



LOG-NEWS

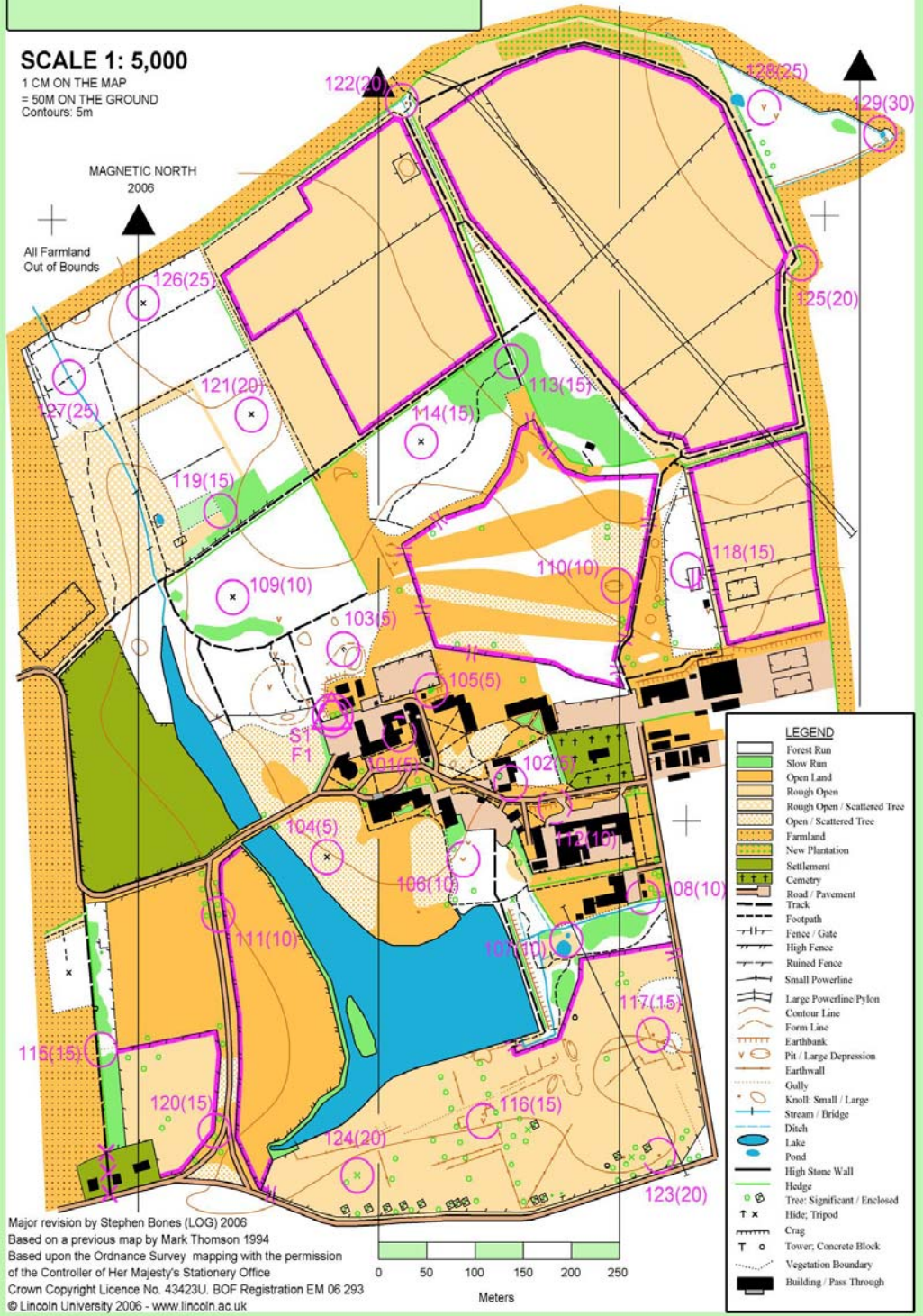
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Riseholme Park

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.

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



The annual LOG night navigation event, held at Riseholme Park on February 11th, is shown above. 29 controls to be collected, with a 45 minute maximum time limit (time penalty of -5pts for every minute late applied). Points values of each control are shown in parentheses after the control number. Work out what your optimal route choice would be and then turn to page 12 to see what the top 2 runners, Liam Harrington (LOG) and Heather Gardner (EBOR), chose on the night....

ED'S BIG BIT



It was the best of times, it was the worst of times...

Welcome to the latest edition of LOG-NEWS!

Firstly, the good news—

thanks to our President, Ian Durrant, and his hard work over the last year (and a bit), the club is now the proud owners of Clubmark accreditation and this was announced very recently on the British orienteering webpage by Hilary Palmer (National Development Manager), “Congratulations to Lincoln Orienteering Group (LOG) on being the 36th English club to achieve

Clubmark accreditation. Although only a small club, LOG now has a number of active coaches and provides weekly coaching sessions interspersed with low key events in the Lincoln area to a growing number of members.” This process, although arduous and lengthy, has allowed the club to undertake a large amount of ‘book-keeping’ and tidy up many of our systems and documentation along the way. It also means that we are now in a stronger position when it comes to applying for grants, of which we are currently awaiting the outcome of our latest bid to the Sport Relief fund. If we manage to secure this funding, it will allow us to employ the services of our mapper again and undertake a number of projects in the south of the county.

And now the bad, which is that we lost out on a third successive CompassSport Newsletter award this year in somewhat controversial circumstances. Having read through the award criteria, I’m struggling to see how we didn’t qualify this year, but maybe it’s down to losing my edge as editor.... Maybe it’s time for a change at the helm..... What do you think?

Finally details are on page 3 of the next kit order, so let me know if you’re after a t or hoodie and I also have a small quantity of Trimtex tops remaining for those who are due a new one (or have never had one!)

Paul Murgatroyd



Chairman’s Sound Byte



By now I assume most of you have heard the news that one of our members, Phil Longstaff, has suffered a heart attack. The good news is that he starting the road back to

recovery. Let’s hope its not long before we see him back out in the woods, even if it’s only a walk round the short course on one of the summer series events.

There was an excellent turnout of 190 entries at our Stapleford L3 event, which was great to see. Some pretty tough courses were put on by planner, Paul Murgatroyd. There was a good turnout of “Log’ers”, with Craig Lucas 2nd on Orange, Martin Wheeler 3rd on Green, Thomas Honniball 3rd on Blue and Liam Harrington 2nd on Brown, all having good runs. From most of the

comments on the day I think everyone had a good time, even with a slight problem with lack of signage on the main roads leading to the woods - I will have to accept responsibility for that one!! Many thanks to everyone who helped on the day, especially the ones who arrived early to help set up and stayed late to collect all the controls in.

Congratulations to Philomena and Jon May on the safe arrival of Isabel Mary. From the looks of the photo here, she’s already primed for her first string course!



Thursday night training seems to be going from strength to strength and we have been getting between 10 and 20 members most weeks. If you have not yet made it to any of the evenings, I can strongly recommend it. Many thanks to Paul for all the work he puts into this, with a little help from Liam.

This year’s summer series is almost here, with the first event being planned by Andy Lucas at Hartsholme Park on Thursday 8th April. It would be nice to see a good turnout of club members at this to get things off to a positive start. We will be visiting 4 new areas this year, including Nettleham, RAF Cranwell, Sleaford and Stamford, so there should be some fast and furious races in prospect.

Finally our next big event will be the Lincoln City Race on the 5th of September, which will be taking place on a revised city map that will be taking people further out to the East side of the city. More information about this event will be in the next issue.

Sean Harrington

FUTURE LOG EVENTS

2009/10

08.04.10—05.08.10	<i>Summer Series 2010</i>
<i>08.04.10</i>	<i>Hartsholme Park (Andy Lucas)</i>
<i>15.04.10</i>	<i>Training session—Hartsholme Park (technique)</i>
<i>22.04.19</i>	<i>South Common (Andy Furnell)</i>
<i>29.04.10</i>	<i>Training session—South Common (technique)</i>
<i>06.05.10</i>	<i>Sudbrooke Park (Paul Murgatroyd)</i>
<i>14.05.10</i>	<i>Training session—Sudbrooke Park (technique)</i>
<i>20.05.10</i>	<i>Stapleford Woods (Neil Harvatt)</i>
<i>27.05.10</i>	<i>Training session—Stapleford Woods (technique)</i>
<i>03.06.10</i>	<i>Ostler's Plantation (Amanda Roberts)</i>
<i>10.06.10</i>	<i>Training session—South Common (technique)</i>
<i>17.06.10</i>	<i>RAF Cranwell (Michael Nell)</i>
<i>24.06.10</i>	<i>Training session—South Common (fitness)</i>
<i>01.07.10</i>	<i>Sleaford Town (John Mather)</i>
<i>08.07.10</i>	<i>Training session—West Common (technique)</i>
<i>15.07.10</i>	<i>Nettleham Village (Liam Harrington)</i>



CLUB KIT



The club are putting together another order of hoodies and t-shirts during the forthcoming summer series and the pictures here show the designs, if you've not already seen them in action!

The kit has the club logo embroidered onto the front left in white (imp on kite), with 'Lincoln Orienteering Group' underneath. The t-shirt is a breathable man-made fabric, perfect for the gym or long training runs. The hoodie is 100% quality cotton, superb for keeping you warm on those cool summer evenings after an event!

Retailing at £19 (t-shirt) and £29 (hoodie), there is plenty of the kit swimming around for you to check out the quality and sizing (they run from XXS to XXL).

Orders are being taken from now until the end of the summer series—please let me know via email or see me at a training night or summer series event.

Paul Murgatroyd



LOG SUMMER SERIES 2010 – COMPETITION DETAILS

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: £2.00

Points calculation: Best 5 results to count

Trophies: Series winners of each course

1. Thursday 08 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 – Andy Lucas

2. Thursday 22 April – 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.

(Due to dark nights please try and start early).

Post race – Golden Eagle, Lincoln High Street

Planner – Andy Furnell

3. Thursday 06 May – Sudbrooke Park, nr. 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 mile on right hand side just as you are leaving the village of Sudbrooke.

Post race – Bottle & Glass, Scothern

Planner – Liam Harrington

4. Thursday 21 May – Stapleford Woods, Newark SK865577

Mixed working forest re-mapped 2010. Follow A46 from Lincoln towards Newark, take the slip road to Brough, turn left at cross-roads then right at T junction, woods are approx 1 mile on the right.

Post race – St Vincent Arms, Norton Disney

Planner – Neil Harvatt

5. Thursday 03 June – Ostlers Plantation, Woodhall spa TF236627

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

Post race – The Mall Hotel, Station Rd, Woodhall Spa

Planner – Amanda Roberts

6. Thursday 17 June – RAF Cranwell TF000498

A combination of urban terrain and woodland. RAF Cranwell Sports Centre, RAF Cranwell is signposted from both the A15 and A17.

Post race – TBA

Planner – Joanne & Michael Nell

7. Thursday 01 July – Sleaford Town TF068456

Street “O”. Tourist Information Car Park, Sleaford is signposted from both the A15 and A17.

Post race – TBA

Planner – John Mather

8. Thursday 15 July – Nettleham Village TF008753

Street “O”. Village Green, Nettleham is signposted from both the A46 and A158.

Post race – The Plough, Nettleham

Planner – Paul Murgatroyd

9. Thursday 29 July – Stamford Town TF030071

Street “O”. Tourist Information Centre. Stamford is signposted from both the A1 and A16.

Post race – TBA

Planner – Dave Denness

*** Thursday 05 August – University of Lincoln SK966712**

Midsummer Madness - Chasing Sprint Parking at University of Lincoln Sports Centre.

Post race – The Shed, University Campus

Planner – Paul Murgatroyd

Series co-ordinator Sean Harrington (01522 791344 / 07711 045 655)

www.logonline.org.uk



LOG SUMMER SERIES 2010 – TEAM COMPETITION

TEAM FORMATIONS

TEAM SCAFELL	TEAM BOWFELL	TEAM HARTER FELL	TEAM BLENCATHRA	TEAM HELVELLYN
ANDY LUCAS ©	SEAN HARRINGTON ©	NIKKI HARRINGTON ©	ANDY FURNELL ©	MICHAEL NELL ©
GEOFF GIBBS	CHARLIE THOMAS	TERRY CROSBY	ANDY STEVENSON	PAUL TAYLOR
KEVIN KIRK	SARAH FLETCHER	STEPHEN BARNETT	TOM GEORGE	RUSSELL KIRK
TEAM SKIDDAW	TEAM FAIRFIELD	TEAM CRINKLE CRAGS	TEAM PILLAR	TEAM GRASMOOR
JOANNE NELL ©	PAUL MURGATROYD ©	LIAM HARRINGTON ©	AMANDA ROBERTS ©	JON MAY ©
HAYLEY FOX	JOHN MATHER	AMANDA MYLETT	CHARLES NELL	PAUL BARNES
HANNAH McNAB	CRAIG YOUNGS	LUKE FORTUNE	CRAIG LUCAS	GEORGIA DAVEY
TEAM KIRKFELL	TEAM HIGH STREET	TEAM GREAT GABLE		
JUSTIN WILLIAMS ©	CLAIRE HANNA ©	TERRY MATTHEWS		
ANNE GIBBS	TRUDY CROSBY	ALLY WRIGHT		
HANNAH McNAB	TANYA TAYLOR	LEWIS GODDARD		

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. Some teams may be merged together, where members of these teams have not been present so far, to form more competitive teams. Seedings will remain in place for these new teams to ensure balance is kept wherever possible.

The team with the highest overall points tally at the end of the season will be awarded the 2010 summer series trophy.

HALO POACHER SERIES 2010

Series Details

A series of 11 weekly Spring/Early Summer Local Orienteering Events on Wednesday evenings open to all.

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 on the day; Pre-Marked Bagged Maps

Series Co-ordinator

Pete Kullich Tel. 01652 628358

(pete@pkullich.plus.com)

Series Competition

Best 8 of 11 events count towards the overall winners of the Poacher Trophies.

Fixtures

1. Wed 14 Apr Hendale, nr. Humberside Airport

[TA103084](#)

Planner:Pete Kullich

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 right (W) down track, park facing your entry route. **Please start early as daylight is limited.** An overflow car park is available on the other side of the road but is not recommended if you have junior competitors as the road has fast moving (though light) traffic.

2. Wed 21 Apr Elsham nr. Brigg

[TA035108](#)

Planner:Pete Shew

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.**

3. Wed 28 Apr Willingham Woods, Mkt. Rasen

[TF144885](#)

Planner:Pete Harris

Mixed Forest Enterprise woodland. Follow the A631 east from Market Rasen for 2 miles. 700m. beyond the picnic area turn left (WNW) down the access road.

4. Wed 5 May Mausoleum Woods, Gt. Limber

[TA133087](#)

Planner:Malcolm Humphrey

Mixed woodland, part of the Earl of Yarborough's Estate. From the New Inn, Gt. Limber, travel east for 100m. on the A18, turn left into a small grass carpark. Vital overflow parking is at the New Inn.

5. Wed 12 May Nettleton Woods, nr. Caistor

[TA092002](#)

Planner:John Fulwood

Mixed woodland with open areas. From the A46 at Nettleton take the B1205 west towards Moortown for approx.1.25 miles. Turn left into Pottertons Alpine Centre – drive slowly down track, 5mph speed limit. No dogs. Parents be aware that there is a large ornamental pond with deepwater.

6. Wed 19 May Swallow Vale, nr. Swallow Village

[TA174043](#)

Planner:Michael Robinson

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 1 km. Turn right towards Swallow Vale Farm for 500m.

7. Wed 26 May Spur Chase Woods, nr. Humberside Airport

[TA133118](#)

Planner:Brian Slater

Several plantations with adjoining grassland, another 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. Turn right (NW) down farm track.

8. Wed 2 Jun Halliday Hill, Gt. Limber

[TA107068](#)

Planner:Ben Offler

Mixed very runnable woodland, part of the Yarborough Estate. Park at Grasby Bottom crossroads, 2 miles NE of Grasby and 2 miles SW of Limber.

9. Wed 9 Jun Primrose Warren, nr. Brigg

[SE950065](#)

Planner:Paddy Neligan

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

10. Wed 16 Jun Normanby le Wold

[TF123948](#)

Planner:Andrew Houlden

Rough well contoured grassland, on the highest land between the Humber and the Thames. 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.

11. Wed 23 Jun Cabourne Woods, Caistor

[TA129036](#)

Planner:Neil Harvatt

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 300m. turn right (E) onto track towards Gamekeeper's Lodge and the Pillar. **Including Series Trophy Presentation.**

HALO POACHER SERIES 2010

The Lincolnshire Poacher Trophy Series will be in its 13th year in 2010. Competitor numbers have steadily risen to an average of over 60 on each of the 11 evenings in Spring and early Summer. Accompanying the rise in participation has been the growth in the number of trophies up for grabs. Although a friendly atmosphere pervades the Series, competition is intense, often going to the wire in the last event. Points are allocated on a simple basis, with the best 8 scores counting towards the League tables and ultimately, for some, the 7 trophies.

The Lincolnshire Poacher Trophy is awarded to the winner of the Long course and 2010 looks to be interesting to say the least. 2009 Champion LOG's Paul Murgatroyd is the bookies slight favourite (*Ed—Really...?! not sure about that one!*) but is expected to be under considerable pressure from a clutch of very fit runners, including fellow LOG-ger, Liam Harrington, the 2008 winner, and only in his early twenties. Even younger is one of the UK's top Juniors, Zac Field, who has won the Poacher Short course for several years. He is a real threat. However, his experienced dad, Dean Field, now with SYO, (has he more clubs than Lee Westwood?) cannot be discounted.

Current Masters Champion HALO's Neil Harvatt will also be up there near the front, as will regular participant Paul Beresford (DVO), now an M40. Possible outsiders could be HALO's Brian Ward, a former 2hrs. 30mins marathon man, who is no longer on night shifts and any mystery men who might appear unannounced. The outcome of the Masters Trophy for M45+ depends very much on who wins the Long course Championship, as no competitor in the Poacher Series is entitled to more than one trophy. Last year, Neil Harvatt was involved in an extremely close battle with Dean Field, only clinching the title on the 11th evening.

Supervet Champion (M60+), Pete Kullich is right up at the top end of this age group and must be slowing down, so he should expect strong challenges from a group of 'younger' HALO Supervets including a resurgent John Fulwood, Paddy Neligan, former champion, Mike Smith and Poacher registration supremo, Brian Slater, who at the moment is enjoying warm weather training in South Island, New Zealand!

Ultra Vet Champion (M70+) for the last two years, Pat O'Grady, is the one to beat here. But John Chaney (if he gives up some of his seafaring activities) and Mark Tyszka are both more than capable of challenging for this trophy.

3 trophies are available on the Short Course. Zac Field has been the Champion for several years now, so there might be a chance for a new name to be engraved in 2010. Several Juniors could be in contention for this trophy and the Junior title. Current Junior Champion, HALO's Sam Offler, had a very close battle with SYO's Jake Field but there are plenty of other improving Juniors, including Caistor Grammar's Jack Robinson.

The bookies have stopped taking bets on the outcome of the Ladies Trophy - the odds on favourite is Beverley's Rosie Field, the clear winner in recent years. The action begins on April 14 at Hendale Wood. Hope to see you all there.

Pete Kullich



Britain's National Orienteering Magazine

CompassSport

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

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EAST MIDLANDS LEAGUE — 2010

east midlands orienteering association



EMOA League— Remaining Fixtures 2010

28th March	Crich Chase	18th April	Charnwood Forest South
9th May	Cromford Moor	16th May	Clumber Park
12th June	Bradgate Park	20th June	Linacre Woods
31st October	Stanton Moor	7th November	Bestwood Country Pk
28th November	The Outwoods	19th December	Walesby
28th December	Beacon Hill		

The 2010 season of the EML is already a quarter of the way through already and the current table is below. A strong showing from both LOG and RAFO so far means that we have some very healthy scores, with juniors, Matthew Welton, Hannah McNab and Georgia Davey all challenging well at the top of their classes. Joanne Nell is in pole position to retain her Blue Women's title from the 2009 series and the other seniors are all showing early promise to threaten on their respective courses. The next event, Crich Chase, is this coming weekend, so I hope to see you there for some technical Derbyshire O!

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

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	Best Eight Scores	Overall Position
Yellow	Matthew Welton	342	624	1000	1000										2966	2nd
Yellow	Russell Kirk	318		435	371										1124	3rd
Orange	Hannah McNab	1000	1000												2000	2nd
Orange	Georgia Davey	752		1000											1752	3rd
Lt Green	Craig Youngs	710	553		661										1924	3rd
Green	Martin Wheeler			985	893										1878	11th
Green	Kevin Kirk		761		500										1261	21st
Green	Andy Furnell	597		586											1183	23rd
Blue	Michael Nell	769	878	908	700										3255	4th
Blue	Dave Denness	837		886	771										2494	11th
Blue	Sean Harrington	614	704	651	524										2493	12th
Blue	Tom George	552		705											1257	23rd
Blue	Joanne Nell	1000	946	951	944										3841	1st
Brown	Paul Murgatroyd	909	992												1901	9th
Brown	Dave Gourlay		1000	834											1834	10th
Brown	Liam Harrington	868			914										1782	12th
Brown	Charles Nell		803	724											1527	13th
Brown	Jonathan May		772	690											1462	16th
Brown	Paul Barnes			725	599										1324	17th

Key to Events: 1 Bagworth Woods, 2 Allestree Park, 3 Thieves Wood, 4 Stapleford Woods, 5 Crich Chase, 6 Charnwood Forest South, 7 Cromford Moor, 8 Clumber Park, 9 Bradgate Park, 10 Linacre Woods, 11 Stanton Moor, 12 Bestwood Country Park, 13 The Outwoods, 14 Shining Cliff, 15 Walesby, 16 Beacon Hill

EAST MIDLANDS CHAMPS 2010

east midlands orienteering association



Having never been to the area prior to the Champs, I took to Routegadget on the NOC website to see if I could locate a copy of the map. Low and behold, the 2007 CompassSport Final was on there and, I have to say, it didn't seem too appetising. Lots of green hashing and blocks of thick wood looked like making for a pretty uninspiring championship. Liam seemed to have it right when he decided against running there in favour of the Carlisle Urban event!

Arriving with the crew on the day, with a grey clag and drizzle in the assembly area, it appeared to be getting even less welcoming a prospect. Even the normally en-

thusiastic chairman was finding it difficult to find his inner zeitgeist. We strolled over to collect our loose



Jon May—M35L champion—enjoying snowier conditions earlier in the season

control description sheets and were met with an updated copy of the map. Great, even more hashing, with virtually no blocks of white at

all! This was getting better by the minute...

In the start lanes, the NOC team declared that the wood was, however, looking better now since the snowfall over the winter. Maybe we weren't going to be in for a bram-blefest, after all!

However, these voices were a tad optimistic and in transposed that taking path routes were often preferable and running straight became a rarity out in the woods. A shame really, as you'd hope the EM Champs would be held in more promising terrain.

Ah, well, not to worry—a good morning's run-out was had by all and LOG even managed to end up with two EM Champions at the end of it: Bella Williams (W12A) and Jon May (W35L). Congrats to them and all the others who had a great day, including Toby Williams, Terry & Trudy Crosby and Ally Wright!

LOG & RAFO Results

CLASS	POSITION	CHAMPS POSITION	NAME	TIME	MINS /KM
M10B	3	1	Toby Williams	18:05	11.3
M35L	2	1	Jonathan May	88:24	9.0
M40L	4	2	Justin Williams	67:42	6.9
	5	3	Paul Murgatroyd	69:24	7.1
	11	7	John Mather	88:28	9.0
M45S	4	3	Robin Stevens	61:04	10.4
	5	4	Andy Furnell	75:38	12.8
M50L	8	3	David Gourlay	67:16	7.7
	13	6	Dave Denness	78:11	9.0
	22	11	Sean Harrington	104:50	12.0
M50S	1	1	Terry Crosby	47:48	8.1
M55S	<i>n/c</i>	<i>n/c</i>	<i>Phillip Denness</i>	<i>58:48</i>	<i>12.5</i>
M60L	20	6	Michael Nell	71:20	10.0
W10B	3	3	Hazel Williams	17:34	11.0
W12A	4	1	Bella Williams	38:21	11.6
W21S	5	1	Alison Wright	73:57	12.5
W40L	6	3	Karen Williams	70:34	9.9
W40L	2	2	Joanne Nell	57:15	9.7
W50S	1	1	Trudy Crosby	38:23	11.6
Lt. Green	16	na	Anne Gibbs	56:20	15.2
	21	na	Geoff Gibbs	68:30	18.5
	<i>mp</i>	<i>na</i>	<i>Hayley Fox</i>	<i>57:03</i>	<i>15.4</i>

MIDLANDS CHAMPS 2010



Having only run at Belvoir in the LEI summer series, it was with some trepidation that I arrived at the estate on a beautiful spring day—would it be the bramble fest of old or could the organiser's promise of runnable woodland be true...?

A decent LOG contingent made the effort to come along to Belvoir, but the early entry fee of over £12 for BO members was not a particularly enticing one. Apparently the event costs were running at around £10 a head for LEI, so it will be interesting to see if they end up making any kind of a profit from staging this venture.

So to the event itself.... The terrain was challenging, with significant climb on most of the courses adding to the muddy underfoot conditions. Having run at Huntingdon the previous

day, I was already jaded at the start line and the warm-up indicated that this was going to a long, hard haul around the M40 course.



The technicality was mixed, with a few tricky controls around point features and some contour detail being utilised, but this was undermined later by a great deal of track and handrail orienteering. The final loop after the spectator control was especially mind numbing and, by now, I'd had enough. It's not often I consider binning a course, but I did entertain the

thought momentarily as I approached the spectator control after about an hour of slog and with the achilles screaming at me....

Finally to the results. Performance highlights came from Philip Denness (1st on M18S); Terry Crosby (2nd on M50S) & Trudy Crosby (3rd on W50S). Justin Williams put in a commendable performance and would have been challenging for his age class trophy, had he decided to run that course, but he appears to like running up for some strange reason...!

Was it worth the money? Hmm...not sure. £12.50 is a lot of money to pay for a morning's orienteering and we need to be careful that we're not making the sport too expensive for those on a limited budget to participate fully. It is a point, understandably, of some debate on Nopesport at the moment.

LOG RESULTS

CLASS	POSITION	CHAMPS POSITION	NAME	TIME	MINS/KM
M18S	1	1	Phillip Denness	76:22	14.7
M40L	9	4	Justin Williams	81:29	7.7
	11	5	Paul Murgatroyd	89:11	8.4
	19	12	John Mather	111:54	10.5
M45S	7	3	Robin Stevens	70:29	12.8
M50L	16	8	Dave Denness	76:17	9.3
M50S	2	2	Terry Crosby	55:08	10.0
W12A	8	2	Bella Williams	63:54	19.3
W21S	4	3	Alison Wright	84:58	16.3
W40L	14	5	Karen Williams	91:39	13.4
W50S	3	1	Trudy Crosby	59:54	13.6
Lt.Green	25	n/a	Anne Gibbs	88:52	22.2

STAPLEFORD WOODS REPORT

Controller's Comments

Firstly, congratulations to Paul for planning a set of challenging courses. For an area with no climb Paul still managed to produce demanding courses which proved to be quite physical for many. Brambles and brashings just come with the area! Despite these, I hope you all enjoyed your runs and the fine weather. Well done also to Sean and his helpers who seemed to me to work very well together and I was impressed by the numbers who stayed to collect controls at the end.

My analysis of the results in terms of the majority of finishers being within the recommended time as laid out in the BOF Guidelines shows that too many on Light Green took longer than expected. The course was the maximum recommended distance but the conditions underfoot were probably too demanding for the older age groups. The majority on Green were within the recommended times but there was still a significant number who took quite a bit longer. The Blue and Brown courses were about spot on – how do people run 8.1km in 51 minutes? Possibly because they are 30 or so years younger than me ...

Course	Total runners	Expected time for most competitors (mins)	Number of finishers within recommended time	Number faster	Number slower or disqualified
White	7	15-35	7	0	0
Yellow	15	25-45	7	2	6
Orange	12	35-60	6	0	6
Light Green	27	35-60	7	0	20
Green	53	45-75	31	1	21
Blue	51	55-90	40	0	11
Brown	24	65-105	15	3	6
Total	189				

I enjoyed the time I spent in Stapleford Woods checking control sites and look forward to working with LOG again in the future. Thanks to Viv and the dogs for their help.

Ranald MacDonald

Planner's Comments

The evolution of these courses, and my role as planner, began around three long years ago! Having dipped my foot in the water of planning a number of summer and winter courses and then, last year, the club's premier event—the Lincoln City urban race, I felt ready to attempt my first colour coded event. Having attended the EMOA training last year, I began to realise how much was involved in stepping up from a local event with two or three courses and no controller, to all of a sudden giving consideration to BO guidelines and rules, liaising directly with a controller and organiser and increasing the number of courses to the full white through brown spectrum. Added into the mix was the fact that we had managed to acquire a grant for the remapping of our premier area, but at relatively short notice, and we employed the services of Jon Musgrave (Deeside Orienteering and Leisure Maps) to undertake this task. The old map was seriously out of date and I quickly realised, after my initial recce, that I would have to go back to the drawing board and await Jon's final version before attempting to draw up the draft courses.

With around six weeks to go until the event, the map was complete and the pieces began to fall into place. Much of the area is now bramble and rhoddie ridden and it became a real challenge to consider how to use the best of what remained. Jon had indicated a number of blocks where the rhoddie detail was good enough to introduce some technicality into the orienteering and there were one or two patches of bramble-free woodland which made for good tripod locations. Putting these blocks together, whilst trying to avoid too much track running was tricky, but with further reconnaissance and Ranald's guiding hand, we slowly edged closer to the finished article.

The weather on the day was truly excellent and I was heartened by the numbers who turned up, around double of those we had had at Bourne Woods back in November last year. The one downside was that we ran out of maps on both the Green and Brown courses (even though we had 45 of each printed—normally twice the number of runners that we usually have for LOG colour code events) and I would like to thank all those who gracefully 'volunteered' their maps for later competitors! I hope everyone enjoyed their courses and I would finally like to thank Ranald, Sean and all the LOG helpers on the day for their contributions to what was a highly successful event for the club.

Paul Murgatroyd

FITNESS FOR ORIENTEERING

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

The previous article in the series examined the underlying physiological requirements of the sport and now, armed with this knowledge, we can start to put together a programme of fitness work that looks to link the important components required for optimal orienteering performance to the ambitions and goals of the orienteer.

Motivation

As orienteers, we all have different aims and objectives for our participation in the sport. The bulk of the orienteering community is made up of enthusiastic amateurs who have varying levels of ambition, with some aspiring to reach the top of their age class and, possibly, national and international honours within the sport. Others will be happy with more modest goals and see the weekend competition as an end in itself. Obviously the fitness programmes will be highly varied for this diverse group, with those who are focussed on performance improvement and maximising their talent requiring a very different approach to those who are content to let the weekend racing make up the core of their fitness work. There is also the elite end of the sport to consider, comprising a mixture of young, talented juniors, making their way through regional and national squads, all the way up to established international athletes, who may have been competing on the world stage for a number of seasons.

Time

Another factor to consider when devising the training programme is that of time availability. Most orienteers will be trying to achieve a balance between the various commitments in their lives and the amount of time that they can give over to training will naturally make an enormous difference to the outcome. It is natural to presume that elite orienteers will have much more time on their hands to develop their fitness through a methodical and logical approach and, indeed, many will build their work and home lives around this need. Without this dedication and commitment, they will inevitably struggle to compete on the international stage.

For the average orienteer, however, fitness development can be much more complex, with time pressures arising from

a number of sources. It is how the individual balances these and makes sufficient time for fitness work that is ultimately the key. The relationship between time and motivation is usually a strong one, with the dedicated, ambitious orienteer often making sacrifices in their work and home life in order to fit in a structured, focussed training programme.

Fitness Factors

Looking back at the previous article in this series, we can summarise here the components of fitness, shown by the available scientific research to be the important ones to focus on. These are:

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

Other components which may well feature in the programme and would also have positive benefits for performance would be:

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

This is a reasonably diverse range of fitness factors to develop and it is logical to assume that in order to develop these in a safe, methodical fashion, the orienteer must look to take a long term view when devising their programme of fitness work. It is neither necessary nor desirable to attempt to improve all these components at the same time.

Finally, therefore, taking into account the orienteer's motivation, their time availability and the fitness demands of the sport, we can begin to build an appropriate training structure for the individual.

Periodization

The majority of sports are built around a seasonal calendar, so that there is a change in focus for the athlete at various times of the year. Most team sports, such as rugby, football and cricket, will have a regular programme of matches throughout their season and there will be a definite start and finish to their competitive programme. Orienteering has a slightly different model here, in that events tend to be put on by clubs throughout the year and, if one really has the desire to, it is possible to race almost every weekend throughout the year. However, there is still a seasonal approach to the calendar, with the majority of the important national fixtures, such as the JK festival, the British Championships, and other national level events, often incorporating selection

racers for the elite, featuring primarily from late winter through to spring time. Elite athletes competing on the international stage will also have competitions that extend this season into the summer months, with JWOC and WOC typically featuring in July and August.

Therefore the dedicated, ambitious orienteer has a natural focus for their training programme, which should be built around these important races. If you are aiming to achieve national honours, selection for elite squads, or the best results at these prestigious events, then it is important to adopt a periodized approach to your training programme. By dividing the training year into distinct phases, with specific objectives, the orienteer can maximise the physiological adaptations occurring through the programme, and thus optimise race performance, whilst ensuring that they minimise the risks of psychological and physiological fatigue.

Periodization as a concept has existed for a long time, with modern developments in this field taking place during the Soviet state-funded era of their sport in the 1960's and 70's. Over the last forty years, further refinements to this concept have occurred to help develop our understanding of how to achieve the balance between optimising physical performance and avoiding fatigue and injury.

Periodization has two important aspects:

- A division of the training plan into smaller phases, making it easier to plan and modify the programme as the athlete works towards their goals.
- The phases can be used to target effectively and efficiently the various fitness components in order to develop the highest levels of endurance, speed, power, etc. possible.

The first principle here is to construct the plan around the number of competitive phases in a year. As orienteering, for most competitors, has one main competitive phase (late winter – late spring), the plan is described as 'monocyclic' and can be divided into three main phases: preparatory, competitive and transition (recovery). The preparatory and competitive phases are usually divided into two subphases, classified as general and specific because of the differing focus of activities within each subphase. Also, the competitive phase is often subdivided into precompetitive and competitive phases.

Elite orienteers competing at international events in the summer months will generally have a 'bi-cyclic' plan, where sequentially they would have the monocycle as above complemented by a second phase

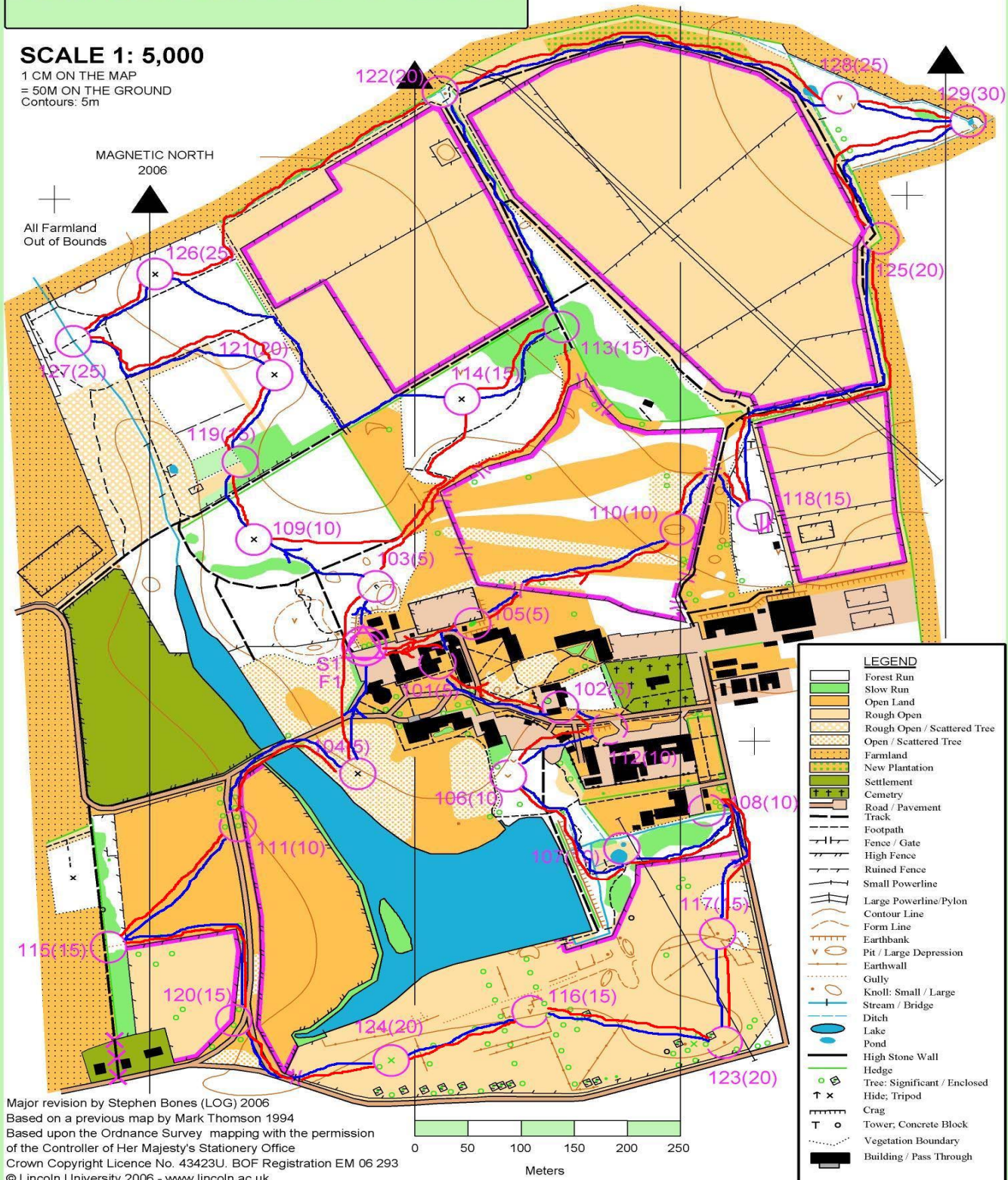
RISEHOLME NIGHT EVENT—ROUTE CHOICE

Riseholme Park

SCALE 1: 5,000

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

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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LEGEND	
[Green]	Forest Run
[Light Green]	Slow Run
[Yellow]	Open Land
[Orange]	Rough Open
[Light Orange]	Rough Open / Scattered Tree
[Light Yellow]	Open / Scattered Tree
[Yellow]	Farmland
[Light Green]	New Plantation
[Green]	Settlement
[Green]	Cemetery
[Black]	Road / Pavement
[Black]	Track
[Black]	Footpath
[Black]	Fence / Gate
[Black]	High Fence
[Black]	Ruined Fence
[Black]	Small Powerline
[Black]	Large Powerline/Pylon
[Black]	Contour Line
[Black]	Form Line
[Black]	Earthbank
[Black]	Pit / Large Depression
[Black]	Earthwall
[Black]	Gully
[Black]	Knoll: Small / Large
[Black]	Stream / Bridge
[Black]	Ditch
[Black]	Lake
[Black]	Pond
[Black]	High Stone Wall
[Black]	Hedge
[Black]	Tree: Significant / Enclosed
[Black]	Hide; Tripod
[Black]	Crag
[Black]	Tower; Concrete Block
[Black]	Vegetation Boundary
[Black]	Building / Pass Through

Liam and Heather's routes shown above. Liam (Red route) went east and selected 105 as his first control, whereas Heather (Blue route) went north to 103. In the final analysis, Heather's route is probably the better one, involving less distance, but Liam's knowledge of the area, coupled with his leg speed, gave him the edge on the night.



**LINCOLN 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

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

FUTURE ISSUES

The next LOG-NEWS will be arriving in your email accounts at the start of June and we'll be at the half way point of our summer series, with reports and mid-season tables, giving a strong indicator of who will be claiming individual and team titles this year. Also, the Poacher series will be only a few races off its climax and we'll know by then whether LOG are on for a hat-trick of victories on the Long course.

The national O season will have seen the JK festival and the British Championships take place by then, with both individuals and relay teams representing the club here. There will be a preview of the Lakes 5 Days, the big multi-day festival in August, where we hope to have a strong contingent racing in LOG colours.

The Nopesport Urban League will have had 7 of the 12 races by the start of June and we hope to have reports from a number of these. Will Liam be in a strong position to retain his men's Open trophy from 2009?

SELECTED NATIONAL FIXTURES

Wed 14/04/10	East Midlands	LEI	Local	LEI Summer League Event 2/Urban Series 1 Western Park	Western park	EOD	SK557045
Sun 18/04/10	North West	SROC	National	British Sprint Elite Championships	Astley Park	O: 06/04/10	SD574184
Sun 18/04/10	East Anglia	NOR	Local	NOR Colour Code Event	Bacton Wood	EOD	TG317311
Tue 20/04/10	East Midlands	LEI	Local	LEI Summer League Event 3 Dilworth Clumps	Moira	EOD	SK328157
Sat 24/04/10	East Midlands	LEI	Local	LEI Spring Series	Moat Community College	EOD	SK596042
Sun 25/04/10	Yorkshire and Humberside	HALO	Regional	Compass Sport Cup Round 1 (North East)	Scardale & Knapton	EOD	SE892730
Sat 01/05/10	West Midlands	WCH	National	British Orienteering Championships	Abrahams Valley & Wolseley Park, Cannock Chase	O: 11/04/10 P: 06/04/10	SK019197
Sun 02/05/10	West Midlands	WCH	National	British Orienteering Championships - British Orienteering Championships - Relays	Abrahams Valley & Wolseley Park, Cannock Chase	O: 11/04/10 P: 06/04/10	SK009203
Sun 09/05/10	East Midlands	DVO	Local	EM League	Cromford Moor	EOD	SK291588
Sun 09/05/10	East Midlands	LEI	Local	Burbage Common Open Day. LEI Spring Series	Burbage Common	EOD	SP447953
Tue 11/05/10	East Midlands	LEI	Local	LEI Summer League Event 6 /Urban Series 2 Markfield	Markfield Tops	EOD	SK486101
Sun 16/05/10	East Anglia	NOR	Local	NOR Colour Code Event	Houghen Plantation	EOD	TG185175
Sun 16/05/10	East Midlands	NOC	Local	EM League	Clumber Park	EOD	SK620752
Sat 22/05/10	East Midlands	LEI	Local	LEI Spring Series	Snibston Discovery Park	EOD	SK414142
Mon 31/05/10	Yorkshire and Humberside	EBOR	Regional	York Park Race	York City	EOD	SE605518