

**THE LINCOLN ORIENTEERING GROUP  
and  
ROYAL AIR FORCE ORIENTEERS**

**Proudly Present**

**THE  
LINCOLNSHIRE BOMBER  
WEEKEND**

**Saturday 13<sup>th</sup> January Relays – RAF Cranwell, Sleaford Grid ref. SK997496**

**Courses:**

Orange, Light green and Green (approx 2.5km, 3.5km and 4.5km)

Registration 09:30 – 10:15, Mass start 10:30, Courses Close 14:00

Fees; £9 per team for pre-entries, £12 per team on the day

**Sunday 14<sup>th</sup> January Park Race and Long-O, The Lawn, Lincoln SK973719**

<b>Courses;</b>	<b>Class</b>	<b>Distance (Approx)</b>	<b>Climb (Approx)</b>
Park Race: A	Men's Open	4.5 Km	100m
B	Women's Open	4.0 Km	100m
C	Boy's Open & Men's Vet	2.5 Km	50m
D	Girl's Open & Women's Vet	2.5 Km	50m
Long O: E	M/W16 and over	20.0 Km	250m

Long-O competitors will be bussed from the Lawn to the Start on South Common.

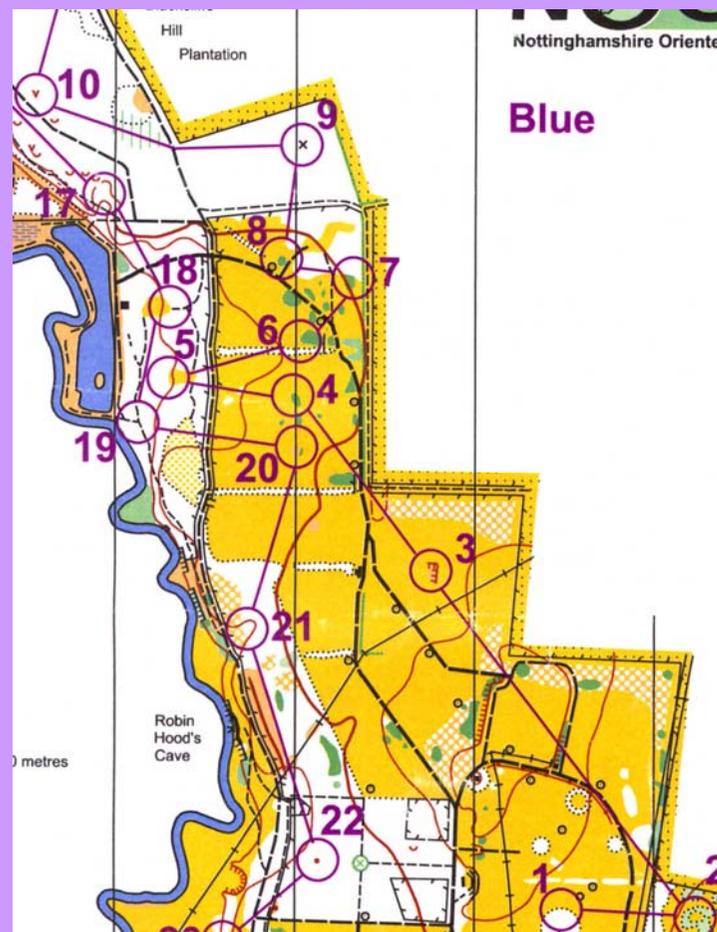
Fees; Park Race; adults £5 (£7 on day), juniors £2. Long-O £10 (£12 on day)

Entries to; Andy Lucas, 17 Garratt Close, Heighington, Lincoln, LN4 1RN

Full details, including photographs at [www.lincsbomber.co.uk](http://www.lincsbomber.co.uk)

# LOG-NEWS

The Bi-Monthly Newsletter of The Lincoln Orienteering Group



[groups.yahoo.com/group/lincolnshireorienteeringgroup](http://groups.yahoo.com/group/lincolnshireorienteeringgroup)

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

Part of the "Blue" course at  
Walesby that was used for the  
LOG Club Championships just  
before Christmas

## JAN/FEB'07



1987-2007

## CHAIRMAN'S PIECE



A Happy New Year to all our members, I hope you had a great festive period and that Santa brought you lots of new O-kit!

Things have been so busy in recent weeks, mainly getting ready for the Bomber Weekend, but also sorting out our first ever Club Champs and looking forward to the busy year ahead.

The Club Championships at Walesby were great fun, the weather certainly helped, but it was a brilliant idea and the format worked really well. It was a shame that we didn't have any juniors to battle it out on the orange course, but it was all a bit rushed, maybe this year we will have more time and get even more members to take part. We hope to do the same thing again anyway.

As you know this year is LOG's 20<sup>th</sup> anniversary and we want to make it a year to remember. I hope you like the new Imp logo, you'll be seeing a lot more of him! Just before Christmas we elected Ian Durrant as the Club's first ever President, in recognition of his services to LOG over that 20 years. Ian is one of only a handful of members who have been with LOG since the beginning, and hopefully we can persuade them to share interesting stories from the "old days". Coincidentally 2007 is HALO's 25<sup>th</sup> anniversary.

Next weekend is the long awaited second Lincolnshire Bomber, and what a weekend that should be. We hope you all enjoy it as much as I know I will. We have received lots of good publicity again this year and the Bomber looks like establishing itself as a quality event in the national fixture list. A great achievement for two small clubs like LOG and RAFO.

After the Bomber there won't be time to catch breath before we will all have to pull together again in the Compass-sport Trophy in Stapleford Woods. This is our best chance to progress to the final, so please everyone turn up and run your socks off for the club. Remember, the joys of the Compass-sport Trophy are that it isn't just the usual suspects who count and score the big points. Youngsters and older members are at least as important, so please please please all turn up and watch us win!

## ED'S BITS

Well I hope this isn't a bad omen! In the last news letter I challenged you to guess how long it would take me to complete the Lincolnshire Bomber Long O, however the post, phone etc have all remained silent. Not a sound, not one suggestion. Now come on don't tell me you are trying to be nice or I'll start to get worried. Well as you guys won't make a prediction then I will...I hope to finish in under 4 hours! Now that's much better than last year's 5 and half hours, but you'll have to wait and see.

In this newsletter there have been several mentions of the Compass Sport Cup in March, so this is a call to all you girlies out there – your club needs you. For the last two years I have run the girlie blue course and I'd like to have a little more company out in the woods. Because we are short on the girlie side if you finish you could add extra points to the team score. We also need some of the younger and older generations to compete – it's fun, honest!!!

And finally, as you can see this newsletter is a little short on articles so I would like lots of reports and stories for the next newsletter which will be due early March. For a start the Lincolnshire Bomber events could be three articles by different people – the Relays, the City Race and the Long O. The articles don't have to be long, they can be funny or serious it's up to you.

**Newsletter editor;**

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# LOG CLUB CHAMPIONSHIPS WALESBY 17.12.06

For the umpteenth year on the trot the weather was stunning for an event at Walesby, so it was well chosen for LOG's first ever Club Championships.

Thanks go to Jon May for suggesting the idea originally on the Yahoo Group, then managing to organise the whole thing in such a short time. Also to Sean Harrington who devised the cunning handicap system, aimed at getting everyone to finish together at 12.30, which nearly worked perfectly.

11 people turned up to compete, not a big number but excellent considering the short notice. All competed on the 7.1km "blue" course, which was shorter than some were used to, but longer for others, with the handicap aimed at giving everyone the same chance of winning. Alongside the "Blue Ribbon" handicap competition was a straight race to see who was the fastest.

Walesby is a small area but has something for everyone within its boundaries, see the front cover of LOG-NEWS. Based around a Scout Camp, much of the immediate area is short fast open grassland with small scattered copses of trees. A low scarp to the west drops to a small river and gives some contour detail. The further north you go the rougher it gets underfoot, with some heather and tussocky grass, more deciduous woodland, before a large pine plantation at the extreme north end. South of the road is a generally forgettable plantation of brambly forest, usually only visited by the longer courses. Mercifully, this year even they only just nipped in briefly before heading back north to the finish.

Fast runners always do well at Walesby, and on lightning fast terrain it looked like Paul Murgatroyd could win at one point, but a big mistake half-way round cost him dear. Then Dave Gourlay had victory in his grasp until 3 controls to go when he overshot badly and let Liam sneak past him right at the end. A special mention must go to Dave Denness, who put in a sterling effort, running well above himself and missing out on 4<sup>th</sup> place by a second.

Trophies were presented straight afterwards, well after we'd eaten NOC out of their mince pies and Steve had sorted himself out anyway! Full results are on the website and reproduced elsewhere in this newsletter, but Club Champion was Liam Harrington, with Andy Furnell winning the Blue Ribbon Handicap.

# FUTURE LOG EVENTS

## THE LINCOLNSHIRE BOMBER WEEKEND



- 13.1.07**      **RAF Cranwell – Relay**, planner Liam Harrington (LOG)
- 14.1.07**      **Lincoln City Park Race**, planner Steve Bones (LOG) and **Urban Long-O**, planner Dom Marshall (RAFO)
- Feb '07**      **“Come and Try It” TBC**
- 18.3.07**      **Stapleford Woods**, Compass-sport Cup First Round  
Planner Jon May
- 21.10.07**      district event venue to be confirmed
- Jan 2008**      **Lincolnshire Bomber 2008 TBC**
- 13.4.08**      **Bourne Woods**, regional event TBC Planner Glyn Mayley

In the last newsletter we wrongly stated that we had found all the officials for the Compass-sport Cup event in Stapleford. We had in fact jumped the gun as we have yet to find an organiser. We would be grateful if someone could volunteer for this job.

Don't worry, you can be the event organiser and still compete in the trophy for the club! As usual there will be plenty of help and guidance for anyone who wants to give it a go, you will not be left on your own.

Please keep an eye on the website and Yahoo Group for news of more Come and Try It events and offer your services if you can. The more experienced orienteers there are at these events the easier it is on the planner/organiser, and the more guidance we can give to newcomers, which is the whole point of these events after all.

Hopefully by now the Compass-sport Cup date is engraved in everyone's diaries?



## THE LINCOLNSHIRE BOMBER WEEKEND

Well we're nearly there now, as I type everything is in place, the courses have been planned and the maps are ready to go off to the printers. On pre-entries alone we have surpassed Bomber 2006 already and are in profit with several days of entries still to go, an excellent effort.

We have a group of 18 Swedes coming over specially, and there are more than 20 relay teams already entered for the event at RAF Cranwell. There will be more than twice as many teams as last year, including some "highly competitive" ones. There will even be showers at the relays, not bad for only £9 per team in an age where some relays cost £12 per person!

The Mayor of Lincoln will officially open the City Race and present the trophies later in the day. The trophies themselves have been provided by Impsport, and there will be quite an atmosphere in an incredible setting, with everyone running through the Castle before heading into the finish at The Lawn Centre. There are already over 60 people pre-entered for the long-O, a 50% increase on last year, with more expected. The City Race has attracted about 90 students and staff from Lincoln University, on top of many entries from the mainstream orienteering community, it will be quite busy!

We have said many times before that this weekend will stretch both LOG and RAFO to the limits in terms of volunteers, and this is final plea for anyone to come forward who hasn't yet been approached to help. The Sunday is particularly heavy on manpower this year, with all of the controls within the City boundary and potentially vulnerable to vandalism, not to mention road and rail crossings that need to be marshalled.

Although we hope to have a lot of media attention, including regional TV and local press photographers, we are also putting out a plea for members to take as many photos as they can, so that we can have an extensive record of a great day. There are so many unique photo opportunities on both days that it would be a shame not to record it all for posterity. The joys of digital photography mean that you can snap away and only keep the good photos, so there isn't the waste you used to get with old style films. The best (and worst!) photos should find themselves onto the website, and will be useful publicity for future Lincolnshire Bomber Weekends.

## IMPROVE YOUR "O"

How many of you made Orienteering related New Year's Resolutions then? None of you, yep, thought so never mind, so here are some simple suggestions that just might save you some time in the forests during 2007. These aren't new, we've touched on them before, but they are pretty fundamental and so bear repeating.

Keep your map oriented as you run along, turn it round every time you change direction and check it by placing your compass on it. This is where thumb compasses have the advantage because they are on the map (or should be) all the time. This is equally important on a track run, not just when in the forest on a bearing. If you aren't confident at doing this you really should practice it at every opportunity, even walking round the house, so that turning the map as you turn becomes subconscious.

If you keep your map oriented correctly you are far less likely to leave a control in the wrong direction as you will have planned it before you get there. This is another crucial basic skill. We all know by now not to stand at the kite like a lighthouse to attract everyone else in, but there is no point rushing off blindly without planning ahead. As you approach a control you should have visualised it in your head, either from checking the description or simply looking at the map detail (or both). You should also have visualised where you are going next, so you can punch quickly and move swiftly on.

Route choices can be very complex, and at the elite level are where medals are won and lost, but even at club you need to get the basics right. Some legs are boring with literally no route choice, there is the obvious route and that is it, but others make your brain ache just by looking at them. The first thing you should ask yourself is "how close can I get to the control without taking any risks"? In other words "what is the attack point"? Then you look at the options to get to the attack point. Tracks usually offer the fastest running and easiest navigation, but don't normally lead straight to the control. But on all but the most technical terrain you can use them for much of the longer legs on your course. The knack is linking them together with shorter sections of running through the terrain, avoiding obvious hinderances such as climb and undergrowth as much as possible. Also look out for other handrails such as ditches, vegetation boundaries or changes in slope, which are just as easy to follow as tracks. Practice makes perfect, but it doesn't have to be all in the forest. Look at old maps, go over old legs, ask yourself if you chose the best route, what options were there? Plan complex long legs on old maps and work out how you would tackle them. This is great fun and the thing that most course planners love more than anything else; and it will improve your orienteering no end.



## SUMMER SERIES 2007

We already have provisional dates for Summer Series 2007, and we now have provisional planners for all of them. The dates are; April 12<sup>th</sup> and 26<sup>th</sup>. May 10<sup>th</sup> and 24<sup>th</sup>, June 7<sup>th</sup> and 21<sup>st</sup>, July 5<sup>th</sup> and 19<sup>th</sup>, and August 2<sup>nd</sup>. We will be able to confirm venues soon. LOG Relays 2007 venue and date still to be confirmed.

Just to wet your appetites while we finalise the venues for this summer here are some of the places old and new that we just might visit in 2007;

Lincoln South Common – Our old favourite, getting better each time, now with an extended map to the south-west and scope to extend east as well!

Stapleford Woods – Our biggest wood, ever changing, new cleared areas for 2007.

Hartsholme Country Park – We have finally been given permission to extend the map south to include Swanholme Nature Reserve, which will turn a good little area into a brilliant medium sized one.

Ostlers Plantation – Back from the dead! An old LOG area near Woodhall Spa, not used for nearly 20 years.

Twyford Woods – Love it or hate it Twyford Woods can be both superb and very tough, nothing in between.

Swanpool – A new area in Lincoln, previously a municipal tip, now a beautiful runnable bit of wood, some marshes and a large open area with lots of contour detail and plenty of fun for orienteers.

Riseholme Campus – Small and beautifully formed, hopefully the new sheep fences won't restrict courses too much.

Callan's Lane Wood – First used for Bomber 2006, tricky little area north of Bourne.

Lincoln Birchwood – The housing estate that sounds like a forest, lots of scope for Street-O and traditional orienteering.

## PRIMROSE WARREN, 10.12.06

Those of you that live in the Lincoln area will almost certainly drive past Primrose Warren en route to most places to the north, it is the wood NW of the A15/M180 junction near Scunthorpe.

Every revue of an event there seems to hark back to the days when it was known as "Bramble Warren" because of the rampant undergrowth, but those days are long gone. Apart from some of the dreaded scratchy undergrowth in the NE corner, most of the area is now very fast running. There is an extensive network of paths and wide sweeping rides, but there is always plenty of opportunity to cut straight through pristine forest as well. There are some areas of contour detail caused by old quarry workings, and other blocks have extensive ditch networks. Primrose Warren also has some of the smallest knolls outside of a LOG area. I'm sure that one was less than a foot high, and would have been indistinguishable from the surrounding forest if it hadn't had a kite standing on it!

The first surprise most of us got when we arrived was that the pre-printed maps for the brown course had already gone, and so several of the usual brown suspects ended up running the slightly shorter blue course instead, which many used as good training for the Blue Ribbon the following week. The forecast was for heavy rain, which no doubt helped a big early turn out.

All but the very late starters got round before the rain, and a very enjoyable time was had by all. The courses were well planned, and although they criss-crossed and looped around the place you never felt like you were repeating much.

## LOG EGM 12.10.06

Thanks to Ian Durrant dashing up to the Vic the EGM was just quorate, and the new updated constitution was voted through unanimously. At the Committee meeting that followed Ian was also unanimously voted LOG's first ever Club President, in recognition of his services to the club since its inception back in 1987. We hope to get some detailed recollections from Ian and other "older" members during the year.

# ORIENTEERING ABROAD

Around this time of year we list a few of the attractive looking orienteering festivals from around the world. There are so many now that it is impossible to mention them all, you can spend hours surfing the net yourself if you want to. Thanks to Compass-sport magazine which is where we got this selection from;

## February

3-6 The Waitangi 4 Days, New Zealand. Includes 2 World Ranking events.

17-20 Portugal O-Meet, Sao Pedro do Sul. 4 full days of orienteering closer to home.

## March

23-25 Spring Cup, Roskilde, Denmark. Night, Classic, Relay, something for everyone.

## April

6-8 Prague Easter, Czech Republic. Awesome orienteering and awesome cheap beer!

6-15 Burra to Burossa, Adelaide, Australia. At the aptly named "Worlds End".

## May

2-5 The Fuji Golden 4, Japan. Steep, runnable and friendly is the order of the day.

## June

2-4 Shamrock O-Ringen, Ireland. Great event within easy reach, always popular.

16-17 Jukola Relay, Finland. The world's biggest relay, it must be done once!

27-30 Arctic-O, Greenland. Midnight sun, spectacular scenery, utterly unique.

## July

Takas 5-Days, Lithuania. Like the White Rose, areas close to central camping.

22-27 O-Ringen, Sweden. The biggest in the world, another must for every orienteer.

## August

3-12 Colorado, USA. Traditional orienteering, plus so much more, looks awesome.

18-26 Kiev, Ukraine. The World Champs. Run alongside the best in the world.

# COMPASS-SPORT CUP

We've been mentioning for several months how LOG are hosting the Regional Heat of the 2007 Compass-sport Cup in Stapleford Woods on March 18th, so apologies for repeating it all over again. But we need every member to be there if at all possible.

This is the premier club competition in Britain, and LOG have only been able to field a team for the last 2 years, but both times we gave it a really good go and weren't too far away from making it through to the final. This year, on home soil, we have the best chance ever, but the competition will still be tough and we need everyone to turn out on the day to maximise our points score. The final is very close this year as well, on familiar territory at Blidworth, so who knows how far we could go?

There are actually 2 competitions running in parallel, the Compass-sport Cup is for larger clubs, while LOG will be competing in the Compass-sport Trophy with the smaller clubs. It has to be said that the competition is just as tough in either!

You will remember from previous years that it is not just the experienced or fastest club members who win this competition, it is the average club orienteers who make all the difference, and that means you! Most clubs suffer in this sort of competition by having lots of competent orienteers in the 35-50 age group, but not a lot of runners competing in the junior and older age groups, LOG is no different in this respect.

The clubs that do well manage to get more members out in these younger and older age groups, this is the group LOG need to target again this year. Only 3 people can score in each age class, which means that some very experienced M40-50s will score no points despite a good run, whereas a junior or older runner will score big points just by getting round their course successfully.

Recent changes to the rules mean that club only members can't compete this year, we don't know how that will affect LOG, but that is another reason for becoming National or Local British Orienteering members rather than club only.

There will be more details in the next newsletter, but we will need to declare the team before then so please make yourselves available and let us know by contacting the editor. Keep an eye on the website and Yahoo group as always for details as they emerge. Full rules and guidelines are available on the British Orienteering Website.

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

# SELECTED NATIONAL FIXTURES

## JANUARY 2007

**13-14<sup>th</sup> The Lincolnshire Bomber Weekend see elsewhere for details**

13<sup>th</sup> NOC Local Night Event. Manton, Mansfield. [SK616781](#). Catherine Hughes, 0115 8774089. [catherinehughes@hotmail.com](mailto:catherinehughes@hotmail.com) Fees TBA. String course. [www.noc-uk.org](http://www.noc-uk.org)

18<sup>th</sup> LEI Night Event & Winter League. Benscliffe, Loughborough. [SK509128](#). Mark Foxwell, 01509 646695. [m.foxwell@yahoo.co.uk](mailto:m.foxwell@yahoo.co.uk) £2.50/£1.00. Short, medium & Long. Dogs on Lead. Starts 6.30 - 7.30pm. [www.leioc.org.uk](http://www.leioc.org.uk)

21<sup>st</sup> DVO District Event. Eyam Moor, Hathersage. Stuart Swalwell, 01335 347814. [stuart.swalwell2412@virgin.net](mailto:stuart.swalwell2412@virgin.net) £7.00/£1.00 £2 discount for senior members. EPS-SI. String course. [www.dvo.org.uk](http://www.dvo.org.uk)

21<sup>st</sup> NOR District Event. Kelling Heath, Holt. [TG118415](#). Kay Fowler & Dan Goldsworthy, 01603 416810. £5.00/£2.00. EPS-SI. Dogs on leads. [www.noroc.co.uk](http://www.noroc.co.uk)

27<sup>th</sup> SYO Local Night Event. Ecclesall Woods, Sheffield. [SK328836](#). Colin Best, 0114 230 2621. [colinallanb@yahoo.co.uk](mailto:colinallanb@yahoo.co.uk) £7.00/£1.00 Discount of £2 to British Orienteering senior members. EPS-SI. Parking £1.00. Dogs on leads. [www.southyorkshireorienteers.org.uk](http://www.southyorkshireorienteers.org.uk)

28<sup>th</sup> NOC Robin Hood Trophy Regional Event. Sherwood Pines, Mansfield. [SK612647](#). Organiser: Janet Evans, 01636 813058. [janet@janetandnick7.freereserve.co.uk](mailto:janet@janetandnick7.freereserve.co.uk) Entries: addressee TBA. *CD: unknown*. Fees TBA. EPS-SI. String course. [www.noc-uk.org](http://www.noc-uk.org)

## FEBRUARY

3<sup>rd</sup>-4<sup>th</sup> Thetford Thrash Regional Event 4th - Thetford Thrash Regional event - Day 2. Croxton Heath and The Devil's Punchbowl, Thetford. [TL877894](#). Mike Capper, 01733 235202. [mike.capper@virgin.net](mailto:mike.capper@virgin.net) Fees TBA. EPS-SI. String course. Dogs on leads. [www.waoc.org.uk](http://www.waoc.org.uk)

3<sup>rd</sup> DVO Local Event. Farley Moor, Matlock. [SK300630](#). Mike Godfree, 01335 346004. [Mike.Godfree@btinternet.com](mailto:Mike.Godfree@btinternet.com) £3.00/£1.00. EPS-SI. No dogs. [www.dvo.org.uk](http://www.dvo.org.uk)

10<sup>th</sup> NOR British Night Championships. Sheringham Park & Weybourne Forest, Sherringham. [TG139412](#). Organiser: Alan W Bedder, 01603 424589. [alan.bedder@virgin.net](mailto:alan.bedder@virgin.net) Entries: Pam Jermy, 84 Bush Road, Hellesdon, Norwich, NR6 6UD, 01603 482773 (7:00 pm - 9:00 pm only). [pamjmy@hotmail.co.uk](mailto:pamjmy@hotmail.co.uk) *CD: 31/01/07*. £7.50/£3.50. Combined fee for both days (10th & 11th) £13.00/£4.00. EOD +£1.00/50p. Chq: Norfolk O Event. EPS-SI. No dogs. Entry form with details plus details of a Regional Event ( Single Norfolk Dumpling) on the same area the followingday will be available early November. [www.norfolkoc.co.uk](http://www.norfolkoc.co.uk)

11<sup>th</sup> NOR Single Norfolk Dumpling Regional Event. Sheringham Park & Weybourne Forest, Sherringham Norfolk. [TG139412](#). Organiser: Stephan Searle, 01760 337189. [stephen.searle@tinyworld.co.uk](mailto:stephen.searle@tinyworld.co.uk) Entries: Pam Jermy, 84 Bush Road, Hellesdon, Norwich, NR6 6UD, 01603 482773. [pamjmy@hotmail.co.uk](mailto:pamjmy@hotmail.co.uk) *CD: 31/01/07*. £7.00/£2.50 +£2.00 Sen non-member. +£1.00/+£1.00. Chq: Norfolk O Event. EPS-SI. Dogs on lead in Sheringham Park only. [www.norfolkoc.co.uk](http://www.norfolkoc.co.uk)

11<sup>th</sup> SYO District Event. Bradfield Moor and Strines Woods, Sheffield. [SK221909](#). Lucy Wiegand. [lucywiegand@onetel.com](mailto:lucywiegand@onetel.com) £6.00/£1.00 Discount of £2 to British Orienteering seniors members. EPS-SI. String course. Parking £1.00. No dogs. [www.southyorkshireorienteers.org.uk](http://www.southyorkshireorienteers.org.uk)

13<sup>th</sup> LEI Local Event & Winter League. Watermead Country Park (West), Leicester. [SK603097](#). Roy Denney, 0116 2338604. £2.50/50p. Yellow, light green and green. Parking £2.00. Starts 11.00am - 12.00. [www.leioc.org](http://www.leioc.org)

18<sup>th</sup> HALO 25th Anniversary Regional Event. Scardale and Knapton, Malton. [SE892730](#). Neil Harvatt, 01302 772911. [neilharvatt@supanet.com](mailto:neilharvatt@supanet.com) Fees TBA

**NB; THE NOC EVENT AT ANNESLEY HAS BEEN CANCELLED**

## MARCH

4<sup>th</sup> LEI Regional Event. Fineshade, Corby. [SP978983](#). Organiser: Gary & Mary Boothroyd, 01572 756097. [gboothro@stamford.ac.uk](mailto:gboothro@stamford.ac.uk) Entries: Roger Williamson, 63 Loughborough Road, Quorn, Loughborough, Leicestershire, LE12 8DU, 01509 4121132. [rwilliamson63@aol.com](mailto:rwilliamson63@aol.com) *CD: 11/02/07*. £8.50/£3.50 - Non BOF +£2.00. Lim EOD + £1.00/£1.00, non BOF +£2.00. Chq: Leicestershire Orienteering Club. EPS-SI. EOD CC - White, yellow, orange - £5/£1.50. Dogs on leads. Online entries preferred via [www.fabian4.co.uk/](http://www.fabian4.co.uk/) Late entries online only up to 25/02/07 +£1. [www.leioc.org.uk](http://www.leioc.org.uk)

18<sup>th</sup> LOG Compass Sport Cup First Round. Stapleford Woods, Newark. [SK861566](#).