

2011 Issue 1  
Jan/Feb



LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

# LOG-NEWS



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Photos from the 'Blue Riband' Club Champs, Walesby, Dec 2010. Clockwise from top left: Warming up—LOG stylee; 2008 winner, Andy Lucas in full flow; the assembled competitors savouring NOC's hospitality; powering across the snowy landscape and RAFO's Joanne Nell leaving the last control for the race into the finish. Reports and results inside...

## ED'S BIG BIT



As we move into 2011, and find ourselves less than 12 months away from the club's 25th anniversary, I began reflecting on the changes that

I've witnessed in LOG during my time with the club. When I first started out, way back in 2004 with my first run at South Common in an old C4 event (and yes, if you dig in down into the results archives, you can see me there...), the club's total activity output consisted of two colour codes a year and a summer series that was only two years old... and that was it!

Fast forward nearly seven years and the changes are nothing short of incredible. We now have training sessions every week, all year round; a summer and winter series of local races; a highly respected city race that is part of the national urban league; a club handicap championships; a chasing sprint to end the summer series tied in with the Lincs Challenge Shield; a biannual Bomber; a new night score series; regular club trips and a district event that is part of the East Mids league—some transformation!

I don't think it ends there, either. As both Tanya and Ally talk about in their Blue Riband and CST write-ups, we have a wonderfully close-knit club that is an absolute pleasure to be a part of. You only have to see the difference between ourselves and other 'small' clubs at the CST

events we've competed in over the last year to recognise that there exists a true club spirit in LOG. I have often had people from other clubs mention how impressive this is and how we should be proud of how things have developed over the past few years.

However, this is by no means the 'end point' for us, either, as we can certainly continue to develop in many more ways. Bringing in and developing more juniors, to compliment the fine work of the Nells with the cadets, should be a central focus for us in years to come and is just one way in which we can take the club forward into its second quarter century. But, there's no doubt—it's a great time to be a LOG'er!

## Chairman's Sound Byte



The First round of the Compass Sport Trophy was held at LEI's Beacon Hill event a couple of weeks ago, where we had another large contingent of "loggers" turn out. There

were some great runs from many members of the team, resulting in us finishing first by a significant margin. This means we qualify for the final for the second year running and is wonderful news for all involved in the club. The final is to be held at DVO's Longshaw event on Sunday 16<sup>th</sup> October, so please put it in your diary. A more comprehensive report on the day can be found later in the newsletter.

Our first Winter series covering the middle and south parts of our area came to a successful end at Bourne on Saturday 22/01/11, with some of the toughest courses of the series put on by planners Karen & Justin Williams. After some

frantic work by Paul on the computer and Ally on the calculator, the final league tables were updated. The presentations then took place and I would like to congratulate Steven Barnett for winning the Short course, Paul Murgatroyd for winning the Long course (he seemed happy !!!) and, finally, to Jeff Baker for winning the Orienteer of the series, based on his enthusiasm and commitment to the sport over the past year.

I would like to welcome the following new members to the club Lindsey Freeman, Mike Chapman, Clive Street (back after a long absence) and Tom George, all of whom took part in the CST qualifying round. It's particularly nice to see Tom join in his own right, after being a part of the RAFO set up for several years. I hope to see you all soon at future LOG events.

With the start of the New Year, it looks like being another busy time for the Club, starting off with our first Night Score Cup being organised by Paul Murgatroyd. As this is a new initiative for the club, it would be great to see a good turn out of mem-

bers to support it. I have heard Santa has brought some lucky people some new toys, no doubt shining out for all to see on a common near you soon! We will then be having a level C event on the new map at Belton Woods, near Grantham, on Sunday 20<sup>th</sup> March, quickly followed by the summer series, consisting of our usual 9 events covering all parts of our area, and culminating in the second annual chasing sprint at the University. We will also be running our annual city race in Lincoln on Sunday 4<sup>th</sup> September, which we've just heard has made the select group of Nopesport league races again.

On the EMOA front, we had an interesting discussion regarding the fact that 90% of the budget goes to the juniors. Whilst the committee was quite happy about this, it was thought that more information should be available to clubs regarding what they are actually doing. Whilst on the subject, it would be nice if we could get a few more of our own juniors involved with the EMOA squad.

*Sean Harrington*

# FUTURE LOG EVENTS

- 03.02** Training Session - *West Common* - Fitness
- 10.02** **Night Score Cup #1 - *West Common***
- 17.02** **Night Score Cup #2 - *Hartsholme Park***
- 24.02** **Night Score Cup #3 - *South Common***
- 03.03** **Night Score Cup #4 - *Riseholme Park***
- 10.03** Training Session - *South Common* - Fitness
- 17.03** Training Session - *South Common* - Technique
- 20.03** **Level C event (East Midlands League) - *Belton Park (Dave Denness)***
- 24.03** Training Session - *West Common* - Technique
- 31.03** Training Session - *West Common* - Fitness
- 07.04.11—28.07.11** **Summer Series 2011**
- 07.04** **Summer Series #1 - *South Common (Andy Lucas)***
- 14.04** Training Session - *South Common* - Technique



# NIGHT SCORE CUP



In February 2011, the club will be launching a new series on Thursday training nights..... The Night Score Cup.

**The Concept:** Simple, fast and furious night racing, based on a score theme. Open to all comers, and suitable for everyone from novice through to experienced orienteers.

**The Format:** Each race will consist of a 45 minute, mass start, score course. Collect as many controls from the 25 available in the time limit. Each control will be worth 5pts to the competitors overall total, with a time penalty incurred of -5 pts for each 30 seconds (or part thereof) over the time allowance. SI timing will be used at each event.

**The Series:** 4 races at venues around Lincoln, with each race counting to the orienteer's overall cumulative series total. Winners medals will be awarded in each of the following categories:

- Series Champion
- Highest Scoring Female
- Highest Scoring Junior (<M/W20)
- Highest Scoring Veteran (>M/W50)

In the event of a competitor collecting all 25 controls within the time limit, their overall time will also be recorded.

In the event of a tie for a series title, the competitor with the lowest cumulative time for their points total will be declared the winner.

## The Dates & Venues:

- 10.02** *West Common*
- 17.02** *Hartsholme Park*
- 24.02** *South Common*
- 03.03** *Riseholme Park*

**The Timings:** Registration will be open from 6pm, with call up and briefing at 6:45pm. Maps released at 6:55pm, allowing a maximum of 5 minutes of route planning. Mass start at 7pm. Course closes at 8pm.

**The Maps:** Pre-printed and bagged, with separate written control descriptions.

**The Cost:** Entry is £2 per person, including dibber hire.



#### 4. Saturday 11th December – Grantham Town

(Planner: Terry Crosby)

A December Sat morning at 11am in Grantham Market; it's Xmas, it's throbbing. The simple plan was to throw a bunch of lightly clad runners, eyes concentrating on a map, not looking where they are going right through the middle! The thing about orienteers is that they seem to have an in built sense of danger; they know they are about to hit something, in this case, shoppers! Fortunately no one did.

Grantham Town is one of the club's 3 new maps, so when I was offered the chance to plan on it, it was a no-brainer. Stamford Town it is not (great maze of streets), but it did offer some good variation of urban and park as well as underfoot conditions care of the icy weather! As the current map stands, it has far too many dead ends and blanket 'settlement' areas to be hugely technical, but with a bit of work on opening up various areas, I am sure that this can be improved; I can feel a project coming on!

I am pleased to say that the courses ran well with much discussion on the route choices, which a Planner always likes to hear. With a small band of club members away on other duties, we did well to get over 30 runners on the day and encouragingly some new faces. I am sure that the existence of this map (plus Harlaxton and the future Belton) will bring more orienteers out of Grantham. Let's hope so.

#### 5. Saturday 8th January – Stamford Town

(Planner: Michael Nell)

It might have been so different. On the couple of occasions during the Christmas break when Joanne and I travelled over to Stamford to do the initial recce, the conditions were nothing short of impossible. There was 20 to 25cm of fresh powder snow overlaying hard frozen glazed pavements and just keeping upright on two feet was a challenge. Traffic was pouring into the town from all directions, obviously keen to finish off the last few bits of Christmas shopping and steal a march on anyone else with a pre-emptive strike at the shops offering early sale bargains. We just could not imagine trying to run an urban event in the town if the conditions didn't change dramatically. Well, change they did, and how. Having been sub-zero for weeks, the few days before the event were mild and wet, sufficient to strip the snow and ice away. Game on, then..

Courses were planned, I have to admit, with security of equipment very much uppermost in our minds. No control site was considered if it wouldn't take a gripple. Hopefully that did not limit the variety of the experience, but did result in an unusually large proportion of "fence ends" in the mix. The long course invited route choices to include the quaint narrow cobbled streets and mediaeval alleys of Stamford, whilst the short course pointedly avoided the threat of traffic by sticking to the quieter areas.

Race day started for us at 0630 with headtorches and armfuls of kites and SI boxes. The last of the hard-core clubbers were weaving their unsteady way home as the first gripples were locked in. With control hanging all done and dusted by 0900, we had time for a quick coffee before the start team arrived to set up. Any initial worries about low turnout were quickly dispelled as the sun came out and the cluster of athletes around the registration tent grew. Familiar faces appeared, and, pleasingly, several new ones; all keen to get started.

Manning the start I realised that it's quite true - there is a distinctly nervous edge around until the first finishers download and then you can relax, safe in the knowledge that you haven't messed up. Finishers were soon coming in thick and fast. A sprightly performance from Anne Gibbs secured her a solid 1000 points, in a time only four minutes behind the winner, the youthful Ryan Harris, who came home in 27:33. For the long course runners, the pace was set by LOG's own Paul Murgatroyd in a blistering 34:07, closely followed in third place by LEI's M60 *wunderkind* Roger Edwards, in 38:09. Meanwhile, back on the Winter Series points table, with only the Bourne Woods event to go, there is all to play for. Only a couple of hundred points separate the top three on the Long, and on the Short, Anne Gibbs trails leader Steven Barnett by a wafer-thin margin of 64 points. A truly nail-biting finish to the final event of the Winter Series.

# LOG WINTER SERIES 2010/11 – REPORTS/PHOTOS

## 6. Saturday 22nd January – Bourne Woods

(Planner: Justin Williams)

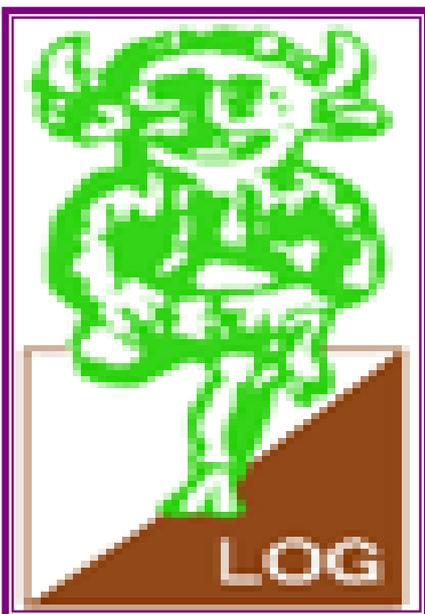
The last time we did any planning was for a National Event six years ago. Ash Ranges on 2<sup>nd</sup> Jan 2005, to be exact; and the date is ingrained because Karen was in hospital giving birth at the time ... not good timing! Anyway, back to the present. Once I got to grips with using Ocad again, and the wife stopped nagging, I quite enjoyed the Bourne Woods experience.

We tried to get the most out of the area and, for the long course, back into some proper forest 'O', with lots of brambles like when we were young (this was before Urban-O came along, so there was not a lot of running around streets then).

As far as the results go, the winning times were about what we expected, but the tail stretched out rather more. So sorry if it seemed a bit long for some, but think of it as training for the British at Shining Cliff, which has both undergrowth and hills in abundance! Congratulations to Sam Luscombe and Paul Murgatroyd, the short and long course winners respectively.

The maximum number of short course entries prior to this event was 15. So it was a bit of a surprise to find that we had to recycle most of the short course maps to cope with the staggering 33 entries! Still, it was encouraging to see so many people turn up (on a cold morning) and tackle some proper 'O' in the woods again. As usual, thanks to everyone for helping on the day, especially the people who helped me collect in the controls (including the spooof one that wasn't used on either course!).

One last trip down memory lane: At Ash Ranges we used the old style SI control boxes, each of which weighed about a pound, and which were termed bricks for good reason. The aluminium stakes were much bigger and bulkier too. Setting out with a load of 10 control sites felt like setting off on a polar expedition; and it took over a day for three of us to put out all the controls for the event. Not any more ... By contrast, with the current LOG kit, I was able to put out 26 controls on my own on the morning of the event. Sometimes progress is a very good thing!!



*Top: Long Course series winner, Paul Murgatroyd (LOG), receiving the trophy from Chairman, Sean Harrington*

*Middle: Andrew Oxby receiving the Short course trophy on behalf of Steven Barnett (RAFO)*

*Bottom: Paul Murgatroyd awarding the 'Orienteer of the Series' trophy to Jeff Baker (LOG)*

## LOG WINTER SERIES 2010/11 – FINAL TABLES

	Name	Age Category	Sleaford (N)	Sleaford (S)	Harlaxton	Grantham	Stamford	Bourne	Total (Best 3)
	<b>LONG</b>								
1	Paul Murgatroyd	M40	1000	992	977		826	1000	2992
2	William Parkinson	M16		1000	1000	930	734	808	2930
3	Craig Thomson	M16	931		952	862	800		2745
4	Michael Nell	M60	847	867				819	2533
5	Clive Street	M50	869		739		820		2428
6	Andy Lucas	M45	0	802		761	780	599	2343
7	Robert Parkinson	M50		809	720	759	700	0	2288
8	Mark Thomson	M45	800		733	754	679		2287
9	Ian Wells	M55	770	746	752	0		733	2268
10	Joanne Nell	W45	741	742				760	2243
11	Jeff Baker	M60	759				752	679	2190
12	Amanda Roberts	W45		716	683	716	622	646	2115
13	Helen Parkinson	W45		632		695	699	687	2081
14	Tanya Taylor	W40	687				605	755	2047
15	Mike Hampton	M65				1000	999		1999
16	Sean Harrington	M50	682			673	561	624	1979
17	Trudy Crosby	W50	698		651		564		1913
18	Craig Lucas	M14	635	631	0	621	599	630	1887
19	Andrea Page	W21	632	543	460	611	627	418	1870
20	Jack Audis	M14	636	641	0		505	374	1782

	Name	Age Category	Sleaford (N)	Sleaford (S)	Harlaxton	Grantham	Stamford	Bourne	Total (Best 3)
	<b>SHORT</b>								
1	Steven Barnett	M16	926	1000		1000			2926
2	Anne Gibbs	W65	1000	0	864		1000	923	2923
3	Sam Luscombe	M14	915	786				1000	2701
4	Ryan Harris	M14	650	715	740	603	848		2238
5	Jacob Ashton	M14	651	715	740		799		2190
6	Sarah Fletcher	W18	788	736					1524
7	Amber Dickson	W14	243	316	0	523	380	516	1419
8	Luke Thomas	M12	674	659					1333
9	Dora Rackham	W14	243	316	0	525	379		1220
10	Rosa Mendes	W10	395				452	345	1192
11	Fiona Pennie	W21			1000				1000
12	Andrew Oxby	M16	684					315	999
13	Andy Furnell	M45			995				995
14	Brendan Clancy	M16	914						914
15	Jacob Hestor	M16	913						913
16	Elizabeth Parkinson	W18						882	882
17	Matthew Whelton	M14					0	875	875
18	Kieran Huggan	M16						800	800
19	Ryan Lucas	M10	790						790
20	Stuart Wyatt	M16	760						760

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

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

# COMPASS SPORT TROPHY 2011



**Ally Wright writes:**

The 'Compass Sport Trophy' (CST) is supposed to be one of the most anticipated events in a LOG'er's diary, and has, over the last 2 years, attracted the highest attendance of LOG competitors at any event.

However, for me, it conjures up memories of a lost dibber, 2 1/2hr 'experience' in Sherwood Pines, and the pain, nausea and 'boulders of doom' at Burbage Moor. Understandably, I was not particularly looking forward to this event.

The day dawned and I met some of the gang at the Grandstand, in Lincoln, in glorious sunshine and a light breeze, and a brief discussion over route choice ensued before departure.

Myself, Jon M, John M and the Funnell sped off confidently first, leaving the rest still deciding on the best route. After an enjoyable journey and taking in the views of Loughborough, (this was not our 1<sup>st</sup> or 2<sup>nd</sup> route choice, actually it was not a choice at all – I'm blaming the Funnell) we managed to arrive ...erm last, and the tent still was not up!

The weather at Beacon Hill, sadly, did not match Lincoln's, due to light rain and gale force winds. I was very pleased we had managed to convince LOG Daddy that the tent was necessary, though I had visions of coming back to seeing LOG Mummy and LOG cheer-

leader Amy floating very elegantly off with it. The LOG contingency displayed superb teamwork skills in both putting up and securing it, providing us with a much needed base camp.

It was a fantastic turnout once again and great to see so many LOG'ers all in one place; spirits were high and everyone seemed to be fairly relaxed. A bit of pre-race map analysis seemed to allow everyone chance to get their bearings and I even did a small warm up, a rarity as usually my warm up is to the first control.



In hindsight, I maybe should have paid more attention to the map analysis, as it took me a whopping 12mins to find my first control, 9 minutes longer than everyone else! Luckily I only had one further costly blonde moment, on leg 11-12. My final time reflected my bloneness, with a loss of 15min on the two controls and the rest unsurprisingly due to lack of fitness. Despite this, I really enjoyed the terrain at Beacon Hill and the mix of forest, woodland and open land. It was a lovely area to explore and one I would like to compete at again.

The most committed LOG'er at this event has to be 'The Hopper': Tanya Taylor, who rocked in with one shoe on, one shoe off and totally covered in mud! It was a highly entertaining sight and a story to match. I hope she didn't feel too sore the next day. Frenchie (Jeanne) ran an incredible race and managed to take the top spot in Blue Women. I have already made her promise to fly back from France especially for the Final. I did try and stick with her for a few controls, but she is so agile over the uneven terrain and sure footed, I had no chance!

Overall the outlook in the results tent was spectacular, with LOG members

holding top positions in 6 out of the 10 courses, with some fantastic scores across the board. Not just with the seniors, but our strong junior squad, with Kevin Kirk, returning following a long lay-off for injury, and Sam Luscombe both taking 100pts.

Unusually confident that we were victorious, ahead of the official results, we packed away early and in declaring ourselves winners (well, I declared ourselves winners – Liam did state that we could not take it for granted yet), went off to celebrate in the pub. I was somehow delegated with the coordinating of the pub trip, as both LOG Daddy and the VC were off on official club business to check out Belton Woods. I'm not quite sure what grounds I got this delegation on,



but I have to thank Spikey for the choice of pub, as her local knowledge through her love of canoes found us a lovely pub by the river. Seventeen of us clambered into the pub many in matching tops. I think the locals were quite entertained by us all. It's amazing how many people made the pub without LOG Daddy and the VC there, I wonder if there is any relationship in that? ;-) I'm sure they will be pleased to know plenty of drinking and post race analysis went on...well, for a short while anyhow.

Finally, I want to say how proud I am to be part of such a friendly, fun and successful team and I would like to thank everyone for changing my view on the CST and I look forward to us improving on last year's 5<sup>th</sup> Final position!



# UK MASTERS CUP 2011

## Introduction

The proposal is to provide a competition for veteran/masters (M/W35+) orienteers based on a subset of the current programme of Level A and some Level B events.

## Principles of the UK Masters Cup

The principles of the UK Masters Cup (UKMC) are similar to those of the UK Cup:

- Encourage greater quality competition.
- Use a simple position based scoring system (rather than the national rankings).
- Encourage participation in more events.
- Provide as much variety in terrain type and geographical locations as possible

## Classes

The competition will be based on the five-year age groups for men and women from M/W35. Where events included in the UK Masters' Cup use a different class structure, e.g. urban events, classes will be disaggregated for the purpose of the UKMC scoring. Runners will have to run the designated long course for their age class in order to be competitive and organisers will need to state this in event pre-entry details.

## Designated events

The balance of events for 2011 will be: 2 Sprint, 3 Urban, 3 Middle, 9 Long, 1 Chase and 1 Night; 19 in total.

Date	Event	Level/Type	Assoc
22 Jan	Edinburgh City Race, Burns Weekend	B/U	SOA
5 Feb	British Night Champs, Bentley Woods, Tamworth	A / N	WMOA
20 Feb	Midland Champs, Sheringham	A/L	EAOA
26 Feb	Twin Peak Middle Distance, Bleathwaite	B/M	NWOA
6 Mar	Welsh Championships	B/L	WOA
13 Mar	Southern Champs, Henley	A/L	SCOA
27 Mar	Northern Champs, Northumberland	A/L	NEOA
9 Apr	British Sprint Championships, Brighton	A/S	SEOA
10 Apr	British Middle Championships, Crawley	A/M	SEOA
22 April	JK Sprint, Belfast	A/S	NIOA
23/24 April	JK Individual Days 2 & 3 combined, County Down	A/L	NIOA
14 May	British Long Championships, Wharnccliffe	A/L	YHOA
21 May	Bigland Middle distance	B/M	NWOA
29 May	Scottish Championships (ESOC)	A/L	SOA
31 July	Day 1 of Scottish 6 Days, Oban	B/L	SOA
5 August	Day 5 of Scottish 6 Days, Oban	B/L	SOA
10 Sep	City of London Urban Race	B/U	SEOA
17/18 Sep	Caddihoe Chase	B/Ch	SWOA
22 Oct	Cambridge City Race	B/U	EAOA

## Competition Rules

1. All competitors must be M/W35+ and current National or Local Members of British Orienteering.
2. Competitors may run in any five-year age class for which they are eligible i.e. they may run up into a younger age class. Where age classes are combined at an event they will be awarded points in the oldest age class for which they are eligible unless they email Eddie Harwood in advance – [eddie@go-plus.net](mailto:eddie@go-plus.net). If a competitor runs in more than one age class during the year, the points obtained in different age classes will not be combined: separate cumulative points totals will appear in each of the age classes in which the competitor has run. Men can only score in M classes and women in W classes.
3. Points will be allocated as follows: 1<sup>st</sup> place – 60 points, 2<sup>nd</sup> – 55, 3<sup>rd</sup> – 51, 4<sup>th</sup> – 48, 5<sup>th</sup> – 46, 6<sup>th</sup> – 45, 7<sup>th</sup> – 44 and then by one point decrements as far as 50<sup>th</sup> place – 1 point. Overall scores will be the best 8 from the 19 designated events.

# 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 previous article in the series discussed the various methods of increasing the most fundamental aspect of an orienteer's fitness - endurance. Once this aerobic foundation has been established, the orienteer will need to begin concentrating on other elements of their fitness in order to take their performance onto the next level. One of the next building blocks for orienteering-specific fitness is that of improving muscular strength. This article will focus on the various methods of strength training and how this fits within the orienteer's periodised programme.

## Scientific Basis for Strength Training

In the first article in this series, brief mention was made of the need for strength development and its relationship to the specific demands of orienteering. Unfortunately, very few studies have examined the direct link between strength training and orienteering performance, with only Garderud et al., (1985) and Lusa & Lonka (1988) existing within the field of sport science research. These two studies, however, have shown some promising results. For instance, running times in terrain and lactate production were lowered, along with an improvement in the subjects' perception of their ability to run through terrain, following a period of strength training.

Also, in related research using distance runners, Hickson et al. (1980) had previously demonstrated that resistance training can improve treadmill running performance by up to 12% in untrained subjects. Improvements in lactate threshold have been observed, also in previously untrained individuals, as a result of resistance training (Jung, 2003). Trained distance runners have also shown improve-

ments of up to 8% in running economy following a period of strength training. Even a small improvement in running economy could have a significant impact on distance running performance, and this is therefore relevant for the majority of orienteering events. Theoretically, this level of improvement has been put forward as a result of 'improvements in neuromuscular characteristics, including motor unit recruitment and reduced ground contact time' (Jung 2003). Other theories behind the increased running economy include 'the reduction in time of the stretch-shortening cycle and the increase in elastic energy return following training' (Laursen et al., 2005).

In one of the most significant recent studies, related to orienteering, Paavolainen et al. (1999) found that the use of strength training can help to make significant gains in an cross-country athlete's running economy, power and resultant 5k time trial performance, but found that it made no

difference to overall  $\dot{V}O_2$  max or lactate threshold levels. Potential improvements in running economy and time trial performance following a period of resistance training have been supported by further research in this area (Johnston et al., 1997; Millet et al., 2002; Spurrs et al., 2002 and Turner et al., 2003).

Recently the use of core strength training has gained attention from the orienteering community. Although research on the effects of such programmes is sparse, one recent study by Sato and Mokha (2009) indicates that this could have potential benefits for orienteering, as 5k time trial performance was improved by an average of 47 seconds following a six week, intensive core programme. Research on the use of core and strength work to offset injury in runners (Brummit, 2009) has also shown promising findings.

Although the overall body of scientific research at this time is not substantial, and many questions remain about the precise benefits of resistance training, the indications are that the development of strength, through specific, targeted training, can be of significant benefit to the orienteer's physical abilities.

## Designing a Strength Training Programme

Having established the potential benefits for the orienteer of incorporating strength training within their overall fitness regime, the complex task of designing an appropriate programme now needs to be addressed. There are a host of variables to consider and, in order for this type of training to be safe and effective, there must be a systematic and detailed process applied to the construction of this programme. Let us consider these variables now, adapting the guidelines from Bompa (2009) to our specific requirements.

1. *Determine the goals of the orienteer.* The aspiring, competitive orienteer needs to identify the points during the year where the best performances are required. The overall programme will be defined by these target races.

2. *Determine the phases of training.* As with the development of endurance, addressed previously, the strength training schedule needs to be built around the general phases of preparation, competition and transition, with the orienteer looking to peak for their identified events in the competitive phase of the year, via a gradual and methodical development of their fitness.

3. *Determine the orienteer's needs.* Here the sport is assessed in terms of its unique characteristics. This will include aspects such as: body and limb movement patterns and muscular involvement; bioenergetic demands (eg. power, strength, muscular endurance); common sites for joint and muscle injury and, finally, particular areas of concern or weakness identified by the athlete and/or coach. We would also consider the trained status of the orienteer and their experience and knowledge of resistance training techniques.

4. *Select the exercises to be used.* Having conducted a needs analysis of the sport and the individual, the exercises most specific to the orienteer can be chosen for the focus of the programme. The orienteer will need to consider the availability of equipment, which will have an obvious impact on mode of resistance training. Ideally, the individual will have access to a range of apparatus, with the preferred method of strength training developed

# FITNESS FOR ORIENTEERING

around multi-joint, large muscle mass exercises, using a combination of free weights, weight stack machines, weighted objects (eg. medicine balls) and own body weight.

5. *Test performance.* The specific loads to be used by the orienteer need to be gauged scientifically for the benefits of the programme to be maximised. This can be through a variety of means, such as a 1RM (rep maximum) test or a multiple-RM test. Concerns exist for some over the use of a 1RM test, but as long as it is conducted correctly and with supervision, it has been shown to be both safe and far more accurate in predicting correct loads for training.

6. *Design the strength training programme.* Once the training loads are established, the orienteer can now put their programme together, with the exercises, loads, sets and repetitions established for the various micro and macrocycles in the periodised year. As strength gains are made, the orienteer will need to periodically re-assess their performance through re-testing and adaptations made to the loads used.

7. *Chart the progress.* Creating and using a training log will assist the orienteer in remaining focussed on their overall goals and allow themselves (and their coach, if relevant) to assess the effectiveness of their training. Factors to record in the log could include exercise type, number of sets and reps performed, loads lifted and rest intervals.

If we now work through these variables in a logical fashion, we can gradually build up a suitable strength training programme that should maximise our orienteering performance. Let us assume in stage one that the orienteer has targeted events within the normal 'competitive' phase of the calendar, ie. the end of March through to end of June, such as the JK and the British Championships, and that, in stage two, the year is established as a mono-cyclical one with only one peak.

## Evaluation of the Sport

Movement analysis of orienteering reveals that it is an all-body movement, with the major locomotion provided by the cyclical contraction and relaxation of the main lower limb

musculature. The key movements in the running action are flexion of the hip (agonists (or prime movers) – hip flexors, quadriceps), flexion of the knee (agonists – hamstrings, gastrocnemius) and dorsi-flexion of the ankle (tibialis anterior), as the lead leg swings through. This is then followed by extension of the knee (agonists – quadriceps), and extension of the hip (agonists – gluteals, hamstrings), as foot contact occurs and then through the support phase we see further extension of the knee and hip, with the weight coming through over the supporting leg, until we finally toe-off by plantar flexing at the ankle (agonists – gastrocnemius and soleus).

In addition to this, orienteering is primarily conducted off road, where uneven surfaces place additional demands on the movement mechanics. Other muscles, particularly in the core region of the body, will be involved in stabilising the orienteer, enabling them to keep as balanced and economical a running style as is possible. It is logical, then, that a resistance programme must incorporate exercises to strengthen the core musculature, including those muscle groups around the pelvis, abdomen, back and chest, as well as the major locomotive muscles identified above.

Further physiological analysis previously identified that the primary requirement of the sport is the development of a high aerobic capacity and that one of the limiting factors to performance is that of muscular endurance. In other words, the successful orienteer needs to be able to replicate the cyclical contraction and relaxation of the locomotive muscles several thousand times during the course of a race without fatigue impairing that action. The ability to enhance muscular endurance through a strength training programme will thus be the major focus for the individual, particularly as the competitive season approaches.

## Selection of Exercises

The individual, when selecting the exercises for their strength programme, will need to focus on those that are most specific to the locomotive, cyclical nature of the running action and also to the need for development of core strength. Generally these functional exercises will be

multi-joint exercises, such as a squat, which target two or more primary joints (eg. ankle, knee, hip), as these have a more direct application to the sport and they also help to reduce the amount of time required to train the whole system.

There are a huge variety of exercises for the orienteer to choose from, depending upon the type of equipment that is available and the mode of training that is preferred, but some of the more movement-specific resistance exercises, using a variety of free-weight and weight stack machines, are shown overleaf.

It is vitally important that the orienteer performs the correct technique in any programme of exercises for a number of reasons. Firstly, maximal strength development is ensured only through adopting the right methods and too often people cut corners in technique in their attempts to lift heavier weights. Secondly, resistance training with poor form could easily lead to injury. In particular, the power exercises, such as the push press, are very demanding and are probably best left until the orienteer has developed a good base of strength training and the precise technique can be followed. If a gym instructor is available, get them to assist with technique and identify any issues with your practice. They should also be able to help with 'spotting', ensuring that weights are lifted in a safe and effective fashion.

## Test Performance

In order to assign the correct training load, the orienteer should perform a test to ascertain accurately the weight required for each of the selected exercises. There are a variety of methods, but probably the most accurate is via the direct testing of a 1-repetition maximum, ie. the greatest amount of weight that can be lifted with proper technique for only one repetition (Baechle & Earle, 2008). Once this has been tested, the orienteer's training load can be calculated as a percentage of the 1RM, using conversion tables that can be easily accessed online.

*We will pick up the second part of this article in the next issue of LOG-NEWS.*

*Paul Murgatroyd*

# FITNESS FOR ORIENTEERING

Bent knee sit up (Muscles involved: Rectus abdominus, hip flexors)



Leg extension (Muscles involved: Quadriceps)



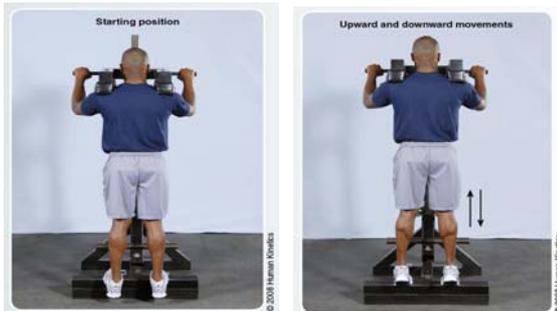
Back squat (Muscles involved: Gluteals, hamstrings, quadriceps)



Leg curl (Muscles involved: Hamstrings)



Standing calf raise (Muscles involved: Gastrocnemius, soleus)



Seated row (Muscles involved: Latissimus dorsi, teres major, middle trapezius, rhomboids, posterior deltoids, biceps brachii)

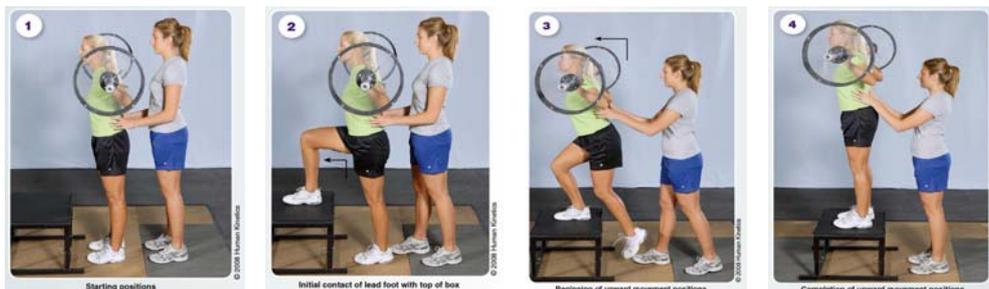


Bent over row (Muscles involved: Latissimus dorsi, teres major, middle trapezius, rhomboids, posterior deltoids, biceps brachii)

Incline Dumbbell Bench Press (Muscles involved: Pectoralis major, anterior deltoids, triceps brachii)



Step up (Muscles involved: Gluteals, hamstrings, quadriceps)



# CLUB HANDICAP CHAMPIONSHIPS - 2010

*Sean Harrington writes:* This year saw another record turn out of 32 members competing in the fifth annual running of the "Blue Riband" event, 22 running the Blue course and 10 on the Orange.

Again, like last year, the travelling conditions to Walesby were not the best, with the roads very icy. Andy Lucas decided to go the direct way down a steep hill into the village, which looked dodgy to say the least. I got to the top, almost skidded into the hedge, and decided to take the longer safer way round (bit like my orienteering, I hear Paul saying).

As the event has now become established in our calendar, the committee decided we should actually have a trophy to compete for this year. Next year, assuming we still have enough juniors to run on the Orange course, we will also be awarding a trophy for them as well.

There were several good runs on the Blue course, including Michael

Nell and Sarah Edwards, with the eventual winner being declared as Tanya Taylor, who ran a very fast race to finish in 41.27 mins, a massive 9.33 mins quicker than her handicap time. This made Tanya our first female winner of the cup (and don't we know it, sorry Jeff).

On the Orange course it was very difficult to sort the handicaps out, as several of the runners had hardly any orienteering experience. There were good runs from Luke Fortune and Matt Whelton, with the eventual winner being Elliot Stephenson, who came in with a time of 32.46 mins, nearly 9 mins under his handicap time.

We normally also award a chocolate orange to the fastest LOG person to get round the course, but that seemed to get forgotten this year, sorry!!!. Therefore I would like to congratulate Craig Lucas on the orange and Paul Murgatroyd on the blue for having the best runs of the day.



*Elliot Stephenson (RAFO/LOG) becomes the inaugural winner of the junior 'Chocolate Orange' trophy in the 2010 Walesby event.*

*Tanya Taylor, 2010 champion, writes:* The week of the handicap turned out to be a good one for me, because on the Thursday after yet another of Paul's training sessions on South Common in the dark, and certainly in the cold, I learned that I had been drawn out of the hat to win one of the Nene Valley Harriers club places for next year's London Marathon and then on the Sunday I won the cup at Walesby in the club handicap. The first woman's name to appear on the new nice and big (which is what I like) trophy .

I suppose in the first instance thanks must go to my new best friend Sean for giving me such a good handicap, a mistake I am sure he will not make next year. On Thursday night Paul just happened to remark that I was one of his favourites to win and I must admit that this started me thinking probably more than I should have done about Sunday's event. After all, I have never been out alone on a Blue course, even though the area was supposed to be more of a runner's course and not so technical. Jeff, as normal, was fully supportive, telling me to stop thinking and just get on with it. He assured me

that I would be ok and even gave me a whistle in case I got lost. Still, I got my own back by passing him at control seventeen. He looked a bit tired, but then again he is just about to move up to the sixty age class...

Of the event itself, I lost a bit of time on the first control, but after that I was cooking on gas and although I didn't catch other LOG members until near the end, I felt comfortable within myself and felt that I had a good run. I was certainly surprised at my time and even more surprised when I looked at the final Blue course results and saw that I had come fifteenth overall.

The presentation was nice, and what was also great was the fact that everyone came up and said well done. This is something that you don't get at running clubs and it certainly makes being a member of LOG worthwhile. Just to finish, I would like to say thanks to everyone for all the help and encouragement over the past year.

*Tanya Taylor*



*Winner Tanya Taylor (left) pictured receiving the Blue Riband trophy from some bloke in a beard, following her 2010 victory at Walesby.*

# Handicap Championship Results—2010

## 'Blue Riband' Senior Cup

Handicap Race Position	Name	Projected Min/Km	Total Dist	Projected Time (Hr:Mins:Secs)	Actual time taken (Hr:Mins:Secs)	Time + or -	Actual Min/Km	Non-Handicap Position
1	Tanya Taylor	08:30	6	51:00	41:27	09:33	06:55	7
2	Sarah Edwards	10:30	6	01:03:00	57:30	05:30	09:35	16
3	Michael Nell	08:48	6	52:48	47:32	05:16	07:55	10
4	Martin Wheeler	08:42	6	52:12	47:04	05:08	07:51	9
5	Amanda Roberts	09:12	6	55:12	50:29	04:43	08:25	12
6	Ally Wright	09:48	6	00:58:48	00:54:33	04:15	09:05	15
7	Andy Lucas	06:30	6	39:00	36:06	02:54	06:01	4
8	Jeff Baker	09:00	6	54:00	51:19	02:41	08:33	13
9	Sean Harrington	09:24	6	56:24	54:12	02:12	09:02	14
10	Paul Murgatroyd	05:30	6	33:00	31:15	01:45	05:13	1
11	Terry Crosby	07:00	6	42:00	40:26	01:34	06:44	6
12	Clare Hanna	10:30	6	01:03:00	01:01:28	01:32	10:15	19
13	Jon Mather	07:06	6	42:36	42:08	00:28	07:01	8
14	Joanne Nell	08:24	6	50:24	50:04	00:20	08:21	11
15	Trudy Crosby	09:36	6	57:36	58:09	00:33	09:41	17
16	Andy Furnell	09:54	6	59:24	01:00:20	00:56	10:03	18
17	Liam Harrington	05:24	6	32:24	33:32	01:08	05:35	2
18	Dave Denness	06:24	6	38:24	39:36	01:12	06:36	5
19	Justin Williams	05:18	6	31:48	35:18	03:30	05:53	3
20	Anne Gibbs	14:30	6	01:27:00	01:30:57	03:57	15:10	21
21	Hayley Fox	11:00	6	01:06:00	01:20:11	14:11	13:22	20
22	Di Read	13:00	6	01:18:00	01:35:00	17:00	15:50	22

## 'Chocolate Orange' Junior Cup

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	Elliot Stephenson	13:00	3,2	41:36	32:46	08:50	10:14	8
2	Matt Whelton	11:30	3,2	36:48	28:03	08:45	08:46	4
3	Luke Fortune	10:30	3,2	33:36	26:37	06:59	08:19	2
4	Sam Luscombe	12:00	3,2	38:24	31:43	06:41	09:55	6
5	Andrew Oxby	11:00	3,2	35:12	29:38	05:34	09:16	5
6	Craig Lucas	09:00	3,2	28:48	23:17	05:31	07:17	1
7	Hannah McNab	07:00	3,2	22:24	27:51	05:27	08:42	3
8	Sarah Fletcher	07:30	3,2	24:00	32:02	08:02	10:01	7
9	Rachel Goodacre	16:00	3,2	51:12	01:05:48	14:36	20:34	9
10	Lauren Bates	17:00	3,2	54:24	01:07:51	13:27	21:12	10

## Lincoln Orienteering Group Executive Committee Meeting – Jan 14th 2010

		Action
	<p><b>Present:</b> Sean, Ian, Paul, Amanda, Andy L, John, Liam, Geoff, Ann, Michael, Sarah, Ali, Sarah E, Hayley, Jeanne. <b>Apologies for Absence:</b> Clare.</p>	
1.	<b>Approval of Minutes of Meeting on 20 Oct 10:</b> Agreed.	
2.	<b>Matters Arising:</b>	
	7. Permanent Course at Hartsholme now mapped and equipment delivered. When posts all set up need to organise Opening Ceremony with possible score event with trophies.	ID to liaise with Hartsholme re Opening Ceremony.
	11b. Nothing heard since from Lincoln Drill Hall Group.	SH to email again. SH to order.
3.	<b>Winter Series:</b> Trophies required. Use of new areas was successful & had attracted a few new faces. Numbers had been good at most events. Grantham events had been affected by the bad weather and event clashes. Email addresses had been collected from new competitors and added to distribution list.	
4.	<b>Night Score Cup:</b> Small medals required. To encourage members to come to all events, scores will be cumulative over all 4 events. Details all on website.	SH to order. AW to publicise to local clubs & LSST. ID to publicise to Army Cadets.
5.	<b>L3 Event Belton Woods - 20 Mar 11:</b> Map due to be completed next week. Sean & Paul doing site recce to sort out starts, parking etc. Hiring 2 portaloos units. Controller-Pete Harris (HALO). Course Planner-Dave Denness. Usual helpers required on the day.	SH, PM to action. SH to email request for helpers on the day.
6.	<b>Summer Series:</b> All venues and planners sorted except problem with the date for Twyford Woods (not available on 19 May). Preference would be swap date to 21 Apr and use Ostlers Plantation on 19 May. Otherwise see if Bourne Woods are available on the 19 May. Posters/Flyers to advertise series need to be organised.	JM to speak with Forestry Commission.
7.	<b>Future Fixtures Plan:</b> Training events needed to be logged on the BOF system.	AW to liaise with PM re publicity. JM to check.
8.	2012/25 <sup>th</sup> Anniversary Bomber Event needs a date to be set and venues to be organised.	AR to agenda for next meeting. JM to arrange Controller.
9.	<b>LOG Level B Events 2011:</b> Next planned event is the City Race in Autumn 2011, but event can't be fully registered until a Level B Controller has been booked.	
10.	<b>BO/FC Protocol &amp; Charges:</b> The new agreement was now settled and seemed to be better than originally indicated. From Jan 11 a new interim agreement is in force. Bourne and the 2011 Summer Series were booked at old charges. The interim agreement will apply to 2011/2012 Winter Series. EMOA had not issued guidelines yet as to whether competitions on FC land would be more expensive to cover the extra charges or whether charges would be increased to a flat rate at all venues to even out the costs.	SH to discuss at next EMOA meeting.
11.	<b>Participation Project:</b> This was to be sorted outside of this meeting.	
12.	<b>LOG Kit:</b> The latest examples of the 25 <sup>th</sup> anniversary top were shown at the meeting. It is hoped to be able to take orders during the summer with the tops being ready for use for the 2011/2012 Winter Series. The top was expected to be no more than £20.00. Some members would prefer a more fitted top.	PM to investigate if it would be possible to have both a slim fit and a loose fit option.
13.	<b>Mapping Update:</b> Belton Woods/Londonthorpe map due to be finished next week. The bill for the three new maps would need to be settled (~£1500) and grant could be claimed. Other map corrections and new maps were ongoing.	AL to action payment.
14.	<b>AOB:</b>	
	a. Sean would like Treasurers Report & EMOA Report to be standing agenda items.	AR to action.
	b. At the last EMOA meeting the post of RDO (Regional Development Officer) was to be cut to keep costs down, but Pauline Olivant is carrying on in the interim.	
	c. Justin Williams needed the key code for the main gate at Bourne Woods.	JM to contact FC and let Justin know asap.
	d. Bourne Detachment of the Army Cadets had shown interest in competing at Bourne. Ian had spoken to them but there was a clash of commitments so unlikely to attend.	
	e. Ian was having a Clubmark inspection on 27 Jan 11. He needed everyone to check that their qualifications were still in date so that his records were correct.	All to inform ID of corrections. ID to update information.
	f. Paul had informed Andy Guy at FEAST that we could provide some help at the Belton Horse Trials Education Day on Fri 1 Apr 11 and was waiting for further information.	AL to price up equipment. ID to look at grants.
	g. Andy reported that we have ~£4800 in the bank. Winter Series had brought in over £400. Andy would like to purchase 2xNetbooks (~£250 each) and a Till Printer (~£200). The old computers had a short battery life on site and are now aged. The committee agreed purchase.	
	g. Ali requires LOG email address for publicity emails. If anyone has contacts in advertising or know organisations that might want Orienteering information please let Ali know.	AL to action email address for AW and ID. All to inform AW of contacts.
	h. Murgy Tours 2011 would send out details of potential events, the Urban League dates were possibilities.	PM to action.
14.	<b>Date of Next Meeting:</b> Thursday 10 March 2011 at 8pm, Golden Eagle.	AR to book.

# EAST MIDLANDS LEAGUE — 2010/11

## EMOA League— Remaining Fixtures 2011

27th February	Burrough Hill (LEI)	19th June	Castle Hill (LEI)
6th March	Hardwick (DVO)	25th September	Stanton Moor (DVO)
20th March	Belton Park (LOG)	9th October	Outwoods (LEI)
27th March	Belvoir (LEI)	23rd October	Bramcote (NOC)
17th April	Crich Chase (DVO)	13th November	Byron's Walk (NOC)
8th May	Harlow (NOC)	18th December	Walesby (NOC)
22nd May	Kedleston (DVO)	28th December	Willesley (LEI)

### East Midlands League 2010 (Final LOG & RAFO members' placings)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight	Position
White	Ben Mather											442	392				834	8th
Yellow	Matthew Welton	342	624	1000	1000												2966	2nd
Yellow	Russell Kirk	318		435	371	503	586		312				419				2944	3rd
Yellow	Andrew Oxby					876	433		1000								2309	4th
Yellow	Oliver Bumfrey				375										563		938	7th
Yellow	Rachel Kirk					415	465		365								1245	8th
Orange	Luke Fortune			862		865			861						874		3462	4th
Orange	Craig Lucas				1000										1000		2000	8th
Orange	Matt Whelton												538		830		1368	14th
Orange	Hannah McNab	1000	1000			962	1000								1000		4962	3rd
Orange	Georgia Davey	752		1000		854	514		1000								4120	5th
Orange	Lauren Bates												459		410		869	13th
Lt Green	Craig Youngs	710	553		661	301	579										2804	10th
Lt Green	Geoff Gibbs								501	426							927	31st
Lt Green	Sarah Fletcher	724	606			655											1985	14th
Green	Kevin Kirk		761		500	742	824		1000								3827	17th
Green	Martin Wheeler			985	893				920								2798	31st
Green	Clare Hanna			666								471	546				1683	27th
Green	Tanya Taylor						635		638								1273	33rd
Blue	Dave Denness	837		886	771	849				864			768	965	834		6774	5th
Blue	Michael Nell	769	878	908	700	765	806		773			812	769		812		6527	6th
Blue	Sean Harrington	614	704	651	524				664				560		609		4326	23rd
Blue	John Mather									807	742	588	638	730	677		4182	24th
Blue	Tom George	552		705		737	696										2960	36th
Blue	Terry Crosby				771											817	1588	52nd
Blue	Jeff Baker													753	689		1442	56th
Blue	Andy Furnell				472				384						507		1363	58th
Blue	Joanne Nell	1000	946	951	944	1000	937		935			741	1000	1000	815		7778	1st
Blue	Jeanne Gaudin										822		642	889			2353	12th
Blue	Alison Wright			605											613		1218	18th
Brown	Paul Murgatroyd	909	992			845		818	799	860	923	790	832	845			7024	2nd
Brown	Dave Gourlay		1000	834			860		1000	740							4434	14th
Brown	Charles Nell		803	724									712				2239	22nd
Brown	Paul Barnes			725	599				670								1994	29th
Brown	Liam Harrington	868			914												1782	33rd
Brown	Jonathan May		772	690													1462	39th

Key to Events: 1 Bagworth Woods, 2 Allestree Park, 3 Thieves Wood, 4 Stapleford Woods, 5 Crich Chase, 6 Charnwood Forest South, 7 Cromford Moor, 8 Clumber Park, 9 Bradgate Park, 10 Carsington Pastures, 11 Stanton Moor, 12 Bestwood Country Park, 13 Burbage Common, 14 Walesby, 15 The Outwoods



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## 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. Liam Harrington reverted, after a year's absence, to the top of the leader board and will be difficult to dislodge, but others, such as newly crowned winter series champion, Paul Murgatroyd, and flying vet, Justin Williams, will be looking to give him a tough time defending 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 new night score cup series and the Belton EML event on the newly drawn, professional map. The national O season will be hotting up too, with the JK in April and BOC in May to consider. After two LOG relay teams making their way to Cannock Chase last year, it'd be great to see even more LOG'ers competing at the event in Sheffield. The British sprint and middle distance champs should see one or two hardy club members make the trip south.

## SELECTED NATIONAL FIXTURES

Sat 05/02/11	West Midlands	<a href="#">OD</a>	National	British Night Championships Bentley Wood	<a href="#">Bentley Wood</a>	EOD O: 31/01/11 P: 31/01/11	<a href="#">SP282957</a>
Sun 06/02/11	East Anglia	<a href="#">SMOC</a>	Regional	SMOC Regional Event	<a href="#">Salcey Forest</a>	EOD P: 01/01/70	<a href="#">SP793511</a>
Sun 06/02/11	East Midlands	<a href="#">NOC</a>	Local	NOC Winter League	<a href="#">Rufford Country Park</a>	EOD	<a href="#">SK652653</a>
Sun 13/02/11	East Midlands	<a href="#">NOC</a>	Regional	Regional Event	Sherwood Pines	EOD	<a href="#">SK612646</a>
Sat 19/02/11	East Anglia	<a href="#">NOR</a>	National	Norfolk Weekend incorporating Midland Championships - Retro Event at NT Felbrigg Estate	NT Felbrigg Estate	EOD O: 06/02/11 P: 04/02/11	<a href="#">TG195405</a>
Sun 20/02/11	East Anglia	<a href="#">NOR</a>	National	Norfolk Weekend incorporating Midland Championships - National Event & Midland Championships	Sherringham Park & Weybourne Wood	EOD O: 06/02/11 P: 04/02/11	<a href="#">TG139410</a>
Sun 20/02/11	Yorkshire and Humberside	<a href="#">SYO</a>	Regional	SYO Regional Event	Treeton	EOD	<a href="#">SK437868</a>
Sun 27/02/11	East Anglia	<a href="#">WAOC</a>	Local	WAOC Colour Code Event	Maulden Woods	EOD	<a href="#">TL074392</a>
Sun 27/02/11	East Midlands	<a href="#">LEI</a>	Local	EMOA League Event - Willesley	Moria Furness	EOD	<a href="#">SK315155</a>
Sat 05/03/11	East Midlands	<a href="#">NOC</a>	Local	NOC Winter League	Colwick Woods	EOD	<a href="#">SK598399</a>
Sun 06/03/11	East Midlands	<a href="#">DVO</a>	Regional	DVO Regional Event & EM League	Hardwick	EOD	<a href="#">SK460635</a>
Sun 20/03/11	Yorkshire and Humberside	<a href="#">SYO</a>	Regional	SYO Middle Distance Regional Event	Hugset	EOD	<a href="#">SE305065</a>