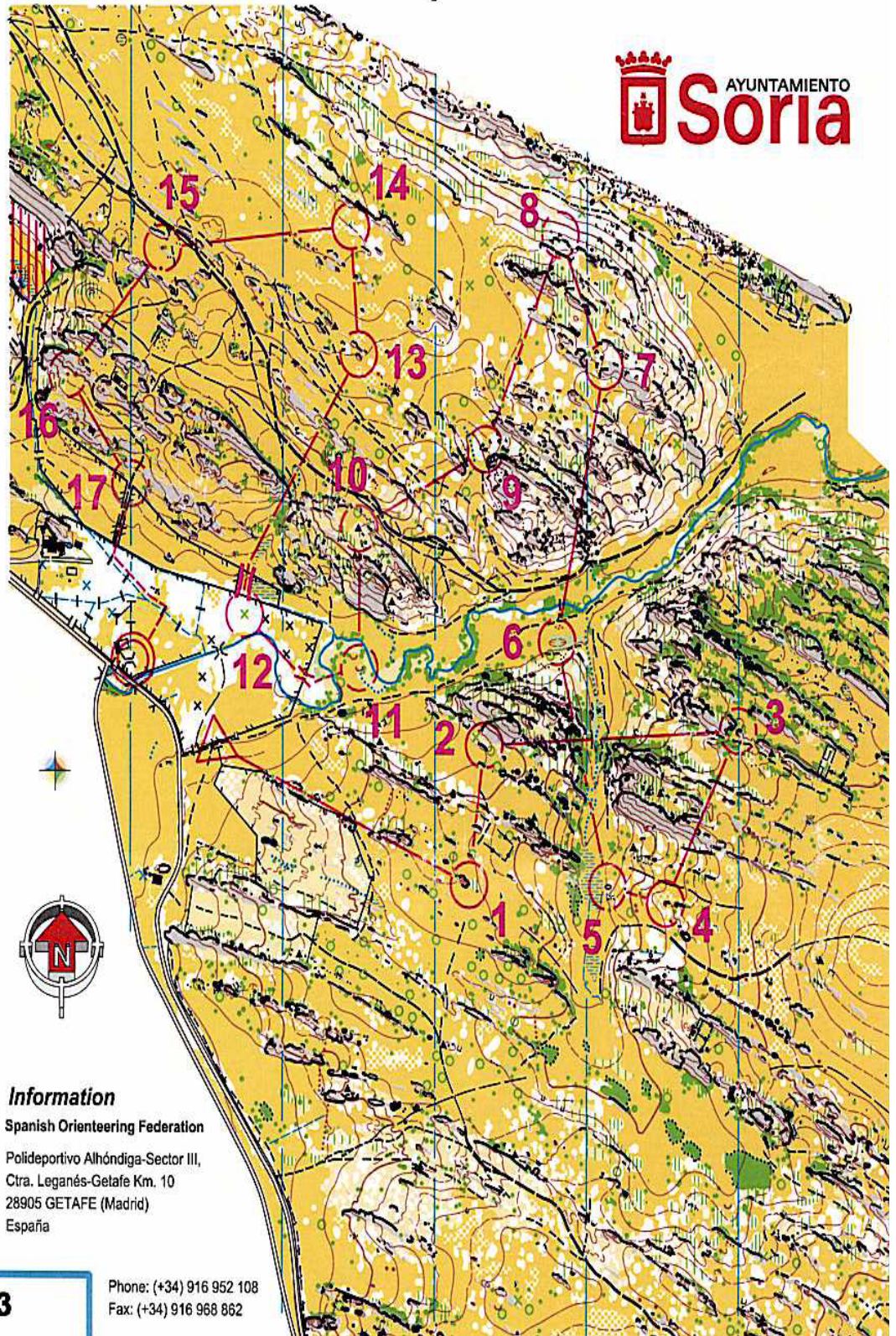




# LOG-NEWS



### Information

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Map from the W18 relay of the European Youth Orienteering Championships, held in the province of Castille y Leon around Soria over the weekend of 4th-6th July 2010. The editor was fortunate enough to be part of the coaching staff for this event and this map was selected for your delectation, based on both its technicality and the unusual nature of the terrain, with large linear strands of rock and crag running length ways through the area.

## ED'S BIG BIT



As the summer enters its final month, we can look back on the achievements of another successful series with satisfaction, I believe. Around 210 individuals took part

in at least one event and we managed to open up some new areas to orienteering, particularly in the middle and south of the county, where the urban races of Sleaford and Stamford allowed us a foothold into these conurbations.

Hopefully now we can build on this initial groundwork, with our winter series set to venture into the middle and southern parts of the club's area.

It is a region we've tended to only pay occasional 'lip service' to and I have no doubt that there is an enormous amount of potential growth to be had from hosting regular events in the towns of Sleaford, Grantham and Stamford. The new mapping of three areas around Grantham, in particular, should hold us in very fine stead and continue to expand our portfolio of areas.

On the mapping theme, we'll be holding a club training day for all those interested in getting into this field. The date and venue will be Saturday 11th September at Riseholme Campus, near Lincoln. The day will focus on setting up new maps and working on these via OCAD10, plus there'll also be a session on using OCAD10 for planning. If you're interested in coming along then let me know via email or at

one of the next few weeks' training events.

Also, looking to the future, club training will be continuing between the series on a Thursday night and will be held at the University of Lincoln over the next few weeks. If you haven't yet been to one of these, I recommend it most highly, as it really does help to hone your orienteering techniques and fitness.

This week's chasing sprint and Lincolnshire Challenge Shield event should be a great evening, and I hope that everyone will make the effort to come on down and help the club to beat our local rivals into submission! See you there...

*Paul Murgatroyd*

## Chairman's Sound Byte



This year's Summer Series has now come to an end, with the final event at Stamford. I would like to thank Dave Denness for producing the map and putting on some great

courses. Dave also put a lot of effort into advertising the event in the Stamford area, which resulted in 54 entries on the night. If we included the extra people that went round in groups, it made the total turnout approximately 80, which considering quite a few of the regulars were missing, was a fantastic achievement.

I would like to congratulate the respective winners of the individual trophies, Craig Lucas on the Short, William Parkinson on the Long and Liam Harrington on the Technical. The winning

team was Pillar, which consisted of Amanda Roberts, Jeff Baker and Craig Lucas.

We have had one new member join the club in the last 2 months and I would therefore like to welcome Nick McAndrew.

The Lincoln City Race on the 5<sup>th</sup> of September is rapidly approaching and the planning is in its final stages, with the courses having been sent to the controller for checking. I am also in the process of finalising all the permissions that we need for the event.

The start / finish this year will be in St Benedict's Square. For people who do not know Lincoln that well, this is situated on the High Street, in the middle of the pedestrian area, behind M&S.

Entries are now open on Fabian. Please can I encourage everyone to enter as early as possible as this will help greatly when it comes to sorting out the number of maps to order.

It looks like we may need a few more helpers this year to cover road cross-

ings as well as the normal start, finish and registration, therefore could all club members please check to see if they are available to assist on the day. As per usual all helpers should still have time to have a run on the day.

This year's AGM will be in early October and Liam's 5 year stint as secretary must come to an end, as per the constitution. We will therefore be looking for someone new to take this role on for the Club. The secretary's main job is to take the minutes at the committee meeting and deal with any information the club receives from BOF etc. So please can everyone have a think about it between now and the AGM.

Finally, for this year's Winter series, we are going to target the South of our area. At the moment it looks like we will have 2 events in the Sleaford, 2 in the Grantham and 2 in the Stamford areas. Therefore, we will require 6 planners to cover the series. Please could all club members consider giving it a go, only 2 courses are required: a long and a short.

*Sean Harrington*

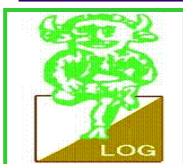
# FUTURE LOG EVENTS

2009/10

- 05.08.10**                *Midsummer Madness - Chasing Sprint - University of Lincoln  
(Paul Murgatroyd)*
- 12.08.10**                *Training Session - University of Lincoln - Technique*
- 19.08.10**                *Training Session - University of Lincoln - Fitness*
- 26.08.10**                *Training Session - University of Lincoln - Technique*
- 02.09.10**                *Training Session - University of Lincoln - Fitness*
- 05.09.10**                *L2 event (Nopesport Urban League) - Lincoln City Race (Liam  
Harrington)*
- 09.09.10**                *Training Session - Hartsholme Park - Technique*
- 16.09.10**                *Training Session - Hartsholme Park - Fitness*
- 23.09.10**                *Training Session - South Common - Technique*
- 30.09.10**                *Training Session - South Common - Fitness*
- 07.10.10**                *Training Session - West Common - Technique*
- 14.10.10**                *Training Session - West Common - Fitness*
- 21.10.10**                *Training Session - Riseholme Park - Technique*
- 23.10.10**                *Winter Series #1 - Sleaford Town (North) (Paul Murgatroyd)*



## LINCOLNSHIRE CHALLENGE SHIELD



This is to remind all members that the new venture between ourselves and HALO—the Lincolnshire Challenge Shield—is on this Thursday, 5th August.

An inter-club competition, to be held on an annual basis, between the two Lincolnshire clubs (LOG and HALO), will take place at a venue of mutual se-



lection and with the aim of providing club competition for its members, along the lines of the CompassSport Trophy, and to help develop and nurture links between the two organisations.

Each club will provide a 'team' to the event, with scoring to be based on a summation of overall times from the team members across a number of categories. As many members as possible can run at the event, with the top 10 to count from the following classes:

- 1) *Juniors* - max 4 to score from M/W20 down, including at least one female
- 2) *Seniors* - max 4 to score from M/W21-M/W45, including at least one female
- 3) *Veterans* - max 4 to score from M/W 50+, including at least one female

Scoring will be based on the summation of the total times of the best 10 competitors at the chosen event. The club with the lowest overall time is to be announced as the winner of the LCC.

LOG are putting on a 'midsummer madness' chasing sprint this Thursday at the University, as a finale to the summer series, and it has been decided this year that this will be the event to launch the LCC—nope to see you there!

# LOG SUMMER SERIES 2010 – RACE REPORTS

## 5. OSTLER'S PLANTATION— 3 JUN 2010

(Planner: Amanda Roberts)

This is now the fourth event I have organised and you would think that I should have got the hang of it now. However it seems that each event brings up its own unique challenges! So off I go to do an initial recce with the following tips from previous events going round my head:

- a) make the short course so that there are no route choice decisions to be made,
- b) ensure that there are no controls with the same route in and out as it upsets the real orienteers,
- c) make sure there are no level crossings on the course (not really a problem here I don't think),
- d) don't hide controls,
- e) remember vegetation grows!

After identifying some of the controls I would like to use and some rough ideas of courses I went home full of confidence ready to put it onto the newly installed OCAD 10 programme. Then it all started to go wrong! I already have the reputation amongst the club committee of being pretty useless with computers and emailing, but I have managed to enhance that reputation even further since trying to use OCAD 10. As a result Paul is going to organise a training session on OCAD 10 - I will definitely be attending, otherwise I have been banned from organising any further events by my husband because of the total disruption to family life as I get crosser and crosser with the computer and printer.

Anyway the maps were finally printed, much to my relief, the night before the event (no dinner in our house that night!). Thursday was a lovely hot day and I spent a leisurely afternoon setting out the courses. Paul was obviously a bit concerned that I might have had a nervous breakdown or something because he turned up very early to check that the event actually had maps that the competitors could use. We had a turnout of about 53 runners, which isn't bad as it is quite a remote place to get to. Alex Bett, a guest of the Williams family, won the short course. Al Hollyoak won the long course, with a close battle for 2<sup>nd</sup> and 3<sup>rd</sup> between William and Robert Parkinson and Liam Harrington won the technical course. My main tip for next time is - take insect repellent.

## 6. RAF CRANWELL—17 JUN 2010

(Planner: Terry Crosby)

Trudy and I moved to the Grantham area 4 years ago and dabbled with O for a bit, having been 'full on orienteering' with the Army for more years than I can remember. Joining LOG was therefore a nice step up and getting back into planning a joy. Having planned relays, Harris events and Regional events, RAF Cranwell looked an easy enough map, but therein lie the potential problem; was it too easy? Dig a bit deeper and thankfully it got a bit better. The map had not been used for a few years but being a military base, it had hardly changed; a few horse jumps moved, the odd fence change but nothing too serious. RAF Cranwell has 'pockets' of areas that were useful with lots of stretches of dead running. I hate dead running (from a planning view), particularly on open ground. The original idea of using map memory or corridors to spice up the technical course disappeared when I couldn't get OCAD to do what I wanted it to do! Thank you Paul for the initial rescue! Printing a million maps on my colour laser as I was experimenting was becoming expensive! Next time....

And so it came to be. A very, very fast mix of woodland, open ground and urban. I would like to have extended the long and technical but alas the ground wouldn't allow without the dreaded and unnecessary dead running. As it was the removal of a 'permanent fence' in a very significant area (it changed the route choice enormously) just 3 days before the event meant an OCAD map change and the addition of 4 controls on the technical. They say orienteering is all about experience; just look at the average age of those on the technical course! Only 1 second split winner, Liam Harrington, from runner-up, Paul Murgatroyd, and sees the 2010 Technical trophy now in his grasp. The Long course was won by NOC's Will Parkinson and he is now also within sniffing distance of the series title. Adventure racer, Chris Smith, had his best run of the series, coming home in second 2 minutes down on Will. Finally, the Short course was dominated by the RAFO contingent, with Stephen Barnett and Sarah Fletcher leading the pack home.

By the way, for those that have never planned and therefore get involved in the equipment side of life, you should be proud of your Club. LOG's kit is some of the best that I have ever seen from the way it's maintained to the type of stakes (lightweight) it uses. Well done to those responsible; good job.

## 7. SLEAFORD TOWN—1 JUL 2010

(Planner: John Mather)

A new feature to this edition of LOG News is the first appearance of Dr O. Rear Enteer, LOG News' new Agony Uncle. This time he's giving advice on problems encountered at the Sleaford Town Race on 1<sup>st</sup> July.

*Dear Dr O Rear Enteer – Why couldn't I find my way to the assembly area? I followed the map on the website, but ended up in the wrong part of Sleaford. RAFO.*

Dear RAFO – I could make some cheap joke along the lines of 'call your self an orienteer – can't even make it to the start', but that wouldn't be fair. The planner moved the start/assembly area after the first publicity was released, but it was never

## LOG SUMMER SERIES 2010 – REPORTS & RESULTS

in the street shown on the website. Clearly we can all blame technology here rather than our navigation skills. Alternatively, blame Sean.

*Dear Dr O. R. Enteer – why did nearly everyone get round the Technical Course faster than me? Anonymous*

Dear Anonymous – no need to be ashamed, it happens to all of us at some time or other.

*Dear Dr O. R. Enteer – no, really – why did everyone get round the Technical Course faster than me? Anonymous*

Dear Anonymous - It's a bit hard to say, but spotting the long cut-through by the side of the railway line caught quite a few people out. The alternative was a very long loop round to the north. Or did you follow Sean? Either way I prescribe a couple of sessions of Thursday night coaching with Murgers.

*Dear Dr Enteer – why was there a map correction on a brand new map? JM (Heighington)*

Dear JM – Dunno – ask Murgers (but the planner has told me that the fence and out of bounds area was dismantled only two days before the race)

*Dear Dr O. R. .E. – I came to Sleaford expecting an urban event. How come I got nettle rash? LOGer (Lincs)*

Dear LOGer – now that you have been to Sleaford, you'll know that the rough open land of Lollycocks Field is a significant part of the town, with its water courses, pond and wide open spaces. The planner only has limited experience, and didn't take into account the fact that the undergrowth would shoot up so much, but I'm sure you'll agree it would have been difficult to leave this area out of the event. Hopefully enough warning was given about full leg-cover on the pre-race email and at the assembly. On second thoughts – the pre-race technology was not to be trusted (see map issue above – ed), so you can just blame Sean instead.

*Dear Dr O – I really enjoyed the Sleaford race, do you think this venue will be used again? PM (Sudbrooke)*

Paul – you weren't even there, and I see this for what it is – a blatant attempt to get your new map used again. Having said that, the town has much to offer, and I know that you have plans to extend the map northwards. I would be pretty confident that Sleaford will feature on future LOG fixture lists. PS. How was Spain?

### 8. NETTLEHAM VILLAGE—15 JUL 2010

(Planner: *Liam Harrington*)

This was the first event held in Nettleham on a new map from Paul Murgatroyd, on the back of his cracking Sudbrooke map. On a nice summer's evening we had a total of 48 entries. The Short course was won by James Wood, who came for his first time to an orienteering event with the RAFO cadets, the Long course winner was also from the cadets, with Kevin Kirk taking top spot 1 minute ahead of the table leader, William Parkinson. Technical was a score course with 15 controls and a 40 min time limit, with Andy Lucas coming out on top, collecting all the controls in just over 25 minutes.

There was a small issue with the map, in that the distances for all courses were wrong. We are sorry about this, this was due to the fact the mapped area got blown up to 1:5000 to fit A4, but the scale on the map wasn't changed, so courses were half what they should have been. It's now two events in a row that the map was not up to normal standards and words will be had with Mr Murgatroyd....

### 9. STAMFORD TOWN—29 JUL 2010

(Planner: *Dave Denness*)

Stamford, at the southernmost limit of LOG's patch, with its superb stone built centre and myriads of narrow streets and passageways, has long held the prospect of great urban orienteering. Mapping this gem has been an on/off project for the last couple of years, but the summer series 2010 fixture gave the incentive to finish the map, or at least enough of it to put on 3 good courses. With the mapping running late, planning was compressed into the last couple of weeks before the event, but on such prime terrain the planning was easy, with the hardest part being deciding what to leave out.

Being so far from Lincoln made this summer series event a long trek for LOG regulars, but all those who made it seemed to think the journey was worth the effort. The LOG/RAFO contingent was supplemented by NOC, NOR, WAOC, SMOC & SPOOK orienteers, with a good turnout of runners from Stamford Striders and other local people keen to give orienteering a try boosting numbers even further.

The mowing of Freemans Meadow in the last week, meant that several controls on the Short and Long courses could be seen from long distances, but once into the true urban terrain all courses offered good running and route choice challenges.

Charles Nell (RAFO) took the honours on the Technical, closely followed by Terry Crosby (LOG) and Mike Capper (WAOC). The Long was a family affair with a superb run from William Parkinson (NOC), piping Robert Parkinson (NOC) by just over a minute. Third place was taken by local runner Jim Regan. Short course results were headed by Liz and Ellie Makin, leading home RAFO's Luke Fortune (2<sup>nd</sup>) and Georgia Davey (3<sup>rd</sup>).

# LOG SUMMER SERIES TABLES

## SHORT SERIES TABLE

Pos	Name	Club	Hp	Sc	Sp	Sw	Op	Cr	St	Ne	St	Tot
1	<b>Craig Lucas</b>	LOG	49	48	49	49	48	45	-	44	-	<b>243</b>
2	Hannah McNab	RAFO	-	-	-	45	49	-	50	47	47	<b>238</b>
3	Georgia Davey	RAFO	-	-	47	-	-	47	49	46	48	<b>237</b>
4	Sarah Fletcher	RAFO	42	-	45	50	45	49	-	45	-	<b>234</b>
5	Luke Fortune	RAFO	-	-	-	-	42	48	42	49	49	<b>230</b>

## LONG SERIES TABLE

Pos	Name	Club	Hp	Sc	Sp	Sw	Op	Cr	St	Ne	St	Tot
1	<b>William Parkinson</b>	NOC	48	50	50	50	49	50	46	49	50	<b>250</b>
2	Robert Parkinson	NOC	-	49	47	46	48	42	48	48	49	<b>242</b>
3	Kevin Kirk	RAFO	46	-	-	47	45	47	49	50	-	<b>239</b>
4	Al Holyoak	IND	-	46	40	43	50	45	50	37	-	<b>234</b>
5	Joanne Nell	RAFO	45	-	43	49	46	44	43	43	46	<b>230</b>

## TECHNICAL SERIES TABLE

Pos	Name	Club	Hp	Sc	Sp	Sw	Op	Cr	St	Ne	St	Tot
1	<b>Liam Harrington</b>	LOG	0	49	50	49	50	50	50	-	-	<b>249</b>
2	Paul Barnes	LOG	47	44	47	48	-	38	49	46	-	<b>237</b>
3	Mike Capper	WAOC	-	-	-	46	48	45	-	47	48	<b>234</b>
4	Michael Nell	RAFO	44	-	35	35	43	-	44	40	41	<b>212</b>
5	Amanda Roberts	LOG	42	42	45	36	-	41	40	38	-	<b>210</b>

## TEAM TABLE

Pos	Name	Team Members	Total
1	<b>Pillar</b>	<b>Amanda Roberts, Jeff Baker, Craig Lucas</b>	<b>665</b>
2	Grasmoor	Paul Barnes, Anne Gibbs, Georgia Davey	<b>657</b>
3	Crinkle Craggs	Liam Harrington, Amanda Mylett, Tanya Taylor	<b>653</b>
4	Skiddaw	Joanne Nell, Hayley Fox, Lewis Goddard	<b>604</b>
5	Bowfell	Sean Harrington, Charlie Thomas, Sarah Fletcher	<b>579</b>

# LINCOLN CITY RACE

## LINCOLN ORIENTEERING GROUP

PRESENTS

THE 4<sup>th</sup> ANNUAL

## LINCOLN CITY RACE

SUNDAY 5<sup>TH</sup> SEPTEMBER 2010



**Rear of the church in St Benedict's Square**

**MAP REF: SK975711**

**Entries:** Online at [www.Fabian4.co.uk](http://www.Fabian4.co.uk) (Close: Midnight 25/08; Limited EOD)

**Registration/EOD:** 10.00-12.00; **Starts:** 10.30-12.30

**Fees:** *Seniors* £8 (reduced to £6 for National and East Midlands members of British Orienteering); *Juniors* £2; *SI card hire* £1

**Four courses** - Men's Open (~7.5k) / Women's Open & Men's Vet 40+ (~6k) / Women's Vet 40+ & Men's Super-Vet 55+ (~5k) / Women's Super-Vet 55+ & Junior (~3.5k)

Planner: Liam Harrington

Organiser: Sean Harrington – 01522 791344

Controller: Ranald Macdonald (DVO)

# HALO POACHER RACE REPORTS

## 8. HALLIDAY HILL—2 JUN 2010

Arguably the most runnable of all the Poacher areas, Halliday Hill and Brompton Dale gave competitors a pleasant evening's orienteering. The high temperatures certainly accounted for the loss of a few excess pounds. Planner for the day was Ben Offler, who as a teenager in 2005 became (and still is) the youngest ever Poacher planner. With major contender, Martin Kullich, out injured and last week's winner, Zac Field, making a rare error, it was a one-two for LOG on the Long Course, with Liam Harrington almost 3 minutes clear of Paul Murgatroyd to take maximum points. Dean Field again narrowed the gap for the Master's Trophy with a fine fourth place. The Long Course also saw excellent team packing from the small village of Grasby; teenagers Jay Robinson and Lewis Tuck just edging 2009 Supervet Champion, Pete Kullich, and backed up with a great run from the leading lady on the night, Harriet Gillman. The form book was upset on the Short Course, where Caistor Grammar's Jack Robinson had his best ever run finishing well clear of SYO's Jake Field. W12 competitor, Yasmin Field, in fifth equal now looks to be capable of breaking her mother's stranglehold on the Lady's Trophy.

## 9. PRIMROSE WARREN—9 JUN 2010

Poacher 2010 was again fortunate with the British weather. After very heavy rain the previous day, the evening was dry, although the vegetation was still damp, creating elephant tracks in some places, which slightly favoured the later starters. Paddy Neligan was making his debut as a Poacher planner and he did an excellent job with plenty of controls and changes of direction, demanding 100 percent concentration. With 2 events to go the competition for trophies is intense, particularly on the Short Course, where all 3 categories are too close to call and likely to be declared on the final evening. The closest of all is the Short Championship where Caistor Grammar's Sam Offler had a great run, finishing over 3 minutes clear of second placed, Dave Jolly, who is just back from Afghanistan. Beverley's Rosie Field returned to form to be the first lady home in fifth place. Also excelling here was Grasby's Heather Tuck in an encouraging eighth place. The outcome of the competitive categories on the Long course is more clear-cut. Liam Harrington clinched the Lincolnshire Poacher Trophy with another maximum, repeating his win of 2008. The North bank's Helena Crutchley was the leading woman on the Long Course, with her best run this year finishing well up in the top half of the field. One of the youngest competitors in the Poacher, Joe Field, was well pleased to win the Newcomers race.

## 10. NORMANBY LE WOLD—16 JUN 2010

Lincolnshire is flat! Well a visit to Normanby-le-Wold would surely change that view. The highest point in the county and the highest between the Humber and the Thames - Normanby provides the most physical challenge of the Poacher Series. As well as the climb, competitors had to contend with uneven ground underfoot, luxuriant vegetation and occasional interest from the local bovine population. Planner, Andrew Houlden, made maximum use of the area, giving runners on the Long Course over 200 metres of climb, and he even managed to arrange for a notorious area of nettles to be mown prior to the event. Junior Zac Field was in fine form to clearly win the Long Course and younger brother Jake made it a one-two for the family, as he came home first on the Short Course. With one event to go all but two of the trophies are now cut and dry.

## 11. CABOURNE WOODS—23 JUN 2010

A warm summer's evening attracted nearly 70 competitors to the runnable South end of the large Pillar Wood for the final event of Poacher 2010, planned by Masters Champion Neil Harvatt. The leading positions on the Long Course were contested by the two Lincolnshire clubs of HALO and LOG. Spearheaded by Liam Harrington and Paul Murgatroyd, LOG took first and third, with HALO's Martin Kullich and Brian Ward making up the top four in a close contest. This final event saw excellent runs on the Long from Dave Jolly who is just back from altitude training in Afghanistan, Keelby's Ben Offler and Land Economist Andy Houlden. Caistor Grammar's Jack Robinson was delighted with his second win this year on the Short Course, where Kirmington farmer William Sowerby excelled in a fine third place. The Ladies Trophy for 2010 was only decided on the night with Junior Yasmin Field pipping mother Rosie by two places. They were separated with a season's best run from Grasby's Heather Tuck. A large contingent then descended on the New Inn at Great Limber for the annual trophy presentations, followed by an excellent quiz on the Poacher compiled by Pete Harris. As I have decided to step aside as the organiser of the Poacher after 13 years this will be my last report, but I hope to see everyone at the first event in 2011 probably on Wednesday April 13th - I might even be planning that evening's courses.



# HALO POACHER TABLES

## Long Course:

*Champion* - Liam Harrington (LOG)  
*Masters* - Neil Harvatt (HALO)  
*Super Vet* - Pete Kullich (HALO)  
*Ultra Vet* - Mark Tyszka (HALO)  
*Womens* - Helena Crutchley (HALO)

## Short Course:

*Champion* - Jake Field (SYO)  
*Junior* - Sam Offler (HALO)  
*Ladies* - Yasmin Field (SYO)

### LONG COURSE (Top 5 and selected others)

Pos	Name	Age	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	Total
1	Liam Harrington	M21	50	48.5	47	50	42	50	49	50	50	49	50	398
2	Zac Field	M16	49	47	46	48	49	48	50	41	48	50		389
3	Paul Murgatroyd	M40	46	0	45	46	50	49	46	49	49	48	48	385
4	Martin Kullich	M21	47	48.5	48	49	48	46	48			35	49	383.5
5	Ben Beresford	M16	48	46	50	44	47	47	42	48	46	46	46	378
25	Sean Harrington	M50	28	27	33	25	30	22	28		25	28		224
28	Andy Furnell	M45	22	31	27	16	26	20	23	24	23	21	21	197
46	Clare Hanna	W45	19			18				23				60
48	Justin Williams	M40			49									49
53	John Mather	M40	38											38

Pos	Name	Age	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	Total
1	Jake Field	M14	50	47	50	49	50	50	49	49	48	50	49	397
2	Sam Offler	M16	47	50		50	48	49	50		50	49		393
3	Jack Robinson	M16	42	45	49	46		46	46	50	47	47	50	381
4	Digby Sowerby	M14	49	46		45	49	47	47		42	45	46	374
5	William Sowerby	M45	38	49		36	47	48	48		45		48	359
31	Clare Hanna	W45		36			42					40		118
44	Sarah Edwards	W21										39		39



# FITNESS FOR ORIENTEERING

*This series of articles appearing in CompassSport magazine over the next year is aimed at helping the orienteer, irrespective of their age, ability or ambition, to develop their understanding of the fitness aspects of the sport and to help increase their enjoyment of orienteering through a logical approach to fitness development.*

The previous article in the series outlined the need for the aspiring orienteer to consider their overall competition goals and begin building the approach to their training year around these objectives through a cyclical or 'periodised' approach. We now switch our attention to breaking this grand plan down into smaller chunks and outline specific details about what each period of the training year should concentrate upon. Our focus now should be on the 'microcycle.'

## Microcycle

As discussed in the last article, the microcycle is usually 'a weekly or 3-7 day training programme' (Bompa, 2009) within the annual scheme. This is regarded by many as the fundamental planning tool within the training process and is in effect the focus of most discussions between athlete and coach. The microcycle is structured with clear objectives in mind, related to the phase of the annual training cycle that the athlete finds themselves at. Underpinning the design of the microcycle are factors such as intensity, volume and training methods. Microcycles must be flexible and allow for adaptations to the initial plan to occur, particularly when the orienteer has other factors to consider, such as work, family, etc. and many orienteers often need to change their daily plans within the microcycle whilst attempting to keep the overall goals for the week in mind. Any modifications to the plan, such as the inability to carry out a planned training session due to other commitments, must be taken into account for the remainder of the microcycle, so that training objectives are still met wherever possible.

## Structure

The overall content and design of the microcycle will be dictated inevitably by the phase of the periodised plan that the orienteer finds themselves at. There are two contrasting approaches to consider here. Some athletes and coaches will work backwards from the grand plan or 'macro to meso to microcycle' method. This has the advantage of considering overall objectives and planning down from there, but can result in a lack of flexibility. Others adopt a more dynamic 'bottom-up' approach and work to a maximum of two microcycles into the future, whilst keeping an eye on the bigger picture. Whatever method of planning is adopted, fundamental factors will be inherent within the structure of all microcycles and these are:

- The objectives of the overarching meso-cycle (this is usually 4-6 weeks long)
- The allotted time available for training
- The desired training intensity
- The methods required to bring about the training adaptations
- The need to vary loads to allow rest/recovery to occur
- The timing of any races/competitions within the microcycle

The sequencing of sessions within the microcycle is probably the most important aspect of the design of the training week, as the fatigue generated by a particularly hard, intense session will affect the quality and make-up of the training sessions that subsequently follow. Maximal loads should be used no more than twice a week, with rest days and lighter sessions interspersed to enable maximum recovery to take place.

Often the same basic structure will be repeated throughout a mesocycle, especially during the preparation phase, with the focus on development of one or two particular fitness components. Underlying all of this is the stage of development of the orienteer, with those who have a strong fitness foundation able to develop more taxing and complex microcycles.

## Fitness Factors

Previously in this series of articles the important fitness characteristics to be developed by the orienteer have been highlighted and the microcycle needs to decide which of these elements will be the core focus. Potentially, these are:

- Aerobic capacity (endurance or stamina)
- Anaerobic capacity (lactate threshold and tolerance)
- Muscular endurance/strength (primarily leg and core)

Other components to consider at some point are:

- Flexibility (particularly dynamic)
- Speed/power (especially for those focusing on sprint racing)
- Balance/agility

The general principle, according to Bompa (2009) is that when targeting the development of sub-maximal aerobic capacity, usually the goal of the preparation phase, 'three (stamina) sessions a week will suffice'. This will change towards the competitive phase, when endurance work will fall to a maximum of two sessions a week, with a growing focus upon higher intensity, anaerobic work. One or two sessions a week are required for maintenance of strength, flexibility, speed/power and agility training. This is obviously a rudimentary structure and factors such as age, ambition, time

availability, training background, etc, need to be taken into account. Let's consider now the possible microcycles the orienteer could adopt and how these would work in practice at different times of the training year.

## Classifying Microcycles

The first method for classifying microcycles, and probably the most common, is around the number of training sessions per week. This number will be dictated by a range of factors, not least the stage of development of the orienteer, their training status and the amount of time they can dedicate to their programme. The most common structure, and the type that most club and young orienteers adhere to, is one where the individual trains only once a day and between three to five times a week. Usually the off-days are devoted either to total rest or light, recovery-style sessions. Athletes who are more advanced in their training and development can undertake more rigorous regimes and will undertake schedules with two or more sessions a day. For instance, the athlete can use a 3+1 microcycle, where the individual trains for three successive half days, followed by a half day of rest. This can be extended further to a 5+1 or a 5+1+1 approach, if the orienteer is physically mature enough to be able to withstand the strain that this places on the body, and this is where the elite orienteer will be able to devote time to all the different factors that require development. The progression through these outline schemes is shown in the figures overleaf.

Obviously, the training dynamics will change across the microcycle, with the need to devote different sessions to varying aspects of training. The intensity of training should fluctuate to accommodate the focus of the training and the need for the athlete to recover between demanding bouts of exercise. These alterations will be dictated by the objectives of the microcycle and how this fits into the phase of the periodised calendar. Bompa (2009) uses a model of six different intensity zones to map out how the orienteer may vary their training load throughout the week and this is shown in table 1. Examples of these intensities in practice are shown in figures 2.1 & 2.2.

Recently Smith (2003) has proposed that a classification of specific microcycles should be considered by athletes and coaches when planning their programmes. Each microcycle thus falls into one of the following five categories:

- Ordinary, moderate microcycle (intermediate training load)
- Shock microcycle (significant increase in training load to previous microcycle)
- Applied microcycle (to allow athlete to adjust to new training conditions or to ensure competition preparedness)

# FITNESS FOR ORIENTEERING

- Competition microcycle
- Recovery microcycle (to follow on from shock or competition microcycles)

Shock microcycles (increased volume and/or intensity in training) are the most demanding but these are needed to elicit an increased response to training. However, these must be monitored carefully to avoid overtraining or injury.

### Microcycles in practice

The final step in our discussions on microcycles should now focus on what all of this theory means in practice for the orienteer, as he or she works through the various phases in the orienteering programme. Let us remind ourselves of these key phases in the periodised training programme and their primary focus:

- *Transition phase* – recovery from the competitive demands of the previous phase and a 'bridge' into next season. Usually around 4-6 weeks in duration.
- *Preparatory phase* – split into three parts (base1, base 2, specific – each lasting around 4-6 weeks), with a focus firstly on high training volume and endurance development, followed latterly by an increase in intensity and reduction in volume, as the focus begins to switch to the enhancement of anaerobic characteristics.
- *Competitive phase* – maintenance of training gains, reduction in load and an increase in sharpening work in order to enable the orienteer to peak physically for major competitions.

Shown overleaf are examples of typical training weeks for orienteers at different stages of the periodised year, using Bompa's (2009) '3+1' model from figure 1 as a template.

The key sessions are highlighted in yellow and these should form the central 'plank' of any training programme, irrespective of the orienteer's performance level. For orienteers that have a limited time for training, or just want to reach a basic level of competitive fitness, or are starting out on a structured fitness programme, then these are the pivotal sessions. Gradually, as the training base is developed, the other sessions can begin to be incorporated, starting with the sessions highlighted in green and moving ultimately, if possible, to all of those shown, once the orienteer is physically developed enough to cope with such a training load. Please remember that there are few hard and fast rules here and that all training programmes must be flexible and, ultimately, you have to be prepared to deviate off any plan that is not working for you.

Session Time	DAY						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
a.m.							
p.m.	Training	Training		Training		Training	

Figure 1.1 Microcycle with four training sessions per week. (From Bompa, 2009)

Session Time	DAY						
	Mon	Tues	Weds	Thurs	Friday	Sat	Sun
a.m.	Training	Training	Training	Training	Training	Training	
p.m.	Training		Training		Training		

Figure 1.2 Microcycle with a 3+1 structure. (From Bompa, 2009)

Session Time	DAY						
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.	Training	Training	Training	Training	Training	Training	Training
p.m.	Training	Training		Training	Training		

Figure 1.3 Microcycle with a 5+1+1 structure. (From Bompa, 2009)

Intensity zone	Training Demand	Percentage of maximum performance	Intensity
5	Very high	90-100	Maximum
4	High	80-90	Heavy
3	Medium	70-80	Medium
2	Low	50-70	Low
1	Very low	<50	Very low
Recovery	Recovery	No training	Recovery

Table 1. Intensity zones and training demand (From Bompa, 2009)

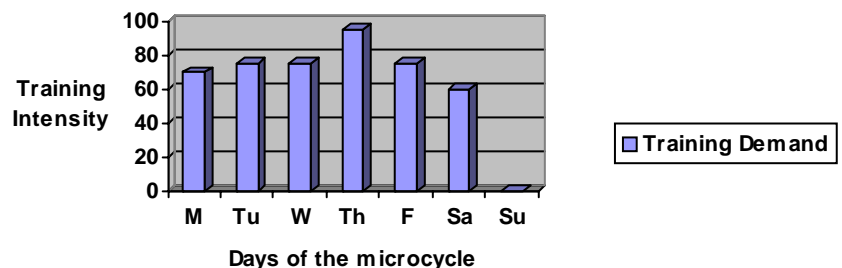


Figure 2.1 Microcycle with one peak (Adapted from Bompa, 2009)

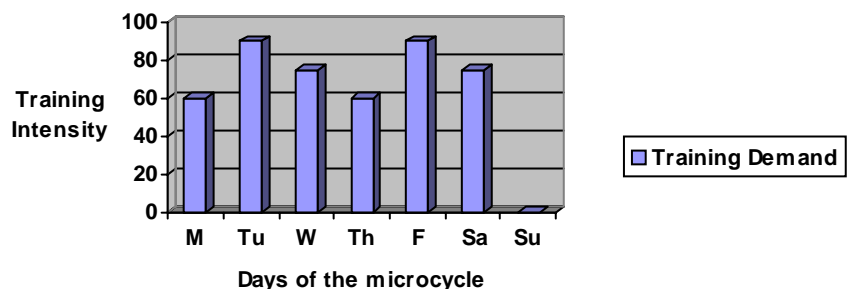


Figure 2.2 Microcycle with two peaks. (Adapted from Bompa, 2009)

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Figure 3.1 Sample microcycle to be used during transition phase

Session Time	DAY						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Recovery	Endurance (Aerobic)	Core	Endurance (Aerobic)	Strength (Endurance)		Endurance (Aerobic)
p.m.		Flexibility		Recovery			Flexibility

Figure 3.2 Sample microcycle to be used during preparatory phase (Base 1)

Session Time	DAY						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Running Drills	Endurance (Aerobic)	Strength (Endurance)	Endurance (Aerobic)	Strength (Endurance)		Endurance (Aerobic)
p.m.		Flexibility		Recovery			Core

Figure 3.3 Sample microcycle to be used during preparatory phase (Base 2)

Session Time	DAY						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Running Drills	Endurance (Aerobic)	Strength (Endurance)	Endurance (Anaerobic)	Endurance (Aerobic)		Endurance (Aerobic)
p.m.		Flexibility		Recovery			Core

Figure 3.4 Sample microcycle to be used during preparatory phase (Specific)

Session Time	DAY						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Recovery	Speed / Power	Strength (Power)	Endurance (Anaerobic)	Endurance (Aerobic)		Endurance (Aerobic)
p.m.		Flexibility		Recovery			Core

Figure 3.5 Sample microcycle to be used during competition phase (Base 1)

Session Time	DAY						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Recovery	Speed / Power	Strength (Power)	Endurance (Anaerobic)	Endurance (Aerobic)		Competition
p.m.		Core		Recovery			Flexibility

## Conclusion

The plans, both from the weekly microcycle through to the overarching periodised scheme, are now in place. We can now begin, in the next article, to look at adding the essential detail to each microcycle within the various phases of the training programme and focus on specific suggestions for what each session should comprise. The orienteer will then be armed with all the information to flesh out their training on a day-by-day basis and we should start to see fitness gains being made within a short space of time!

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- Bompa, T.O. & Haff, G.G. (2009) *Periodization: theory and methodology of training*. 5<sup>th</sup> edition, Human Kinetics, Champaign, IL.
- Pankhurst, A. (2007). *Planning and periodisation*. Sports Coach UK, Leeds.
- Smith, D.J. (2003). A framework for understanding the training process leading to elite performance. *Sports Medicine*, 33(15), 1103-1126.

# EAST MIDLANDS LEAGUE — 2010

east midlands orienteering association



## EMOA League— Remaining Fixtures 2010

31st October	Stanton Moor	7th November	Bestwood Country Pk
28th November	The Outwoods	5th December	Shining Cliff
19th December	Walesby	28th December	Beacon Hill

Very little movement in the table since the last edition, with only one event at Bradgate Park having taken place. Only a few LOG'ers attended and they've made moves up the table on the back of this, particularly Dave Denness, who breaks into the top 10 on the Blue. The next event is DVO's Stanton Moor on the 31st October, after the summer hiatus.

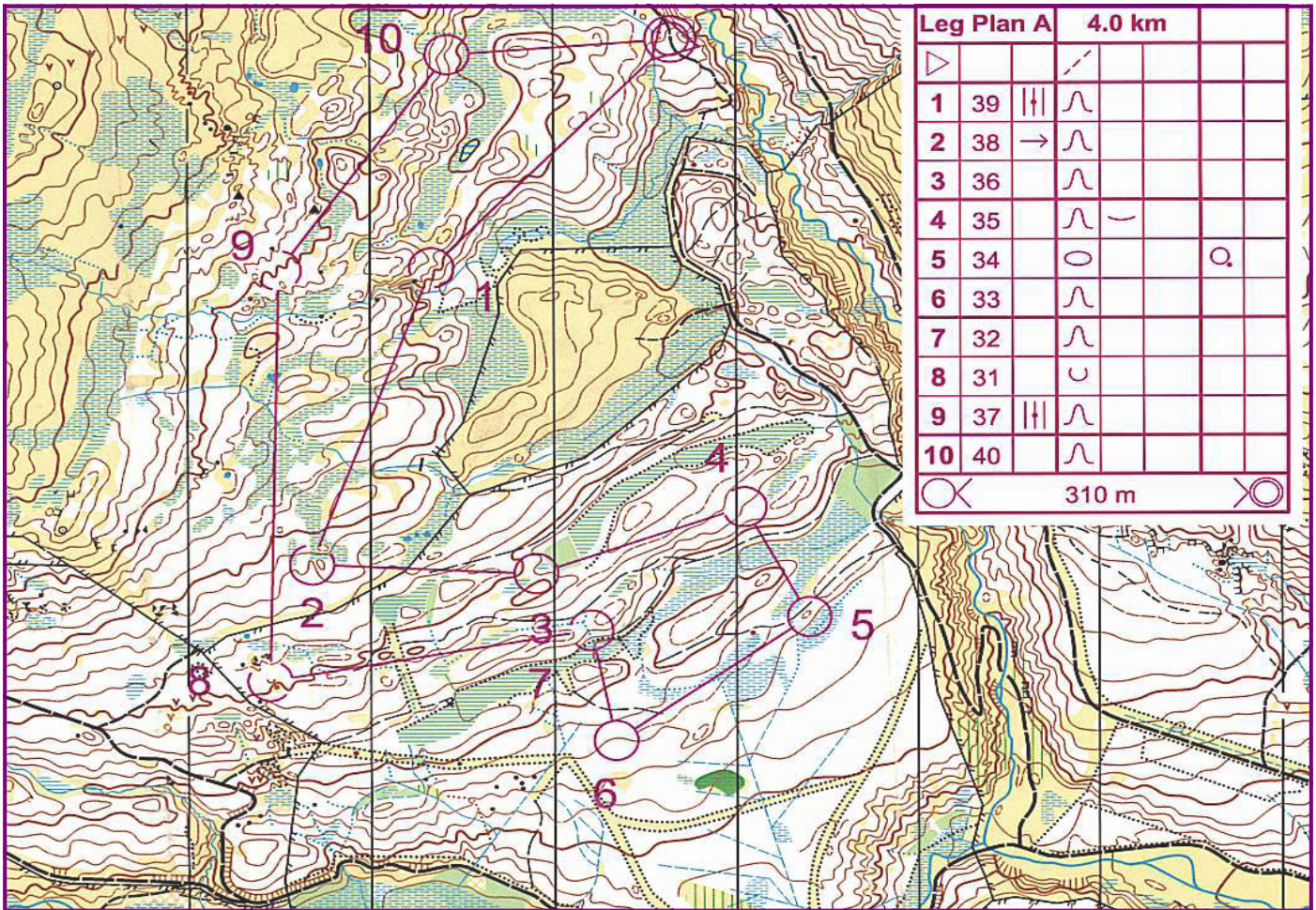
### East Midlands League 2010 (LOG & RAFO members' current standings)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight Scores	Overall Position
Yellow	Matthew Welton	342	624	1000	1000												2966	2nd
Yellow	Russell Kirk	318		435	371	503	586		312								2525	3rd
Yellow	Andrew Oxby					876	433		1000								2309	4th
Yellow	Rachel Kirk					415	465		365								1245	6th
Orange	Luke Fortune			862		865			861								2588	4th
Orange	Georgia Davey	752		1000		854	514		1000								3120	3rd
Orange	Hannah McNab	1000	1000			962	1000										3962	4th
Lt Green	Craig Youngs	710	553		661	301	579										2804	4th
Lt Green	Geoff Gibbs								501	426							927	23rd
Lt Green	Sarah Fletcher	724	606			655											1985	5th
Green	Kevin Kirk		761		500	742	824		1000								3827	14th
Green	Martin Wheeler			985	893				920								2798	18th
Green	Andy Furnell	597		586													1183	44th
Green	Tanya Taylor						635		638								1273	25th
Blue	Michael Nell	769	878	908	700	765	806		773								5599	4th
Blue	Dave Denness	837		886	771	849				864							4207	8th
Blue	Sean Harrington	614	704	651	524				664								3157	18th
Blue	Tom George	552		705		737	696										2960	24th
Blue	Joanne Nell	1000	946	951	944	1000	937		935								6713	1st
Brown	Paul Murgatroyd	909	992			845		818	799	860							5223	6th
Brown	Dave Gourlay		1000	834			860		1000	740							4434	8th
Brown	Paul Barnes			725	599				670								1994	19th
Brown	Liam Harrington	868			914												1782	23rd
Brown	Charles Nell		803	724													1527	29th
Brown	Jonathan May		772	690													1462	30th
Brown	John Mather			713					654								1367	31st

## LOG Executive Committee Meeting – July 8<sup>th</sup> 2010

		Action
	<b>Present:</b> Sean, Paul, Amanda, Andy, Liam	
<b>1</b>	<b>Apologies for Absence</b> – John, Jon, Michael	
<b>2</b>	<b>Approval of Minutes of Meeting on 27.04.10</b> – Agreed Carried forward - a. Look at trophy for Blue Riband	a. SH/LH to look at
<b>3</b>	<b>Chasing Sprints</b> – Flyer on the net now	
<b>4</b>	<b>Lincs Challenge Shield</b> – Happening at the chasing sprints, a new event against HALO where the top 10 people score from each club count towards the clubs overall score. There are 3 different classes, with a max of four from each counting.	
<b>5</b>	<b>Lincoln City Race 2010</b> – Entries are now open on Fabain 4. Flyer needs updating with the closing date	PM to change flyer
<b>6</b>	<b>Grants and Mapping</b> – Have not found out about the grant yet, should be in the next two weeks or so. Look at getting Grantham, Belton and Harlaxton mapped even if we can't get a grant as the cost of about £2000 is a very good price.	
<b>7</b>	<b>Winter Series 10/11</b> – This years is going to be held down South, with the first two in Sleaford, then two in Grantham and then two in Stamford. They will run the same as before on Sat mornings with training beforehand and then a short and long course. Planners are needed for all events.	
<b>8</b>	<b>Club Kit</b> – The new batch of T-shirts and hoodies should be with us the first week of August. The 2012 top is still in planning with the latest sample hopefully with us by the end of summer.	
<b>9</b>	<b>Summer Series</b> – All going well, with two events left. Presentations to be held after the chasing sprints, still need trophies sorting out	SH/LH to get trophies
<b>10</b>	<b>EMAOA Meeting</b> – EMOC now have a new treasurer. The AGM is to be at 10am at the Carsington event on the 19.09.10	
<b>11</b>	<b>AGM</b> – To be held in Oct, Looking at using the room in the Golden Eagle on the High St, Lincoln	
<b>12</b>	<b>A.O.B</b> – a. We currently have about £4400 in the bank, with profit around £400 for the year. b. L3 event in March look at maybe using one of the newly mapped areas. c. Look at holding a OCAD training session for winter series planners and anyone else in Sept.	c. PM to look at the date.
<b>13</b>	<b>Next Meeting</b> – around the 3rd week in August.	

# COACHING CORNER



At the Talent Camp in Cairngorm last week, the athletes were given a day of 'leg planning' exercises to complete. Following a theory session, focussing on the idea of simplification of terrain and picking out the 'remarkable features' to navigate by, the squad were then taken to Alvie. The exercises featured three loops, one of 1.7km, one of 2.1km and this one, shown above, of 4km. The challenge here was to decide on each leg what the best plan of action was in order to navigate at full speed with no mistakes. The general technique was to simplify the leg down into it's component parts, using the largest and most obvious features to navigate by, place this in the memory banks and then go as hard as possible around the course.

So, leg 1 had three main choices for the orienteer to select from:

- 1) Use the base of the hill to run along as a handrail, with the marsh area kept to the left, and swing in along the stream and up the re-entrant into the control. This is a safe and simple route but is longer and leaves all the climb to the end.
- 2) Climb to the large hill on the right and then use it's ridgeline as a handrail all the way to the final hill, which is then used as an attack point into the control. This uses the remarkable features and will be quick, but only once all the climb has been undertaken!
- 3) Climb again, but stay under the hill, avoiding the last two/three contours of climb, and again use this obvious ridge shape to the right of you as a handrail in. You should be on the right height, too, to go straight into the control.

All of these options broke the leg down into stages and would have used the large contour detail to keep things simple. Now, have a look at the remainder of the course and decide how you would tackle the challenges of each leg. Try to keep it simple and pick out the 'remarkable features' to use as much as possible. The final stage would be to use this knowledge to look at old courses and see what you could have done better and look at other courses on routegadget, particularly those on areas where you know you'll be competing again in the future, and see if you can nail each leg using this technique!



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## FUTURE ISSUES

The next LOG-NEWS is scheduled for the end of September and will be bringing you up to date with plans for the winter series, due to start on the 23rd October. We'll be nearing the AGM too, and there'll be some new faces appearing in key posts, with a change of secretary and publicity officer.

The urban race weekend of 4th/5th September, including our 4th Lincoln city race, will be reviewed and latest updates on the Nopesport Urban League will be included, with a trip to the London City race in mid-September also being on the cards. The final league standings will be taking shape, with only the Warwick race to go. Will Liam be able to defend his title from last year? Finally, we hope to report on the Lakes 5 day event, happening at the end of August, with a small, but hardy, LOG contingent in attendance.

See you out there somewhere!

## SELECTED NATIONAL FIXTURES

Tue 10/08/10	East Midlands	<a href="#">LEI</a>	Local	LEI Summer League 19/Urban series 6- Loughborough University	<a href="#">Loughborough University</a>	EOD	<a href="#">SK520188</a>
Sun 15/08/10	East Midlands	<a href="#">NOC</a>	Local	NOC Summer League Event 8	<a href="#">The Forest and Arboretum</a>	EOD	<a href="#">SK565407</a>
Wed 18/08/10	East Midlands	<a href="#">LEI</a>	Local	LEI Summer League 20- Oakham	<a href="#">Oakham Woodlands</a>	EOD	<a href="#">SK840074</a>
Tue 24/08/10	East Midlands	<a href="#">LEI</a>	Local	LEI Summer League 21- Evington park and Arboretum	Evington	EOD	<a href="#">SK628021</a>
Thu 02/09/10	East Midlands	<a href="#">LEI</a>	Local	LEI Summer League 22- Burbage (Final)	Burbage Common	EOD	<a href="#">SP446953</a>
Sun 12/09/10	East Anglia	<a href="#">WAOC</a>	Local	WAOC Try-O Ferry Meadows	Ferry Meadows, Peterborough	EOD	<a href="#">TL146978</a>
Sun 19/09/10	Yorkshire and Humberside	<a href="#">AIRE</a>	Regional	AIRE Regional Event	Conistone	EOD	<a href="#">SD978711</a>
Sun 19/09/10	East Anglia	<a href="#">NOR</a>	Local	NOR Try-O & Score Event	U.E.A.	EOD	<a href="#">TG194083</a>
Sun 19/09/10	East Midlands	<a href="#">DVO</a>	Regional	DVO Regional Event	Carsington Pastures	EOD	<a href="#">SK243553</a>
Sun 26/09/10	East Anglia	<a href="#">WAOC</a>	Local	WAOC Try-O Crown Lakes	Crown Lakes	EOD	<a href="#">TL198947</a>
Sun 03/10/10	West Midlands	<a href="#">OD</a>	Regional	Warwick Urban Race	Warwick	EOD	<a href="#">SP287648</a>