

2010 Issue 3
May/Jun



LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

LOG-NEWS

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NEWSLETTER AWARDS 07 08

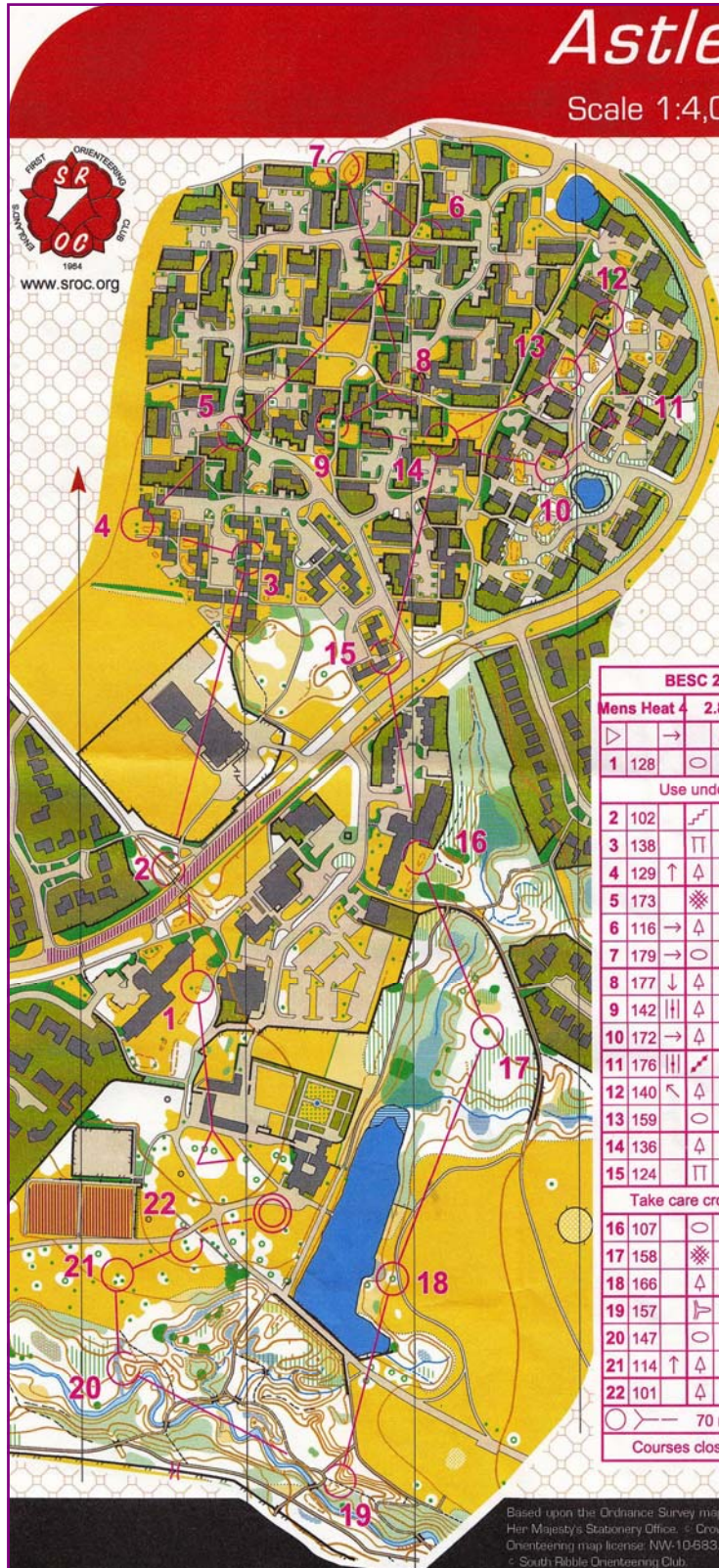
CompassSport

Astley Village

Scale 1:4,000 Contours 2.5m

British Elite Sprint
Orienteering
Championships 2010

Chorley
Council



BESC 2010			
Mens Heat 4	2.8 km	30 m	
1	128	○	○
Use underpass			
2	102	↖	↙
3	138		○
4	129	↑	↘
5	173	⊗	↖
6	116	→	○
7	179	→	○
8	177	↓	○
9	142		○
10	172	→	○
11	176		↘
12	140	↖	↘
13	159	○	○
14	136	△	○
15	124		○
Take care crossing road			
16	107	○	○
17	158	⊗	○
18	166	△	⚡
19	157	↖	↙
20	147	○	○
21	114	↑	○
22	101	△	△

○ — 70 m — ○
Courses close 12:30pm

Mens Heat 4



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Map from the men's heats of the British Elite Sprint Championships, held in Chorley on Sunday 18th April. Heats were gaffled, with four different variations for each course, and the heat number was only revealed on picking up loose control descriptions at -2mins. The interesting bit was in Astley village itself, with controls 3-15 providing classic sprint conditions—high paced, intense route choice selection and execution being to the fore. See write-up of all the British champs inside

ED'S BIG BIT



The Lincolnshire Challenge Shield... the idea came to me one night whilst musing on the lack of inter-club competition

within orienteering. It always strikes me in our sport how few events there are for us to compete against other clubs, outside of the Compass Sport Trophy and what a shame this is. Yes, you can put together relay teams for the JK, British Champs and the like, but this is really only small scale stuff, with few openings for the whole club to feel like they're in it together. Team sports, such as rugby, cricket, hockey, etc. have an obvious

advantage here and the social appeal of competing as a large group, so inherent in team sports, is a lost opportunity for our sport, I feel.

So, with this in mind, the concept of the Lincolnshire Challenge Shield came about and you can read more about it later in the newsletter. Hopefully all the members of the two clubs involved will see this as a chance to embrace all that is good about 'team' sports and we can revisit the healthy rivalry that exists between ourselves and the second club in Lincolnshire! I know that many who were there at Shouldham Warren earlier this year enjoyed the 'craic' of the occasion and this will be a chance to have more of the same!

On a different note, plans are afoot for the next winter series and we'll be

taking the sport down south this year, with a view to recruiting more members from an area of our region we've not focussed as much on as we should have done previously. A grant application is going in in June and, fingers crossed, if we're lucky with this, then we'll be able to recruit the services of a professional mapper to bring online three very exciting new areas—more details in the next newsletter.

Finally details are on page 3 of the next kit order, but time is limited, so let me know asap if you're after a t or hoodie. I also have a small quantity of Trintex tops remaining for those who are due a new one (or have never had one!)

Paul Murgatroyd

Chairman's Sound Byte



This year's summer series is now well under way, with 4 events having been completed. We are getting an average of 60 people at these events, which I think, for a

small club like us, is a great turn out. I also believe that this proves that people are very keen to attend low key events that include minimal travel.

As far as the results go, the early leaders are Craig Lucas on the short, William Parkinson on the long and Neil Harvatt on the technical, but there's a long way to go yet!

A new idea this year is to have the Thursday training evening the week after each event returning to the same area. This enables us to have a "dog

hanging" on people's different route choices and try and point them in the right direction regarding technique, such as compass work, pacing, etc (no pun intended). Even I am finding this useful, so I would fully recommend as many of you as possible to try and get to these evenings to assist in improving your "O" skills. Once again thanks very much to Paul M. for running these evenings on behalf of the club for the benefit of the members.

Talking of members, we have had several new people join the club in recent months and I would like to welcome Jez Bailey, Charlotte Fox, David Raynes and Jacqui & Andy Armitage, I look forward to seeing some, if not all, of you at our remaining summer series events and training evenings.

Whilst I am on 'people news', I am sure everyone, including myself, has been pleased to see Phil Longstaff back in the woods after his recent health problems. At the moment he is just walking round the short course, but I am sure it will not be long before he sets his sights on beating me again.

I know this may not seem much of a target for most of you but it seems to drive Amanda and Ally on!!

The Lincoln City Race on the 5th of September is now taking shape. A revised map has been produced by Steve Bones, the early stages of the planning have been started by Liam Harrington and we have a controller in place (Ranald Macdonald from LEI). As usual, I will be covering the organiser's position.

From Liam's first stages of planning it looks like we may need a few more helpers this year to cover road crossings as well as the normal start, finish and registration. Therefore could all club members please check to see if they are available to assist on the day and let me know ASAP. As per usual, all helpers should still have time to have a run on the day.

This is our first level 2 event under the latest competition structure and it will be a great double-header of a weekend, with the Sheffield urban race on the previous day. Enjoy!

Sean Harrington

FUTURE LOG EVENTS

2009/10

08.04.10—05.08.10	Summer Series 2010
03.06.10	Ostler's Plantation (Amanda Roberts)
10.06.10	Training session—South Common (technique)
17.06.10	RAF Cranwell (Michael Nell)
24.06.10	Training session—South Common (fitness)
01.07.10	Sleaford Town (John Mather)
08.07.10	Training session—West Common (technique)
15.07.10	Nettleham Village (Liam Harrington)
22.07.10	Training Session - West Common - Fitness
29.07.10	Stamford Town (Dave Denness)
05.08.10	Midsummer Madness - Chasing Sprint - University of Lincoln (Paul Murgatroyd)
12.08.10	Training Session - University of Lincoln - Technique
19.08.10	Training Session - University of Lincoln - Fitness
26.08.10	Training Session - University of Lincoln - Technique
02.09.10	Training Session - University of Lincoln - Fitness
05.09.10	L2 event (Nopesport Urban League) - Lincoln City Race (Liam Harrington)



CLUB KIT



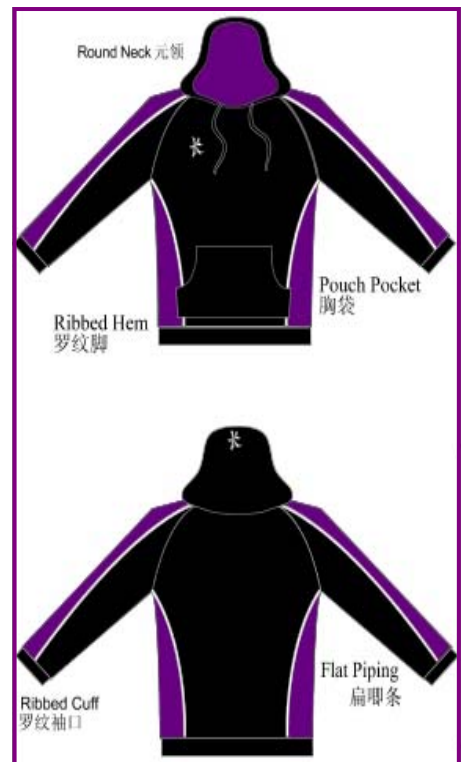
The club are putting together another order of hoodies and t-shirts during the forthcoming summer series and the pictures here show the designs, if you've not already seen them in action!

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

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

Last chance for ordering is the 3rd June @ Ostler's Plantation, with the final order going in straight after this race. Please let me know via email or see me at the event.

Paul Murgatroyd



LOG SUMMER SERIES 2010 – RACE REPORTS

1. HARTSHOLME— 8 APR 2010

(Planner: *Andy Lucas*)

A glorious, sunny afternoon in half-term marked the start of the LOG Summer Series at Hartsholme Park, Lincoln. As I arrived at the park to begin setting out the courses, I can honestly say I had never seen the park so crowded, which obviously gave me some concerns as the controls had to be put out. As a planner, it does not fill you with confidence when there are about 5 kids up the tree you're trying to attach a control to!

The event saw over 60 competitors trying their skills on the usual 3 courses. The short & long were the normal "line" format. Hazel Williams took the first place on the short by a full 3 minutes, ahead of Craig Lucas, whilst Justin Williams cruised around the long a full 5 minutes clear of the pack, but sportingly declared himself N/C as he had already shadowed Toby on the short, leaving RAFO's Mick Mason to take the win.

The technical was a slightly different course. It's always difficult to produce a technical course in a non-technical area, particularly when most people know the area like the back of their hand. So this course built on some of the skills taught by Paul Murgatroyd in the training sessions. Although still a line course, some of the controls were not shown on the map with a control circle. Instead, the missing control was described on the control description as a bearing & distance from the previous one. This caused a bit of head scratching and also made some people change from the technical to the long—wimps! In the end, HALO's Neil Harvett coped best with the course, winning by over 3 minutes. Hayley & Sarah also deserve a mention after they failed to find one of the controls shown on the map, but still managed to locate the next one from a bearing & distance. Well done!

2. SOUTH COMMON—22 APR 2010

(Planner: *Andy Furnell*)

When I started to plan for the South Common, I'd never seen the vegetation as low as it was. It was obviously going to be a fast runnable event. This led to the dilemma as to whether or not to make the courses as long as possible to account for this. I decided against it, as daylight was going to be limited and it would be better to get people finishing in good time. It always surprises me how long it takes me to get controls out on the common and by the last batch I was rushing round to get finished by 17:40. Unfortunately, we lost one control box on the night, despite the use of gripples, and one other had clearly been attempted to be removed unsuccessfully. Main comments on the courses were from those on the technical courses, which had been sent up and down the hill four times. In my considerable efforts to come up with courses which provided good route choice and opportunities for off-path running, I'd not even noticed - that's my story and I'm sticking to it. As expected, all courses were won in fast times of around 5-6 minutes per km, with Paul Murgatroyd picking up a maximum on technical and Elizabeth and William Parkinson winning Short and Long respectively.

3. SADBROOKE VILLAGE—6 MAY 2010

(Planner: *Paul Murgatroyd*)

Sudbrooke Village, and a delightful mix of urban and parkland O, was the setting for the third race of this summer's series. 60 runners were challenged by the fast and furious route choice elements of the village, whilst the woodland presented the more usual examination of the orienteers' techniques. Being harangued by an angry landowner was obviously the highlight of my evening, but the courses seemed to go down well with everyone else! Liam Harrington's challenge to recapture his 2008 technical crown is progressing nicely, although he was pushed hard on the night by RAFO flyer, Charles Nell. NOC's Will Parkinson continued his fine form on the Long, beating LOG's rapidly improving Lewis Goddard into second place, by just under four minutes. The Short course saw RAFO's Stephen Barnett a comfortable winner by over five minutes, ahead of LOG's young winter series champion, Craig Lucas. The team competition saw the opening of the transfer window following this event and this should see the competition begin to hot up now.....

4. STAPLEFORD WOODS—13 MAY 2010

(Planner: *Neil Harvatt*)

It was a mystery. Why would the powers that be at LOG, ask someone from HALO to organise their Summer Series event at Stapleford Woods? Were they short of volunteers? – Doubtful. Were they wanting to reduce my point scoring opportunities, so to stop me challenging for the title? - Unlikely, I did well in the Winter Series but that was largely due to the generous age handicap system, which, sadly (for me) is not used in the Summer Series. Were they wanting to benefit from the HALO way of doing things, whatever they may be? Was I the first or last person to be asked? Obviously, I was the last person to be asked? Who continues to ask for volunteers after one of the victims has said yes. But was I at the end of the victim list? – Probably.

It seemed a fairly straightforward task initially; plan three courses. That was until 'Safety LOG' started bombarding me with requests for Risk Assessments and locations of control sites. This was before I had visited the area or seen the new map. This was more organised than I was accustomed to. Strangely, after weeks of regular requests he

LOG SUMMER SERIES 2010 – REPORTS & FIXTURES

suddenly gave up asking for information around the middle of March. (*I wonder why that was....?Ed.*)

I was tempted by the opportunity of using a professionally produced new map of the area, but was then disappointed to discover that the new map would get its first outing at some minor event in March, when clearly it would make more sense to save it for the big one in May. But at least that gave me the chance to run on the area before planning the Summer Series event.

I paid a visit four weeks before the event to see which areas were the most runnable. I had a good wander around the woods to the north west side of the road and found a few good areas. I was intrigued by the "earthwall area" which had seemed complicated when competing in the March event. When walking through the area, the earthwalls seemed quite easy to follow, although it has to be admitted their positions were easier to identify by using the dense young trees that were growing on them than by the earthwalls themselves. The vegetation in the area seemed to have grown quite dramatically since the revised map was produced – were these some form of GM crop? I decided that this would be quite a good technical area to use.

Whilst visiting the area to the south east of the road, I found lots of signs preventing my entry due to ongoing forest thinning. That was a bit worrying for the event...Email conversations with Safety LOG, initially suggested that the bottles needed sterilising, but eventually did confirm that Forestry Commission permission had been granted for the whole of the woods. However, I felt there was enough scope to get all the courses in on the north west side of the road, especially if I used the "earthwall" area twice.

So, my plan was to try to use the best bits to run through with a repeat visit to the earthwalls. Recognising that it was a technical area, I hoped to make controls on the first visit easier, to allow runners to (slightly) get used to the area. I'm not sure that worked, as this area did seem to be the downfall of many competitors, who had some rather long times on leg 16-17 in particular. Having said that seven competitors were under two minutes for that leg, with times ranging from an impressive 1:00 to an equally impressive (but for other reasons, - perseverance, mainly), 17:02. Although the tactic of hanging around quietly and hoping to hear a beep as a fellow competitor successfully punched, seemed to work quite well, apparently!

My first attempt at the Technical course was too long so I had to remove the northern section (there were more brambles here than in the southern section). Then the difficulty started – I still had to plan the Long and Short courses. I didn't want to use just paths, but also needed to make sure the path option was available for those that are more comfortable with paths. I was able to use a few of the Technical course controls that were close to paths or along line features but there weren't many other sites I could use without making the courses too hard – but there are some great paths/tracks to follow at Stapleford. One person did complain that the Long course was too easy - apart from the controls she couldn't find!

The day of the event was so pleasant that I was able to wear shorts whilst putting the controls out. However the combination of sun and blood on knees (small scratches) soon attracted scores of mosquitoes. So much so that I had to put long trousers back on. I think everyone suffered at the hands (or mouths) of the flying bloodsuckers, I had lots of lumps on Friday morning. The unfortunate consequence of sun and sweat – oh, where is the rain when you need it!

RAFO's Sarah Fletcher had her first win of the series on the Short Course, completing the 2.4 km course in a time of 22:42. Craig Lucas leads the series after four events, he demonstrated his consistency with another top three place, finishing 36 seconds behind Sarah. It was a family affair on the 5.2 km Long Course, with three Parkinson's in the top five. William demonstrated his dominance over the senior members of the family by winning by over two minutes in a time of 40:54. William looks difficult to beat in the series with three victories out of the first four races.

Paul Barnes had his best run of the series to finish in third place on the Technical Course and now sits at the top of the table. Paul has the disadvantage (or is it an advantage) of not being able to listen for beeps from boxes to aid navigation as he runs with his ipod belting out inspirational tunes. The top three were a massive eight minutes ahead of the rest of the pack. Young Fast LOG was four minutes ahead of Paul B, in second place, but the Technical course was won by Clever LOG, who sped round the 5.0 km course in an impressive 36:59. He did have the advantage of planning the minor event in March. (*It amazes me that more people don't come forward to help plan events, it gives you a huge advantage in future events, as you get to understand the map better – it really is a good way to improve your orienteering.*)

Most runners I spoke to did seem to enjoy the courses, unless we were speaking of the earthwalls! Would I organise another LOG event? - Of course, the LOG team are a pleasure to work with. Will they ask me to organise event? – Hmmmm.....

LOG SUMMER SERIES TABLES—TOP 5

SHORT SERIES TABLE

Pos	Name	Club	Hp	Sc	Sp	Sw	Tot
1	Craig Lucas	LOG	49	48	49	49	195
2	Phil and Linda Longstaff	LOG	43	46	39	35	163
3	Sarah Fletcher	RAFO	42	-	45	50	137
4	Hazel Williams	LOG	50	47	-	38	135
5	Geraldine Davis	HALO	40	-	34	40	114

LONG SERIES TABLE

Pos	Name	Club	Hp	Sc	Sp	Sw	Tot
1	William Parkinson	NOC	48	50	50	50	198
2	Lewis Goddard	LOG	47	45	49	41	182
3	Helen Parkinson	NOC	40	43	46	48	177
4	Jeff Baker	LOG	39	44	45	37	165
5	Robert Parkinson	NOC	-	49	47	46	142

TECHNICAL SERIES TABLE

Pos	Name	Club	Hp	Sc	Sp	Sw	Tot
1	Paul Barnes	LOG	47	44	47	48	186
2	Amanda Roberts	LOG	42	42	45	36	165
3	Sean Harrington	LOG	43	41	42	31	157
4	Liam Harrington	LOG	0	49	50	49	148
5	Neil Harvatt	HALO	50	48	48	-	146

Remaining Fixtures

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

Mixed woodland. From the B1191 East of Woodhall Spa take the road to Kirkby on Bain.
Post race – The Mall Hotel, Station Rd, Woodhall Spa Planner – Amanda Roberts

6. Thursday 17 June – RAF Cranwell TF000498

A combination of urban terrain and woodland. RAF Cranwell Sports Centre, RAF Cranwell is signposted from both the A15 and A17.
Post race – TBA Planner – Joanne & Michael Nell

7. Thursday 01 July – Sleaford Town TF068456

Street "O". Tourist Information Car Park, Sleaford is signposted from both the A15 and A17.
Post race – TBA Planner – John Mather

8. Thursday 15 July – Nettleham Village TF008753

Street "O". Village Green, Nettleham is signposted from both the A46 and A158.
Post race – The Plough, Nettleham Planner – Paul Murgatroyd

9. Thursday 29 July – Stamford Town TF030071

Street "O". Tourist Information Centre. Stamford is signposted from both the A1 and A16.
Post race – TBA Planner – Dave Denness



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LINCOLN ORIENTEERING GROUP

COLOUR CODED AWARDS - EAST MIDLANDS

New members may not be aware that, in order to encourage juniors, and seniors of course, to progress through the colour coded courses, certificates are available for those who meet the required standard for the same colour course. There is also a national badge scheme linked to Regional and National events. Championship, Gold, Silver and bronze. Details of this badge scheme are shown on British Orienteering's home page.

Colour courses are graded as follows:

WHITE - YELLOW – ORANGE – RED- LIGHT GREEN – GREEN – BLUE – BROWN

Standards are as follows:

White – by anyone who successfully completes three **WHITE** courses

All other courses are calculated using whichever of the following methods gives the larger number of qualifiers:

The time that is achieved by at least 50% of those who started the course, which includes those who retire or are disqualified. Each pair or group on the **YELLOW** and **ORANGE** courses (if any) should be treated as a single starter.

or

150% of the winner's time,

In the East Midlands Men's and Women's times are calculated separately.



*This is to certify that.....of.....
has reached the required level in orienteering ability
on colour coded courses.*

Derek Gale

EMOA Chairman 2009

HALO POACHER RACE REPORTS

1. HENDALE— 14 APR 2010

The Lincolnshire Poacher Trophy Series entered its 13th year at the Earl of Yarborough's Hendale Wood with a new record entry. Dry conditions and the effects of a long winter, produced fast running tempered only by some recent forestry thinning which tested competitors hurdling abilities. As predicted, the Long Course turned out to be the most competitive in Poacher history. On the night, 2008 winner, Lincoln's Liam Harrington, won narrowly from top UK junior, Zac Field (South Yorkshire Orienteers) and Derwent Valley's, Ben Beresford, with reigning champion, Paul Murgatroyd in fifth. The Short Course produced maximum points for Beverley's junior, Jake Field, who is in good form at the moment. His excellent run was needed though, as close behind was Caistor Grammar's, Digby Sowerby, having his best ever Poacher performance. The female run of the night came from W10 Yasmin Field in an excellent fifth place, ahead of many experienced competitors, including ladies champion, mother Rosie.

2. ELSHAM—21 APR 2010

Poacher 2 took place at Elsham starting for the first time from the War Games Centre. This not only provided excellent parking, but some unusual features in the first part of the wood, features not normally encountered on an orienteering course. Halo webmaster, Pete Shew, designed some excellent courses - the long in particular was as technical as the area allowed with full utilisation of the runnable areas and twice making competitors scale the northern slope. The Long course provided a stunning victory for current Masters Champion, Neil Harvatt, who put the young guns to the sword, finishing 50 seconds ahead of the joint second placers - Martin Kullich (HALO) and Liam Harrington (LOG), with Zac Field the new British under 17 middle distance champion in fourth. The Short Course was dominated by runners from Caistor Grammar, with three in the first six including the winner, Sam Offler, the 2009 Junior Champion, who was a mere 10 seconds up on Kirmington farmer, William Sowerby. The newcomers course was again won by the Mead family from Grasby.

3. WILLINGHAM WOODS—28 APR 2010

On the warmest evening of the year so far, planner Pete Harris utilized an area of Willingham not visited by the Poacher in more than 5 years. In recent years Poacher has started in the middle of the wood near the forestry buildings taking competitors to the north and up Hamilton Hill but this time there were new control sites in the south. The standout performance of the evening came from East Midlands Junior Squad member, Ben Beresford, who used his running speed to blast round the Long Course for a stunning win ahead of LOG flyer, Justin Williams. Ben is the third different winner of the Long Course so far! Jake Field took maximum points on the Short Course to stretch his lead in the league table, but was pushed hard by Market Rasen's Jack Robinson who was only thirty seconds down. This course saw some excellent performances from several ladies with current champion Rosie Field in a strong fourth place, but also in the top eight were Market Rasen's Karen Higgins and the Grimsby duo of Tracey Blackburn and Fran Humphrey

4. MAUSOLEUM WOODS—5 MAY 2010

A perfect spring evening greeted the record entry of over 80 competitors at Mausoleum Woods. With planner Malcolm Humphrey starting the courses from the Southern end of the wood runners were able to sample the area around Mausoleum Hill which has not been used much recently for Poacher. The Long Course is now more competitive than ever, a top ten placing is quite an achievement. With legs 6 and 7 removed from finishing times because of an errant rootstock, it was a second win for LOG's Liam Harrington, the 2008 Poacher Champion, who has now extended his lead in the league table. In second place was HALO's Martin Kullich, closely followed by England junior, Zac Field, and Cleveland OK's Paul Thornton. Leading Lady was England junior, Charlotte Ward, in 9th. Other noticeable performances came from Grasby junior, Lewis Tuck, who finished in front of several experienced orienteers. Hull's Phil Gray had his best run yet in Poacher, as did another Grasby junior, Jay Robinson just ahead of Super Vet Paddy Neligan. The Short Course was won by 2009 Junior Champion Sam Offler, from Keelby, with SYO's Jake field in second. Breaking into the top ten were Hull's Peter Robinson, who has returned to the Poacher Series after missing 2009 and East Barkwith's Mel Clarke, who made up for last week with a solid ninth place. Also moving up the field was former Ladies Champion Dorothy Smith, an encouraging result after recent setbacks.

5. NETTLETON WOODS—12 MAY 2010

Another dry sunny evening greeted Poacher competitors at the pleasant assembly area of Potterton's Alpine Nursery. Planner, Jon Fulwood, was able to use parts of the wood not available last year to Vernon Davis, producing courses as challenging as Nettleton allows. He overcame the problem of the narrow Start/Finish area with a very short first leg on the Long Course. The Long Course winner was Sudbrooke Sports Scientist, Paul Murgatroyd, well clear of Junior International, Zac Field. Paul became the fourth different winner of the Long Course this year and this result shows that he is not going to give up the Lincolnshire Poacher Trophy he won in 2009 without a fight. Breaking into the top half of the field was Grasby Junior, Jay Robinson, with his best run in 2010 just ahead of the North bank's Helena Crutchley, who looks like returning to her true form after a disappointing run at Mausoleum Woods. It was unlucky 13 for some runners on the Long Course, who maybe need to book into the eye clinic, as they went from number 2 to number 13 by mistake. Short Course leader Jake Field took maximum points ahead of the Caistor Grammer School duo of Digby Sowerby and Sam Offler. Heather Tuck had her best run this year just behind HALO Chairman, John Butler.

HALO POACHER REPORTS & FIXTURES

6. NETTLETON WOODS—19 MAY 2010

The small glacial valley of Swallow Vale was the venue for the sixth event of the 2010 series. The steep slopes soon dispelled the view of Lincolnshire as flat; indeed the Long course was easily the most physical so far with over 160 metres of climb that tested competitors' fitness on a warm evening. Planner, Michael Robinson, made excellent use of the small very runnable woodland. Times were fast and the area certainly favoured the speed merchants. Indeed some lesser mortals were campaigning for the return of Normanby Park - anything to slow down the front runners. Strong favourites for the Long and Short trophies are the Washingbrough flier, Liam Harrington, and Beverley's Jake Field, respectively. Both again scored the 50 maximum points. Returning to orienteering after a gap of 15 years Chris Gooch showed up well on the physical Long course, where competitors were very closely packed - less than 3 minutes separated 10 runners in the middle of the field. Standout Ladies performance came from Grasby's Harriett Gillman, who was rumoured to be seen running all the way up the last hill. On the Short course, Yasmin Field finished an excellent sixth and could yet spring a surprise in the Ladies Competition.

7. SPUR CHASE WOODS —26 MAY 2010

Used for the first time in 2008, Spur Chase Woods was the venue for the 7th Poacher of 2010. Planner, Brian Slater, chose a different start area incorporating bits of wood not previously used; some still containing remnants of RAF Kirmington's activities during WWII (The RAF station was the predecessor of Humberside Airport). Brian even had controls on some of these features - if you had time to inspect them! Two separate finishes were used - probably a first for the Poacher, although some competitors have often tried to finish in a different place! The Long Course provided Junior International, Zac Field, with his first win, catapulting him into the lead in the league table. However, with 4 events to go and best 8 to count, things may well change after next week, when some competitors will be able to drop their lowest points score. Defending Masters Champion, Neil Harvatt, currently looks favourite to retain his title, but Dean Field with his best run so far closed the gap by 3 points. Ultravet, Mark Tyszka, looks to be odds on to snatch the Trophy from holder, Pat O'Grady, with another solid run. The Short Course competition - the overall and the Junior, - looks to be between Beverley's Jake Field and Keelby's Sam Offler with 4 wins to Jake and three to Sam.

Series Details

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

Courses

- Long - 4.5-6.0 km
- Short - 2.25-3.25 km
- Newcomers - 1.5-2.0 km

Start Times

5.45 - 7.00 pm.

Entries

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

Series Co-ordinator

Pete Kullich Tel. 01652 628358
(pete@pkullich.plus.com)

Series Competition

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

Remaining Fixtures

8. Wed 2 Jun Halliday Hill, Gt. Limber

[TA107068](#)

Planner: Ben Offler

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

9. Wed 9 Jun Primrose Warren, nr. Brigg

[SE950065](#)

Planner: Paddy Neligan

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

10. Wed 16 Jun Normanby le Wold

[TF123948](#)

Planner: Andrew Houlden

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

11. Wed 23 Jun Cabourne Woods, Caistor

[TA129036](#)

Planner: Neil Harvatt

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



EAST MIDLANDS LEAGUE — 2010

east midlands orienteering association



EMOA League— Remaining Fixtures 2010

12th June	Bradgate Park	31st October	Stanton Moor
7th November	Bestwood Country Pk	28th November	The Outwoods
5th December	Shining Cliff	19th December	Walesby
28th December	Beacon Hill		

At just over the halfway point in the 2010 EML, the showing from both LOG and RAFO runners continues to remain strong, with juniors, Matthew Welton, Georgia Davey and Craig Youngs still challenging well at the top of their classes. Joanne Nell remains on course to retain her Blue Women's title from the 2009 series and a number of new entries on the table have arrived since the last update. The next event is LEI's Bradgate Park on the 12th June, before a brief summer hiatus.

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

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight Scores	Overall Position
Yellow	Matthew Welton	342	624	1000	1000												2966	2nd
Yellow	Russell Kirk	318		435	371	503	586		312								2525	3rd
Yellow	Andrew Oxby					876	433		1000								2309	4th
Yellow	Rachel Kirk					415	465		365								1245	6th
Orange	Luke Fortune			862		865			861								2588	4th
Orange	Georgia Davey	752		1000		854	514		1000								3120	2nd
Orange	Hannah McNab	1000	1000			962	1000										3962	3rd
Lt Green	Craig Youngs	710	553		661	301	579										2804	3rd
Lt Green	Sarah Fletcher	724	606			655											1985	5th
Green	Kevin Kirk		761		500	742	824		1000								3827	13th
Green	Martin Wheeler			985	893				920								2798	17th
Green	Andy Furnell	597		586													1183	38th
Blue	Michael Nell	769	878	908	700	765	806		773								5599	3rd
Blue	Dave Denness	837		886	771	849											3343	13th
Blue	Sean Harrington	614	704	651	524				664								3157	15th
Blue	Tom George	552		705		737	696										2960	21st
Blue	Joanne Nell	1000	946	951	944	1000	937		935								6713	1st
Brown	Paul Murgatroyd	909	992			845		818	799								4363	7th
Brown	Dave Gourlay		1000	834			860		1000								3694	9th
Brown	Paul Barnes			725	599				670								1994	16th
Brown	Liam Harrington	868			914												1782	20th
Brown	Charles Nell		803	724													1527	24th
Brown	Jonathan May		772	690													1462	26th
Brown	John Mather			713					654								1367	27th

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

NOPESPORT URBAN LEAGUE 2010



The announcement of this year's fixtures selected for inclusion in the Nopesport Urban League was welcomed, mainly for the inclusion of our own Lincoln City Race on 5th September, but also for a generous number of events within reach of Lincoln. The series started further afield in Edinburgh and Carlisle, with only Liam in attendance from the club at the latter, but then in March came the first event to attract a significant LOG contingent - Huntingdon.

This was the first time an urban event had been held here and, although I grew up only just up the road from there, I was unfamiliar with the town beyond the town centre. The start was on open ground behind a sports centre and the first control introduced us to an unexpected mud bath, before heading off toward the town centre. Here I was inevitably drawn towards any dead ends & thus time losses. Coming out of the town centre a long leg took the course across to outlying estates. Most of our experiences there weren't quite as bad as Steve Bones, who described it as a deliberate plan to take us through scary estates to make us all run faster. There were plenty of cut-through paths on these estates but there didn't seem to be anything particularly difficult about it at this stage. The course then worked its way back to the mud of the sports centre field. In conclusion, not the best place for an urban event but interesting to attempt as a new area. I would say the best result was an impressive 7th on the Men's Open by Dave Denness - showing up a number of younger runners.

The following weekend saw a smaller contingent heading north for Pickering. This is probably the smallest town to be featured which was reflected in the shorter courses. The start was an interesting choice being situated in

the back garden of a B+B. The initial part of my course took in the town centre, before heading out to a school where the grounds of two schools were used with controls on a hill that lay between them. The first school posed an interesting challenge where what looked to be a valid route choice turned out to be a steep slope along the outside of AstroTurf pitches. Most people avoided this for the long way round, but Paul was one of those to attempt it. After another circuit to the south and back up through the town, the final part of the course went up to the north for a circuit around the castle. Course A was keenly contested with plenty of close fast times and the contest



Ally Wright burning up the Women's Open course at Nottingham

within our club was won by Paul in 4th, edging out Liam in 7th.

April 11th saw the Nottingham City Race. Assembly was based right at the heart of the city on the Old Market Square. The courses were set around the City Centre and out past the Castle in an area called 'The Park'. This made for a sharp drop down the hillside upon which the castle sits. The return up the hill was via a path at the bottom of a vertical embankment, at the end of which was a long series of steps up. I found this quite disorientating on emerging from this, despite it being clear on the map, and it took a while to suss out where I was. As with Huntingdon, a timed crossing was used to allow for safe crossing of Maid Marion Way, which separated

Maid the two areas of the event. Once again, I had earlier in the event fallen for the dead end trap and had lost time having to follow a longer way round as a result, so once again I failed to get a clean run. This proved costly, as I would say the event was mostly fairly straight forward, so not too many mistakes were likely to be made on the day. Best effort to make the event, if not result, of the day goes to Steve Bones who'd travelled the 115 miles from his home to do this event arriving in a rush with just 15 minutes to spare before they closed the start. Time management never was his strong suite....

Most recent in the series was the Ripon event, once again the first major urban event to be held in this location. Paul M, Claire Hanna and myself made the journey north, to be joined there by Liam. It turned out to be on the hottest day of the year, which made the impending 3 month break in Urban League events, after York on Bank Holiday Monday, seem like it's coming at the right time. As it was, we ventured out from our pleasant shaded spot to see what Ripon had to offer. It was certainly a very agreeable location for urban event. Only a modest amount of climb to be tackled, and, after the initial run through the city centre and suburbs to the south, the route went off road through sports pitches and school grounds. At this point, I was grateful to the first runners who must have come off badly stung from running through the nettles, but had left a clear trail for the rest of us. Finally, the course returned to the city centre. Whereas most of the course seemed fairly straight forward in terms of route choice the centre required a bit more thought in looking out for cut-throughs. Whilst I didn't run that well myself, I would say that if only by nature of a more desirable location, this was one of the better events so far.

I look forward now to the impressive double header of Sheffield and our own Lincoln event on the first weekend in September.

Andy Furnell

BRITISH CHAMPS—MIDDLE & SPRINT 2010



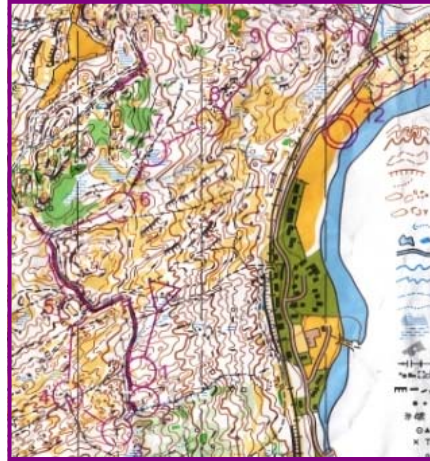
During the school holidays a weekend was planned for us to visit friends in the Lake District.

Fortunately [or unfortunately], these friends are hard-core orienteers, so it was off to the British Middle Distance Champs for the Williams Family. Last time we orienteered at Haverthwaite was pre-marriage [a really long time ago!] and last time in the Lakes was pre- Toby [6 years ago]. So could we cope with the truly technical terrain? No, is the short answer ...

Walking to the start with Bella, it dawned on us that she was going to have a long day. We looked at the example map and she had to be shown what a crag and a boulder looked like ... You don't get rock features in Lincolnshire! At least she knew contours. Bella's view of the race:

- Wow, it's hard

- At number 2 I met up with a friend
- We were really lost at number 4
- At number 5 Fiona passed me
- I hung on tight and kept up.



Mum took even longer than Bella. I couldn't run because of my hip, but really it was the two huge mistakes which were the problem. Although pooped when I finished, I then made my best decision of the day: realising that

Hazel would need shadowing. Hazel's view:

- I couldn't do it on my own.
- The map was really confusing.
- I knew that I had to follow a 'ruined' wall, but I kept losing it [the wall was very ruined and Hazel was too small to see it ahead of her]
- Then I followed flags on the ground, but they were hard to see
- At number 8 it was easier and I ran away from Mummy.
- I did the rest on my own

It was a great day, even though some of us took a long time. Justin discovered that he can see a map when the scale is 1:7500, and Benji and Toby behaved themselves. The weather was brilliant, and sitting next to a river with loads of old friends reminded me why I loved this sport.

Karen Williams



My abiding memory of the 2009 British Elite Sprint Champs, at the University of Nottingham, had been missing out

on the B final by only two places and a few seconds following a scrappy run in the heats. So, with that in mind, the aim this year was ensure qualification for the B final, a goal that I knew was realistic, so long as the qualifying run this time was a solid one.

Having not run in the Middle distance Champs the previous day, I was feeling fresh, and arriving at the assembly area in Astley Park, I was up for the challenge ahead. Leaving Lisa to slum it with a cappuccino, Danish and the Sunday Times in the café, I headed out for the heats. The course was fast and furious (see frontpage for the map) and a classic sprint combination of open parkland and tricky urban O,

where trying to pick out the optimum routes, whilst running at speed through the snickets and alleyways, was a great test. Then something happened, which has not affected me before at an orienteering event. Prior to the



The editor feeling the pain on the run-in of the Men's B final

race, I had a dilemma as to what footwear to go with, as the final details had intimated a real mix of hard pavement and grassy off-road conditions, so I decided to go

with trail shoes. As I hit the ditch/marsh area between 16 and 17, the mud decided to claim my left shoe. For a moment I considered running off without it, but made the decision to carry on with it in my hand—not good! Jettisoning it at 18, I hobbled round the remainder of the course. Was this footwear choice error going to cost?

Fortunately not, as I'd done enough to make it into the B final and felt satisfied that the main goal was achieved. The final was not as interesting unfortunately, with the centre of Chorley making for some fairly average O and it only really became challenging as the final parkland was hit. I made a mistake on one control, failing to change techniques from street nav to what was now effectively a woodland control picking exercise and this cost me a good minute—far too much time in a sprint event! Still, a good day overall and enjoyable nonetheless...

BRITISH CHAMPS—LONG & RELAYS 2010



This year the British long and relay champs were held at Cannock Chase over the weekend of 1st and 2nd May, always two of the main events of

the year.

Paul and myself travelled down on Saturday for the individual races and were joined down there with fellow LOG members, Terry and Trudy Crosby and the Williams family.

I had entered the M21L course, which was 13.6km with 410metres of climb and had a good start to the course, hitting the first 7 controls all ok. The next one, though, I messed up, coming off the path and heading through some light green until it opened up a bit and there was a stumpbank running horizontal to me. I thought I had overshot my control at this point and had hit the next one, so turned back only to hit the path. I then had to turn back to where I had just come from and I found the control easily enough this time, but a costly parallel error. Control nine was fine, then I took a poor route to 10, so lost about a minute to other runners on the course. Controls 13, 14 and 15 were all in an old mining area, which lots of people moaned about, as the quality of the map was, at the very least, questionable in this area. There seemed much more vegetation than was shown on the map and at 1:15000, it became a bit of a lottery whether you hit the right control or not.

Finally, I finished in 10th place out of 19 runners, in a time of 111minutes. Other LOG results were Paul on the M40L, finishing 25th out of 46. Justin did the M45L, coming in a highly commendable 13th out of 89. Terry ran the M50S, finishing 8th out of 44. Karen was on the W40L and finished 27th out of 33. Trudy ran the W50S, finishing 8th out of 25. Finally, Bella came 9th out of 23 on the W12A.

On the Sunday, following a pleasant evening wining and dining in Lichfield, it was time for the relays. We were using the same area as the day before, although a much smaller part of it. We had two teams entered, with the Purple Imps (Justin Williams, Paul Murgatroyd and myself) on the Men's Short course, which was 4.2km with 130metres climb on each leg, and the LOG ladies (Joanne Nell, Karen Williams and Hayley Fox) on the Women's short course, with 3.5km and 100 metres climb for each leg.

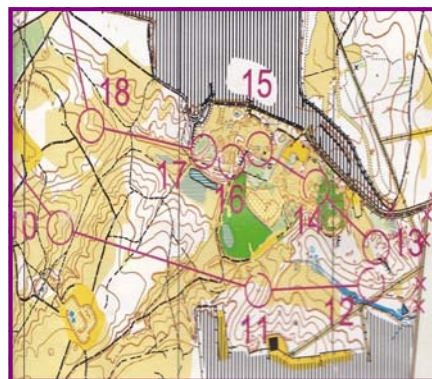
Justin lead the Purple Imps off, and he had a flying start, so when we saw him at the spectator control he was in 4th place, only a few seconds behind the leader and effectively in the leading pack. A couple of controls after this though Justin made a small mistake, being pulled off course by a fellow competitor on a different gaffle to him, which slipped him down two places by the time he came into the finish to hand over to Paul.



Paul then went off on his leg, he had another good run, though a couple of small mistakes cost him around 1min. This dropped the team a place, so when he came in for the final change over to me we were still flying along in 7th place.

I then went out on the final leg, with no one in sight, but knew there were teams close in front and behind. I was also under pressure with the other two having had good runs I knew I needed to have a quick clean run also to keep us in contention for

a top 10 placing. The first control was quite easy, though straight up a steep hill and I could already feel the tiredness in my legs from the day before. I was just hoping I would get around without this slowing me down too much. The second control I was slightly off line and just



Map extract showing the offending quarry area in 1:15k scale

missed the kite and ended up at a different one about 30 metres from mine. I quickly realised this, but it cost me about 30 seconds. The next 4 controls I hit bang on, but control 7 I drifted passed it and then got pulled to a different control about 40 metres passed it, again costing me about 30 seconds. The rest of the controls I didn't have a problem with and I managed to gain back a place overall, so we ended up finishing 6th out of 41 teams, only 4 seconds down on 5th and 8 seconds ahead of 7th, so we were all really pleased with our result. The LOG Ladies were lead off by Joanne Nell, who had a good run and brought their team back only about half way down. Karen then went out on the second leg, again having a good run, despite the dodgy hip, and they were still in about the same place. Hayley Fox ran their last leg, which was one of her first ever runs outside of the East Midlands and she had a steady run, bringing the team home in 20th position out of 25.

Liam Harrington



LOG Executive Committee Meeting – April 27th 2010

		Action
	Present: Sean, Paul, Amanda, Jon, Andy, Liam	
1	Apologies for Absence – John, Andy, Michael, Ian	
2	Approval of Minutes of Meeting on 14.1.010 – Agreed Carried forward – a. Blue Ribband Trophy purchase to resolve b. SH to forward Stuart Bolding’s details to PM	a. SH/LH to look at
3	Cranwell – SH to talk to MN re cost of the event, agreed we were happy to share any profits with RAFO after all expenses had been taken out.	
4	Lincoln City Race – LH to plan the event, Ranald Macdonald from DVO is controlling. JM is sorting out the safety info. SH is to sort out access.	
5	Winter Series 10/11 – Look at using 3 centres, in Sleaford, Grantham and Stamford and run two events at each, this all depends if we can get the grants to maps some new areas.	
6	Grants – We didn’t get the sport relief grant, but have got another one to put in for in May/June.	
7	Lincs Challenge Shield – Paul talked about the idea of each year having an inter club comp with HALO, committee thought this was a good idea. Paul is going to talk with Neil from HALO more about the idea, most likely to have inaugural event at University of Lincoln in August.	PM to sort out
8	EMOA Meeting – Karen is going to get her Level 1 coaching all paid for through BOF and EMOA LOG are to hold the YBT final in 2013 Talked about putting Sunday events entry up to £6 for BOF members throughout the region	
9	Club Kit – Another order will be going in after Ostlers for T-shirts and Hoodies, Paul is taking the orders now	
10	SI Kit – Have decided not to claim for the box that went missing at South Common, but still going to report it to the police. Look into buying some more gripples Andy to look at making something so that the boxes are more secure.	SH to talk to Andy Furnell about reporting the missing box
11	Schools – Nothing to report	
12	Clubmark – The club has now gained Clubmark and committee thanked Ian for all his hard work sorting it out	
13	A.O.B – Paul has said he is going to step down from the publicly officer post at the next AGM	
14	Next Meeting – TBC	

LINCOLNSHIRE CHALLENGE SHIELD



This is to let all members know of a new venture between ourselves and HALO—the Lincolnshire Challenge Shield—which is to receive its inauguration in August 2010.



This will comprise an inter-club competition, to be held on an annual basis, between the two Lincolnshire clubs (LOG and HALO), to take place at a venue of mutual selection and with the aim of

providing club competition for its members, along the lines of the CompassSport Trophy, and to help develop and nurture links between the two organisations.

Each club will provide a 'team' to the event, with scoring to be based on a summation of overall times from the team members across a number of categories. As many members as possible can run at the event, with the top 10 to count from the following classes:

- 1) *Juniors* - max 4 to score from M/W20 down, including at least one female
- 2) *Seniors* - max 4 to score from M/W21-M/W45, including at least one female
- 3) *Veterans* - max 4 to score from M/W 50+, including at least one female

Scoring will be based on the summation of the total times of the best 10 competitors at the chosen event. The club with the lowest overall time is to be announced as the winner of the LCC.

Ideally this will be held in the spring/summer months, to encourage people to socialise before and after, when the weather is more amenable to such an occasion, and be tied in with events such as the Poacher and LOG summer series. LOG are putting on a 'midsummer madness' chasing sprint on Thursday August 5th at the University, as a finale to the summer series, and it has been decided this year that this will be the event to launch the LCC—put it in your diaries!

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CompassSport

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The Thinking Man's Sport

It's good to talk.
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FUTURE ISSUES

The next LOG-NEWS will be arriving in your email accounts at the start of August and we'll have a full round up of the summer series. At the moment it is likely that 2009 will see new names on all the trophies on offer... Also, the Poacher series will be complete and Liam remains on course, but only just, to recapture his 2008 crown. So far, 5 different winners in 7 events shows just how competitive this series has become.

Also, on the national scene, there will be a preview of the Lakes 5 Days, the big multi-day festival in August, where there will be a small party of LOG'ers competing over a variety of courses. Finally, the Nopesport Urban League, a popular one with this club, will have had 7 of the 12 races by the then and will be nicely poised as it approaches its run-in, commencing with the Sheffield/Lincoln double header at the start of September and culminating in the Warwick race in early October.

See you out there somewhere!

SELECTED NATIONAL FIXTURES

Mon 31/05/10	Yorkshire and Humberside	EBOR	Regional	York Park Race	York City	EOD	SE605518
Sun 06/06/10	East Midlands	NOC	Local	NOC Summer League Event 3	Bramcote Hills	EOD	SK500384
Sat 12/06/10	East Midlands	LEI	Regional	Regional & EM League Event	Bradgate Park	EOD	SK542114
Sun 13/06/10	East Anglia	NOR	Local	NOR Score Event & Club AGM	TBC	EOD	TG317311
Wed 16/06/10	East Midlands	LEI	Local	LEI Summer League event 9/ Sprint	Beauchamp Campus	EOD	SP629994
Sat 19/06/10	East Midlands	DVO	Local	Derbyshire School Championships & DVO Summer League Event	Elvaston	EOD	SK407330
Sat 19/06/10	East Midlands	NOC	Local	NOC Summer League Event 4	Wollaton Park	EOD	SK533393
Sun 04/07/10	East Midlands	NOC	Local	NOC Summer League Event 5	Bevercotes pits wood	EOD	SK700741
Sun 18/07/10	East Midlands	NOC	Local	NOC Summer League Event 6	Colwick Park	EOD	SK603392