

2011 Issue 4  
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LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

# LOG-NEWS

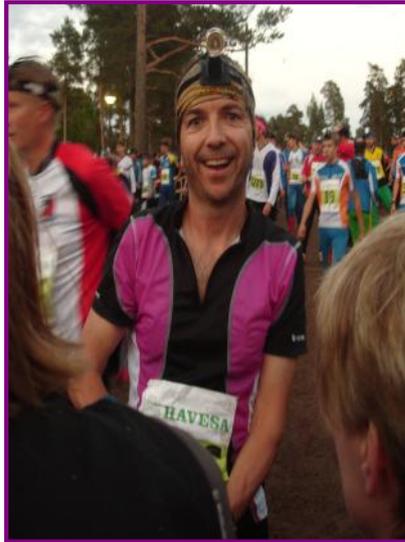
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NEWSLETTER AWARDS 07 08

# CompassSport



Photos from Jukola 2011: (Clockwise from top left) The editor gets into the zone just before the mass start; the run-in at around 2:30pm; lights on for the mass-start; Liam heading into the forest on leg 3 and down in the tented village. Report inside on page 3.

## ED'S BIG BIT



Welcome to my penultimate newsletter as editor, before stepping down at the next committee meeting. Ally Wright, our capable publicity officer will

be taking on the role of putting together LOG-NEWS from the Nov edition onwards and I hope that you support her as well as you have done me, with plenty of copy for each issue.

As we move closer to our 25th anniversary, I would like us to adopt a mantra for this special year in the club's history and it involves the three R's...No, not the three you learnt so well at school,

but the three orienteering R's: Recruit, retain, raise.

Recruit—bringing new members into the club is obviously crucial to maintaining our current healthy existence. Inevitably, each year we will lose some of our members to retirement from running, people moving away or just not wanting to renew. It is therefore important that we attract new members through word of mouth and by selling the positive aspects of what is a great sport to be involved in. Each and every one of us has a role to play here and it shouldn't be left to one or two committee members to spread the word.

Retain—once people have joined we hope that by providing a positive experience of the sport and by being a friendly, social group, we will encourage newcomers to stay in the club. How can we ensure that newbies don't fall by the wayside?

One recent discussion at committee was to incentivise renewals by providing a discount at our summer and winter races to current members. This would make renewing seem all the more attractive to those who may be wavering. Do you have any other ideas? We'd love to hear about them.

Raise—this relates to the standards of the club orienteer. Here the weekly coaching sessions and provision of regular events is crucial, but it is only by going further afield to, firstly, East Mids events and then to major races, such as the British Champs, the JK and the Scottish 6 Days festival, that we can hope to make every member the best they can be. So, get yourself out there!

*Paul Murgatroyd*

## Chairman's Sound Byte



The Community Participation Project is a relatively new initiative being rolled out by British Orienteering at the moment and. With this in

mind, we invited Pauline Olivant along to a recent committee meeting to tell us in more detail what the Project was about and how we might become involved as a club.

*Sean Harrington*

# FUTURE LOG EVENTS

- 11.08** Midsummer Madness Chasing Sprint - *University of Lincoln* (Paul Murgatroyd)
- 18.08** Training Session - University of Lincoln - Fitness
- 25.08** Training Session - University of Lincoln - Technique
- 01.09** Training Session - University of Lincoln - Fitness
- 04.09** **Level B event (Nopesport Urban League) - Lincoln City Race** (Paul Murgatroyd)
- 08.09** Training Session - University of Lincoln - Technique
- 15.09** Training Session - University of Lincoln - Fitness
- 22.09** Training Session - Hartsholme Park - Technique
- 29.09** Training Session - Hartsholme Park - Fitness
- 06.10** Training Session - Riseholme Park - Technique
- 13.10** Training Session - Riseholme Park - Fitness
- 20.10** Training Session - South Common - Technique



## JUKOLA TOUR 2011

It all began around a year and a half ago, when Jon Musgrave, professional mapper and former GB orienteer, was sat musing with members of the club committee at Mach Restaurant on his sojourn to remap Stapleford Woods. 'There's one event you have to do before you finish orienteering—the Jukola relay in Finland.' This set the juices flowing....

Eighteen months later and I'm in a crowd of 1500 other orienteers at the foot of a hill under starter's orders, thinking 'what the hell have I got myself into here?' I look up and all I can see is a sea of faces. The stats are mind blowing—1500 teams, 10000 male competitors, 20000 spectators, Finnish national TV broadcasting the event live—and here am I in the middle of the mass start at 10:55pm on a balmy summer's evening running the first leg for South London Orienteers (it's a long story...) The adrenaline is pumping and the heart is racing; this is the most nervous I've ever been at an orienteering event and the last time I felt like this was walking out as a line judge on Centre court at Wimbledon for the first time. The guns of the Finnish Defence Force sound the start of the race and we're off. No more time for doubts—just run like hell and

hope you don't fall over!

The fight up the hill and into the forest was manic, with runners jostling and barging their way forward as best they could. I was far too defensive here and settled for making sure I'd planned my first leg. In hindsight, I should have followed Nick Barrable's advice and just run hard from the start to get as far forward as possible. Once into the forest, the long train developed and it was very slow going. Trying to get past people was nigh impossible at times and, although I felt in control of the navigation for most of the course, I was never going to set any land speed records! The key to the first leg was to make sure you were following the right train on the right gaffle and you could never go too far wrong.

The going underfoot was generally quick and towards the end of the leg I could start to stretch out a bit more, as the trains lengthened and gaps appeared. Getting in in bang on 2hrs was, I first thought, a good effort, until I realised I was back in 1113th place! Just running a bit harder and being just ten minutes faster would have put me 300 places further forward—that's one runner every 2 seconds—crazy!

Anyhow, lesson learned and job done,

I handed over to Andy Robinson and returned to the army tent that was home for the weekend to wake Liam and tell him he'd be heading out in about two hours. After a shower and a sauna (the highlight of the village camp sight), I headed up with him to the start and wished him well. After what seemed like an age he was off. We'd lost a further 120 places or so, but it was obvious as I watched some of the other 3rd leg runners go out that Liam was going to easily make this up. He had a good, solid run and lifted us back to around 1120th. The other SLOW runners continued to make fine progress and we ended up, by the end of the 7th leg, in 849th position, pretty much as we'd been seeded.

On reflection, it was an immense weekend. You will never get anything approaching this experience in British orienteering and, if you get the chance, I would heartily recommend the event to you. If you want to see the start, there's great You Tube clip posted on Nopesport and available here:

<http://www.youtube.com/watch?v=vQpePfy73rw&feature=related>

*Paul Murgatroyd*

# LOG SUMMER SERIES 2011 – REPORTS

## 5. 2nd June—Stapleford Woods, Newark (Planner: Clare Hanna)

## 6. 16th June—Grantham Town (Planner: Jeff Baker)

After visiting the primary school, the girl's school and the college several times over the past few months, much to my relief I finally managed to complete the updating of the map, with a little help and advice from my mentor, Paul, of course. It was then down to the planning. Three courses in an area of about three quarters of a mile square was harder to plan than I thought, but with the help of my ever willing assistant, Tanya, and several more trips walking around the town, during which Tanya showed me places I never knew existed (we won't go into that in too much detail) the control locations were finally decided upon. The short course was kept within the boundaries of the major roads for safety reasons, whilst the long and score courses took in the whole of the town that was shown on the map. To make the score course a bit more interesting, I decided to send runners to a control roughly in the middle of the course first, this reduced the chances of people following each other and also made the choice of routes much better.

Setting up on the day was a nightmare. I stupidly thought that myself and Tanya could drive round the locations and put out the controls with no problems and it would take about an hour at the most. How wrong can one be. Everywhere we tried to go there was a queue of traffic, every set of traffic lights seemed to be on red. There was also the problem that at a couple of the control sites some of Grantham's finest jobs were hanging about and so these controls had to be put out last. In the end I think that I ended up running around most of the town with my beautiful assistant following in Noddy's van sorting out the controls. Two and a half hours later, I finally arrived back at the start, a little stressed, sweating like a mad rapist and with a tongue like Gandhi's flip flop. With help from everyone the start was soon set up and the first people were away by 6.30pm.

Comments afterwards about the courses were on the whole favourable and I think that most of the fifty people enjoyed themselves. It was nice to get back to the pub afterwards and quench one's thirst. Am I looking forward to the next planning session, of course I am. If nothing else, I am getting reasonably good on OCAD now. To finish off a few thanks. First of all to my mum for giving birth to me, secondly to my wonderful assistant for not making the little disagreements last too long and lastly to Paul for not criticising my effort too much.

## 7. 30th June—Riseholme Campus (Planner: Hayley Fox)

My initial excitement about planning my first orienteering course turned into frustration and then panic, as at 4pm I was still sat in a classroom. That was not in the plan. Fifteen minutes later, I made it to Riseholme, things were getting back on track when nettles, missing tripods and total panic set in.

Fortunately the o'ing contingent had sunshine to wait in and was patient and gracious, as my inexperience impacted on the long and technical courses. I went home gutted, but hope to make amends in December with my second outing as planner- you have been warned. Brian Slater, HALO (short), Charlie Thomas (long) and Paul Murgatroyd (technical) went home winners on the evening.

## 8. 14th July—Stamford Town (Planner: Dave Denness)

My aim for this year's Stamford urban event was to make the Long course a good 'normal' urban race, but add an extra dimension to the Technical. The extra challenge here was to collect six compulsory controls at the start, by memorizing them from a master map, before starting on the usual score course section. The 'memory' controls were all close to the start, so it was not too costly to return to view the master map several times. However, valuable time could be saved by collecting them in two straight forward loops of three at a time, an approach which paid dividends for the eventual winner, Paul Murgatroyd.

The long course had all of the technical difficulty of a standard urban course and severely challenged some of the less experienced competitors. No such problems arose for Stamford Striders' runner and former champion orienteer, Iain Cameron, who took the honours ahead of NOC's Will Parkinson. The Short course saw an easy win for RAFO's Georgia Davey over her compatriot, Lauren Bates.

## 9. 28th July—West Common (Planner: Ally Wright)

First of all for those who struggled on number 36, I am extremely sorry, I seriously bodged up on that one. No excuses can be accepted. To make it up a little, I have been back out to that site to look at the correct position and learnt what a knoll is: Knoll - a small mound or rounded hill. I won't even admit to you all what I thought I knoll was. At least now when the VC says at training lets head to that knoll, I won't be thinking, 'what are we running to?'

Well, what a relief my first event over, that pint in the pub afters tasted sooooo good. Would I do it again? Straight after the event I would have definitely said no. However, I found by planning and setting up my event, I have learnt a lot more about the sport and it has been a great learning curve. So, yes I would do another, but not until next Summer Series!

Thanks to all who assisted, and came along. I hope you learnt something about the history of the common as well as enjoyed running around.

# LOG SUMMER SERIES 2011 – FINAL TABLES

## Short (Top 5)

Pos	Name	Club	Age	Sc	Op	Cw	Bw	Sw	Gt	Rp	St	Wc	Tot
1	<b>Georgia Davey</b>	RAFO	W18	-	50	-	49	50	-	47	50	50	<b>249</b>
2	Anne Gibbs	LOG	W65	40	43	50	-	49	43	49	47	47	<b>242</b>
3	Geoff Gibbs	LOG	M65	44	37	48	-	39	48	-	-	43	<b>222</b>
4	Wendy Davey	RAFO	W50	-	41	-	42	43	-	45	46	44	<b>220</b>
5	Heather Stacey	RAFO	W16	34	-	-	40	47	45	-	41	46	<b>219</b>

## Long (Top 5)

Pos	Name	Club	Age	Sc	Op	Cw	Bw	Sw	Gt	Rp	St	Wc	Tot
1	<b>William Parkinson</b>	NOC	M16	49	-	46	50	49	47	48.5	49	-	<b>245.5</b>
2	Kevin Kirk	RAFO	M18	50	40	-	49	40	49	-	48	49	<b>245</b>
3	Robert Parkinson	NOC	M50	47	49	48	46	48	43	46	37	-	<b>238</b>
4	Charlie Thomas	LOG	M20	-	-	-	43	45	44	50	47	50	<b>236</b>
5	Al Holyoak	IND	M40	48	-	-	48	-	-	48.5	44	47	<b>235.5</b>

## Technical (Top 5)

Pos	Name	Club	Age	Sc	Op	Cw	Bw	Sw	Gt	Rp	St	Wc	Tot
1	<b>Paul Murgatroyd</b>	LOG	M40	50	50	50	47	50	49	50	50	-	<b>250</b>
2	Liam Harrington	LOG	M21	49	-	48	48	49	50	49	-	-	<b>245</b>
3	Jeanne Gaudin	LOG	W21	46	41	47	49	-	43	46	-	50	<b>238</b>
4	Paul Barnes	LOG	M35	47	-	49	43	47	47	48	41	-	<b>238</b>
5	Tanya Taylor	LOG	W40	48	-	40	46	31	-	47	43	48	<b>232</b>

## Team Name

## Members

## Team Score

Marsh Harrier	Barnes/Gibbs, A./Davey	729
Merlin	Furnell/Taylor/Beach	651
Sparrowhawk	Roberts/Lucas, C./Stacey	633
Eagle Owl	Nell, J./Lockie/Bates	619
Osprey	Wright/Wheeler/Kirk, K.	604
Hobby	Hanna/Theobald, T./Wright	570
Bald Eagle	Nell, M./McNab/Hutchinson	555
Golden Eagle	Edwards/Baker/Stephenson	554
Sea Eagle	Mather/Davey/Barnett	539
Hen Harrier	Lucas, A./Gibbs, G./Oxby	509
Buzzard	Gaudin/Stevenson/Kirk, Ru.	485
Goshawk	Harrington, S./Street/Fletcher	456
Peregrine	Harrington, L./Mylett/Goodacre	453
Kestrel	Murgatroyd/Whelton/Pulling	377
Red Kite	Fox/Theobald, M./Fortune	347



# HALO POACHER SERIES 2011 – FINAL TABLES

## Long Course

	NAME		1	2	3	4	5	6	7	8	9	10	11	Total
1	<b>Liam Harrington</b>	M21	<b>49</b>	<b>50</b>	49	<b>50</b>	<b>50</b>	<b>50</b>	49	<b>50</b>	<b>50</b>	<b>50</b>	49	399
3	<b>Paul Murgatroyd</b>	M40	<b>50</b>	<b>49</b>		<b>48</b>	<b>49</b>	<b>47</b>	<b>50</b>	47	<b>48</b>	40	<b>50</b>	391
17	<b>Sean Harrington</b>	M50	<b>31</b>	<b>35</b>	0	29	<b>36</b>	<b>30</b>	<b>33</b>	<b>33</b>	<b>31</b>		<b>30</b>	259
24	<b>Andy Furnell</b>	M45	<b>26</b>	<b>28</b>	<b>28</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>30</b>	<b>26</b>				219
35	<b>Andy Lucas</b>	M45								<b>43</b>		<b>45</b>		88
39	<b>Sarah Edwards</b>	W21		<b>40</b>									<b>33</b>	73
41	<b>Craig Lucas</b>	M14								<b>30</b>		<b>27</b>		57
43=	<b>John Mather</b>	M40					<b>45</b>							45
51	<b>Amanda Roberts</b>	W45	<b>30</b>											30

## Short Course

	NAME		1	2	3	4	5	6	7	8	9	10	11	Total
18	<b>Kaele Pilcher</b>	W50			<b>37</b>	<b>35</b>	<b>42</b>	<b>28</b>		<b>30</b>	<b>31</b>	<b>24</b>	<b>36</b>	263
52	<b>Deborah Clark</b>	W40				<b>16</b>		<b>25</b>						41
61=	<b>Clare Hanna</b>	W45	<b>0</b>											0



*Left:* Liam Harrington in victory pose before heading out on the final event at Swallow Vale.

*Right:* Liam collecting his Long course and overall Poacher champion trophy from series organiser, Brian Slater.



# HARVESTER 2011—REPORT

## **H HARVESTER RELAYS** / SHEFFIELD Ecclesall Woods 16-17/07/2011

This year's Harvester Relays took place at Ecclesall Woods on the outskirts of Sheffield. The overnight event was for teams of seven on the A course and five on the B course. It was an impressive response to Paul's call for participants that saw LOG enter a team on each course for the first time.

SHuoC were hosting the event, with SYO contributing a middle distance and an urban race to expand the event into a full weekend's orienteering, with the other events either side of the relays. There was a good turnout for the other events - as if the sleepless night wasn't demanding enough for those present. For myself, though, as reserve for the relays (and happy to be so), I had entered the middle distance race at Bowden Housesteads and the Sunday morning urban event at Dore, as well as planning on a run out at the ultrasprint maze that was being set up at the event centre for the Saturday evening.

It proved to be a case of LOG members converging on the event at different times and from different directions. Paul, Hayley, Amanda, Geoff, Tanya, Geoff and Jeanne were all taking part in the Bowden Housesteads middle event. This was an area that most of us had competed in when it was used for an event earlier in the year for the first time in around 25 years. At that time, the building of Sheffield Parkway right through the middle of it ended its use. A combination of the introduction of e-punching and, more recently, gripples has brought it back into use. Although the area is limited in size and broken up by road crossings, it is a worthy addition to SYO's areas.



We then made our way down to the event centre, which was at HSBC's sports club, whose sports fields back right onto Ecclesall Woods. This proved ideal for the event, with plenty of camping space right next to the start / finish area. I had taken my own tent, with the stated intention of freeing up a bit of space in the club tent but, if truth be told, to stand more chance of an undisturbed night. My intention was though to get up early to catch a few photos of our later daylight runners. Having emerged around 4.15am, the word from our earlier runners was that it had proved to be a major challenge to get round in the dark. All of our runners did successfully complete their courses though, which is worthy of credit as there was a number of teams without results due to retirements. The relays, which started at midnight for the A event and 01:30 for the B event, were still going at 07:00, at which point the last leg runners were sent off in a mass start. The event featured the use of radio controls, which allowed the use of monitors at the start area so competitors could tell

how far their team-mates were around their courses. This helped generate interest in the event throughout the night and keep a good atmosphere around the start area. The result was a real credit to those who took part. Very few of them had significant experience of night orienteering and this therefore posed a serious challenge, which they all passed. Particular credit goes to Amanda and Jeanne for their efforts in total darkness on the opening legs on the B course and Dave Denness for having to cope with a head torch failure on his twilight run.

With the relays completed, it was almost straight away time for the urban event in Dore. This was just down the road from the event centre, so a walk down the road was required for Geoff, Tanya, Trudy, Dave and myself, who were all taking part. Dore is a pleasant suburb on the edge of Sheffield. The early part of the event made for fairly ordinary urban orienteering. A challenge was in store later on, with one of those estates with lots of little cut throughs and where being able to read the map accurately and quickly is a major part of the challenge. 9 controls were packed into this small area. We're quite used to urban events taking place in schools. The final controls on this one appeared to be in school grounds - but one which had been demolished.

Overall, it proved to be a weekend packed with quality events. Geoff and Tanya's efforts were particularly impressive by doing all three main events. I think I'd have needed to sleep for a week if I'd done that. The team efforts in the Harvester really represented a big step forward for LOG. At the time of the event, no club had been found willing to host the event next year. It would be a real shame if it doesn't take place, as it would be a chance for the teams to build on this impressive effort.

*Andy Furnell*

# EAST MIDLANDS LEAGUE 2011

## EMOA League— Remaining Fixtures 2011

9th October  
23rd October  
13th November

Outwoods (LEI)  
Bramcote (NOC)  
Byron's Walk (NOC)

?????????????  
18th December  
28th December

Carsington (DVO)  
Walesby (NOC)  
Willesley (LEI)

With the summer 'mid-season' break in full swing, there's only been one event since the last league update in the newsletter. A few LOG'ers attended the LEI event in June and this has helped Lauren Bates, Hannah McNab, Michael Nell & Dave Denness to surge up their respective courses. LOG & RAFO members still remain in contention for podium places at the end of the year. Paul Murgatroyd currently heads up the Brown table, with Dave hot on his heels in second, Maria Lockie, Luke Fortune, Hannah McNab and Michael Nell are all in silver place on their respective courses and Russell Kirk, Lauren Bates, are in bronze places in their classes.

### East Midlands League 2011 (Current LOG & RAFO members' placings)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight	Position
Yellow	Russell Kirk			303	463	381	205	393		301	604						2650	3rd
Yellow	Ben Mather			529	448	292		468									1737	4th
Yellow	Michael Theobald				1000			440									1440	5th
Yellow	Andre Fougo			436	661												1097	6th
Yellow	Alex Kenneally					415	236			395							1046	7th
Yellow	James Thompson			311			251										562	8th
Yellow	Maria Lockie			1000	728	1000	609			579							3916	2nd
Yellow	Rachel Kirk			619	398	425		138									1580	6th
Orange	Jacob Pulling			532	392	716	697	378									2718	4th
Orange	Michael Theobald					917				876	644						2437	6th
Orange	Sam Luscombe						1000				1000						2000	7th
Orange	Alex Wright				984		971										1955	8th
Orange	Lauren Bates					769				970	1000						2739	3rd
Orange	Heather Stacey			569	411	938	482										2400	4th
Orange	Milly Beach			766						949							1715	5th
Lt Green	Luke Fortune			517	922	655	999	770		886							4749	2nd
Lt Green	Andrew Oxby				749	566	703										2018	9th
Lt Green	Hannah McNab			978	879		1000	1000		1000							4857	2nd
Lt Green	Bella Williams				1000	745											1745	12th
Green	Kevin Kirk			484	693	701	648				616						3142	16th
Green	Glyn Mayley			512		698			596		611						2417	20th
Green	Martin Wheeler				739	816			812								2367	21st
Green	Philip Denness						596		731		606						1933	34th
Green	Jeff Baker					764				848							1612	44th
Green	Sarah Fletcher			454	771		622				714						2561	17th
Green	Sarah Edwards		573		839	813											2225	20th
Green	Hayley Fox		421		811	768											2000	21st
Green	Trudy Crosby					922	828										1750	25th
Green	Karen Williams				875	838											1713	26th
Blue	Michael Nell			910	805	846	876	809		804	775						5825	2nd
Blue	Clive Street	823				972			902								2697	29th
Blue	Sean Harrington			691	655	674											2020	36th
Blue	Joanne Nell			757	946	935	879	765			865						5147	4th
Blue	Tanya Taylor		854			803	904			1000							3561	5th
Blue	Jeanne Gaudin		671		879	874											2424	11th
Blue	Alison Wright			587	683	587											1857	13th
Brown	Paul Murgatroyd		777	973	958	993	939	865		918							6423	1st
Brown	Dave Denness			834	888		779	761	786	893	1000						5941	2nd
Brown	John Mather			778		714	684			691	807						3674	9th
Brown	Liam Harrington				807	824	808			766							3205	11th
Brown	Charles Nell			759				609			822						2190	18th

Key to Events: 1 Eyam Moor, 2 Shining Cliff, 3 Bagworth Heath, 4 Hardwick, 5 Belton Park, 6 Martinshaw & Ratby, 7 Crich Chase, 8 Harlow Woods, 9 Keddleston Pk, 10 Burrough Hill, 11 Stanton Moor, 12 The Outwoods, 13 Bramcote, 14 Byron's Walk, 15 Carsington Pastures, 16 Walesby, 17 Willesley

## CATHEDRAL 'O' TOUR 2011

The bank holiday weekend at the end of May saw many Loggers venture north to compete in two of the Nopesport urban league events. The first was in Ripon on Sunday, and the second in York on Monday. With the two events being so close it gave the opportunity, and a good excuse to make it into a LOG social trip. So I set to work on the organising...

My first few emails regarding accommodation seemed to cause a little bit of a stir initially as some people with vivid imaginations thought I was touting for people to share a bed with. I would like to clarify that my email was sent out very innocently to try and keep the cost of the trip down, not to borrow people's partners and husbands for the night.



In the end we had 7 Loggers with LOG Mummy to keep us out of trouble for the Ripon event, then 14 of us for a social outing on Sunday eve, and 17 due to take part in York on the Monday.

Whilst I was organising this weekend of O'ing I was imagining us in glorious sunshine, sadly despite the met office's predication of a heatwave the rain started as we hit the A1 carried and on until we arrived in York Sunday afternoon, then kindly returned Monday morning. This ensured two wet and slippery races-giving problems for the glasses wearers of the group. I do have to say Mrs Roberts certainly got the knack of the visor and managed to pull it off in style.

On the results front, Ripon saw Liam in 3rd on the A course, 30 seconds ahead of Paul in 5th, and then Andy in 28th, who scalped Sean by around 8 minutes (29th). On the B course, Jeanne headed up the ladies in 12th, with Amanda in 24th and me in 33rd.



We made sure the weather didn't get us down though and it certainly did not slow down the dedicated drinkers in the party, with the final result of, unsurprisingly, LOG Daddy taking the winning crown, with the Funnell coming second only 2 pints behind. As for the VC he spent most of Sunday afternoon having a siesta curled up in bed, loyally still wearing his LOG hoodie, trackie bottoms and SOCKS! What would the VC's wife say?!



On the eating front, a huge THANK YOU has to go to Charles Nell, who found us a superb eating venue. Though I have to say he was beaten by his sister Lucy in the chilli eating competition. Even

though Charles initiated the challenge Lucy kept it going, each knocking back 3 big green chillies each! The night ended with us being thrown out of a pub that were very insistent we left at 1050pm. I don't think any of us thought they were serious, sadly the bouncer didn't have a great sense of humour. So we called it a night and the maps came out so we could orienteer our way back to our accommodation – with a brief 'debate' first on who had booked the best place and cheapest brekky!



Monday morning again the was more rain. In true LOG style it didn't dampen our spirits (I think the previous night's spirits/beer had already done that) and with tummy's full of last night's Indian we powered around the streets of York, before making it back to the pub. This time the proportion of us on soft drinks greatly outnumbered those testing out the 'hair of the dog' theory. Results wise, the A course had Liam in 11th, Paul in 13th, Charles in 32nd, Clive in 56th, Mike in 77th, Andy in 78th and Sean in 80th places. The B course saw Andrea in 26th, Amanda in 39th, Joanne in 42nd, Michael in 49th, me in 53rd, and Jeanne mp'd.

I had a wonderful weekend of 'O'ing, drinking and eating and the company was fantastic. I am already looking forward to the next trip, hopefully more of you can make it as a lot of Logger's were missed.

*Ally Wright*

# TALENT IDENTIFICATION CAMP

# TALENT LOG'S GOT TALENT

Mass talent testing is something quite new in British Orienteering. Its methodology has been applied within other sports for many years to good effect. So well established is the process in high-profile sports such as Major League baseball, and Premier League football that they are at the cutting edge of sports science when it comes to reliably predicting world-class potential.

"It's not something we've tried before", said Sarah Hague, National Talent Manager for British Orienteering. "We are starting from first principles, and we'll just have to see how it goes". Sarah was speaking to the eight young orienteers assembled at the Badminton Centre, Loughborough University, on June 1st, who had responded to the invitation from the Performance Coaches to attend one of the Talent ID days.

The day before, the Performance Coaches had been up at the University of Leeds for the first of four days of testing, with this, the second, at Loughborough, and then 2nd of June at the University of the West of England at Bristol, and the final fourth session on 3rd of June at Bracknell Leisure Centre, Berks.

## *Luke Fortune leads the group on the warm-up*



*Kevin Kirk ready to dib the start*

"What we are looking for," said Sarah Hague, "is speed, decision-making ability, and the desire to win".

Keeping it simple is usually good advice, and the talent team had deliberately not gone out to over-complicate their brand-new testing regime on it's first field trial.

The session started with a thorough warm-up, designed to be appropriate for the activities that were shortly to follow. A jog outside round the rugby pitches, in and around the buildings, and back into the main hall of the Badminton Centre for some stretches. That in itself was quite an eye-opener. How many of us really do a proper warm-up before an event? Here was something to take away from the day if nothing else.

Testing, as such, started with a sprint test through an electronic speed-trap. This was a 25m sprint from a standing start along the long side of the hall. Fast-twitch muscle fibres were given a chance to do their thing here.

Some previous orienteering experience was a real advantage for the next stage, the 3 x 3 square matrix of controls. All the 9 controls were on pylons, with a start and finish pylon. The candidates were given a practice run-through, then two runs to count, each with a different map at random showing a simple course of 6 controls. "Keep your map orientated!" seemed to be the best advice for this one. No-one had any real problem with this, so it was down to the last phase of the programme to offer more of a challenge.

*The face of fatigue - Alex Wright after scoring 13.2 on the bleep test*



The final stage was the Multi-Stage Fitness Test (or 'Bleep' test). For anyone not familiar with this, it's a 20metre shuttle run test, and is an accurate means of assessing an athlete's cardio-vascular fitness or estimating their VO<sub>2</sub> max (maximum oxygen uptake). All the candidates performed well, but outclassing all the others was LOG's Alex Wright, whose determination drove him up to stage 13.2 - the highest score the Performance Coaches had recorded on their tour so far. A spontaneous round of applause broke out from candidates, spectators and coaches alike.

And the results of all this testing? Three LOG Juniors are in the top twenty candidates chosen nationwide as a result of the testing days: Luke Fortune, Kevin Kirk, and Alex Wright. They have been invited to a weekend talent camp on 22-23 October, accompanied by a parent or coach, where they'll be assessed on "coachability, responsiveness to training stimuli, and adaptability to a performance environment". They'll also get an idea of what's involved if they want to commit to British Orienteering's "Pathway to Performance". What a fantastic opportunity.

*Michael Nell*

## Lincoln Orienteering Group Executive Committee Meeting – July 21st 2011

		Action
	<b>Present:</b> Sean, Paul, Amanda, Clare, John, Liam, Michael, Hayley, Sarah E, Jeff, Tanya.	
1.	<b>Apologies for Absence:</b> Ian, Andy, Ali, Sarah.	
2.	<b>Approval of Minutes of Meeting on 12 May 11:</b> Agreed. <b>Matters Arising:</b> 6. 25th Anniversary Celebration dinner earlier in the year to be discussed.	SH to liaise with the original club members
3.	<b>Treasurer's Report:</b> The committee was happy with the treasurer's report.	
4.	<b>EMOA Report:</b> a. Fixture dates for 2012 were required. b. Lincoln City Race 2012 - will have to have 6 races if to be included in Masters Cup. c. EMOA League Events must have a short green course from 2012. d. The Yvette Baker Trophy - 12 month embargo on area (preferably 24 months). PM & SH needed to arrange meeting with Chris Shaw at Belton to discuss parking and assembly area. e. JK2014 - Event to be in S Wales. EMOA are providing assistance - LOG was asked if they would be able to help as part of this. f. Insurance – clubs were reminded that names of all people attending events should be recorded. g. 2011 AGM – Mon 17 Oct 11 at Clifton Village Hall, 7.30pm. LOG would like to send representatives, names to SH. h. Urban Events – it had been suggested to add urban events to the EMOA league, however it was felt that Urban events could not be graded in the same way as rural events. SH was to suggest a separate EMOA Urban League late spring to early autumn with 2/3 urban events from each club.	PM, SH. All SH SH.
5.	<b>BO Development Plan /Community 'O' Clubs:</b> BO would like a Participation Club in Grantham. Spalding might be better as the Cadets would give a corps of start-up members.	PM to speak to Pauline Olivant. AR to agenda for next meeting.
6.	<b>Junior Championships:</b> Taken off Agenda.	
7.	<b>Summer Series/ Midsummer Chase:</b> a. Summer Series 2011 - 4 trophies were required for the presentation. b. Midsummer Chase - final details were now on website. No trophies required. c. 2012 Summer Series - it was suggested that there could be extra classes or a handicap system to give different members a chance. It was felt that non-members should be paying more to encourage them to join LOG and also provide a financial benefit for members. For 2012 there would be more support provided to new planners.	SH
8.	<b>Lincoln City Race:</b> PM to check on access and manning of entrances to the Castle. SH to send out email asking for helpers on the day – needed to include manning of Bishops Palace entrance and map swap. Informal meeting for final arrangements on 22 August 2011.	PM, SH
9.	<b>LOG Kit:</b> All the money had been collected in. There had been a problem with the colour on the final sample. PM to make final decision before deadline date. A club waterproof was suggested for the winter.	
10.	<b>Winter Series 2011/2012:</b> Dates and venues now confirmed. LH to post these on the website. If the Scout Hut at Sudbrooke Park was available to use on 28 Jan 2012 it was proposed to do a Chilli Lunch.	LH
11.	<b>AOB:</b> Club Trips: W/E 29/30 Oct 2011 – Leeds/Skipton Urban Weekend was suggested as next club trip. Club Printer: PM proposed purchase of a club laser printer capable of printing up to A3. Course maps could then be printed centrally saving the planner the cost of printing. Robert Pattinson School: The school would like to borrow kites and pin punches for sports afternoons on South Common. JM to speak to ID about permanent course and PM about OCAD maps.	PM to price up JM, ID, PM
12.	<b>Date of Next Meeting:</b> Thursday 15 September 2011 at 7.30/8pm, Golden Eagle.	AR to book.

# FITNESS FOR ORIENTEERING

*This series of articles is covering a range of topics within the field of strength and conditioning, with the aim of helping to develop the orienteer's physical conditioning, irrespective of age or ability. In this issue, we focus on the practice of tapering...*

An area of fitness development that has received a growing level of interest from the sport science community in recent years is that of 'tapering'. Most individuals are aware of the need to reduce their training in some fashion prior to an event, particularly if it is regarded as of high importance to them, eg. British Championships, so that they feel fresh and ready for the race, but they may be unaware of exactly how to go about this in an optimal manner. The purpose of tapering is to reduce the physical and mental fatigue felt from training, so that the orienteer feels in a relatively 'recovered' state, but not reduce their training by such a degree that it begins to have a detrimental effect on their performance. It is a delicate balancing act, particularly for the elite athlete, and one that often requires many years of fine tuning to arrive at what is often a complex mix of science and art.

## Physiological Adaptations

In terms of performance improvements, research has reported gains ranging from 3-11% (Houmard et al., 1994; Mujika et al., 2004; Zarkadas et al., 1994), following a period of tapering in endurance runners and triathletes, and this change appears to be down to a combination of physiological factors.

Mujika et al. (2004) reviewed 13 studies in this area and found that for tapers of 14 days or fewer there were significant improvements (~6%) in maximal oxygen uptake ( $\dot{V}O_2$  max) and running economy (~8%) and this appears to come from an enhancement in haematological parameters, such as increases in haemoglobin and hematocrit improving the oxygen transport capacity of the blood (Yamamoto & Mutoh, 1988). Peak blood lactate is also increased during tapering (Jeukendrup et al., 1992; Mujika et al., 2000), which may be due to an increase in muscle glycogen of around 8-15% (Houmard & Johns, 1994; Shepley et al., 1992) or an increase in glycolytic enzyme activity (Neary et al., 1992). This has the effect of preventing fatigue, particularly during high-end performance, as witnessed in sprint races and when an orienteer puts in bursts of speed or effort, such as in hill climbing.

Sport-specific muscle power increases

are often greater than any improvements in aerobic mechanisms and are reported by Johns et al. (1992) to account for most of the taper induced improvements in race performance. Physiological adaptations appear to come from increases in strength, speed of contraction, and power of both fast and slow twitch muscle fibres (Neary et al., 2003; Trappe et al., 2000; Trinity et al., 2006) and are reported as being the result of increased neuromuscular efficiency (Raglin et al., 1996) or changes in contractile mechanisms (Costill, et al. 1985), both of which could also contribute to improvements in running economy. Finally, research has also shown a 24% and 14.2% increase in type IIa fibre cross-sectional area in swimmers (Trappe et al., 2000) and cyclists (Neary et al., 1992), respectively, as training stress is reduced during the taper. There is thus a substantial body of evidence that tapering will result in positive benefits for any orienteer's physical performance, but the question now is how to practically design a taper that will optimise these gains.

## Designing a Taper

This is potentially a complex procedure for any athlete to get right and it is often only through the result of many years of trial and error that an orienteer will arrive at what they feel is the best way of tapering for them. It is hoped that, by providing guidelines here based on the latest research, that this lengthy and difficult process can be shortcut.

The overriding factor, dictating the need for a taper and the benefits resulting from this, will be the competitive level of the orienteer and their weekly training volume. Not every orienteer will necessarily benefit from a taper, with those engaged in less than four hours a week of training probably not requiring a 'true' taper. Here 'fatigue is unlikely to accumulate from week to week and these runners can usually take a day or two off immediately before a race and be sufficiently recovered to race at their best.' (McNeely & Sandler, 2007). Research to support this statement exists in studies where participants, training 240 minutes per week, gradually reduced their training volume, intensity or frequency and no resulting changes in exercise performance or maximum oxygen uptake values were recorded (Brynteson & Sinning, 1973; Hickson et al., 1985; Hickson et al., 1982; Hickson & Rosenkoetter, 1981).

For orienteers who are engaged in a training programme of above four hours

a week, the first factor in designing their taper will be to consider their approach to their season and whether they follow a periodised plan at all. If so, then this will probably be built around important races and tapers can be used selectively around these events. Different coaches advocate various approaches to tapering in the year, but it is felt that no more than '1 major taper, 1-2 moderate tapers and 2-3 minor tapers' (McNeely & Sandler, 2007) is the most an orienteer should look to build into their annual periodised plan.

The load of a training programme can be reduced during a taper, whether it be classed as minor, moderate or major, through the manipulation of a number of variables, such as 'training intensity, volume, duration and frequency' (Wilson & Wilson, 2008). During the discussions around best practice which follow, these variables will be used as the basis for the tapers.

## Minor Taper

Used before races which have less importance attached to them, the design of the taper will depend on normal training volume in this part of their periodised programme. Orienteers training 6-10 hours a week are advised to take 1 day completely off before the event; those training 10-15 hours per week should use a 3-day taper and those more than 15 hours a week adopt a 5-day taper. The key for those orienteers in the last two categories is to keep the frequency and intensity of training high, but reduce the load through keeping the duration of the training sessions short. A sample minor taper is shown in table 1 overleaf.

## Moderate Taper

Used for secondary races, where a good performance is the aim, but the orienteer is confident of being able to compete well without needing to be completely rested, such as for selection races. These can be used as a learning experience for the individual to see how they respond to the tapering practice and whether modifications need to be made in the future. It is recommended to keep a diary during the taper of objective and subjective data on physical and mental parameters, such as feelings of recovery, muscle soreness, heart rate and general mood, to help with the design of upcoming tapers. Orienteers training 6-10 hours a week should use 3-5 days for tapering; those training 10-15 hours per week would adopt a 7-10 day taper and finally those on more than 15 hours training a week will use a 10-14 day taper.

# FITNESS FOR ORIENTEERING

Duration	Day 1	Day 2	Day3	Day 4	Day 5	Day 6
1 day	Rest	Race				
3 days	Rest	Warm up, 5x2mins at 90-95% HRmax, Warm down	Warm up, 3x1 mins at 90-95% HRMax, Warm down	Race		
5 days	Warm up, 3x10mins at race pace, Warm down	30-40mins steady state	Warm up, 7x3mins at 90%HRmax , warm down	Warm up, 5x2mins at 90-95% HRmax, Warm down	Warm up, 3x1mins at 90-95% HRMax, Warm down	Race

Table 1. Sample minor taper for orienteers

The design of the taper should follow the recommendations made below on the major taper, in terms of the frequency, intensity and volume of training.

### Major Taper

Used only once a year and prior to the most important competition, eg. WOC, it is obviously vital that the orienteer gets this one absolutely spot on! Research by Mujika et al. (1996) has focussed on the optimum time duration for the major taper and found that 21 and 28 day tapers produced significant performance improvements, but not when this was extended to 42 days. Other research (Costill et al., 1985; Houmard et al., 1994; Shepley et al., 1992) confirms that major tapers of between 7-21 days result in improved physical performance. Mathematical modelling has also established that the duration of optimal taper should be in the range of 12-32 days (Morton et al., 1990), but has brought us no closer to understanding the exact duration required for athletes. The number of days required will be determined by, in all probability, 'the training volume and intensity leading up to the taper, as well as the fitness levels of the athlete' (McNeely & Sandler, 2007). In all likelihood, orienteers training 6-10 hours a week should use 7 days for tapering; those training 10-15 hours per week would adopt a 14 day taper and finally those on more than 15 hours training a week will use a 21-30 day taper. Let us consider the potential variables involved in this major taper now.

### Volume

Research has indicated that training volume needs to be decreased by 60-90% during a major taper, with Houmard et al. (1990) and Houmard (1991) finding that 800m and 1600m running times were improved following a 70% reduction in training volume over a three week period. Increase in running economy values and a 3% improvement in 5km time trail performance has also been reported following a 7-day, 85% decrease in training volume (Houmard et al., 1994). Orienteers who are thus training between 6-10 hours a week should look to train for only around 3 hours during the week of tapering. The reduction in volume should be gradual and progressive during the taper period, as this has been demonstrated to have a more significant impact on performance than a rapid, single step reduction (Houmard, 1991). It is likely that a rapid taper can lead to detraining effects, particularly over an extended period of time seen in the longer tapers of 14 days or more. Table 2 below indicates the progressive taper model that orienteers should follow.

### Frequency

It is important that the reduction in training volume is primarily the result of reducing the duration of each workout, rather than through decreasing the number of times that the orienteer trains per week during the major taper, particularly where the orienteer is engaged in training skill specific work, ie. running in terrain with a map (McNeely & Sandler, 2007).

For those following a 10+ hours a week training schedule, maintaining a training frequency of 5-6 days per week during the taper allows the orienteer to retain the 'feel' of the cognitive aspects of the sport, but a reduction in the training duration per session will result in them becoming fresher, both physically and mentally, as the taper progresses.

### Intensity

As the orienteer looks to reduce their training volume during the taper, the intensity of each session should increase. Shepley et al. (1992) compared low and high-intensity tapers and found that only the high-intensity taper resulted in increased performance, with improvements of 22% in running time to exhaustion and a 15% increase in muscle glycogen. Houmard and Johns (1994) also reported that training at

an intensity of 70%  $\dot{V}O_2$  max or less resulted in maintenance of performance, at

best, and intensities of 90%  $\dot{V}O_2$  max were required to see improvements. The orienteer should gradually reduce the amount of steady-state work and replace this with short, sharp sessions, made up primarily of interval reps at 90-95% max. This will have the physiological effect of maintaining the efficiency of the biochemical processes and neural mechanisms involved in running, but the reduced volume will ensure that no significant musculo-skeletal fatigue is accumulated, which could have a detrimental effect on performance.

Training volume	Taper week 1 (% de-	Taper week 2 (% de-	Taper week 3 (% de-
6-10	60-75		
10-15	40-45	60-75	
15+	20-30	40-50	60-75

Table 2. Major taper: changes in volume

# FITNESS FOR ORIENTEERING

These 'race pace' workouts give not only a physiological but also a psychological benefit to the orienteer, with McNeely and Sandler (2007) reporting that athletes have feelings of 'speed, power and confidence that they can take with them into race day.' Orienteers should try to conduct these sessions in terrain, particularly that similar to the race environment, to fine tune both the physical and cognitive aspects of their performance.

Table 3 below illustrates a sample final taper week for an orienteer who usually trains 10hr+ a week. Work:rest ratios should be around 1:1 to 1:2. Orienteers

training between 6-10hrs a week can modify this taper by focussing on the interval sessions and reducing the overall amount of work done during the week.

## Conclusion

This article has tried to give orienteers food for thought in the way that they prepare for races and it is important that each individual experiments with their approach, as what works for one individual may not for another. Some orienteers will respond well, both physically and mentally, to a taper and feel refreshed and energised. Others may struggle with a perception of reduced work and fret that they

may be detraining, particularly during a long taper, and this psychological anxiety may offset any physiological benefits. Hopefully, through adopting a scientific approach and continually analysing and appraising their practice during tapering for competitions, the orienteer can arrive at a successful formula for consistent performance at major events.

Next issue we will take a deeper look at core training.

*Paul Murgatroyd*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40 min at 70-80% HRmax	Warm up, 4x5min at 80-90% HRmax, Warm down	Warm up, 5x4min at 80-90% HRmax, Warm down	Rest or 20min at 60-70% HRmax	Warm up, 4-6x3min at 90-95% HRmax, Warm down	Warm up, 4x2min at 90-95% HRmax, Warm down	Race

Table 3. Example final week taper for an orienteer training at 10hr+ per week

## LINCOLNSHIRE CHALLENGE SHIELD 2011

The mission was a simple one: win back the trophy which was so cruelly snatched away from us last year.....!

We went in mob-handed, with 31 runners putting in some serious travel time in order to wrest control of the LCS from the northern upstarts, and, as a result, we managed to cover all the classes in depth.



Lessons had been learned following last year's disaster, with the message coming loud and clear from club captain, Sea Harrington, 'don't forget to

check your codes!' Most took this on-board and ran hard and well around the tricky 2.5km prologue, including 20 controls in the fiendish maze. At half-time, however, seven LOG runners had mp'd and were out of the running. Unfortunately, this included potential strong scorers in Kev Kirk, Tanya Taylor, Jeanne Gaudin and Jeff Baker.

The captain was worried and continued to rally the troops for the big push in the second half. The handicap chase was frantic, not helped by some erroneous control codes on the D variant, which threw one big spanner into the works. Tears and tantrums followed, but once the dust settled and logic was applied, the team retired firstly to the local fish and chip shop and then to the pub for a well earned beer and a quiet reflection on the potential results. However, it was clear from the frantic action in the corner of

The pub, that the results were not to be forthcoming any time soon! We knew we'd done enough in the senior men and women's classes and potentially had one or two other good scores in the vets and juniors, but it was going to be close....



We left Brian and crew beaver-ing away at 11pm, removing splits from the affected courses, but still none the wiser. It wasn't until 10:30am the following day when we saw the results go online—we'd done it by 24minutes. Mission accomplished...

# LCS 2011—RESULTS

<b>Junior Men</b>				
Alex Wright	18:57	17:02	35:59	LOG *
Jake Field	20:27	16:35	37:02	HALO *
Lewis Tuck	21:01	16:34	37:35	HALO *
Charlie Thomas	20:55	17:56	38:51	LOG *
Craig Lucas	23:12	20:48	44:00	LOG *
Danny Richardson	23:52	21:07	44:59	log
Michael Theobald	27:27	26:31	53:58	log
Joe Field	29:17	35:07	64:24	halb
Russell Kirk	54:11	38:46	92:57	log
Zachary Field	16:32	mp		halb
Kevin Kirk	mp	18:09		log
Sam Ottler	mp	18:56		halb
Luke Fortune	mp	33:03		log
Dom Simmonds	mp			halb
Nick Fletcher		mp		log
<b>Junior Women</b>				
Charlotte Ward	20:19	16:38	36:57	HALO *
Yasmin Fieck	27:15	24:01	51:16	halb
Sarah Fletcher	29:49	22:15	52:03	LOG *
Hannah McNab	29:59	24:54	54:53	log
Marshall Jolly	47:17	35:20	82:37	halb
Elepeth Jolly	55:48	46:03	101:49	halb
Flora Jolly	56:03			halb
Lauren Bates	mp	mp		log
<b>Senior Men</b>				
Liam Harrington	15:50	14:35	30:25	LOG *
Paul Mungafroyd	17:03	16:07	32:10	LOG *
Dean Field	18:48	18:35	35:21	HALO *
Paul Barnes	19:48	16:15	36:03	LOG *
Andy Lucas	20:48	17:01	37:49	log
David Jolly	21:21	17:38	38:59	HALO *
Andrew Houlden	25:33	22:08	47:41	HALO *
Chris Simmonds	27:12	23:14	50:26	halb
Alex Smith	28:53	22:26	51:19	halb
Andy Furnell	27:43	26:48	54:34	log
<b>Senior Women</b>				
Joanne Nell	22:24	19:16	41:40	LOG *
Sarah Edwards	23:13	20:34	43:47	log
Helena Crutchley	23:07	21:19	44:28	HALO *
Amanda Roberts	24:01	23:05	47:06	log
Harriet Gillman	27:51	23:12	51:03	halb
Hayley Fox	30:02	23:00	53:02	log
Hannah Tuck	33:35	30:20	63:55	halb
Roseanna Field	36:29	28:42	65:11	halb
Amanda Ward	36:33	30:15	66:51	halb
Tanya Taylor	mp	20:10		log
Jeanne Gaudin	mp	21:37		log
Cara Hanna	mp	27:41		log
Elena McBane	57:15			halb
<b>Vet Men</b>				
Neil Horvat	18:43	16:48	35:34	HALO *
David Offer	22:53	20:17	43:15	HALO *
Michael Nell	24:31	22:38	47:09	LOG *
Brian Slater	26:17	23:02	49:19	halb
Kenneth Hutson	31:25	23:37	55:02	halb
John Butler	31:20	26:52	58:12	halb
Mark Tyszka	33:42	27:34	61:16	halb
John Fulwood	33:33	31:33	65:08	halb
Patrick O'Grady	42:19	33:19	75:30	halb
Geuff Gibbs	41:23	36:48	78:14	log
Pete Shaw	mp	24:50		halb
Jeffrey Baker	mp	33:09		log
Peter Kullich	mp	mp		halb
<b>Vet Women</b>				
Trudy Crosby	27:13	24:43	51:58	LOG *
Amanda Mylett	32:55	20:24	59:19	log
Anne Gibbs	34:05	29:26	63:31	log
Kate Pilcher	32:23	31:12	63:40	log
Fran Humphrey	42:10	33:16	77:26	HALO *
Mary Derrick	mp	33:12		halb
Ann O'Grady	60:01			halb
<b>Challenge Results</b>				
	<b>Counters</b>	<b>Avg</b>	<b>Total</b>	
HALO	10	43:25	434:16	
LOG	10	41:01	410:16	





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## FUTURE ISSUES

The next LOG-NEWS is planned for release around the end of Sept and will be my last at the editorial helm! Tears and cheers all round... We'll be looking back at the Scottish 6 days festival and other key races over the summer, including our own biggie, the annual Lincoln City race, and the rest of the Nopesport urban league. On the subject of urban races, the next club trip to Leeds & Skipton is in the offing and we'll be looking forward to this weekend of fun and frivolity.

Previews of the LOG winter series will also be included, with us returning to the environs of Lincoln following our sojourn down to the middle and south of our region last year. The LOG AGM is just around the corner and it may be your chance to have your say in the running of the club. Don't be shy, now, your club needs you! See you out there!

## SELECTED NATIONAL FIXTURES

Sun 07/08/11	East Midlands	<a href="#">NOC</a>	Level D	NOC Summer League	Wollaton Park	EOD	<a href="#">SK533393</a>
Sat 13/08/11	East Anglia	<a href="#">WAOC</a>	Level D	WAOC Summer Series Event 5	Fairlands Valley, Stevenage	EOD	<a href="#">TL255238</a>
Sat 20/08/11	East Anglia	<a href="#">WAOC</a>	Level D	WAOC Summer Series Event 6	Wimpole Hall	EOD	<a href="#">TL343511</a>
Sun 21/08/11	East Midlands	<a href="#">DVO</a>	Level D	DVO Local Event	ShIPLEY Country Park	EOD	<a href="#">SK432454</a>
Sun 21/08/11	East Midlands	<a href="#">NOC</a>	Level D	NOC Summer League	Wellow Park	EOD	<a href="#">SK668673</a>
Fri 26/08/11	Yorkshire and Humberside	<a href="#">EBOR</a>	Level D	White Rose Sprint Race	Harwood Dale	EOD	<a href="#">SE989967</a>
Sat 27/08/11	Yorkshire and Humberside	<a href="#">EBOR</a>	Level B	White Rose Weekend - White Rose Day 1 Classic Distance Race	Stony Marl Moor and Pye Rigg	EOD O: 22/08/11	<a href="#">SE989967</a>
Sat 27/08/11	Yorkshire and Humberside	<a href="#">EBOR</a>	Level D	White Rose Hill Race	Harwood Dale	EOD	<a href="#">SE989967</a>
Sat 27/08/11	Yorkshire and Humberside	<a href="#">EBOR</a>	Level D	White Rose Night Score	Harwood Dale	EOD	<a href="#">SE920980</a>
Sun 28/08/11	Yorkshire and Humberside	<a href="#">EBOR</a>	Level B	White Rose Weekend - White Rose Day 2 Classic Distance Race	Harwood Dale Forest	EOD O: 22/08/11	<a href="#">SE989967</a>
Mon 29/08/11	Yorkshire and Humberside	<a href="#">EBOR</a>	Level B	White Rose Weekend - White Rose Team Score Race	Harwood Dale Forest	O: 22/08/11	<a href="#">SE989967</a>
Sun 18/09/11	East Anglia	<a href="#">WAOC</a>	Level D	WAOC Therfield Heath Limited Colour Coded	Therfield Heath	EOD	<a href="#">TL348406</a>
Sun 18/09/11	East Anglia	<a href="#">NOR</a>	Level D	NOR Try-O and Score Event	Whitlingham Country Park	EOD	<a href="#">TG244079</a>
Sun 25/09/11	East Midlands	<a href="#">DVO</a>	Level C	DVO Regional Event & EM League	Carsington Pastures	EOD	<a href="#">SK243</a>