



# LOG-NEWS — Jan/Feb '08

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## Longshaw Estate

Scale 1:15000  
Contour Interval 5m

Magnetic North 2007

DVO  
www.dvo.org.uk

2  
M20L  
M35L  
M40L

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0 metres 500m

**NATIONAL EVENT & EAST MIDLANDS CHAMPS**  
**9 December 2007**

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**Courses close at 15:00**

- power lines not shown
- distinct vegetation boundary
- open land
- rough open land
- rough open land with scattered trees
- forest: run
- forest: slow run
- forest: difficult to run
- vegetation: impassable
- undergrowth: slow run
- undergrowth: difficult to run
- out of bounds

- major road
- forest road
- vehicle track
- foot path
- small path
- less distinct path
- narrow ride
- wall
- ruined wall
- high wall
- fence
- ruined fence
- high fence, crossing point
- hedge
- building, ruin
- settlement - out of bounds
- parking area
- cairn, boundary stone
- contour
- index contour
- form line
- earth bank
- small earth wall
- gully: large, small
- knoll: large, small
- depression: large, small, pit
- impassable cliff
- rock pillar
- passable rock face
- boulder: large, small
- boulder cluster, cave
- boulder field
- rocky ground
- lake, pond
- waterhole, water tank
- wide stream, foot bridge
- stream
- ditch
- narrow marsh
- marsh
- indistinct marsh

03/11/07

**East Midlands Championships—Course 2 (M20L/M40L) on December 9th at the Longshaw Estate, including mud stains and everything! Race report and LOG results inside.....**

## ED'S BIG BIT



A New Year dawns and this issue sees us a few weeks into what promises to be an interesting year for the club. 2007 saw the most successful

summer series to date, a great Bomber weekend and two fantastic city races, plus the instigation of regular club training. However, it would be foolish to think that everything is rosy in our garden..... For instance, we continue, as a small club, to rely on an enthusiastic, committed few organising events, training, development activi-

ties, etc. and there is no doubt that we need a healthy injection of new blood. There are only around half a dozen members who orienteer and attend club training on a regular basis, with around another half a dozen who engage in the sport on an occasional basis, and finally another ten or so who are involved very infrequently. This cannot be healthy for the long term future of the club.

We need, undoubtedly to be more active in recruitment and 2008 will see a number of activities which will hopefully reap dividends in this area. For instance there is the schools league, which Ian and Steve are taking a major lead in here, and this aims to bring many more youngsters into the sport.

There will also be, as a compliment to the summer series and club training, a winter series in late 2008, which will be held on alternate Saturday mornings. It is hoped that these local activities will give new, and potential, members, a better product and a less sporadic involvement in the sport.

It can only be good for the future of the sport in this area, and the club as a whole, to give the target audience more regular opportunities than currently exist. It is only through this can we tap into the potential of Lincoln and see the club growing and moving forward.

On the event front, I'll be off to Slovenia in July and Creoso in August, so if anyone's interested in joining me, then please give me a shout.

## Chairman's Sound Byte



A Happy New Year to everyone. I trust you are all back into the swing of training after over indulging during the festive period. I for one have started the year full of promise by taking up Squash & resuming the evening runs (although less of the latter this week due to some very sore joints brought on by a lack of skill on the Squash Court!) Still, one must endure a certain amount of pain if we are to succeed at the highest level and with this year's British Championships being held in Cubin

Forest, Nairn-shire and yours truly flying the LOG flag with Paul M & Liam H in the Relays, I best start getting some miles in the legs. If you are wanting to form a club relay team (with a club subsidy available to reduce the entry cost) then please let Liam know asap.

2008 looks set to be another busy year for LOG, already we have held a "Come & Try It", a couple of training sessions and are only a few weeks away from our next night event at Riseholme. Then it's straight into the Summer Series, along with our Badge Event at Bourne Woods, before cooling down the end of the year with more Night events and a Winter Series. As always these events require personnel to make them happen, if you can spare a few hours at just one event it will help tremendously.

Along with the conventional events we put on, this year we are set to branch out into more "Featured Days", already we have been invited to have a display tent and small course at 4 Sporting Events/

Shows which will bring our club to the attention of thousands! Along with these display days we are also working on articles for publication in a few select magazines and progress is being made on the school development front.

Lastly I am pleased to announce that plans are underway for the return of the Lincolnshire Bomber Weekend in 2009. Details are still sketchy, however it will be over the weekend of April 18<sup>th</sup> & 19<sup>th</sup> and consist (probably) of a Relay, Long O & District Event. This will be a fantastic weekend with all the areas offering fantastic open woodland/park land and hardly a bramble in sight! It is hoped that HALO will be joining us on the organisational front which may give regulars to the Poacher Series a clue as to the whereabouts of the Long O.

I hope to see many of you at our training sessions or at an event soon and remember that all subs are now overdue, so please pay up now or no more newsletters for you!

# FUTURE LOG EVENTS

## 2008

<b>28.2.08</b>	<b>S5N-Night Score Event, Riseholme Park, Paul Murgatroyd (6:30pm mass start)</b>
<b>13.4.08</b>	<b>C4 - District Event, Bourne Woods, Steve Bones</b>
<b>17.4.08</b>	<i>Hartsholme Park Summer Series 08</i>
<b>01.5.08</b>	<i>Stapleford Woods Summer Series 08</i>
<b>15.5.08</b>	<i>Riseholme Park Summer Series 08</i>
<b>29.5.08</b>	<i>Bourne Woods Summer Series 08</i>
<b>12.6.08</b>	<i>University of Lincoln Summer Series 08</i>
<b>26.6.08</b>	<i>Twyford Woods Summer Series 08</i>
<b>10.7.08</b>	<i>West Common Summer Series 08</i>
<b>24.7.08</b>	<i>Ostlers Plantation Summer Series 08</i>
<b>07.8.08</b>	<i>South Common Summer Series 08</i>
<b>14.9.08</b>	<b>City Race, Historic Lincoln, Steve Bones</b>
<b>05.10.08</b>	<b>C4 - District Event, Stapleford Woods, Steve Bones</b>
<b>1.11.08–17.1.09</b>	<b>Winter Series 2008/9</b>

## 2009

<b>29.1.09</b>	<b>C5N - Night Event, Riseholme Park, TBD</b>
<b>April 2009</b>	<b>Lincolnshire Bomber 2008, "North Lincolnshire", TBD</b>
<b>9.4.09–30.7.09</b>	<b>Summer Series 2009</b>
<b>5.11.09–21.1.09</b>	<b>Winter Series 2008/9</b>

# Club Training Sessions

*The last few sessions have seen a blend of indoor and outdoor work on alternate Thursday evenings, as club training continues apace over the Winter months—no slacking for the keen ones!*

*Outdoor sessions have concentrated on night navigation techniques, map memory and concentration skills, whilst the indoor ones have brought a blend of fitness and orienteering skills to the fore, through a range of fun-filled activities.*



*If you've been promising to come down, then don't be shy - we're out alternate Thursdays from 6:30pm at a range of venues around Lincoln (keep an eye on the website for up-to-the-minute details) —come and join us for only £1 a time! If there's anything in particular you'd like us to put on, please feel free to fire away.....*

*Next sessions will be on the 31st Jan and 14th Feb, with a mass start, 45 minute, night score event at Riseholme on the 28th Feb —check the website for all session details.*

# ShUOC Chasing Sprint—8.12.07



*“2 races, 2 starts, 2 finishes, 2 downloads, a chasing start, 2 road crossings, sheep, 'orrible weather = not your ideal introduction to organising an orienteering event.”* (Organiser’s comments)

It was undoubtedly a great concept on paper and you can imagine the students’ excitement as they sat cradling their beer in the pub and discussing ways in which they could bring the chasing sprint idea to fruition in Sheffield. However, whoever thought that it’d be a great idea to put it on in the middle of winter needs a strong head examination. Some of the worse weather this side of the summer tempests made for one boggy, miserable day and it was only the hardy who stuck around long enough to see it through.....

The weekend had started promisingly enough, with an overnight stay in Castleton and a short hop over to Ecclesall Woods. Arriving in the car park, though it was increasingly apparent that we were in for a

tough one. The rain clouds were gathering and the needle on the thermometer was barely above freezing. Liam had already started and I was the only other LOG soul foolish enough to be enticed by the prospect of a weekend double—the chasing sprint on Saturday, followed by the East Mids Champs at Longshaw on the Sunday.

The last time I had been in these woods was as part of my level 3 coaching course back in May and on arrival at the start of the prologue, it was clear that mapper, Oli Johnson, had taken the new sprint map onto

*However, whoever thought that it’d be a great idea to put it on in the middle of winter needs a strong head examination.*

a whole new level. Virtually every thicket was shown and the amount of detail was quite staggering. Heading out over the 3.0km course, it took me some time to see past this and figure out that trying to read everything was both time consuming and mentally very tricky.

I had worked around the first half in a steady, yet un spectacular, time, but it was approaching CP7 that I came unstuck, losing map contact and disappearing up my own rear

end in rapid fashion. A five minute error here put paid to any chances of being competitive in the afternoon chasing sprint... a shame, as when I got back on track I finally started to work out a strategy to cut through all the irrelevant information on the map and began to run more aggressively and quickly. However, the damage was done.....

Returning to the car park I met a disconsolate Liam, who’d had an even worse time of it than me. He’d managed to completely bypass one control and ended up being disqualified—this wasn’t turning out to be a great day for LOG! We sat in the car now for over two hours, trying to stay warm with the engine running and the heating on maximum—environmental friendliness was out of the window, with the entire car park full of steamed up vehicles and punters doing everything they could to stave off the impending hypothermia.

The weather proved the undoing for many, as the car park began to empty, with only those still in contention or insistent that they were going to get their money’s worth staying to the bitter end!

# ShUOC Chasing Sprint—8.12.07

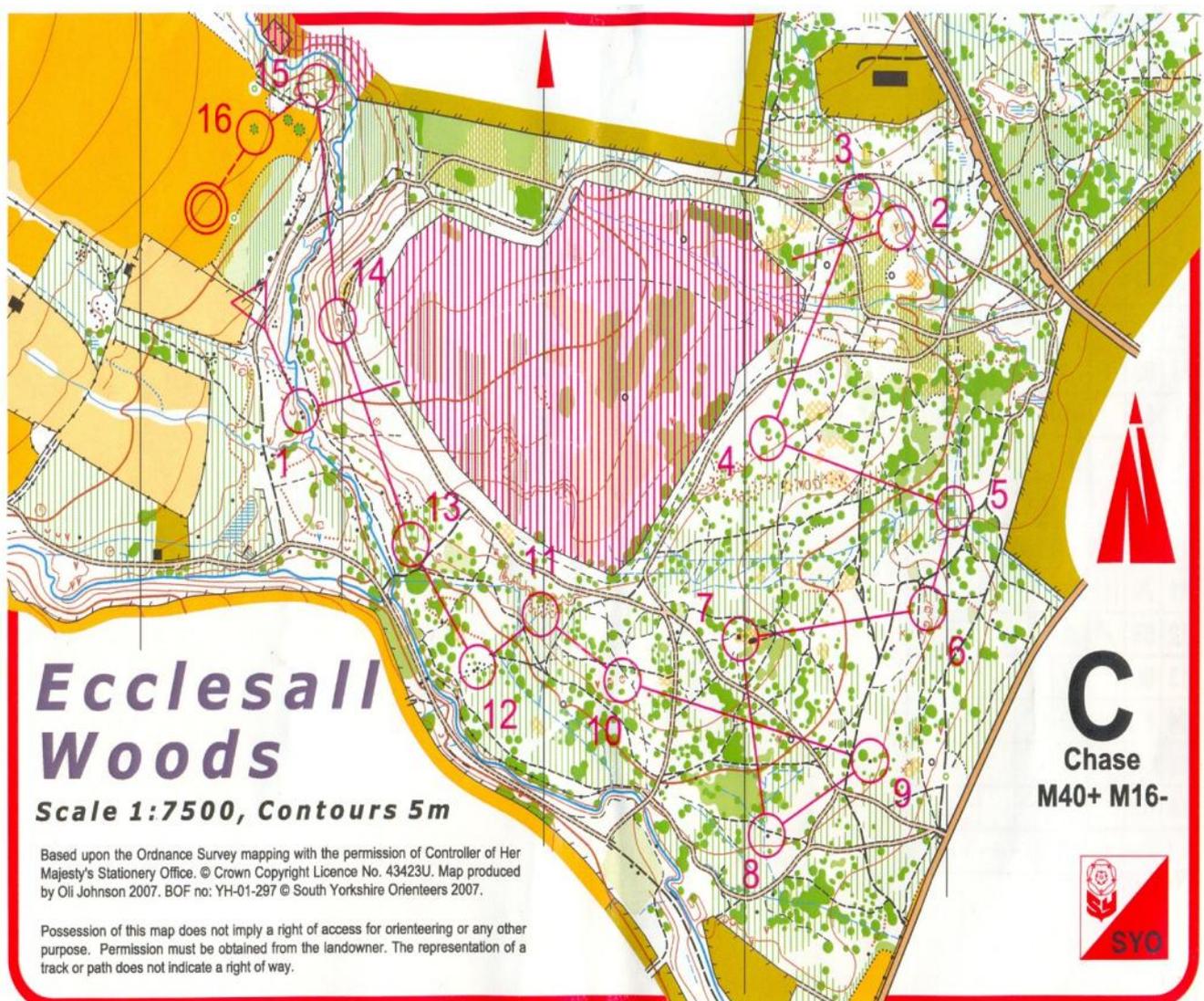
Part two began in the midst of an almighty rain storm and trying to warm up effectively was out of the question. Many of the runners were just desperate to get underway and, snatching the map out of the box, I dived into the woods to seek some shelter from the battering we were receiving.

The chasing sprint itself comprised a 3.7km stage in the south west part of the woods

and was probably not as interesting as the morning's course. Learning the lessons of the morning's run, I kept the nav simple and concentrated on the major features on each leg. Only one error midway round cost me about a minute and I finished the second stage in a much better frame of mind. Liam had also recovered ground from the morning and had posted a good second stage result on the men's open.

I felt for the Sheffield guys as I pulled out of that dank, miserable car park. They'd worked hard to make the event a success and, in the main, there were very few complaints with the planning, organisation or running of the event on the day, but a message to you fellas—the 2008 ShUOC sprint best be in the summer.....

*(Paul Murgatroyd)*



The map for part 2—the chasing sprint—in Ecclesall Woods, newly devised by Oli Johnson (SYO). The intricate detail, down to every last rhododendron thicket, was amazing.....

# IMPROVE YOUR O

Last time in 'Improve Your O' we looked at the use of heart rate monitors to improve the efficiency of your fitness training. Calculating your HR zones, we can start to put in place training programmes for a variety of orienteering events. For instance, shown below is a typical month's training programme for when I'm concentrating on shorter distance races, such as Blue District events or M40S races.

The focus is on three **key** sessions per week—one tempo, one interval/hill and one longer endurance session. These are the foundations or building blocks for fitness specific to the event. Other sessions, such as recovery runs, cross training and weights, are not as crucial, but these allow for variety and an increase in mileage to develop other elements of fitness, such as running economy.

Examples of tempo and interval sessions are given below and it is these which provide the speed-endurance mix crucial for a race of about 40-60 minutes duration, where heart rate is expected to be about 80-90% max on average over the event.

### EXAMPLES OF TEMPO AND INTERVAL SESSIONS

1M warm-up, then 8 x 400m or 75 secs (HR 95% max), with 400m/2-3 min recoveries, 1M cool-down (inc. to 12-15 reps over 4 months)

1M easy, then 3 x 1M or 6 mins at 80-85% HR max, with 800m/3-4 min recoveries, then 1M easy (inc. to 4-5 reps over 4 months)

1M warm-up, then 6 x 600m or 2mins (HR 90-95% max), , with 400m/2-min recoveries, 1M cool-down (inc. to 8-10 reps over 4 months)

Warm up, then 2 sets of 4, 5, and 6 mins at 75-80% HR max, with half-length recoveries and 6 mins between sets, then cool down

Pyramid - Warm-up, then 1min up/down, 2 mins up/down, 3 mins/up down @80-90% HR max - repeat 2x, then warm down

Tempo - Warm-up, then 20-25 mins @75-85% HR max, then warm-down

Wk	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1-	Wt training (3x8x15 inc. core wk)	Run - 48 mins (~5.5M inc. hill/avg 138 bpm)	Wt training (3x8x15 inc. core wk)	Run - 36 mins (intervals/avg 145 bpm)	Run - 45 mins (~5M trail/avg 135bpm)	Rest	Run - 60 mins (~7M steady/avg 138bpm)
2-	Wt training (3x8x15 inc. core wk)	Run - 43 mins (fartlek/avg 143 bpm)	Wt training (3x8x15 inc. core wk)	Run - 44 mins (~5.5M steady/avg 133 bpm)	Run - 50 mins (~6M tempo/avg 147bpm)	Rest	Run - 63 mins (~7M/avg 139 bpm)
3-	Run - 48 mins (~4M hill session/avg 142 bpm)	Wt training (3x8x15 inc. core wk)	Run - 48 mins (~5.5M steady/avg 140 bpm)	Wt training (3x8x15 inc. core wk)	Rest	Walk/Cycle - 270 mins (~9M)	Run - 68 mins (~7.5M hard hill/avg 145 bpm)
4-	Run - 35 mins (~4M recov/avg 136 bpm)	Wt training (3x8x15 inc. core wk)	Run - 36 mins (~5M tempo/avg 144 bpm)	Rest	Wt training (3x8x15 inc. core wk)	Rest	Run - 71 mins (~8.5M road/avg 135 bpm)

When the race distance increase, such as for M40L or Long 'O' style events, then obviously the preparation starts to switch more to development of stamina, and the training balance reflects this (see sample schedule below). The key three sessions still exist, but intervals and hill reps tend to be longer and at a lower HR and the mileage of the long, slow run increases. Heart rate during the endurance sessions will be at around 60-70% HR max.

1-	Wt training (3x8x15 inc. core wk)	Warm up, 6 x 3 mins fast, 2 mins slow. (38 min/140bpm)	5M easy, with a few fast strides (43min/129bpm)	7M steady, inc 6M at marathon pace (52min/138bpm)	6M, inc 3M at a brisk pace (58min/136bpm)	Rest	Half Marathon (92min/145bpm)
2-	Rest	6M. Start slowly, finish fast (52min/143bpm)	Warm up, 6 x 45 secs, 3 mins jog (25mins/136bpm)	20M endurance run (131bpm /210min)	5M easy, with a few strides (40mins /127bpm)	Rest	Warm up, 8 x 350m fast, 90 secs recvry. (33 min/133bpm)
3-	Wt training (3x8x15 inc. core wk)	6M steady (53min/133bpm)	5M easy (40 mins/128bpm)	Repetition runs: 4 x 1M at 10K pace (44min/145bpm)	Wt. training	4M jogging and easy strides (37min /126bpm)	13M steady (115min/135bpm)
4-	Wt training (3x8x15 inc. core wk)	8M, inc 2 x 3M at marathon pace (70min/140bpm)	Warm-up & 5k race (19min/168bpm)	3M jogging and strides (30min/123bpm)	Rest	10M steady (101min/131bpm)	Wt training / 6.5M steady (58min/138bpm)

# CLUB HANDICAP CHAMPS — 2007: THE BLUE RIBBON

This was the second year that the Blue Ribbon championship was held at NOC's Walesby event, writes Sean Harrington (Club Vice-Chairman). Once again it was decided to run the event on the Blue Course (7.2Km), the reason being this was either the course most people ran during the year or just a bit shorter.

Competitors handicaps were worked out as an average from their runs over the last year, with each competitor ending up with their average Min per Km time. It was obvious when I started working out the times that some people had competed in far more events than others over the year!!

With all the handicaps set, the plan was to try and get everyone to finish together at 12:30pm. Amanda Roberts was the first to set off at 11:14 with Liam Harrington being the last out at 11:45.

Early on there was a tight group comprising of Andy Furnell, Simon Carruthers, Robin Stevens and myself, all of whom had very similar handicaps. As the race progressed the later starters began to chase down the early leaders.....

With only a couple of controls left, Amanda was still in the lead, followed by myself and then the chasing group. With only one control to go Dave Denness took the lead, all three of us punched the last control within seconds of each other, with

Dave storming off to finish first and myself and Amanda hot on his heels in second and third.

After everyone had completed the course, times were checked and it was confirmed that Dave Denness had in fact won. In the post race "dog hanging" Paul Murgatroyd and Dave Gourley both claimed that for a silly mistake near the end of the course, they would both have been up near the front at the end!!

In total ten people took part with a couple of late withdrawals due to illness / injury.

Hopefully we will run the event again next year, with the handicaps tweaked a bit here and there, so don't worry, Dave will not be winning again next year.....



Winner Dave Denness (right) pictured receiving the Blue Ribbon trophy from Vice-Chairman, Sean Harrington, following his victory at Walesby.

**LINCOLN ORIENTEERING GROUP**  
[www.logonline.org.uk](http://www.logonline.org.uk)

## Blue Ribbon Handicap Table—2007

Pos.	Name	Age	2007 Calculated Avg Speed	Course Distance	Predicted Completion Time	Actual Completion Time	Difference (+/-)	Non-handicap Race Position
1st	Dave Denness	M45	7.7 min/km	7.2k	55min	51:09	-3:51	4th
2nd	Sean Harrington	M45	9.5 min/km	7.2k	69min	66:36	-2:24	29th
3rd	Dave Gourlay	M45	6.8 min/km	7.2k	49min	47:20	-1:40	2nd
4th	Paul Murgatroyd	M40	6.9 min/km	7.2k	50min	48:54	-1:06	3rd
5th	Robin Stevens	W40	9.4 min/km	7.2k	68min	67:28	-0:32	31st
6th	Amanda Roberts	M40	10.5 min/km	7.2k	76min	76:40	+0:40	44th
7th	Andy Furnell	M50	9.6 min/km	7.2k	70min	74:50	+4:50	41st
8th	Liam Harrington	M40	6.3 min/km	7.2k	45min	51:54	+6:54	5th
9th	Simon Carruthers	M45	8.5 min/km	7.2k	61min	71:08	+10:08	36th
10th	Michael Nell	M40	10.1 min/km	7.2k	73min	84:42	+11:42	48th

# Battling the Demons of Longshaw Moors: The East Midlands Championships 2007

Every orienteer has their favourite areas. In these areas we just know that we will find the controls easily no matter what. When we lose contact with the map and adopt plan A (headless chicken mode) the control magically pops up just in front of us and this proves to us that we really knew exactly where we were all along. And on we go brimming with confidence.

For me, the bleak moorland to the west of Sheffield was not one of those areas. The national event of December 2006 (when the driving wind, rain and freezing cold meant compulsory 'cags and whistles') taught me that this area has to be taken seriously. Very seriously indeed. Sure, the 2006 event started well enough. After hitting the first two controls spot it was time to speed up on the long third leg and just go on a rough bearing into the wooded hillside with complex rock and contour detail. Big mistake, I eventually found the control after a further 33mins of running, walking and stumbling up and down that hillside. I limped on for

a few more controls then, exhausted and with exposure setting in, I headed to the finish. On the long drive home I vowed never to return.

So a year older and still no wiser I

*'Big mistake, I eventually found the control after a further 33mins of running, walking and stumbling up and down that hillside.'*

found myself once again on the moors above Sheffield in December 2007 nervously awaiting the start of the East Midlands Championships and National event. Could I get even with the moor this time and banish those demons that had haunted me this past year? Paul clearly had no such doubts and was looking for a good result here. Indeed, the omens looked good, lots of LOG team mates here this time, new posh LOG top to wear, even the torrential rain of the previous day had abated so that only whistles were compulsory this time.

The area was a mix of runnable open moorland, above a steeply sided wooded river valley. Within the deciduous woodland of the valley sides there were lots of complex contour detail and rocky craggy sections, apparently the remains of past quarrying activity. The planner made the most of this and provided a variety of excellent navigational and physical challenges. However, the heavy rain from previous day's meant that one leg involving a river crossing was not safe. The time taken for this leg would not be counted, to enable a walking detour to a safe bridge crossing. Some of the marshes were also challenging and we learned later of a fifteen year old who got stuck and had to summon help with his whistle. It took two men to pull him out!

No such misfortunes for the LOG contingent and we achieved some great results (see below). It's like I always say, the moors above Sheffield is one of my favourite areas... 'til the next time.

*(Dave Denness)*

## East Midlands Championships 2007 (LOG members' placings)

Overall Position	EM Champs Position	Name	Course	Length / Climb / No. Controls	Total Time	Average Speed
6th	3rd	Liam Harrington	2—M20L	9.4km / 415m / 20	104:30min	11.1min/km
12th	6th	Paul Murgatroyd	2—M40L	9.4km / 415m / 20	87:00min	9.3min/km
23rd	3rd	Dave Denness	4—M45L	8.5km / 305m / 19	87:10min	10.3min/km
39th	8th	Sean Harrington	4—M45L	8.5km / 305m / 19	133:10min	15.7min/km

*Map of course 2 appears on the front page and full results of the event are available at:  
<http://dvo.org.uk/results/Longs07/index.htm>*

# HALO NIGHT EVENT

My past experience of night events has been limited to a couple of events at Riseholme and one at Primrose Warren. Usually, night events in the area are hosted the night before a day event at the same location. With that in mind, I rarely feel like travelling up on a Saturday evening only to do exactly the same the next morning. For HALO's Normanby Hall event though, they had to move the night event to the weekend after the day event, so it seemed an ideal opportunity to try a different challenge for a change - and leave others to such trivial matters as the East Midlands Championships.

My advice for anyone attempting night orienteering for the first time would be to go for an area that you are familiar with in daylight. I had the advantage of only having run at Normanby, in daylight, the previous Sunday. I do know the area very well, but the technical area at the south end has caught me out plenty of times in daylight, so was bound to still pose a challenge in the dark.

I opted for the medium course, fearing

that the long might find me still fumbling around in the dark at course closing time. Things looked quite promising at the start - I'd had control number one the previous Sunday. Finding the path that led to it though still proved an effort though. Things progressed OK to start with, though - number 2 was in the midst of a number of thickets and could have proved tricky but I found it first time. Then the course moved steadily towards the much feared south end....

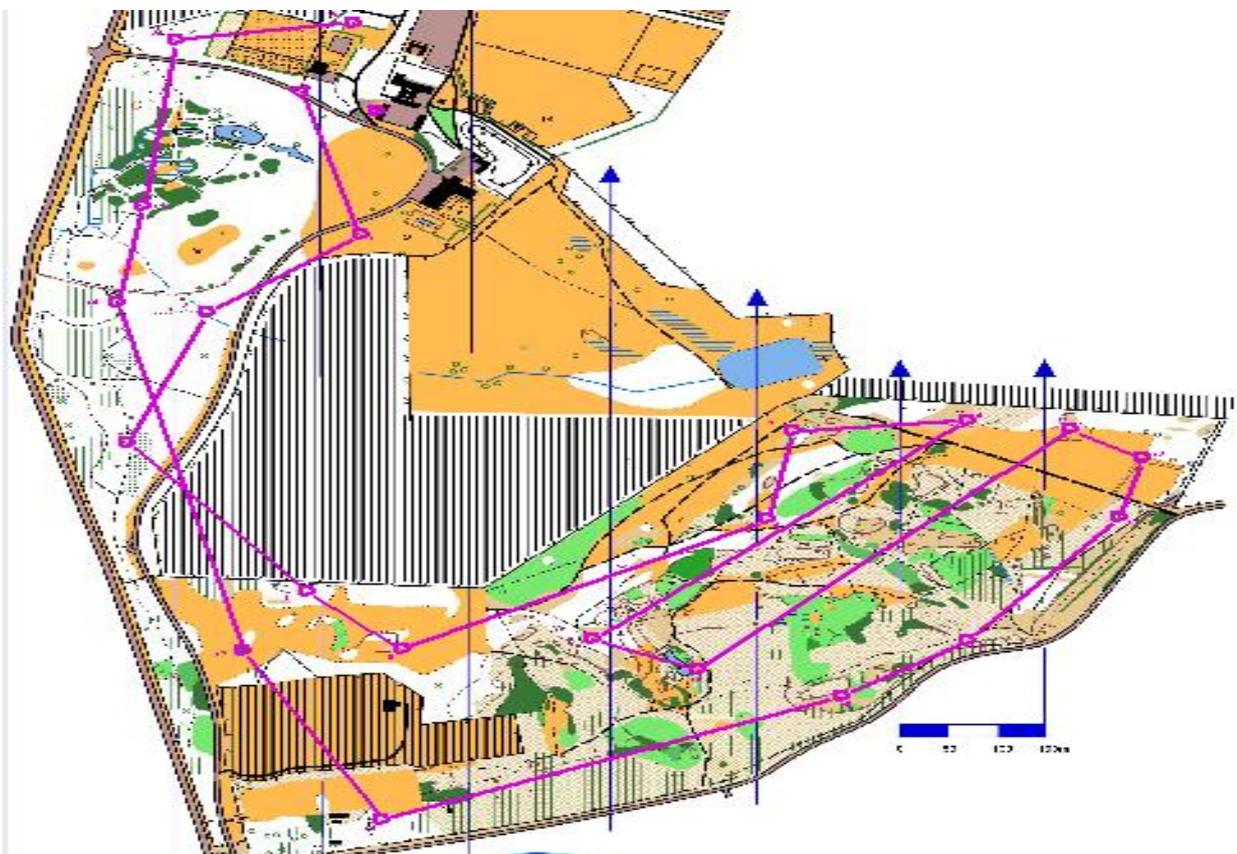
I would say that planner, Dean Field, was fairly kind to us with this course - it could have been a lot harder. Nonetheless, I managed to drop time at number 6 - I was only marginally off in my navigation, but failed to realise this and wandered off in the wrong direction. Being Normanby, the course was very runnable - even in the dark. The only problem here was other runners most of whom had the really serious massive headtorches. All of these completely ignored the rules of the road and came running at me at full beam and failing to dip their headlights!

It was quite satisfying to complete the technical area without further problems but that was the end of my problems. On control 11, I again managed to miss it by only the slightest margin but, as before, found it very time consuming to correct my mistake. The remainder proved straight forward and I finished in 69 minutes, which I didn't think was too bad - but everyone else's times were disgustingly fast. Same as day events really!

Popularity of these events is quite limited though - just 25 competitors took part over the 3 courses. The weather had not been good during the day but stayed fine for the evening.

Night orienteering is something I'd encourage anyone to have a go at if they've never tried it - and Riseholme on 28th February provides the ideal opportunity. The only extra piece of equipment required is a headtorch. If that's a problem for anyone I do have one spare that can be borrowed.

(Andy Furnell)



The map for the HALO night event—long course, won by Nick Barrable (SYO) in just under 36 minutes

# COMPASS SPORT CUP — 2008

Amanda Roberts writes:

'After a very early start for a Sunday morning, my chauffeur for the day, Jon May, whisked us off to Thetford. We arrived in time to add our comments on the debate as to where to site the club tent, unfortunately we still made the wrong decision because another club



The infamous LOG tent makes another appearance, needing a team of only 10 sherpas to carry this time....

placed their tent between us and the finish line!

For anyone who battled through the sleet and snow in Sheffield last year, the weather was idyllic for this year's event - no rain, snow or hail, not much wind and a relatively warm temperature for mid-January and even better, as far as I was concerned, no steep hills to contend with either.

With a turnout of 19 runners, apparently nearly half of the club membership, this was probably the best attended Compass Sport event by a LOG

team—ever! Unfortunately, due to the age distribution requirements for the competition we still did not have a qualifying team, so team captain, Sean Harrington, was firmly of the opinion that we wouldn't have to find a team for the next round.

I was one of the first runners to start, which I wasn't too keen on because it never looks very clever if you set off in completely the wrong direction for the first control. Luckily for me that first bit all went well which wasn't the case for all of us. Robin Stevens' comment when he finished was that he was doing really well until he had to find the first control!

Although the area was quite flat, some of the legs were long but I felt that most of these controls could be reached using the many paths without taking much more time. Sean's conclusion was that it was a run-



Simon Carruthers finishes, looking very dandy in his sparkling new LOG top

ners course - well, that was his excuse anyway.

Liam Harrington put in a fantastic time on his course and finished first, gaining the full 100 points for LOG. He was the fastest runner to reach 13 out of the 17 controls and he finished in style with a sprint in at the finish. I think a bit of



Liam Harrington, fresh from his 100pt top place effort, talks the boys through it..... Yadda, yadda....

extra effort went in to the home straight, because he was head to head with a female competitor! After all that, he didn't even seem to have broken into a sweat - sickening.

Thank you to Sean for organising our team entry, chasing us up for details and ensuring we were all in the right place, at the right time. Also, my thanks to Jon for the lift there and back and sorry for falling asleep on the way home - too much fresh air!

The team scores and results in brief, were as follows (see over page):

# Compass Sport Cup 2007 (LOG members' placings)

<b><u>Brown Course</u></b>	Dave Gourley	94 points	1:18:24
	Steve Bones	91 Points	1:28:08
	Jon May	81 points	1:48:46
	Simon Carruthers	non-scoring	2:04:52
	Andy Furnell	non-scoring	2:07:14

<b><u>Blue Course</u></b> (Womens)	Amanda Roberts	94 points	1:20:37
	Joanne Nell	86 points	2:02:28

<b><u>Blue Course</u></b> (Mens)	Liam Harrington	100 points	48:33
	Dave Denness	93 points	1:02:36
	Robin Stevens	78 points	1:18:04
	Sean Harrington	non-scoring	1:19:15
	Tim Staniland	non-scoring	1:24:18

<b><u>Green Course</u></b> (Womens)	Lucy Tunnard	88 points	1:07:46
	Kaele Pilcher	86 points	1:10:53
	Nikki Harrington	non-scoring	mp

<b><u>Light Green Course</u></b>	Daniel Richardson	94 points	46:54
	Taylor Savidge	92 points	46:56
	Philip Denness	non-scoring	50:33
	Luke Grayson	non-scoring	1:13:45

The LOG team total was 1077 points, which put us in fourth place for the Compass Trophy competition for smaller clubs. The winning team was Essex Stragglers Orienteering Society (SOS).

The winners of the Compass Cup competition for larger clubs was Nottinghamshire Orienteering Club (NOC).



# KNOW YOUR MEMBERS

*This section of the Newsletter is to enable members to find out more about each other, to give recognition to their achievements and to provide a sounding board for their thoughts on LOG, orienteering and life in general.....this month the spotlight turns to Mr Robin Stevens.*

The editor meets Robin after his run in the Blue Ribbon Club Handicap Champs and finds out what makes him tick.....



## **Robin, 32 seconds under your handicap today—how did you feel it went?**

I was very pleased with it, being a very runnable course, and had I not messed up on a couple of controls, I'd have been there coming in with Sean on the final straight. The handicapping worked fantastically well and we were close to the planned mass finish!

## **So what do you feel will be your orienteering goals for 2008, as we come to the end of this year?**

Obviously I'd like to improve on what I've done so far, but I doubt if I will!

## **Any competitions you have your sights set on next year, for example the Welsh 6 days?**

We're certainly not doing that! After our experience at the Scottish, it'll take a couple of years to wear off. We did it about 6 yrs ago and it'll be a while before we do something of that nature again. We like the regional events, such as the Twin Peaks, as they're great fun.

## **Are you involved in any other sports?**

Dragging a golf trolley around and hacking through the undergrowth is about it. I used to play cricket, but this is about the only time I break into a trot

now, which is probably why my main ambition in orienteering is to complete the courses.

## **How long have you been involved in orienteering?**

I was first introduced to it by my then future wife, who was a teacher up in Northallerton at that time, and she said she was taking some school kids on this madcap adventure, called orienteering. Running around the woods, reading a map, sounded like fun and she dragged me along and I've been dragged along ever since. That was 12 years ago—crikey, I should be quite good by now!

## **Well, I heard a quote from one of our members a while back, which was that it takes between 7 and 10 yrs to master the techniques of orienteering**

I think another 7 or 8 and I might be there! I nearly mastered the skill of pacing a couple of years back, but gave up on that—it's a dark art.... But it helps if you can see the control from 200 yards away, which is about my margin of accuracy! I am beginning to learn to trust the compass, which has always been one of the things that lets me down, because it says go one way and I refuse and go the way that my mind says.... But in Scotland I eventually found that maybe I should believe what the compass says.

## **Yes, you seemed to have a better second part of the week up there, having been 3-0 down against Andy F. at half way**

When I turned my ankle, and couldn't really run as fast as I wanted to, it meant that I had time to look at the map—which also helps! Trying to navigate 200 yds through a Scottish forest is a little different to 200 yds through a field

## **What would you say are your favourite memories and highlights from the last 12 yrs of orienteering?**

Obviously getting round and not being last in Scotland and Andy's face when he found out that I'd actually beaten him on a few occasions! Other than that, it's having a decent run. It's very rare that I have a run where I don't make many mistakes. In golfing parlance, I remember the odd birdy, but I have too many bogeys and double-bogeys. I always find that there's something to take out of the day and it's just great to get out and run around the woods.

## **And what about the negatives—the bad times in orienteering, when you wonder why the hell you're doing this?**

That happens about once a week as well! At every course, when you're lost, and there's nothing more frustrating or desperate, and thousands of people running around in different directions—they all know where they're going—and you haven't got a clue where you are! That happens fairly frequently, unfortunately....

## **Twisting the ankle in Scotland must have been pretty horrendous?**

True, but you've just got to get on with it. I strapped the ankle up tight enough that it didn't hurt and then just hobbled round. I still enjoyed the odd time up there. The occasions when I managed to get to a control before some of the 'professionals'.

## **What about your email address—chessnutter—what's the story there?**

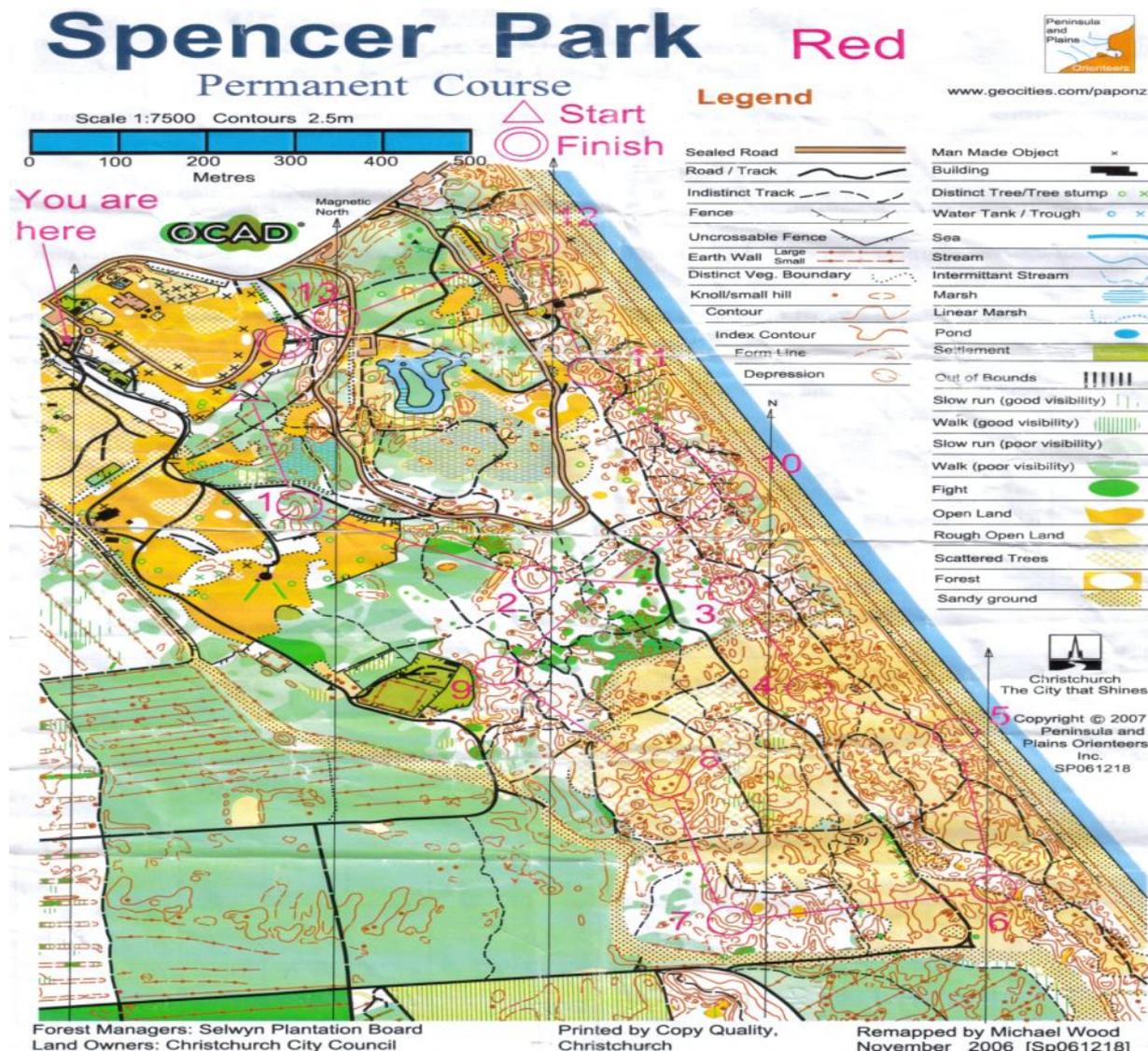
Oh, this goes back to 1996, when we formed the circular chess society and I was chairman of that. We're based at the Tap & Spile pub in Lincoln—the home of circular chess! I contacted the Daily Telegraph a while back and when they asked if it was a World Championship, we replied that of course it is, so we got an article in their paper from this and they called us a 'load of chess nutters'. From this, I became Chairman Chess Nutter and it sort of stuck.

## **Robin...many thanks and all the best for 2008....**



# ADVENTURES DOWN UNDER

Recently Jon May and his wife, Philomena, travelled down under for their honeymoon and our intrepid LOG'ger sent in this report on his orienteering exploits in the Land of the Long White Cloud...



Philomena and I went to New Zealand in December for our delayed honeymoon and, whilst in Christchurch, I found a permanent orienteering course and had a go. We were staying in a Forest Holiday Park on the edge of Christchurch. The area is a pine forest bordered by complicated sand dunes and a long beautiful beach. First thing I noticed was how well advertised it is, getting equal billing to the Forest walks and Mountain bike trails.

Before I started I asked in the office if they had a spare compass that I could borrow. They didn't, but assured me that the Sea was to the East and that I'd be able to hear it. I can confirm that listening through forest and sand dunes for the roar of surf is a wholly inadequate method of direction finding. In fact it led to a 90 degree error just after leaving control 2! Not that I can blame all my troubles on the Pacific Ocean, I'd never orienteered in an area of sand dunes before and the detail blew my mind.

It was a great learning experience, and hopefully I might visit some equally detailed terrain in 2008. I also may have been a little over eager having not run for more than three weeks and I went at it like a Labrador puppy - fine on the paths, not fine in amongst the brown squiggles. At one point lost and not having seen any other people for an hour, I followed a group of mountain bikers back towards the car park. Chasing mountain bikes knowing you'll not get back in time for dinner if you can't keep up is excellent fitness training - Paul M. would have been proud. (Ed—Indeed I am, young man!)

I walked back round the next morning, finding everything without trouble and covered the remaining half of the course more quickly than when running the first half the previous evening. Another lesson worth remembering! Can I claim the most distant orienteering report to appear in LOGNews' history?

# Orienteering at Xmas Time



*“When arriving at a new venue for the first time, always check the organiser’s briefing notes....” (Anon)*

## PART ONE

Paul and I ventured over to Glossop in the Peak District on Sunday 30<sup>th</sup> December for an approximate 9 mile trail-o around the barren and wind-swept Bleaklow Hills. The course had 9 controls to collect in any order and, for people that don’t know, this is called a score event (*I wonder who you could be talking about here... Ed.*). This was not a normal orienteering event, just a run someone had made up themselves.

Paul started about 5 minutes before me, so I knew which way he was going, but I decide to start the opposite way around, so my 1<sup>st</sup> control was an easy one, just following a couple of different paths to a footbridge, before getting out into the hills where the terrain got harder. I found the next three controls

straight forward, then came control number 1. I was lucky and spotted it easily when I was running towards it, coming from high above, even though it was in the wrong place.

Meanwhile Paul, who hadn’t clocked that it was a score event, had gone for number 1 first, passing a different control on the way but not punching, and ended up spending around 10 minutes looking for it in the place where it should have been. Finally, spotting the control on the next plateau up, he also noticed on the back of the map that there were briefing notes informing us that it was a score event....ooops. So, Paul turned his run into a training loop, getting about another 4 controls and I finished in just over 1hour and 45 minutes.

## PART TWO

On new year’s day, DVO held a quirky one hour score event around the town of Bakewell (see map overleaf).

There were 31 control points, but instead of a traditional punch, at each one there was a

question to answer and to copy onto the master sheet. I decided to start with the one’s around the town area, my dad, and most others decided the same,. Paul had chosen to do the highest scoring one’s first on the hill side before attacking the town centre.

I had a good start, getting the first 5 or 6 CPs fine, until we had a control to count how many snowmen were on a house guttering, but they had been taken down so I wasted a few minutes on that. After the remainder in town, I headed up onto the hillside, and with time running out, I thought I could get one more control. However, I misread the question and was looking around for a few minutes without finding the critical answer. I left this control with only 2 minutes remaining and, although working hard, ended up almost 5 minutes late (and – 25 points down on my tally) . In the end I came 3<sup>rd</sup> overall, with Paul in 6<sup>th</sup> , losing around 30-40 points on wrong answers, and my dad in 27<sup>th</sup>.

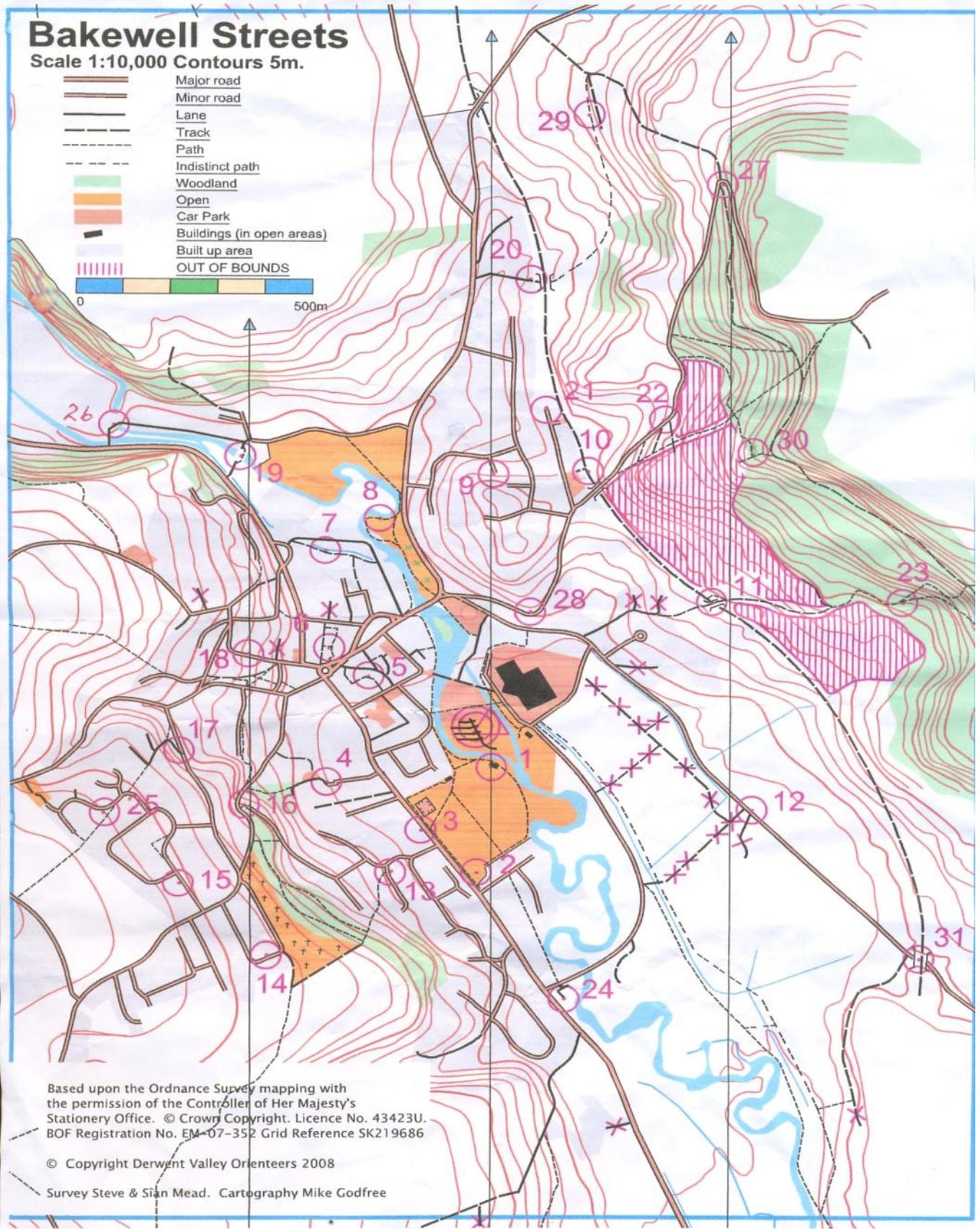
*(Liam Harrington)*

## East Midlands League 2007 (LOG members’ placings)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight Scores	Overall Position
Light Green	Phillip Denness				615				713								1328	18th
Green	Joanne Nell								816		777						1593	22nd
Blue	Sean Harrington	532	565		634							484	533	598	689		4035	14th
Blue	Paul Murgatroyd											719	831	854	874		3278	20th
Blue	Andy Furnell			458	469	534						415		574	571		3021	22nd
Blue	Robin Stevens				608							489			634		1731	38th
Blue	Liam Harrington											780			771		1551	43rd
Brown	Dave Denness				726	680	566		746	658			699			746	4821	7th
Brown	Liam Harrington	754											774	846			2374	26th

Key to Events: 1 Eyam Moor, 2 Lindop, 3 Stanton Moor, 4 Harlow Wood, 5 Bradgate and Swithland, 6 Riber Hillside, 7 Kedleston, 8 Burrough Hill, 9 Carsington Pastures, 10Willesley Woods, 11 Byron’s Walk, 12 Linacre, 13 Watermead, 14 Walesby, 15 Grange Wood

# Orienteering at Xmas Time



*The Bakewell Street map for their New Year's Day Score event..... Interesting mix of mapping styles!*



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***The Thinking Man's Sport***

***It's good to talk: [groups.yahoo.com/  
group/lincolnshireorienteeringgroup](mailto:groups.yahoo.com/group/lincolnshireorienteeringgroup)***

*The next LOG-NEWS is scheduled for the end of March, just in time for a preview of the two Lincolnshire Summer Series—our own, of course, featuring 9 fun-packed events (and a new team competition is in the offing...) and the ever popular HALO Poacher, now into its eleventh year.*

*Also a number of key events will be on the horizon, with our very own district event at Bourne on the 13th April and the BOC at Culbin in Scotland on the 19th/20th April, where LOG will have at least three individual competitors and one relay team flying the purple flag for Lincolnshire!!*

*If you go anywhere interesting to orienteer over the next few months, please send us something to the editor for inclusion in LOG-NEWS. This newsletter is only as good as it's contributors and this issue has seen many LOG'ers, new and old putting pen to paper. It is much appreciated by your ever willing servant.....*

## **SELECTED NATIONAL FIXTURES**

### **February**

**3rd** YH HALO C3 Regional Event. Pillar Woods, Caistor, Lincs. TA132059. Organiser: John Fulwood, 01507 466314. [johnfulwood@supanet.com](mailto:johnfulwood@supanet.com). Entries: addressee TBA. CD: 25/01/08. £9.00/£3.00. Lim EOD +£2.00. Chq: HALO. EPS-SI. CC - O & LG, String course. Parking £1.00. No dogs. [www.halo-orienteering.org.uk](http://www.halo-orienteering.org.uk)

**3rd** EM DVO C4 District Event. Calke Abbey, Ticknall. SK367226. Emily Williams, 01332 747421. [ewilliams.uk@gmail.com](mailto:ewilliams.uk@gmail.com) £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. [www.dvo.org.uk](http://www.dvo.org.uk)

**9th** EM NOC C5N Local Night Event. Rufford Country Park, Mansfield. SK646656. Nigel Mockridge, 0115 9460684. [nigel.mockridge@btopenworld.com](mailto:nigel.mockridge@btopenworld.com) £3.00/£1.50 Students £1.50. Yellow, Orange and Technical. [www.noc-uk.org](http://www.noc-uk.org)

**10th** EM NOC C3 Regional Event, Robin Hood Trophy & Midland Champs. Budby, Mansfield. Catherine Hughes, 0115 8774089. [catherine-hughes@hotmail.com](mailto:catherine-hughes@hotmail.com) Fees TBA. EPS-SI. [www.noc-uk.org](http://www.noc-uk.org)

**13th** EM LEI C5 Local Event & LEI Winter League. Western Park, Leicester. SK557047. Chris Phillips, 0116 255 0330. £5.00/£1.50. Dogs allowed on Lead. Starts 11.00am -12.00. [www.leioc.org.uk](http://www.leioc.org.uk)

**23rd** EM DVO C5 Local Event. Farley Moor, Matlock. SK300630. Mike Godfree, 01335-346004. [Mike.Godfree@btinternet.com](mailto:Mike.Godfree@btinternet.com) £3.00/£1.00 Family entry: £7. [www.dvo.org.uk](http://www.dvo.org.uk)

### **March**

**2nd** EM DVO C4 District Event. Crich Chase, Belper. SK345530. Dave Bennett, 01332-298959. [davebderwent@aol.com](mailto:davebderwent@aol.com) £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. [www.dvo.org.uk](http://www.dvo.org.uk)

**15th** EM DVO C5 Local Event. Bottom Moor, Matlock. SK320630. Val Johnson, 01773 824754. [gmjandfam@aol.com](mailto:gmjandfam@aol.com) £3.00/£1.00 Family entry: £7. [www.dvo.org.uk](http://www.dvo.org.uk)

**16th** EM NOC C4 District Event. Thieves Wood, Mansfield. SK542577. Bob Alderson, 0115 845 0771. [r.alderson1@ntlworld.com](mailto:r.alderson1@ntlworld.com) £7.00/£1.50 £5 for 65+, £1.50 for students. EPS-SI. String course. [www.noc-uk.org](http://www.noc-uk.org)

**21st-24th** SE JAN KJELLSTROM ORIENTEERING FESTIVAL, Mike Elliot (Event Coordinator), 01372 273106. [mike.elliott@bigfoot.com](mailto:mike.elliott@bigfoot.com) EPS-SI. [www.jk2008.org.uk](http://www.jk2008.org.uk)

**21st** - C3S JK Weekend - Sprint Race. University of Surrey, Guildford.

**22nd** - C1 JK WEEKEND - DAY 1 INDIVIDUAL RACE. Leith Hill, Dorking.

**23rd** - C1 JK WEEKEND - DAY 2 INDIVIDUAL RACES. Pippinford Park and Broadstone Warren, Tunbridge Wells.

**24th** - R1 JK Weekend - Relays. Eridge Park, Tunbridge Wells.

