

LOG SUMMER SERIES 2007

April 12 th	Hartsholme/Swanholme	Kaele Pileher
April 26 th	Twyford Woods	Dave Denness
May 10 th	Riseholme Park	Karl Pickworth
May 17 th	Belvoir Castle (with LEI)	LEI planner
May 24 th	Ostlers Plantation	Tim Staniland
June 7 th	Lincoln University	Paul Murgatroyd/Mark Smith
June 21 st	Callans Lane	Andy Ebdon
July 5 th	West Common	Sean Harrington
July 19 th	Stapleford Woods	planner required
August 2 nd	South Common	planner required

Still only £1 per run, 3 courses on offer every night, the best 5 runs count towards your final points score, trophies for the winners of each course over the Series.

SHORT – 2-3km in length, easy to medium difficulty, similar to an “orange” course, suitable for beginners, mainly on paths.

LONG – 5-6km in length, medium difficulty, similar to a “red” course, suitable for runners or orienteers looking to give their brains a bit of a rest!

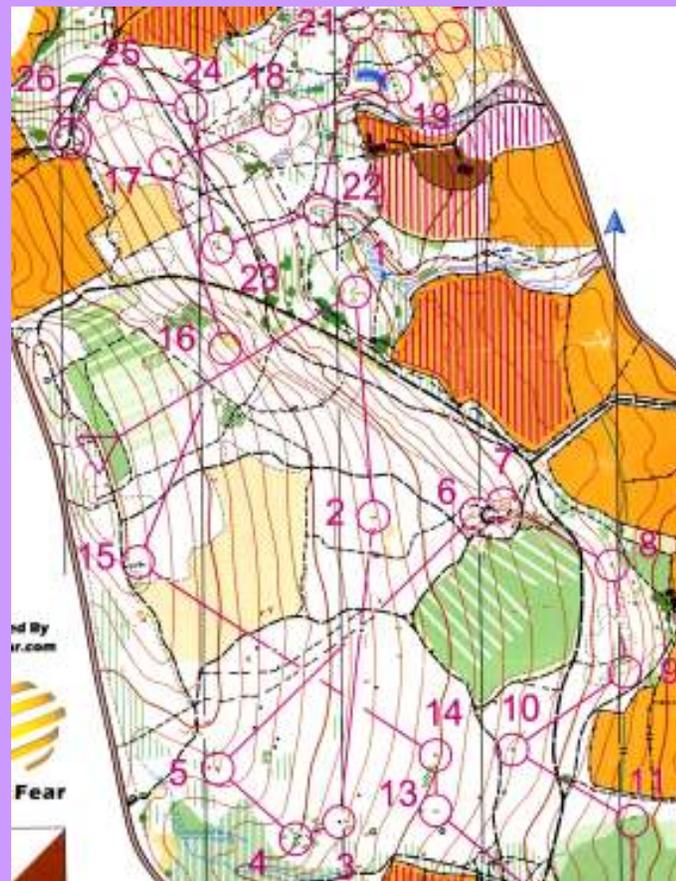
TECHNICAL – 4-5km in length, difficult, suitable for experienced orienteers. This course could be similar to a “green”, but it could also be almost anything else, including map memory, score, “Norwegian”, corridors/windows etc!

Each event should be ready to start by 6.30pm, hopefully a bit earlier, and the last start will be dependent on what time it gets dark. Aim to get there earlier for the first few events as these will be most affected by approaching darkness. Remember that the organiser has to put the kites out, and help collecting them in at the end will be most appreciated. As numbers increase the organisers will also appreciate help from experienced members in running the start/finish, and guiding any beginners.

For details contact Series Co-ordinator
Sean Harrington on 01522-791344 or Sean@logonline.org.uk

LOG-NEWS

The Bi-Monthly Newsletter of The Lincoln Orienteering Group



Part of the Men's Blue Course from
the Compass-sport Cup
Regional Heat at Greno Woods

MAY/JUNE '07

www.logonline.org.uk



CHAIRMAN'S PIECE

I'm going to open this piece with a non orienteering topic. I am hoping that all club members will join me to offer a very big pat on the back to Paul Murgatroyd who recently completed the Marathon Des Sables, a 5 day race through the Sahara Desert. Paul spent 18 months training for this event running 6 or 7 times a week sometimes covering over 80 miles. His commitment was rewarded by finishing 140th from over 700 competitors including finishing as 3rd fastest veteran British runner. This is a fantastic achievement for Paul who I know is very happy with his result. There is a taster clip of Paul's "Personal Refection" in this edition; you can find the full version on the LOG website.

After the success of the Lincolnshire Bomber this year we have decided to run the City Race as a stand alone event. The City map & courses received some very positive comments from the punters, so much so that we have been invited by the organisers of the Inov8 "Cities Cup" to host a round in this years competition. This is a great honour as it shows that while Lincolnshire may have inferior woodlands we have a fantastic City that can compete with the likes of York & Oxford. The series kicks off at the end of May in York, I know a few LOG members will be travelling up, visit the Yahoo Group for more details.

Since the last newsletter we have purchased the sail banners, which I must add look very good indeed. They had their first airing at the Lincoln 10K and have been seen at the Summer Series events held so far. A big thank you to Ian & John for designing them.

Unfortunately I have to end on bad news; we have made the tough decision to not run the Lincolnshire Bomber next year. This is very disappointing as I know a lot of people were looking forward to running it again. It's not all doom and gloom though as we are already working on Bomber 2009 which, if all goes to plan, will be an awesome event.

Steve Bones

FUTURE LOG EVENTS

LOG SUMMER SERIES 2007 Started on April 12th in Hartsholme Park.

See the back cover for full details of the series, including some new areas and surprises. We still need planners for the Stapleford Woods* and South Common events.

*This venue might change due to storm damage.

Can anyone that is interested please contact Series Co-ordinator Sean Harrington.



August '07

LOG Summer Relays tbc

2.9.07

**City Race, Historic Lincoln, Steve Bones
Part of the new UK Cities Cup Series (UKCC)**

21.10.07

C4 Twyford Woods, Jon May

13.4.08

C3 Bourne Woods, Glyn Mayley

Apr-Aug

Summer Series 2008

Sept 09

Lincoln City Race

Feb 2009

Lincolnshire Bomber 2008, "North Lincolnshire"

Apr-Aug

Summer Series 2009

Some fantastic new developments since the last newsletter: The inaugural UK Cities Cup has been announced and Lincoln will be part of that in September, following the spectacular City Race that was part of the Lincolnshire Bomber Weekend in January. This is a great honour for the club and I hope all club members will turn up and help make this a very special event.

LOG AWAY TRIPS 2007 & 2008

SCOTTISH 6 DAYS – 5-11.8.07:- There are currently 7 LOG members entered for this event, with spare rooms available in our cottage this is a fantastic chance to attend one of the finest orienteering events we see in Britain. See elsewhere for details!

PHOENIX LONG “O” – 18/19.8.07:- The Force Ten (Phoenix) Long O is a 2 day 'long orienteering' event which takes place in the Cheviots. This is a great introductory event for those wishing to venture into Mountain Marathons and Adventure Races. You can run as an individual or as a pair. Camping is available at the event centre for those of you with bad backs you can choose the luxury of a B&B for a night!

JK 2008 – 21-24.3.08:- Held over the Easter weekend this event is a good get away for the family. Next year sees the JK in Surry. Format of the weekend is a Sprint Race on Friday, individual days on Saturday & Sunday followed by a Relay on Monday.

If you are interested in any of the above events visit the Yahoo Group for more info!

COMMITTEE NEWS

City Race Planning is well underway, we have provisional permission to run the event from the university and it looks like we will be using the touch free EMIT system. The race will be classic length and should provide competitors one of the toughest challenges of the City Race Series. We are still in need of an organiser for the event, Sean Harrington and Steve Bones will be on hand to give full support leading upto the event however do to other commitments on the day they can not take on the role. This is a great opportunity to get more involved with the running of the event but still have a safety net of the old timers helping you out. If you fancy a new challenge please see Sean or Steve at your next event or drop them an email.

Lincolnshire Bomber Weekend: Unfortunately the committee has made the decision to drop the Bomber Weekend for 2008. There is a lot of pressure on the club towards the end of the year with the City Race and Twyford tying up key personnel, to try and put the event on, we feel, would result in a substandard event. Our aim has always been to provide a top quality weekend so we intend to put all our efforts into the 2009 event which, if all goes to plan, will be one of the finest events seen in Lincolnshire!

LOG SUMMER SERIES 2007

HARTSHOLME PARK, 12.4.07:- Another of those glorious warm Spring evenings found us in the familiar surroundings of Hartsholme Country Park for the start of the 2007 Series. Kaele had hoped to take everyone south into Swanholme Lakes, but the area is closed to orienteering between April 1st and July 31st to protect nesting birds. A quick change of plan saw the long and technical courses venture onto the Eastern part of the new Birchwood Estate map for extra length, and everyone seemed to enjoy the variation. Fast running was the order of the day, with Lucy Nell winning the short by an amazing 8 minutes. Liam Harrington won the technical and Andy Lucas took the long course. With 63 maps sold we must have had about 80 people in total, including many first timers, making this a record for a LOG only evening event.

TWYFORD WOODS, 26.4.07:- Intermittent light drizzle did nothing to dampen the spirits for this excellent event. Some people view Twyford with horror because of the mud and brambles, but sensitive planning avoids the rubbish and makes the best of the most technical forest of any LOG area. Dave Denness managed just that, keeping the short and long courses mainly to the tracks for some very fast running, while giving those on the technical a real challenge. Orienteering should be about complex navigating at speed, and so it proved, with honours shared between the runners and navigators. Liam Harrington made some mistakes on the technical and was pushed into 2nd place by Steve Bones. Meanwhile Siobhan Byrd won the short and Paul Rushworth the long.

LINCOLNSHIRE POACHER 2007

Remaining dates and venues for HALO's magnificent Poacher are shown below, full details at www.lincspoacher.org.uk Series Co-ordinator Pete Kullich 01652-628358

May 9 th	Nettleton Woods, Caistor
May 16 th	Otby, Lincolnshire Wolds
May 23 rd	Primrose Warren, Brigg
May 30 th	Normanby Park, Scunthorpe
June 6 th	Swallow Wold Wood, Caistor
June 13 th	Brompton Dale, Limber
June 20 th	Piller Wood, Caistor

Still only 60p, maps pre-marked and bagged, short and long courses on offer, best 7 events count to final points. Start times 6-7.15pm. Several trophies on offer, this is probably the best value orienteering anywhere in the Country, not to be missed! They are increasingly using electronic punching too for no extra cost, which gives access to split times and the magic of Route Gadget.

POACHER 2007 REVIEWS

COTTAGER DALE WOOD, 11.4.07:- Poacher 2007 started in glorious sunshine at this small wood north of Caistor. Some “low whippy” bramble growth slowed progress in some blocks, but there was also a lot of fast running to be had. Notable LOG performances were Liam Harrington’s superb 2nd on the long course and Mel Clark’s 5th on the short course. A far cry from the last visit to the area, when it rained solidly and several cars got stuck on the muddy ride used as the car park. The old Poacher trick of placing controls close to each other caught people out again too!

MAUSOLEUM WOODS, 18.4.07:- The sunshine was still out at Mausoleum Woods, one of our favourite Poacher venues and without doubt one of the most runnable woods in the Country. Straight lines were almost always the fastest route, although this could lead to mistakes, but those that chose the longer track routes invariably lost time. With electronic punching this was the perfect advert for the whole Poacher Series, and with pre-marked and bagged maps all for only 60 pence this is surely the best value orienteering around. Using the southern car park for the first time in 5 years gave the wood a different feel, and we visited parts of the wood for the first time. If anything Mausoleum was even more runnable than last year and the long course was won in almost 6minutes/km. Liam was 2nd again, but 3rd placed Steve Bones would have beaten him if he hadn’t overshot the finish control and slipped while trying to turn quickly to punch. 7 seconds separated 2nd and 5th places in the closest Poacher ever.

WILLINGHAM WOODS, 25.4.06:- Willingham isn’t the wood it used to be, brambles and clear felling have removed almost all the nice orienteering blocks apart from the northern hill and the map is getting rather old too. LOG planner Liam made the best he could but the courses were mainly long track runs between the few small sections of pleasant forest. Electronic punching for only 60pence makes it seem petty to have even the slightest moan, but maybe HALO should look to other areas and give Willingham a rest from the Poacher for a while? Steve Bones and Paul Murgatroyd ran well in 3rd and 4th places on the long, and Kaele Pilcher’s 6th on the short was her best result for a while despite not being 100% well on the night.

MIDDLE RASEN PLANTATION, 2.4.07:- This is an odd wood for many reasons, not least it’s name because it is much closer to Market Rasen and Walesby than Middle Rasen! It also has 9 out of bounds areas which constitute about 30% of the area, and result in lots of tortuous legs to skirt round them. The planner did really well with the short course, which approximated a nice light green, but the long course had too many “corridor routes” to avoid the OOBs. It wasn’t a good night for LOG members either, with Liam highest in 5th on the long course.

GRENO WOODS 18.3.07

The weather forecast was absolutely horrible for this regional heat of the Compass-sport Cup just north of Sheffield. Remember that LOG should have been competing on home ground at Stapleford Woods, except that half our wood was blown down!

This was always going to be a different proposition to Stapleford, even before the apocalyptic weather warnings, as Greno has hosted a British Championships Relay before and was far more technical. The weather wasn’t quite as bad as had been feared, but it was pretty Arctic in the exposed car park. However in the woods it was more sheltered, and even warm when the sun came out (or maybe that was my imagination!).

As far as the actual competition went LOG was pretty much out of it the moment we realised that we had lost several runners due to illness, injury and other commitments, so finishing 5th out of 6 clubs was disappointing but not a surprise. The forest was in good condition and the courses were excellent, although there was much debate about course lengths which were clearly too long compared to guidelines, although winning times were spot on.

There were some notable runs by LOG members, including John Bennett’s 98 points out of a possible 100 on the Blue, with Steve Kelly also scoring a creditable 94. On the brown course Jon May (92) beat Steve Bones (91) for the first time, with a margin of less than a minute. Star of the day though was Simon Carruthers who was out for over 223 minutes and did not retire. Not only was this Simon’s first “serious” event, he also forgot his compass, not a good idea on this type of area, but a brilliant effort. Amazingly Simon still wants to orienteer!

Full results, splits, points and even some photos can be seen at;
<http://www.southyorkshireorienteers.org.uk/results.php>

We need to improve for 2008 though, especially recruiting more juniors and older members. As previously mentioned in LOG-NEWS, most of our members fall into a relatively narrow age band, whereas the successful clubs are represented across all age classes. The bigger clubs also offer free runs and transport to the event, should we look at incentives like that to mobilise the troops?

Some people found the courses too long, especially those who were “running up” a course, and for many this was far more technical than they were used to as well. Maybe we need more club training sessions, for fitness as well as technique, a regular club running evening? Over to you dear reader.....



After a lot of discussion in orienteering fields around the Country, and especially on the Nopesport Forum, details of the inaugural UK Cities Cup can be found at;

www.citiescup.nopesport.com

Lincoln is the 4th of the 6 Race Series, and with major sponsors and prizes on offer this is one of the most exciting developments in UK orienteering in decades. Top orienteers will be attracted to some of the fastest and most complex orienteering there is, and everyone else can have a go too. See how the Urban Jungle compares to sunlit forests, if you haven't tried it yet you might get a very pleasant surprise.

The full Series is; York (28.5.07), Glasgow (8.7.07), Kingussie (8.8.07), Lincoln (2.9.07), Warwick (6.10.07). Oxford (10.11.07). Kingussie is part of the Scottish Six-Days Festival. How many will you get to?

Steve Bones is once again planning the LOG City Race, with yet more detail added to his acclaimed map. At the time of typing we still need someone to volunteer as event organiser, and of course we also need all the volunteer helpers we can get on the day.

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There is no Editorial comment this month due to being in Italy, as good an excuse as any I guess. Articles for the July/August edition by the end of June please.

MARATHON DES SABLES 2007

As you know Paul Murgatroyd competed in the epic Marathon des Sables back in March. Well Paul has written an equally epic account of this incredible race across the Sahara Desert, and we hope to have it on the main LOG website soon. But here is just a taster to whet your appetites, anyone tempted?



"The fight is won or lost far away from the witnesses - behind the lines, in the gym and out there on the road, long before I dance under those lights."

For over two hours after completing the 2007 Marathon des Sables, I sat on a dune overlooking the finish-line in the small Moroccan village of Merzouga with my friend and fellow runner, David Sutcliffe. We were awaiting the arrival of the rest of our colleagues from Tent 90, the self styled 'Team Lincoln', and, during this time, I began to reflect on the past two years. The memories came flooding back of long, gruelling training runs in the wind, rain and cold, the time and money spent on buying, rejecting and refining kit, days on the hills experimenting with nutritional strategies and then the final few weeks, where 70-80 mile training weeks were replaced with hour long sauna sessions to taper and acclimatize as best as was possible in a freezing England.

Just then, over three hours since the start of the final 11.7km stage, through the magnificent and imposing Erg Chebbi dunes, the last four members of Team Lincoln crested the ridge in front of us. A week of adventure and endeavour, with new friendships forged in the furnace of the Sahara desert, came to an emotional climax, as Jack, Edward, Vicky and John crossed the line in a whirlwind of tears and celebratory smiles. The question I had asked myself many times during the preceding months – was all this effort worth it? – was answered unequivocally there and then. You bet it was!

"It only takes experience. Know that you will have pain. Know that it won't be comfortable. Know that you will want to quit. Know that you will get tired. Know that you will get injured. Know that you will get confused. Know that you will meet physical, mental, emotional, and spiritual challenges that you have never even dreamed existed. And know that the true challenge of the 150 mile distance lies in overcoming your innermost fears."

BEOC SPRINT CHAMPS

The British Elite Sprint Championships 2007 were held on two brand new maps of Scarborough on April 14th, as the first half of the Seaside Scramble Weekend. On another of those incredible bright and sunny Spring days that have almost been the norm recently, it was an awesome event run by the York City Race team. Assembly was actually on the South Bay beach, and Ultrasport looked seriously threatened by the high tide, but managed to survive. With some sea fog rolling in intermittently it was a surreal setting for a top class orienteering competition, not to mention the stunned tourists looking on and scratching their heads!

The competition itself was in two stages. There were four heats in the morning, run at the same time on slightly different courses, like gaffled relay legs, these were about 2.4km with lots of climb. We were then put into four finals based on our times in the heats, also run together in the afternoon, these were 2.8km with more climb. The start for the heats was up by the Castle, and we immediately popped out through the old walls for a series of controls on the steep slopes above North Bay. The mist had left the grass like sheet ice, and road shoes were not ideal for this area to say the least! After this helter-skelter section we then climbed back up for a run through the town, using lots of narrow alleys and steep steps, with a final flourish down to the finish by the beach at the end of Valley Road. The final sting in the tail though was negotiating the underpass, where several of us ran straight past the last control in our haste to reach the finish. At this point the map had three different vertical levels; underpass, street and high bridge, so it was very “interesting” (but brilliantly mapped)!

The gap until the afternoon finals allowed us to get some food and drink inside us and take in the marvellous setting. Exploring the town was discouraged because there were too many kites out there. The finals started by the north end of the bridge over Valley Road, with a tricky section inland into the park, then south over the bridge to an even trickier section above the South Bay. Running flat out while trying to make sense of the complex 1:4000 map was quite an effort, with more underpasses, steps and cut-throughs back down to the seafront. The final leg tempted you to run on the beach, which was slightly shorter than along the esplanade, but the tide was in and the surf was quite rough, only the insane few gave it a go and all ended up very very wet!

All in all a marvellous day which show cased our wonderful sport to the general public in a fantastic exciting light. Great courses on a superb map, big cheering crowds, forests of sail banners on the beach, sponsors and prizes, what more could you ask for? This all bodes well for the UK Cities Cup that unfolds over the next few months. Is there anyone out there who still doesn't think that this sort of racing is “proper orienteering”? Shame on you!



A group of us are going up to Speyside for the Scottish 6-Days in August and due to a change in circumstances we have a double room free in our cottage. This is Britain's premier orienteering event and the cottage is ideally placed near Nethy Bridge. If we fill all the rooms the cost will only be £75 per person for the week, full details of the cottage and its excellent facilities can be found at;

<http://www.cottageguide.co.uk/antighur/>

You don't even have to be there for the orienteering as Nethy Bridge is perfect for exploring the Cairngorm Mountains, the various distilleries, the marvellous Moray Coast, or even all three. Contact the editors by phone or e-mail, or grab us at an event for a chat if you are interested.

IMPROVE YOUR O

No great secrets or techniques this month, just the suggestion that you take time to reflect on your performances over recent months. With so many diagnostic tools out there now you all should have some idea of your strengths and weaknesses. Is fitness the issue, do certain techniques always let you down, do you fare much better on certain types of area, do some areas fill you with dread etc?

There is no instant Holy Grail to improving at orienteering, indeed the cliché is that it takes 10 years to really get to grips with it, but there is no substitute for hard work if you want to get better. And that means technique and mental attitude as well as physical fitness. Time spent checking Winsplits and Route Gadget, examining maps after events and talking to more experienced orienteers will pay dividends.

For the less competitive among you there is still much to be gained from looking closely at your results, drawing your route (as far as you remember it) on the map after the event and trying to iron out persistent errors. Only so many people can be up at the top fighting for victories, but anyone can increase their enjoyment of orienteering by cutting out those frustrating mistakes, and time spent standing still totally befuddled in a cold wet forest. Make an error free run (or walk) your goal for the near future and see what great satisfaction it gives you.

SELECTED NATIONAL FIXTURES

MAY

10th LOG Local Summer Series. Riseholme Park, Lincoln. [SK984757](#). Sean Harrington, 01522 791344. Sean@logonline.org.uk £1.00/£1.00. Dogs on Leads. www.summerseries.logonline.org.uk

12th DVO Local Event. Ilam Hall, Dovedale. [SK131505](#). Val Johnson, 01773 824754. gmjamdfam@aol.com £3.00/£1.00. EPS-SI. Dogs in car park on lead. www.dvo.org.uk

19th NOC Local Event & Summer League. Wollaton, Nottingham. [SK533398](#). Simon Elliott, 0115 917 5614. Simon_elliott@ntlworld.com £2.00/£1.00 Student £1. Parking £2.00. White, Yellow, Orange & Technical. www.noc-uk.org

24th LOG Local Summer Series. Ostlers Plantation, Woodhall Spa. [TF216627](#). Sean Harrington, 01522 791344. Sean@logonline.org.uk £1.00/£1.00. Dogs on Leads. www.summerseries.logonline.org.uk

26th 28th **SPRINGTIME IN SHROPSHIRE (SinS)**

26th - HOC Day 1 Regional Event. Titterstone Clee Hill (Provisional), Cleobury Mortimer. [SO592776](#).

27th - WRE Day 2 Regional Event. Bucknell, Ludlow, [SO341752](#)

28th - HOC Day 3 Regional Event. Brampton Bryan (Provisional), Ludlow.
Co-ordinators: Lynden & Lester Hartmann, 01684 577062. lester@mado.org.uk
Entries: Mike Farrington, Oak Lodge, Floyds Lane, Wellington Heath, LEDBURY, HR8 1NB, 01531 635502. mike@farrington.me.uk CD: 23/04/07. www.sins.org.uk

28th EBOR Park Race. York. Organiser: Ann Smith, 01347 821220. roger.smith100@btinternet.com Entries: Ann Smith, Weddow Hills, Oulston Road, Crayke, York, YO61 4TP, 01347 821220. rogersmith100@btinternet.com CD: 15/05/07. www.eborienteers.org.uk

JUNE

2nd DVO Local Event. Holmebrook, Chesterfield. [SK360730](#). Val Johnson, 01773 824754. gmjamdfam@aol.com £3.00/£1.00. EPS-SI. No dogs. www.dvo.org.uk

3rd SYO District Event. Beeley Woods, Sheffield. [SK318927](#). Mick Hughes. mike.l.hughes@telewest.co.uk £6.00/£1.00 Discount of £2 to British Orienteering senior members. EPS-SI. String course. www.southyorkshireorienteers.org.uk

3rd NOC Local Event & Summer League. Rushcliffe Country Park, Nottingham. [SK575322](#). Catherine Hughes, 0115 8774089. catherine@midlandsnordicwalking.org £2.00/£1.00 Student £1. White, Yellow, Orange & Technical. www.noc-uk.org

7th LOG Local Summer Series. Lincoln University, Lincoln. [SK971710](#). Sean Harrington, 01522 791344. Sean@logonline.org.uk £1.00/£1.00. Dogs on Leads. www.summerseries.logonline.org.uk

9th-10th Twin Peak Weekend. 9th - Day 1 Regional Event. High Dam, Newby Bridge, Cumbria. [SD364872](#). 10th - Day 2 Regional Event. High Dam, Newby Bridge, Cumbria. [SD364872](#). Organiser: Peter Lomas, 0161 483 4332. peteandreae@zoom.co.uk Entries: Twin Peak 2007, 7 Brisbane Close, Bramhall, Stockport, Cheshire, SK7 1LF. 0161 439 6435, tp2007@mdoc.org.uk CD: 25/05/07. Adults £10 per day, £2 less for senior BOF members, Juniors, £4 per day. Late entries CD: 1/06/07 via internet only +£2/£1 & Lim EOD +£3/£1. Lim colour coded Y, O, LG Adults £6 per day, £2 less for senior BOF members. Juniors £3 per day. Chq: MDOC. EPS-SI. String courses. Dogs in car park only on leads. Parking £2. Online entry preferred. www.mdoc.org.uk

16th DVO District Event & EM League. Kedleston, Derby. [SK313403](#). Michelle Mackervoy, 01332 557892. £7.00/£1.00, Family entry: £15. EPS-SI. String course. www.dvo.org.uk

21st LOG Local Summer Series. Callens Lane Wood, Bourne. [TF064262](#). Sean Harrington, 01522 791344. Sean@logonline.org.uk £1.00/£1.00. EPS-SI. Dogs on Leads. www.summerseries.logonline.org.uk

24th LEI District Event & EMOA League. Burrough Hill, Melton Mowbray. [SK765115](#). David LeBoutillier, 0116 2910274. £7.00/£2.00. EPS-SI. Parking £2.00. Dogs on lead. www.leioc.org.uk

JULY

5th LOG Local Summer Series. West Common, Lincoln. [SK961722](#). Sean Harrington, 01522 791344. Sean@logonline.org.uk £1.00/£1.00. Dogs on Leads. www.summerseries.logonline.org.uk

8th NOC Local Event & Summer League. Brierley Forest Park, Mansfield. [SK481598](#). Catherine Hughes, 0115 8774089. catherine@midlandsnordicwalking.org £2.00/£1.00. www.noc-uk.org

www.britishorienteering.org.uk

NEW PERMANENT COURSES

Permanent orienteering courses can often be the first contact most members of the general public have with our sport. These consist of a series of wooden stakes placed around a wood or a park, with maps available from the Council or Visitors Centre. The maps come with an information sheet, describing the map and suggesting different courses to try using the stakes. The advantage of permanent courses is that people can use them at times to suit them, they don't have to wait for an event. The disadvantage is that no one is there to guide them and the maps are usually way out of date!

LOG have 2 permanent orienteering courses at present, Lincoln South Common and Hartsholme Country Park, and both are in states of disrepair to say the least. We have been working closely with the City of Lincoln Council, Natural England and the Rangers at Hartsholme, and soon hope to be able to launch a re-vamped permanent course there. For the first time there will also be a permanent course in the adjacent Swanholme Lakes Local Nature Reserve. The maps will be available separately from the Visitor Centre at Hartsholme for a small fee.

Recently we were also approached by Forest Enterprise to produce a permanent orienteering course for Bourne Woods. Work on this will run side by side with the major re-mapping of the forest in time for our C3 event there in April 2008.

CAR SHARE

We are constantly being told we must be more proactive in our approach to conservation and the environment. In an effort to try and reduce the amount of cars we take to events LOG have set up a database on it's Yahoo Group. Joining the group is free and only takes a moment to set up. If you are driving to an event and can offer a lift please advertise on our database. This is a great way to cut down on emissions and meet new faces!

Also on the Yahoo Group there are lots of discussions & post race analysis, don't delay, join today!

<http://groups.yahoo.com/group/LincolnOrienteeringgroup>

TICKS & LYME DISEASE

I'm sure we've all had experience of the odd tick however my concern is that too often we do not give them the respect they are due. Many of the ticks in the UK carry a bacteria (*Borrelia burgdorferi* Sensu Lato) which if transmitted through a bite, can result in Lyme Disease. Fahrer H et al. wrote, in the Scientific Journal of Orienteering in 1993, that in Switzerland more than 40% of Orienteers had positive blood tests for this bacteria. The tests are now far more sensitive so perhaps this research should be repeated! Lyme Disease (LD), if left untreated, can lead to some very grave health problems.

Symptoms

Symptoms of LD can present between 3-30 days after the initial bite and may include cold-like symptoms, muscle and joint pains, swollen lymph glands, and a skin rash called Erythema Migrans(a red circular patch at the site of a bite, usually with a central clear area giving a "Bulls-eye" appearance). Late symptoms include arthritis, heart and nervous system irregularities (e.g. Numbness, meningitis and psychiatric illnesses) and long-term fatigue.

What is a Tick?

For those who aren't quite sure what a tick is, there is good clear information at www.lymediseaseaction.org.uk/ticks.htm . This link also gives information on their life cycle, and how to remove them. The ticks look for a hairy area to initiate feeding (e.g. groin, armpits or scalp) but they also latch onto areas around the waistband as when they can't go any further they will stop and commence feeding. Perhaps this is the best argument for the newer lycra-type of O-Suits rather than the looser nylons.

Some straightforward measures to reduce your risk include:

1. Wear full body cover when orienteering. And perhaps tight Gaiters too, will help prevent the upward spread of the ticks.
2. After your run, change clothing as soon as possible. Steep your O-gear at a high heat for at least 20 minutes before washing, as the ticks cannot survive the constant heat.
3. Do a thorough search for ticks as soon as possible. It usually takes 24-48 hours of feeding to transmit the infection from the tick, so check, and keep checking daily. I use a device called an O-tom to remove the ticks safely (www.otom.com - available from most Vets and Pet Shops).
4. Don't squeeze the body during removal as the tick will vomit bacteria into your bloodstream. For similar reasons, don't apply Vaseline to it and don't try and remove it with a flame or meths. Also, don't leave any mouthparts in the skin.
5. Use Tick Repellents on clothes and skin.
6. If you do develop symptoms, then go and see your GP, since when detected early, a one month course of antibiotics can effectively treat the illness.