



LOG-NEWS

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NEWSLETTER AWARDS 07 08

CompassSport



(Above) Joanne Nell receives her trophy for winning the 2010 East Midlands League (Blue course: female) from the LOG-NEWS editor

(Below) Jeanne Gaudin celebrates a French victory in winning the 2010 East Midlands Championship (W21 class)



(Below) Lindsey Freeman receives her certificate for victory at the 2010 East Midlands Championship (W55 class)



(Above) Paul Murgatroyd receives his trophy from LOG chairman, Sean Harrington, following his 2010 East Midlands Championship win (M40 class).



LOG WINNERS!!!

ED'S BIG BIT



It's been a busy few months on the national O scene. All the British Champs races have finished now for 2011, with the sprints and middle down South and the Long and Relays in Sheffield, and the highlights for me included qualifying for the A final in the M40 class for the sprints (shame I screwed up the final...) and being part of the relay team that went one better than last year in finishing 5th. Edging closer to that elusive podium! It was also great to see a strong turn out from the club, with many of the National members running on at least one of the days in Sheffield and to field our first

junior team as a club was great to see. With two of them being eligible for another 3 or 4 years in the mini-relay class, there's promise for the future!

As far as events coming up, we have the second Lincolnshire Challenge Shield taking place soon, and more about this can be found later in the newsletter. Put it in your diaries—29th June (my birthday too!) - at Cleethorpes Country Park. We need a strong turn out to bring the shield back to its rightful home! We're also looking to put out a couple of teams in the Harvester relays in Sheffield, which will be our first outing at this event since it was held at Pillar Woods back in the early 2000's, and this will be a great opportunity for an overnight social. Ally and Sean are set to lead the way on the drinks front....

The Nopesport league has been a relative slow burner this year, with only a few events and most of these taking place in far-flung corners of the British Isles, but Nottingham in early June sees many LOG'ers making their way across to get their urban season underway in earnest, following a Bank Holiday warm-up around Ripon and York.

Finally, I've just signed up for the Jukola in Finland, after hearing so much about it from Jon Musgrave when he mapped Stapleford last year. I'll be going out with the South London club and it's going to be an incredible experience. 1500 relay teams running through the night and into the early morning—it doesn't get much bigger than that!

Paul Murgatroyd

Chairman's Sound Byte



The Community Participation Project is a relatively new initiative being rolled out by British Orienteering at the moment and. With this in mind, we invited Pauline Olivant along to a recent committee meeting to tell us in more detail what the Project was about and how we might become involved as a club.

BO are trying to encourage all clubs to have a regular meeting at a set venue to encourage new members, and especially juniors, to try out the sport and hopefully to become members of the club in the long term. At the moment, if we do not have an event on a Thursday evening, we replace it with a training night based around Lincoln. Currently this is at various sites and, due to the people that normally turn up, is based around experienced orienteers. Whilst this ticks most of the boxes it does not fully encompass what BO is trying to achieve.

Therefore the committee is looking for someone with a bit of spare time to take a lead on this project. There are various options that could be considered. For example, we could look at expanding the Thursday night to include both training for the more experienced orienteers and also a session for beginners. Another idea could be to run it on a different night, or even a Saturday morning, based in a new location, so it could be at Stamford, Bourne, Grantham or any other of the larger conurbations covered by LOG.

There are funds available from BOF to pay for things like the hire of the venue and the general running costs of these sessions. Therefore, please could everyone have a think about whether they would be interested in helping the club out by becoming involved with this project and, if so, please contact any committee member if you would like more information.

On the orienteering side of things the club had a good turnout at the British Champs at Sheffield, probably the best ever. By what I have heard the relays on the Sunday were the highlight of

the weekend and more can be seen on this later in the newsletter.

The Summer Series is nearing the half way mark, with the first 4 events completed, we have again been getting a good turnout at the events with over 80 people, including a large group of noisy cubs competing at the latest event at Belton, which proves there is still a great demand for local fixtures.

For anyone who does not know, and with Ally's grapevine, how can you not, a group of us are entered for the city races at Ripon and York on 29/30th May, with an overnight stop in York on the Sunday night. Ally is organising the night out in York, so watch this space for reports of the trip. There is still time to get involved if you have not yet entered either of the events—just drop us a line!

Finally, please make sure that you have put Sunday 4th September in your diary, as this is the date of the annual Lincoln City race and I will shortly be chasing up volunteers to help on the day.

Sean Harrington

FUTURE LOG EVENTS

- 07.04.11—28.07.11 *Summer Series 2011*
- 26.05 Training Session - *Hartsholme Park* - Technique
 - 02.06 **Summer Series #5 - *Stapleford Woods (Clare Hanna)***
 - 09.06 Training Session - *Stapleford Woods* - Technique
 - 16.06 **Summer Series #5 - *Grantham Town (Jeff Baker)***
 - 23.06 Training Session - *Hartsholme Park* - Fitness
 - 29.06 **Lincs Challenge Shield—*Cleethorpes Country Park***
 - 30.06 **Summer Series #7 - *Riseholme Park (Hayley Fox)***
 - 07.07 Training Session - *Riseholme Park* - Technique
 - 14.07 **Summer Series #8 - *Stamford Town (Dave Denness)***
 - 21.07 Training Session - *Riseholme Park* - Fitness
 - 28.07 **Summer Series #9 - *West Common (Ally Wright)***
 - 04.08 Training Session - *West Common* - Technique



CLUB KIT



We're still collecting orders for the new club 'O' top, during the rest of the summer series, and aim to have it delivered for the CST final at Longshaw later this year. The top has been designed with the next year's 25th Anniversary in mind and is being produced by Kukri, the same company who have made the t-shirts and hoodies for us.

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

It's retailing at £25, with the committee deciding to subsidise the top to keep it as cheap as possible for the membership. There are two fits—a loose, t shirt style and a sleeker, slim-fit design, and there are samples available at all the remaining summer series events, up to and including Stamford, for you to check out the quality and sizing (they run from XXS to XXL).

LOG SUMMER SERIES 2011 – REPORTS

1. 7th April—South Common, Lincoln (Planner: Andy Lucas)

For the second year running I had been given the honour of planning the opening event of the LOG Summer Series. Usually, my initial thoughts (after accepting the "invitation") are along the lines of "How can I make this different", "What can I get away with", "Can I avoid too many dog-legs", and "How many times can I get them to run up the common" etc. For this event though, my thoughts were elsewhere, and along the lines of "Can I manage to plan an event and not have any controls nicked or knackered"! Last year, despite going out armed with a cordless drill to secure a couple of fixings for the Gripples, two controls were still wrecked. So the challenge this time was to plan courses what weren't all fence corners & trees, but where the controls could be secured and varied. Several trips to the common followed, and the routes seemed to materialise. A few control sites were going to be difficult to secure, so out came the thinking cap again, along with hacksaw, brazing torch, big hammer, LOG Visa card etc. and half a dozen "dog stay" control securing devices were formed. A final trip to the common with my trusty cordless drill, screws & brackets would ensure all control sites as secure as I could make them. What could possibly go wrong? As it happened, I came across the first potential thief as I was setting the course out. As soon as my back was turned, the villain was trying to have one of the controls away. The horse in question was black & white and out to cause trouble for the rest of the afternoon/evening! Its next attempt to cause mayhem saw its attention turn from the controls to the maps. Luckily I just managed to spot it with most of the Technical maps in its mouth before it hot footed its way across the common. Still out to cause trouble, it had a good chew at Jeanne's bike seat before being moved on again. It was then that I realised placing the finish control at the horse trough probably wasn't my smartest decision. There was an excellent turn out for the event, with over 50 competitors enjoying the early summer sunshine. The RAFO contingent dominated the short course with Tom Theobald narrowly beating Jacob Pulling by 12 seconds. Kevin Kirk also narrowly beat William Parkinson by only 18 seconds on the long course. Paul Murgatroyd stamped his authority (& intentions) on the technical course winning by over 2 minutes. Finally, I owe a big thank you to all those willing volunteers who cleared up after me. Some of you will realise that after setting the course up and manning the start, I had to disappear, leaving others to collect in and pack away - Thank You all! And in case you were wondering, all controls were returned, undamaged. Mission accomplished!

2. 21st April—Ostler's Plantation, Woodhall Spa (Planner: Liam Harrington)

On another warm spring evening the second race of the summer series was held at Ostler's Plantation, just outside Woodhall Spa. 56 competitors ran in the event, another strong turn-out for the series which grows from strength to strength. The short course of 2.2km saw the RAFO cadets taking the top 6 places, with Georgia Davey winning in 15:29 and Andrew Oxby second, only 30 seconds behind and young Monty-Parker-Pilsworth just a further 8 seconds back from there. Mike Capper of WAOC took the top place on the 6km long course, two minutes clear of NOC's Robert Parkinson, with Stephen Barnett heading up the RAFO cadet challenge in third. The technical was a testing map memory course for the more experienced orienteer's and it claimed many a scalp. LOG's VC, Paul Murgatroyd, took his second top place of the series, having an easy win by over 11mins. Young LOG flyer, Craig Lucas, had the best run of the night (and of his burgeoning O career!) to finish second, beating many experienced runners including his dad Andy, who wasn't happy about it at all, even mentioning not bringing him any more.... Third was Amanda Roberts, two minutes back from there, enjoying a rare podium place at the summer series. Team Merlin (Andy Furnell, Tanya Taylor and Milly Beach) have taken the early lead on the team event, with all 3 having made both events.

3. 5th May—Chamber's Farm Wood, Wragby (Planner: John Mather)

Following the untimely retirement of Dr O. Rear-Enteer, our new glamorous Agony Aunt Moscow da-Silva is here to answer all your orienteering dilemmas.

Dear Moscow, Last year, when John Mather organised the Sleaford event, the on-line map sent me to the wrong part of town. This year, on John Mather's event, the on-line map sent me to a farm in the middle of nowhere. What's going on? Lost-O. Dear Lost-O, It's a new type of Summer Series Tech course called Car-O. If you can make it to the assembly area before 7:00pm then you get 50 points. Not everyone got 50 points at Chambers Farm.

Dear Moscow da-Silva, I paid my £2.00 but I had to use someone's second hand, sweaty, grubby map. What's going on? Liam-O. Dear Liam-O, stop moaning – it was your Dad who said no-one would turn up at Chambers.

Dear MdS, can we go in the other bits of the wood next time we go to Chambers? Keen-O. Dear Keen-O, much of the rest of the wood is full of fluffy animals and pretty flowers and the Powers that Be don't want Orienteers trampling all over them. Maybe if the general public hadn't got so agitated and the Forests were all privatised then we might have been able to. But they did, so we can't.

Moscow, Why couldn't I find control 6? Fox-O. Dear Fox-O, Orienteering is such a troublesome sport – the brambles and nettles play havoc with one's complexion, the mud is not the sort one would use for a face-pack, after a long hard one, one usually ends up hot and sweaty and, of course, one sometimes ends up lost. I fear that this may be what happened to you.More from Moscow da Silva some time soon...

4. 19th May—Belton Woods, Grantham (Planner: Anne & Geoff Gibbs)

By coincidence race #4 at Belton Woods was run in the official 'Be nice to nettles week' and there were lots of Belton's special 'Spikus Venomi' around to enforce it. The wise and knowing wore two pairs of trousers, coz', if the nettles didn't get you, the barbed wire would. We thought barbed wire would affect route choice but apparently we were wrong. The weather was great and by the time our computers were set up there was a queue waiting to register. RAFO had arrived in force, but the Caythorpe Cubs outnumbered them. It looked like there would be a shortage of maps but in the end we just about managed, we'd printed 70 maps and had 67 entrants. On the Short course the enthusiasm of Caythorpe Cubs groups could be heard from the start until they hit the climb up to Belton Tower, then silence. Monty Parker-Pilsworth and Georgia Davey, both of RAFO, took first and second places respectively. The Long course included some route choice, nettles and more hill work. Will Parkinson (NOC) gained first place with Kevin Kirk (RAFO) only a little over a minute behind him. On a line course at Belton the only way to make a long course technical, is to make control approaches more difficult, i.e. more undergrowth if you want a direct route. Justin Williams (LOG), immune to the nettles, came home in first place, with a determined Jeanne Gaudin (LOG) finishing second. There was lots of discussion in the pub afterwards and I'm sure there will be more to come. As for us, that's enough rambling on for now, tea is ready - - it's nettle soup !!

LOG SUMMER SERIES 2011 – TABLES

Short (Top 5)

Pos	Name	Club	Age	Sc	Op	Cw	Bw	Total
1	Milly Beach	RAFO	W16	45	46	-	45	136
2	Anne Gibbs	LOG	W65	40	43	50	-	133
3	Geoff Gibbs	LOG	M65	44	37	48	-	129
4	Russell Kirk	RAFO	M16	-	40	42	36	118
5	Georgia Davey	RAFO	W18	-	50	-	49	99

Long (Top 5)

Pos	Name	Club	Age	Sc	Op	Cw	Bw	Total
1	Robert Parkinson	NOC	M50	47	49	48	46	190
2	Joanne Nell	RAFO	W45	46	42	45	47	180
3	Andy Furnell	LOG	M45	41	36	41	35	153
4	Will Parkinson	NOC	M16	49	-	46	50	145
5	Kevin Kirk	RAFO	M18	50	40	-	49	139

Technical (Top 5)

Pos	Name	Club	Age	Sc	Op	Cw	Bw	Total
1	Paul Murgatroyd	LOG	M40	50	50	50	47	197
2	Jeanne Gaudin	LOG	W21	46	41	47	49	183
3	Micheal Nell	RAFO	M60	36	46	43	44	169
4	Amanda Roberts	LOG	W45	42	48	38	40	168
5	Sean Harrington	LOG	M50	38	45	39	35	157

Team Name

Members

Team Score

Merlin	Furnell/Taylor/Beach	472
Marsh Harrier	Barnes/Gibbs, A./Davey	371
Buzzard	Gaudin/Stevenson/Kirk, Ru.	346
Eagle Owl	Nell, J./Lockie/Bates	344
Sparrowhawk	Roberts/Lucas, C./Fougo	330
Bald Eagle	Nell, M./McNab/Hutchinson	325
Kestrel	Murgatroyd/Whelton/Pulling	324
Golden Eagle	Edwards/Baker/Stephenson	323
Goshawk	Harrington, S./Street/Fletcher	313
Hobby	Hanna/Theobald, T./Wright	293
Hen Harrier	Lucas, A./Gibbs, G./Oxby	273
Osprey	Wright/Wheeler/Kirk, K.	259
Peregrine	Harrington, L./Mylett/Goodacre	246
Red Kite	Fox/Theobald, M./Fortune	196
Sea Eagle	Mather/Bumfrey/Barnett	182



HALO POACHER SERIES 2011

Remaining Fixtures

7. Wed 26 May **Spur Chase Woods, nr. Humberside Airport** [TA133118](#) *Planner: Brian Slater*

Several plantations with adjoining grassland, another part of the Yarborough Estate. From the crossroads of the B1211 and B1210 just north of Brocklesby Village, travel SW along the B1210 for 500m. Turn right (NW) down farm track.

8. Wed 1 Jun **Brompton/Halliday Hill, Gt. Limber** [TA119062](#) *Planner: Neil Harvatt*

Mixed woodland, part of the Earl of Yarborough Estate. At Grasby Bottom xroads, 2 miles NE of Grasby and 2 miles SW of Limber, travel SE towards Caistor for 250m. Turn left (ESE) down unvene track for at least 1km.

9. Wed 8 Jun **Pillar/Cabourne Woods, Caistor** [TA128035](#) *Planner: Peter Kullich*

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

10. Wed 15 Jun **Otby** [TF123948](#) *Planner: John Fullwood*

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

11. Wed 22 Jun **Swallow Vale, nr. Swallow Village** [TA174043](#) *Planner: Pete Harris*

Mixed wooded glacial valley with adjoining open areas, part of the Earl of Yarborough's estate. From the A46 crossroads at Swallow take the Limber road NW for 1 km. Turn right towards Swallow Vale Farm for 500m. **Including Series Trophy Presentation.**

POACHER—LATEST TABLES & LOG RESULTS

Long Course

	NAME		1	2	3	4	5	6	7	8	9	10	11	Total
1	Liam Harrington	M21	49	50	49	50	50	50						298
3	Paul Murgatroyd	M40	50	49		48	49	47						243
16	Andy Furnell	M45	26	28	28	26	27	28						163
18	Sean Harrington	M50	31	35	0	29	36	30						161
41=	Sarah Edwards	W21		40										40
44	Amanda Roberts	W45	30											30

Short Course

	NAME		1	2	3	4	5	6	7	8	9	10	11	Total
22	Kaele Pilcher	W50			37	35	42	28						142
44	Deborah Clark	W40				16		25						41
49=	Clare Hanna	W45	0											0

HALO POACHER – REPORTS

1. 13th April—Mausoleum Woods

LOG and SYO are pushing the HALO's lower, probably around our necks, on the 'Long Course'. 11 seconds splits LOG's 2 top runners, Paul and Liam, whose relationship is coach/coachee. In 3rd place, Zac, who runs for England, managed to push his dad into 4th place by a massive 4 minutes. Top lady, Charlotte, who also runs for England, was just 5 minutes in front of Helena, last year's women's champion. Also, incidentally, as Paul Murgatroyd approaches the 'vets', we may be considering moving the age class to the M/W50s class to keep the 10 year range (a logical step if you ask me); but, we are willing to listen!!!!!!!!!!!!!! Apologies to Clare Hanna, who was timed out, not realizing we were collecting controls early because of impending nightfall. Thanks to the unsuspecting kite collectors from LOG who did a very quick and efficient job.

2. 20th April—Nettleton Woods

Many thanks to Sam and Dave Offler for putting on some good courses in wonderful weather. Starting from the South end as opposed to the North end of last year does give a different perspective. Personally, I was pleased to see Sam used my distinctive tree for Control 10 on the long course, although the debate continues to rage as whether it is a tree or a bush. Likewise, Control 7 on the long course is also considered by some to be a bush despite the fact that is a 40ft high holly tree! On to the results: The top 5 on the Long Courses were streets ahead of the rest of the field. The LOG lads Liam and Paul setting the pace closely followed by a pair of Fields with Neill hanging on in there despite conceding many years. It would be interesting to see where Dean lost the two seconds to Paul.

3. 27th April—Elsham

A few "slight problems" on the night didn't detract from the evening's entertainment. The weather was fine, although the low sun caused visibility problems with the later runners. Paul sent the Short course off to the East and up the hill, and made the Long course runners go to the far West and then across the motorway. The Long course honours went to Martin Smith, ahead of Liam Harrington and Lewis Tuck. For some reason my courses in the computer didn't match those set by Paul, so all finishers were shown as mis-punches and no results were available on the night. Fortunately now fixed. Come back Brian!!

4. 4th May—Cottager's Dale Wood

With many of the big guns returning from the Jan Kellstrom 3 day International Event in Northern Ireland, mega points were much harder to obtain than at last week's Poacher at Elsham. HALO's supremo Brian Slater undertook the task of planning the three courses. Once discounted as too small for a Poacher event, the wood came into its own with the advent of electronic punching. The recent warm weather has encouraged vegetation growth necessitating double leg cover for some experienced campaigners to avoid that stinging feeling for the ensuing 48 hours. Some thinning by the Earl of Yarborough's Forestry Department had opened up some of the top end of the wood. On a perfect sunny May evening, Washingborough's top LOG runner, Liam Harrington, returned to form to record maximum points on the Long course, well clear of Junior International Zac Field (SYO) in a fine second place.

5. 11th May—Willingham Woods

Tonight's event started at the north end of the wood for the first time in 20 years. This allowed the planner to give a different perspective to the familiar Willingham Woods area. As the evenings are lighter for longer, some of us appear to be getting greater value for money by taking significantly longer to complete our courses. The leaders on the long were heard to say that their course favoured the navigators after previous week's top performers spent some time looking for number 96 (control 2) (*This leg ended up being voided*). Initially, LOG's Paul Murgatroyd returned to winning ways, whilst experience was clearly an advantage as previous Masters Champions Dean Field and Neil Harvatt recorded their best results of the series so far, but following the voiding of the faulty leg, Liam Harrington took first, with Paul in second. On the short, Kaele Pilcher showed herself to be a challenger for the Ladies Trophy, with a superb fourth place (although this changed to 9th following the voiding of the troublesome leg!!).

6. 18th May—Hendale

Over 70 competitors turned up at Hendale, continuing to prove the popularity of the Poacher series. They were treated to three top courses planned by Pete Shew who made excellent use of the area, although some of the older competitors were heard moaning about the long leg towards the end of the long course. They clearly didn't appreciate the route choice opportunities that this leg presented.

The leader board this week had a very similar look about it as the winners of the three courses were the same as last week at Willingham. On the Long course Liam Harrington scorched round four minutes quicker than the rest of the field to secure his fourth victory of the season. Zac Field was second with Neil Harvatt third – his best finish this year. There were calls for Neil's disqualification when it was discovered that he had forgotten his own shoes and borrowed Pete Shew's shoes and that these shoes had been out on the course previously and knew their way round!

EAST MIDLANDS LEAGUE 2011

EMOA League— Remaining Fixtures 2011

19th June	Burrough Hill (LEI)	??????????????	Carsington (DVO)
9th October	Outwoods (LEI)	18th December	Walesby (NOC)
23rd October	Bramcote (NOC)	28th December	Willesley (LEI)
13th November	Byron's Walk (NOC)		

After 8 events, the league reaches its half way point, with many LOG & RAFO members in contention for podium places at the end of the year. Paul Murgatroyd currently heads up the Brown table, Maria Lockie and Luke Fortune are in silver place on their respective courses and Russell Kirk, Heather Stacey, Michael Nell & Dave Denness are holding onto bronze in their classes. Burrough Hill next...

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

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Best Eight	Position
Yellow	Russell Kirk			303	463	381	205	393									1352	3rd
Yellow	Michael Theobald				1000			440									1440	4th
Yellow	Ben Mather			529	448	292											1269	5th
Yellow	Andre Fougo			436	661												1097	6th
Yellow	Alex Kenneally					415	236										651	7th
Yellow	James Thompson			311			251										562	8th
Yellow	Maria Lockie			1000	728	1000	609										3337	2nd
Yellow	Rachel Kirk			619	398	425		138									1580	5th
Orange	Jacob Pulling			532	392	716	697	378									2718	4th
Orange	Alex Wright				984		971										1955	6th
Orange	Heather Stacey			539	411	784	482										2400	3rd
Lt Green	Luke Fortune			517	922	655	999	770									3863	2nd
Lt Green	Andrew Oxby				749	566	703										2018	5th
Lt Green	Hannah McNab			978	879		1000	1000									3857	4th
Lt Green	Bella Williams				1000	745											1745	10th
Green	Kevin Kirk			484	693	701	648										2526	16th
Green	Martin Wheeler				739	816			812								2367	19th
Green	Glyn Mayley			512		698			596								1806	26th
Green	Philip Denness						596		731								1327	43rd
Green	Sarah Edwards		573		839	813											2225	15th
Green	Hayley Fox		421		811	768											2000	17th
Green	Sarah Fletcher			454	771		622										1847	21st
Green	Trudy Crosby					922	828										1750	23rd
Green	Karen Williams				875	838											1713	24th
Blue	Michael Nell			910	805	846	876	809									4246	3rd
Blue	Sean Harrington			691	655	674											2020	31st
Blue	Clive Street	823				972			902								2697	22nd
Blue	Joanne Nell			757	946	935	879	765									4282	4th
Blue	Tanya Taylor		854			803	904										2561	7th
Blue	Jeanne Gaudin		671		879	874											2424	10th
Blue	Alison Wright			587	683	587											1857	12th
Brown	Paul Murgatroyd		777	973	958	993	939	865									5505	1st
Brown	Dave Denness			834	888		779	761	786								4048	3rd
Brown	Liam Harrington				807	824	808										2439	12th
Brown	John Mather			778		714	684										2176	17th
Brown	Charles Nell			759				609									1368	26th

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

THE FUZZ ON TOUR 2011

Hayley Fox & Sarah Edwards write:
The small, but seemingly enthusiastic police orienteering group, hold an annual championships, and on investigation we thought this would be an extra opportunity to get some orienteering in and a trip out. The last event being held at Blidworth Woods, we weren't expecting to need an aeroplane to get there. However this year happened to also be the European Championships, a two-day event in the Mourne Mountains in Northern Ireland. Here we go....

26th April 1537 hours

We're at the airport having very expensive drinks and discussing our aims for the week, which are as follows.

1. Don't come last (Hayley & Sarah)
2. Don't get blown up (Hayley & Sarah)
3. Find all the points (Hayley & Sarah)
4. Complete at least one course in less than two hours, a tall order with my past record on blue courses (Hayley)
5. Complete course one in under one hour and quarter and course two under two hours (Sarah)

I still have my money on Sarah winning, but it doesn't seem quite real and I'm wishing I had been able to bring two pairs of trainers.

26th April 1610 hours

Sarah's checking out the competition and start times and I've got an hour head start on day two which hopefully I'll be back at the car before she reaches the finish.



Day 1 — Slievenagore (Middle distance race, Blue course 4.5km 245 climb, 14 controls)

27th April 0741 hours

I need more sleep! This is a very long way to come to run around a bit to then go home again. Why????

27th April 0941 hours

19 minutes until the mini bus leaves to the registration area. I'm trying to remember that we are here to have FUN!

Currently having a lot of trouble with this concept. It shouldn't be any different to any other run, but it is in a 'we've taken four days out of work/home and travelled on an aeroplane' kind of way.



27th April 2022 hours

Reflections on the pre-race race: Five Police Sport UK competitors became four, as our roomie decided after a six year break that blue would be too much and she opted for the long orange course. The 1km walk to the start was more like 4kms uphill and I missed my allotted start time, so had to join the queue. Luckily it was a punching start, as I started 19 minutes late. Taping up my shoelaces seemed like a great idea until my shoe came off in a bog. Having retrieved it I couldn't get it back on as the laces wouldn't undo. Faced with three more controls in heather coated mountains I persevered and rammed it back onto my 'bog foot'. Stunning if slightly bleak scenery, some runnable, some just plain tiring terrain, all in all I was just happy to finish and that we'd beaten one of the other 'blue course' PSUK females.

When I finished, I was quite pleased with my run, but surprised to see Sarah waiting at the finish. She was convinced I'd beaten her, so I was a little disappointed that, after thinking that might be the case during the ten-minute walk back to download, she'd beaten me by 22 seconds. But then I was really chuffed that it was only 22 seconds and not 22 minutes. I think this is my best run on a blue course, and it could be my first blue standard.

Day 2 — Meelmore Long Distance Race, Blue course 6.2km, 335m climb and 17 controls

29th April 1420 hours, at Belfast City Airport

Reflecting on yesterday...Thrilled that you could see a tiny speck, control one on the mountain from the car park. The walk to the start was only ten minutes long, so far better than on day one. Sadly from the start point control one was now nowhere to be seen due to the ridged terrain. I spent the night before worrying that our roomie, (now back on the blue course & a seasoned fell runner although with a lack of recent O'ing experience) was due to start 3 minutes after me and I was convinced that she would tail me and then run past at the finish.

I went first with nearly an hour between us. We thought Sean had been in contact with the organiser! I was going reasonably well until control four. Lacking in confidence and thinking I'd overshot the control, I turned around and went in the opposite direction, to only then realise I was on the right course in the first place and not actually that far from the control. If only the rest of the day had gone so well.



I was still sunning myself in the car park, setting off 40 minutes after Hayley. I found the steep mountainous terrain a massive challenge in addition to the navigational test thrown up by the bleak landscape. As I wandered the hillside, desperately seeking control 7 in yet another boulder field, I found another lost soul and we became a bit of a pair, dragging each other along. Controls 11 to 14 were a huge loop up to the top of what seemed like the tallest mountain in the world, around the summit and back down. Watching a boy of about 14 years run past me

as I lurched towards the top with my new chum did nothing for my morale.

After control 4, things went o.k.. The mountain vegetation was much more conducive to a gentle jog, although the gradient made this a little treacherous at times. The long drag up the mountain seemed to take its toll on all competitors, with most doubled down at the waist to control 11. After my relative success yesterday I was feeling positive about being under two hours. However then the mountain took revenge.....

A compass bearing that had been working reasonably well, combined with reading the contours, took me to the wrong side of the mountain. All you could see is mountain in all directions and no people! This was confirmed by the orientation of the forest on the far edge of the map. Things weren't getting any better as I found a control. Control 13 - but I was looking for control 12. Excellent compass work took me back to control 12 and then returning to control 13 and 14 before heading down towards 15. I was feeling marginally better and then disaster - a 39 minute leg up and

down a stream, first thinking I gone too far up, and then not far enough up. I got an approximate location and headed back up the stream, struggling with the additional unmarked streams and marshes. I got to what I thought was inside the circle and could see no control flag. Just as I spot a familiar figure coming down the mountain, I find the control. Hallelujah.

'That person in the stream has the same top on as Hayley. They also have the same hair. Noooo! It can't be!' Finding Hayley at the control was not part of our plan to do well in this event (and no Sean, it wasn't so we could run around together!). I was dismayed to see her as I thought it'd be her turn to be sunbathing in the car park by now. Still joining me and my new friend, Clive, we all lurched up the last summit together and the finish was almost in sight. A final burst at the end saw the three of us over the finish and pouncing on the water for a much-needed drink.

So our aims...

Most importantly we didn't get blown up, despite being in what a local cop called "bandit country- don't tell anyone here you're cops!"

We both found all the points and

Hayley even found some bonus controls!

First race was finished in less than 1 hour 15 minutes with only 22 seconds between us

Neither of us came last out of the PSUK competitors, and I was thrilled to come third of the PSUK women having only ever participated in two events by this time last year.

The mountain didn't defeat us, though for me it was a very steep learning curve (pardon the pun).

We learned that orienteering in these conditions is as much about fitness as navigational skill, that we should have worn sun cream, taping your shoelaces is great for the race, but not for getting into the shower that this ▲ is a boulder field, not a boulder. And I'm still left puzzled why my navigation can go from 90% right to 90% wrong in two controls.

Overall the orienteering was fun and challenging, the location was magnificent, we did enjoy it - but don't ask for a cream tea in a café and expect to get anything other than a cup of tea & a jug of cream! Bring on next year!

Hayley & Sarah

LINCOLNSHIRE CHALLENGE SHIELD 2011



This is to inform members that the date and venue of the 2011 Lincolnshire Challenge Shield has been announced. It will be hosted by HALO on Wednesday 29th June at their evening event at Cleethorpes Country Park.

This is an inter-club competition, held on an annual basis, between the two Lincolnshire clubs (LOG and HALO), 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. Last year saw the inauguration of the competition and was held at the

University in Lincoln.

The format is for both clubs to provide a 'team' for 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 is 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.

At the inaugural event in 2010, HALO triumphed and we're looking for as many members to travel to NE Lincolnshire to wrestle back the trophy—put it in your diaries and come and support your club! It should be a great social event too, with talk of Sean treating all those running for LOG to fish and chips on the seafront afterwards....

Paul Murgatroyd

BRITISH LONG CHAMPS & RELAYS 2011

Following the British Champs weekend, the editor managed to garner a few reflections from the assembled LOG'ers on their experiences. Their thoughts are as follows:

Lindsey Freeman: Had a good time, just wish the brain had been working, I reckon I lost about 15 minutes overall which still wouldn't have secured me first place but would have been a little more respectable. I found the initial area, Greno Woods, tough going and features hard to come by, I'd like to blame my compass and the undergrowth, but suspect it was my usual 'run in the direction and sort it when you get there' type of approach. Very sad that we didn't get to run on any of the complex open area that also forms Whernside, bet that was reserved for the youngsters - drat!



Hayley Fox: Today felt like it was a better run than last year's relay, despite the normal mistakes. So it was a bit disappointing to look back over last years results and find I was slower and comparatively slower against others on the same course. I had some noticeably good splits, unfortunately these followed the three biggest mistakes which resulted in finding the next control and not the one I was aiming for,

i.e finding control 2 before 1, 8 before 7 and control 15 before 14!

Too many paths at the start caused confusion, and the intricate contours that don't make an obvious hill also caused problems on controls 7 and 14. Although not totally reflected in the split times, navigationally controls 4, 5, 6 and 11 were particularly strong, using a combination of linear features and attack points. Attacking by compass still needs some work, as does the appliance of science, as route choice and attack points appear on paper to be fine, but the application is still a bit of a lottery.

Clive Street on Wharnclyffe: Catching up with Dave Denness, then trying hard to pull away, thus forgetting in my haste on more than one occasion the essential principle in O which is, er yes, to navigate; rediscovering that, when in Yorkshire, "rides" often are a wet and bumpy combination of mud, brashings, and three foot deep ruts - maybe closer to a first world war trench experience than a verdant, grassy promenade; lovely; the joy of "doing it right" and dealing with the complex bits on the scarp, largely, cleanly; pleasure for my son Tim in his 3rd place on M21L (for HH)

& on Tankersley: watching the M/W10- mini-relay start - doesn't seem long since my two boys were in that mad dash to the start kite before looking at the map to see where they're going; enjoying the lively atmosphere, watching the other LOG runners sprint through the spectator control; discovering that the "advanced technology" of multifocal contact lenses (don't ask me to explain how they work, my optician tried to, once) can fail - I

discovered on opening up the map that - bit of a snag - I couldn't actually read it. A definite drawback to age, Paul, even though you do avoid the 1:15000 maps! :-)) All in all a very enjoyable weekend and reminded me why I love the big events. Would have been good to see a few more from LOG there.



Ally Wright: Tankersley Woods, not an experience I would like to repeat. However, one I can really learn a lot from, including never to succumb to the VC's emails regarding relay events again! I would like to go back to the area for training and further races, as I'm not used to such a technical area and I did enjoy the course at times. The pressure of relays is not for me though, I much prefer plodding and exploring the wood at my pace without the pressure of being in a team.

John Mather: Some one-liners from the Mather contingent:

John: Saturday - long, hard, challenging; Sunday - excellent fun

Ben: Saturday - cold; Sunday - too short

Hannah: Best String Courses yet - real dibbers and sweetsies.

LOG RESULTS (INDIVIDUAL & RELAY)

CLASS	POS	NAME	TIME	CLASS	POS	NAME	TIME
M10B	3	Benjamin Mather	66:51	MShort	5	Purple Imps	93:15
M21L	9	Liam Harrington	123:57			(Liam, Paul, Justin)	
M35L	26	Jonathan May	143:40				
M40L	35	John Mather	146:00	MShort	24	Yella Bellies	120:59
M40S	rtd	Paul Murgatroyd	rtd			(Terry, Michael, John)	
M45L	12	Justin Williams	80:49				
M50L	35	Clive Street	94:47	WShort	20	LOGHerRhythmics	138:26
	43	Dave Denness	102:56			(Karen, Jo, Hayley)	
W10B	7	Hazel Williams	47:44	WShort	rtd	LOGirls	rtd
W14A	20	Bella Williams	82:14			(Jeanne, Ally, Andrea)	
W21L	14	Jeanne Gaudin	109:27				
W40L	23	Karen Williams	116:10	Mini	DSQ	Little Imps	51:28
W55L	17	Lindsey Freeman	86:54			(Bella, Ben, Toby)	

FITNESS FOR ORIENTEERING

Having outlined, through a series of articles over the past year, the essentials of designing and conducting an orienteering-specific fitness training programme, our attention turns now to covering a range of topics that will focus on further enhancing the development of the orienteer's physical conditioning. In this issue, we focus on warm-ups...

One of the most controversial topics in the field of strength and conditioning over the past twenty years has been that of warming-up prior to training and competition. Much of the debate has focussed on, firstly, whether warm-ups actually provide many of the physiological and psychological benefits proposed by coaches and athletes, and secondly, what is the most effective method of warming-up. The traditional warm-up, consisting of a period of gentle cardiovascular exercise followed by several minutes of static stretching, has been the focus of much criticism from the scientific community in recent times, with the use of static stretching, in particular, coming in for a good deal of criticism, and this has led to a number of new proposals for how to warm-up more effectively. This article will look at the research behind warm-ups and suggest an orienteering-specific routine, on the back of this work, which aims to prepare the individual for training and racing in an optimal fashion.

Traditional Warm-Up

For many years, coaches and sport scientists advocated a warm-up routine that began with general cardiovascular exercise, usually of around 10-15 minutes in duration, and which, for orienteers, consisted mainly of jogging and building up gradually from around 50% to about 75% heart rate maximum. This was then followed by a period of stretching, mainly static, and focussed primarily on the key areas around the lower body, such as the calf, hamstrings and quadriceps groups. Stretches would be held for a period of about 10-20 seconds and repeated two or three times on each muscle group.

The belief here was that the cv aspect would stimulate blood flow to the periphery, increase muscle temperature and enhance free, co-ordinated movement (Smith, 1994) and static stretches would result in a short term

increase in the range of movement (ROM) at a joint or induce muscle relaxation and thus decrease the stiffness of the muscle-tendon system (Gleim & McHugh, 1997; Norris, 1999) but the scientific evidence supporting this approach was sketchy at best and, in many cases, based on supposition rather than proof.

In the last few years, the scientific community has begun to focus more attention on this area, something which has been long overdue, especially when considering the amount of time athletes have spent over the years warming-up and the fact that much of their practice was based on subjective opinion and trial and error rather than hard science.

Scientific Evidence

Summarising the key scientific research over the years is difficult, due to the many issues with the studies. Much of the early work was poorly conducted and controlled, with few participants and a lack of statistical analysis. The protocols used were also extremely varied, with different types (active, passive and specific) and structures (intensity, duration and recovery) of warm up, making it difficult to draw effective conclusions (Fradkin et al., 2010). Later research has focussed on reducing these variables and taking a more rigorous approach to data collection and analysis and a clearer picture is now emerging. The general view is that there is little evidence to suggest that warming up is detrimental to performance and Fradkin et al (2010) have reported that warm ups have, in thirty two, high quality studies, improved performance in '79% of the criterions examined'.

The general view emerging now is that these positive effects of a warm up can generally be attributed to temperature related mechanisms, for example: decreased stiffness, increased nerve conduction rate, increased anaerobic energy provision and increased thermoregulatory strain. Other non-temperature related mechanisms, such as increased blood flow to the muscles and elevation of baseline oxygen consumption have also been proposed as being activated by a general warm up procedure (Bishop, 2003). Whilst most scientists are now agreed that a warm up is generally beneficial to performance, debate re-

mains over the most effective method of preparing for competition.

Several investigations have cast doubt on the use of static stretching during warm ups, due to its potential for reducing performance on vertical jumps (Church et al, 2001) short sprints (Fletcher & Jones, 2004), reaction time (Behm et al., 2004), tasks requiring maximal voluntary contractions (Kokkonen et al, 1998), and, most pertinent to the orienteer, muscle strength-endurance (Nelson et al., 2005), balance challenges (Behm et al., 2004) and energy cost and running endurance performance (Wilson et al., 2010). Reduction in performance has been attributed to a decrease in muscle-tendon stiffness and strength (Kokkonen et al., 1998) or a reduced neural drive to the muscles which results in a decrease in muscle activation (Knudson et al., 2001). Static stretching can also significantly increase muscle soreness and damage, as indicated by elevated creatine kinase in the blood (Smith et al., 1993), and thus tissue damage is another possible cause of reduced performance.

It has also traditionally been believed that static stretching reduces the risk of soft tissue injury, but there is a growing body of evidence to the contrary (Shrier, 1999). Increasing muscle temperature through ten minutes of running has been shown to be as effective in reducing muscle stiffness and, potentially, increase the resistance to muscle tear (Young & Behm, 2002).

Before we consign static stretching to history, however, we should be mindful about some of the issues around the research in this area. Criticism has been aimed at previous studies that have utilised methods that do not reflect normal pre-competition practice. Some protocols had stretches over a thirty second duration, designed to elicit increase in muscle length rather than joint specific ROM, and used multiple sets for one muscle group, which is generally in excess of normal practice. The disproportionate time used for the stretch routines may have seen a significant reduction in core temperature of the muscles and result in the participant effectively 'warming down'. However, even allowing for some of these issues, it appears that static stretching has little use beyond

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aiding in an orienteer's psychological preparation and general routine.

The focus of the latest research has been on the more recently adopted approach to warming up, which involves dynamic activities and stretching methods. These could include active stretch techniques, involving movements performed in a controlled fashion through a large range of motion, or partner assisted stretching, as seen in PNF techniques. Evidence from a variety of sources (Fletcher & Jones, 2004; Fletcher & Anness, 2007; Little & Williams, 2006; McMillan et al., 2006 & Taylor et al., 2009) points towards significant improvements in performance measures following dynamic warm up methods. The reasons for this are primarily linked by the researchers to temperature related mechanisms and preparing the body for competition by increasing the specific ranges of motion required in the sport. Dynamic warm ups involving running drills, incorporating forward, lateral and change-of-direction movements, paired with dynamic stretches, have also been shown to increase oxygen uptake, lower lactate levels, raise blood pH and improve efficiency of thermoregulation (Church et al., 2001; Chwalbinska-Moneta & Haninen, 1989; Gray et al., 2007; Knudson et al., 2001 & Young & Behm, 2003). Although limited, there is also some evidence to suggest that dynamic warm-ups may help to reduce injury rates in sports performers (Knapik et al, 2003).

This research would indicate, therefore, that an active and dynamic approach to warming-up is the optimal approach to take for orienteers prior to exercise. However, the specifics of duration, intensity and recovery interval have yet to be scientifically established and there remains much more to be discovered in this field before definitive recommendations can be made. With this rider attached, we will now look at the current 'best practice' model for orienteers to adopt prior to training and competition.

Best Practice Approach

The warm-up should be divided into three phases, in order to cover both general and specific components, and these phases can be labelled: a) active warming; b) active flexibility and c) neurological preparation (Cone, 2007).

Phase 1: Active Warming

Here the main aim of this phase is to

achieve an elevation of muscle temperature, heart rate and oxygen uptake and consists mainly of low level, introductory activities. Walking to jogging, through to running and low level shuffling actions (eg. side to side running and crossover steps), enables a gradual and progressive increase in temperature of the core and mobilization of oxygen to the working muscles. This should last around 10-15 minutes in duration and be up to about

60% $\dot{V}O_2$ max in order to maximise the metabolic benefits of active warming (Gray et al., 2002).

Phase 2: Active Flexibility

Here the orienteer should look to maintain the effects of the active warming phase and also develop a state of musculoskeletal and neurological preparedness for the training or competition to follow. The focus should be on dynamic stretch activities that target muscles and actions specific to the exercise to follow.

The stretches used by the orienteer should consist of single to multi-joint movements performed at slow to moderate speeds, with the muscle and joint ROM controlled effectively by the individual to ensure that the increase in joint mobility is not undermined by the risk of injury. It is recommended that each stretch is followed by a short period of jogging to ensure that muscle temperature is maintained effectively. Below are examples of orienteering specific, dynamic stretch activities, with key technique points highlighted. There are many other dynamic stretch techniques available and the orienteer should choose those they feel most comfortable in performing with the correct technique. All of the stretches should be conducted as continuous movements, until the stretch is felt in the targeted muscle, and then released. The aim is not to hold the position for longer than a second or two, as this would take this into a static stretch. This phase should last around 5-15 minutes, with each stretch repeated a minimum of 5 times on each side of the lower body. Stretches are shown overleaf.

Stretch 1&2 (Ankle eversion/inversion)

Aim – To stretch outer and inner calf and mobilise ankle joint

Technique – Bring lead leg forwards and off ground. Turn foot outwards/inwards. Release and repeat on opposite leg. Keep upright and balanced throughout.

Stretch 3 (Ankle dorsiflexion)

Aim – To stretch lower calf

Technique – Take a half stride and sink hips downwards by flexing knees. Rear leg should flex to around 60 degrees and stretch felt in achilles area. Release and repeat on opposite leg. Do not bend forwards.

Stretch 4 (Hip extension)

Aim – To stretch upper thigh and hip flexors

Technique – Front leg should have 90 degree bend at the knee and the thigh in a horizontal position. Back leg should have the thigh in a vertical position, with knee close to 90 degree bend. Release and repeat on opposite leg. Keep upright in upper body.

Stretch 5 (Hip flexion)

Aim – To stretch upper calf and hamstrings

Technique – Extend the lead leg first and then sink the hips, keeping the spine straight and head up. Release and repeat on opposite leg. Do not bend over.

Stretch 6 (Hip abduction)

Aim – To stretch inner thigh and gluteals

Technique – Take a wide lateral step and lower gluteals towards the ground. Return to the start and repeat on alternate side. Do not bend at waist or lean forwards.

Phase 3: Neural Preparation

Whilst the neural impulse is naturally increased via activities in the first two phases, this final step for the orienteer is to target a further increase in specific neural preparation, particularly prior to a competition, so that the individual is fully prepared both physically and mentally for the race ahead.

The orienteer should return to jogging, in order to raise the pulse and oxygen uptake levels again following the dynamic flex phase, and begin to gradually increase the intensity of their efforts. A mixture of movements, specific to those in the training or competition, should be covered. As well as forwards running, there should be a mix of lateral movement (eg. side-to-side, cross-over steps) and these should become more explosive to replicate race conditions, where the orienteer will be moving quickly across varied and broken terrain. A 5-10 minute

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maximum period of activity at this 70-80% $\dot{V}O_2$ max level should mean that the individual is now primed for the event and arrive at pre-start ready to perform to their maximum ability from the outset of the race.

Usually there will be a period of recovery whilst the orienteer moves through the pre-start area, which will vary in length, and it is important that the competitor keeps as active as possible during this time, especially if conditions

are cold, in order not to lose the benefits of the warm up.

Conclusion

Hopefully this article has given orienteers much food for thought in the way that they warm-up prior to training and competition and that there are some ideas that you will look to build into your regular practice. Of course, the science here continues to evolve and there is still much within this field of study that remains to be proven beyond

all reasonable doubt. Static stretching before exercise will continue to have its advocates and, for some, there may still be physical and psychological benefits of pursuing this practice. However, I do hope that many individuals will, at the very least, begin to build in dynamic stretches to supplement their routines.

Next issue we will take a look at the practice of tapering.

Paul Murgatroyd



Fig 1. Ankle eversion



Fig 2. Ankle inversion

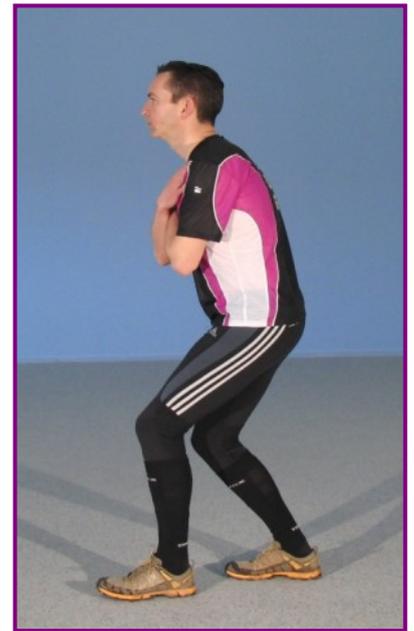


Fig 3. Ankle dorsiflexion

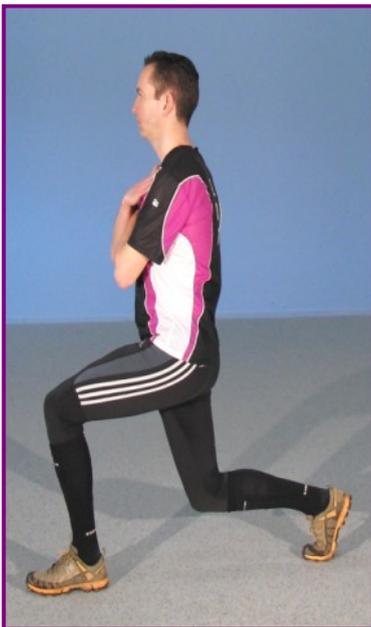


Fig 4. Hip extension



Fig 5. Hip flexion

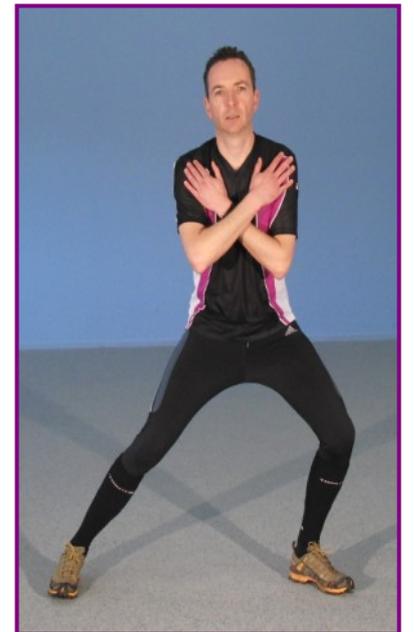


Fig 6. Hip abduction

Lincoln Orienteering Group Executive Committee Meeting – May 12th 2011

		Action
	Present: Sean, Paul, Amanda, Clare, John, Liam, Geoff, Ann, Michael, Jeanne.	
1.	Apologies for Absence: Ian, Andy, Ali, Hayley, Sarah.	
2.	Approval of Minutes of Meeting on 10 Mar 11: Agreed. Matters Arising: 2. Permanent Course at Hartsholme now mapped and equipment delivered. When posts all set up need to organise Opening Ceremony with possible score event with trophies.	SH to liaise with ID re Hartsholme Opening Ceremony.
3.	Treasurer's Report: The committee was happy with the treasurer's report. The insurance policy was coming up for renewal and an excess of £50.00 to pay on an insurance claim.	
4.	EMOA Report: The Yvette Baker Trophy final to be hosted by us in 2013 is probably being moved to July. Belton Park is a possible venue as it would have good spectator run-ins, parking would have to be looked at. A sub-committee would need to be formed and recesses of the 2011 & 2012 events would be made to help us with planning.	
5.	Junior Championships: To be put on the agenda for the next meeting as ID was not available.	AR.
6.	25th Anniversary Celebrations: It was agreed for the weekend 1-2 Sep 2012, tied in with the City Race on Sun morning. The Sheffield Sprint relay on Sat morning would attract more competitors to the area. It was decided to arrange a free event at Riseholme on the Sat pm/eve with an optional BBQ to be paid for if wanted. This would be advertised on FABIAN when entries taken for the City Race to get an idea of numbers. It was felt that an additional event on the Fri eve might be too much to organise and maybe a separate formal Celebration Dinner could be organised earlier in the year.	JM to register event at Riseholme. SH to liaise with the original club members.
7.	Community Participation Project: It was felt that this could be an opportunity to promote the sport but a volunteer or group of volunteers would be needed to take on the project. It was decided to put forward the idea in the Chairman's address in the next newsletter and re-agenda when some feedback was available.	SH.
8.	Fixtures Update: Bills had been received from the Forestry Commission for Ostler's and Chamber's. These would be paid when the Ostler's bill had been corrected.	AL.
9.	Lincoln City Race: SH confirmed that Bishops Palace was booked. SH was to chase Lincoln Castle re access. The Lawns would not be used. Registration area still to be decided. PM suggested that two maps may be required to utilise all the areas, other options suggested were a custom size map or a double sided map depending on costs. LH was to enter competition onto FABIAN and confirm entry prices. JM was to liaise with Jon May re City Council permissions and risk assessments required.	SH. LH. JM.
10.	Club Kit: Monies for tops were now being collected - £25 each. At the moment the minimum order of 10 of the looser fit option had not been reached.	JM to register events.
11.	Winter Series 2011/2012: The Winter Series Events now needed to be registered. Planners were now required.	
12.	AOB: Mapping: PM proposed that the mapping of 2 additional areas would be valuable addition to the list of venues. a. An extension of the Stamford map to include Burghley Park. b. Burwell & Hougham woods, south of Louth. Quotes were being sourced. LOG Publicity: AW requested photos etc for the publicity boards at events such as Monks Wood Opening Ceremony. The LOG Facebook page was not being used to its full potential, AW to promote it in the Newsletter. It was suggested that the 'training nights' should be known as 'club nights' to make them more welcoming to all members.	All. AW.
13.	Date of Next Meeting: Thursday 21 July 2011 at 8pm, Golden Eagle.	AR to book.



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FUTURE ISSUES

The next LOG-NEWS is planned for release around the end of July, by when the winners of the summer series in both individual and team categories will be known. Trophy presentations will be taking place at the start of August at the 2nd Midsummer madness Chasing Sprint. Also, the destination of the Lincs Challenge Shield will have been decided and we hope it will be coming south back with us!

Following the BOC relays, we're hoping for a good turn out at the Harvester, with the first LOG teams present for a number of years—report from the event will be in the next issue. The Nopesport League will also be hotting up by this time and out intrepid man on the ground, Andy Furnell, should be bringing us up to date on the latest happenings on the urban scene.

See you out there!

SELECTED NATIONAL FIXTURES

Sun 05/06/11	East Midlands	NOC	Level C	Nottingham City Race	Nottingham City	EOD O: 03/06/11	SK572399
Sun 12/06/11	East Anglia	NOR	Level D	NOR Score plus Orange inc. NOR AGM	Whittingham Country Park	EOD	TG244079
Wed 15/06/11	East Midlands	DVO	Level D	DVO Sumer Series	Hall Leys Park	EOD	SK297600
Fri 17/06/11	East Midlands	DVO	Level D	DVO Summer Series	Buxton Pavilion Gardens	EOD	SK050730
Sat 18/06/11	East Midlands	DVO	Level D	DVO Local Event	ShIPLEY Country Park	EOD	SK432454
Wed 22/06/11	East Midlands	DVO	Level D	DVO Summer Series	Markeaton Park	EOD	SK335370
Fri 01/07/11	East Midlands	DVO	Level D	DVO Summer Series	Elvaston Castle	EOD	SK407330
Sat 02/07/11	East Midlands	DVO	Level D	DVO Summer Series	Swadlincote Woodlands	EOD	SK305193
Sun 03/07/11	Yorkshire and Humberside	SYO	Level D	Cliffhanger Ultrasprint	Millhouses park	EOD	SK309907
Sun 17/07/11	Yorkshire and Humberside	SHUOC	Level B	Harvester Relays	Ecclesall Woods	O: 10/07/11	SK 311825
Wed 20/07/11	East Midlands	DVO	Level D	DVO Summer Series	Abbot Beyne	EOD	SK262234
Sun 24/07/11	East Midlands	LEI	Level D	LEI Summer League 16 Irchester	Irchester country park	EOD	SP912658