



LOG-NEWS

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LOG's C4 event at Bourne Woods—Brown Course winner, Paul Addison, and his winning time and route choices shown, as copied from RouteGadget. How does that compare with your route on the day?

ED'S BIG BIT



This issue arrives on the back of a hectic period for all in LOG. The Bourne Woods C4 district event, BOC at Culbin for an intrepid trio, the East Midlands Championships held by LEI, the first four summer series events and, for your ever keen editor, a trip to the islands of Islay and Jura to take part in the inaugural British Ultra.... I've just about found time to squeeze out this humble offering of LOG-NEWS. All of the above events have coverage later in this edition and, suffice to say, it's been

a successful period for LOG's young upstart, Liam Harrington. Capturing the M20L title at BOC and the JM5L at the East Midlands Champs, he's now made it a hat-trick, to go with his Midlands Champs win earlier in the year. Currently heading up the HALO Poacher 'Long' series leaderboard, he's having a great 2008— who's going to knock him off his perch?

Our summer series is also going very well indeed, with record numbers attending Riseholme and two new planners, in Amanda Roberts and the Nells, producing some cracking courses for their first attempts. The new team trophy appears to be going down well too, enabling those who would not normally challenge for a trophy to feel that they now have something to play for. Even Sean, captain of the leading team,

Metallica, looks as though he's in with a chance of winning, something that hasn't happened to him since he was at primary school, a very long time ago, indeed....! I've even heard a rumour that he may be cutting down on the beer as the season finale approaches.... maybe.... However their 64 point lead, whilst looking comfortable at this stage, will soon come under threat, as other teams get their members up towards the maximum contribution of 5 runs each. It's probably going to be the closest run contest of all the trophies this summer. The new 'transfer' system, applied after the Riseholme event, has also spiced up the competition nicely! Have a great summer and see you out there!

Chairman's & Vice Chairman's Sound Bytes



Hello everyone and I hope everyone is enjoying the current summer series. I have, unfortunately, to inform you all that this will be my last Chairman's

speech, as I have made the difficult decision to stand down as Chairman and cut back on the club activities I do.

Unfortunately an increase in hours spent at work, and an ever more demanding family life, has left me with very little time to spend on the club. I have been struggling to keep up with the demands for a while now, so I feel it's only fair on the club, and my family, that I cut back on the amount I do.

Thankfully, we have a strong committee behind us and I am sure things will tick over as usual, however any support you can offer would be much appreciated.

My thanks go to all who have helped over the last few years of my chairmanship I do hope you will continue to support the committee and the club in the coming months.

Happy orienteering!

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Just a quick note to update everyone regarding a change on the committee. Due to other commitments, Steve Bones has stepped down as Chairman with immediate effect.

The committee would like to thank Steve for all his hard work over the years, which has involved a tremendous amount of changes in how the sport is run.

On a personal note I would like to

thank Steve for covering all the incoming enquiries to the club, I don't think people realise how many E-mails are flying about regarding different subjects at any one time.

As agreed at the last committee meeting, I will be taking over the Chairmanship in an acting role until the AGM, at which time a new Chairman will be elected.

Sean Harrington



FUTURE LOG EVENTS

2008

17.4.08—7.8.08

Summer Series 2008 (Full details later in Newsletter)

5.10.08

C4 - District Event, Stapleford Woods, Steve Bones

1.11.08—17.1.09

Winter Series 2008/9

2009

29.1.09

C5N - Night Event, Riseholme Park, Paul Murgatroyd

25.1.09

City Race, Historic Lincoln, Steve Bones

25-26.4.09

Lincolnshire Bomber 2008, "North Lincolnshire", TBD

9.4.09—30.7.09

Summer Series 2009

5.11.09—21.1.10

Winter Series 2009/10



LOG KIT

We are currently looking into putting an order together for new LOG tops, with both the current TRIMTEX slim fit model and a new looser fit version being touted around members at the summer series events.

It is likely that the tops will retail at around £40 each, so if you'd like to order one, then please get in touch with me (contact details on the back of the newsletter). The looser fit version will be appearing at the University of Lincoln SS race on the 12th June, so if you'd like to try out sizes and compare with the current tops, then please come on down to the event.

Also available are 4 x old style LOG tops available on a first come first served basis. Size 42 @ £5:00 each. Please contact any committee member if you would like to purchase one.

Finally, we're looking into the possibility of club hoodies and rain jackets for the winter—watch this space!!



Old and new style tops, both available from your friendly local orienteering club..... Just have a word with the editor, he'll see you right.....

LOG SUMMER SERIES – FIXTURES & REPORTS—2008

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

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

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

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

Start Times: 6.30 pm – 7.30 pm

Points calculation: Best 5 results to count

Trophies:

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

Cost: £1.50

1. Thursday 17 April – Hartsholme Park, Lincoln (*Planner: Jon May*)

The 2008 Summer Series started back in April in a dry, if not warm, Hartsholme Park. There was a good turn out from RAFO, with some new faces making their Series debut. From RAFO, Kevin Sherriff won the Short course with an excellent time. The Long course proved to be the tightest result, with 21 seconds separating the two LOG'ers, Simon Caruthers and Andy Furnell and Simon just having the edge. On the technical course, Paul Murgatroyd's self imposed diversion in the closing stages swung the competition decisively in Liam Harrington's favour. In the team competition Sean, Kevin and Simon of team Met-allica set the early pace. Special thanks to Spike who kept things go at the start line, whilst the organiser was coming to grips with the combined use of both pin punching and SI.

2. Thursday 01 May – South Common, Lincoln (*Planner: Amanda Roberts*)

This was the first orienteering event that I have planned and I will never go to another event without really appreciating how much time has gone into the organising of it. Planning a course makes you look at the ground in a totally different way - I feel I know South Common quite well now. At first I thought I would be really clever and choose some interesting controls. However, in reality (to avoid any embarrassment on the day) I ended up abandoning quite a few of these controls because I didn't feel 100% certain I could mark them exactly on the map and end up using rather obvious ones!

Once home with my controls though I thoroughly enjoyed using the OCAD program to produce the course maps - a very clever bit of kit. We were very lucky with the weather on the day, as a black cloud had been hanging around Lincoln all afternoon, but this didn't seem to affect the turnout - nearly 60 competitors. I would like to thank everyone for their help and advice before, during and after the event. It made my first attempt at planning an event a lot easier. I might even be convinced to have a go again in the future!

3. Thursday 15 May – Riseholme Park, Lincoln (*Planner: Liam Harrington*)

The third location for the summer league was Riseholme Park and on a sunny spring evening we had a record turn out of 77 people, helped by Paul having 16 of his University students for their final assessment. Everyone seemed to enjoy the night, and although some people had to go through a few nettled areas, the 26 controls on the technical did not prove too many for most people.

On the short course Kevin Kirk won, having done the long course for the past two events with NOC's William Parkinson claiming second placed. The Long course was won by Craig Woods, a clear 5 minutes ahead of NOC's Elizabeth Parkinson in second. The Technical course was different from normal, having a butterfly loop half-way round the course, which runners went round in opposite ways. This was no problem for Paul Murgatroyd, with him getting his second 50 points of the series, but OD's Jeff Colbert gave him a good run for his money, coming in only 30 seconds later. A great effort by Jeff, who had got a train from Sheffield, then biked up steep hill to get to Riseholme.

4. Thursday 29 May – Bourne Woods, Bourne (*Planners: Michael and Joanne Nell*)

Flippers and snorkel may not feature on your O-kit list, but they may just have given you the advantage at this one. Despite the incessant rain, almost 50 determined orienteers turned out to sample the delights of the north end of Bourne Woods. Some spirited efforts from RAFO Cadets took the first five places on the short course. A great run by Rachel Ellis, particularly so given the conditions, gave her victory on the long. At that stage of the evening, the conditions under foot on the lower lying tracks were difficult, to say the least. The technical course proved to be a test of skills all round, and was judged by Sean Harrington to be "the hardest I've done of this year's Summer Series". It didn't prevent Liam winning, though, beating Charles Nell of RAFO by almost 8 minutes.

To the visitors who turned up to the Bourne Woods car park and couldn't find the start go sincere apologies. An effort was made to publicise the change of location, but we perhaps could have done more. The rain, however, was out of our control.

LOG SUMMER SERIES 2008 (FIXTURES AND TABLES)

5. Thursday 12 June – University of Lincoln, Lincoln SK966712

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

Post race – The Shed, University of Lincoln

Planner – Paul Murgatroyd

6. Thursday 26 June – Twyford Woods, Colsterworth SK946238

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

Post race – TBA

Planner – Dave Denness

7. Thursday 10 July – West Common, Lincoln SK958719

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

Post race – The Pyewipe

Planner – Sean Harrington

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

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

Post race – TBA

Planner – Tim Staniland

9. Thursday 7 August – South Common, Lincoln SK977698

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

Post race – Golden Eagle, Lincoln High Street

Planner – Andy Furnell

www.logonline.org.uk

INDIVIDUAL STANDINGS - TOP 3 (AFTER 4 EVENTS)

SHORT						
Name	Club	HP	SC	RP	BW	Tot
1 Jordan Webster	NOC	46	46	46	45	183
2 Nikki Harrington	LOG	47	41	48	42	178
3 Charlotte Webster	NOC	48	33	37	30	148
LONG						
Name	Club	HP	SC	RP	BW	Tot
1 John Mather	IND	47	41	47	49	184
2 Simon Carruthers	LOG	50	46	43	-	139
3 Al Holyoak	IND	-	48	46	44	138
TECHNICAL						
Name	Club	HP	SC	RP	BW	Tot
1 Charles Nell	RAFO	46	43	44	49	182
2 Sean Harrington	LOG	43	39	35	45	162
3 Mark Webster	NOC	41	37	38	43	159

SUMMER SERIES—TEAM TABLE

Team Name	Member Name	Hp	Sc	Rp	Bw	Lu	Tw	Wc	Op	Wc	Total	Team Score
ANTHRAX	Liam Harrington	50	49	-	50						149	303
	Geraldine Davis	-	-	45	-						45	
	Ben Kirman	40	37	32	-						109	
METALLICA	Sean Harrington	43	39	35	45						162	484
	Kevin Kirk	46	39	50	48						183	
	Simon Caruthers	50	46	43	-						139	
DEF LEPPARD	Nikki Harrington	46	41	48	42						177	390
	Andy Lucas	45	44	46	-						135	
	Sean Bates	-	36	-	42						78	
DEEP PURPLE	Andy Fumell	49	40	39	0						128	375
	Andy Stevenson	48	48	48	-						144	
	Rachel Kirk	39	0	32	32						103	
AC/DC	Kaele Pilcher	44	34	35	0						113	359
	Andy Bayliss	41	38	38	41						158	
	Tom George	48	-	-	40						88	
NIRVANA	Paul Murgatroyd	49	50	50	-						149	353
	Sarah Pike	42	-	34	43						119	
	Ewan Tait	-	45	40	-						85	
LINKIN PARK	Charles Nell	46	43	44	49						182	420
	Laura Fowler	42	-	33	38						113	
	Jess Tunnard	45	-	41	39						125	
MOTORHEAD	Steve Bones	-	47	47	-						94	295
	Lucy Nell	-	44	42	44						130	
	Michael Wardell	38	-	33	-						71	
IRON MAIDEN	Dave Denness	-	-	-	0						0	226
	James Sampson	39	-	47	41						127	
	James Wood	49	50	-	-						99	
WHITESNAKE	Amanda Roberts	42	-	39	0						81	264
	Luke Grayson	-	-	42	50						92	
	Daniel Richardson	-	-	45	46						91	
RAINBOW	Jon May	-	40	-	-						40	213.5
	Alan Holyoak	-	48	46	44						138	
	George Whitley	-	-	35.5	-						35.5	
AEROSMITH	Phil Longstaff	-	-	44	45						89	303
	Craig Youngs	0	44	43	40						127	
	Taylor Savidge	-	42	45	-						87	
BLACK SABBATH	Joanne Nell	45	45	37	-						127	297
	James Thake	41	34	-	-						75	
	Rebecca Navarette	-	47	-	48						95	
LED ZEPPELIN	Michael Nell	40	38	37	-						115	254
	Siobahn Byrd	-	43	-	46						89	
	Kieran Sheriff	50	-	-	-						50	

CLUB WEEKEND – MAY 10TH/11TH

Twin Peaks – ‘A surreal 90’s TV show written and directed by David Lynch.’

Twin Peaks – ‘A surreal orienteering weekend in Derbyshire organised by Paul Murgatroyd.’

Which one was the most surreal? Well the 90’s TV show following the investigation into the untimely death of homecoming queen Laura Palmer was pretty weird, but I have to say it wasn’t a patch on Paul’s weekend in Derbyshire!

I arrived early evening to see the club flag flying proudly in the pub back garden, with Sean and Liam lounging in their chairs beneath it. They had enjoyed a leisurely afternoon complete with a walk to another pub a couple of miles away. In fact it was probably the nearest other building to the pub we were staying at, it was very secluded to say the least, despite being on a fairly main road which was obviously loved by bikers and boy racers. To be honest I am sure that it was this remoteness that attracted the musicians, for as Paul had forgot to mention the pub and campsite was completely booked out by a large group of rock and roll/bluegrass/hillbilly/anything goes musicians. To be fair to Paul it would appear that the landlady when she took the booking didn’t feel the need to point out the obvious clash between a small band of orienteers and a huge group of musicians. Although to be equally fair to the landlady, she couldn’t even remember that she had booked the orienteers at all!



The young Harrington in Twin Peak action

So this was what met me, the LOG encampment in the corner of the small field, with Sean and Liam looking completely bemused about the whole weekend.

They had found out that there were to be around 100 musicians descend upon this tiny garden of a campsite with its portakabin facilities, and that the musicians would be there to party.

It was around this time that the organiser of the musical weekend came over to us to explain that not only would they be making a lot of noise, but they would be making a lot of noise until the early hours of the morning. “It’s why we book the whole campsite. So that we don’t upset anyone”. Oh more joy! The reality of the situation was beginning to sink in, 100 plus drunken late night musicians, 2 toilets, 1 shower, 2 nights. John and Paul soon arrived and then Dave turned up, who promptly had his crisp packet with a couple of twigs-type tent set up and it was off back into the pub.

Food, beer, toe tapping, foot stomping music and a good laugh with friends made the evening go quickly and we were soon heading out the pub and up the hill to Bedfordshire. By now the camp ground was full of tents and people. There were open fires, screaming kids, barking dogs and what can only be described as a general hubbub. It was 11pm, dark and not very warm. The perfect time I am sure you will agree for a LOG committee meeting. So it was that the meeting commenced in the club tent. At some point after midnight business was concluded and everyone disappeared to their tents for some shut eye. Unfortunately the noise would put paid to any notion of a good night’s sleep.

In the morning there were bleary eyed accounts of how little sleep had actually been achieved, ranging from none to an hour or two at best. Breakfast was a solemn affair, with no-one feeling very enthusiastic. Late starts for the orienteering meant that we had a little spare time to kill. Eventually we all set out for the real reason for being there, the orienteering. We handily parked right next to the LOG ladies, Nikki, Spikey and Amanda who had travelled up to join us that morning. Robin and Erica also joined up with us for the walk up to the start area. Then we did some orienteering. It was hot, it was very hilly, it was great fun, well worth the travel. Some of us did well, others didn’t. We all enjoyed it. Then it was back to the campsite. We were all relishing the opportunity to introduce our new found musician friends musician friends to the LOG ladies. By the time we got back, late afternoon, most of the musos were just about waking up. Once we were all clean and fresh smelling, we roused ourselves and set off for a nearby pub.

Entertainment was provided by the Twin Peaks quiz which was infuriatingly hard, and anyone that fancies having a go can do so on the MDOC web site. After a drink or two it was back to our home pub for some food. A steady stream of singers and guitarists kept us entertained all evening, until tiredness overcame everyone and we all headed off to our tents. Unfortunately it didn’t matter how tired you were, the noise of the campsite kept everyone awake most of the night once again. Some of the noise was truly bizarre, such as the man demanding stilton and crackers very loudly at 4am.



Spikey shows how it should be done

Sunday morning was once again a slow start for the weary band, though early starts meant that we had to be packed up and on the road fairly sharpish. Day two of the orienteering was totally different to day one. This time it was very hilly, fun and hot, and once again some of us did better than others. It was a great day for team spirit and it made me feel privileged to be a part of LOG. Team mum Nikki was waiting for everyone at the finish, sat in the shade with some drinks. Everyone waited until the last runner was back and we all had great fun reliving the day’s mistakes. No other club enjoys being a team as we do. No other club waits for their club mates to finish. It’s the up side to being part of a small club and it’s great. All in all a really enjoyable weekend made all the more memorable because of its rather unique camping experience. Personally I am looking forward to the next LOG weekender, and I think there is discussion of the Phoenix weekend, a great event.

To find out what actually happened in the orienteering, full results can be viewed at <http://www.mdocmembers.plus.com/tp2008/tp2008overall.html>

Tim Staniland

BOURNE WOODS — REFLECTIONS

The Organiser's perspective:

I think it was about two years ago when Steve said something like 'We just need to put someone's name down as organiser for our Bourne Regional on this form'. Unlike the others present I didn't have a reasonable excuse and, reassured by Steve's bluff that the organiser didn't have to do much, I agreed. Having not been an organiser before I didn't know what the job involved, so I made a mental note to check this out nearer the time. March 2008 seemed a long way off.

So it was with 3 months to go, and having done nothing so far, I downloaded the BOF guidelines for organisers of C3 events. This is a very comprehensive document with 15 useful checklists of things for the organiser to do months (or years) before the event. I printed it off and filed it to read later.

My first useful step was meeting Steve at Bourne. We quickly covered some of the practical issues (start/finish locations, registration, toilets, expected numbers, etc) and quickly came to the conclusion that car parking could be a showstopper. After a fruitless search for alternative car parking over the next couple of weeks we had no choice but to change the event to a C4.

Although this took a huge amount of pressure off me it still seemed like there was lots to sort out before and on the day. Luckily LOG have done all this many times before and it felt like everyone knew what needed doing and just got on and did it whether I asked them too or not!

The other great factor was the number of LOG members and family who volunteered to help out on the day. This was a huge help and meant we had everything fully set up in time for the rush. And rush it was, we had a fantastic turnout, helped by the kind weather and, at peak, the car park was absolutely full to bursting.

One worry for me on the day was that the Rutland Hash House Harriers had decided to stage one of their events in the woods at the same time as ours. I only found this out the day before when I spotted their trails as I was putting some signs out. Luckily the turnout for their event wasn't a patch on ours so they weren't a problem in the end. Of course the main worry for any organiser is that someone may start a course and not turn up at the finish. Luckily this didn't happen, although we were starting to worry about a couple of people who had been out a long time (apart from the usual suspects of course), but they turned up fine and said they had really enjoyed the event.

So thanks all for making my job as organiser very straightforward.

Dave Denness

The Planner's perspective:

Planning an event sounds like a terrifying experience when first asked. I know it was for me, however, it's probably one of the most enjoyable experiences I have had in my orienteering years. In the last 5 years I have planned 18 events, from CATI's to helping with Regional events, all have been great fun to do. I think one thing that puts people off is that you have to find the control site... something some people struggle to do with a kite in situ!!! Try not to let this worry you, this is the best way to improve your nav skills, surely finding a site without a kite means finding one in competition will be a piece of cake...right?!

Once you have had a play with the courses in OCAD you must make a site visit to ensure the features you wish to use are correct on the map, this will also give you a good idea of the undergrowth and any areas to avoid. At each site it's handy to tag each site with a bit of tape with the control code written on. This is essential when you have a controller but is also good practice for a smaller event as it helps you locate the right site when you're putting out kites. An excellent tip I have learnt the hard way is to only use a control code once, this can save confusion if you remove then add too many sites.

Now that you have visited & taped every site, made any adjustments and are happy with your courses it's time to tidy your courses in OCAD. You need to make sure every control circle is dead centre on the feature you're using, zooming in as far as you can will help. You may also need to bend some lines at this point too. Next you need to make sure all your control descriptions are ok and that the code next to each control circle is correct when viewing "all controls" (an error that occurred at Bourne!) I would suggest you print out all the courses and the master map as viewing in OCAD zoomed in can sometimes hide mistakes.....seeing the map as the competitor would is a must!

The final stage is to be ready for race day. Have in your head the route you will be taking to put out all the kites. Know before hand how many controls you can carry at once and how this will work in your planned route. You want kites in bundles you can carry so on the day you just pick up the right bundle and off you go. Another idea is to know what kites can be brought in first after the event, planning with this in mind can save time at the end of the day. The quicker kites are in the quicker you're in the pub! Keep one map with all controls on and tick off each site as collectors go out. You should easily spot any controls that have not been collected.

Lastly enjoy the challenge, watching competitors on your courses looking lost and baffled is an awesome experience!

Steve Bones



EAST MIDLANDS LEAGUE — 2008

east midlands orienteering association



EMOA League—Remaining Fixtures 2008

15th June	Burbage Woods	DVO
22nd June	Carsington Pastures	DVO
28th September	Kedleston	DVO
5th October	Stapleford Woods	LOG
12th October	Charnwood Forest South	LEI
2nd November	Bestwood	NOC
14th December	Whitesprings	DVO
21st December	Walesby	NOC
28th December	Beacon Hill	LEI

The EMOA League is now close to the half way stage and two more events, out own at Bourne and DVO's Hardwick Hall romp, have taken place since the last table in LOG-NEWS, issue 2/08. Also shown below is the latest table, with the LOG & associated RAFO members shown in comparison to the league leaders.....

East Midlands League 2008 (LOG & RAFO members' placings after 7 events)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Best Eight Scores	Overall Position
Yellow	Rachel Kirk			327	589		1000											1916	3rd
Orange	Craig Youngs			591	695		652											1938	6th
Orange	Kevin Kirk			753			923											1676	8th
Orange	Rebecca Navarette				1000		1000											2000	2nd
Lt Green	Luke Grayson			756	1000													1756	7th
Green	Lucy Nell					628	285											913	26th
Blue	Michael Nell			601	859	610	700											2770	10th
Blue	Andy Furnell	481			634	483	556											2154	19th
Blue	Sean Harrington			575		545		676										1796	29th
Blue	Joanne Nell			641	836		653											2130	5th
Brown	Paul Murgatroyd			686		795		859										2340	8th
Brown	Liam Harrington			712		764		814										1476	9th
Brown	Dave Denness		700			766												1466	23rd

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

EAST MIDLANDS CHAMPIONSHIPS—2008

Nowhere in all the manuals of sport science have I read that the perfect preparation for a competition is a skinful of alcohol and next to no sleep, so it was no surprise that when I awoke on the morning of the East Midlands Championships I felt in less than tip-top shape. Having hauled my sorry back-side out of bed and begun the journey across to Wakerley Woods in Leicestershire, I began to wonder whether I'd be able to keep it all together long enough to actually get round the M40L course, let alone worry about seriously competing for the title.

"I guess the major surprise coming out of all of this was the highly creditable final standings for myself and the youngster, with Liam adding another trophy to his already burgeoning collection this year."

But, as with all things, there was a silver lining to my self-inflicted misery. Picking up the young pretender, Liam Harrington, I discovered that there was someone else worse off than myself competing at Wakerley.... With his folks away for the weekend, he'd decided to let his hair down in the fair village of Washingborough and was now sat beside me, looking decidedly green.

So, with both of us in fine fettle, we arrived at the woods both expecting a good drubbing in our respective classes. We bumped into Dave, Philip and Robin at the start and swapped tales of woe before heading out into woodland that can best be described as 'challenging'. The brambles, ferns and other general undergrowth was getting up to full speed and this added to my lovely hangover and unseasonal heat, created a recipe for a tortuous morning's running—lesson learnt, methinks!

I guess the major surprise coming out of all of this was the highly creditable final standings for myself and the youngster, with Liam adding another trophy to his already burgeoning collection this year. Robin also had a good run and claimed the notable scalp of Dave D., who had one or two issues over keeping himself upright and his waterproof map nice and clean. Anyone else notice that the new fangled paper doesn't like mud too much? If you do end up getting it covered in the brown stuff, you can forget about using contours and other 'earthy' features to assist with navigation, as everything merges into a mottled mess.....

Paul Murgatroyd



east midlands orienteering association



EAST MIDLANDS CHAMPIONSHIPS—FINAL LOG POSITIONS

Overall Position	E. Midlands Champs Position	Name	Course	Length / Climb / No. Controls	Total Time	Average Speed
1st	1st	Liam Harrington	3—JM5L	7.1km / 55m / 22	67:54min	9.6min/km
3rd	2nd	Paul Murgatroyd	2—M40L	8.1km / 80m / 21	68:52min	8.5min/km
8th	5th	Robin Stevens	3—M45L	7.1km / 55m / 22	79:45min	11.2min/km
9th	6th	Dave Denness	3—M45L	7.1km / 55m / 22	80:32min	11.3min/km
11th	7th	Glyn Mayley	5—M50S	5.7km / 50m / 16	83:55min	14.7min/km
mp	mp	Philip Denness	6—JM5S	4.5km / 40m / 15	60:52min	13.5min/km

Lincoln Orienteering Group Executive Committee Meeting – May 9th 2008

	Agenda Item	Action
	Present: Paul, Dave, Jon, Sean, Liam Tim	
1	Apologies for Absence – Steve, Ian D, Andy	
2	Approval of Minutes of Meeting on 13.3.08 – Agreed	
3	Bomber 09 – The committee supports the concept of the Relays at Riseholme on the Sat and C4 and long O around Earl of Yarborough's Estate on the Sun. LOG need to try and get a planner, organiser and controller for one of events.	All
4	Stapleford C4 – Not sure if we will be able to get into Stapleford, Maybe able to use Twyford as alternative venue.	Jon to check with FC about Stapleford. Dave to look what state Twyford is in.
5	City Race – Paul planning the event, Jon sorting out access.	
6	Chairmanship – Although Steve was not at the meeting he has said he no longer wishes to be Chairman, Sean has agreed to act as Chairman until the next AGM. The Committee wished to thank Steve for all of his hard work in his time as Chairman.	
7	Container – The container roof needs sorting out now the weather is getting better.	Sean to liaise with others.
8	Mapping – David Olivant has agreed to come back and follow up earlier work on 9.8.08. Paul, Steve and Liam to start mapping new areas following this input.	
9	Lincolnshire Show – We have no one that can go to this, but will send some flyers with the LSP.	Sean, to liaise.
10	Hartsholme Event – Members are needed to help Ian D at the event on 17.8.08.	Jon M to check that Ian D is happy with all the courses.
11	Schools Event – We have no one at the moment to put on the event in Twyford, but will ask Ian D.	Sean to ask Ian.
12	Club Kit - a. The club have 3 old tops which are for sale at £5. b. We are looking at putting another order in for club tops after the summer league. Possibility of looser, v-neck design too. c. Look at the idea of getting club running jackets and hoodies	a. Sean to put into LOG-news. b. Paul to arrange for samples and take orders c. Paul to look into
13	Any Other Business – a. Jon M wants all 1 st aid people to send a copy of their certificates to him b. Committee members have been asked to get CRB checks done, Sean and Jon have started to do this. c. Ian D is doing an Events organisers training day, which the club as agreed to Pay for at £25	All
14	Next meeting – TBC	

KNOW YOUR MEMBERS

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

Also on the 'Tanked up in Tankersley' tour, with Jon May (see last issue) was Dave Denness, holder of the Club's Blue Ribbon Trophy, so this opportunity was taken to capture his thoughts on tape.....



How did you get into orienteering?

I started at University, back when a degree was a degree and A levels were hard, as I fancied a couple of the girls who were in the orienteering club!

So where was this?

It was at Loughborough University, where they actually had quite a few good orienteers. Gene Ramsden, the British Champion at the time, was part of the club. She's still going now, but runs under her married name.

And what did you study at Loughborough?

I did civil engineering

So you're an engineer, as is Jon?

Yes, it seems that orienteering appeals to engineers and accountants! I did a lot of orienteering at Loughborough, but when I left I stopped completely.

Reason for that?

I don't know really. It just seemed that it was one of those things you could always come back to in the future and once I'd stopped for a while, it took a long time to come back to the sport.

So, where was your first job?

It was in London with a company who then shipped me off to Scotland to complete a job up there that I'd started in London. But that wasn't the reason I stopped orienteering—it just happened. And then, ages later, I saw an advert in the local paper for an event in Bourne Woods a couple of years ago and came back into the sport.

So it's only recently that you returned to the fold?

Yes, only about two years now.

So when you were up in Scotland, you didn't feel the urge to get back into orienteering in what would be regarded as 'classic' o terrain?

No, I can't understand why not, looking back!

Where were you based?

In Fife, around the Cowdenbeath area, which was pretty grim—survival really!

And how long were you in Scotland for?

About three years and then I moved back down to Lincolnshire. Did a few bits and bobs before getting a job with the Environment Agency.

So you've had a pretty good year so far, particularly the early months—East Midlands league 2007 (7th on Brown), E. Midlands Champs (3rd), Walesby Handicap Trophy (winner)?

Yes, I've been on a bit of a roll recently!

Any reason for that?

Well, I've changed my compass back from a thumb to a base plate. I think that the thumb compass helped me to keep the map orientated in the early days, but I found that I was regularly making mistakes with the lines between controls and found I was ending up at the wrong control! Also, I've been doing a few trips up to the Lakes and to see my parents and the complexity of the orienteering terrain has definitely helped hone the skills. It's proper orienteering—no tracks, all contours....

So talking about your aims for this year, what do you feel are your targets?

I'm aiming to do well at Croeso—the Welsh 6 Days festival in August.

And I see you're going long that week—why's that?

Well, it costs the same and it's a bit of a wimp out going short! My other aim for 2008 was to do well in the East Midlands League and look for a top 3 finish in the Blue class. If I stayed on Brown, then I'd look to get higher than 7th, which was last year's finish.

What do you regard as your favourite style of orienteering?

I like the technical areas, even if they're not the ones I do particularly well at, as you're up against people who compete on that terrain day-in, day-out.

And do you have any ambitions remaining in orienteering that are unfulfilled?

I've never done the OMM and I'd quite like to do that and, possibly, the Yorkshire 3 Peaks this year. I'd also like to do some orienteering abroad sometime.

And how did you get stitched up with membership secretary so quickly?

That was down to Steve and his sales pitch!

Dave, many thanks and all the best for the rest of 2008!



BOC REVIEW

British Orienteering
Championships
2008

19 - 20 April
Culbin Forest, Moray



The British Championships this year were held at Culbin Forest in Scotland. Steve, Paul and myself all decided to go up there and run in the championships. Steve drove up the 500 miles on the Thursday, before Paul and I flew up on the Friday, a much more civilised way to travel!

Once we were up there, Steve picked us up at the airport, as he had volunteered very kindly to be our taxi for the weekend. We set off straight away for the training day at Roseisle Forest, we first walked around the area following a line on the map together, chatting about the area that we thought the map covered and how we thought we would cope when running it. This was followed by running through two to three CPs and meeting for a quick review on progress at each stage. An extremely worthwhile exercise!

On the Saturday we were each running in our age

group. Steve was in the M21L class, 12.8km in length, and took him 2hr 38mins, which saw him finish 10th out of 13. Paul was on M40L, 10.6km in total, and took 1hr 37mins, coming 26th out of 42. I was running the M20L, which was the same course as Paul, taking me 1hr 53mins, which was the winning time in my age group (Ed: Of course, it always helps if you're the only competitor in the class!). Overall, Paul had the best run of the three of us on the Saturday.



Liam with his M20L BOC trophy

On the Sunday we were at Culbin again, but this time to the West, the area which was used for the Scottish 6 Days last year. Today it was the relay event, where we had entered the Men's Short event, which was about 4.5km on each leg. We set

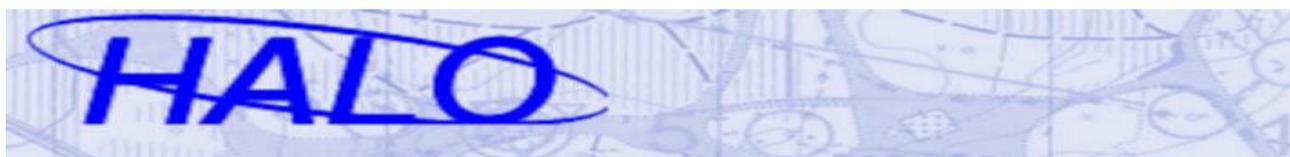
Steve off first so he could try and keep up with some of the faster runners, getting us the best start possible. Steve came back to hand over to me after 45 mins, I then set off and had a better run than the day before coming back in after 38 mins, quite a clean run which I was pleased with, before handing over to Paul. Paul set off in about 10th place and we were thinking our aim of a sub 2 hour total time was on, but Paul had other ideas and struggled to find a control in dense woodland, he did manage to find it but it took him 29 minutes, making his overall time just over the hour mark.

Overall we all had a great weekend, enjoying the great woods and runnability of the area. Paul and myself even went for a short run on Monday morning, before breakfast, along the beach at 7.30am (far too early for me, but enjoyable nonetheless!), before heading back to Inverness airport and the flight home.

Liam Harrington



HALO POACHER SERIES—2008



HALO LINCOLNSHIRE POACHER— REPORTS AND FIXTURES

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

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

Start Times: 6.00-7.15 pm.

Cost : 60 pence

1. Wed 16 April: Hendale, near Gt. Limber

Poacher 2008 opened at Hendale, a wood used only once before in 2004. Unfortunately the weather was somewhat uninviting, making access difficult, although the wood itself proved to be quite runnable, helped by the recent cool spring weather. Electronic punching enabled the planner to devise superior courses, compared to 2004, in this relatively small area of the Yarborough Estate. The main aim was to keep runners in the wood off the main central ride, so the straight line route was nearly always the quickest. Several runners got near to sub 6 min/km. pace. On the Long course - a close affair between Log, Halo and Ebor with the younger Lincoln runner Liam Harrington prevailing to take the maximum 50 points. The Beverley duo of Zac and Jake Field dominated the Short course with the former benefiting from his experience last year on the Long course to dip under 20 minutes.

2. Wed 23 April: Elsham, nr. Brigg

The Lincolnshire Poacher Trophy Series returned to Elsham for the first time in almost 10 years. Entry over the motorway bridge brought competitors adjacent to the start/finish area on a perfect spring evening. Nearly 60 runners enjoyed the challenging courses set by Neil Harvatt. The vegetation in parts was hard going, interspersed with several deep ditches that tested people's long jumping or log balancing abilities. However, an excellent touch was the use by Neil of the War Games area, not normally available for events at the weekend, a really runnable part of the wood with plenty of unusual features. The Short course surprise winner was Jake Field, who prevailed over his elder brother Zac, who 4 days previously had finished a great fourth in the British Championships held on the Moray Coast in Northern Scotland. Mother Rosie made it a clean sweep for the Field family, with an excellent third. The Long course produced a first win in Poacher for Lincoln's Paul Murgatroyd who has been steadily improving over the last 12 months. Also having good runs on the Long were Ebor's M21 Paul Watson, Grimsby Young Gun Lee Smith and Halo SuperVet Mike Smith up in eighth place ahead of many younger rivals.

3. Wed 30 April: Mausoleum Woods, Gt Limber

A large entry of dedicated orienteers assembled for their weekly Wednesday Worship at the Temple in Mausoleum Woods. The Temple provided welcome cover for Poacher HQ after an afternoon downpour had saturated the terrain. Planner Vernon Davis set up some fast courses through pleasant spring woodland, largely devoid of any obstructing vegetation - straight line navigation paid dividends. After 3 events a pattern is emerging on both Long and Short. Liam Harrington with 2 wins out of 3 is now the one to beat for the Poacher Trophy, as is Zac Field, also with 2 out of 3 wins in the Short Championship. Juniors filled 4 out of the first 5 places on the Short, chased home by East Barkwith's Mel Clark, Grasby's Gary Robinson and Veteran Geoff Holmes, the only representative from the Horncastle area in the Series. The Ladies' title holder, Rosie Field, again looks odds on to win again though LOG's Kaele Pilcher could come into contention. Early leader in the new Ultra Vets category is South Yorkshire's Pat O'Grady, with Mike Smith well clear in the SuperVets group with 8 events to go.

4. Wed 7 May: Nettleton Woods, Caistor

A perfect early Summer's evening attracted 60+ entries - a new record for the Poacher Series now in its eleventh season. Planner Mark Tyszkka did an excellent job at Nettleton Woods, thoroughly updating the map, creating searching courses each produced at an appropriate scale, and finding new control sites to give a professional feel to the evening. Local events seem to offer the majority of the qualities of much higher profile fixtures at a fraction of the cost. On the night the holders of the 'Yellow Jersey' on both Long and Short, Liam Harrington and Zac Field cemented their respective leads and will be difficult to displace as we move into the middle races of the series. Pleased with their positions on the night were Tealby's Pete Harris who broke into the Long top ten with his best run so far and Grimsby's Tracey Blackburn who was the leading Lady on the Short course. Next week Poacher returns to Swallow Vale a small glacial valley with some adjacent open areas last used in 2006.

HALO POACHER SERIES—2008

5 . Wed 14 May: Swallow Vale, nr. Caistor

The pleasant valley of Swallow Vale was the setting for an excellent evening's orienteering planned by Malcolm Humphrey. Astute planning coupled with electronic punching made maximum use of this small area. It was drier underfoot and had more climb than in any of the previous 4 events of this year's series with an estimated 130 metres on the Long which as usual was a close race with less than a minute separating the first three - Liam again having the edge. Phil Johnston-Davis spear-headed a squadron from RAF Digby to finish well up on an increasingly competitive Long course. Supervet Rod Williams from Hull found the slopes to his liking for a highly respectable finish as did the new svelte-like Phil Longstaff from LOG. The outcome of the Short title now looks too close to call with Jake Field taking maximum points giving him 2 wins to elder brother Zac's 3. The unknown quantity of Glenthams Dave Jolly after little orienteering may yet be a factor. Gary Robinson one of several competitors from the small village of Grasby (including Harriet Gilman who is doing really well on the Long course and Junior Tommy Chapman on the Short) recorded an excellent 4th.

6. Wed 21 May Primrose Warren, nr. Brigg

The well used Primrose Warren yet again produced a good evening's orienteering. A rival sporting attraction reduced the entry so superior points were on offer compared to recent weeks. Despite this, competition was just as intense. Fireman Steve Marin made his Poacher debut as a planner producing challenging courses with new control sites and the utilisation of the area west of the road avoiding too much repetition in the main woodland. Unfortunately a late 999 call delayed Steve's intended start for control siting so some competitors were rather bunched. Neil Harvatt nearly caused an upset on the Long course finishing only 9 seconds behind Yellow Jersey holder Liam Harrington - a great run from the current Masters Champion. Zac Field reversed the result from last week on the Short to beat brother Jake with Market Rasen's Jack Robinson a close third. This week's Eurovision Song contest is not the only competition featuring 'Nil Points', as several experienced orienteers failed to check control numbers on an earthbank and were disqualified.

7. Wed 28 May Willingham Woods, Mkt. Rasen

After a largely dry May, Willingham was much easier going than in recent water logged years. Planner, John Fulwood, had spent quite some time updating the map, particularly on Hamilton Hill where several new tracks and structures had developed over the years leading to some frustration for competitors in past Poacher events. John concentrated controls in the runnable areas which are at a premium in late May and found quite a few sites not used before. After seven events Liam Harrington looks to be in an impregnable position for the Lincolnshire Poacher Trophy as he clinched another maximum points haul. DVO's Paul Beresford was up into third spot for his best 2008 Poacher performance just fifteen seconds behind EBOR's Dean Field. Florence Haines became the first Airienteer to take part in the Poacher. The current JK W14 champion made it a successful debut to win the Short course from fellow Yorkshire junior squad member Zac Field. With the best Seven events to count, next week will see some people dropping their worst points score so the league table is likely to have a different complexion.

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

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

Planner: Andy Holden

Post-race analysis: New Inn, Gt. Limber

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

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

Planner: Mike Smith

Post-race analysis: Marrowbone and Cleaver, Kirmington

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

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

Planner: Pete Harris

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

11. Wed 25 June Pillar Wood, Caistor TA 128035

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

Planner: Brian Slater

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

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



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The Thinking Man's Sport

It's good to talk
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The next LOG-NEWS is scheduled for the end of July, when final reports on the HALO summer series events will appear, along with a continued update on our own SS, as the final events loom, and it becomes clearer just who will be claiming the individual, and new team award, titles this year. Will anyone be able to topple the young upstart from the head of the Technical table..... Will Simon Caruthers hold on to claim his first Long title..... Who, from the strong RAFO contingent, will claim the Short course crown And, finally, will anyone be able to solve Spikey's verbal incontinence....? Answers coming to an inbox near you.

We will also have previews on the other big summer happenings—the OOCup in Slovenia and Croeso in Wales, amongst other goodies. Remember, I'm always on the search for articles, short or long, so don't hesitate to put pen to paper....or fingers to keyboard.... And get writing!

SELECTED NATIONAL FIXTURES

June

15th YH EBOR 6 Leg Handicap Relays. Beverley Westwood, Beverley. TA013396. R4 Organiser: Dean Field, 014828746280. djf1963@hotmail.co.uk. Entries: Dean Field, The Rosedean, 128 Victoria Rd, Beverley, East Yorkshire, HU17 8PJ, 01482 874628. djf1963@hotmail.co.uk CD: 09/06/08. £9.00 per team. Chq: EBOR. EPS-SI. No dogs. A 6 leg relay Green - White standard. A Team consists of 1,2 or 3 runners, any sex, any age, any club. A handicap time will be allocated, see event information on website.
www.eborienteers.org.uk/

15th EM LEI District Event & East Midlands League. Burbage Common & Woods, Hinckley. SP451945. C4 Mark Foxwell, 01509 656695. m_foxwell@yahoo.co.uk £7.00/£2.00. EPS-SI. Parking £1.00. Dogs allowed on Lead. www.leioc.org.uk

15th EM DVO Summer Series - Street-O. Ashbourne, Ashbourne. SK180460. S5 Val Johnson, 01773 824754. gmjandfam@aol.com £1.50/50p. Dogs allowed on lead in car park. Mass start at 10:30. 1 hour score. Pre-marked maps. www.dvo.org.uk

21st EM DVO Local Event. Elvaston Castle Country Park, Derby. SK412331. C5 Ann-Marie Duckworth, 01773 856824. john.duckworth@ngtuk.com £3.00/£1.00 Family entry: £7. EPS-SI. Incorporating the Derbyshire Schools Championships. www.dvo.org.uk

22nd EM DVO District Event. Carsington Pastures, Wirksworth. SK248546. C4 Derek Bishton, 01773 742951. dbishton@hotmail.com £7.00/£1.00 (inc Students), Family entry: £15. EPS-SI. String course. Dogs on lead in car park only. Parking £1.00. www.dvo.org.uk

29th EM DVO Summer Series - Street-O. Allestree, Derby. SK352398. S5 Val Johnson, 01773 824754. gmjandfam@aol.com £1.50/50p. Dogs allowed on lead in car park. Mass start at 10:30. 1 hour score. Pre-marked maps. www.dvo.org.uk

July

5th EM DVO Summer Series Event. Darley Park, Derby. SK352372. C5 Val Johnson, 01773 824754. gmjandfam@aol.com £1.50/50p. White and Orange only. Dogs allowed on lead in car park. Starts 10:30-11:30. Orange competitors may go on to a 45 minute score with their remaining time. Pre-marked maps. www.dvo.org.uk

13th EM DVO Summer Series - Street-O. Matlock, Matlock. SK301604. S5 Neil Forrest, 01629 583899. neil.forrest899@btinternet.com £1.50/50p. Dogs allowed on lead in car park. Mass start at 10:30. 1 hour score. Pre-marked maps. www.dvo.org.uk

August

3rd-9th WOA Creoso 2008

C3 3rd - Day 1 Regional Event. Merthyr Common, Trefil. SO101151.

C3 4th - Day 2 Regional Event. The Bloreng, Blaenavon. SO255099.

C3 5th - Day 3 Regional Event. Pwll Du, Blaenavon. SO255099.

C3 7th - Day 4 Regional Event. Wentwood, Usk. ST413949.

C3 8th - Day 5 Regional Event. Mynydd y Garn, Hirwaun.

C3 9th - Day 6 Regional Event. Clydach Terrace, Brynmawr. SO183133.

Co-ordinator and Entries: Judith Powell, 22 The Willows, Raglan, USK, NP15 2HB, 01291 690702. j-powell@tiscali.co.uk CD: 15/06/08. Fees TBA. Chq: Croeso 2008. EPS-SI. String course. Colour Coded pre entry or EOD - W, Y, O & LG. Dogs allowed on lead at all times, not on competition area. Starts 9.00 - 13.00. www.croesomultiday.org.uk.

