

ED'S BIG BIT



Here's a question for you—do you know your national ranking? And here's another—do you care? It's a point that came up in discussion at the recent trip to the Scottish 6 days festival, where

the LOG contingent of Liam, Dave, Tom, Andrea and myself were flying the club colours. You see, there are currently a number of us who have an official ranking, but I bet that virtually none of us know what it is.... There are moves afoot to change the ranking system and those in the know have been meeting in one of those 'working party' thingy-majigs that proliferate nowadays in order to come up with a new method. This 'single ranking list' that is being discussed

could prove to be an interesting method of determining rankings indeed, but to come back to my original line of questioning.... will anyone still care?

And, developing the theme, what does matter to you, in the sport of orienteering? When I look at the size of our membership (currently hovering around the 50 mark) and conduct a superficial analysis of trends, we could break the LOG club down into almost four sections: those that travel far and wide to events (around 10-15% of the club); those that go only to races within the East Mids region (again, about another 15%); those that attend only local series events (the majority of the club at about 50%) and then those that orienteer very rarely, if at all (the last 20%). How do we encourage members to move from the third and fourth levels to at least the second? Does it matter if a large percentage of the club never attend a weekend 'colour coded' event? If most of the

members only want to have a run out during the summer and/or winter series, is it something we should be concerned about. Will the club continue to develop if this is the case? Just a few musings.... I certainly don't profess to know the answers!

On a different note, we move into the 'bridging' season between our local series now, with the summer races behind us. We're beginning our programme of weekly training sessions now, and further details of these appear on the next page of the newsletter. Hopefully, there's something of interest to you in there, whether you're after a regular fitness workout or want to concentrate on some orienteering technique work. At only a quid a time, what a bargain...

Hope to catch you at one of these...

Paul Murgatroyd

Chairman's & Vice Chairman's Sound Bytes



This year's summer series was completed recently, with the final event taking place at the University of Lincoln. We have averaged about 50 people at these races,

which for a small local series is great to see and continues to show year on year growth.

Winner of the short course for the second year running was Rebecca Navarrette, with one of our younger members, Craig Lucas, scoring very well in his first competitive year, Craig was also the only person to

complete all nine events on the short course, which was also a superb effort.

The long course saw Paul Barnes scoring a maximum 250 points to take the title. This, I believe, is his first full year in orienteering, which makes it an even better achievement and one he should be justifiably proud of.

On the technical course, long term leader, Paul Murgatroyd, was pushed off the top spot by Thomas Honniball, who scored a maximum 50 points on the last event to take the title by just the one point.

The team trophy was won by "Team Ferrari", which consisted of the trio of Georgia Davey, Geoff Gibbs and Thomas Honniball.

Finally, thanks very much to the small band of helpers, who collected in the kites most weeks. If possible next year it would be nice if a few extra club members could help out at the

end, even if it is only on the odd occasion, as sometimes we are a touch stretched on some events.

Club training is due to start again on Thursday 13/08/09, to be followed by 6 events in our second Winter Series. Details of times and dates for these events will be available on the website soon and appear elsewhere in the newsletter. I am still looking for planners for 4 of the winter events, so if you are available to plan any of these, please get back to me ASAP. If you're new to the planning game, don't worry—we can offer lots of help along the way!

The club's next big event, on 22/01/09, will be now be held at Bourne, as there is too much work required on the map of Stapleford to get it ready in time. As usual I will be chasing up for helpers a bit nearer the time.

Sean Harrington

FUTURE LOG EVENTS

2009/10

- 22.11.09** L3 Bourne Woods (East Mids League), Dave Denness
- 31.10.09—23.1.10** Winter Series 2009/10
- 31.10.09** West Common ()
- 14.11.09** University of Lincoln ()
- 28.11.09** Hartsholme Park ()
- 12.12.09** Lincoln Christ's Hospital School (Sarah Pike)
- 09.01.10** South Common ()
- 23.01.10.** Sudbrooke Park (Paul Murgatroyd)



CLUB TRAINING & WINTER SERIES

Starting on Thursday 13th August and, for the first time, running every week through to the start of the Winter Series, club training will have a slightly different flavour for all those keen orienteers wanting to keep themselves in top shape between events.

The coaching sessions will alternate between the technical, focussing on individual development of key orienteering skills, and the physical, where sessions will have a fitness theme running throughout. It is hoped that, over these 11 sessions, members will benefit from a mix of activities, keeping themselves fresh and toned, ready for an assault on the Winter Series, which kicks off at West Common on the 31st October.

Sessions will commence at 6:30pm, running initially out of the University campus, and last around an hour. The cost again will be only £1 a time—what a bargain! Further details will be appearing on the Yahoo group and via individual's email accounts.

After the success of last year's Winter Series, this year's programme of races will be following a similar format. Six races, based around Lincoln, will include time-honoured locations, such as West and South Common, alongside a new school's venue in Lincoln Christ's Hospital.

Again, two courses will be put on each time, with something for everyone! The Short course will be aimed at beginners and juniors and the Long course will be for those more experienced orienteers looking for a Saturday morning run-out. Coaching beforehand will be on offer to help everyone, from novices to veterans, improve their skills!

Trophies will be awarded to the winners of each course, with the best 3 results to count. The EMOA scoring system for the EM league will be used again (details available at: <http://www.emoa.co.uk/>) and further info on the series will appear on the LOG website in due course: <http://www.logonline.org.uk/Leagues/Winter/>



SECOND HALF SERIES REPORTS

5. Thursday 4 June – South Common, Lincoln (Planner: Sarah Pike)

This event was my second go at planning and it was generally easier this second time round, compared to Hartsholme in the winter series, particularly as I had made a list of things not to do or forget, as well as a 'to do' list. There was however one issue and that was how the conditions under foot changed almost weekly. The height of the undergrowth went from manageable to over 5' 3" within 3 weeks. This, along with the composition of the undergrowth becoming more and more abundant in *Urtica dioica* and individuals from the family Compositae (Or in english: nettles, their first latin name *Urtica* meaning 'to burn' and the family Compositae containing at least three or four of the fourteen species of thistle found here in the UK, that do not burn but are equally as unpleasant to navigate through), causing me each time to re-evaluate my control choices. The event itself went well; I had enough maps this time for every one, although there was some discussion about the location of control 15 technical/5 long, but was generally agreed it was correct. The only down side was the theft of control 18 on the long course and control 7 long/3 short. However, on the upside, it was great to see so many juniors from the 24th Saxilby and 9th Lincoln Scouts having a go and I hope we see them again at future events. Congratulations to Rebecca Navarette (RAFO) for winning the short course, Elizabeth Parkinson (NOC) the Long, and LOG's Paul Murgatroyd the Technical.

6. Thursday 18 June – Bourne Woods, Bourne (Planner: Dave Denness)

Another glorious evening, for running around the Lincolnshire woodlands, saw 52 runners and groups take to the courses at Bourne Woods. Always tricky to plan at this time of the year, due to the proliferation of undergrowth in many areas, the courses tended towards track usage. Running on a straight line was often not the best policy! A lot of new faces seemed to enjoy their run out on the evening and results showed that local knowledge was a big benefit. For instance, Tom Honniball, who uses this area for much of his training, zipped around the technical in a shade over 36 minutes, resulting in a four minute winning margin over last year's champion, Liam Harrington. Paul Barnes continued his domination of the Long course and Marcus Swallow, making his only appearance in the league this year, easily mastered the short in a touch under 12 minutes.

7. Thursday 2 July – Riseholme Park, Lincoln (Planner: Jon May)

The baking hot weather for this year's Summer Series event at Riseholme was in contrast to our recent visit there on a stunningly beautiful and snow covered February evening. Planning at Riseholme is enjoyable, I always like having a jog round the campus checking out control sites when its quiet. There was some very fast running on all three courses. Kevin Kirk, from the RAFO Cadets, lead the way convincingly on the Short course. On the Long, Paul Barnes was over three minutes quicker than the rest. There was also a large and enthusiastic turnout from the Scouts (9th Lincoln and 24th Lincoln). Paul Murgatroyd's win on the technical course took him to 247 points, knowing that he'd be missing from the final two events, would this prove to be enough? Seeing the many red and sweaty faces (not the ladies, obviously) at the end, I think that perhaps standing in the shade of a cherry tree all evening was a good place to be. Thanks to all who helped - registration, collecting kites, etc.

8. Thursday 16 July – Ostlers Plantation, Woodhall Spa (Planner: Sean Harrington)

This was the first time I have run an event at Ostlers Plantation and I did quite a bit of armchair planning before I took my first trip out to the site. Due to the undergrowth, several of the pits/depressions were almost impossible to find, therefore a few of my original sites had to be moved. I tried to keep people out of the worst of the brambles, the only problem seemed to be on the long course between controls 5 and 6, where there was an indistinct path that some people tried to use and it was pretty bad!!! A couple of controls on vegetation boundaries caused a talking point, but as far as I was concerned they were in the right place!!! Results on the night, saw Steven Barnet having his first win on the short, with Georgia Davey having another good run to come in second. Paul Barnes had another storming run to win the long, over 6 minutes quicker than second placed Phillip Davies. Finally, Liam Harrington returned to winning ways on the technical, pushing Thomas Honnibal into second place.

9. Thursday 30 July – University of Lincoln, Lincoln (Planner: Liam Harrington)

Despite the inclement weather forecast for the evening, the sun came out to warm the 48 competitors taking part in the race around the University and city course. With a varied range of street furniture urban courses present, orienteer's made light work of the Harrington-designed courses, even with the unfortunate error built into the short course that confused most! Attempting to prevent control stations, positioned in the city streets from wandering, an executive decision was made to reduce visibility to potential offenders by omitting control beacons. Despite all stations being returned at the end of the evening, a few competitors struggled to see the stations, which some felt impacted on their times! Nevertheless, those more able navigators, namely Steven Barnett (Short course winner: 15min 13s), Andrew Bennett (Long course winner: 37min 20s), and Thomas Honnibal (Tech. course winner: 28min 17s) should be commended for their skills and pace on the evening.

LOG SUMMER SERIES – TABLES & PHOTOS – 2009

FINAL INDIVIDUAL STANDINGS—TOP 3 (for full results—www.logonline.org.uk)

SHORT											
Name	Club	HP	TW	SP	SW	SC	BW	RP	OP	UL	Tot
1 Rebecca Navarrette	RAFO	-	50	49	-	50	47	45	46	-	242
2 Steven Barnett	NOC	-	-	43	-	-	48	49	50	50	240
3 Craig Lucas	LOG	49	47	47	45	37	39	40	48	40	236
LONG											
Name	Club	HP	TW	SP	SW	SC	BW	RP	OP	UL	Tot
1 Paul Barnes	LOG	49	50	0	50	-	50	50	50	-	250
2 Elizabeth Parkinson	NOC	47	49	50	48	50	45	-	38	47	244
3 Robert Parkinson	NOC	48	48	46	49	49	49	45	45	45	243
TECHNICAL											
Name	Club	HP	TW	SP	SW	SC	BW	RP	OP	UL	Tot
1 Thomas Honniball	LOG	-	44	47	50	49	50	-	49	50	248
2 Paul Murgatroyd	LOG	-	50	-	49	50	48	50	-	-	247
3 Andy Stevenson	LOG	48	-	46	47	48	-	48	0	-	237



Long course series winner, Paul Barnes (LOG), receiving his trophy from Sean Harrington, LOG Chairman.



Technical course series winner, Thomas Honniball (LOG), receiving his trophy from Ian Durrant, LOG President.



Team trophy winners, Team Ferrari (L to R: Georgia Davey, Thomas Honniball & Geoff Gibbs), pictured with Ian Durrant, LOG President.

SUMMER SERIES—TEAM TABLE

Team Name	Member Name	Hp	Tw	Sp	Sw	Sc	Bw	Rp	Op	UL	Total	Team Score
Ferrari	Tom Honniball	-	44	47	50	49	50	-	49	50	248	680
	Geoff Gibbs	48	46	37	31	0	-	35	31	36	202	680
	Georgia Davey	-	43	-	-	48	42	43	49	47	230	680
Honda	Andy Furnell	-	43	-	41	-	38	41	40	40	203	644
	Andy Stevenson	48	-	46	47	48	-	48	0	0	237	644
	Tom George	41	42	-	38	-	41	42	-	40	204	644
Force India	Amanda Roberts	45	36	39	-	43	39	40	44	46	218	619
	Klaus Roberts	43	40	36	40	-	-	-	-	-	159	619
	Rebecca Navarette	-	50	49	-	50	47	45	46	-	242	619
McLaren	Nikki Harrington	50	44	45	-	-	-	-	-	-	139	612
	Andy Lucas	46	41	-	46	0	45	47	43	49	233	612
	Stephen Barnett	-	41	43	40	39	48	49	50	50	240	612
Toro Rosso	Paul Murgatroyd	-	50	-	49	50	48	50	-	-	247	609
	Jo Nell	43	-	-	45	45	46	48	44	41	228	609
	Craig Youngs	-	40	48	-	-	46	-	-	-	134	609
Renault	Sean Harrington	42	38	38	39	38	37	-	-	44	201	600
	Paul Taylor	47	-	41	45	42	-	45	0	-	220	600
	Kevin Kirk	-	46	43	-	-	40	50	-	-	179	600
Toyota	Michael Nell	45	-	-	42	-	46	41	46	42	221	593
	Simon Carruthers	44	-	49	-	0	41	-	35	46	215	593
	Russell Kirk	-	42	-	-	-	33	39	43	0	157	593
Jordan	Jon May	-	47	44	43	0	42	-	48	-	224	517
	Paul Barnes	49	50	0	50	44	50	50	50	-	250	517
	Rachel Kirk	-	0	-	43	-	-	-	-	-	43	517
Williams	Sarah Pike	38	-	-	-	-	-	-	-	-	38	440
	John Mather	-	40	45	41	46	-	37	47	48	227	440
	Charles Nell	-	45	43	-	-	44	43	-	-	175	440
Jaguar	Dave Denness	-	48	-	-	-	-	-	-	-	48	357
	Anne Gibbs	-	0	42	46	47	-	37	32	38	210	357
	Phil Ingamells	-	49	50	-	-	-	-	-	-	99	357

SCOTTISH 6 DAYS

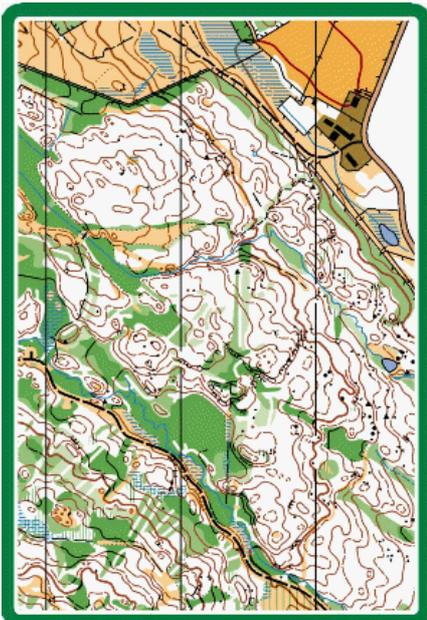


Thomas Honniball writes: I took part in the bi-annual “Scottish six day” orienteering event,

this August, for the first time in my orienteering career. This year’s event was held in the countryside, surrounding Perth, at six venues that demonstrated the variety of Scottish orienteering terrain. LOG had five members taking part: Dave Deness (M50L); Andrea Page (W21S & red); and myself (M21S); all of whom had turned up for day 1, as well as Paul Murgatroyd (M40L) and Liam Harrington (M21L), who had already spent a week in Scotland coaching, orienteering with, and control hanging for, the GB Talent squad prior to the event.

Day 1- Dalrulzion

The first day’s race, designated a World Ranking Event by the



The complex and intricate contour detail to be found on the Dalrulzion map—scene for Day 1 of the Scottish 6, 2009.

IOF, was held in the commercial Dalrulzion forest. This proved to be a very well mapped but physical area, with difficult underfoot conditions due to brashings & uneven ground. Losing your bearings in this area was shown to be costly. Dave, Liam and Paul all lost between 10 and 20mins on one of their legs, denting their otherwise competitive runs. I found day 1 tough, but I enjoyed the challenge presented by the complex contour detail, which contrasts strongly with the orienteering terrain in Lincolnshire.

Day 2 – Kinnoul Hill

Held in attractive woodland overlooking the city of Perth. The area was similar to many of those found



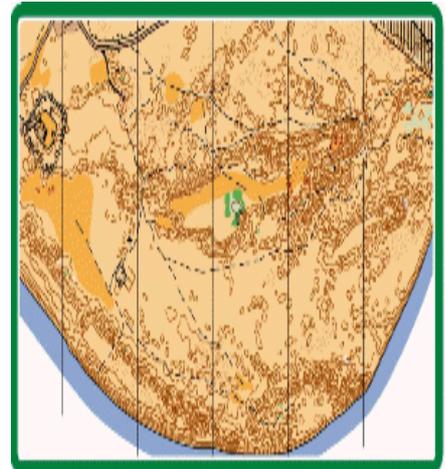
The LOG contingent at the end of the Loch Ordie race on the final day of the Scottish 6.

in the East Midlands, having an extensive path network and generally good runnability. LOGs star performance of the day came from Liam who, having a clean and fast run in familiar terrain, finished in a highly creditable 6th in the M21Long class. This proved to be his best finish of the week. Also making improvements were Paul (up to 32nd on the day) and Dave (up to 72nd).

Day 3 – Tullochroisk

This was held in a very remote mountain location, between Loch Tummel & Loch Rannoch, with

forest and moorland being the main features of the day. Unfortunately there were also strong winds and torrential rain to contend with, which marred the orienteering in what would have been a beautiful location. Most of the LOG contingent found it hard going, with the exception of Dave, who had one of



The wonderful dune terrain of the Barry Buddon area—Day 4 of the Scottish 6, 2009.

his best runs of the week (53rd in class), losing very little time to mistakes.

After day 3, a rest day was scheduled, with only the choice of a mountain bike O or a casual sprint race around the Scone Palace estate, close to Perth, to relieve the orienteering withdrawal symptoms. The LOG contingent of Paul, Liam, Andrea and myself decided to roll up and sample the delights of the sprint race. Dave however made the sensible decision to rest his O brain and take on the challenge of Schiehallion, a Munro not too far from Perth.

Before setting off on the sprint, I was informed by the early starters, Paul & Liam, that the course was tricky in parts and time could easily be lost. Benefitting from this advice, and the cooler racing conditions later in the day, I narrowly managed to sneak inside Paul and Liam’s times to finish as the first LOG runner on the day and in 18th place overall.

SCOTTISH 6 DAYS (continued)

Day 4 – Tentsmuir

Back to the real competition. Tentsmuir consisted of forest, with complex sand dunes and a large ride and path network. After a walk from the assembly area to the start, which almost warranted a back pack and sandwiches, I soon discovered that orienteering in sand dunes was not



Dave pushing hard on the run in on Day 6 at Loch Ordie.

the breeze I had assumed it to be and, in fact, I ended up recording my slowest time of the week. Fortunately other LOG members found the terrain more to their taste, with Liam finishing in a creditable 9th.



Dave again ran well to record his highest placing of the week (52nd) and Andrea had a strong run in her first race in the W21 class (46th on the day).

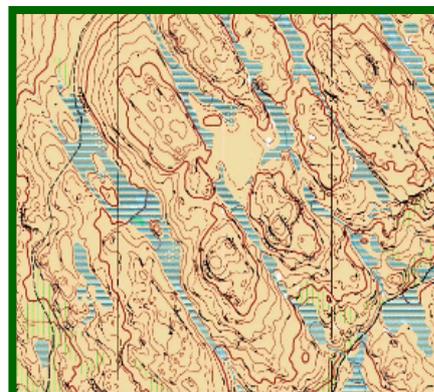
Day 5 - Barry Buddon

This was held on a spit of sand dunes & grassland which jutes out into the north sea. The weather was hot and all LOG members enjoyed their runs here, which were fast, with flat grassland interspersed with lines of intricate sand dunes. Paul showed his speed on the open terrain to gain 20th position in the M40L class. Liam maintained his steady progress up the leaderboard, with a 14th placing, and Andrea zoomed around the red in just over 50 minutes to record her best position of the week (7th in class).

Day 6- Loch Ordie

This was held on a heather clad plateau overlooking the river Tay. A series of ridges gave many “over or around” route choice decisions. Paul and Liam both having clean runs to finish in 21st & 9th in their

respective classes, despite tired legs from 15 days of consecutive running. Final overall positions are



Again, the complex contour terrain, a regular feature of Scottish orienteering, is shown here on the Loch Ordie map.

shown below.

What I think makes the Scottish six day such a good event is that as well as being an orienteering event it is a holiday with many possible attractions nearby. Andrea and I visited the beach at Tentsmuir on day 4 and Paul & Liam set themselves the task of inspecting the local pubs in the good beer guide to check they came up to standard.



LOG FINAL RESULTS

COURSE	Name	1	2	3	4	5	6	Cumulative Results	Final Badge Standard
M21L	Liam Harrington	97:52(35)	68:33(6)	81:36(19)	71:22(9)	64:43(14)	69:30(9)	12th / 41	Silver
M21S	Thomas Honniball	85:49(38)	60:54(36)	96:12(50)	93:12(52)	53:40(21)	64:28(31)	34th / 88	Bronze
M40L	Paul Murgatroyd	92:40(52)	75:13(32)	86:19(44)	88:16(42)	63:36(20)	66:03(21)	33rd / 90	Silver
M50L	Dave Denness	121:29(106)	88:49(72)	80:55(53)	80:12(52)	74:57(69)	70:31(56)	66th / 134	Bronze
Red/W21S	Andrea Page	74:39(13)	79:20(20)	—	84:09(46)	50:10(7)	108:34(17)	NA	NA

EAST MIDLANDS LEAGUE — 2009

east midlands orienteering association



EMOA League—Remaining Fixtures 2009

20th September	Calke Park	DVO
4th October	Harlow Wood	NOC
1st November	Byron's Walk	NOC
8th November	Wakerley Woods	LEI
22nd November	Bourne Woods	LOG
13th December	Walesby	NOC
20/27th December	Grange Woods	LEI

Only 7 LOG/RAFO members have made it to the minimum of 2 EMOA league events so far this year, not helped by some cancellations and the reduction of events from 16 to 13 in 2009. However, with 7 events still remaining, continuing after the usual summer recess, there's still plenty of opportunity for more members to begin showing in the table towards the end of the year.

Making strong showings so far this year are Georgia Davey, new to the league and appearing in 2nd place in her class and Joanne Nell, who continues her early season form with a good haul of 3614pts so far, putting her in 2nd place on the Blue. Shown below is the latest table with, as usual, the LOG & associated RAFO members shown in comparison to the league leaders..... Note that our event has switched to Bourne Woods on the 22nd November (was originally Stapleford). Hope to catch you next at Calke Park on the 20th September.

East Midlands League 2008 (LOG & RAFO members' placings after 6 events)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	Best Eight Scores	Overall Position
Yellow	Russell Kirk			321		438									759	8th
Orange	Georgia Davey				557	672	831								2060	2nd
Green	Tom George			564			477								1041	23rd
Blue	Michael Nell			754	699	877	760								3090	10th
Blue	Joanne Nell			816	834	1000	964								3614	2nd
Brown	Paul Murgatroyd	879			739	718									2336	8th
Brown	Liam Harrington	780				677									1457	16th

Key to Events: 1 Lount, 2 Lindop, 3 Willesley Woodlands, 4 Stanton Moor, 5 Carsington Pastures, 6 Swithland Woods, 7 Calke Park, 8 Harlow, 9 Byron's Walk, 10 Wakerley Woods, 11 Bourne Woods, 12 Walesby, 16 Grange Woods

NOPESPORT URBAN LEAGUE—STOCKPORT

Looking at the Nopesport Urban League fixture list earlier in the year, the one race I thought 'why on earth would you hold an event there' was Stockport! The appeal and charm of many of the other venues: York; Cambridge; Chester, etc., was clear to see, but this urban sprawl to the south of Manchester didn't appear enticing at all.... However, myself and Liam, having nothing better to do with our time, decided to have a trip over to north Cheshire and, I have to say, it was well worth it!

The map, a small extract of which is shown here, provided the runner with the ideal urban challenge. Enough complexity to get you into trouble, if map contact was lost, and the planner did a marvellous job of mixing short and long legs to full effect. For my course (M40+) route choices were available on nearly every leg and the race made full use of this diverse urban area. If it's on the calendar again next year, I would urge you to get across there—you won't regret it!

The league moves to London next in mid September and then a flurry of races (Chester, Cambridge and Oxford) take place in October, before the league concludes at Sheffield in November.

Paul Murgatroyd



The start and finish of the M40+ urban race at Stockport—the ramps and steps from controls 19-22 made things very tricky indeed!

EMOA JUNIOR SQUAD WEEKEND

Over the weekend of the 27/28 June the EMOA junior squad, had a coaching weekend in South Wales. I went down with them in order to complete my UKCC level 1 coaching and to help out with the squad.

We travelled down on the Saturday morning, getting to Merthyr Mewr about 1pm. The juniors then spent around 3 hours on the open sand dune area, running different exercises to enhance their skills including contours, control pick and long and short legs. I went out and shadowed a couple of the younger ones, who were not confident enough to go out on their own in this highly technical

area. Once finished doing the orienteering exercise all the juniors and some of the coaches went up 'the big dipper' before running all the way down it. The big dipper, apparently, is the second highest sand dune in Europe, with the highest being somewhere in France.

In the evening we went to a swimming pool in Swansea, spending a leisurely hour or so playing on the slides and in the pool, before heading back to the scout hut in Port Talbot where we were staying. After a long day travelling and O'ing, sleep came quickly to all concerned!

On Sunday we travelled over to Whitefold Burrows, where I took 4 of the juniors and did some pacing work with them, whilst being assessed for my coaching award. The session went well enough for me to gain my level 1 certificate and add a new coach to the LOG roster.

The others had different exercises planned during my assessment and once this was all tied up, the squad members all competed in a handicap race, with each age group having different lengths to cover, to finish the weekend on a competitive high.

Liam Harrington



Britain's National Orienteering Magazine

CompassSport

CompassSport is the National Orienteering Magazine for the United Kingdom. It is 52 pages of full-colour news, maps, reviews, reports, previews, competitions, profiles, fixtures, photos, coaching tips and advice, including coverage of MTBO, Trail-O and much more.

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CLIFFHANGER—ULTRASPRINT

Having missed, because of injury and illness, the previous two Cliffhanger Ultrasprints, I was determined to make this a 'third time lucky'. The event, hosted by SYO, is unique in this country and builds on the concept of urban sprint-style racing, but takes it onto a whole new level of intensity.

The Ultrasprint began with a series of three qualifying races, lasting only around 5-10 minutes each (around 1km in length each), which you could start at any time in the first hour. Most runners decided to run these pretty much in a back-to-back fashion, with a brief rest between each. The courses consisted of a 'labyrinth', where 4 controls were situated in amongst a maze of steel railings. Once completed, you were out into a more 'traditional' urban park race of around 800m, before coming back into the maze and 4 more controls in rapid succession. Unsurprisingly the racing was chaotic and unrelenting in its mental demands, with many runners miss-punching at some point in their qualifiers.

The semi-finals that followed were comprised of the top 16 runners from the heats, based on the cumulative times of the three qualifying runs, going into the A semi and the rest (around 85 runners) making up the B semi. Liam, who had also traveled over for the competition, missed out on a place in the A final by a meagre 3 seconds.... These races added a new dimension to the earlier courses, with the addition of a butterfly loop, in both the initial and final labyrinth stages, and the park race component increasing in distance, taking in 3 river crossings—time for wet feet! Ultimately, after all the semis were complete, the top 4 runners went into the grand final and made for fine spectating, with the event winner only emerging in the last few controls of the devilish labyrinth.

A great day and one that promoted orienteering in a fantastic light—fast, intense and brilliant fun—a resounding success for SYO!



C Qualifying map, the third of three prologues before the seeded finals

THE ART OF GOOD PLANNING

With the EMOA due to put on its first course for planners for sometime, we trawl the archives of CompassSport magazine to bring you some excellent background reading on how to produce good orienteering courses. Although this series of articles first appeared in 1992, the underlying principles remain the same. Tony Thornley, author of the articles, writes:

I think planners need three basic skills, in order of importance:

- technical expertise to get the right control in the right place with the right code
- ability to match a course to a competitor
- flair, based on understanding what orienteering is.

Many would also argue that a good planner also needs management skills, particularly of people and time!

Defining the task

A planner needs a philosophy. Survival may appear enough, but I'd encourage more:

Point 1: Orienteering is running navigation

Your job as a planner is to test competitors' abilities to navigate whilst running (and, for some competitors, to help develop these skills). This rules out planning a course where the best route traverses unrunnable terrain. It also rules out running without thinking. Fortunately for you as planner, timing forces competitors to go as fast as they can. Your only concern on the running front should be to avoid the unrunnable, bearing in mind that what is runnable for the elite may be a purgatorial plod for the old or the small. The planner's main job is to provide the navigational challenge.

Point 2: Navigation is map-reading (including route choice and use of compass)

Your course should test ability to read the map in two ways. Accurately, and in detail, near the controls and roughly, to form an overall picture between the controls. Route choice can only be tested by longer legs which provide different options; in many British areas it will need great flair to include it effectively. The compass (or sense of direction) will be used by the competitor

throughout the course. A good course will automatically test the competitor's ability to maintain direction without the need for specific 'compass-legs'.

Point 3: The course must be fair

First you must provide the same problems for each competitor. It is not fair if a feasible route is slower or faster on the ground than the map indicates, neither is it fair if a control is significantly easier to find when another competitor is punching at it. Secondly, whilst you are trying to provide a challenge, you are not trying to catch people out. Putting similar codes on adjacent controls on similar looking features comes into this category, as does hanging kites as low as possible or placing the control at the bottom of a pit in high bracken!

Point 4: The course must be appropriate

Each course should be targeted at a specific ability level. What is a challenge for one competitor is another's frustration and retirement. Decide for whom you are planning and stick to it!

Point 5: Educating through planning

With some competitors, your task will be to build confidence and to encourage the development of skills. At a basic level, you do not need to add to the challenge of completing a course—if anything you need to make it easier. At a higher level, your planning may need to cut corners and to read contours.

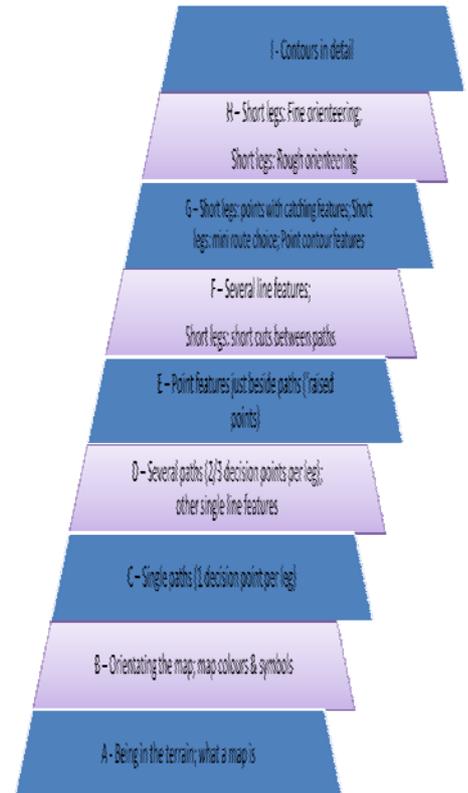
In terms of developmental planning, it helps to think in terms of decision points and conceptual demands. The fewer of each that you have, the easier the course will be.

Decision Points

A white course should only have one decision point per leg: deciding at the control which way to go. The correct decision should be quickly reinforced by the success of finding the following control. Similarly, a Yellow course should be restricted to 2-3 decisions per leg.

Conceptual Demands

Some research has been done on the conceptual development needed to orienteer and here the list is shown below in the form of a staircase.



The conceptual progression can be matched against the Colour Coded scheme as:

A	Basic string
A/B/C	Harder string
B/C	White
C/D/E	Yellow
E/F/G	Orange (and Red)
G/H	Light Green
I	Green +

A few brief hints:

- you will rarely be criticised for a course that is too easy

- the first control or two should be at the easy end of the course

- on white and yellow (or short on a summer series event), try to make the placing of the control encourage competitors to go the right way to the next one

- controls should never be hidden—it's not a treasure hunt or a game of hide and seek!

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HALO POACHER REPORTS—2009



7. Wed 28 May: Otby, Lincolnshire Wolds

After a two year absence, The Poacher returned to Otby - the only orienteering area in Lincolnshire with significant hills. The weather was dry and Brian made excellent use of the area, which is used with the kind permission of three local farmers. All courses had plenty of climb, with veteran mid Lincolnshire orienteer Geoff Holmes likening the Short course leg from control nine to ten with the North face of the Eiger. After another win, Zac Field is now one Wednesday evening away from a potential eight maximum scores on the Short course. Behind, Jack Robinson had his best run of the season so far, finishing in second place, as did Grasby's Gary Robinson, who finished well clear of son, Jay. Just behind him was Jessica Beresford, fresh from her excellent age group win in the Shropshire three day event held over the bank holiday weekend. Lincoln's Paul Murgatroyd outran the opposition on the Long course, ahead of Master Champion Neil Harvatt.

8. Wed 3 June: Normanby Park, Scunthorpe

Normanby Park lived up to its reputation as the most difficult Poacher area. The myriad of small paths coupled with lively vegetation disguising knolls and depressions did their best to confuse the most experienced orienteers. Planner Pete Harris produced technical courses that required the utmost concentration. Plaudits must be awarded to the many competitors who successfully completed their course, despite taking a considerable amount of time. Reigning junior champion, Jake Field, returned to form with a win on the Short course, ahead of fellow junior Jack Robinson. HALO chairman, John Butler, despite being held back by a long term knee problem, revelled in the technical difficulty of the area with a great third place. The Long Course saw its closest finish in Poacher history with Poacher web master, Martin Kullich, holding off Normanby Park expert, Neil Harvatt, by a mere 1 second. Several others excelled on the night, including the Isle of Axeholme's Andy Holden, Lincoln's Andy Furnell and a top ten finish for Mary Carrick. It was her best ever Poacher performance.

9. Wed 10 June: Foxdale, Caistor

Debutant Michael Robinson must be congratulated for producing challenging courses. He gave runners plenty of route choice and on the Long course several crossings of the dry valley of Foxdale. Many competitors visited the area around Swiss Cottage, now somewhat overgrown with Rhododendrons. The Long course was dominated by Paul Murgatroyd from Sudbrooke, a clear winner from the RAF's Philip Johnstone-Davis. The strong running Dave Jolly from Glentham was delighted with his fourth place, by far and away his best Poacher performance. We all wish John Fulwood a speedy recovery after he had a nasty fall. His head injury necessitated a visit to Grimsby Hospital's A and E (via Louth's A and E!). John had put in a storming run on the Long course finishing in fifth place. As the series approaches its final stages several trophies are still to be resolved. With eight to count, the Master's and Junior categories are too close to call.

10. Wed 17 June: Brompton Dale, Gt. Limber

Brompton Dale to the South and Holiday Hill to the North of car parking provided excellent runnability, the best of the Poacher Series. Planner John Fulwood remarkably recovered from last weeks fall at Foxdale to produce excellent courses, overcoming the narrowness of the wood and the problem of the central ride. His courses ensured a compass bearing on the direct line was usually the optimum route choice. The Long course provided another maximum fifty points for newly crowned Lincolnshire Poacher Champion, Paul Murgatroyd. However, he was pushed all the way by Beverley's Dean Field, who was only twenty six seconds adrift. In third was Neil Harvatt, who is in a close battle with Dean for the Masters Trophy. There is one point between them with one event to go, though Dean is next week's planner. LOG summer series supremo, Sean Harrington, was very pleased with his top half placing. There was a first ever win on the Short course for Jack Robinson in a closely contested race ahead of five other juniors. The junior title is up for grabs with a couple of point separating Sam Offler and Jake Field.

11. Wed 24 June: Swallow Wold Wood, Caistor

Poacher 2009 came to a successful end at Swallow Wold Wood, yet another runnable area of The Earl Of Yarborough's estate. Dean Field, planning his first Poacher event, produced admirable courses, utilising the best bits of the wood to test competitor's navigational prowess. Course lengths were a bit longer than usual in order to overcome the large area of farmland in the middle of the wood. With eight of the eleven races to count this year, two trophies had still to be resolved on the night. As Dean was planning the courses and unable to add to his points score it was up to close rival Neil Harvatt to finish at least third. This he did finishing second in a tight finish, behind winner Martin Kullich, to clinch the Masters title. The junior title race was almost as close, with Sam Offler in fifth place clinching the trophy on the night. Poacher moved up yet another notch with the use of water-proof maps and even lists of split times in the pub afterwards. All these innovations courtesy of Brian Slater, who once again did a sterling job on registration and RouteGadget.

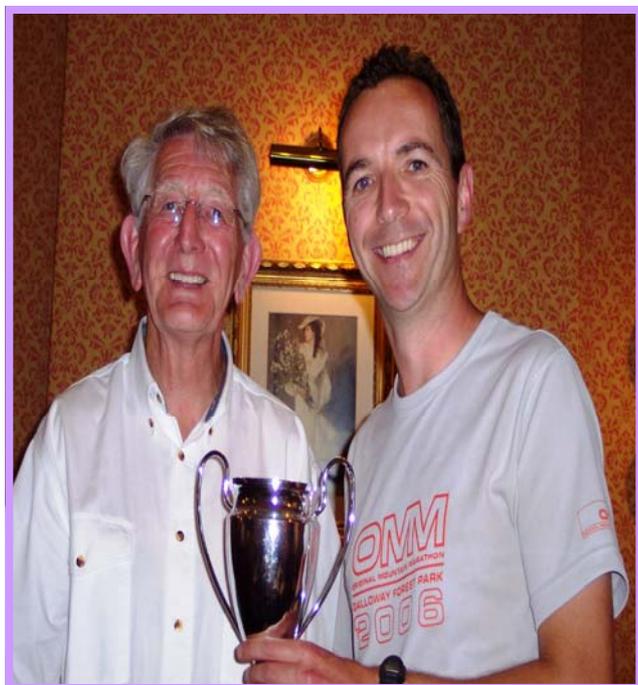
HALO POACHER SERIES—2009

HALO LINCOLNSHIRE POACHER— LOG'ers FINAL TABLE— LONG & SHORT CLASSES

Position	Name	Class	1	2	3	4	5	6	7	8	9	10	11	Total
1	Paul Murgatroyd	M40	50	47	50	50		50	50	45	50	50	48	398
15	Sean Harrington	M50	37	34	34	36	36	28	36	36	38	37	32	290
21	Andy Furnell	M45	27	27	33	32	29	0	31	40	36	28	27	256
43	Liam Harrington	M21											44	44
44	Mark Smith	M21					43							43
47	Matt Harrington	M21	31											31
Position	Name	Class	1	2	3	4	5	6	7	8	9	10	11	Total
22	Kaele Pilcher	W45		39	35	37	31	35				26	31	234

TROPHY WINNERS: LONG COURSE: *PAUL MURGATROYD*; SHORT COURSE: *ZAC FIELD*; LADY CHAMPION: *ROSIE FIELD*; JUNIOR: *SAM OFFLER*; MASTERS: *NEIL HARVATT*; SUPER VET.: *PETE KULLICH*; ULTRA VET.: *PAT O'GRADY*

Full Results Available at: <http://www.halo-orienteering.org.uk/poacherf.php>



Long Course champion, Paul Murgatroyd, on his debut series win, receiving the trophy from Poacher organiser, Peter Kullich (HALO)



2008 v 2009 Long Course Champions....going head-to-head in a winner takes all battle....all serious stuff, obviously!



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The Thinking Man's Sport

It's good to talk.
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FUTURE ISSUES

The next LOG-NEWS is scheduled for the start of October and we'll be looking forward to the second LOG winter series, where defending champions, Neil Harvatt (HALO) and Will Parkinson (NOC) will be challenged hard by the local LOG force! Two more EMOA league events will have taken place by then, so a little more development is anticipated in the overall standings. Also, plans for our colour code EML event at Bourne Woods will be in full-swing by then and the erst-while chairman will be after your assistance, no doubt.

Also, October will be a very busy month for those of you into your urban racing, as there'll be no less than 3 events at Chester, Cambridge and Oxford to take your pick from. The Nopesport Urban League will be hotting up...

See you out there.

SELECTED NATIONAL FIXTURES

Sun 16/08/09	East Midlands	NOC	Local	NOC Summer League Local Event	Holme Pierrepont	EOD	SK612386
Tue 18/08/09	East Midlands	LEI	Local	LEI Local and Summer League Event	Ratby Woodlands	EOD	SK497061
Thu 27/08/09	East Midlands	LEI	Local	LEI Local and Summer League Event	Ibstock	EOD	SK403112
Sat 29/08/09	Yorkshire and Humber-side	EBOR	Regional	The White Rose Weekend - Day 1 Regional Event	Bickley & Eberston Moor	EOD O: 23/08/09 P: 23/08/09	SE898894
Sat 29/08/09	Yorkshire and Humber-side	EBOR	Local	The White Rose Weekend - Night Score Event	Bickley & Eberston Moor	EOD O: 23/08/09 P: 23/08/09	SE 898894
Sun 30/08/09	Yorkshire and Humber-side	EBOR	Regional	The White Rose Weekend - Day 2 Regional Event	Bickley & Eberston Moor	EOD O: 23/08/09 P: 23/08/09	SE898894
Mon 31/08/09	Yorkshire and Humber-side	EBOR	Regional	The White Rose Weekend - Day 3 Team Relay	Bickley & Eberston Moor	EOD O: 23/08/09 P: 23/08/09	SE898894
Tue 01/09/09	East Midlands	LEI	Local	LEI Local and Summer League Event	Beacon Hill	EOD	SK521148
Sat 12/09/09	Yorkshire and Humber-side	AIRE	Regional	AIRE Dales Weekend Regional Event - Day 1	Kilnsey		SD974678
Sun 13/09/09	Yorkshire and Humber-side	AIRE	Regional	AIRE Dales Weekend Regional Event - Day 2	Malham	EOD	SD897642
Sun 13/09/09	East Midlands	LEI	Local	LEI Score Cup	Fosse Meadows	EOD	SP484912
Sat 19/09/09	East Midlands	NOC	Local	Come & Try It	Burntstump Country Park	EOD	SK575505
Sun 20/09/09	East Midlands	DVO	Local	DVO Full Colour Coded Event, White to Brown	Calke Abbey	EOD	SK367226
Sat 26/09/09	East Midlands	LEI	Local	LEI Autumn Series and Winter League local event	Martinshaw Woods	EOD	SK518069
Sat 03/10/09	East Midlands	DVO	Local	DVO Club Championships	Harwick Park	EOD	SK460635
Sun 04/10/09	East Midlands	NOC	Local	Local Event	Harlow Wood	EOD	SK552568
Sun 04/10/09	Yorkshire and Humber-side	HALO	Local	Beverley Street Race	Beverley Town Centre	EOD	TA032398