

2009 Issue 2
Mar/Apr



LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

LOG-NEWS



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Photos from the Riseholme Night Event, Feb 12th 2009. Clockwise from top left: The Old Hall and Lake in all it's winter glory; Spikey being her usual shy, retiring self; the assembled hardy competitors in the start area; snowdrops form the backdrop to control 40 and the local wildlife savours the elements too.

ED'S BIG BIT



Another bumper edition comes to you hot off the press.... On the review front, we recall two club events hit by the full

force of our harshest winter for some time. The club weekend to Thetford hung in the balance for a while and it was only once we were pretty certain that the Regional at Thetford was going ahead, following the postponement of the Cambridge city race earlier that week, that the crew headed down for frolics in the snow. This was quickly followed by the fun and games at Riseholme, already postponed

once because of the weather, and being hit by another deluge only a couple of hours before the start. Anyway, everyone who braved the conditions had a good time and it shows what can be done, even when all the odds seem to be against you!

Also in this issue, we preview both the LOG summer series, with the return of the team competition, and the ever popular HALO Poacher events. If you've never made it to one of these, I strongly recommend them. Low key, but generally in eminently runnable woodland, which as spring turns to summer and the brambles and nettles begin to take hold, these conditions become an increasing rarity!

Also reviewed this time are a host of recent events—East Mids Championships, HALO chasing sprint series, British Champs and Dave's trip to the other side of the world. What a lot to get through!

Finally, on the publicity front, we managed to hold onto our illustrious prize of the annual CompassSport Newsletter award and I must give credit here to all the contributors over the last year. Almost without fail, people have delivered articles with good humour and on-time, enabling me to get a high quality newsletter out to you. Take a bow, one and all! Also, Focus magazine arrived this week and we have an article on the City race and several photos smattered around the pages of the BO oracle, including the front cover—can't be bad!

So, I hope to catch many of you next week at the CompassSport Trophy and let's hope we can put in an effort that will see the club reach the final for the first time in its history—now that would be something to shout about...

See you out there!

Paul Murgatroyd

Chairman's Sound Byte



Since the last newsletter, 3 new members have joined the club, therefore I am very pleased to welcome Paul Barnes, Andrea Page and, most recently, Ally Wright, who joined at our club

training evening on the South Common last week. This brings the total of new members, who have joined the club since the start of the winter series, to 11, which for a small club like ours is great news!

On the competition front, the first round of the Compass Sport Trophy is being

held on 29th March and, for the first time since I have been orienteering, it looks like LOG will have enough runners to make up the 13 scorers that are required! Therefore, I would like to thank everyone who has put their name down and, with a bit of luck, we may even make it through to the final !!

The Bomber weekend on the 25th/26th April is getting ever closer. As usual, I will be looking for helpers on both days, so please let me know if you are available to assist. Also, regarding entries for this event, it would be nice to see a few more LOG teams in the relays and also on the Long "O", so come on don't be shy—it's not every day you get to run through the whole length of the Earl of Yarborough's estate.....

At the last EMOA committee meeting various topics were discussed, one of

the main points coming up was the need for more trained Coaches, Planners & Organisers. Therefore, if anyone would like more information regarding this, please get in touch with me. The committee also agreed to purchase approx £1700.00 of new SI equipment for LOG, this is great news and should, in effect, make us self sufficient for all the events that we put on.

Finally all the venues and planners have now been sorted for this year's summer series, with the first event at Hartsholme on the 9th April. Please put this in your diary and let's get a good turn out to get the series off to a flying start. I'm hoping that we'll be able to keep the membership numbers moving on upwards after what has been an excellent 2009 so far!

Sean Harrington

FUTURE LOG EVENTS

2009

9.4.09—30.7.09

Summer Series 2009

9.4.09	Hartsholme Park	(Andy Furnell)
23.4.09	Twyford Woods	(Michael & Joanne Nell)
7.5.09	Sudbrooke Park	(Paul Murgatroyd)
21.5.09	Stapleford Woods	(Amanda Roberts)
4.6.09	South Common	(Sarah Pike)
18.6.09	Bourne Woods	(Dave Denness)
2.7.09	Riseholme Park	(Phil Longstaff)
16.7.09	Ostler's Plantation	(Sean Harrington)
30.7.09	University of Lincoln	(Liam Harrington)



25 & 26.4.09

Lincolnshire Bomber 2008, "North Lincolnshire", (Jon May—Relays)

22.11.09

L3 Stapleford Woods (East Mids League), TBD

5.11.09—21.1.10

Winter Series 2009/10

A PLANNER'S TALE

This last twelve months have been very exciting and interesting, to say the least, on the orienteering side. From joining the club, after attending a couple of indoor winter training sessions in early 2008, I've participated in a good number of local, regional and national courses, become part of the LOG committee and completed the Level 1 Coaches' course. There was surely nothing else I could squeeze into the year? Of course there is; volunteer to plan one of the winter series. It made total sense at the time.

First of all I panicked a little, had a walk around Hartsholme, received a copy of OCAD, the Hartsholme map and lots of information off Jon May, what a star he was! Anyhow, here's my tick list for those budding planners out there:

Step 1: armchair planning, easy this bit. I fancy a control there, there and there, all the time trying to visualise the controls in the bits of the park I know.

Step 2: Fresh air at Hartsholme to locate my "ideas" for control sites, make alterations as necessary and update the Hartsholme map.

Step 3: Start producing both a long and a short course, bearing in mind what I had learnt on the Coaches' course as well. Fantastic, sorted. I sent off version 1 to Jon to scrutinise, which he duly did, identifying one tiny point, really..... my courses were all only half the right lengths! I hadn't altered the default scale on OCAD from 1:10 000 to 1: 5000, so my long was a short and the short, well, very short indeed..

Step 4: Ho hum, back to the drawing board, long become the short with a couple of changes and the old short aborted. I read back over Jon's hints and tips for planning and re-planned the long course. The following day, I checked to see if my planned control sites would work. I then emailed Jon my next offering and waited with baited breath for the reply, no panic yet - I've still got 12 days..... Jon's reply was a couple of suggestions, but no real problems, fantastic. I was ready to rock 'n' roll!

Step 4: With the "finished" courses, I had to put my controls onto a fresh OCAD template, so I could put in the

correct control numbers for our kites on there and write out the control descriptions. All once again sent one final time to Jon for checking.

By now it is the Thursday night before the Saturday and I'm tinkering with OCAD. Somehow I manage to make it print maps in Micro... Honestly they were only just bigger than a post card...oops. It was a bit late to ring Jon or Liam.

Step 5: Printing out the maps, Jon helped me to work out what I had altered on OCAD, and having looked at the numbers of orienteers through the series, I added a couple extra maps to our highest numbers and began rattling out the maps. As many of you know we had a tiny, really minor, issue of having lots more orienteers than printed maps.

Step 6: Putting out the controls. The morning started with a brief heavy shower and then the sun came out and all was under control. It all ran like a well oiled machine..... Sort of..

Spikey

LOG SUMMER SERIES 2009

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

Cost: £1.50

Points calculation: Best 5 results to count

Trophies: Series winners of each course

1. Thursday 09 April - Hartsholme Park, Lincoln SK947697

City park with mixed woodland and open areas. From the A46 Lincoln By-pass, take the B1378 sign-posted 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 - Andy Furnell

2. Thursday 23 April - 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. (Due to dark nights please try and start early).

Post race - TBA.

Planner - Joanne & Michael Nell

3. Thursday 07 May - Sudbrooke Park, Lincoln TF034762

A combination of urban terrain and mixed deciduous woodland. Follow A158 towards Wragby/Skegness from Lincoln for 2 miles and then turn left, just after village signs, at the Cherry Tree Cafe into Scothern Lane. Village Hall is approximately 1/2 mile on right hand side just as you are leaving the village of Sudbrooke.

Post race - Bottle & Glass, Scothern.

Planner - Paul Murgatroyd

4. Thursday 21 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.

Post race - St Vincent Arms, Norton Disney.

Planner - Amanda Roberts

5. Thursday 04 June - 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 - Sarah Pike

6. Thursday 18 June- Bourne Woods, Bourne TBA

Mixed working forest. Parking and start area not yet confirmed, please see website for details

Post race - TBA.

Planner - Dave Denness

7. Thursday 02 July - Riseholme Park, Lincoln SK984755

Mixed woodland and parkland. From the A15 or A46 onto Riseholme Lane, just North of Lincoln.

Post race - The Plough, Nettleham

Planner - Phil Longstaff

8. Thursday 16 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 - Sean Harrington

9. Thursday 30 July - University of Lincoln SK966712

Street "O". Parking at University of Lincoln Sports Centre.

Post race - The Shed, Brayford Pool.

Planner - Liam Harrington

Series co-ordinator—Sean Harrington (01522 791344 / 07711 045655)

www.logonline.org.uk



LOG SUMMER SERIES—TEAM COMPETITION 2009

TEAM FERRARI	TEAM RENAULT	TEAM McLAREN	TEAM HONDA	TEAM TOYOTA
LIAM HARRINGTON ©	SEAN HARRINGTON ©	NIKKI HARRINGTON ©	ANDY FURNELL ©	MICHAEL NELL ©
GEOFF GIBBS	PAUL TAYLOR	ANDY LUCAS	ANDY STEVENSON	SIMON CARRUTHERS
GEORGIA DAVEY	KEVIN KIRK	STEPHEN BARNETT	TOM GEORGE	VICTOR THOMAS
TEAM JAGUAR	TEAM TORO ROSSO	TEAM WILLIAMS	TEAM BRABHAM	TEAM JORDAN
DAVE DENNESS ©	PAUL MURGATROYD ©	SARAH PIKE ©	IAN DURRANT ©	JON MAY ©
ANNE GIBBS	SARA DANIELL	JOHN MATHER	HAYLEY FOXX	PAUL BARNES
TAYLOR SAVIDGE	CRAIG YOUNGS	CHARLES NELL	MICHAEL WARDELL	JESS TUNNARD
TEAM RED BULL RACING	TEAM BMW SAUBER	TEAM FORCE INDIA		
JOANNE NELL ©	AMANDA ROBERTS ©	PHIL LONGSTAFF ©		
KAELE PILCHER	CLARE HANNA	KLAUS ROBERTS		
THOMAS HONNIBALL	LUKE GRAYSON	REBECCA NAVARETTE		

Competition Rules:

- The teams, where possible, 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.
- There will be a transfer system in operation after 3 events, where team members who have not run in any event so far, and unlikely to do so for the remainder of the series, will be removed and a 'like-for-like' replacement will be brought in. These substitutes will carry with them their points tally from their races so far and this will be added to the team's total.
- The team with the highest overall points tally at the end of the season will be awarded the 2009 summer series trophy.

TOWN & COUNTRY WEEKEND REPORT

LINCOLN ORIENTEERING GROUP
www.logonline.org.uk



A good weekend. We went, we ate curry, we competed, and we came home.

I don't suppose I will get away with such a succinct report so I might as well flesh out the bones without being asked, and I do not mean *Stephen Bones, SUFFOC, dns*.

The journey down was full of the usual decisions, do I turn as directed by the satnav or should I continue to Cambridge, rather than Birmingham, Bristol, Cardiff, etc. As the Saturday City race had been cancelled, we had arranged to meet up at a park just south of Cambridge, in the shadow of Gog Magog at Wandlesbury, an Iron Age fort, for some training laid on by Paul M. There was Sarah, Andy (A), Paul, Andy (B) Jon, Sean, Liam, Brenda, who sensibly sat in the car reading the papers, and me. Andy (A) was with Sarah and Andy (B) is Paul's

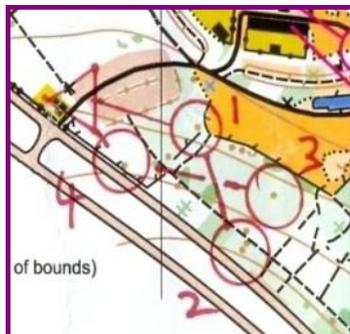
brother-in-law. Still with me?



There was snow underfoot and Paul had to be told about playing with the snowman he found, accidentally of course, and Andy (B), a complete orienteering novice, proved very helpful to Sean

in putting out the controls and keeping him on the right paths. The training session was very good, but I had to leave early. Brenda gives me a lot of leeway, but I cannot ask her to sit and wait more than two hours while I run around and enjoy myself. Besides, I knew there were only three parking spaces at the hotel and the owners must use at least one of them. I got the last one as it turned out.

We also got first choice of the rooms; we got the en-suite on the first floor, which was enormous. I felt sorry for Jon, Sean and Liam having to make do with their smaller one immediately below ours and my heavy footsteps, apparently, did not help at 6am, as I trekked to the facilities. Brenda and I then spent a couple of hours sightseeing, but when you've seen one college, you've seen them all. We did decide to go back in the summer



and spend a few days looking at some more colleges. The group came together in the evening to enjoy a few beers and then over the road to enjoy a rather excellent curry, with some tasty side dishes, and a few more beers. We were joined by Lisa, (Mrs M), and Anna, (Paul's sister), wife of Andy (B). Andy (B) never made it to the evening session because, allegedly, it was his turn to baby sit. Nothing to do with Ipswich getting beaten 3-0 and Norwich winning 2-1? Yeah, right.

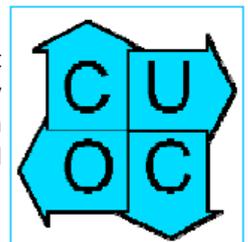


The Sunday WAOC event at Croxton Heath was held in sunshine and I had a good run, in that I survived and got all the controls in order. Nice to see *Stephen Bones, SUFFOC, dns*, there with Sarah and Josh. No toilets provided at the event, so Brenda had a nice 4 hour wait from leaving the hotel to stopping at Sainsbury's on the way back. The terrain was flat and well provided with tracks, my favourite route choice, although I did try some of the magical 'as the crow flies' route choices that Paul had used as a training theme on Saturday. Lots of 'runnable in one direction' stuff and earth walls with the occasional pit and distinct tree invariably three or four lanes over from the one I choose to run down.

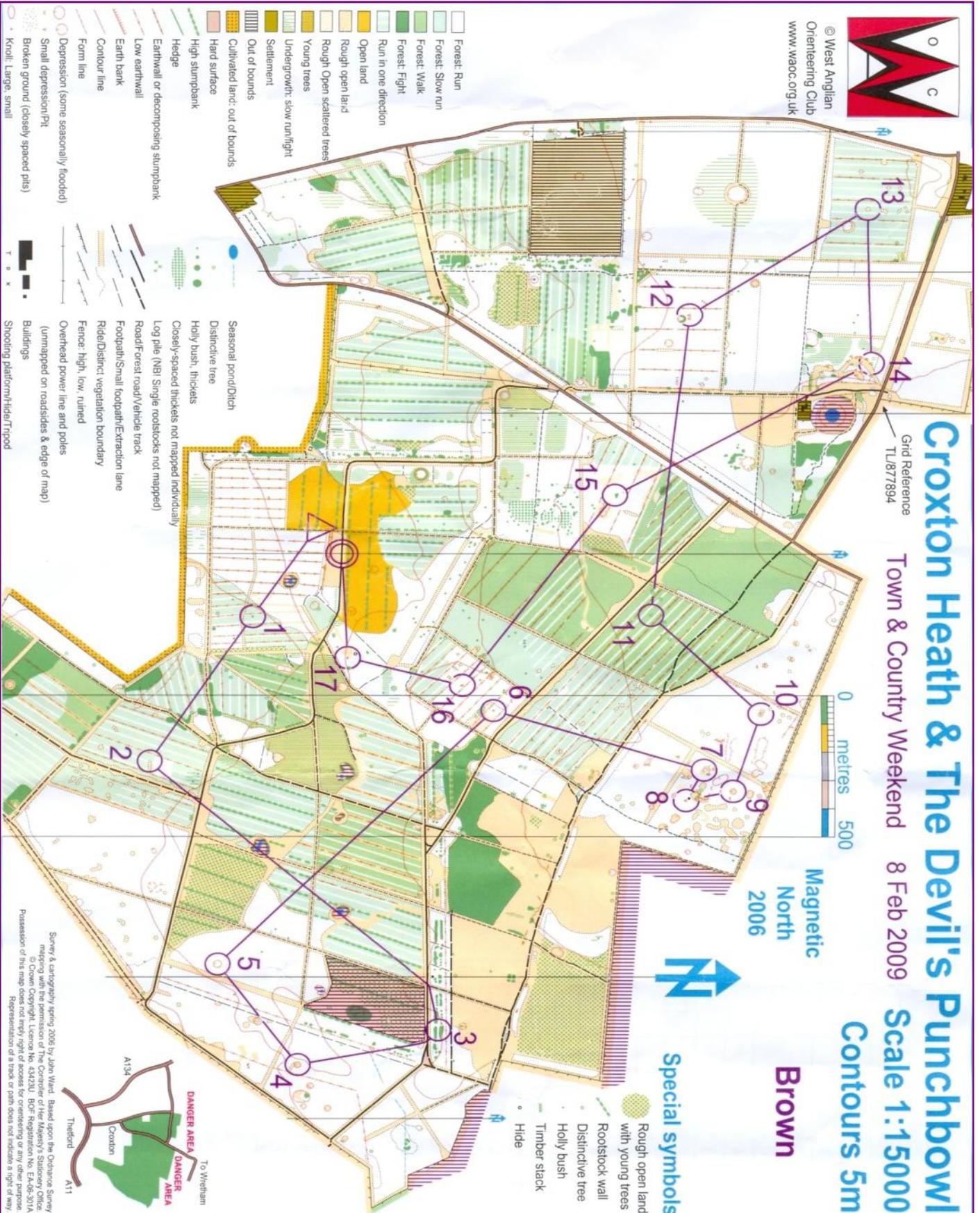
Three more LOG names turned up at the event, with Andrea Page doing Green, Andy Furnell the Blue and Thomas Honniball the Black. In addition I did the short Blue, Sarah the Blue, Sean and Paul the Brown and Liam and Jon the Black. Results all on WAOC web page.

We came back over the Fens. Straight up the A1101, all the way from Mildenhall to Long Sutton, with some fantastic views over the Fens from the elevated road.

We enjoyed the weekend but when I said to Brenda, 'fancy coming to the LEI event on Sunday' she just ignored me...



THETFORD FOREST MAP



Town & Country Weekend—Day 2: Croxton Heath & The Devil’s Punchbowl. Shown is the Brown Course (M35L & M40L)

EAST MIDLANDS CHAMPIONSHIPS 2009

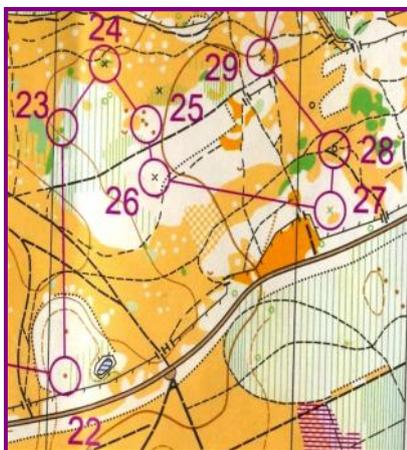
Clumber Park was the scene for the 2009 East Mids Champs and a LOG contingent of 9 runners competed for glory across 8 age categories.

The area, one of NOC's largest, has suffered recently from increased undergrowth and the courses undoubtedly suffered because of this. The planner obviously tried hard to avoid sending the orienteers through too much of the grotty stuff, but this meant that, at times, there was just too much track running from one block to the next.

The interesting legs tended to occur in the southern area, closer to the finish, where the area thins out into rough open land and it was here that mistakes were made, as competitors began to tire and a change of styles to match the terrain meant that it was easy to be

lulled into a false sense of security.

By taking us down into this area, though, runners were left with a 2.4 km walk back to as-



sembly, which on this cold winter's day was far from ideal. Oh, to be a planer....

In terms of results Liam was moving up to his first major

M21 event and, having won both the M18 and M20 titles,

was hopeful that he would feature towards the head of the field. He wasn't overly happy, though, with his run, feeling that a number of small errors and a drop off in pre-Xmas fitness levels scuppered his chances and he came in 4th in the Champs standings. Jon May, in the same, class, was much happier with his efforts and was only around a minute/km slower than Liam—certainly an improvement on where he was this time last year.

New club member, John Mather, and Paul Murgatroyd were both second in their classes, although somewhat off the winners' times, and Robin Stevens had a steady mid-table run on course 3. Kaele, Andy and Sean all put in respectable performances and the legendary Phil Longstaff mixed it well with the big boys on the M55L course.



East Midlands Championships – LOG Results

Overall Position	E. Midlands Champs Position	Name	Course	Length / Climb / No. Controls	Total Time	Average Speed
15th	4th	Liam Harrington	1—M21L	12.3km / 135m / 30	89:13min	7.3min/km
20th	6th	Jon May	1—M21L	12.3km / 135m / 30	105:06min	8.5min/km
6th	2nd	John Mather	2—M35L	9.5km / 100m / 30	111:55min	11.8min/km
7th	2nd	Paul Murgatroyd	2—M40L	9.5km / 100m / 30	73:55min	7.8min/km
18th	9th	Robin Stevens	3—M45L	8.8km / 75m / 24	87:30min	9.9min/km
9th	4th	Andy Furnell	5—M45S	4.9km / 45m / 19	75:23min	12.8min/km
8th	6th	Kaele Pilcher	7—W45S	4.4km / 45m / 12	87:08min	19.8min/km
30th	13th	Sean Harrington	3—M50L	8.8km / 75m / 24	94:09min	10.7min/km
21st	6th	Phil Longstaff	4—M55L	7.9km / 90m / 22	82:09min	10.4min/km

BRITISH CHAMPIONSHIPS 2009



This year's British championships were held in the New Forest on the weekend of 28th February and 1st March. Paul

Murgatroyd and I were the only ones that ventured the long distance from LOG. We travelled down there on the Friday afternoon and Murgy's Mystery Tours had booked us into a B&B in Lyndhurst in the middle of the New Forest. This was a lovely location, being only a two minute walk from an Indian, a Chinese, an Italian and three pubs!

On the Saturday we had the individual Championships at Hampton Ridge, which was about 10 miles north of our B&B. Paul had entered the M40L course and I was on the M21L. Paul had an early start of 9.59 am and therefore was one of the first runners out on the course, which was 12.3km with 255 metres of climb. It ended up taking him 108.26mins, having made a couple of big-ish mistakes (*Ed- you're*

being generous—they were shockers...). Paul finished 35th out of 49 in his class, having been on for a top 16 placing at one point.

My start was over an hour later than Paul's, so I had time to hang about in the assembly area and this gave me a chance to look around the shops and have a chat with others. We discussed where we



thought we were on the map and where they thought the start was going to be. This did not help much, though, as everyone had very different ideas.

My course was 14.8km long with 330 metres of climb, I did not have a great run, making a few mistakes

on the way round and struggling with fitness towards the end, I came in 23rd out of 28, in a time of 128.51mins.

On Sunday we competed in the Relays, which were being held at the Beaulieu Estate, just south of where we had been staying. As we were the only two people who had travelled down from LOG, we teamed up with four members of HALO to create two teams. The first unit saw Family Ward together and thus Helen Smith joined our team. Due to the fact that we were from different clubs, BO competition rulings meant that we could not be competitive and therefore we are shown as 'non-competitive' in the final results. We had entered the Men's Short course, so we all had about 4.2 km to run. The decision was made, before the event, to set Helen off on the first leg in the mass start and she then passed over to Paul, before I took over and flew around the last leg. If we had been competitive, we would have finished 23rd out of 39.

Liam Harrington



CLUBMARK ACCREDITATION

At their last meeting, Committee gave their fullest support to seek Clubmark accreditation, and, with the help of Pauline Olivant, it is reasonable to expect the club to be successful in achieving that goal in 2009. Clubmark is a way for a club to show that it is run in a manner that it provides a safe, effective and child-friendly environment. This is achieved by the club developing and adopting a number of policies, guidelines, 'job descriptions' etc.

The club needs to be able to demonstrate that within the club membership there are sufficient skills and knowledge to ensure the safety and well-being of young people and vulnerable adults. In addition, the club has to demonstrate that it is run professionally, and in accordance with BOF policies on equality & ethics, child protection and club management.

Details of all policies, guidelines and rules adopted by the club will be made available through the club newsletter and/or the club web site. Please take the time to acquaint yourself with these documents as and when they are made available.

If you want to get involved with attending some of the courses and workshops so that committee members are not the only ones getting these qualifications keep an eye on future editions of the newsletter for dates so you can offer your time.

Ian Durrant
Clubmark Co-ordinator

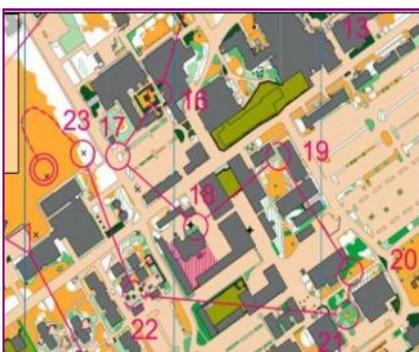
ORIENTEERING DOWN UNDER



Dave Denness, intrepid LOG man that he is, decided to compete in New Zealand over the new year period and here's his account of his experiences in the Land of the Long White Cloud.....

My build up for orienteering in New Zealand was going along quite nicely, until I tore a calf muscle while warming up for the club's Blue Riband event at Walesby on 21st December. This was just two weeks and one day before the sprint event at Lincoln University, Christchurch on 5th January, so was definitely not part of the plan.

After resting for a few days, it was clear that the injury wasn't going to clear up in time, so I decided I'd better invest in a few sessions of sports therapy massage if there was going to be any chance of being able to compete. Having never done this before, it came as a bit of a shock just how much pain can be inflicted by someone, without using a dentist's drill.



However, my thumping hang-over seemed to deaden the pain of the final session on New Years Day and I took this to be a good omen before flying out early next morning.

My aim for the Lincoln University sprint was just to get round

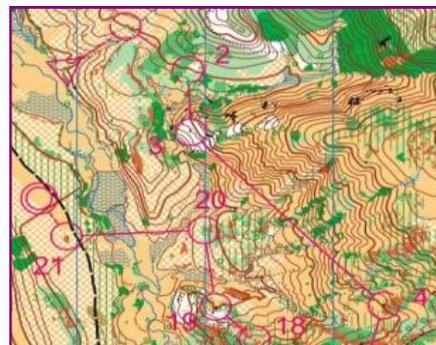
in one piece and hopefully not come last. So, with people charging about here, there and everywhere, I took things really steady. The navigation was mostly easy, but there were couple of tricky control sites thrown in. Running in the warm sunshine the late summer afternoon was sheer joy.

My second event was two days later at Craigieburn, about 50miles west of Christchurch. The details referred to runnable beech forest, but in actual fact the terrain was on the side of a steep bush covered valley. The bush



was so thick that it was very hard to see anything of the complex contour detail necessary to navigate. This was the point when I found that my nice expensive northern hemisphere compass was virtually unusable in the southern hemisphere. In the northern hemisphere, extra weight is added to the south end of the compass needle to make it float level. In the southern hemisphere, the weight is added to the northern end. Using a compass in the wrong hemisphere means that the needle doesn't float level and rubs on the housing, causing it to swing around with any slight tilting of the baseplate. I managed to find the first three controls okay but the forth was a long leg though bush and I got

totally confused by a multitude of large spurs. After what felt like hours of searching for No 4 in the searing midday sun I'd had enough.



I bought a second-hand local compass for my third and final event, at an area called 'Earthquakes' ('Warning. Rocks still fall and the ground is creviced!'). This was open terrain littered with large, strangely shaped boulders. This area was much more enjoyable and I felt like I was starting to get into orienteering, NZ style. If only I'd realised the map was 1:7500 a little earlier, I might have done a bit better.

Overall, orienteering in New Zealand was a great experience made all the more memorable by the fantastic friendliness of the people. It was also a surprise to find that my LOG o'top was recognised down



under, the reputation of the Bomber and City Race has reached right around the globe!

Dave Denness

Lincoln Orienteering Group Executive Committee Meeting – February 19th 2009.

		Action
	Present: Andy, Paul, Michael, Ian, Sean, Liam and Jon	
1	Apologies for Absence – Dave, Sarah	
2	Approval of Minutes of Meeting on 29.11.08 – Agreed	
3	<p>Bomber 09 – LOG are sorting out the Sat, and HALO/RAFO the Sun, LOG members will be needed to help on both days. Fabian4 entry is now online, with postal entries to Liam.</p> <p>Computer software needs checking for relays, SK on flyers at Riseholme needs moving.</p>	<p>Andy/Liam to sort computers out</p> <p>Liam to Change SK.</p>
4	Sudbrooke Training and club night – Talked about having a bit of a social after the last training event before the Summer Series, we will meet after at the Bottle and Glass in Scothern.	Paul to advertise
5	Summer Series 09 – All Dates and planners sorted, Final permissions just need sorting for areas.	Jon sorting permissions
6	Winter Series 09/10 – Decided to keep it Lincoln based this year and look and moving to may be Stamford for at least some of the 2010/11 series. We will keep as 6 events.	
7	City Race – This year's event made approx £250. Look at the next one to run in early Sept 2010.	Jon to look at dates in Sept 10
8	Si Kit – We are to get 15 new Boxes and 10 new dibbers from EMOA, as they are splitting the Si kit between the 4 clubs. Decided we will make approx 10 small stakes for the more open areas.	Andy to look at making the Stakes
9	<p>CompassSport Cup – We are in at the NOC event on the 29.3.09, against HALO and SELOC.</p> <p>We need to sort out who is available to run for us. Talked about offering free runs to all, but this was voted: For 0 Against 6 Abstain 1.</p>	Sean/Liam to organise who can run.
10	Schools – Look at putting on a schools championship, either at a school or before the South Common summer league. Ian is having a meeting with the council about it.	Ian to sort with the council
11	Clubmark – We need to have copies of all the policies LOG have got available for members to see, we are going to put these on the net. Look at other policies we need for Clubmark.	Ian to look at other policies we need
12	<p>A.O.B – (a) Talked about having a Club Welfare Officer but at the moment we are not going to have one.</p> <p>(b) Looked at Dates in March 2010 to hold a Level 3 event at Bourne.</p> <p>(c) Michael and Joanne Nell would like to do their UKCC Level 1 Coaching Course. Level 2 will be online at end of 2009.</p> <p>(d) EMOA looking at holding Planners/Organiser/Controllers courses and would like numbers from each club.</p> <p>(e) Robin Wright has applied for a grant for £250 for coaching for the winter series, we will need to sign up to 10 under 18's to get this.</p> <p>(f) A new tent pole is needed for the club tent, as it's broken</p> <p>(g) 1st Aid kits need checking that all items are in date.</p>	<p>(b) Jon to look at dates</p> <p>(d) Liam to look at who would like to do courses.</p> <p>(f) Jon and Andy to sort this out.</p> <p>(g) Jon to check this</p>
13	Next Meeting – 2.4.09 venue TBC	

HALO POACHER SERIES 2009

Series Details

Courses

* Long 4.5-6.0 km

* Short 2.25-3.25 km

* Newcomers 1.5-2.0 km

Start Times: 5.45 - 7.00 pm.

Entries: £1 entry, Pre-Marked Bagged Maps, SI Punching (Hire for £1)

Series Co-ordinator: Pete Kullich: Tel. 01652 628358; pete@pkullich.plus.com

Series Competition: A series of 11 weekly Local Orienteering Events on Wednesday evenings open to all. Best 8 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 (M/W50+)

SuperVet (M/W60+)

UltraVet (M/W70+)

Short Course Trophies:

Champion

Lady (W18+)

Junior (M/W16-)

Fixtures

1. Wed 15 Apr Cottagers Dale Wood, near Gt. Limber [TA103084](#)

Mixed woodland, part of the Earl of Yarborough's estate. From the X roads on the A18 immediately east of Humberside Airport travel South for 1.5 mls. At edge of wood turn left (NE) down track, park facing your entry route. **Please start early as daylight is limited.**

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

2. Wed 22 Apr Elsham, nr. Brigg [TA035108](#)

Mixed woodland. 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.**

Planner: Malcolm Humphrey Post-race analysis: The Marrowbone & Cleaver, Kirmington

3. Wed 29 Apr Laughton Forest, nr. Scotter [SK843999](#)

Mixed Forest Enterprise woodland. From the A159 at Scotter turn west towards Susworth. Left at T Junction approx 1 mile before Susworth. One mile, then parking is on the left down wide track.

Planner: Neil Harvatt Post-race analysis: Ingram Arms, Laughton Village

4. Wed 6 May Nettleton Woods, Caistor [TF081998](#)

Mixed woodland with open and semi-open areas. From the A46 in Nettleton take the B1205 west towards Moortown for c.2mls. 200m before level crossing turn left into Watermill Leisure Park. Drive slowly down track to end; park left of lake.

Planner: Vernon Davis Post-race analysis: Salutation Inn, Nettleton (A46)

5. Wed 13 May Middle Rasen Woods, Mkt. Rasen [TF114908](#)

Mixed woodland with open areas. From traffic lights in Mkt. Rasen take B1203 Tealby Road. After c. 1ml. turn left towards Walesby. At Caravan Site turn left for 300m. down track.

Planner: Paul Murgatroyd Post-race analysis: Kings Head, Tealby

6. Wed 20 May Primrose Warren, nr. Brigg [SE950065](#)

Mixed woodland with 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: Pete Shew Post-race analysis: Arties Mill, A18 just before Brigg

7. Wed 27 May Otby, Lincolnshire Wolds [TF131929](#)

Rough well contoured grassland. Parking near Mill House Farm, Walesby. At junction of the A46/A1103 7mls. south of Caistor, 2mls. north of Mkt. Rasen, turn east to Walesby for 2mls. On outskirts of village turn left down track There will be a charge of 50p per car for parking.

Planner: Brian Slater Post-race analysis: King's Head, Tealby

8. Wed 3 Jun Normanby Park, Scunthorpe [SE894158](#)

Rough open woodland and parkland, intricate areas. Take the B1430 for 2mls. from Scunthorpe to the south end of the park. 100m. after Flixborough turn off take right turn for 1ml. along Bagmoor Lane.

Planner: Pete Harris Post-race analysis: Farmhouse M181/A18 roundabout

9. Wed 10 Jun Foxdale, Caistor [TA132059](#)

Mixed fast woodland with large open area, part of the Earl of Yarborough's estate. From the X roads 800m. east of the New Inn on the A18 in Great Limber, turn south towards Caistor. After 1.75 mls. turn left (E) down rough track to north end of wood.

Planner: Michael Robinson Post-race analysis: New Inn, Gt. Limber

10. Wed 17 Jun Brompton Dale, Gt Limber [TA131053](#)

Mixed woodland, part of the Earl of Yarborough's estate. At Grasby Bottom X roads 2mls. NE of Grasby, 2mls. SW of Great Limber, travel SE towards Caistor for 250m., turn left (ESE) down uneven track for at least 1km.

Planner: John Fulwood Post-race analysis: New Inn, Gt. Limber

11. Wed 24 Jun Swallow Wold Wood, Caistor [TA157045](#)

Mixed woodland, part of the Earl of Yarborough's estate. From the A46 at Caistor Top take the A1173 north towards Riby for 3mls. At first X roads turn left (N) signed Gt. Limber for 1km. Turn left along farm track to wood.

Planner: Mike Smith Post-series analysis: Queen's Head, N.Kelsey Moor Including Series Trophy Presentation

<http://www.halo-orienteeing.org.uk/poacherf.php>

EAST MIDLANDS LEAGUE — 2009

east midlands orienteering association



EMOA League — Remaining Fixtures 2009

16th May	Linacre	8th November	Wakerley Woods
14th June	Carsington Pastures	22nd November	Stapleford Woods
27th June	Swithland Woods	13th December	Walesby
20th September	Calke Park	20th December	Grange Woods
4th October	Harlow		

With only four events gone so far, unsurprisingly there aren't many LOG and RAFO members who are appearing yet on the East Midlands league table. After the recent event at Stanton Moor, Michael and Jonanne Nell and Paul Murgatroyd are the only club members to have the minimum two scores. With that in mind, the usual 'table update' spot is taken a well-earned rest and will appear after Linacre, in the May/June issue.....

HALO CHASING SPRINT SERIES

The 2nd event in the Sprint and Chase series took place just a day and a half after the memorable snowy night event at Riseholme. Whilst the snow had cleared from Lincoln, there was still some around north of the Humber for this event, which meant we'd be running across plenty of frozen ground and icy puddles.



The initial prologue race started with a longer leg across open land to get to the more technical area where the bulk of both races would take place.

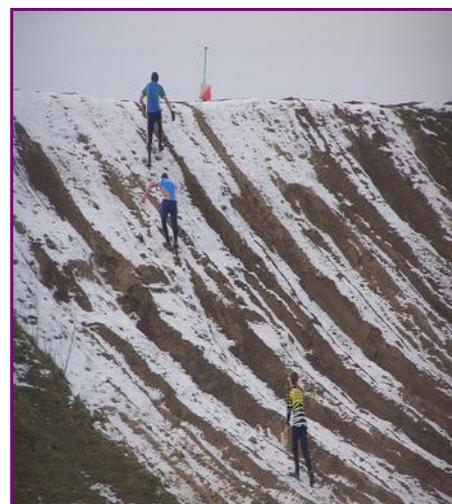
It didn't take me long to start making errors though, once going wrong on a compass bearing and another time falling for running towards a visible control that wasn't part of the first race.

In the end, I'd been overtaken by Mark Tyska on the way round and my time was only two seconds ahead of Brian Slater, who was only hobbling round whilst recovering from a toe operation.

At the other end, the sprint event was started off by leader Adam Bradbury with Steve Corrigan seconds behind and that remained the situation at the end. The event photos show some excellent chasing between the five competitors who came in 4th to 8th - with just 20 seconds between each of them. That type of outcome has to be the best outcome of an event like this.



For me, though, although I made up some time on Mark Tyska, I didn't even catch sight of him, whilst I improved substantially on the lead over Brian Slater.



The series looks to be an excellent set of events, though it could really do with a few more runners to keep the competition up on the sprint beyond the leading places. Failing that, I'll just have to keep the errors out of my prologue run to get more in contention.

Andy Furnell

RISEHOLME NIGHT EVENT

Having postponed the event the previous week, due to the dire weather and the closure of the Riseholme Campus, hopes were high that the conditions would be kinder to the organisers of this annual night race. So, as I started to make my preparations



for departure to the campus, and the setting up of the course, my heart sank as I saw the snow begin to fall around Lincoln once more—what a winter!

However, having made it down to Riseholme, I was struck by the

majesty of the campus, as the scenery moved from it's usual winter grey to a stunningly atmospheric white surround. Fortunately, I'd had the foresight to take my camera down with me and had the opportunity to take one or two photos of this wonderful landscape. It was a unique experience for me, putting out controls in the gathering gloom with such a picturesque backdrop—something we orienteers rarely have the chance to revel in!

On return to registration, moved to the stable court yard because of a power failure in the portakabins, I was brought abruptly back to earth by the dulcet tones of our wonderfully positive chairman. "Bloody hell, you choose your nights, you do", he grumbled, "this is going to be a right wash-out..."

Fortunately, he was to be proved wrong, as 22 brave souls ventured out into the cold, wintery conditions and we were set for a

night of much frolicking in the freshly fallen snow!

The competitors, following a quick briefing and a two minute window to



plan their routes, were off and much slipping and sliding around was had by all...

Unsurprisingly, Liam managed to claim all the controls in just under the time limit, but he was closely challenged by Carlos Lence from South Downs and Thomas Honniball, who looks as though he'll be a strong contender for the Summer Series title.

RISEHOLME RESULTS

Pos	Name	Club	Age	Total Points	Time	Actual Pts - Penalty
1	Liam Harrington	LOG	M21	425	42:23	425
2	Carlos Fernandez Lence	SO	M21	380	46:07	390 - 10
3	Thomas Honniball	LOG	M21	370	45:43	375 - 5
4	Phil Longstaff	LOG	M55	315	45:18	320 - 5
5	Paul Taylor	RAFO	M40	300	43:08	300
6	Sean Harrington	LOG	M50	280	45:07	285 - 5
7	Jonathan May	LOG	M21	280	45:10	285 - 5
8	Andy Furnell	LOG	M45	260	45:14	265 - 5
9	Adam Round	IND	M21	255	45:12	260 - 5
10	Peter Potter	DEE	M50	250	44:29	250
11	Amanda Roberts	LOG	W45	250	44:43	250
12	Simon Carruthers	LOG	M35	245	43:20	245
13	Paul Barnes	LOG	M21	220	46:10	230 - 10
14	Spike / Log Mother	LOG	W35	185	38:39	185
15	Mark Farmer	IND	M40	170	44:00	170
16	Ian Durrant	LOG	M65	160	42:59	160
17	Robin Wright	IND	M55	135	46:21	145 - 10
18	William	SCOUTS	M16	110	40:02	110



RISEHOLME NIGHT EVENT

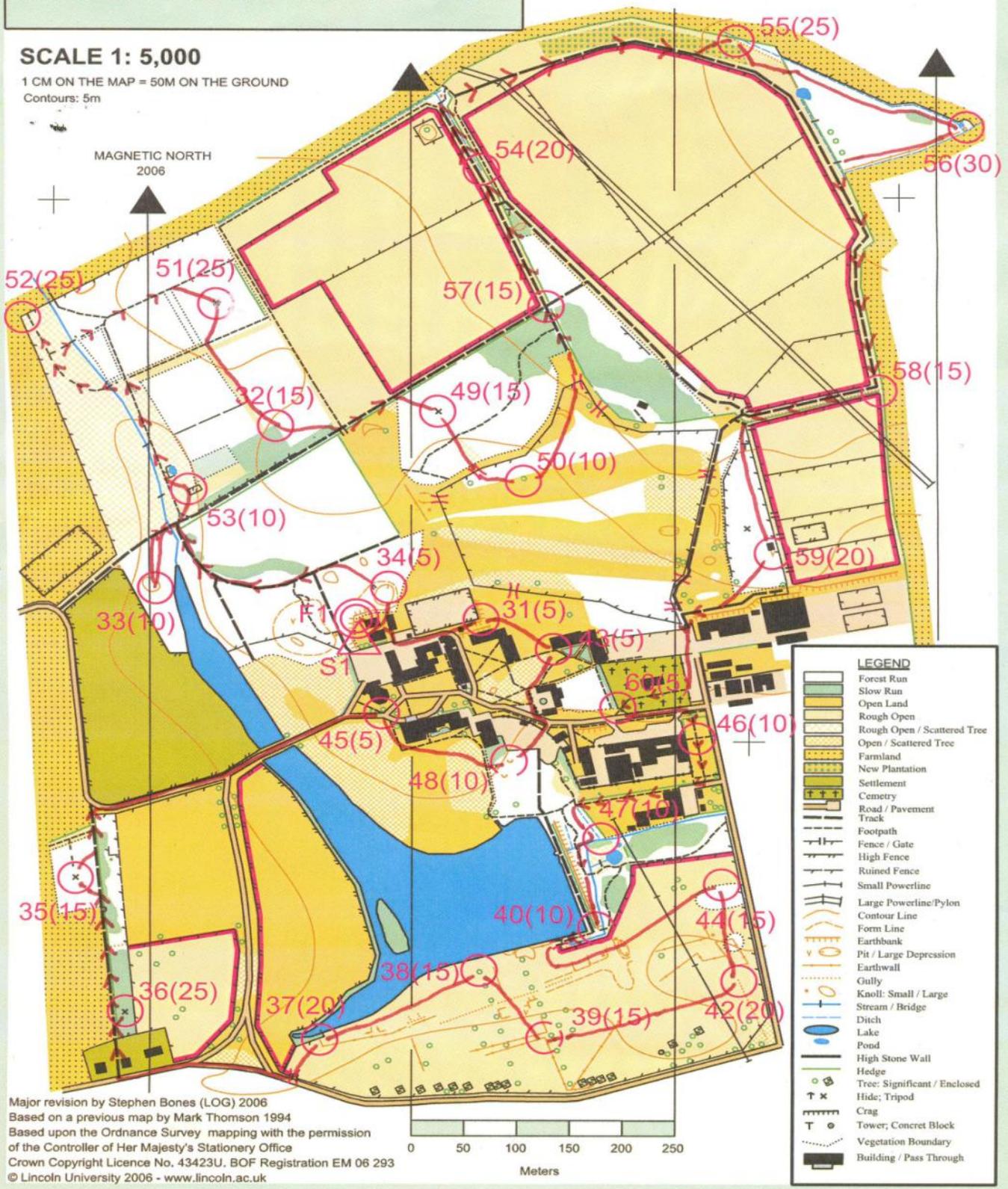
Riseholme Park

SCALE 1: 5,000

1 CM ON THE MAP = 50M ON THE GROUND
Contours: 5m

MAGNETIC NORTH
2006

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



Major revision by Stephen Bones (LOG) 2006
Based on a previous map by Mark Thomson 1994
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Liam Harrington's winning route shown here on the annual night score event—all 29 controls collected in 42:23, just over 2:30mins shy of the maximum time limit. His control order was: 34, 33, 53, 52, 51, 32, 49, 50, 57, 54, 55, 56, 58, 59, 60, 46, 47, 40, 44, 42, 39, 38, 37, 36, 35, 45, 48, 43, 31. Is there a better route...?



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The Thinking Man's Sport

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

The next LOG-NEWS is scheduled for the end of May, and by then we'll have seen off the Bomber weekend and be half way through the summer series. Standings in both the individual and team competitions will be beginning to take some kind of shape and it'll be interesting to see if anyone can wrest the title off Liam on the technical course, one he's held for some time now. Certainly the arrival of Thomas Honniball will add interest to the top of the table and many of the new members will be keen to mark their mark across the board.

We'll be reviewing too the JK festival in the North-East, where a small but notable contingent of LOG'ers will be competing in the sprint, middle and long races. We'll also be looking forward to a summer of fun, with the Scottish 6 Days inevitably being a major focus for some of the travelling membership.

See you out there.....

SELECTED NATIONAL FIXTURES

March

28th March — DVO Local Event

Nearest Town: Derby *Venue:* Darley Park *Type:* Cross Country *Level:* Local

28th March — LEI Local Event and Spring Series

Nearest Town: Loughborough *Venue:* The Outwoods *Type:* Cross Country *Level:* Local

29th March — EMOA/NOC CompassSport Cup - 1st Round

Nearest Town: Mansfield *Venue:* Sherwood Pines *Type:* Cross Country *Level:* Regional

April/May

4th April — HALO East Yorkshire Sprint and Chase Series 2009 Round 4

Nearest Town: Mkt Weighton *Venue:* Londesborough Park *Type:* Sprint *Level:* Local

7th April — LEI Local and Summer League Sprint Event

Nearest Town: Loughborough *Venue:* Loughborough Uni *Type:* Sprint *Level:* Local

16th April — LEI Local and Summer League Event

Nearest Town: Leicester *Venue:* Castle Hill Cntry Pk *Type:* Cross Country *Level:* Local

25th April — LEI Local Event and Spring Series

Nearest Town: Loughborough *Venue:* The Outwoods *Type:* Cross Country *Level:* Local

9th May — NOC British Elite Sprint Championships

Nearest Town: Nottingham *Venue:* Nottingham Uni *Type:* Sprint *Level:* National

10th May — LEI British Middle Distance Elite & Age Class Championships

Nearest Town: Loughborough *Venue:* Thringstone Woods *Type:* Middle *Level:* National

16th May — DVO Local Event & EMOA League Event

Nearest Town: Chesterfield *Venue:* Linacre *Type:* Cross Country *Level:* Local