

LOG AGM 2006 12th OCTOBER THE VICTORIA UNION ROAD LINCOLN

7.30pm

Draft Agenda

- 1) Minutes of 2005 AGM
- 2) Election of Officers for 2007
- 3) Reports from Officers
- 4) Membership Changes

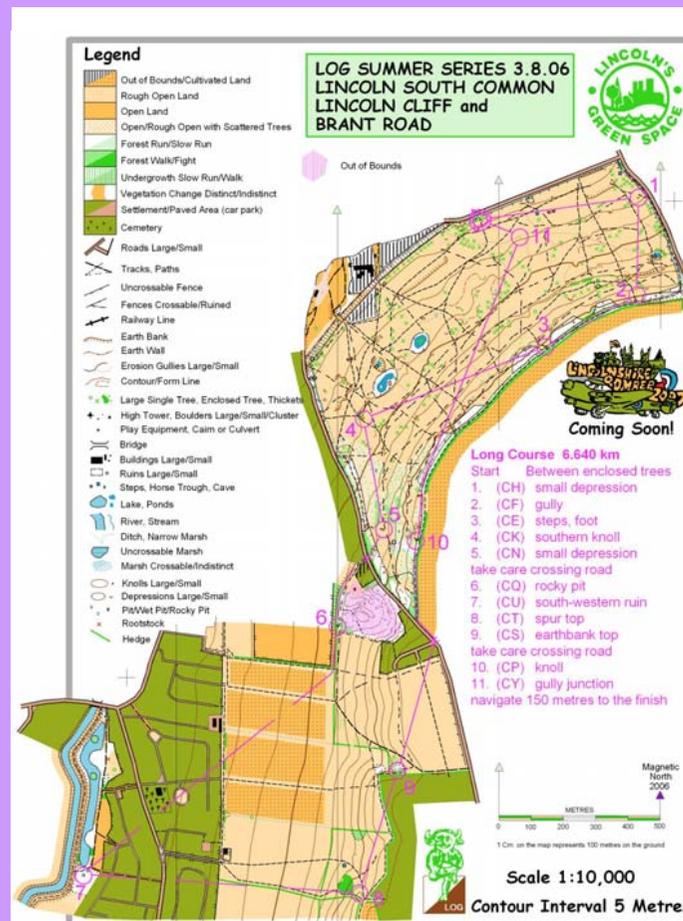
Agenda Items to

liam@logonline.org.uk

The full agenda will be sent out to members before the meeting.

LOG-NEWS

The Bi-Monthly Newsletter of The Lincoln Orienteering Group



groups.yahoo.com/group/lincolnsouthcommon

www.logonline.org.uk

The "Long" Course on the specially extended map of Lincoln South Common, which featured at the final event of the 2006 Summer Series.

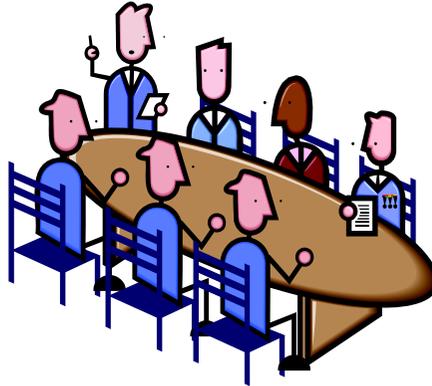
SEPT/OCT'06



COMMITTEE NEWS

LOG Committee met on 21.7.06, here is a brief run down of items discussed;

1) There was much discussion around Bomber 2007, still several months away but it is a complex event and progress needs careful monitoring. All going well at this stage, dedicated website now linked from both LOG and RAFO main websites. Important to get publicity right, this is a high profile event and could potentially attract a lot of media attention. Sean Harrington will co-ordinate the usual publicity around other orienteering events, Ian Pilcher will engage the wider press and TV. Discussed the payment of expenses for event officials. Steve Bones will continue to feed back to Committee from the Bomber Steering Group which meets bi-monthly.



- 2) Summer Series Trophies, Steve Bones to buy 3 for the various winners.
- 3) South Common C4 event in October, all officials in place but still too early for planning to start.
- 4) Mapping. Steve Bones reported back on progress with the maps for Bomber 2007, all ahead of schedule at this stage and looking good.
- 5) Publicity. Sean Harrington to design a poster for the Lincolnshire Runner shop.
- 6) Karl Pickworth to arrange the venue for the Summer BBQ. This eventually had to be cancelled because of short notice and other commitments. We will look to have the Club BBQ later in the year if possible, but would appreciate feedback from members as to how many would be interested etc.
- 7) LOG will purchase some new equipment, including better "Caution Runners" signs that are more appropriate for the Bomber when city streets are involved.
- 8) Permanent Courses. Ian Durrant to co-ordinate with the Rangers for updating the permanent course in Hartsholme Park, and a new one in Swanholme Nature Reserve.

FUTURE LOG EVENTS

22.10.06 **Lincoln South Common** district event, planner Liam Harrington

THE LINCOLNSHIRE BOMBER WEEKEND

13.1.07 **RAF Cranwell – Relay Competition**

14.1.07 **Lincoln City Park Race and Urban Long-O**

18.3.07 **Stapleford Woods, Compass-sport Cup first Round**

21.10.07 district event venue to be confirmed

13.4.08 **Bourne Woods**, regional event TBC Planner Glyn Mayley



We still need event officials for the Compass-Sport Cup at Stapleford in March. As it is a regional heat it has been suggested that the officials are also regional, in other words taken from the various East Midlands clubs. This system is used in some other regions, and it would certainly take some of the load off a small club like LOG, but if anyone in LOG is interested in any of the various roles for this event then please come forward. It goes without saying that everyone should have Stapleford in their diaries anyway, because on home turf we have a real chance of progressing to the Final, which is also very local at Blidworth. But to do that we need as many (every?) LOG members as possible to be available on the day. You all know the age groups we are short in; juniors, 50 yrs + and women full-stop!

SUMMER SERIES 2007

We already have provisional dates for Summer Series 2007, and as ever we would appreciate volunteers to plan those events. If you have a preference for venue then please state that too. The dates are; April 12th and 26th. May 10th and 24th, June 7th and 21st, July 5th and 19th, and August 2nd. These are still on Thursday evenings as that appears to be the most popular day, and there might be at least one more date added to that list. LOG Relays 2007 venue and date still to be confirmed.



HARTSHOLME RELAYS

A last minute change of venue from Riseholme to Hartsholme Country Park did nothing to diminish the excitement of LOG's traditional Summer Relays on 6.8.06. With lots of people heading north for the Lakes 5-Days Festival we didn't expect many teams, but in the end 7 was a good turn out.

Orienteering as a spectator sport is a theme throughout this newsletter, and relays are the perfect example of how you can make orienteering exciting, so why don't more people do them? Same old argument so we won't waste too long repeating them, but please give relays a try, it isn't just for elite or experienced runners, anyone can take part and have a huge amount of fun. There is always a leg for juniors or beginners, and it doesn't have to be all stress worrying about letting your team down.

This year Steve Bones made it even more exciting by moving the start/finish area to the lawns by the Café and Ranger Station, enabling all three legs to loop back through the start part-way round their course. This meant that everyone could keep an eye on who was running well and shout encouragement (or abuse!). It also confused most of the visitors to the Park on a very busy day.

In the end the Harringtons repeated their 2005 success, but by the smallest margin in LOG Relay history, only 2 seconds ahead of the "Lost" team. Liam Harrington ran a storming middle leg on the long course to overtake Lost's "Calvin Klein", giving dad Sean a minute lead as he set out on the last leg. Lost's "Clint Eastwood" (a.k.a. Andy Furnell) wasted no time in catching Sean by the 2nd control, and they spent the rest of the leg swapping the lead as each tried a different route to lose their opponent in fierce head to head racing. Towards the end Sean pulled out a small lead and just held Andy off on the final sprint in front of the cheering spectators.

Richard Pickworth had a lucky escape on his leg when he tried to take a short cut through the dried up Horseshoe Pond. He hadn't seen Steve's notice about deep mud and suddenly found himself sinking rapidly. He managed to haul himself out and looked more like the Creature From The Black Lagoon when he finished, but it could have been far more serious.

Special mention to the two Andys, Lucas and Stevenson, who ran all 3 legs themselves as non-competitive teams, more than 8km on a very hot morning and in very fast times.

LOG SUMMER SERIES 2006

Over 150 people took part in the Summer Series 2006, far more than ever before, making a healthy profit for the club coffers. More new areas, updated and refreshed old areas, new planners, a joint event with another club for the first time, and most importantly new members.

We hope to be able to include the full Series results in the newsletter, but in case we run out of room they can be found on the main website. Liam Harrington retained his title on the technical course, but there were new winners elsewhere. Nottingham Junior Elizabeth Parkinson won the short, and Mark Smith from Lincoln University won the long course. Mark only sealed his victory by beating long time leader and University colleague Paul Murgatroyd at the final event on Lincoln South Common.

The last 2 events of the Series were also exciting for other reasons, as well as the actual racing. At Bourne, Tim Staniland secured parking in a field that enabled most people to get into the northern block of the wood for the first time. Then for the Series finale we extended the South Common map south-west to give a sneak preview of the Bomber 2007 Long-O route. Both the long and technical courses crossed the road to take in some of the open hillsides with fine views towards the Trent. The long course also took in some Street-O down to Brant Road and back, with a control in woodland by the River Witham bank.

A big thank-you to all the competitors who made this year such a successful Series, but the real heroes are the event planners. Each year we worry that we might be over-reaching ourselves, putting on too many events, but each year people rally round and make it a success. Traditionally at this point we ask you all to consider planning an event next year, so if you haven't already done so at least give it a thought. As the events get more popular, with a record 75 people at Twyford Woods, other club members tend to help out on the night now anyway. One person can still plan the events, but there is no way that the same person can also run registration, start, finish and collect the kites in afterwards.

A great series again, already looking forward to 2007 and more new areas, new planners and new ideas to make the events exciting and fun. If anyone out there has any ideas that they would like to try out, or bounce off other people, then please come forward. We are always looking to improve things, change is a good thing.



*A Report on the Capricorn Mountain Marathon in the Yorkshire Dales near Ingleton
by Dave Denness.*

The Capricorn was excellent but very tough (a bit like Bourne!). Jon May and I did the B course and got 24.3km+1586m climb on the first day instead of the advertised 19km (great, extra value for money we thought) and second day was longer too. Two very sadistic climbs on first day, one of which was almost repeated on day two.

Luckily on day one some controls were sited at good sources of water. Jon and I were running independently but finished very close together, with Jon a couple of minutes ahead and only just over 30% more than the winning time. I managed to miss out control 9 on second day, which was on the direct route from 8 to 10, due a fatal lapse in concentration approaching the finish. (*Ed. This is becoming a bit of a pattern for Dave as he did the same at the York Park Race in May!*)

Dave Gourlay got a great result finishing 5th on his course and was no doubt halfway back to Lincoln by the time I finished.

For full results and photos from the event go to www.thecapricorn.co.uk



Most of you will be aware that the Karrimor International Mountain Marathon (KIMM) is now known as the “Original Mountain Marathon” (OMM), and this year we have even more LOG teams than ever taking part. Follow their progress at www.theomm.com over the weekend 28th/29th October in Southern Scotland. The actual location has

just been confirmed as Galloway, the ultimate mountain marathon area, scene of 3 epic KIMMs in the past, as tough as tough can be, “awesome” only begins to describe it. The area is also known as “The Range of The Awful Hand”, with numerous other locations straight out of Mordor, this will be hard in good weather, but every year the organisers remind us that “it has been a while since we’ve had a bad weather KIMM”!

WORLD ORIENTEERING CHAMPIONSHIPS 2006



The World Orienteering Championships took place in Denmark during the first week in August, and they are being widely praised as “the best WOC ever”. Highlight of the week for us was a superb Bronze medal winning performance in the Middle Distance race by Jamie Stevenson, although in world terms that was overshadowed by the efforts of Swiss superwoman Simone Niggli. She had previously won 10 gold medals at WOCs, and started the week off with a silver in the Sprint discipline, beaten only by a stunning run from Aussie newcomer Hanny Allston. Hanny had just won at the World Junior Champs and is clearly a star of the future. Simone then went on to win her 11th and 12th WOC golds in the Classic and Middle distance races, before anchoring the Swiss team to a bronze in the relays.

If you were lucky enough to get to a PC during the week you could watch everything via live video feeds, commentary and even follow the competitors in real time GPS tracking on maps of the areas. Despite the odd glitch, when the technology couldn’t quite keep up with demand, this was a stunning achievement for the organisers and clearly takes orienteering to another level. It is very difficult to complain that orienteering isn’t a spectator sport when technology can take you right into the heart of the forests to watch the action unfolding.

We watched spellbound as the world’s best orienteers made mistakes under pressure, or produced incredible come backs from seemingly impossible positions. When you consider that the top 3 in the Men’s Sprint Race were separated by only 1.7 seconds this was awesome stuff. Even in the Men’s Middle distance Jamie in 3rd spot was only 2 seconds off silver and 10 seconds off gold.

Just to give an example of the level of performances, the Men’s Classic distance was 17.2km with 875metres of climb (yes really!), and it was won in 105 minutes, incredible. The forests were stunning and the performances were even better, this was top quality orienteering as befits the World Championships. We’re not sure if the website is still up and running as you read this, but visit www.woc2006.dk just in case and see what you missed.

SWANHOLME LAKES

Swanholme Lakes is the local nature reserve immediately to the south of Hartsholme Country Park in Lincoln. A former sand and gravel quarry, it has been open to the public since 1991, and anyone that has run or walked round it will know what a beautiful area it is. However, due to nationally important plant and animal species it has always been deemed too sensitive for orienteering.

But following negotiations to run through Swanholme as part of the Bomber 2007 Long-O we are now close to an agreement with English Nature that will allow some limited access for orienteering, and the setting up of a permanent orienteering course there. Some of the heathland vegetation in Swanholme has taken over 30 years to establish itself and it is still very vulnerable to running feet, so there will be some out of bounds areas. But there remains enough to give very interesting orienteering.

We hope to be able to use it as part of the Summer Series 2007, but for a sneak preview why don't you start training for the Long-O! If you do decide to visit Swanholme Lakes there are some very informative leaflets at the visitor centre in Hartsholme, but please do not stray from the paths. It is a very sensitive area, we're lucky to be allowed access, and we literally have to tread carefully or that access could be withdrawn. As a general rule, "**do not cross any fences**".

HAVE YOUR SAY?

Following a very successful re-vamp of the Arboretum in Lincoln, the City Council is now turning its attention to Hartsholme and Boultham Parks. Proposals have been made to improve the facilities at both, including new play areas for children, Visitor Centres, Education Centres, new cafes, bigger car parks and even tourist accommodation at Hartsholme. There is a web based questionnaire on the City Council website, and displays of the proposals with feedback sheets in both parks.

As both areas have been mapped for orienteering, and Hartsholme in particular has been a very popular orienteering area for many years, you may want to contribute your views, if you haven't already. Both parks will feature on the Bomber Long-O in January, so you might want to ensure that access for orienteering remains on the agenda for any future developments.



IMPROVE YOUR "O"

The subject of this month's hot tips to improve your orienteering technique is **use the information you are given**, such as the map and control descriptions. This seems obvious, but it is not always as easy, or obvious, to put into practice.

We all hope that the map will be reasonably accurate, and although there are always exceptions to this most maps are generally very good. However, the accuracy of the map can be affected by several factors, and you need to be aware of these. Firstly, check the **date** on the map, when was it last **revised**, was it a major revision? If it is several years old then warning bells might start to sound, look for map corrections. What time of year is it? Most orienteering maps are based on vegetation growth at winter levels, the forest will look very different in summer. Once the leaves are out on the trees visibility will be greatly reduced in the forest. High summer bracken can transform the most open and runnable forests and moorlands into a real battleground. LOG members will know the difference on South Common between the lightning fast short grass of the winter months, and the high grass and waist high nettles and thistles of summer! In summer you may want to stick to paths and tracks more than in the winter, but use your eyes, don't just rely on the map. Small pits and depressions are bound to be much harder to find in high undergrowth, so be more accurate in summer, don't rely on spotting the kite from miles away like you often can in winter.

If the map is old then be aware that trees also grow, not as fast as bracken, but 5 years can make quite a difference to the appearance of some types of fast growing conifers. Young conifers might be shown as dark green on the map, but as they grow taller it becomes perfectly possible to run through them with ease. There have been examples of this on recent maps of Bourne and Sherwood Pines.

Be aware that some clearings can quickly disappear, or at least look very different, as young trees grow in them. Small silver birch can make a clearing look just like the surrounding forest, until you **look up** and realise that the canopy is at 2 different heights. At some point the mapper will change the map, but it might not be until after you have been there!

Forest operations are the bane of all orienteers, but we just have to work around them. Hopefully any recent operations will be included on the map or as **map corrections**, but this isn't always possible. Usually areas of felling/thinning and new extraction lanes used by forest vehicles are fairly obvious, so be aware of them and try to recognise them for what they are. Don't mistake a muddy new extraction lane for a major track on the map, or get hung up on an obviously brand new clearing.

MEMBERSHIP CHANGES

We talked last time about “**control flow**”, the technique of moving swiftly in and out of controls without standing still to read the map. The control descriptions are a crucial part of this technique, so make sure you read them. Again, this sounds obvious, but too often people approach controls who have clearly not read the description. They then either stand still near the control reading the description and the code, leading other people in like a **lighthouse**, or they flounder around in the general vicinity not sure what they are looking for. If you know what you are looking for you can run in quickly, punch and disappear off on the next leg without helping anyone else. But read the description carefully, don't miss a trick. The description will not only describe the control feature and the code, it will also differentiate between similar features in the control circle and might even tell you what side of the control the kite is located. At a recent Summer Series event a control was on a ruin, but there were 2 ruins in the control circle. Almost everyone wasted time running to, and then looking all around, the first ruin they came to, but it was at the 2nd one. If people had read the description (“**south-western** ruin”) early on the leg they would have known to ignore the 1st ruin and find the kite at the 2nd one. To be fair the description should also have stated “south-western ruin, **south side**” to make it even more explicit.

You can also save a lot of time by reading the map properly on the legs between controls. Is the straightest route best, or does the forest look a bit green, is there undergrowth or marshy ground, or is it simply featureless with little to navigate by? If there are lots of options, which is best? The shortest track route, even if it is on paths, might involve a steep climb. How much time can you save by **running** round compared to **walking** up over a hill? Some people are much better on hills whereas others are much more comfortable (and faster) on a longer flatter track run. Know your strengths and weaknesses, but always read the map carefully.

At the recent World Champs the Men's Classic Race had a leg of over 3km, imagine the different **route choice** possibilities on that! Medals were won and lost on that leg by careful, or careless, map reading, even the best don't get it right all the time. But remember that far more time is lost on courses by making mistakes than by being a slower runner. Read the map carefully, choose the best route, know what you are looking for, don't waste time standing still round the control, and you will cut out a lot of your mistakes. Then you will start beating people who are much faster runners than you, that is until they start reading the map properly!

Finally, be aware of other information in final details or at events, such as warnings about ongoing forest operations, out of bounds areas, road crossings and non-standard symbols on the map. It can be very embarrassing to be disqualified because you didn't read the notice stating that roads can only be crossed at marked crossing points, or to get lost because you didn't have a clue what the brown cross on the map represented!

The long awaited changes to BOF membership will come into force on January 1st 2007. From that point all club members will also be BOF members, either local or national. From 1.1.07 anyone not able to produce a BOF membership card will be subject to a £2 surcharge to the entry fee. As described in previous newsletters, many clubs have operated a single tier system for many years, whereby anyone who joins the club is automatically a BOF member too. At the LOG AGM on October 12th that is likely to be on the agenda, as it will be far simpler to manage than the two tier system. Obviously membership fees will rise for people who have only previously been local LOG members, but the benefits to being a national BOF member far outweigh the small extra cost.

The actual details of the scheme, and they are quite complicated, are on the BOF website. There is a list of “frequently asked questions” and answers, plus guidance on how clubs should implement the changes. If anyone is confused or has strong views on this we suggest they check the latest information on the BOF website before attending the AGM in October.

We have trailed this decision in LOG-NEWS now for over a year and received little feedback, so we assume members are happy with the changes. It is true that each year we have a lower percentage of club only members anyway, which should make the transition to everyone being national BOF members easier (if we choose that option).

Most other sports now do not offer local membership, and compared to other sports orienteering has ridiculously low membership fees. Anyone who is a member of a gym or health club will know what we mean. The main cost in orienteering of course is the travel to and from events, but people seem prepared to pay £2/litre for fuel, while being reluctant to share cars, and bemoaning small increases in membership fees. “Nowt so queer as folk” eh!

One of the oddities of the new membership scheme is free membership for the first year for new members, so if you have any friends who are wondering about joining then now is the time to grab them.



SELECTED NATIONAL FIXTURES

SEPTEMBER

10th LEI Score Cup 06. Watermead North, Leicester. [SK606107](#) David Anderson, 0116 287 4088. £2.50/50p. Score + White & Yellow. Parking £2.00. [www.leio.org.uk](#)

24th DVO District Event. Calke Park, Ticknall, Melbourne. [SK357230](#). Dave Walker, 01332 574003. [dave@walkerj222.freeserve.co.uk](#) £5.00/£1.00 Family £11.00. EPS-SI. String course. Dogs on leads in car park only.

OCTOBER

1st SYO District Event. Canklow Woods, Rotherham. [SK434900](#) Stephen White, 01709 533076. £4.00/£1.00. EPS-SI. Parking £1.00. [www.southyorkshireorienteers.org.uk](#)

1st NOC District Event. Blidworth, Mansfield. [SK583522](#). Andrew Wallace, 0115 9205054. Fees TBA. EPS-SI. String course. [www.noc-uk.org](#)

8th HALO District Event. Beverley Westwood, Beverley. [TA020390](#). Ken Hutson, 01482-632529. [ken@kjsa.karoo.co.uk](#) £4.00/£2.00. EPS-SI. No dogs. [www.halo-orienteering.org.uk](#)

8th LEI District Event & East Midlands League. Rough Park and Rising Wood, Ashby de la Zouch. [SK394193](#). Rachel Simonetti, 0116 2996174. £5.00/£1.50. EPS-SI. Parking £1.00. Dogs on Lead. [www.leioc.org](#)

22nd LOG District Event & EM League. Lincoln South Common, Lincoln. [SK979699](#) Karl Pickworth, 01526 320136. [karl@logonline.org.uk](#) £4.00/£2.00. EPS-SI. String course. Parking £1.00. Dogs on Leads. [www.logonline.org.uk](#)

29th NOC District Event. Wellow, Mansfield. [SK668673](#) Catherine Hughes, 0115 8774089. [catherinehughes@hotmail.com](#) Fees TBA. EPS-SI. String course. [www.noc-uk.org](#)

NOVEMBER

4th OUOC Oxford City Short Race. Oxford City Centre, Oxford. [SP515073](#). Organiser: Cerys Manning, 07866523277. [cerys.manning@some.ox.ac.uk](#) Entries: Cerys Manning, Somerville College, Woodstock Road, Oxford, OX2 6HD, 07866523277. [cerys.manning@some.ox.ac.uk](#) CD: 20/10/06. Fees TBA. Lim EOD + £1.00/£1.00. Chq: Oxford University Orienteering Club. EPS-Emit. No dogs. Early PM starts. [www.ouoc.org.uk](#)

5th NOC District Event. Annesley, Nottingham. [SK483486](#). David Cooke, 01773 770278. [d.cooke4@ntlworld.com](#) Fees TBA. EPS-SI. [www.noc-uk.org](#)

11th DVO Local Event. Bottom Moor, Matlock. [SK323633](#). Val Johnson, 01773 824754. [Gmjandfam@aol.com](#) £2.50/£1.00. White to Light Green. Dogs on lead at all times. Starts 10.30 - 11.30.

12th LEI District Event & EM League & Yvette Baker Trophy Round. Venue to be confirmed. Chris Phillips, 0116 255 0330. [onecphillips@lineone.net.co](#) £5.00/£1.50. EPS-SI. Parking £1.00. Dogs on leads. [www.leioc.org](#)

21st LEI Night Event & Winter League. Willesley Woods, Ashby de la Zouch. [SK328143](#). Mark Foxwell, 01509 412571. [m.foxwell@yahoo.co.uk](#) £2.50/50p. Short, Medium & Long. Dogs on Lead. Starts 6.30 - 7.30pm. [www.leioc.org](#)

26th NOC District Event. Bestwood, Nottingham. [SK565475](#). Hilary Hodkinson, 0115 922 2655. [hilaryhodkinson@hotmail.com](#) Fees TBA. EPS-SI. String course. [www.noc-uk.org](#)

DECEMBER

3rd SYO NATIONAL EVENT & YHOA Championships. Hathersage and Burbage Moors, Sheffield. [SK273805](#). Organiser: Brian Shaw, 01433 631523. [b.shaw@dyson-techceramics.com](#) Entries: Mike and Pauline Rosser, 6 Trippet Court, Graham Road., Sheffield, S10 3DY, 0114 2308637. CD: 20/11/06. £9.00/£3.00. Lim EOD + £1.50/£1.00. Chq: SYO. EPS-SI. Lim CC up to Light Green. String course. Parking £1.00. Dogs on leads in the car park. [www.southyorkshireorienteers.org.uk](#)

17th NOC District Event. Walesby, Nottingham. [SK671702](#). Catherine Hughes, 0115 8774089. [catherinehughes@hotmail.com](#) Fees TBA. EPS-SI. String course. First start 11:30. [www.noc-uk.org](#)

Remember that this is only a selection of the more local and “interesting” fixtures, visit [www.britishorienteering.org.uk](#) for the full national fixture list. Also be aware that events will be added nearer the time, so look out for flyers at events and possible cancellations in the event of bad weather. Keep an eye on the LOG Yahoo Group for car shares and trips to events further away. At the time of going to press several of us are considering driving down to Oxford for the City Short Race, which includes many of the famous “University Quads”. If you missed York then this is a must warm up event for the Lincoln Park Race in January.

LOOKING AHEAD TO 2007

JK 2007 is in The Forest of Dean over the Easter Weekend, 6-9th April, promising excellent orienteering terrain and the usual big JK Festival atmosphere.

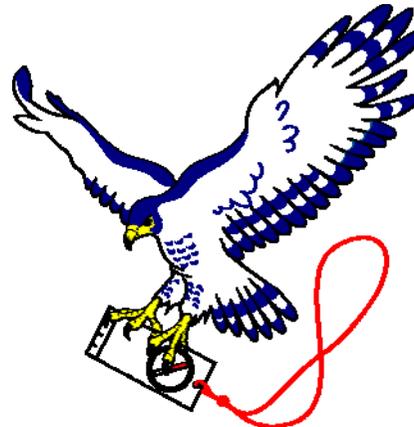
The British Orienteering Championships for 2007 take place in South Wales over the weekend May 5/6th. Both the individual and relays will take place on the same area, the mighty Pwll Du, that many LOG members will remember fondly from the last Welsh 6-Days.

Awesome fast technical open moor land, 99% runnable, few paths, a true TD5 area.



Finish May off with one of our favourite all time Orienteering Festivals, the magnificent Springtime in Shropshire (SinS). Based on the classic English market town of Ludlow over the Spring Bank Holiday 26-28th May, SinS is three days of high quality orienteering with a fantastic family atmosphere. Visit www.sins.org.uk for details and a good laugh!

If SinS is one of our favourite orienteering festivals then the absolute star has to be the Scottish 6-Days, which in 2007 is based at Grantown-on-Spey. Six days of the best orienteering available anywhere in the world, over 5-11th August. A full social calendar compliments the orienteering, all in one of the most beautiful places on the planet. The areas will vary from classic big Scottish forests, to the ultra-technical forested sand dunes of Culbin on the Moray coast. Walk the Cairngorms on the rest day, follow the Whisky Trail, go dolphin spotting, the options are endless. But book your accommodation early, or you may miss out. Some of us have already booked our cottage a year ahead, it is going to be that good.



BOC 2007



THE TEXAS DILLO-GOAT!

Orienteering in America by Rob Shepard

At the beginning of the year I read John's newsletter article discussing orienteering holidays and the closing line in particular stuck with me, "go on be a devil, do something mad in 2006!" Inspired by these words I did an internet search before my Dallas trip at the start of February and somewhat incredibly found an event about an hour away from Dallas. Not quite an orienteering holiday but a first for me in orienteering abroad.

On this trip to the US, as on many others, I met many friendly and helpful Americans. Indeed, I was fortunate that I was offered a lift to this event as I'm sure that even with 'sat nav' I wouldn't have found it!

The event was named a 'Dillo-Goat' and the pre race rules included the following:

- Competitors were allowed to skip one control
- 'Jock stuffing' and 'bra stuffing' of maps was allowed!
- Faking, tricking and generally providing misinformation to your fellow competitors was also allowed
- It was a mass start with slightly longer than usual courses
- The courses all shared common controls but very often in different orders so you had to know who you were following before 'stuffing' your map

Given the difficult terrain the event was advertised as not being appropriate for inexperienced orienteers, and only three courses were available. I had done no orienteering since my planning experience in Twyford last July so didn't want to over extend myself in unfamiliar territory, especially after the walking I had done in Big Bend National Park. So I selected the easiest available course, which was the length of an orange course at 4.6km but technically advanced, as were all the courses.

After I purchased the map I knew I would have trouble given that there appeared to be hardly any paths. Running on bearings, or running blind as I see it, would be something I would be doing a lot of, and this is not a particular strength of mine!

The first control was easy to find and a good sprint saw me arrive in second place. En route to control number 2 I probably went at least 10 minutes before seeing another competitor. Fortunately there was no e-punching to tell me quite how long I took! I encountered quite a few brambles so in some ways the terrain was not too different from home, apart from gullies and streams all being a lot deeper than anything I've

seen while orienteering in the UK. The journey to the second control was the start of a common pattern and I don't think that I have ever been lost so many times! Looking back now this event helped a lot with re-locating and probably explained a big improvement in regional event ranking points after I got home.

The best orienteers had a strategy for deciding which control to miss. I decided early on that if I happened to re-locate nearer to the next control then I would play my joker at that point. This happened at control number 7. The second half of the event went much better. I got more familiar with the terrain, which was a bit more runnable, the controls were closer and I even started to see people again!

I finished 9th out of 33 competitors in 90 minutes and 10 seconds which was almost 20 minutes per km. I could only put this apparent success down to the number of competitors that considered it to be a walking event! The event was good practice and thoroughly enjoyable, and it was good fun being the only overseas competitor!

And the jock and bra stuffing? – Didn't see much evidence of it myself!

Rob's article is very opportune, with so many big events coming up in 2007, such as the World Champs in the Ukraine. Keep checking the internet for these. Also, check out the "Looking Ahead to 2007" article for exciting events closer to home.

For one of the most amazing orienteering maps you will ever see check the link below. It is from Kiev in Ukraine, and has several non-standard symbols on it! How many can you spot? If you have Google Earth you can get a high definition satellite photo of the area using the co-ordinates 50 25'35.24" N, 30 33'47.35" E. Apologies to members of the Yahoo Group who may already have seen it

www.orient.org.ua/oldmapswoc2007/museum_wow.gif

GUEST NEWSLETTER EDITOR THIS MONTH IS;

**KAELE PILCHER, 29 ALDERGROVE CRESCENT, LINCOLN
01522-695809 or kaele.pilcher@btinternet.com**

All articles, thoughts and views are most welcome as ever.



NEWS IN BRIEF

The World University Orienteering Championships were held in Slovakia during August, soon after WOC in Denmark, and several of the British Team competed in both.

The star performer for the Brits was Helen Bridle, who followed an individual silver medal in the Middle Distance Race with a superb anchor leg in the Relay. Helen set off in 4th place and actually made up 7 minutes over the Swiss team, who eventually finished in second place after a furious battle in the run-in. An experienced Men's team had a disappointing WUOC, apart from Murray "Rocky" Strain who came 4th in the Sprint Discipline by an amazing tenth of a second over the 5th place runner!

With the York Race still fresh in our minds, a possible trip to Oxford on the horizon, and our own Lincoln City Park Race in January, you might want to check out the Park World Tour on;

www.pwt.org



There are some nice videos showing why this fast and furious form of orienteering is so popular, and indeed why it may well be the form of orienteering that finally makes it to the Olympics. The venues are universally spectacular, any offers to push for Lincoln to be included in future Park World Tours? A brief check of the requirements of any organisers of Park World Tour races might just put you off, but we think that Lincoln would definitely be a worthy venue.

STAPLEFORD WOODS:- Those of you that go for training runs round Stapleford Woods will have seen new forestry workings there in the last few weeks. They are clear felling some blocks on the western edge and NW corner of the wood. The work isn't as extensive as that at Bourne, but it will certainly change the character of the place again before the Compass-sport Cup there next March. One of the hazards (and delights?) of using a working forest, is that nothing stays the same for long.