



LOG-NEWS

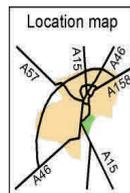
LINCOLN SOUTH COMMON

SCALE 1: 7,500

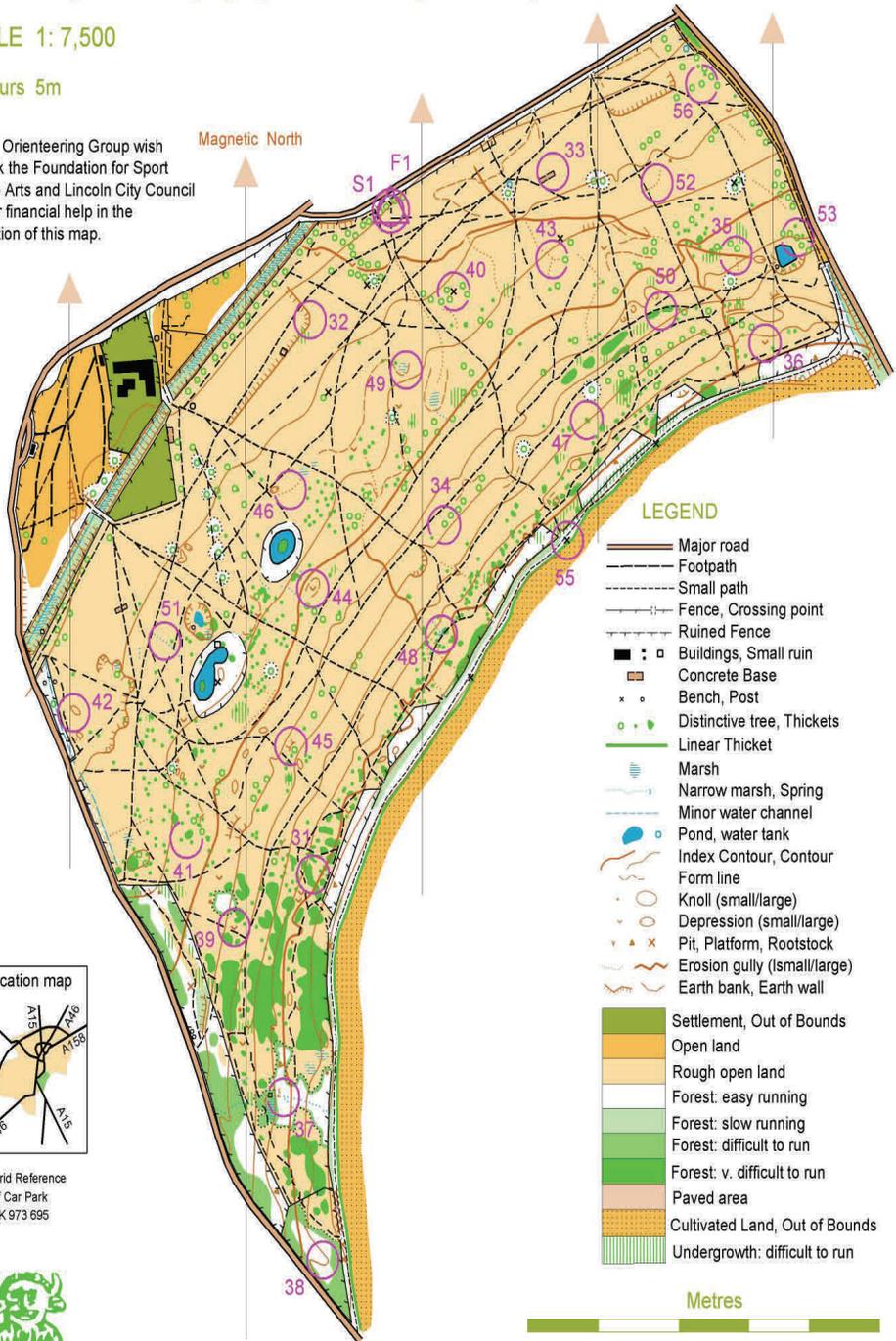
Contours 5m

Lincoln Orienteering Group wish to thank the Foundation for Sport and the Arts and Lincoln City Council for their financial help in the production of this map.

Magnetic North



Grid Reference of Car Park SK 973 695



Major re-survey during 2008 by Steve Bones / Paul Murgatroyd, based on previous maps by John Bennett, 2004; Mark Thompson, 1996; and Martin Bagness, 1987
All cultivated land is out of bounds. Not all hawthorn thickets or small paths can be shown.
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Map of the South Common Night Score Cup event held recently on Thursday 24th February. If you weren't there, an interesting armchair exercise is to consider your optimum route around the course and how many controls do you think you'd have managed in the 45 minute time allowance. Each control was worth 5pts. Overall series results and photos inside...

ED'S BIG BIT



The last month has seen some interesting discussions going on behind the scenes at LOG. Firstly, at our last committee meeting (minutes appearing later in the newsletter),

we were briefed by Pauline Olivant (East Mids development officer) on the benefits of becoming a participation club (PC). All of the other clubs with EMOA have joined up to this scheme and have a number of club nights running in their areas, eg. Bassetlaw in NOC and Chesterfield in DVO. We are currently part of the way towards being a PC anyway, with our

regular Thursday night training sessions. However, we would need to revamp the structure of these in order to fulfil the requirements of a PC, taking on more of club night approach.

This needs to be, probably, more centrally located in one venue for a period of time, with more coaches coming on board, to allow a greater diversification of activities and cover a broader range of participants (ie. youngsters, newcomers, families, etc.). Money would be available for funding the coaches and the publicity to drive this initiative forward. The committee would be interested in hearing your views on the subject, as we have several months to consider our options, before the next round of applications are due in the autumn of 2011.

Also, we are turning our attention

now to our 25th anniversary celebrations in 2012. Consideration at the last committee meeting was given to what we'd like to do, when we want to do it, and how! Time is moving on and we need to finalise plans soon, so this will be the central theme of discussion at the next committee meeting in May. Again, if you have any thoughts on the matter, we'd be interested to hear them. At the moment, consideration is being given to a weekend of events, built around our city race in September 2012. A possible trio of races, from Friday evening to Sunday morning, is touted, with all options of relay, score, sprint, etc. up for debate.

Finally, the anniversary O top (see overleaf) is nearly ready for order—exciting stuff, now!

Chairman's Sound Byte



The club's first ever Night Score Cup came to a successful conclusion at Riseholme on Thursday, March 3rd. I would like to thank Paul

Murgatroyd for all his hard work in planning, putting out the controls and sorting out the event on all of the four nights. We saw a hard core of approximately 25 competitors at each of the 4 events, which, considering this was the first year of running the series, was excellent.

We have just had our very first ever event at Belton Park on a brand new map. Planner Dave Denness put on some very good courses and comments I received at the end of the day reflected this. We had a great turnout, with almost 200 people entering the event. I would like to

thank everyone who helped on the day, apologies to anyone who had a long stint as an early helper, but we were a bit stretched on manpower, with the inclusion of 3 road crossings on the course. I believe everyone who wanted a run managed to fit it in sometime during the day. Special thanks to John Mather and his family for putting out the string course and manning it all day, its been a long time since we have put a string course on and it was good to see it back to help encourage juniors to take up the sport.

The next event on the club's calendar is the start of this year's summer series on the South Common on Thursday 7th April, so let's see a large turnout to get the series of to a great start. This year we have a new area in Chambers Farm Wood, we also have several new / inexperienced members trying their hand at planning an event and I wish them all well. It would be

good to see plenty of volunteers helping out with control collecting at the end, too, so please don't be shy in offering to give us a hand! Again, like last year and where possible, we will be re-visiting the summer series area on our training evening the Thursday after the event. I found this very useful last year to see just where it all went wrong!!!!

I would like to welcome the following new member to the club, Ben Mather, good to see another new junior joining the club. Already striking out on the yellow course at the tender age of 7, he's one to watch for the future....

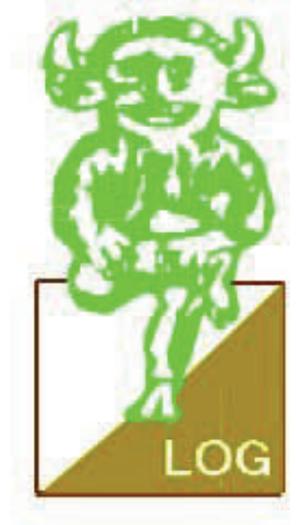
On the EMOA front, we have been again asked for our comments regarding putting on a short green course for EMOA league events, please come back to me if you think this is a course you would like to run on.

Sean Harrington

FUTURE LOG EVENTS

07.04.11—28.07.11 *Summer Series 2011*

- 07.04 **Summer Series #1 - South Common (Andy Lucas)**
- 14.04 Training Session - *South Common* - Technique
- 21.04 **Summer Series #2 - Ostler's Plantation (Liam Harrington)**
- 28.04 Training Session - *South Common* - Technique
- 05.05 **Summer Series #3 - Chamber's Farm Wood (John Mather)**
- 12.05 Training Session - *Chamber's Farm Wood* - Technique
- 19.05 **Summer Series #4 - Belton Woods (Anne Gibbs)**
- 26.05 Training Session - *Hartsholme Park* - Technique
- 02.06 **Summer Series #5 - Stapleford Woods (Clare Hanna)**
- 09.06 Training Session - *Stapleford Woods* - Technique
- 16.06 **Summer Series #5 - Grantham Town (Jeff Baker)**
- 23.06 Training Session - *Hartsholme Park* - Fitness



CLUB KIT



LOG are currently in the final stages of redesigning the club 'O' top, with a view to collecting orders over the summer series and to have it delivered for the CST final at Longshaw later this year. The top has been designed with the next year's 25th Anniversary in mind and will be produced by Kukri, the same company who have made the t-shirts and hoodies for us.

The latest kit sample is shown above and it will also have the club logo screen printed onto the front left in white (imp on kite), with 'Lincoln Orienteering Group' underneath and '25' over the top. The t-shirt is a soft, breathable man-made fabric, perfect for O'ing all year round.

We're expecting it to retail for around £20, with the final price to be negotiated soon. There will be two fits—a loose, t shirt style and a sleeker, slim-fit design, and there'll be samples available at the summer series events for you to check out the quality and sizing (they run from XXS to XXL).

LOG SUMMER SERIES 2011 – TEAM COMPETITION

TEAM FORMATIONS

TEAM OSPREY ALLY WRIGHT© MARTIN WHEELER <i>KEVIN KIRK</i>	TEAM GOSHAWK SEAN HARRINGTON© CLIVE STREET <i>SARAH FLETCHER</i>	TEAM SEA EAGLE JOHN MATHER© TERRY CROSBY <i>STEPHEN BARNETT</i>	TEAM MERLIN ANDY FURNELL© TANYA TAYLOR <i>MILLY BEACH</i>	TEAM BUZZARD JEANNE GAUDIN © ANDY STEVENSON <i>RUSSELL KIRK</i>
TEAM RED KITE HAYLEY FOX © TRUDY CROSBY <i>LUKE FORTUNE</i>	TEAM KESTREL PAUL MURGATROYD © <i>MATT WHELTON</i> <i>JACOB PULLING</i>	TEAM PEREGRINE LIAM HARRINGTON © AMANDA MYLETT <i>RACHEL GOODACRE</i>	TEAM SPARROWHAWK AMANDA ROBERTS © CRAIG LUCAS <i>SAM LUSCOMBE</i>	TEAM MARSH HARRIER PAUL BARNES© ANNE GIBBS <i>GEORGIA DAVEY</i>
TEAM GOLDEN EAGLE SARAH EDWARDS © JEFF BAKER <i>ELLIOT STEPHENSON</i>	TEAM HOBBY CLARE HANNA © CHARLIE THOMAS <i>ALEX WRIGHT</i>	TEAM HEN HARRIER ANDY LUCAS © GEOFF GIBBS <i>ANDREW OXBY</i>	TEAM BALD EAGLE <i>MICHAEL NELL©</i> <i>HANNAH MCNAB</i> <i>JAMES THOMPSON</i>	TEAM EAGLE OWL <i>JOANNE NELL©</i> <i>MARIA LOCKIE</i> <i>LAUREN BATES</i>

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 2011 summer series trophy.

LOG NIGHT SCORE CUP 2011 – FINAL TABLES

Pos	Name	Age	West Common	Hartsholme Pk	South Common	Rise-holme Pk	Series Total	Total Time
1	Liam Harrington	M21	125	125	125	125	500	02:02:51
2	William Parkinson	M16	120	125	125	125	495	02:28:52
3	Clive Street	M50	125	115	125	125	490	02:37:30
4	Paul Barnes	M35	125	120	115	120	480	02:45:57
5	Andy Stevenson	M40	125	100	125	125	475	02:32:45
6	Sean Harrington	M50	110	85	110	105	410	02:48:43
7	Tanya Taylor	W40	120	85	80	120	405	02:52:31
8	Andy Parker-Pilsworth	M40	110	100	85	105	400	03:02:43
9	Amanda Roberts	W45	110	90	85	110	395	02:53:50
10	Gareth Johnson	M21	95	85	110	95	385	02:41:56
11	Neil Harvatt	M55	125	125	125	375		01:54:15
12	John Mather	M40	125	100	110	335		02:09:54
13	Sarah Edwards	W21	125	75	95	295		02:15:12
14	Hayley Fox	W35	125	0	75	95	295	03:04:55
15	Brian Slater	M60	110	95	85	290		02:14:04
16	Jeanne Gaudin	W21	125	95	60	280		02:05:52
17	Robert Parkinson	M50	95	70	105	270		02:06:02
18	Charlie Thomas	M20	85	65	110	260		02:18:56
19	Simon Carruthers	M40	65	85	95	245		02:17:59
20	Anne Gibbs	W65	85	45	45	60	235	02:54:33
21	Amanda Mylett	W55	85	50	80	215		02:12:56
22	Ally Wright	W21	110	15	45	170		02:20:04
23	Chris Fearnley	M21	100	60	160			01:32:21
24	Geoff Gibbs	M70	60	50	45	155		02:10:07
25	Jeff Baker	M55	0	60	80	140		01:27:50
26	Thomas Honniball	M21	125	125				00:36:17
27	Jon May	M35	110	110				00:42:21
28	Guillame Parent	M21	85	85				00:45:13
29	Peter Walling	M45	65	65				00:50:41
30	Sarah Pike	W35	55	55				00:47:03
31	Pete Hurst	M21	45	45				00:45:15
32	Charlotte Fox	W7	20	20				00:39:06
33	Elise Garcon	W21	0	0				00:53:37

For full race results, see the webpage and follow the link to the Night Score Cup:

www.logonline.org.uk

LOG NIGHT SCORE CUP 2011 – PHOTOS



Left: Series winner, Liam Harrington, collecting his trophy from Chairman, Sean Harrington.



Right: Junior class winner, Will Parkinson (NOC), collecting his trophy.



Left: Veteran class winner, Clive Street, collecting his trophy.



Right: Women's class winner, Tanya Taylor, collecting her trophy.



HALO POACHER SERIES 2011

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 (Green)
- Short - 2.25-3.25 km (Lt Green/Short Green)
- Newcomers - 1.5-2.0 km (Yellow)

Entries

£1 entry on the day; Pre-Marked Bagged Maps Start Times

5.45 - 7.00 pm.

Series Competition

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

Fixtures

- 1. Wed 13 Apr** **Mausoleum Woods, Gt. Limber** [TA134092](#) *Planner: Martin Kullich*
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. **Start early—daylight limited.**
- 2. Wed 20 Apr** **Nettleton Woods, nr. Caistor** [TA092002](#) *Planner: TBA*
Mixed woodland with open areas. From the A46 at Nettleton take the B1205 west towards Moortown for approx.2 miles. 200m before level crossing turn left into Watermill Leisure Prk. Drive slowly down track to end: park left of lake. **Start early—daylight limited.**
- 3. Wed 27 Apr** **Elsham nr. Brigg** [TA046011](#) *Planner: TBA*
Mixed woodland. From Jct. 5 of the M180 take the unnamed road to the right of the service station and signposted Elsham hall. After 250m turn left down a rough track for a further 250m—park as directed. **Start early—daylight limited.**
- 4. Wed 4 May** **Cottager's Dale** [TA103084](#) *Planner: Brian Slater*
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 racing your entry route. **Start early—daylight limited.**
- 5. Wed 11 May** **Willingham Woods, Mkt. Rasen** [TF137884](#) *Planner: M&F Humphrey*
Mixed Forest Enterprise woodland. Follow the A631 east from Market Rasen for 2 miles. Registration is in the SE corner of the picnic area turn left. **WARNING:** there may be large numbers of motorcycles in the picnic area and on the roads nearby.
- 6. Wed 18 May** **Hendale, nr. Humberside Airport** [TA102082](#) *Planner: Pete Shew*
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. 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.
- 7. Wed 25 May** **Primrose Warren, nr. Brigg** [SE950065](#) *Planner: Andrew Houlden*
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.
- 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 1 Jun** **Brompton/Halliday Hill, Gt. Limber** [TA119062](#) *Planner: Neil Harvatt*
Mixed woodland, part of the Earl of Yarborough Estate. At Grasby Bottom xroads, 2 miles NE of Grasby and 2 miles SW of Limber, travel SE towards Caistor for 250m. Turn left (ESE) down unvene track for at least 1km.
- 9. Wed 8 Jun** **Pillar/Cabourne Woods, Caistor** [TA128035](#) *Planner: Peter Kullich*
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.
- 10. Wed 15 Jun** **Otby** [TF123948](#) *Planner: John Fullwood*
Rough well contoured grassland. Parking near Mill House Farm, Walesby. At junction of the A46/A1103 7mls south of Caistor, north of Mkt Rasen, turn east to Walesby for 2mls. On outskirts of village turn left down track. 50p charge for parking.
- 11. Wed 22 Jun** **Swallow Vale, nr. Swallow Village** [TA174043](#) *Planner: Pete Harris*
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. **Including Series Trophy Presentation.**

EAST MIDLANDS LEAGUE — 2011

EMOA League— Remaining Fixtures 2011

17th April	Crich Chase (DVO)	23rd October	Bramcote (NOC)
8th May	Harlow (NOC)	13th November	Byron's Walk (NOC)
22nd May	Kedleston (DVO)	??????????????	Carsington (DVO)
19th June	Burrough Hill (LEI)	25th September	Stanton Moor (DVO)
9th October	Outwoods (LEI)	18th December	Walesby (NOC)
28th December	Willesley (LEI)		

After 6 events, the league is beginning to take shape. What is interesting, is the rapid growth in LOG membership that is currently attending EMOA league events. At the same stage last year, 19 LOG & RAFO individuals were appearing on the league table. Fast forward 12 months, and we now see 31 members having attended at least 2 of the 6 events—cracking stuff. Many of the juniors are challenging strongly on their respective courses, with 6 of them currently holding onto podium places. Also, it's nice to see so many individual battles within courses. The Green and Blue classes both have healthy competition between the LOG women and the Brown men has 4 LOG'ers in the top 10. Next event is in a couple of weeks time at DVO's Crich Chase.

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

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight	Position
Yellow	Russell Kirk			303	463	381	205										1352	2nd
Yellow	Ben Mather			529	448	292											1269	3rd
Yellow	Andre Fougo			436	661												1097	4th
Yellow	Maria Lockie			1000	728	1000	609										3337	1st
Yellow	Rachel Kirk			619	398	425											1442	5th
Orange	Jacob Pulling			532	392	716	697										2340	4th
Orange	Alex Wright				984		971										1955	5th
Orange	Heather Stacey			539	411	784	482										2400	3rd
Lt Green	Luke Fortune			517	922	655	999										3093	3rd
Lt Green	Andrew Oxby				749	566	703										2018	5th
Lt Green	Hannah McNab			978	879												2857	3rd
Lt Green	Bella Williams				1000	745											1745	10th
Green	Kevin Kirk			484	693	701											1878	14th
Green	Martin Wheeler				739	816											1555	22nd
Green	Glyn Mayley			512		698											1210	33rd
Green	Sarah Edwards		573		839	813											2225	9th
Green	Hayley Fox		421		811	768											2000	10th
Green	Sarah Fletcher			454	771		622										1847	16th
Green	Trudy Crosby					922	828										1750	17th
Green	Karen Williams				875	838											1713	18th
Blue	Michael Nell			910	805	846	876										3437	3rd
Blue	Sean Harrington			691	655	674											2020	20th
Blue	Clive Street	823				972											1795	24th
Blue	Joanne Nell			757	946	935	879										3517	4th
Blue	Tanya Taylor		854			803	904										2561	5th
Blue	Jeanne Gaudin		671		879	874											2424	7th
Blue	Alison Wright			587	683	587											1857	10th
Brown	Paul Murgatroyd		777	973	958	993	939										4640	1st
Brown	Dave Denness			834	888		779										2501	6th
Brown	Liam Harrington				807	824	808										2439	7th
Brown	John Mather			778		714	684										2176	10th

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

BELTON PARK—EAST MIDS LEAGUE

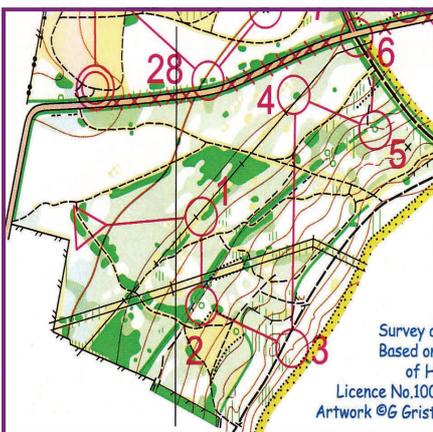


Controller's Comments:

In retrospect, as a sufferer from cynophobia, this perhaps was not the best area to volunteer to control an event.

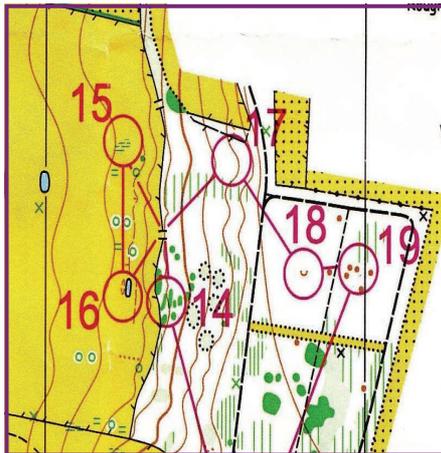
There must be more dogs per person in the environs of Grantham than anywhere else in the country (well it was the Thatcher Government in 1988 that abolished dog licences) – think of all those 37pences that have not been collected since then – the present public deficit would be half – and more money would be available for funding non Olympic minority sports – but that's another story.

My thanks go to Dave for many things, but firstly for arranging to check areas/put out controls etc. in the more heavily dog populated areas at dawn before the canine invasion, secondly for planning some interesting courses and utilising all contrasting areas of the map effectively, thirdly for being ultra organised and lastly for being totally stress free. All the above, coupled with the efficiency of Sean's organisation and the support from all LOG members who had to man all three road crossings, made things go so much easier on the day.



Apologies for not spotting the incorrect numeric indices on the map scale bar - well done to the eagle eyed RAF Cadet; similarly I hope the last minute change to exclude a gate on the Green and Brown

courses did not cause any problems (this rickety gate was going to be left slightly ajar when there were no livestock in the adjacent fields, however on Saturday we discovered the lambs etc. in the field and we did not want to risk damaging the gate further and incurring the wrath of the landowners). Thanks to DD again for marking the maps accordingly on Saturday evening – probably better than watching the rugby!



Pleased to see plenty of entries at this 'classic' event – there is still a demand for such events – it is always a pity when other events take place only 70 miles away in different Regions – no easy answer during the peak orienteering season.

Congratulations to all course winners (from 5 different clubs). With LOG taking the first 3 places on the Brown, their increased number of Juniors and their importation of French elite athletes they have a chance of dethroning HALO at this year's Lincolnshire Challenge (especially as I will be on holiday!!). Good luck in the CST Final later this year.

Pete Harris (HALO)

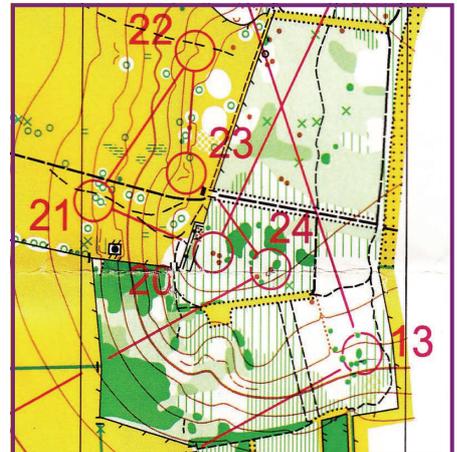
Planner's Comments:

Belton Park is LOG's newest mapped area and with mapping only being finalised in mid-January, planning for the East Midlands League event had to be compressed into just a few weeks. This meant that draft courses and comments were flying rapidly back and forth between me and Peter, the controller, several times a week at one stage.

One of the main planning challenges is

that the area is split into fairly small blocks, mainly by two roads that formed a t-junction. I wanted to avoid road crossings completely for white and yellow courses, and minimise them for other courses, whilst using all parts of the area for the longer courses. This led to having the slightly unusual set-up of one start but two finishes, which didn't seem to cause any problems on the day.

The area has a well developed path network, but I wanted to give some reasonably rewarding route choices off paths, which looking at Route Gadget seem to have been taken up. Overall my favourite course was probably the green.



Putting out the controls was a joint effort between me and Peter, which cut down the time involved considerably, so thanks once again to Peter for that, as well as all of the other help and advice along the way.

I hope everyone enjoyed the courses and running on this area for the first time.

Further Comments:

It was great to see the strong attendance for this event and, if there had not been a level B middle at Hugsets in SYO land, we'd probably have been pushing up towards the 300 mark! Well done to Dave and Pete for making the best use of the area and we'll be back there this summer for one of our Thursday evening events.

The next major event on the map will be the YBT final in 2013—a major coup for LOG!

MIDLANDS CHAMPS 2011

It's a long way to Sheringham, that much is true. The choice of venue for this year's Midlands Championships came in for some gentle criticism on Nopesport, but to be fair to the championship organisers, EAOA are part of the Midlands group and you have to hold it in their territory every once in a while!

Undoubtedly the distance accounted for the very low attendance from LOG, with only 6 souls taking the trip across to Norfolk. That was a shame, as Sheringham proved to be an excellent location for the championships, with a mixture of contour detail and runnable woodland making for some intricate orienteering, rarely to be found in the East Midlands.

The current Mrs M and myself decided to make a weekend of it and we booked ourselves into a lovely little B&B on the outskirts of Sheringham on the Friday night.

There was a 'retro' event on the Saturday at Fellbrigg, where

NOR decided to use the old school pin-punching approach and a low key, colour code event to entice the punters in. Again, this caused some disagreement on Nopesport, with some feeling that we should be looking forwards and not back! If NOR had opted for either a middle distance or an urban event, then I would have entertained the idea of running on the Saturday, as would others, I feel. It may also have enticed one or two more LOG members to make the trip across..... However, a wet walking adventure with Mrs M along the North Norfolk coastal path was the order of the day and we enjoyed it thoroughly, even if it was a bit 'dreich' at times! The ride back on the old steam train from Holt was lovely and rounded off the day perfectly.

So, to the race itself. The M40L course was around 9km, with over 470m of climb, and if you have an image of Norfolk being flat, then think again. There was lots of up, followed

by more up, and often the dilemma was the classic 'round and long or up and short' route choice. The scale of 1:15000 caused a few difficulties, especially for a Ms Taylor, who had hardly ever run on this scale before. Needless to say, I'm glad this is my final year on this scale at championship events. One of the rare bonuses of getting older!

It would have been nice to use the west part of the map, crossing into Kelling park, as Sheringham Woods were beginning to lose their appeal towards the end of the course, but the planner presumably felt that the course length was not quite long enough to manage this. A minor issue in what was a really enjoyable morning's orienteering.

If you get the chance to run at an event here in the future, my recommendation to you is do it. The long journey is well worth it...

Paul Murgatroyd

LOG RESULTS

CLASS	POSITION	CHAMPS POSITION	NAME	TIME	MINS/KM
M40L	3	3	Paul Murgatroyd	76:51	8.5
M45L	dns		Justin Williams		
M45S	4	4	Robin Stevens	72:42	12.8
M55S	7	7	Glyn Mayley	80:26	16.1
M60L	33	18	Jeff Baker	122:08	17.0
W10B	dns		Hazel Williams		
W14A	dns		Bella Williams		
W40L	5	3	Tanya Taylor	96:06	16.0
W40L	dns		Karen Williams		
W55L	mp		Lindsey Freeman		

FITNESS FOR ORIENTEERING

This is the second part of the article, published in the last edition of CompassSport magazine, that look at strength training for orienteering....

Test Performance

In order to assign the correct training load, the orienteer should perform a test to ascertain accurately the weight required for each of the selected exercises. There are a variety of methods, but probably the most accurate is via the direct testing of a 1-repetition maximum, ie. the greatest amount of weight that can be lifted with proper technique for only one repetition (Baechle & Earle, 2008). Once this has been tested, the orienteer's training load can be calculated as a percentage of the 1RM, using conversion tables that can be easily accessed online.

In order to ensure safety and accuracy, the orienteer must ensure that the correct technique is adhered to throughout and that assistance with spotting is sought wherever necessary, particularly as the individual gets close to their maximum and the weight used is substantial. If there are concerns about safety, then an estimated 1-RM from a multiple-RM test or a multiple RM test based on the number of repetitions planned for that exercise may be used as alternatives. A number of procedures to evaluate 1RM are available and one method is shown in figure 1 overleaf.

Design the Programme

Once the exercises have been selected and the training loads calculated, the final step is to bring this all together in a periodised programme, designed to bring the orienteer to a level of maximum physical conditioning for their targeted races. The overall model for the orienteer is shown below in figure 2, based on a typical mono-cyclical year, as outlined earlier. The theory and practical application of each strength development phase is discussed below:

Base Phase 1 – Anatomical Adaptation (AA)

The main objectives of this phase, usually lasting around 10 weeks for novice athletes, are 'to increase the oxidative capacity of the slow-twitch muscle fibres; strengthen the tendons, ligaments and joints; and increase

bone mineral content and proliferation of connective tissue surrounding each muscle fibre.' (Bompa and Carrera, 2005). This phase has the positive aspects of improving the orienteer's cardiovascular fitness, laying the foundations for improvement in muscular strength and developing neuromuscular co-ordination for these sport specific movements, helping running economy and efficiency.

One of the simplest methods for anatomical adaptation is circuit training, which many orienteers will already be familiar with. It has a concomitant effect of improving cardiovascular fitness as well as strength and a wide variety of equipment and exercises can be used here. Generally the individual should look to use core and multijoint exercises and the overall guidelines for circuit training are shown below in table 1.

Experienced athletes do not tend to require as long on this phase to accrue the gains necessary. Also, novices tend to need more stations in order to develop as many muscle groups as possible, due to their lack of previous strength training.

Most body weight exercises (eg. push-ups) will use around 10-20 repetitions per station, with the individual looking to gradually progress the number upwards as their fitness improves during the AA phase. The number of repetitions per set for weighted exercises (eg. leg curls) will be in the range of 10-15, with the number dropping over the AA phase as the weight increases through improved strength and the orienteer approaches the next phase.

Base Phase 2 – Maximum Strength (MxS)

This period, usually around 4-5 weeks in length, will probably be the most important for the orienteer's overall strength improvements and will underpin fitness levels in the later competition phase. The individual is looking to increase the ability to recruit muscle fibres rapidly in order to synchronize all the primary muscles involved in the movements specific to running. The true benefits of this phase lie in the orienteer's ability to convert gains in strength to the specific requirements of the sport. Generally, as the period is brief and focussed, there will be improvements in force generation, but

without a significant increase in body weight and this phase is also sometimes referred to as 'central nervous system training'. (Bompa and Carrera, 2005)

A variety of techniques exist for maximum strength development, but for the general orienteer the most suitable one is that of the isotonic method. This is due to a number of factors, including: the method has a high neural output helping to improve power; it underpins improvements in muscular endurance; it improves the co-ordination and synchronization of muscle groups; and it is relatively safe for inexperienced individuals, although some practitioners believe that a minimum of two years of anatomical adaptation experience should be gained before using this method. The guidelines for this training method are shown below in table 2.

It is essential that the load is set at around 80% of maximum, so that there is significant neural stimulation. This will enable fast-twitch muscle fibres to be recruited and help with synchronization of the muscles involved. Only exercises using prime movers and large muscle groups should be used here and the ordering of exercises is important to avoid early onset of fatigue. One set of each exercise should be performed before moving onto the second set so that the muscles can recover and maximum strength output is always achieved. The 3-6 minute rest interval between sets is also crucial in ensuring the central nervous system is fully recovered each time and the circuits should not be rushed or strength gains will be impaired. Finally, it is important that movements are performed as quickly as possible in order to fully recruit the fast-twitch fibres and maximise potential training benefits.

Specific Phase – Conversion (M-EM and M-EL)

The primary aim of this period is to convert the gains made from the previous phases into muscular endurance, a key component for high level performance in orienteering. There may be aspects of conversion to power endurance, particularly for elite athletes or individuals who are focussing on sprint racing, but this will be secondary to ensuring a strong foundation of muscular endurance is established.

FITNESS FOR ORIENTEERING

1RM TESTING PROTOCOL

1. Instruct the athlete to warm up with a light resistance that easily allows 5 to 10 repetitions.
 2. Provide a 1-minute rest period.
 3. Estimate a warm-up load that will allow the athlete to complete three to five repetitions by adding
 - 10 to 20 pounds (4-9 kg) or 5% to 10% for upper body exercise or
 - 30 to 40 pounds (14-18 kg) or 10% to 20% for lower body exercise.
 4. Provide a 2-minute rest period.
 5. Estimate a conservative, near-maximal load that will allow the athlete to complete two to three repetitions by adding
 - 10 to 20 pounds (4-9 kg) or 5% to 10% for upper body exercise or
 - 30 to 40 pounds (14-18 kg) or 10% to 20% for lower body exercise.
 6. Provide a 2- to 4-minute rest period.
 7. Make a load increase:
 - 10 to 20 pounds (4-9 kg) or 5% to 10% for upper body exercise or
 - 30 to 40 pounds (14-18 kg) or 10% to 20% for lower body exercise.
 8. Instruct the athlete to attempt a 1RM.
 9. If the athlete was successful, provide a 2- to 4-minute rest period and go back to step 7.
- If the athlete failed, provide a 2- to 4-minute rest period, then decrease the load by subtracting
- 5 to 10 pounds (2-4 kg) or 2.5% to 5% for upper body exercise or
 - 15 to 20 pounds (7-9 kg) or 5% to 10% for lower body exercise
- AND then go back to step 8.
- Continue increasing or decreasing the load until the athlete can complete one repetition with proper exercise technique. Ideally, the athlete's 1RM will be measured within three to five testing sets.

Figure 1. A 1RM testing protocol (From Baechle & Earle, 2008)

The aerobic and anaerobic characteristics of the musculature will be trained during this time, so that the orienteer is able to perform repeated muscular contractions without fatigue impairing their performance. Muscular endurance is best increased through a phase where a high number of reps are performed at a steady pace in training and the resistance should be set at a load which is slightly higher than that which must be overcome while competing. Occasionally it may be desirable to combine aerobic training with muscular endurance work, particularly if time is limited, but in this case strength training should be done at the end of the session.

Initially, as the orienteer converts from the maximum strength phase, it may be desirable to undertake muscular endurance work of medium duration, allowing adaptations to take place gradually. The programme can be designed as circuit or interval training. The load is set at around 30-50% of RM performed progressively over a longer duration through increasing the number of reps every second week. The rest interval should be short between sets, so that the individual is exposed to high levels of fatigue and this enables an increased tolerance to competition stress. After around seven-eight weeks of conversion, the orienteer will move to the final conversion stage consisting of muscular endurance work of long duration over six-seven weeks, to fully prepare for the demands of the key races in the competition phase. The key difference here is

that the load now drops to around 30-40% of RM and the reps increase, with little or no rest between exercises and only brief rest between sets/circuits.

Guidelines for this conversion phase are shown below in tables 3 & 4, with suggested training programmes relevant to an orienteer in table 5.

Competition Phase – Maintenance

The focus for the orienteer now is to ensure that they are in peak condition for their target races during this phase. It is obviously important that the frequency and overall volume of strength training is now reduced, in order to be fresh for the competitive programme, but the individual must still undertake some work in order to maintain the gains made in the pre-season phases and ensure that they retain their developed muscular endurance capability.

In order to avoid detraining and ensure peak preparedness for racing, the strength sessions should be as short as possible, usually around 20-30 minutes in duration. Orienteers should use the lowest number of exercises (a maximum of four) to address the conditioning of the prime movers. This helps reduce overall energy demands and leaves the orienteer time and energy for technical training. If no competitions are scheduled for the weekend, then the microcycle could have two-three strength sessions. Otherwise one or, at most, two sessions can be scheduled, usually in the early part of the week. For muscular endurance training,

one or two sets per session are suggested and the reps should be kept to a maximum of 30 per exercise, as muscular endurance will also be trained in other sessions during the week. The key here is to stabilize performance, not generate fatigue which could potentially impair race performance. Jones and Bampouras (2007) advocate the use of power training, through plyometrics, in this phase, which may be appropriate for sprint specialists and those who have a highly trained status, but must be used with caution by others.

Transition Phase – Recovery

This phase is crucial to enabling recovery, both physical and psychological, from the demands of the racing season. Usually this phase will be no more than five weeks and by the end of it, the orienteer should be feeling energised and have a strong desire to commence serious training again!

Two or three sessions of general, low key fitness work a week are recommended, in order to help retain elements of strength and endurance, and orienteers should work to involve muscle groups that received little attention in the rest of the year's programme. Informal physical training, with a recreational/play aspect, is important and individuals should perform this at a relaxed pace. The programme should be enjoyable and stress-free, with no focus on loads, reps and sets.

Paul Murgatroyd

FITNESS FOR ORIENTEERING

Training Parameters	Novice	Experienced
Duration of AA	8-10 weeks	3-6 weeks
Load (if weights are used)	30-40 percent	40-60 percent
No of stations per circuit	9-12	6-9
No of circuits per session	2-3	3-5
Total time of CT session	20-25 minutes	30-40 minutes
Rest interval between exercises	60-90 seconds	30-60 seconds
Rest interval between circuits	2-3 minutes	1-2 minutes
Frequency per week	2-3	3-4

Table 1. Training parameters for circuit training (Adapted from Bompa & Carrera, 2005).

Training Parameters	Work
Load	80-85 percent
No of exercises	3-5
No of repetitions per set	1-5
No of sets per session	6-10
Rest interval between sets	3-6 minutes
Frequency per week	2-3

Table 2. Training parameters for the maximum load method (Adapted from Bompa & Carrera, 2005).

Training Parameters	Work
Load	30-50 percent
No of exercises	4-8
No of sets per session	2-4
Rest interval between sets	2 minutes
Rest interval between circuits	5 minutes
Speed of execution	Medium
Frequency per week	2-3

Table 3. Training parameters for muscular endurance of medium duration (Adapted from Bompa & Carrera, 2005).

Training Parameters	Work
Load	30-40 percent
No of exercises	4-6
No of sets per session	2-4
Rest interval between sets	1-2 minutes
Rest interval between circuits	2-5 minutes
Speed of execution	Medium
Frequency per week	2-3

Table 4. Training parameters for muscular endurance of long duration (Adapted from Bompa & Carrera, 2005).

Exercise	Number of Weeks		
	2-3	2-3	2
Half Squats	Load of 30-50% and progressively aim to perform 50-60 reps non-stop.	Perform two-four exercises non-stop, or 100 reps together; for instance 50 half squats followed by 50 incline dumbbell bench press. Pair the remaining six exercises.	Perform all exercises continuously; eight exercises x 50 reps = 400 reps non-stop. Repeat circuit 2-4 times.
Incline Dumbbell Bench Press			
Forward Step Lunge			
Step Up			
Flat Dumbbell Fly			
Leg Extension			
Bent Knee Sit Up			
Leg Curls			
Rest interval between exercises	1 minute	1-2 minutes between each group of 2-4.	---
Rest interval between circuits	---	---	4-5 minutes

Table 5. Example circuit for muscular endurance of medium duration (Adapted from Bompa & Carrera, 2005).

Lincoln Orienteering Group Executive Committee Meeting – Mar 10th 2011

		Action
	Present: Sean, Paul, Amanda, Clare, John, Liam, Geoff, Ann, Michael, Ali, Hayley, Jeanne, Jeff, Tanya, Pauline Olivant	
1.	Apologies for Absence: Ian, Andy, Sarah.	
2.	Approval of Minutes of Meeting on 13 Jan 11: Agreed.	
3.	Matters Arising: 2. Permanent Course at Hartsholme now mapped and equipment delivered. When posts all set up need to organise Opening Ceremony with possible score event with trophies.	ID to liaise with Hartsholme re Opening Ceremony
4.	Treasurer's Report: The committee was happy with the treasurer's report. The new kit had been purchased and the mapping paid for.	
5.	EMOA Report: There is now a new requirement for organisers of events to attend a Safety Training Course. It may be adequate if the Controller has attended the course.	SH to speak with Hilary
6.	EMOA Priorities & Funding: Committee members were asked to email any comments on the paper to SH by 25th March. So far the committee wanted to recommend the following items: <ul style="list-style-type: none"> • Prioritize Junior Development training with it rotating around the different clubs. • Recommend that events run by Juniors should have the income shared between the host club and the EMOA. • Request a package available to clubs for in-house training to inspire new planners etc. 	All
7.	Community 'O' Clubs: Pauline outlined how the scheme works. Needs to be based at a fixed venue with regular weekly activities with a relaxed social agenda. It would be a 3yr project with funding available for coaching and venue hire. Aimed at newcomers it could be used to encourage our junior membership. The committee needed to discuss if it was right for the club at this point in time.	All
8.	Junior Championships: To be put on the agenda for the next meeting as ID was not available.	AR
9.	Fixtures Update: JM gave an update on the fixtures list.	
10.	Monks Wood Mapping & Opening Event: PM would be attending Opening Event. It may be a suitable training area for future events	
11.	Night Score Cup Review: The committee agreed this had been a great success and should be run again next year. Four planners would be needed, probably only 3 events to score, time penalties to be reviewed.	
12.	Club Kit: Samples ready for both styles. Kit to be ready for Oct Compass Trophy Final.	
13.	City Race: PM volunteered to be the Planner for this event. PM to Liaise with Minster School. SH to arrange accesses to Cathedral, Usher Gallery etc. and JM to liaise with John May re City Council permissions and risk assessments required.	PM, SH, JM.
14.	25th Anniversary Celebrations: To be on agenda for next meeting. Three events over a week-end and a social event, possibly tie in with City Race 2 Sep 2012.	AR. SH to speak with NH
15.	Winter Series 2011/2012: Dates set on calendar. (One event moved to allow for Edinburgh Burns Weekend to be used as a club tour.) Venues being considered: Branston, Stapleford, Sudbrooke (based from Scout Area), Mystery Map Area, Chambers Wood, Lincoln City.	
	AOB: Social: The next club social was to be held on 31 March, Meet 7pm Strugglers. Date of Next Meeting: Thursday 12 May 2011 at 7.30/8pm, Golden Eagle.	AW to advertise AR to book



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The Thinking Man's Sport

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

FUTURE ISSUES

The next LOG-NEWS is planned for release around the end May and by then we'll be around two-thirds of the way through the summer series. We'll have reports and latest standings and the front runners will be emerging by this time. Will we have a new technical champion this year and who'll be the newly emerging names on the short and long courses? This year's team trophy has an expanded look to it, with a raft of new cadets swelling the teams from last year's 10 to a new record of 15. This should prove to be another closely fought contest, as in previous years.....

Also, we'll have reports from the revamped HALO Poacher series, always popular with LOG regulars, and we'll be nearing the major competition season, with BOC in May just around the corner. A record 5 LOG relay teams will be competing in Sheffield and we wish them all the best in their relevant classes. See you out there!

SELECTED NATIONAL FIXTURES

Sat 02/04/11	East Midlands	NOC	Level C	Nottingham University Sprint	Nottingham University	SK540385
Sat 02/04/11	East Midlands	LEI	Level D	LEI Spring Series 6	Martins Shaw	SK501065
Sun 03/04/11	East Midlands	LEI	Level B	East Midlands Champs	Cademan & Thringstone Woods	SK435175
Tue 05/04/11	East Midlands	LEI	Level D	LEI Summer League 1-Beacon Hill	Beacon Hill	SK510147
Sat 09/04/11	East Midlands	DVO	Level D	DVO Summer Series	Poolsbrook Country Park	SK435735
Thu 14/04/11	East Midlands	LEI	Level D	LEI Summer League 2 Loughborough University	Loughborough University	SK516187
Sat 16/04/11	East Midlands	DVO	Level D	DVO Summer Series & Park's 100th anniversary	Hall Leys park	SK299601
Sun 17/04/11	Yorkshire and Humberside	SYO	Level C	SYO Regional Event	West Haigh	SE425085
Sun 17/04/11	East Anglia	NOR	Level C	NOR Colour Code Event	Ken Hill Estate	TF675349
Tue 19/04/11	East Midlands	LEI	Level D	LEI Summer League 3 Wakerley	Wakerley Woods	SP962987
Wed 20/04/11	East Midlands	DVO	Level D	DVO Summer Series	Darley Park	SK352372
Sat 30/04/11	East Midlands	DVO	Level D	DVO Summer Series	Rosliston F. C.	SK243175
Thu 05/05/11	East Midlands	LEI	Level D	LEI Summer league 5 Stanton Under Bardon	Stanton Under Bardon	SK466101
Sat 07/05/11	East Midlands	DVO	Level D	DVO Summer Series	Ilam Country Park	SK131506
Tue 10/05/11	East Midlands	LEI	Level D	LEI Summer League 6 Snibston	Snibston Discovery park	SK417144
Fri 13/05/11	East Midlands	DVO	Level D	DVO Summer Series	Oakwood	SK382386
Sun 15/05/11	East Anglia	NOR	Level C	NOR Colour Code Event	Pretty Corner	TG083372
Wed 18/05/11	East Midlands	LEI	Level D	LEI Summer League 7 Aylestone	Aylestone North Car park	SK578017
Fri 20/05/11	East Midlands	DVO	Level D	DVO Summer Series	Allestree Park	SK352398
Thu 26/05/11	East Midlands	LEI	Level D	LEI Summer League 8 Cademan	Cademan Woods	SK440166
Tue 31/05/11	East Midlands	LEI	Level D	LEI Summer League 9 Bagworth	Bagworth Heath	SK457067