



1987-2007

# LOG-NEWS

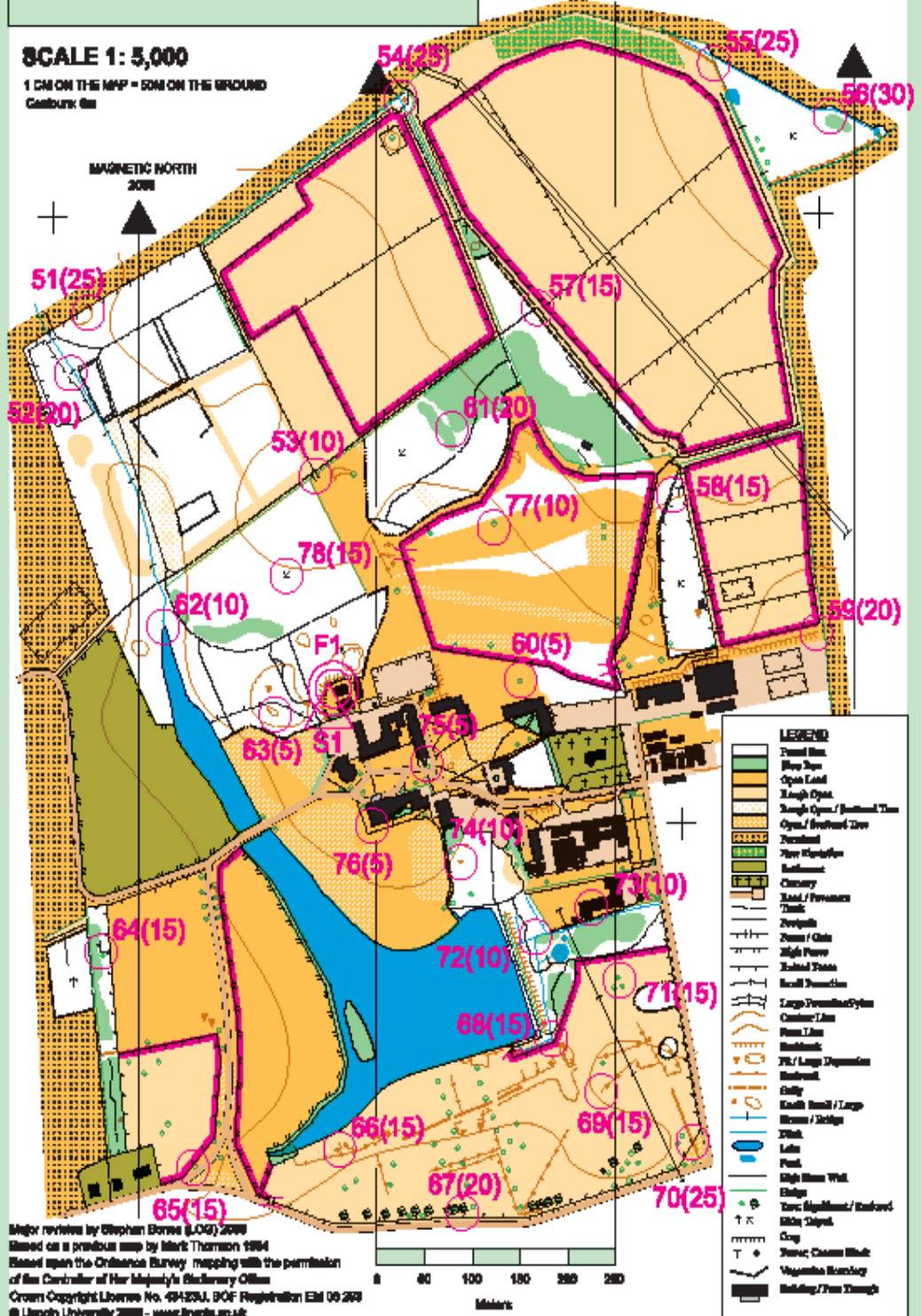
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## Riseholme Park

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

SCALE 1 : 5,000  
1 CM ON THE MAP = 50M ON THE GROUND  
Geoburk 6m



LOG Club Night Score event held on 29th February at Riseholme Park—45 minute max, mass start. LOG results inside..... What would be your route choice—Liam managed full score in 35 minutes....??

# ED'S BIG BIT



Well, if you haven't heard yet, and I've been making every effort to make sure people do, we've won an award!! Yes, LOG-NEWS

has claimed one of CompassSport magazine's newsletter awards 2007..... Hurrah! Many thanks for those who have contributed articles since I took over as editor, as without your efforts there'd be no newsletter. Also, I'd like to thank Kaele as previous editor for giving me a solid platform to work from and provide me with

the impetus to get this thing rolling!

Anyhow, let's not rest on our laurels—I need lots more articles for the next issue to keep the quality high, so if you have anything to contribute, no matter how small or large, I want to hear from you. It can be about any aspect of orienteering and the more diverse the input, the better will be the end result for all concerned.

On a different tack, we're nearly into the summer season. Bourne Woods, our first district event for sometime, is only a couple of weeks away and then the LOG summer series kicks off the week afterwards, at Hartsholme Pk. The

usual individual trophies are being supplemented by a new team award this year (more details on page 5), which hopefully will add a new dimension to what is already a great programme of racing.

So, if you'd thought that a trophy was beyond your reach this year, think again, as all the summer series teams will have a great chance of picking up that award at the end of the season. Hopefully it'll add a social element to the proceedings too, as people look to see how their teammates have done each fortnight and egg one another onwards... See you out there this summer for a wonderful series of racing at both LOG and HALO's events!

## Chairman's Sound Byte



Hello everyone and welcome to this award winning newsletter...if you hadn't already guessed from Paul's opening article we

recently won an award for our newsletter. My thanks go to all who have contributed and to Paul for compiling it all together, let's keep up the good work and retain the title next year!

On the events front we are now entering into our busiest period of the year, with Bourne C4 only a few weeks away and the Summer Series & Poacher starting the week after April looks like being an action packed

month. Away from the local events a few of us are travelling up North to the British Champs in Culbin forest near Inverness to fly the LOG flag, at present we have 3 entries to the Individual race and 1 team in the Relays....the closing date is the 30<sup>th</sup>

*"LOG are going to fair quite well out of this, as our Summer Series should become levy free"*

March so there is just enough time for a last minute entry..... go on, join us!

Those of you who follow the activities of BOF will of noticed that at the AGM last weekend we elected the remaining 3 directors who will be taking over the running of BOF. In September last year it was agreed at

an EGM that we should move to a "board of directors" and remove our old system of a "Management Committee" & BOF "Council"

This should mean an improvement in the running of BOF as the Directors will be more accountable for their actions. This is a real positive step forwards for the sport which will enable the federation to function more efficiently and secure more funding. Also at the same meeting it was agreed to change the levy structure on events from January 09. While this has created a lot of debate in the orienteering community, I think LOG are going to fair quite well out of this, as our Summer Series should become levy free. We may notice a difference at C4 events but I estimate this to be minimal, all in all a good result for LOG.

# FUTURE LOG EVENTS

## 2008

- 13.4.08** C4 - District Event, Bourne Woods, Liam Harrington  
**17.4.08—7.8.08** Summer Series 2008 (Full details later in Newsletter)  
**5.10.08** C4 - District Event, Stapleford Woods, Steve Bones  
**1.11.08—17.1.09** Winter Series 2008/9

## 2009

- 29.1.09** C5N - Night Event, Riseholme Park, Paul Murgatroyd  
**Jan 2009** City Race, Historic Lincoln, Steve Bones  
**April 2009** Lincolnshire Bomber 2008, "North Lincolnshire", TBD  
**9.4.09—30.7.09** Summer Series 2009  
**5.11.09—21.1.09** Winter Series 2008/9



# NIGHT SCORE EVENT

The second night event of the winter saw a return to Riseholme Park, but with a different format to the standard line event seen last time. A 45 minute, mass start, score event, with each control allocated a points value dependent upon its technical difficulty and it's proximity to the start/finish, saw around 30 runners competing in a mix of individual and team fashion. Results opposite (map can be seen on the front cover of this issue):

The club training programme has now finished, as we enter the LOG summer series 2008, but will re-commence on 21st August. The format for the autumn and winter programme will be different, as we see a spell on only 5 training sessions on Thursday evenings, followed by the all new 'Winter Series' on Saturday mornings, beginning on the 1st November. More details will appear in later newsletters, but you can guarantee one thing, it'll be cracking.....!

## RISEHOLME NIGHT EVENT—FINAL RESULTS

1	Liam Harrington	LOG M20	425	35:51
2	Andy Lucas	LOG M40	325	44:40
3	Amanda Roberts	LOG W45	270	43:37
4	Sean Harrington	LOG M50	245	44:46
5	Robin Wright	LOG M55	230	43:32
6	Andy Furnell	LOG M40	210	42:52
7	Simon Carruthers	LOG M35	200	41:16
8	William (Scouts)	SCOUT	195	43:29
9	Kaele Pilcher	LOG W45	195	44:12
10	April	ULOG W20	180	41:12
11	Ali (Scouts)	SCOUT	165	43:24
12	Simon (Scouts)	SCOUT	150	43:34
13	Terry Matthews	IND	130	46:41
14	Team United	IND	120	44:33
15	Nikki Harrington	LOG W45	95	37:54
16	Toby (Scouts)	SCOUT	60	46:46
17	Laura (Scouts)	SCOUT	30	45:52

### *Liam's winning sequence was as follows:*

78, 53, 62, 52, 51, 54, 55, 56, 59, 58, 57, 61, 77, 60, 75, 76, 74, 73, 72, 68, 71, 69, 70, 67, 66, 65, 64, 63

Although quick, this is not, the editor feels, the optimum route choice—what do you think?

# LOG SUMMER SERIES – 2008

This is a series of informal events to be held on Thursday evenings during the summer months.

There will be 3 courses: Short: 2-3 Km (Orange standard – Short easy).

Long: 5-6 Km (Red standard – Long easy).

Technical: 4-5 Km (Green standard – Hard).

*Start Times:* 6.30 pm – 7.30 pm

*Points calculation:* Best 5 results to count

*Trophies:* Series winners of each course, plus NEW for 2008—Team Trophy

*Cost:* £1.50

## **1. Thursday 17 April – Hartsholme Park, Lincoln SK947697**

City park with mixed woodland and open areas. From the A46 Lincoln By-pass, take the B1378 signposted Birchwood, the park is approx 1 mile on the right. (Due to dark nights please try and start early).

Post race – Swanholme, Doddington Road

Planner – Jon May

## **2. Thursday 01 May – Stapleford Woods, Newark SK865577**

Mixed working forest with large new open areas. Follow A46 from Lincoln towards Newark, take the slip road to Brough, turn left at crossroads then right at T junction, woods are approx 1 mile on the right. (Due to dark nights please try and start early).

Post race – St Vincent Arms, Norton Disney

Planner – Amanda Roberts

## **3. Thursday 15 May – Riseholme Park, Lincoln SK984755**

Mixed woodland and parkland. From the A15 or A46 onto Riseholme Lane, just North of Lincoln. (Due to dark nights please try and start early).

Post race – Brown Cow, Nettleham

Planner – Liam Harrington

## **4. Thursday 29 May – Bourne Woods, Bourne TF077201**

Mixed working forest. Follow A15 South from Lincoln to Bourne, in the centre of Bourne turn right onto the A151, turn right into woods after approx 2 miles, follow track to parking area.

Planner – The Nells

Post race – TBA

## **5. Thursday 12 June – Lincoln University SK966712**

Street “O”. Parking at Lincoln University Sports Centre.

Post race – The Shed, University of Lincoln

Planner – Paul Murgatroyd

## **6. Thursday 26 June – Twyford Woods, Colsterworth SK946238**

Mixed woodland. Follow A1 South from Lincoln, at the Colsterworth roundabout turn left onto A151 towards Bourne, the woods are on the right after approx 1 mile.

Post race – TBA

Planner – Dave Denness

## **7. Thursday 10 July – West Common, Lincoln SK958719**

Open parkland shared with golf course. From the A46 Lincoln By-pass, take the A57 towards Lincoln, parking at the Grandstand after approx ½ mile on the right.

Post race – The Pyewipe

Planner – Sean Harrington

## **8. Thursday 24 July – Ostlers Plantation, Woodhall spa TF236627**

Mixed woodland. From the B1191 East of Woodhall Spa take the road to Kirkby on Bain.

Post race – TBA

Planner – Tim Staniland

## **9. Thursday 7 August – South Common, Lincoln SK977698**

Rough open hillside facing the cathedral. The South common is situated to the South of Lincoln, parking is on South Park just North of the B1188/B1190 junction.

Post race – Golden Eagle, Lincoln High Street

Planner – Andy Furnell

**Series co-ordinator Sean Harrington (01522 791344)**

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

# LOG SUMMER SERIES – TEAM TROPHY—2008

## TEAM ANTHRAX

LIAM HARRINGTON ©

GERALDINE DAVIS

GRAHAM COLLINS

## TEAM AC/DC

KAELE PILCHER ©

ANDY BAYLISS

TOM GEORGE

## TEAM IRON MAIDEN

DAVE DENNESS ©

JAMES SAMPSON

JAMES WOOD

## TEAM BLACK SABBATH

JOANNE NELL ©

STEVE KELLY

REBECCA NAVARETTE

## TEAM METALLICA

SEAN HARRINGTON ©

KEVIN KIRK

SIMON CARRUTHERS

## TEAM NIRVANA

PAUL MURGATROYD ©

PHIL EMERY

EWAN TAIT

## TEAM WHITESNAKE

AMANDA ROBERTS ©

LUKE GRAYSON

DANIEL RICHARDSON

## TEAM LED ZEPPELIN

MICHAEL NELL ©

SIOBAHN BYRD

KIERAN SHERIFF

## TEAM DEF LEPPARD

NIKKI HARRINGTON ©

ANDY LUCAS

SEAN BATES

## TEAM LINKIN PARK

CHARLES NELL ©

LAURA FOWLER

MIKE CAPPER

## TEAM RAINBOW

JON MAY ©

ALAN HOLYOAK

GEORGE WHITLEY

## TEAM DEEP PURPLE

ANDY FURNELL ©

ANDY STEVENSON

RACHEL KIRK

## TEAM MOTORHEAD

STEVE BONES ©

LUCY NELL

BETHANY WAIN

## TEAM AEROSMITH

PHIL LONGSTAFF ©

CRAIG YOUNGS

TAYLOR SAVIDGE

### ***Team Trophy Competition Rules:***

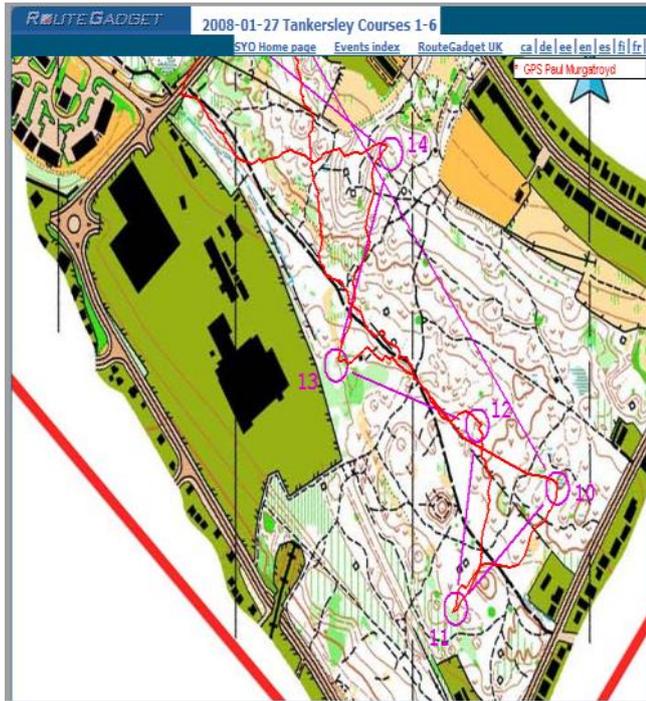
- Team captains may change their team name, in order to make it more personalised, but must contact Sean Harrington by the end of the first event in order to do so.
- The teams have been selected on a seeded basis from last year's LOG summer series results, eg. A top 'seed' from short, a middle 'seed' from long and a bottom 'seed' from technical, in order to balance the teams as much as is possible.
- Team members can choose to run on any of the three courses available on each night and can change their choice from event to event.
- The best 5 individual scores of each team member at the end of the series will count to your team's overall total.
- The team with the highest overall points tally at the end of the season will be awarded the 2008 summer series trophy.

## Using RouteGadget

“Described by its developer, Jarkko Ryyppö, as a “Web utility for drawing and comparing orienteering routes”. This allows competitors to draw and compare their routes. RouteGadget not only shows the routes, it allows the race to be replayed, even simulating a mass start. You will actually see little squares move across the map. It really adds another dimension to post-race analysis.”



2008 will no doubt continue to see more exciting developments at LOG and the use of Routegadget, an online tool familiar already to some, will be making its appearance onto the club website, probably with the district event at Bourne Woods seeing its first outing.



For the uninitiated, Routegadget allows you to plot your routes from an event and compare times and route choices with others on the same course. Many clubs have bought into this software and LOG are the last of the East Midlands clubs to bring this service to its members and others competing at our events. The range of competitions covered is growing very quickly and most orienteers at national down to local events expect that, along with the usual results, a Routegadget page with all courses showing will be uploaded by the host club, usually within 48hrs of the completion of the event—expectations are high!!

The use of Routegadget adds a new dimension to both race reviews and coaching of athletes. An orienteer can sit down at a computer following an event and evaluate in some considerable detail their own performance in comparison to others. It allows, so long as competitors are obliging, to contrast their race with the full spectrum of runners, both quick and slow!

Many aspects of the race can be analysed, such as route choice on a particular leg, where errors may have been made, and time lost/gained over other competitors and possible reasons for this. A picture can be built up of strengths and weaknesses over a period of races and a programme of training put in place, whether physical or technical, which looks at remedying perceived shortfalls in orienteering skills and/or fitness.

This analysis also has the added benefit of being more objective and reduces the anecdotal feel to their performance. For instance, it may be that an athlete has, in their mind, a particular dislike of an area or terrain type and they are subjectively interpreting their performance to be weaker when they run on areas such as these. However, using Routegadget, comparisons can be drawn between their performance and that of others and route choices and splits will start to reveal a more critical and objective level of analysis. It could reinforce the individual's case or could show that this is not actually a cause for concern and their training should focus on other key areas of weakness.

Routegadget can also be used as a tool for ‘armchair planning’ of races, where other maps from events and areas can be researched and analysed and the orienteer can begin to get their heads into an area without having been there before. They can think through how they would approach the courses in this area and this ‘run through’ of an event can be useful visualisation and practice for the real event. All pre-planning in this fashion will be useful and allows the runner to reduce their familiarization time when in a new area.

Finally use of other gadgets, such as GPS and heart rate monitors can be used as complimentary tools to give even more information to the athlete on their performance. Feedback from a GPS download (such as my route at Tankersley, above) can provide a more accurate overview of route selection, as it helps to remove human error and lapses in memory, where precise leg detail can be ‘fuzzy’ or where the orienteer was temporarily ‘geographically challenged’..... Putting together all the pieces of the technological jigsaw from HRMs, GPS and Routegadget can give an enormous amount of detail. It's down to the individual how they use this information and, for aspiring athletes, provides them and their coaches with an essential ‘toolkit’ for developing performance.

*Paul Murgatroyd*

## Can it be used for Coaching?

“Quote from Nick Barrable: “You could certainly do so much more feedback and coaching back in the warm and dry by the PC, especially with developing athletes”.

Coaches can view their athletes' performance and route choices from a distance & provide feedback. If used in conjunction with a GPS, you can see where they really went rather than where they thought they went. Let them plot their route from memory then load in the GPS track and then compare them on screen together.”

# LOG CLUB NEWS

## CLUB WEEKEND—MAY 10TH/11TH

*The weekend of May 10th and 11th has been designated as a club 'tour' weekend, with a scheduled trip to the wonderful Macclesfield Forest.*

*The plan is to camp 1 or 2 nights (your preference!) at....., which is only 10 minutes away from the race assembly area on both days, and, more importantly, is less than 0.5 miles away from..... Public house.*

*The weekend club trip has been formulated around MDOC's Twin Peak 2 day mini-festival, an event that has been running now for 15 years, following the inaugural occasion located in Errwood Valley. The event has traditionally alternated between Macc Forest and Errwood, but they have had a number of excursions outside of the Peak District to the Lakes, culminating in the 2003 Twin Peak weekend, also held in conjunction with the British Elite Championships, in Haverthwaite and High Dam.*

*Summary details are:*

**10th-11th** NW MDOC Twin Peak Weekend  
C3 10th - Day 1 Regional Event. Macclesfield Forest, Macclesfield. SJ970720.  
C3 11th - Day 2 Regional Event. Macclesfield Forest, Macclesfield. SJ970720.  
David & Jane McCann, 01614 832061. Seniors £10 per day. EPS-SI. String course. Dogs on lead in car park only.

For further info: [www.mdoc.org.uk](http://www.mdoc.org.uk).

*If you're interested in joining us, then drop me a line—contact details on the rear of the newsletter and I'll give you more details.*



*Come and sample beautiful sunsets with the happy LOG crew in the Macc Forest!*

## CLUB MAPPER'S COURSE—APRIL 13TH



Now, if you're the kind of 'saddo' that pours over orienteering maps at night and wonders at the complex beauty of them all, then this is the course for you!

An assembled throng of LOG geeks will be attending a course with BO's mapping guru, David Olivant, on Saturday 13th April at Riseholme Park and we'd love you to come and join us to talk about surveying, OCAD and cartography techniques.... Ooohh....doesn't that get the juices flowing!??

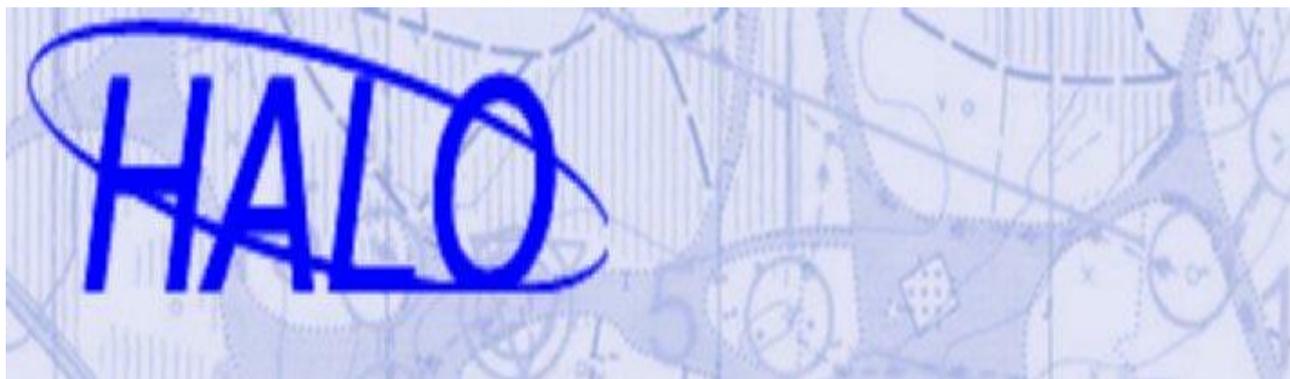
The day will be split between surveying in the morning and OCAD use in the afternoon and if this sounds like the kind of thing you'd love to be doing on a sunny Saturday in April, then drop me a line—contact details on the abck of the newsletter!

Paul M.

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



# HALO POACHER SERIES—2008



## HALO LINCOLNSHIRE POACHER

A series of 11 summer events on consecutive Wednesday evenings open to all ( Non Halo members welcome )

2 courses: Long 4-5.5 km. Short 2-3 km.

Start Times: 6.00-7.15 pm. 60 pence

Pre-Marked Bagged Maps

Electronic [ SI ] Punching ( Hire available at 40p )

Best 7 of 11 events count towards the overall winners of the Poacher Trophies.

Winners of both long and short courses receive 50 points. This decreases to 1 point for 50th place.

**Long Course Trophies: Champion(Lincolnshire Poacher Trophy), Masters(M50+), SuperVet(M/W60+), UltraVet(M/W70+).**

**Short Course Trophies: Champion, Lady(W21+), Junior(M/W20-).**

### 1. Wed 16 April Hendale near Gt. Limber TA 097074

Mixed woodland, part of the Earl of Yarborough's estate. From the A1084 1.25 miles SE of Bigby turn NE signposted Searby Top. Proceed for 2 miles, initially on tarmac then on green lane. Park carefully at side of track. Exit will be along track at side of wood. Please start early as daylight is limited.

*Planner: Pete Kullich Post-race analysis: New Inn, Gt. Limber*

### 2. Wed 23 April Elsham nr. Brigg TA 035108

Mixed woodland, last used for Poacher in 1998. From Jct. 5 of the M180 take the A18 towards Brigg for 1 mile. Near a telegraph pole take a right turn ( NNW ) down a rough track continuing over the M180- park as directed. Please start early as daylight is still limited. There may be a small charge for parking to defray access payment.

*Planner: Neil Harvatt Post-race analysis: The Black Horse, Wrawby*

### 3. Wed 30 April Mausoleum Woods Gt Limber TA 134092

Mixed woodland, part of the Earl of Yarborough's estate. From the crossroads 0.5 mls east of the New Inn on the A18, turn N. towards Brocklesby for 1km. Turn left onto estate road, bearing left after 200m. Follow directions along track.

*Planner: Vernon Davis Post-race analysis: New Inn, Gt Limber*

### 4. Wed 7 May Nettleton Woods Caistor TF 095991

Mixed woodland with open and semi-open areas. Follow the A46 from Caistor for 2 miles towards Mkt. Rasen past Nettleton village, 400m. beyond garage at end of wood turn right (west) down track for 300m. Park carefully at Oaks Guide Camp.

*Planner: Mark Tyszka Post-race analysis: Salutation Inn, Nettleton (A46)*

# HALO POACHER SERIES—2008

## **5 . Wed 14 May Swallow Vale nr. Caistor TA 174043**

Mixed wooded glacial valley with adjoining open areas, part of the Earl of Yarborough's estate. From the A46 crossroads at Swallow, take the Limber road NW for 1km. Turn right towards Swallow Vale Farm for 500m.

*Planner: Malcolm Humphrey Post-race analysis: New Inn, Gt. Limber*

## **6. Wed 21 May Primrose Warren, nr. Brigg SE 950065**

Mixed woodland with sandy open areas. From Junction 4 of M180 travel north towards the A18 roundabout for 100m. only. Turn left through gated entrance into wood. Follow track for 1km.

*Planner: Steve Marin Post-race analysis: Arties Mill, A18 just before Brigg*

## **7. Wed 28 May Willingham Woods, Mkt. Rasen. TF 131893**

Mixed Forest Enterprise woodland. Follow A631 east from Market Rasen. Turn left down forest track, immediately before picnic layby. Follow track as directed.

*Planner: John Fulwood Post-race analysis: King's Head, Tealby*

## **8. Wed 4 June Halliday Hill, Great Limber TA 107068**

Mixed woodland, part of the Earl of Yarborough's estate. Park at Grasby Bottom crossroads, 2 miles NE of Grasby, 2 miles SW of Great Limber.

*Planner: Andy Houlden Post-race analysis: New Inn, Gt. Limber*

## **9. Wed 11 June Brocklesby Park, nr. Humberside Airport TA 128123**

New area, part of the Yarborough Estate. From the crossroads of the B1211 and B1210 just north of Brocklesby village, travel SW along the B1210 for 500m. Park on or near to sugarbeet pad.

*Planner: Mike Smith Post-race analysis: Marrowbone and Cleaver, Kirmington*

## **10. Wed 18 June Normanby le Wold, Caistor TF 123948**

Rough well contoured grassland. Access either from the A46 north of Market Rasen via Claxby village or from the Caistor High Street (B1225) 3.5 miles south of Caistor via the radar dome. Park near the Church.

*Planner: Pete Harris Post-race analysis: Salutation Inn, Nettleton (A46)*

## **11. Wed 25 June Pillar Wood, Caistor TA 128035**

Mixed woodland, part of the Earl of Yarborough's estate. From the A46 at Caistor Top take the A1173 north for approx. 1 mile then fork left towards Gt. Limber. After c.300m. turn right (east) onto track towards Gamekeeper's Lodge and Pillar.

*Planner: Brian Slater Post-series analysis: Queen's Head, N.Kelsey Moor & Trophy presentation*

**Website: <http://lincspoacher.org.uk>**



# MIDLANDS CHAMPIONSHIPS—2008

A glorious day saw a very healthy turn out from LOG, with 12 members running across 7 different courses and 11 classes in total. Two second and two third places in the Midlands Champs were topped off by the young upstart himself, Liam Harrington. Obviously, having relinquished his East Midlands crown this year, he was just saving himself for bigger and better things.... Who knows what BOC will bring him at Culbin in April?

Having run the M40L course on the day, three thoughts immediately sprang to mind when analysing the race afterwards. Firstly, knowing the area always helps a lot in any orienteering event, big or small and this really hit home in two areas for me—one, when crossing what looked like runnable open land on the way to CP3 and ending up in a morass of brambles and ferns. The pain was only enhanced as I watched helplessly the other run-

ners around me nipping up the paths by the side of this nest of broken dreams..... And two, trying to distinguish between one significant tree and another in Sherwood forest is a bloody nightmare—they all look like stag oaks to me!! Where's Steve

*'Who knows what BOC will bring for  
Liam at Culbin in April.'*

when you need him to fill in on one's lack of aboriginal expertise?

Secondly, I do hate it when a planner thinks it's a great wheeze to stick the penultimate control in a 2

foot deep pit, which is surrounded on all sides by bracken, and you haven't got a cat in hell's chance of spotting it until you're virtually falling on top of the damned thing. The term 'bingo control' doesn't do it justice...

But having got that minor gripe out of the way, my overriding thought is that the day was truly excellent. NOC's organization as ever was spot on and it was great to be reminded that spring was just around the corner. The courses were fast, had a mix of wood and open moorland navigating and generally speaking there wasn't too much nasty undergrowth to catch you out.... As long as you kept your wits about you.

Over the page is the map of the M40L course—12km, 145m climb and 28 controls.

*Paul Murgatroyd*

## MIDLANDS CHAMPIONSHIPS—FINAL LOG POSITIONS

Overall Position	Midlands Champs Position	Name	Course	Length / Climb / No. Controls	Total Time	Average Speed
6th	1st	Liam Harrington	3—JM5L	10.3km / 130m / 27	67:54min	6.6min/km
10th	4th	Jonathan May	3—M21S	10.3km / 130m / 27	96:40min	9.4min/km
9th	6th	Simon Carruthers	2—M35L	12.0km / 145m / 28	146:48mins	12.2min/km
8th	2nd	Paul Murgatroyd	2—M40L	12.0km / 145m / 28	87:04min	7.3min/km
11th	4th	Andy Furnell	6—M40S	7.7km / 65m / 18	108:33min	14.1min/km
9th	5th	Joanne Nell	6—W40L	7.7km / 65m / 18	86:47min	11.3min/km
18th	7th	Dave Denness	4—M45L	10km / 120m / 25	84:40min	8.5min/km
5th	2nd	Robin Stevens	7—M45S	6km / 55m / 19	54:53min	9.1min/km
6th	3rd	Colin Currie	7—M45S	6km / 55m / 19	56:13min	9.4min/km
32nd	18th	Sean Harrington	4—M50L	10km / 120m / 25	98:34min	9.9min/km
8th	3rd	Martin Wheeler	8—M50S	6.1km / 50m / 16	63:11min	10.4min/km
31st	15th	Michael Nell	5—M55L	8.1km / 85m / 17	90:05min	11.1min/km



# EAST MIDLANDS LEAGUE — 2008

## east midlands orienteering association



As someone once sang “It’s a new dawn, it’s a new day” and how appropriate that is for the new EMOA website! The old one was more tired than Steve Bones after a night out in Oxford and was well overdue for a revamp. If you haven’t yet checked it out then log on via the links on the LOG website and see the transformation for yourself.

Anyway, the new series is well underway, with 5 of the 17 events listed now completed. The rules state it’s the best 8 of 14 to count, so there’s some confusion over that one, but if you check out the fixtures opposite, you’ll see that there’s plenty to keep us all amused across the East Midland’s clubs.

Also shown below is the latest table, with the LOG & associated RAFO members shown in comparison to the league leaders.....

### EMOA League Fixtures 2008

27th January	Rough Park	LEI
3rd February	Calke Park	DVO
2nd March	Crich Chase	DVO
9th March	Fermyn Woods	LEI
16th March	Thieves Wood	NOC
13th April	Bourne Woods	LOG
18th May	Hardwick Hall	DVO
15th June	Burbage Woods	DVO
22nd June	Carsington Pastures	DVO
28th September	Kedleston	DVO
5th October	Stapleford Woods	LOG
12th October	Charnwood Forest South	LEI
2nd November	Bestwood	NOC
14th December	Whitesprings	DVO
21st December	Walesby	NOC
28th December	Beacon Hill	LEI

### East Midlands League 2008 (LOG & RAFO members’ placings after 5 events)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Best Eight Scores	Overall Position
Yellow	Rachel Kirk			327	589													916	3rd
Orange	Craig Youngs			591	695													1286	7th
Lt Green	Luke Grayson			756	1000													1756	5th
Blue	Michael Nell			601	859	610												2070	9th
Blue	Andy Furnell	481			634	483												1598	16th
Blue	Sean Harrington			575		545												1120	31st
Blue	Joanne Nell			641	836													1477	8th
Brown	Paul Murgatroyd			686		795												1481	13th
Brown	Liam Harrington			712		764												1476	14th
Brown	Dave Denness		700			766												1466	15th

Key to Events: 1 *Rough Park*, 2 *Calke Park*, 3 *Crich Chase*, 4 *Fermyn Woods*, 5 *Thieves Wood*, 6 *Bourne Woods*, 7 *Hardwick Hall*, 8 *Burbage Woods*, 9 *Carsington Pastures*, 10 *Kedleston*, 11 *Stapleford Woods*, 12 *Charnwood Forest South*, 13 *Bestwood*, 14 *Whitesprings*, 15 *Walesby*, 16 *Beacon Hill*

# TANKED UP IN TANKERSLEY

On Saturday 27<sup>th</sup> January, Paul, Jon and myself headed over to Staveley, near Chesterfield for a DVO Come and Try It, C5 local event at Poolsbrook Country Park. We all did the red course, which was the most 'taxing' course on the day, which was down as 4.1km and 50 metres of climb. With it being a CATI event we were given our maps as soon as we had registered. This meant we could see where we had to go for a couple of the controls and have a laugh with each other about how small the hills were.

Jon started first, with me catching him up a few minutes later, with Paul then trying to catch up with us both. The first control was easy, as we had seen it from the car park before we started, then on to the second control which was up one of the hills we had been laughing about beforehand, but now seemed a lot steeper and not so funny anymore. In the end I had a good run around a pretty straightforward

course, making no mistakes and managed to beat Paul by about 2 mins 30 secs. Half of this time Paul lost by going down the wrong path after a control on the east of the map. Overall I won the course in a time of 25 mins 23secs, Paul came second in 27 mins 52 secs and Jon was 8<sup>th</sup>, taking 34 mins 34 secs.

After the event we headed over to Castleton to Paul's cottage and to meet up with Dave D., who was coming over for the LOG night out, which involved a few drinks and a bite to eat down at Ye Old Cheshire Cheese.

On the Sunday we headed off to Tankersley Woods, about 5miles North of Sheffield for an SYO C3 Regional event. Jon, Dave and myself were all on the same course, competing in our respective age classes, running 7.7km, while Paul was on the course up from us with 9.2km to run.

The organiser did well with handicapping us all, as we all finished within

about 5mins of each other having started at staggered times. The area was completely different to that of Saturday's, with a lot of contour detail in old industrial areas, which made you think a lot. Also it was mostly wooded, with only a very small open area, so a real technical navigational treat.

I went off too fast and did not read the map very well, so I messed up on the first control, missing the control by about 50metres and not relocating that well. Luckily I was not the only person there looking for it, so I only wasted a few minutes in all. After this I slowed the running down to work on the nav components, which made it easier and only lost 20/30 seconds on a couple of controls for the rest of the course. I finished 8<sup>th</sup> of out 18, 15minutes behind the winner. Jon was 9<sup>th</sup> out of 13, Dave came 17<sup>th</sup> out of 28 and Paul came 8<sup>th</sup> out of 13.

*Liam Harrington*



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## KNOW YOUR MEMBERS

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

The editor sits down for a few cheeky Vimto's with Jon on the 'Tanked up in Tankersley' tour and begins to interview the club northerner.....



**Let's talk about longevity of membership—when did you first start, Jon?**

I first turned up to a LOG event in 2002, did one event a year for two years and then joined fully in 2004!

**So one event a year—hardcore! Why so few and what made you get into it more fully?**

I looked into orienteering on the web and had ambitions to do well in the sport, but knew that I was a long way from turning that into reality, so I started to do a bit of running knowing that the hills were much more interesting than the hills and realised that orienteering was the right place to learn navigation under pressure.

**So, your original goal when you joined the club was to work towards the OMM—is that still a goal?**

Very much so! Number one thing that I thought the club might provide me with was a partner! That's not easy, as so few want to do the OMM.....

**But you've done the Saunders and the Phoenix?**

Well, actually, I've not 'done' the Phoenix. I've had two cracks at it and

ended up injured in both cases! I intended doing day 2 the first time I was injured but couldn't get the car started to get to the assembly area! Then the AA turned up and told me I couldn't run as my legs were in bits.

**Hell.... They're wise, those boys from the AA! So, you've been orienteering regularly now for around four years?**

When I started I thought that the LOG events were the only ones around and didn't realise how many were available. I also didn't know about the summer series, as I was always busy on a Thursday night.

**Going back to your roots, you're a Durham lad?**

No, I'm from County Durham, but actually from Sunderland. I left to go to Cambridge University at 18 to study engineering at Trinity College, where Chariots of Fire was filmed.... I lived on the famous courtyard in my final year and also had a go at the tradition of completing the circuit, before all twelve chimes have been struck, in full top hat and tails—that hampers you a bit!

**So what sports did you compete in at Cambridge?**

Football—all through my childhood it was football, football.....

**So when did you get interested in outdoor pursuits?**

I've always walked and camped in my youth. The Lakes was our playground when I lived in Sunderland and I went there for two weeks every year from the age of about 8 or 9.

**So, what have you got down as your aims for 2008?**

The OMM—actually finding a partner and doing it! Having set my heart on it, that's got to be the pinnacle.

**And which course would you do on the OMM?**

Not fussy—I'm happy to do a line or a score course, really, but not the elite event.... The long score seems to be popular in the club and I'd be more than happy to do that.

**Yes, I like the planning aspect of the score?**

True and you've always got the opt

out clause if the day's not going too well! I'd like to one day do the top end courses, such as the A class, but I'd want to build up to that by doing some of the longer fell runs, etc.

**I see that you're doing some of the longer runs, eg. Grindleford Gallop**

Yes, plus some of the Capricorn, Phoenix and Saunders this year. Not all, but certainly some of them.

**So are there any ambitions within orienteering that remain unfulfilled?**

I think firstly I've got to get back to improving my times on Brown courses and be finishing within 150% of the winner's time at each event, which is achievable, but I've got to get along to them.... Same as Mr. Bones! I think I should be doing better, frankly, than I am at the moment. I've just not picked up 'orienteering' at all, I still feel like a newcomer and an 'outsider' to the sport.

**Is that from the point of view of fitness or navigation?**

I don't know, it's just not happened for me at all—yet!

**So, what would you say is your strongest 'style' of event?**

No idea, to be honest! I really dislike events where you go from one block of forest to another, I like to navigate more than that and enjoy having longer runs between controls. I'm not fond of long track runs at all.

**Jon...many thanks and all the best for the rest of your orienteering in 2008....**



# THE JK—REVIEW BY ‘OUR MAN DARN SARFF’



This year's JK was in Surrey and, as always, took place over the Easter Weekend. Starting with a sprint race on Good Friday, followed by two days on 'normal' orienteering, the JK ends with a relay on Easter Monday.

Like 2007, the venue for the sprint was a university campus, but that was where the similarity ended. The chill wind and snow shower on arrival was in stark contrast to the baking heat of last year. Whilst this was a mere foretaste of things to come, it still called into question the wisdom of those of us choosing to run in shorts. Thankfully, also different this year, was the use of SI dibbers in place of the dreaded EMIT cards.

The greatest difference, however, was in the technicality of the course. The planner fully exploited Surrey University at Guildford to provide tremendous route choice/route finding challenges in a very complex, but compact, area on several levels. For a sprint race the number of people stood still looking hard at their maps as the seconds ticked by was unbelievable. I made a huge mistake costing several minutes about halfway round the course by exiting a control 180 degrees out and then struggled to relocate amongst a myriad of similar looking buildings. This was urban orienteering at its very best and set a high standard that hope-

fully the next few days would live up to.

By the time I had travelled to the Army training barracks at Crowborough, some sixty odd miles from Guildford, circulation had just about been restored to my extremities. The prospect of pitching tent in the strengthening northerly wind was not very inviting but I was anxious to bag a good spot before the rush. Robin Stevens and Erica had arrived earlier and had already set up camp and with only half a dozen tents other tents pitched there was still plenty of space.

The wind really got going overnight and added a severe wind chill effect to the already freezing temperatures, so few people got any real sleep in preparation for Day 2. Robin commented 'Well at least the tent is still standing, probably due to the ice coating the inside and out'.

Day 2 was at Leith Hill about forty miles west of Crowborough. The northern half of the area was mostly open runnable forest, interspersed with sections of denser vegetation, whilst the southern section had lots of incredibly complex contour detail. Even at 1:10000 some of this was impossible to read and make any sense of, so it was easy to pass by your control a few metres away and just not see it. The two drinks stations had not reacted to the unexpected conditions and were dishing up cups of freezing cold water rather than soup or hot chocolate that the conditions really called for.

Mercifully the wind subsided for the second night under canvas and although the temperature was colder the absence of windchill meant it actually felt slightly warmer. No one from LOG was staying for the relays, so, early on Sunday morning, we shook the ice from our flysheets and packed our tents, before making our way to the Day 3 event.

Day 3 was in Ashdown Forest, just a couple of miles to the west. It was snowing heavily throughout the morning, (reportedly even George the Alpaca at neighbouring Llama park could not be persuaded to venture outside) so there was some concern at start about how visible paths and features would be, particularly on the exposed open sections. Despite being called a 'Forest', a significant proportion of the area was actually open or semi-open heathland. The whole area was rolling hillsides, with no flat sections, and although less complex navigationally than Leith Hill, it was more challenging physically with a final sting in the tail provided by the 200m uphill run-in to the finish.

Despite the weather, JK2008 was an excellent weekend of orienteering. The JK is the premier orienteering event in the UK calendar, so put it in your diaries for 2009 now!

*Dave Denness*





**LINCON ORIENTEERING GROUP -  
WWW.LOGONLINE.ORG.UK**

Newsletter Editor:  
Paul Murgatroyd  
9 Northfield Avenue  
Sudbrooke  
Lincolnshire  
LN2 2FB

Phone: 01522 753114  
Fax: 01522 886026  
E-mail: pmurgatroyd@lincoln.ac.uk

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

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[groups.yahoo.com/group/lincolnshireorienteeringgroup](mailto:groups.yahoo.com/group/lincolnshireorienteeringgroup)

*The next LOG-NEWS is planned to go out at the end of May, when we will be looking back at the club's efforts at BOC, early season reports on the LOG and HALO summer series events will appear and there'll be a reflection on the 2008 East Midlands Championships at Corby, run only four months after those at the Longshaw Estate in December!! Can Dave Denness repeat his successful 3rd place on the 2007 M45L course? Will Liam Harrington step up to claim the East Mids crown to go with his Midlands trophy? Will Sean Harrington be heard to utter the words 'You know, I'm fired up for this today' for the first time in his orienteering career....? We will also have reports on our very own district event at Bourne on the 13th April.*

*If you go anywhere interesting to orienteer over the spring, please send articles in to the editor for inclusion in LOG-NEWS. Remember, the newsletter is only as good as its contributors!!*

## SELECTED NATIONAL FIXTURES

### April

**19th-20th SOA BRITISH ORIENTEERING CHAMPIONSHIPS**

C1 **19th - BRITISH CHAMPIONSHIPS 2008 - INDIVIDUAL.** Culbin East, Forres.

R1 **20th - British Championships 2008 - Relays.** Culbin East, Forres. NH998610.

Co-ordinator: Jon Musgrave, 013398 84447, [jon@big-jon.demon.co.uk](mailto:jon@big-jon.demon.co.uk) Fees Indiv: TBA. Relays: £36.00/£18.00 per team. EPS-SI. Entries: OEntries [www.oentries.com/](http://www.oentries.com/) [www.boc2008.co.uk/](http://www.boc2008.co.uk/)

**19<sup>th</sup>** C5 EM DVO Local Event. Shipley Country Park, Heanor. [SK431454](http://www.sk431454.com). Val Johnson, 01773 824754. [gmiandfam@aol.com](mailto:gmiandfam@aol.com)  
£3.00/£1.00 Family entry: £7. Parking £1.00. [www.dvo.org.uk](http://www.dvo.org.uk)

**20<sup>th</sup>** C4 YH HALO District Event. Houghton Woods, Market Weighton. [SE895368](http://www.se895368.com). Sue Chaney, 01482 653152.  
[john@chaney.karoo.co.uk](mailto:john@chaney.karoo.co.uk) £6.50/£3.00. EPS-SI. No dogs. [www.halo-orienteering.org.uk](http://www.halo-orienteering.org.uk)

**26<sup>th</sup>** O4 WM HOC Malvern Ultrasport Long-O. Malvern Hills, Welland, Worcestershire. [SO797400](http://www.so797400.com). Organiser: Tom Horton, 01684 561761. Postal Entries: Mike Farrington, Oak Lodge, Floyds Lane, Wellington Heath, Ledbury, Hfd, HR8 1NB. CD: unknown. £13 to include ticket to Ceilidh. Online entries via [www.fabian4.co.uk](http://www.fabian4.co.uk). Chq: Harlequins Orienteering Club. EPS-SI. Parking £2.00 as charged by Malvern Hills Conservators. Dogs allowed on lead at all times. Courses 30k, 22k and 15k. [www.mado.org.uk](http://www.mado.org.uk)

**27<sup>th</sup>** C3 EM LEI Regional Event & EM Championships. Wakerley Woods, Corby. [SP960987](http://www.sp960987.com). Organiser: Gary & Mary Boothroyd, 01572 756097. [gboothroyd@btinternet.com](mailto:gboothroyd@btinternet.com) Entries: Roger Williamson, 63 Loughborough Road, Quorn, Loughborough, Leics, LE12 8DU, 01509 412132. [rwilliamson63@aol.com](mailto:rwilliamson63@aol.com) CD: 14/04/08. £10.50/£3.50. Lim EOD +£1.00/£1.00. Chq: Leicestershire Orienteering Club. EPS-SI. Lim CC courses - £7.00/£1.50. Online entries preferred via [www.fabian4.co.uk/](http://www.fabian4.co.uk/) Late entries on line only up to 21/04/08 +£1.00. Parking £1.50. Dogs on Leads. [www.leioc.org.uk](http://www.leioc.org.uk)

### May

**4<sup>th</sup>** C2 YH EBOR NATIONAL EVENT & FCC Classic Final. Cawthorne and Keldy, Pickering. [SE777197](http://www.se777197.com). Organiser: Lionel Carter, 01904 489427. Entries: TBA. CD: unknown. Fees TBA. EPS-SI. String course. Dogs on lead in assembly area only.  
[www.eborienteers.org.uk](http://www.eborienteers.org.uk)

**10th-11th** NW MDOC Twin Peak Weekend

C3 10th - Day 1 Regional Event. Macclesfield Forest, Macclesfield. SJ970720.

C3 11th - Day 2 Regional Event. Macclesfield Forest, Macclesfield. SJ970720.

David & Jane McCann, 01614 832061. Fees TBA. EPS-SI. String course. Dogs on lead in car park only.  
[www.mdoc.org.uk](http://www.mdoc.org.uk)

**18th** C4 EM DVO District Event. Hardwick Hall, Sutton in Ashfield. SK463637. John Armstrong, 01335 348238. [armstrongjm@talk21.com](mailto:armstrongjm@talk21.com) £7.00/£1.00 Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. [www.dvo.org.uk](http://www.dvo.org.uk)

**26th** C4S YH EBOR York City Park Race. National Railway Museum, York. Organiser: Ann Smith, 01347 821220. Entries: Ann Smith, Weddow Hills, Oulston Road, Crayke, York, YO61 4TP, 01347 821220. CD: unknown. £6.50/£2.50. Lim EOD. Chq: Eborienteers. EPS-SI. Dogs allowed on lead and not on courses.  
[www.eborienteers.org.uk](http://www.eborienteers.org.uk)

