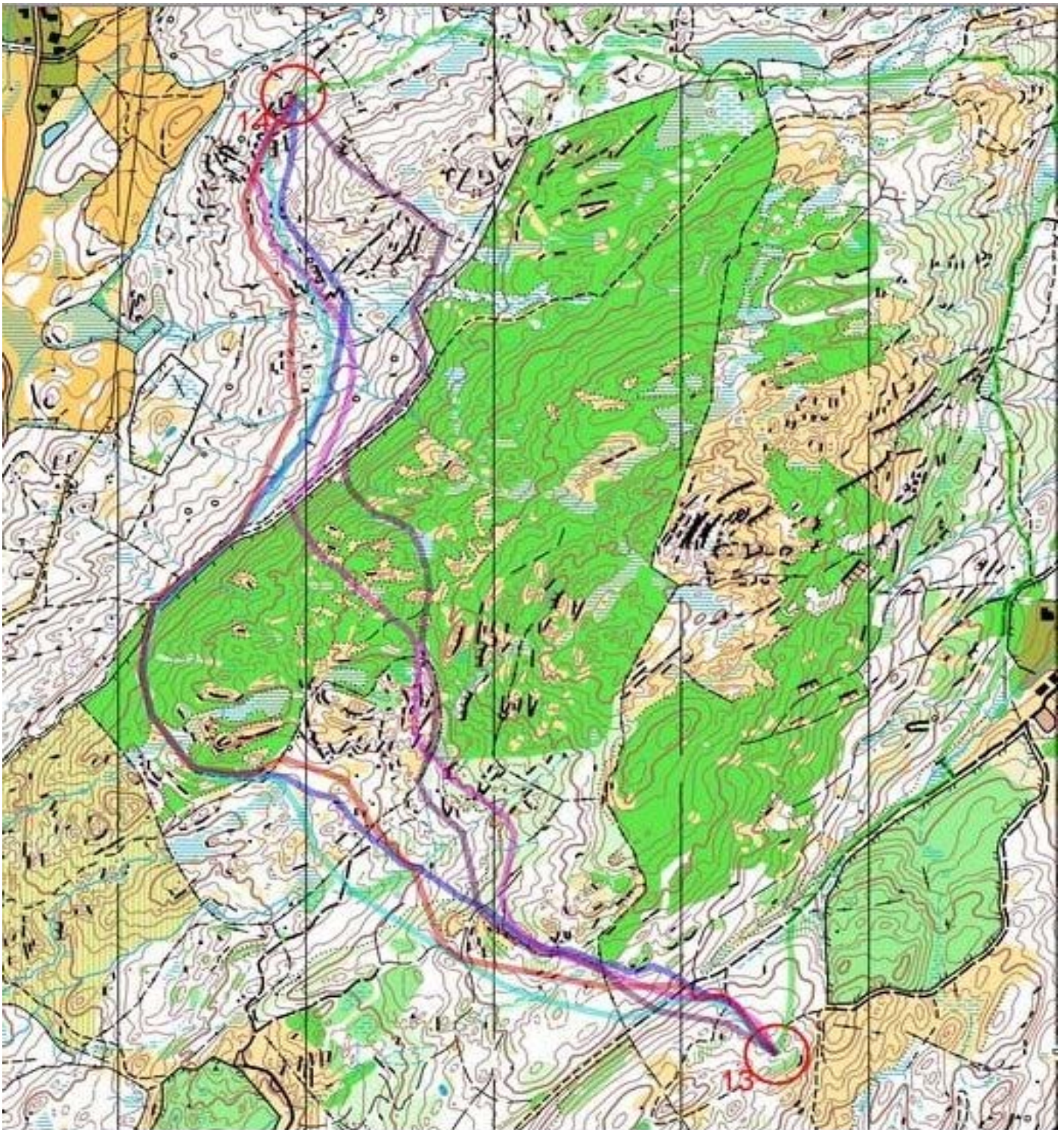
Blue Riband Handicap Results—2009





Handicap Race Position	Name	Projected Min/Km	Total Dist	Projected Time (Mins:Secs)	Actual time taken (Mins:Secs)	Time + or -	Actual Min/Km	Non-Handicap Position
1	Thomas Honiball	06:36	6.1	40:16	32:46	07:30	05:22	1
2	Charles Nell	07:12	6.1	43:55	36:40	07:15	06:01	5
3	Jon May	07:36	6.1	46:22	39:11	07:11	06:25	7
4	Jon Mather	08:12	6.1	50:01	44:18	05:43	07:16	11
5	Paul Murgatroyd	06:30	6.1	39:39	34:07	05:32	05:36	3
6	Justin Williams	06:18	6.1	38:26	32:58	05:28	05:24	2
7	Joanne Nell	09:24	6.1	57:20	52:31	04:49	08:37	13
8	Karen Williams	10:00	6.1	01:01:00	56:54	04:06	09:20	16
9	Dave Gourley	06:42	6.1	40:52	37:37	03:15	06:10	6
10	Andy Lucas	07:00	6.1	42:42	40:15	02:27	06:36	9
11	Dave Denness	06:54	6.1	42:05	39:39	02:26	06:30	8
12	Amanda Roberts	09:30	6.1	57:57	55:54	02:03	09:10	15
13	Liam Harrington	06:00	6.1	36:36	35:13	01:23	05:46	4
14	Patrick Hoey	07:24	6.1	45:08	43:46	01:22	07:10	10
15	Phil Longstaff	08:24	6.1	51:14	50:48	00:26	08:20	12
16	Sean Harrington	09:12	6.1	56:07	57:06	00:59	09:22	18
17	Martin Wheeler	08:30	6.1	51:51	53:14	01:23	08:44	14
18	Claire Hanna	10:30	6.1	01:04:03	01:06:06	02:03	10:50	20
19	Charlie Thomas	08:42	6.1	53:04	56:56	03:52	09:20	17
20	Ali Wright	10:12	6.1	01:02:13	01:07:32	05:19	11:04	21
21	Anne Gibbs	13:30	6.1	01:22:21	01:28:20	05:59	14:29	22
22	Geoff Gibbs	14:00	6.1	01:25:24	01:31:58	06:34	15:05	23
23	Matt Harrington	09:00	6.1	54:54	01:02:24	07:30	10:14	19
24	mp Paul Barnes	06:48	6.1	41:29	49:06	07:37	08:03	24

Lincoln Orienteering Group Executive Committee Meeting – Jan 14th 2010

		Action
	Present: Sean, Paul, Amanda, John, Ian, Liam	
1	Apologies for Absence – Jon, Andy, Michael, Sarah	
2	Approval of Minutes of Meeting on 11.11.09 – Agreed	
3	L3 Event 14.03.10 (Stapleford) – Look at having the parking at the same place as we did last time.	PM/SH to check the parking.
4	Summer Series 10 – The website needs updating with this year's events. We still need 3 more planners.	LH to update site. PM/SH to look for planners
5	Night Event – To be held at Risesholme on the 11.02.10, PM is planning a 45min score starting at 6.30pm.	
6	EMOA Events – We are going to ask EMOA if we can hold the East Mids Champs in 2011 at Stapleford and also look at getting the Yvette Barker final in 2013 as its East Mids turn to host it.	SH to take to next EMOA meeting
7	Club Kit – The hoodies and t-shirts have now arrived. We are looking at a new LOG top for the 25 year anniversary of LOG in 2012, at the moment we are playing around with ideas.	
8	OCAD – OCAD 10 has now turned up and will be passed on to the people who need it.	
9	Blue Riband - Trophy – Look at getting a trophy for the event as well as the normal 'It's the winners not Terry's Chocolate Orange'.	SH/LH to look into trophy
10	Winter Series – A comment from one 6 year old was that is would have been nice to have got a certificate for doing the course, this is going to be looked into for next year. Look at holding the 10/11 winter series down South.	PM to look at venues for 10/11
11	Permanent Courses – ID has got a grant to put a permanent course at the West Common and Monson Park in Skellingthorpe, ID needs £600 from the club to buy equipment before he can claim the money back. The committee were happy for this to happen.	ID to contact AL for the money
12	Email Addresses, logonline – Ian would like a logonline email address, if any other members would like one they should contact Liam Harrington.	LH to sort Ian email out.
13	Schools – Pauline is trying to organiser a TOPs course for a few of the teachers in local school's which PM will run.	
14	Clubmark – Have almost got all we need for this now, PM may need a children welfare course, which his PGCE may be ok to cover.	ID to check with Pauline if this is ok.
15	A.O.B – a. PM has decided to run training session between the SS and WS the weeks that there is not a event on, these will be on the normal Thursday night. b. We are looking a getting a grant toward this years SS. c. Emews, the EMOA mag is now to be sent to PM via email who will then pass it onto the rest of the club mmbers. d. SH is to forward Stuart Bolding's details onto PM about courses in Saxilby. e. We need to see if we can take the club tent to CSC. f. We are going to look to see if we can map, Belton woods and Harlaxton. g. Pauline would like a contact in the club to send all junior info to.	b. ID looking into. c. SH to let EMOA know PM is LOG contact. d. SH to email PM. e. LH to look into. f. AR to check Belton/PM to check Harlaxton g. SH to ask MN if he is happy for that to be him.
16	Next Meeting – TBC	

COACHING—ROUTE CHOICE



	11:51 Oliver Johnson, +0%	Overall: 77:21, +0%
	12:50 Ed Nash, +7%	Overall: 87:04, +11%
	14:18 Marcus Pinker, +17%	Overall: 78:17, +1%
	14:43 Andrew Powell, +19%	Overall: 93:19, +17%
	16:14 Richard Robinso, +27%	Overall: 85:46, +9%
	16:36 Mark Saunders, +28%	Overall: 89:24, +13%



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The Thinking Man's Sport

It's good to talk
groups.yahoo.com/group/lincolnshireorienteeringgroup

FUTURE ISSUES

The next LOG-NEWS will be winging its way to your email account at the start of April and we'll be looking ahead to our summer series. Tom Honiball claimed a first series victory on the technical last year, but Liam will be back in full swing and with others, such as Justin Williams and the improving Paul Barnes, also in the fold, Tom will find it very hard to defend his title. No doubt we'll be seeing new winners on the Long and Short too, with a number of emerging juniors building on their winter successes.

Also, we'll have the reports from the Riseholme night race and the Stapleford EML event, with reflections on the new club training programme as well. The national O season will be hotting up too, with the JK in April and BOC in May to consider. Hopefully we'll be able to have a good LOG contingent at BOC this year, with it being in the Midlands area for the first time in a good while. Let's see if we can get some relay teams in there!

SELECTED NATIONAL FIXTURES

Sun 07/02/10	East Midlands	NOC	Regional	Robin Hood Trohpy	Blidworth	EOD	SK583522
Sun 14/02/10	East Midlands	DVO	Local	Local & EM League	Allestree	EOD	SK352398
Sun 21/02/10	Yorkshire and Humberside	HALO	Local	Town Centre Event	Beverley Town Centre	EOD	TA032398
Sun 21/02/10	East Midlands	LEI	Local	Local & EM League	Charnwood Forest South	EOD	
Sun 07/03/10	East Midlands	NOC	Local	Local & EM League	Thieves Wood	EOD	
Sun 14/03/10	East Midlands	LOG	Local	Stapleford EMOA League	Stapleford	EOD	SK850554
Sun 21/03/10	East Midlands	LEI	National	National Event & Midland Championships & Future Champions Cup	Belvoir Estate	EOD	SK805325
Sun 28/03/10	East Midlands	DVO	Local	Local & EM League	Crich Chase	EOD	
Fri 02/04/10— Mon 05/04/10	South West		National	Jan Kjellstrom Orienteering Festival	Various	Pre-entry	
Sun 11/04/10	East Midlands	NOC	Local	Nottingham City Sprint	Nottingham City Centre	EOD	SK572399