

2009 Issue 1
Jan/Feb



LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

LOG-NEWS



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Photos from the 'Blue Riband' Club Champs, Walesby, Dec 2008. Clockwise from top left: Mark Smith shows good form at the start; Si Carruthers enjoying himself far too much; the assembled competitors savouring NOC's hospitality; Champion, Andy Lucas, gets in the zone, before showing everyone how it's done and Jon May looking effortless as he strides in to claim 3rd place.

ED'S BIG BIT



What an interesting time we've been having over the last few months!

The winter series has been full on and with our 3rd annual City Race also having taken place

in the past week, there's been little chance to draw breath. However, that's by no means a complaint, as the club has seen an increase in both membership and revenue, and also burgeoning interest from the local media, on the back of our

winter programme.

We seem to have created a good link recently with the Lincolnshire Echo, through reporter John Pakey, and an article on the City race is due this weekend in the paper. The Lincolnshire Sports Partnership were also in attendance at the event and a video of this should be appearing soon at:

www.channellincolnshire.co.uk/video/sport.htm

So, what of the future? There's a great buzz around the club at the moment and the committee are attempting to capitalize on this by creating an all year round programme of events, incorporating a winter and summer series, linked by club training sessions (which kick off again soon—details on the next

page). In addition, there's the 'premier' events, which include the City Race, one or two 'colour coded' races and the biannual Bomber. This should mean that we're actively catering for our current members, as well as providing plenty of opportunities for newcomers to the sport. Undoubtedly the coaching aspect of the winter series has been a boon in this regard, as it helps to provide a 'friendly face' to mewbies... even if it does look like Sean's!

If you are new to the club, can I take this opportunity to let you know about our Yahoo chat group:

groups.yahoo.com/group/lincolnshireorienteeringgroup

See you on there!

Chairman's Sound Byte



The club's "Blue Riband" event was held at NOC's Walesby event on Sunday 21/12/08, with a great turn out of 18 members. Further details are contained later in the newsletter, on what turned

out to be a very interesting day!

The winter series came to an end recently, with our last event at Hartsholme Park. As far as I am concerned, it has been a great success, with 28 people turning out for the first event on the West Common and building from there to finish with an amazing 61 runners at Hartsholme.

I would like to congratulate the 3 winners of the trophies, Neil Harvatt (HALO) on the Long course, William Parkinson (NOC) on the Short and a

special award for "Orienteer of the Series" going to Geoff Gibbs (LOG) for refusing to give up, however long it took him to finish!!

Since the last newsletter five new members have joined the club, and therefore I am very pleased to welcome Clare Hanna, Hayley Fox, Paul Taylor, Klaus Roberts and Thomas Honniball (who has transferred to us from NOC—good route choice!).

The City race took place on Sunday 25/01/09 and the weather was pretty kind to us in the end. Paul got a bit wet putting out the controls and the helpers putting up the tent early on also had to suffer from the rain, but by the time competitors started arriving things had brightened up nicely. We had a turn out of 28 LOG members running the courses, along with Joanne and Michael Nell with their RAFO group, and this must be some sort of record. Many thanks to all the helpers on the day who made it the success that it was. I heard plenty of positive feedback from people regard-

ing the courses and organisation, which makes all the effort worthwhile.

There has been little movement on the "Bomber" front, but hopefully by the time the next newsletter comes out we will have much more to report. Let's hope it's as good as the last one!

The summer series is almost sorted out, with all the venues allocated a date. I'm just finalising the planners for each event and full details will be on the website shortly.

Finally, the date for the first round of the Compass Sport Cup/Trophy has been arranged for Sunday 29/03/09 at Sherwood Pines. For anyone not aware, this is an event that we enter as a club and compete against other clubs. We need a team spread across all ages and both genders, therefore if you are interested in competing, please get in touch and I will let you have further details.

Sean Harrington

FUTURE LOG EVENTS

2009

- 5.2.09** C5N - Night Event, Riseholme Park, Paul Murgatroyd
12.2.09–26.3.09 Club training nights—various venues (see website)
9.4.09–30.7.09 Summer Series 2009
25–26.4.09 Lincolnshire Bomber 2008, "North Lincolnshire", TBD
22.11.09 C4 Stapleford Woods, TBD
5.11.09–21.1.10 Winter Series 2009/10



CLUB TRAINING NIGHTS

These will be taking place at the dates and venues below (time to be advised—see website or LOG Yahoo group for further info). We'll be conducting a varied programme, geared to technique, fitness and skills work in a fun and friendly environment. Only £1 a session and both members and non-members are welcome!

12th February—University of Lincoln—indoor session focussing on fitness and sports hall 'O'. Indoor kit required, plus bring your dibber!

26th February—Hartsholme Park—group session, looking at race techniques around a mini course. A torch will be a necessity for this session.

12th March—South Common—pairs work, building on and developing themes from previous session, using mini loops.

19th March—Sudbrooke Park—individual work, examining route choice, attack points & pacing/compass strategies.

LOG KIT—IN STOCK

A reminder to all club members that we have taken receipt of a new order of LOG tops, with both the current TRIMTEX slim fit model and a new looser fit, traditional O version now in stock, each in a range of sizes from medium to triple XL!

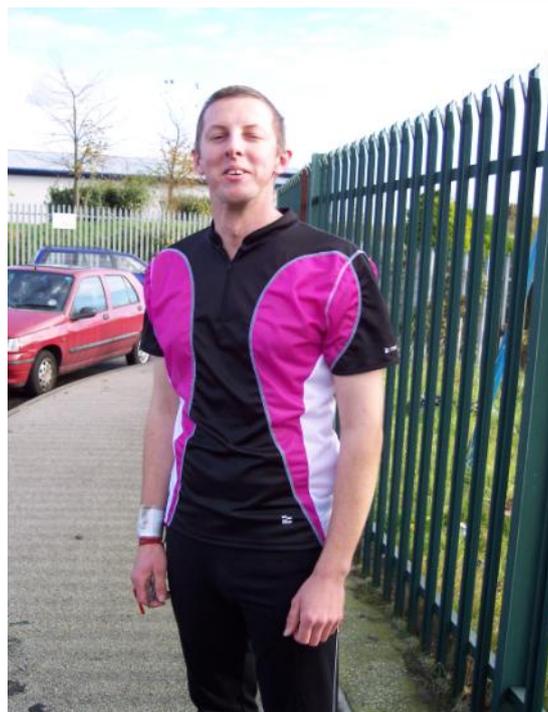
The tops are retailing at £39 each, so if you'd like to get hold of one, then please get in touch with me (contact details on the back of the newsletter).

They will also be made available to purchase at the following venues:

Night Nav Score event, Riseholme Pk — 5th February 2009

Club training nights—alternate Thursdays from 12th Feb

But only so long as stocks last — buy early to avoid disappointment!!



4. Saturday 13th December – North Kesteven School, Lincoln

(Planner: Liam Harrington)

This was the 4th event of the winter series and we had the worst weather so far, with it raining for the whole of the event and, with a cold biting wind, it did not make for great orienteering conditions. To get as many punters as we did was testimony to the hardiness of all concerned!

This was also the first one we have held at a school and, due to the small area it covered, there had to be a certain amount of duplication on the courses, especially on the long. However, it still made for some interesting legs and a few were caught out, even so...

Before the day, we were told that 3 of the main gates into the school would be closed and the only entry would be by the small gate near the sports centre. As it happened though, due to workmen being on site, 2 of the main gates were open. In order to be as equitable as possible, runners were advised on the day not to use them and I think most people pretty much abided by this.

Due to the weather on the day, numbers were low on the Short course, with only 4 people running. The current table topper, Ian Durrant, was out done by the young legs of NOC's William Parkinson, both overall and after handicaps. If William continues to show for the remainder of the series, it could prove to be a close run thing! The Long course race was a different story, however, with 23 runners taking part. New LOG member, Thomas Honniball, fresh from his transfer in from neighbours NOC, was the quickest, beating Jeff Colbert by only 1 minute. Once the dreaded handicap system was applied, though, Thomas slipped to 5th and Elizabeth Parkinson (NOC) took the win.

5. Saturday 3rd January – South Common, Lincoln

(Planner: Andy Lucas)

After the first of the Winter Series events had passed, I recall stating that I would be prepared to consider planning another in a couple of year's time. As it happened, I somehow managed to "volunteer" to plan a second in the same series, and I don't even think there was any beer involved at the time.

Planning the South Common event though, and the fact that it was early in the New Year, did somehow appeal to me. People would be ready for a run out I thought, after over indulging over the festive period. So it would be my challenge to see how many times I could make them run up the hillside whilst keeping the map/courses readable. It also gave me something to occupy the time between Christmas & New Year, and ensured I got out for some fresh air.

As some of you are aware, technology came to my rescue in "dodgy corner". I wanted to be as sure as I possibly could that the controls were correctly positioned, and after a couple of visits to the common, I was uncertain about the platform and the knoll. Armed with my trusty Garmin Forerunner 205, I recorded the positions on the Common where I thought they were. Back home, I tapped the co-ordinates into Google Earth, zoomed in, and could immediately tell that one was right, one was wrong. I now put the amended co-ordinates back into my Garmin, hot footed it back to the Common, and let it guide me to the control sites. I even put "the ruin" in for a reference, and it took me so close, I almost fell in it.

On the day, the turnout was magnificent – we had 41 entries. It was particularly good to see families coming for a stroll around as well as people travelling quite a distance for what we had considered would be fairly low key, local events. People were asking when the next events were and we signed up two new members. I was particularly surprised at some of the times achieved on the long course. I was convinced it was a 50 minute course for the faster runners, so maybe some of you didn't eat & drink too much in the previous couple of weeks, as 8 competitors broke the 50 minute barrier including Elizabeth Parkinson. Well done!

Thanks again to all those who helped to make the day a success, providing tuition, transport, collecting in, putting up & taking down the tent etc.

LOG WINTER SERIES 2008/9 – REPORTS

6. Saturday 17th January – Hartshome Park

(Planner: Spikey/Jon May)

Fun seemed to be had by all, with a series record of 40 runners on the long course and 21 on the short. There was a little confusion over control 4 on the long course, with some saying it was in the wrong place and others saying it was spot on. Along with this, control 4 on the short course was providing a bit of a challenge to some. Fortunately, control 4 on the training course behaved itself..... One cunning person spotted that control 12 on the long course had the kite number 144. Think about it, but not for too long. (Ed: *What have you been drinking, Spikey....?*)

William Parkinson from NOC finished first on the short course in 25:04 to claim the Short Series title on countback over LOG President, Ian Durrant and Paul Murgatroyd (LOG) completed the long in 31:23 to claim top honours on the day. However, veteran Neil Harvatt (HALO) had already done enough before the race had even started to ward off all challengers to his claim of Long Series title winner. Geoff Gibbs was awarded the 'orienteer of the series' title for his perseverance and unfailing good humour throughout the winter races.

Thank you to all who turned up, particularly the Parkinson family, who provided us with homemade cookies and cakes. They were very much appreciated by all, as was the feed back I received. The race went well without too many problems, bar the recycling of maps (I was secretly doing my bit for the environment....honest) and if you haven't had a go at planning consider it, I have really enjoyed myself. It was not onerous or overloading, although I did have an excellent mentor in the shape of Jon May to help guide me through the process. So watch out I'll be planning again and fingers crossed will have enough maps next time for everyone.



Left: Short Course series winner, William Parkinson (NOC)



Right: Long Course series winner, Neil Harvatt (HALO)



Left: 'Orienteer of the Series' winner, Geoff Gibbs (LOG)



Right: 'Whinger of the Year' award winner, Phil Longstaff (LOG)

LOG WINTER SERIES 2008/9 – FINAL TABLES

Name	Age	West Common	Riseholme Pk	Uni of Lincoln	North Kesteven	South Common	Hartsholme Pk	Total (Best 3)
LONG								
1 Neil Harvatt	M50	1000	975		926	1000	924	2975
2 Elizabeth Parkinson	W16				1000	935	999	2934
3 Paul Murgatroyd	M40	953	928			947	1000	2900
4 Phil Longstaff	M55	907		1000	0	730	914	2821
5 Liam Harrington	M20	936	910	0		903	738	2749
6 Thomas Honniball	M21	768		977	850	852	791	2679
7 Robert Parkinson	M50			843	862	839	818	2544
8 Sean Harrington	M50	832	741	862	725	683	787	2481
9 Martin Wheeler	M50	788	767			799	820	2407
10 Vernon Davis	M65	775	728		595	678	775	2278
11 John Woodall	M70	735			774		626	2135
12 Graeme Huggan	M50		637	690	792			2119
13 Jonathan May	M21	679	687		716	698		2101
14 Helen Parkinson	W40			699	650	513	639	1988
15 Simon Carruthers	M35	613	620	669			678	1967
SHORT								
1 William Parkinson	M12			994	1000	1000	1000	3000
2 Ian Durrant	M65	1000	1000	1000	794	844		3000
3 Amanda Mylett	W55	774		801	641	786	712	2361
4 Nikki Harrington	W45	722	669	641	0	439	408	2032
5 David Mylett	M55	708		727			564	1999
6 Craig Lucas	M12					608	781	1389
7 Nick McAndrew	M45	521	376	490				1387
8 Monty Pilsworth	M10		397	939				1336
9 Clare Hanna	W40			775			526	1301
10 Anne Gibbs	W60		628			536		1164
11 John Mather	M35	812	351					1163
12 Katie Hind	W12					486	491	977
13 Jade Hind	W12					442	492	934
14 John Woodall	M70					886		886
15 Daniel Fay	M12			361		525		886

The Top 15 on both the Short and Long Courses are shown here. For full, unabridged results, see the web-page and follow the link to the Winter Series

www.logonline.org.uk

CITY RACE REPORT 2009



Paul Murgatroyd (Planner) writes:

When, around 6 months ago, Mr Chairman asked in his usual persuasive manner, as to whether I'd be interested

in planning the City Race, I foolishly imagined that, having run a number of summer series urban events, it would be a stroll in the park. Fast forward to the day of the event and the full realisation of what I'd taken on had finally begun to sink in.

Several weeks of planning, both from the armchair perspective and through reconnaissance work in the field, had undoubtedly been a great deal of fun and, following controller Chris Bosley's positive feedback and recommendations, the courses began to take their final shape just prior to Christmas.

However, there then unfolded a series of obstacles, mainly in the form

of access issues, which required careful negotiation and modification of initial plans. In this regard, I must thank both Sean H. and Jon May for their endeavours and hard work in overcoming these problems and securing access permissions. I think we've all learnt a great deal about putting on a high class urban race in a city that has so much to offer, but where we always need to be conscious of a multitude of factors and the wishes of so many different parties.

The culmination of all this work was nigh on unlimited access to all the best parts of historic Lincoln: the castle; the Lawns; the Bishop's Palace and the University. Only an access fee demanded by the Lawns and the last-minute realisation that the northern gate to the Bishop's Palace had been sealed off, due to health and safety concerns, took a small amount of gloss off what promised to be a cracking event.

As the day of the race dawned, and the early morning rain cleared, it became obvious that we were going to be blessed by a combination of a strong turn-out from orienteers, including a formidable LOG contingent, and excellent conditions for fast urban running. The first competitors set out and everything was proceeding to order, until news came in from the early finishers that one of the controls in the student village was missing. Diving in the car and flying down the hill with a replacement control, I was met with an empty space, where a few hours earlier there had been a shiny control site!

A new point was set up, but the damage had been done and, following discussions with the controller and the download team, we made the decision to void the affected legs, so that earlier runners would not be disadvantaged by the absent control.

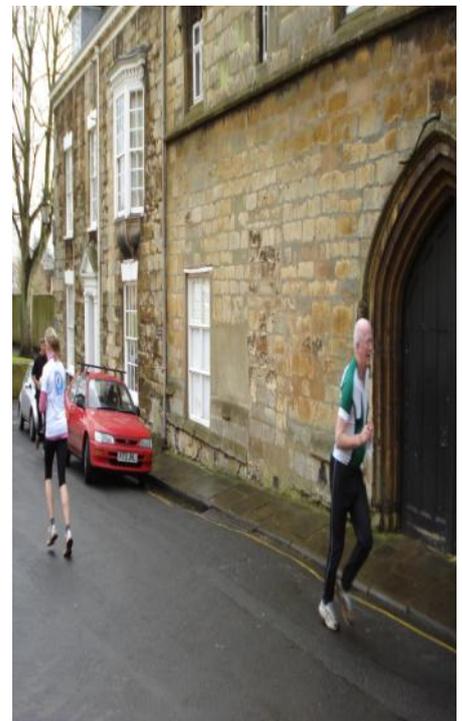
This glitch aside, though, the feedback received, both on the day and afterwards on Nopesport, was highly complimentary and it seems like every runner had enjoyed their urban experience. My thanks go to everyone on the day for making it such a marvellous event and I look forward to planning another one..... But only once the Chairman's bought me lots of beer to dull the memory.....

Chris Bosley (Controller) writes:

Paul's courses made good use of the contours and uncrossable features, to give some challenging routes choices and keep everyone focused on the map. All the comments that I heard were positive even from those who made the wrong route choices. Many appreciated the detail around the 3 controls in the Bishop's palace.

The event demonstrated that urban orienteering can test muscle and brain as effectively as its country cousin.

Despite Paul's secure tethering, control 41 was removed after initial competitors had visited. Although a replacement was substituted, many competitors lost time searching adjacent areas. The legs before and after this control have been voided for the final results.



All urban races have inherent dangers of traffic and, when wet, slippery surfaces. We were reliant on competitors taking appropriate care. Thankfully there were only a few minor tumbles and no traffic incidents reported.

Footnote: Unfortunately, the decision was made by Nopesport, only 3 days prior to the race, to leave us out of the Urban League this year. Feel free to register your dismay with this decision on the forum.....



CITY RACE—MAP

HISTORIC LINCOLN

Scale 1:5,000 Contours at 5 Metre intervals

Out Of Bounds / Uncrossable Features	
	Forbidden Access
	High Wall
	High Fence
	Crag
	Uncrossable Road Section



Lincoln Orienteering Group

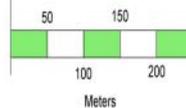
Magnetic North

LINCOLN CITY RACE



2009

A	8.0 km	105 m
1	53	△
2	32	△
3	31	△
4	33	△
5	54	X
6	34	△
Caution - Busy road crossings		
7	35	△
Caution - Busy road crossings		
8	36	→
9	37	△
10	39	H
11	42	>
12	43	↓
13	39	H
14	41	←
15	40	>
16	39	H
17	44	↗
18	57	■
19	45	○
20	46	△
21	47	↖
22	55	>
Caution - Busy road crossings		
23	56	↓
Caution - Busy road crossings		
24	48	H
25	49	H
26	50	↓
27	51	↖
28	58	H
29	38	↑
30	60	↑



Possession of this map does not imply right of access for orienteering or for any other purpose. Permission must be obtained from the landowner. The representation of a track or path does not indicate a right of way.

Based upon the Ordnance Survey mapping with the permission of the Controller of Her Majesty's Stationery Office. Crown Copyright Licence No. 43425U. BOP Registration EM 98 337

Produced with the kind permission of City of Lincoln Council. Grid Reference - The Lawn Centre, Union Road - SK 973 719 © Steve Bones 2007 - map@logline.org.uk

Survey and cartography using OCA28 by Steve Bones during Spring/Summer 2007. Based on a previous map by Steve Bones in 2005. Printed by slw@shms.co.uk

Map and course A (Men's Open) shown—8km and 30 controls, with 105m of climb..... How would you have tackled it? Trickiest legs are probably 21-22 (route choice), 26-27 (getting into the Bishop's Palace and then into control area seamlessly) and the butterfly loop in the University (attempting to run at speed and keeping map contact with all the halls looking identical!) Liam Harrington claimed the top LOG spot with a 53:37 minute run and 3rd place overall

CITY RACE—LOG/RAFO RESULTS

A Course (length 8.0km, climb 105m, 30 controls)

3	Liam Harrington	LOG M21	53:37
4	Thomas Honniball	LOG M21	54:37
7	David Gourley	LOG M45	59:49
9	Jonathan May	LOG M21	64:07
15	Andy Lucas	LOG M45	66:16
18	Charles Nell	RAFO M18	70:19
19	Stephen Bones	LOG M21	72:10
20	Klaus Roberts	LOG M40	73:07
22	Paul Taylor	LOG M40	75:16
24	Paul Barnes	LOG M21	78:04
25	Simon Carruthers	LOG M40	79:18
mp	Sean Harrington	LOG M50	78:51 Missing 29
mp	Peter Berrisford	LOG M18	130:31 Missing 26

B Course (length 6.0km, climb 90m, 23 controls)

13	Andrea Page	LOG W21	57:03
20	Amanda Roberts	LOG W45	61:25
22	Andy Furnell	LOG M45	64:10
24	Michael Nell	RAFO M55	65:15
26	Anne Gibbs	LOG W60	84:25
27	Geoff Gibbs	LOG M65	93:47
mp	Sarah Pike	LOG W35	61:21 Missing 12

C Course (length 5.0km, climb 90m, 16 controls)

6	Phil Longstaff	LOG M55	42:16
10	Martin Wheeler	LOG M55	45:32
22	Tom George	RAFO M16	53:17
27	Clare Hanna	LOG W40	69:49
28	Alice Bennett	LOG W40	118:09
mp	Linda Longstaff	LOG W50	104:16 Missing 3
	Julie Mendes	LOG W35	rtd Missing 1,6-11

D Course (length 4.0km, climb 90m, 15 controls)

5	Lucy Tunnard	RAFO W18	42:40
7	Rebecca Navarrete	RAFO W16	43:40
10	Sophie Ellingham	RAFO W18	47:34
15	Lucy Gourlay	LOG W10	55:15
16	Harry Gourlay	LOG M7	56:36
18	Emily Gourlay	LOG W12	57:34
21	Steven Barnett	RAFO M10	69:07
23	Georgia Davey	RAFO W16	73:02
24	Jack & Amy Bennett	LOG M6	82:43
25	Jessica Tunnard	RAFO W16	90:44



Full listings are available on the website:
<http://www.logonline.org.uk/Result/city09/index.htm>

RISEHOLME NIGHT 'O' EVENT



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



Orienteering

“Night Event”

Riseholme Park

University Campus, Main Car Park, Grid ref: SK981757

Thursday 5th February 2008

Mass start @ 6:30pm – 45 minute score event

Adult £2, Junior/Student £1 (SI hire included in price)

Dogs welcome, torch needed, full legwear recommended

Register between 5:45pm & 6:15pm

www.logonline.org.uk



www.britishorienteering.org.uk



EAST MIDLANDS LEAGUE — 2009

east midlands orienteering association



EMOA League—Fixtures 2009

8th February	Lindop	27th June	Swithland Woods
15th February	Willesley Woodlands	20th September	Calke Park
1st March	Annesley	4th October	Harlow
7th March	Stanton Moor	8th November	Wakerley Woods
16th May	Linacre	22nd November	Stapleford Woods
14th June	Carsington Pastures	13th December	Walesby

East Midlands League 2008 (Final LOG & RAFO members' placings)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight Scores	Final Position
Yellow	Rachel Kirk			327	589		1000										1916	5th
Orange	Craig Youngs			591	695		652										1938	9th
Orange	Kevin Kirk			753			923										1676	11th
Orange	Rebecca Navarette				1000		1000										2000	6th
Lt Green	Luke Grayson			756	1000												1756	19th
Green	Philip Denness					640							723				1363	42nd
Green	Daniel Richardson			468			641										1109	48th
Green	Lucy Nell					628	285										913	33rd
Blue	Sean Harrington			575		545		676					551	583	500	479	3909	22nd
Blue	Andy Furnell	481			634	483	556					598	421			466	3639	25th
Blue	Michael Nell			601	859	610	700										2770	32nd
Blue	Dave Denness				890		728										1618	55th
Blue	Robin Stevens						694									661	1618	55th
Blue	Joanne Nell			641	836		653										2130	9th
Blue	Julie Mendes						842				657						1499	15th
Brown	Paul Murgatroyd			686		795		859				929	789	807	730	561	6156	6th
Brown	Liam Harrington			712		764		814					532	842	835	1000	5499	8th
Brown	Dave Denness		700			766			733				779				2978	23rd
Brown	Dave Gourlay						782					756	681				2220	30th
Brown	Jon May						509						600		547		1656	42nd
Brown	Sean Harrington						542					679					1221	47th

Key to Events: 1 Rough Park, 2 Calke Park, 3 Crich Chase, 4 Fermyn Woods, 5 Thieves Wood, 6 Bourne Woods, 7 Hardwick Hall, 8 Burbage Common, 9 Carsington Pastures, 10 Kedleston, 11 South Common, 12 Charnwood Forest South, 13 Bestwood, 14 Bagworth, 15 Beacon Hill

CLUB CHAMPIONSHIP - 2008 - THE BLUE RIBAND

How I love organising events for LOG!!! Firstly, can I thank the 17 members who ran on the day? This was the third annual event and by far the best supported of them all. There should actually have been 18 taking part, but on arrival, and after checking out the competition and his own handicap, the reigning champion, Dave Denness, suddenly developed a calf strain... likely story!!

As you may see later in the newsletter, there was a slight problem with the handicaps, the problem being the fact I could not get the exact distance from the planner in the lead up to the event. I therefore decided to use 7.0Km as the distance on which to base the handicaps. "What a mistake", as on the day the course actually turned out to be 7.6Km.

After a long and difficult discussion, it was decided to leave them as they were "another mistake".

In general the handicaps worked out quite well, with the top 9 finishers all being within 3 minutes of their estimated time, several of these could have even won the event had they not stuffed up on at least one control.

An interesting point was mentioned to me regarding the old story of the tortoise and hare and, having looked at the splits for control 10, it was very intriguing to see Ian Durrant (M65) taking 3:18 mins, Geoff Gibbs (M65) 3.29 mins and Paul Murgatroyd (M40) 8.15 mins, what was that all about?

As far as the results are concerned, it could not have been closer, with 2 people managing to run under their handicap time. Phil Longstaff (-1:08 mins) and Andy Lucas (-1:09 mins). Therefore congratulations go to Andy Lucas for winning by one second and sincere commiserations to Phil on coming so close.

Finally, it is nice to see 3 different winners of this event, Andy Furnell, Dave Denness and now Andy Lucas. For everyone else, there is always next year and don't worry the handicaps will again be tweaked to hopefully make it an even closer finish.



Winner Andy Lucas (left) pictured receiving the Blue Riband trophy from Chairman, Sean Harrington, following his 2008 victory at Walesby.

Blue Riband Handicap Final Table – 2008

Pos.	Name	Age	2007 Calculated Avge Speed	Course Distance	Predicted Completion Time	Actual Completion Time	Difference (+/-)	Non-handicap Race Position
1st	Andy Lucas	M40	7.5 min/km	7k	52:30	51:21	-1:09	3rd
2nd	Phil Longstaff	M55	8.5 min/km	7k	59:30	58:22	-1:08	7th
3rd	Jon May	M21	8 min/km	7k	56:00	56:31	+0:31	6th
4th	Liam Harrington	M20	6 min/km	7k	42:00	43:19	+1:19	1st
5th	Joanne Nell	W40	9.6 min/km	7k	67:12	68:50	+1:38	11th
6th	Simon Carruthers	M35	9.5 min/km	7k	66:30	68:12	+1:42	10th
7th	Amanda Roberts	W45	10 min/km	7k	70:00	71:43	+1:43	14th
8th	Andy Furnell	M40	9.7 min/km	7k	67:54	69:55	+2:01	12th
9th	Sean Harrington	M50	9.2 min/km	7k	64:24	67:14	+2:50	9th
10th	Michael Nell	M55	9.8 min/km	7k	68:36	73:52	+5:16	15th
11th	Paul Murgatroyd	M40	6.5 min/km	7k	45:30	52:23	+6:53	4th
12th	Mark Smith	M21	6.6 min/km	7k	46:12	53:11	+6:59	5th
13th	Geoff Gibbs	M65	13 min/km	7k	91:00	99:01	+8:01	18th
14th	Ian Durrant	M65	12 min/km	7k	84:00	93:10	+9:10	17th
15th	Matt Harrington	M21	8.7 min/km	7k	60:54	70:24	+9:30	13th
16th	Kaele Pilcher	W45	11 min/km	7k	77:00	87:48	+10:48	16th
17th	Anne Gibbs	W60	12.5 min/km	7k	87:30	DNF	—	—

BLUE RIBAND 2008—THE ALTERNATIVE VIEWPOINT

I've been asked to forward this on from the "Justice for Longers Society" which was formed back in 1973 when the extraordinary phenomena surrounding myself was first officially recognized. I refer to the uncanny number of 2nd places & disqualifications from competitive events that I have had to endure, many if not all as a result of some outside influence or dubious decisions – hence the motto of the Society "**We was Robbed!**"

Dear Longers,

Yet again you appear to have suffered a grave miscarriage of justice – I refer to the recent LOG Blue Riband event held at Walesby, where you have been so blatantly robbed of not only the accolade of 1st place, but also of the coveted chocolate orange! As you know, your circumstances first came to our attention back in 1973, after that unfortunate fencing accident resulted in your disqualification from all competitions and life exclusion from any British Fencing Association events. How were you to know that shouting "Geronimo" at the top of your voice as you lunged forward would result in your opponent (until that moment, an Olympic hopeful) being so startled that he would fall backwards in fright and you would impale his left kneecap. Later that year, the so called "late tackle" at the charity football match was purely because you was not quick enough, but to blame you for putting paid to the career of a future England inside right was grossly unfair!

It didn't get much better when you started playing golf – for 10 years you came 2nd in your society annual completion, and then when you finally "won" the Christmas "Turkey Fourball" your celebrations were short lived when a minor scorecard discrepancy on behalf of your opponents resulted in another disqualification. We've continued to monitor your progress through the years in the hope that one day you might actually come first in something, but somehow the "Longers curse" goes on – squash, tennis, table tennis, cricket, darts, snooker, bowls, shooting, rowing, poker, synchronized swimming, netball, rounder's, running and more recently "Orienteering". Least said about the "shooting" the better, as no charges were ever forthcoming, so you probably got away with it, and as for the poker – declaring "2 pairs" when you had "4 kings" was a silly thing to do "for a laugh" as you put it, but the ensuing fight was not really becoming of the golf club and your exclusion may have been justified in this case.

Well, this time we feel as if you have suffered enough as the results we have obtained below show, so we have sent our "Director of Cock-Ups", Robin Emblind, to present you with an exact replica of the chocolate orange specially purchased for the occasion and to declare you the unofficial winner of the 2008 LOG Blue **Ribbon** Event whilst the one and only, Andy "Lucky" Lucas remains true to his name as this year's official winner of the 2008 LOG Blue **Riband** Event.

Congratulations from all at the "Justice for Longers Society" –

Michael E Take.

Official results measured for an **estimated 7.0Km** Blue Course for the first three places:

NAME	Mins/Km Handicap Time	Distance	Handicap Time	Actual Time	Result above or below handicap +	Overall Position
Andy Lucas	7.5	7	52:30	51:21	-1.09	1st
Phil Longstaff	8.5	7	59.30	58:22	-1.08	2nd
Jon May	8	7	56.00	56:31	+0.31	3rd



"Justice for Longers" results for the **actual 7.6Km** Blue Course:

NAME	Mins/Km Handicap Time	Distance	Handicap Time	Actual Time	Result above or below handicap +	Overall Position
Phil Longstaff	8.5	7.6	64:36	58:22	-6.14	1st
Andy Lucas	7.5	7.6	57.00	51:21	-5.39	2nd
Jon May	8	7.6	60:48	56:31	-4.17	3rd

I have attached the photo taken earlier today showing the unofficial presentation to me of the replica chocolate orange from the "Justice for Longers" Director of Cock-Ups, Robin Emblind, who had travelled all the way to Willingham by Stow especially for this illustrious occasion.

Phil Longstaff

LEI District Event 12/10/2008: Charnwood Forest South



A beautiful sunny & warm Sunday morning in October (yes it was actually sunny & warm – no kidding) found me driving the 70 miles down the A46 to Charnwood Forest to take part in the LEI District Event. This rare Sunday morning appearance from me was emphasised by the greeting I received on arrival from an already assembled LOG contingent – you can probably guess who! “Excuse me, but who are you?”; “Do you realise it’s Sunday?”; “It’s not a Summer Series you know!” Anyway, ignoring this outrage, I parked up and prepared for the event whilst Linda set off for the adjacent Bradgate Country Park, a good walking area which includes the ruins of Bradgate House, the birthplace and early home of Lady Jane Grey (Nine Days Queen of England).

I had intended running the Green, but after the not unexpected tirade from Sean I entered the Blue and made my way to the start. What a resplendent site as we lined up – five “Loggers” in our club tops looking particularly striking in the bright autumn sunshine. This fact was not unnoticed by some of our fellow competitors who were generous in their compliments – at least I think they were compliments!

My turn soon arrived and off I went, initially down a ride and then onto the first three, fairly adjacent controls, which I found relatively OK. I missed a crossing point to the 4th – more an eyesight problem than a navigation slip, thus ending up in my first tangle of the day. At this point I thinking two things – I wish I’d put on my “bramble bashers” and I hope I don’t “pull” my brand new LOG top! Perhaps I’ll have to go up a notch on the map reading spectacle’s magnification. Onwards - nice touch at the next control – a road crossing point with a 2 minute max time allowance and water for the needy, myself being one of them. This water intake and more was quickly sweated out going to the next control – uphill all the way but not too difficult to find, nor the next, but then - disaster. Despite the sterling work from our own “Professor” Murgatroyd in our recent training nights, where I realised the importance of maintaining my concentration, I lost it! I saw some other competitors as I was making my way, one of whom I recognised, and that was it – “gone”. I missed control 9 by what could have only been a few metres, ran around aimlessly for a while, panicked, ran around a bit more, panicked even more at the thought, that Sean, who I knew was due to set off just behind me might be appearing in view any

moment, settled, then I finally relocated (luckily) and then had another “attack” at it.

Isn’t it annoying when you’ve wasted all that time and then run straight to the control, bang on, at the second attempt? Nearly nine minutes gone along with a chunk of confidence so I ran to the next repeating the word “concentrate” out aloud along my route and hit it OK. Next 3 went reasonably well if you don’t count a couple of tangles and a couple of tumbles – could be a new name for Orienteering in this sort of terrain – “Tangles & Tumbles” – especially when I’m competing! Then Control 14 – forget what’s gone before in the bramble league, now we’re talking “strangle” rather than “tangle” – and I was not alone! At one point four of us were discussing the best way out of what seemed an impenetrable mess, but I battled through (with complete disregard to my now well snagged new LOG top) and guess what – I forgot the navigate bit, ending up way off course, at the top of a ridge and with a sheer drop on one side. Not ideal if a vertigo sufferer but at least I could see some other competitors from my vantage point and spot the correct ridge for the Control! Least said about the next Control the better – suffice to say I eventually arrived at the 2nd crossing point, another 2 minute rest and a drink of water – thanks again to the LEI Marshall. Easy next Control, good running opportunity to the next, good route choice to penultimate (even if I say so myself) but appalling route choice to the last (at least I admit it). At first the wall looked OK from my approach but the drop on the other side was more than 2 metres into yet more bramble & bracken so it was a case of closing my eyes and going for it – no turning back from this particular mess I’d got myself in. A bit of “stooped” scrambling and I was out of the other side of a small plantation and straight in front of the kite – a relief at this stage, followed by an amble in, completely forgetting about the “last control to the finish, mini competition” Sean’s so fond of!

Ah, well, not too bad in the end for a relative beginner and I must say a most enjoyable day. Good organisation, good course (forgetting the bramble tangles) and good to take part along with fellow LOG members at a District Event.

The nine LOG participants on the day, in respective finishing order, were: BROWN - Paul Murgatroyd, Dave Denness, Jon May, Dave Gourley & Liam Harrington; BLUE – Phil Longstaff, Sean Harrington & Andy Furnell; GREEN – Phillip Denness. I suspect that Liam will wish to forget his performance (something to do with his previous night out on the town, I don’t know where he gets it from – do you?)

Phil Longstaff

The UKCC Level 1 Certificate in Coaching Orienteering



EXCELLENCE IN SPORTS COACHING

Some time in early October, Paul M emailed round asking if anyone was interested in doing their Orienteering Instructors. First question: "what's it involve"? You have to be over 16- 'check', hold a current first Aid certificate- 'check' and be personally competent at a minimum TD 4 (Light Green) standard- 'check', so I volunteered. A few weeks later, I was meeting the first challenge on the instructor's course; to navigate my way to a school on the West side of Sheffield that would be our base for the three days that make up the instructors course. Not too much of problem, my route planning, trusty road atlas and internal (The Force) compass held out well, and I arrived half an hour early (a miracle for me). At Wisewood School, there were 10 of us budding orienteering instructors, from clubs across the Midlands and all from a variety of orienteering levels and backgrounds.

On the first Saturday (25/10), after being given our file of goodies, and briefly introducing ourselves, we began our first day of training. It was a mixture of demonstrations, practicals and discussion on topics such as: LTAD (Long Term Athlete Development; the FUNdamentals of early multi-skills learning through to peak competitive athletic development), the British Orienteering Step System, potential hazards when planning sessions, to the roles and responsibilities of a coach, all presented to us through the theme of how to coach and what to coach. Our first day was windy and cold, the practical sessions outside were a little chilly to say the least, but all quickly forgotten with cups of tea and a few biscuits.

We then had five weeks till our next training day and so Hilary Palmer, our tutor, provided us with plenty of "Homework" to keep us entertained over the intervening weeks. How unfair is that I'm more use to setting it than receiving it?! To achieve our instructor status there were a few pieces of evidence we had to provide, such as an up-to-date first aid certificate, evidence of being personally competent at a minimum TD 4 (Light Green) and to fill out an enhanced CRB disclosure. The real homework was to complete three tasks from our files. Two scenarios on dealing with accidents/incidents, plan a white or a yellow course suitable for a competition and a written task/quiz on working with children. We did have materials to help us complete these tasks as well as, of course, asking various people for a bit of help.

What was quite funny, is how the instructor's course has changed very little in 13 years. The main difference has been the addition of LTAD and all the information about working with children and filling out a million forms. I actually did my first instructors course in 1995, when I was working as an outdoor pursuit's instructor in Surrey. Unfortunately I was unable to complete the practical part of the assessment, as our assessor was ill, and I never got round to arranging a date to complete the practical section. It was quite novel looking through my old notes and finding a printed master map with a sheet of tracing paper laid over the top with white, yellow and orange courses marked on in red pen. Those were the days when part of competing included you

having to mark all the own controls onto your map. How things have changed and how much easier planning is with the use of OCAD.

Anyhow, I merrily spent a couple of evenings completing my "homework". The second Saturday started with an interesting drive, it was the 1st of November and the Midlands were covered by a blanket of fog; what a pleasure to drive through. But at Wisewood School the sun shone brightly over us and on Loxley Common, where we did several practical exercises. This time, in between discussions lead by Hilary, we were leading most of the sessions by running activities from a pack of 20 suggestion activity cards to instruct a range of orienteering skills. It is amazing how easy it is to revert to being an 8 or 12 year old. How come you always want to misbehave? Or is it just me? (I think I know the answer to this one—Ed)

So the day quickly flew by and, at the end, Hilary kindly gave us more homework and explained what to expect on our final assessment day. Our Homework was to plan an 20 minute activity, with appropriate paper work filled out, that we would be assessed on the following week My scenario was a class of Year 8 pupils trying orienteering for the first time and being a secondary school teacher, this was a lovely task.

Six short days later, I was back. The day was filled with us being assessed by assessors being assessed to be assessors! Confused, don't worry, it all went swimmingly well with Hilary's organisation of the day. First off was a written exam paper, assessing us on our knowledge of orienteering, the tasks we had completed and all the lovely written material we had been provided with at the start of the course in our files. There were 68 potential marks to be achieved, Tim a fellow candidate got 67 marks and somehow I managed to get 66, although we did not know this until the end of the day. Whilst we were sitting our exam the assessors were checking through our files looking at the five written tasks we had to complete over the duration of the course and the various other bits of prerequisite paper work. After the test, we had the first wave of people being practically assessed on their twenty minute sessions, the rest of us were their students. At the start of your assessed practical, you have to chat about your session with the assessor and then you deliver it, followed by a debrief and a review by yourself and the assessor. Being constructively critical of your own session and how you could improve it was by far the hardest part. Anyhow, it was all over by 3pm and even better we had all passed our UKCC Level 1 Certificate in Coaching Orienteering.

The course was excellent, we had a great tutor in Hilary Palmer, the other orienteers on the course, and our profusion of assessors, who all helped in many different ways. I certainly finished the course being a more aware orienteer, as well as now being an Orienteering Coach. Huge thanks to all involved with the Level One course, we had a lot of fun and I would highly recommend the course to anyone with any interest in helping others to progress in orienteering. I look forward to catching up with my fellow Level One coaches out in the woods.





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The Thinking Man's Sport

It's good to talk
groups.yahoo.com/group/lincolnshireorienteeringgroup

The next LOG-NEWS is scheduled for the end of March, as we begin to gear up for the new Summer Series and the Bomber 2008. There'll be at least one new area for the '08 SS and it's shaping up to be a good one, mixing the best of 'urban' and 'country' O! Our summer series events have become our main source of revenue and interest from both members and newcomers to the sport over the past few years and it'll be interesting to see if we can carry on the 'conversion' of these newbies from the Winter Series.

Winter training and the Riseholme Night O event will have been and gone, along with the British Champs in the New Forest, and reports and results from these will be in the March issue. Also, there'll be a report on the first club trip of 2009 — the Town & Country weekend on the 7th/8th February — and previews of the JK festival will be in those illustrious pages.

See you out there.....

SELECTED NATIONAL FIXTURES

February

1st EM NOC Regional Event. Clumber Park, Mansfield. SK616781. C3 Catherine Hughes, 0115 8774089. Catherine@midlandsnordicwalking.org Fees TBA. EPS-SI. String course. www.noc-uk.org

7th-8th EA Thetford Thrash Weekend – **LOG CLUB WEEKEND**

O3S **7th** - CUOC Cambridge City Race 2009 & Icenian Trophy. Jesus Green, Cambridge. TL453592. Clare Sutherland, 07789871376. Fees TBA. www.cuoc.org.uk

C3 **8th** - WAOC Regional Event & EA League. Croxton Heath, Thetford. TL877894. Ian Lawson, 01438 359042. ianh.lawson@ntlworld.com Fees TBA. EPS-SI. www.waoc.org.uk

8th EM DVO Local Event. Lindop, Bakewell. SK259684. C5 Mike Godfree, 01335 346004. £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. www.dvo.org.uk

14th YH HALO East Yorkshire Sprint and Chase Series 2009 Round 2. Bishop Burton, Beverley. SE985403. C5S Organiser: Brian Ward, 01430 421343. brian@halo-orienteering.org.uk. Entries: Pre-entries via Fabian4. CD: unknown. £5/£2. EPS-SI. One 3km course. Parking TBA. No dogs. Starts 10:30 - 11:30. Max of 60. Each Event consists of a Sprint Prologue and a Chasing Start Sprint. www.halo-orienteering.org.uk

28th & Mar 1st SC BRITISH ORIENTEERING CHAMPIONSHIPS

C2 **28th** - BRITISH ORIENTEERING CHAMPIONSHIPS. Hampton Ridge, New Forest. SU200140.

R2 **1st** - British Relay Championships. Beaulieu & Dibden, New Forest. SU390040.

Organiser: Jerry Newcombe, 01256 780990. Entries: Lynne Moore, 12 Beaufort Place, Old Mill Lane, Bray, Berkshire, SL6 2BS. CD: unknown. Fees TBA. EPS-Emit. www.boc2009.org.uk

March

7th EM DVO Local Event & EM League. Stanton Moor, Bakewell. SK241622. C5 David Vincent, 01773 716615. dvincent@tesco.net £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. Parking £1.00. www.dvo.org.uk

14th YH HALO East Yorkshire Sprint and Chase Series 2009 Round 3. Beverley Westwood, Beverley. TA023397. C5S Organiser: Brian Ward, 01430 421343. brian@halo-orienteering.org.uk. Entries: Pre-entries via Fabian4. CD: unknown. £5/£2. EPS-SI. Parking £1.00. No dogs. Starts 10:30 - 11:30. Max of 60. www.halo-orienteering.org.uk

22nd YH HALO Regional Event. Londesborough Park, Market Weighton. SE866455. C3 Neil Harvatt, 01302 772911. neil@neilharvatt1.orangehome.co.uk Fees TBA. EPS-SI. www.halo-orienteering.org.uk

