

2007 Issue 5

Nov/Dec

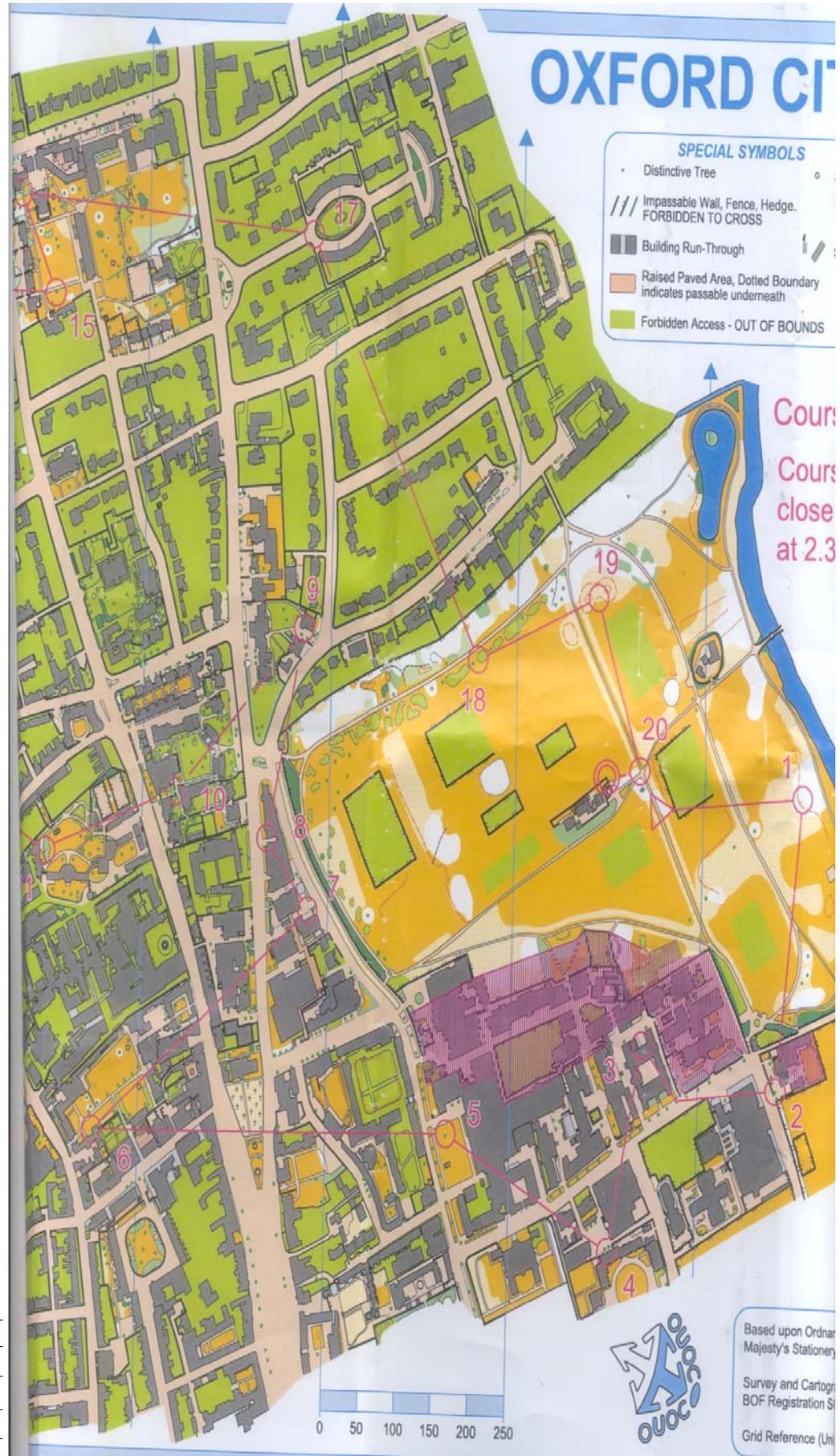


LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

# LOG-NEWS—Nov/Dec '07

## Inside this issue:

Ed's Bit / Chairman's Sound Byte	2
LOG Fixtures & Training	3
Scottish 6 Day—Lost In Scotland	4
Walesby—Blue Ribbon Preview	5
Improve Your O/Oxford City Race	6-7
OMM Race Report	8-9
BO Development Conference	10-11
Know Your Members/Around the Shires	12-13
Club News/International Fixtures	14-15
Selected National Fixtures	16



**Part of the Oxford City Race Map, where a strong LOG contingent took in the beautiful city as part of their mini-tour...read more inside!!**

## ED'S BIG BIT



The final issue of the newsletter for 2007, a bumper issue, sees your editor in contemplative mood.

This year has provided me with a plethora of sporting and personal memories, many of which will be difficult to surpass. Top of the list was the completion of the Marathon Des Sables, back in March, and this

odyssey was the culmination of a long held ambition, the seeds of which had been sewn some ten years ago when I'd first read of this incredible race. The Saharan adventure was everything I'd ever hoped it would be and at the end of such a life affirming experience, one is left with two choices. The first, and one which many of my MdS colleagues chose was to say, 'hell, that's the toughest footrace on earth in the bag, now time for a well earned rest' and the second is to say 'wow, great event, what's next?'

I fell very definitely into the latter camp and have continued to train and

race throughout the rest of the year, enjoying a number of firsts along the way, including my inaugural Scottish 6 Day festival. This generated some wonderful memories in its own right and now I'm wondering what 2008 will bring?

For me I fancy orienteering in Europe, either at the ORingen in Sweden or the OOCup in Slovenia. What about you? Any plans and/or dreams? Whatever you decide to do, I hope that 2008 continues to bring you pleasure in both life and orienteering.

Happy Xmas, everyone!

## Chairman's Sound Byte



It's hard to believe that only 10 years ago if you asked the average competitor what electronic punching was they would look back at you with the old "deer in headlights" look. Nowadays

they look at you in disgust if your event is not SI or EMIT. Now, thanks to a few grants and the long running EMOA SI levy LOG, HALO, LEI, NOC & DVO will all be running SI at their summer series events next year, in fact its going to be hard to find an event that's not SI. This is yet another fantastic development our sport has seen come in over the last few years and we now have instant results, splits analysis & route gadget, all on the back of electronic punching.

It was only a few years ago OCAD became more accessible, which meant no more map runs of 2000 maps, running 2 or 3 events on the same map, with endless corrections. Plus now we are able to produce pre-marked maps for every event.

Who can remember the old days of marking your own maps, pin punching (ink stamps anyone??), 2<sup>nd</sup> master maps, finish officials stapling raffle tickets to soggy wet control cards and the old favourite of control card checking in a tent being blown down in a gale try-

ing to see if the small pin holes match. BOF guidelines used to state results had to be out within 2 weeks and some clubs would pride themselves on getting them delivered by Wednesday. Now competitors complain if they are not online by 7pm on event day. And who can remember the old hemp sheet we used to roll out for the gents loo, it was amazing to see grown men almost brought to tears having to roll the blasted thing back up.

They were the days and how I love to reminisce, but would I want to go back? Not on your life! Orienteering is developing at a phenomenal rate and it's not just the technology. The event formats themselves are changing, city races are the latest craze along with MicrO and ultra sprints.

Where do we go from here? What can we possibly add to this sport? Well, electronic punching is developing fast, we now have 3<sup>rd</sup> generation SI boxes that are "always on", which reduces the time it takes to programme the boxes. In fact, you only need to synchronise the time on these boxes and you don't even need a PC. However EMIT are leading the field with their 3<sup>rd</sup> generation "touch free" cards. You no longer have to stop running! There hasn't been a battle like this since the old Betamax vs. VHS.

We are also seeing developments in event reporting, becoming more

"spectator" friendly. A few years ago at the Harvester Relays we had fantastic fun watching Liam fight his way through the field via radio controls relaying info to screens at assembly, this has moved on and at this years WOC the runners wore GPS packs that relays real time positions back to assembly.

These are all great developments in making the sport more spectator friendly but are they enough? The fact runners start at intervals puts us at a disadvantage how can we overcome this or do we need to? It's the individuality that makes this sport what it is; do we really want to change to appease Sky Sports? For all the technological advances though there is still one serious flaw...that large squidgy mass of flesh and blood that is responsible for imputing the data. Over the last few years no end of events have had courses made void or nearly been complete disasters because someone forgot to turn the boxes on at the right time, set OCAD up at the wrong scale or forgot to download the latest software. City Races rely upon competitors having road sense & drivers with eyes in the back of their heads.... Orienteering has come so far in the last 10 years but I can't help but worry we are playing with a delicate bubble, that can burst at any moment because of our reliance on technology. Until we resolve this can we become a truly media-friendly sport?

# FUTURE LOG EVENTS

## 2008

- 13.1.08** C5 - Come and Try It, South Common, Paul Murgatroyd  
**28.2.08** C5N - Night Event, Risehlome Park, Paul Murgatroyd  
**13.4.08** C3 - Regional Event, Bourne Woods, Glyn Mayley  
**17.4.08—7.8.08** Summer Series 2008  
**14.9.08** City Race, Historic Lincoln, Steve Bones  
**1.11.08—17.1.09** Winter Series 2008/9

## 2009

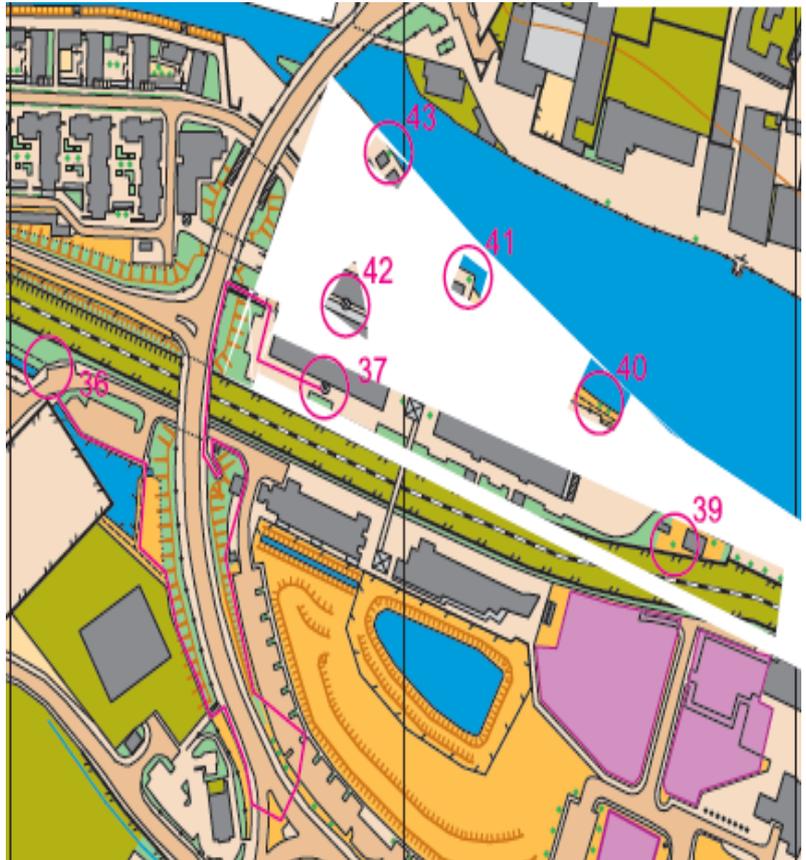
- 29.2.09** C5N - Night Event, Risehlome Park, TBD  
**Feb 2009** Lincolnshire Bomber 2008, "North Lincolnshire", TBD  
**9.4.09—30.7.09** Summer Series 2009  
**5.11.09—21.1.09** Winter Series 2008/9

# Club Training Sessions

Club training has been continuing throughout the autumn months now, running every fortnight from a variety of venues around Lincoln. Recently we have looked at night navigation techniques, working with 'mentors' and sharing ideas on aspects of navigational skills and, at the University last month, we worked on a classic 'mixed exercise', bringing in elements of line, window and corridor navigation with some map memory skills.

We continue to mix in a blend of fitness, sport science and navigation training to each session and the feedback so far has been very positive, so if you're looking for something to do on a cold winter's night, we're out alternate Thursdays from 6:30pm—come and join us for only £1 a time!

Next sessions before the new year will be on 6th and 20th December at the University — check the website for session details.



The 'Mixed' exercise - starting from CP 36, line nav, with two 'hidden controls', then corridor followed by window nav to CP 43, before moving into 5 controls found via Norwegian map memory skills - simple!!

# SCOTTISH 6 DAYS - LOST IN SCOTLAND



*This is a sequel to "Lost in Wales 2000". There were many similarities, not least the weather and*

*the level of expertise demonstrated. In Wales we had the luxury of a caravan as against the tent, but in Scotland there was the gallant Funnel, an equally proficient LOG orienteer to battle against. So whilst being the 36 handicapper of orienteering and unlikely to challenge the field I did have a couple of goals – the primary one not to be "last in Scotland".*

*The week started as it was to continue. Our first route choice came over a breakfast roll at Scotch Corner. It seemed fairly clear that A606, M6, A9, would be a decent route, but we decided to navigate direct, more challenging perhaps but shorter. Having seen our fill of caravans, tractors, assorted nutters and geriatric sightseers, we finally traversed the Scottish mountains, arriving at Grantown some 2 hrs later than had we followed the elephant tracks.*

*Day 1 was the first lesson in mistake making, stumbled across a flag with a number from my list. After some time in the wilderness elsewhere it dawned on me that it was the one I sought. I turned the compass round to back track and charged off on the "reverse bearing"...in completely the wrong direction. Somehow the control was found but by then the game was up. I learnt however that the Funnel only beat me by a few minutes and had I not disconsolately trudged the second half I would not be 1 pint down on our side bet. This was the day of the monsoon.*

*Day 2 catastrophe. The talk of raging torrents and precipices filled us with trepidation. Having negotiated the stream on a well*

*placed if precarious tree trunk spotted the Funnel as I left the second control. Decided to navigate the direct route 300m on a bearing to the control from the drink stop. An hour later back for another drink having explored the whole area, decided perhaps another more traditional approach was required. Eventually found the thing and moved on. Birdied a really difficult leg then went down squealing like a stuck pig as the ankle turned over. Hobbled to icy mountain stream and dunked it until numb. Hopped and hobbled round eventually, just in time for the bus, but nil points and at over 3 hrs one to forget. 2 pints down and all runs now to count for the ranking. Campsite beginning to look like Glastonbury so decided against moving the car. A miserable evening with rain and ice pack (kept walking boot on as it was cold). Long term forecast – even wetter. Bonny \*\*\*\*\* Scotland!*

*'Birdied a really difficult leg then went down squealing like a stuck pig as the ankle turned over.'*

*Day 3 – things get worse. Strapped ankle really tight to make it numb and squeezed down enough to fit into O shoe. The tactic for the day was be pin point navigation. Pace counting might even be used (even though this dark art had never worked before). All plans for a composed start were destroyed by the 3k superhobble to the start after a much delayed bus to the site. In a wheezing panic charged off into "forest lost" and soon was. How desperately lonesome it can be when folk appear from nowhere, say "hello", and vanish once more into the undergrowth. Blown the day at control 1 and 3 pints down.*

*Day 4 – Fast with good visibility through the sand dunes, only small areas of forest lost. Decided to believe the compass rather than instinct. A classic error of overconfidence*

*and following the wrong fellow competitor lead to a serious retracing being necessary. Reverted to type and then spent 20min relocating as happier runners sped by. Having learnt from day 1 battled on and finished just ahead of a dejected Funnel. Just 2 pints down.*

*Day 5 - remarkably successful. More confidence in the compass and now well practised superhobble paid off. Even managed one leg faster than some seriously proficient buff wearers. Only two minor errors (in relative terms) and no losts meant the Funnel had no chance and the deficit was down to 1 pint. Andy was getting despondent, seeing his liquid earnings evaporate. Erica confirmed bronze – way above expectations.*

*Day 6 – The forecast was ok, but the gods decreed the experience end as it started: we left the tent up to dry out and it chucked it down. A jolly decent hobble and no navigational disasters meant that pint pot parity was achieved.*

*So another festival of orienteering had been experienced; more survival than fun but that was expected. It was great to see the LOGers and that tent was so welcome. The post match analysis was as ever a tale of whose woe was bigger, but folk on the whole were ever cheerful and achieved their targets. As a club, LOG provided the strongest competitors and special mention must go to Andy without whom I would (probably should) have retired after day 2.*

*It will be interesting to see if the lessons learnt have stuck. It will also be interesting to find out whether the ankle will ever return to its normal size and not hurt. It took 7 years for memories of Wales to become rose tinted enough to try again, it will probably be longer after this, and the tent will forever be safe in the garage.*

*(Robin Stevens)*

# CLUB HANDICAP— 2007—THE BLUE RIBBON

**Vice-chairman, Sean Harrington, writes:**

*“We are once again running a club championship at the NOC Walesby event on Sunday 16/12/07.*

*The plan is to give all runners a handicap, based on up to 10 events that they have competed at in the last year. This will then give them an average Min/Km that will be used to calculate how long it will take to run the course. ie. if your handicap is 10Min/Km and the course is 6.5 Km, you will be given 65 Mins to complete the course.*

*We will then give out approximate start times, with the aim of everyone finishing at the same time!*

*For anyone who has not been to Walesby before, the area is mainly fast open grass-land, the further North you go the more intricate it becomes. South of the road can be brambly, but in recent years this part of the map has had few controls in it.*

*Last year, as no juniors were involved, everyone ran the Blue Course. This year it will again be run on the Blue Course, but if we have enough juniors / inexperienced people wanting to compete we will also use the Orange Course. (not sure what the title of this cup will be.... any suggestions, folks?)*

*In general the handicaps for last year worked out quite well, with Paul Murgatroyd and then Dave Gourlay looking likely winners, but after everyone had finished and the times adjusted to the handicap, the eventual winner was Andy Furnell.*

*Last year we had 12 people competing and it would be nice to get a few more there this year, all I hope wearing their smart new tops.*

*If you are interested in competing at this event and have not already let me know, please contact me on 01522 791344 or [sean@logonline.org.uk](mailto:sean@logonline.org.uk).*



## Walesby—Blue Ribbon Results—2006 (Without Handicap)

Position	Name	Age	Time
2	Liam Harrington	M18	47:14
3	Dave Gourlay	M45	48:28
11	Steve Bones	M21	52:40
17	John Bennett	M45	54:28
18	Dave Denness	M45	54:29
24	Tim Staniland	M40	57:52
29	Paul Murgatroyd	M35	60:05
40	Jon May	M21	63:26
47	Andy Furnell	M40	68:16
48	Sean Harrington	M45	68:36
59	Robin Stevens	M40	78:56
61	Kaele Pilcher	W45	86:19

Full results available online at — <http://www.cix.co.uk/~neper/wales06/results.htm>

# IMPROVE YOUR O

A question for you to consider, if I may? How many of you have used a technical aid to improve the efficiency of your training and/or racing? Gadgets such as GPS, Garmin Forerunners, heart rate monitors, foot pods, etc. are regularly used by all classes of runner nowadays to assist in developing their training and, ultimately, their fitness levels and race performance. But, how many orienteers use these, outside of the elite? I would wager that many club enthusiasts have never used, or even considered using, such items (or ergogenic aids, as we sport scientists like to refer to them as).

However, these devices can add a whole new dimension to one's fitness training and even orienteering. Route gadget is rapidly becoming more widespread at race events, with our own club looking at buying into the software for 2008. .

A recent *CompassSport* magazine devoted two pages to its use and discussed how coaches may tie in results from a GPS device to compare actual with perceived routes taken by the aspiring orienteer during a race.

Personally, I have used a heart rate monitor (HRM) for many years now and have strongly advocated its use to groups I have worked with on a consultancy basis. Correct use of heart rate zones allows the athlete to monitor whether they are training within their prescribed limits, crucial for maximising the benefits from interval, fartlek and tempo work. They also enable one to gauge whether long, slow runs, to develop endurance, and recovery runs, to allow the body to get

over tougher sessions, are being conducted at the right pace, as often the individual will try to run at too fast a pace here. Thus an appropriate balance to training can be kept and the effectiveness of each individual session can be maximised.

I have used a HRM in competition too and it allows me to maintain the right intensity for the type of event being run. For instance a 5k road race or a city/sprint orienteering event will need to be at around 90-95% HR max for me to be near my fastest possible



time and a quick glance at the monitor from time to time will tell me if I'm slacking off the pace. If the distance of the race increases, such as at this year's Bomber Long O, then obviously my target will be lower. Here I was working around 80% HR max, a level I knew from experience would allow me to maintain a steady pace all the way round, without tiring too soon.

If you use a HRM, but are unsure as to how to optimize its use, or if you have considered purchasing one, but were put off by the perceived com-

plexity of it all, then here's my quick guide for calculating your own personal training and racing zones.

Calculate resting heart rate (best done first thing in the morning on waking), e.g. 50 bpm

Calculate maximum heart rate (220-age gives a reasonable approximation), e.g. 180 bpm

Calculate heart rate reserve (Max – Rest)

$$180 - 50 = 130\text{bpm}$$

Calculate training zones as follows:

90% Max = Max heart rate – 10% of heart rate reserve

So 90% Max = 180 – 10% of 130bpm

So 90% Max = 180 – 13 = **167 bpm**

80% Max = 90% Max – 13 = **154 bpm**

70% Max = 80% Max – 13 = **142 bpm**

60% Max = 70% Max – 13 = **129 bpm**

So, now you have 5 markers from 60 to 100% of max, what do you do with them?

Well, I advocate using the 60-70% max zone for my recovery and long slow distance runs, 70-80% for tempo and shorter runs of up to 4 miles (plus long O races would be in this zone). 80-90% max would be for long interval, fartlek and hill work (plus standard O races) and 90%+ would be for short intervals and sprint work (and relay/sprint O races).

Next issue I'll talk some more about specific training programmes and using HRMs for these.

# OXFORD CITY RACE - LOG 'MINI TOUR'



The 2007 City Race Series has generated some enthusiasm among LOG members this year and, with the final event of the series in Oxford, several of us headed down to take part.

It was good to see that over 350 competitors took part in the event and so a good sized crowd was already present in the park when we arrived. We'd allowed plenty of time in order to make our allotted start time so, with EMIT cards collected, photoshoot of the new LOG tops done and Paul leading us through a proper warm up (anyone would think we're serious) it was time to go. I was last to set off and, in doing so, had failed to remember which course number I was competing on. Therefore with wrong control descriptions in hand, I started to find a map which pointed me in the opposite direction to which I had anticipated. Realising that I had got the wrong course, but having already asked twice in the start boxes, I went for it anyway in full knowledge that a disqualification was likely. Needless to say, at the end, my team-mates were very understanding of the situation and the poor organisation of the event that had resulted in this unfortunate error and didn't give me any stick at all! I was subsequently surprised to find that I was awarded a place on the Men's Super Vets class. This was not much consolation, as I only managed 31st place out of 35 in that class.

As for the course itself, it was based around the northern side of Oxford. Access was gained to the grounds of a number of university buildings before concluding in the park. A good course overall, but if anything a bit more straight forward in terms of route choice than the ones in York and our own event in Lincoln. It was also commented that the area wasn't quite as interesting as last year's event.

It's worth making mention of the EMIT system in use on the day. The downside of this system is that the EMIT card is much larger than the dibbers that we use. The latest version though does have a redeeming feature in that it is now non-contact. When within range of a control, the control number

*"I went for it anyway, in full knowledge that a disqualification was likely"*

appears on a display on the card thus providing ease of use and certainty that the control has been recorded.

Of the others present, Liam Harrington led the way in 26th on the Open Mens with Steve Bones in 86th out of 114. On the Veteran Men's, Paul Murgatroyd came in an impressive 8th and Sean Harrington 51st out of 60. On the Veteran Women, Kaele Pilcher came in 23rd out of 29. This was, though, only the first half of an orienteering weekend as B+B in Oxford had been booked. During an enjoyable evening round some well-selected Oxford pubs discussions began round the pubs of Oxford for a handicap event at Byrons Walk the next day. Each of was to run the blue course with a handicap time - good practice for the club event com-

ing up at Walesby.

Paul's first words of the day on Sunday won't be repeated here but did indicate that he might not be in the best of shape for Byrons Walk after the previous evenings over-indulgence. Fortunately, he swiftly recovered - seeing as he was driving - and after breakfast we headed off north out of Oxford.

I did recall that there were hilly bits at Byrons Walk but was startled to find 200 metres of climb on the blue course, in view of my pre-season promise to skip overly hilly courses until I get fit enough to do them justice. In the event, it didn't seem too bad out there. The eastern side of the course seemed a good deal more open and runnable than I remembered it. My main problem came on the long leg to control number 1 - the length of it just causing me to switch off at the crucial time. There's that and a variation on the old railway company excuse - fallen leaves on the path made it difficult to tell what was a path and what wasn't. I didn't realise at the time that I'd blown a great opportunity to get a good start over Sean, who also struggled on this one, and he soon turned things around to finish up ahead of me. In the final reckoning, Liam came in 2nd, Paul 6th, Steve 14th, Sean 32nd and myself 34th. My old Scottish 6 days rival Robin Stevens was also present and came in 27th. All of these were on the blue course. As for the handicap, I must admit I lost a bit of interest when my target time of 60 minutes ended up as 94 ..... Ah well, onto Walesby!



[www.citiescup.nopesport.com](http://www.citiescup.nopesport.com)

# OMM—2007

*“Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes” (Buddha)*

Motivation for the 2007 OMM was not difficult to find. Having endured one of the worst days of my sporting career in the 2006 event, this year's race was simply about laying a ghost to rest. Having been foolishly coerced into running the A class in 2006, by Team Lincoln colleague Colm McCoy, in preparation for our attempt on the MdS at Easter, I spent a day from hell traversing the bogs of the Galloway Forest Park. After finishing day one of the race in a wretched and pitiful state, I returned to my tent, where I endured a painful night of little or no sleep, due to the bleeding caused by spending 13 hours in a pair of wet Ron Hill tracksters that proved to be totally inadequate for the job in hand.

Needless to say, we'd been disqualified at the end of the first day, as we'd failed to locate the final CP in the gathering gloom and missed the final cut-off time by over an hour. Driving back from Scotland, Steve and Liam had enquired as to whether I'd consider returning for another attempt the following year. Surprisingly, I found myself saying 'Yes,' but with the misery of the

previous day still clearly etched on my brain, I added 'but it won't be that bloody A class again!'

Within a few months the pain had passed and, with it, the memories of that awful day began to recede into the distance too. I'd begun to discuss with Mark Smith, a fellow sport scientist at the University and winner of the 2006 long course summer series, an attempt on the score class in 2007. He took no time whatsoever in signing up for this mission and we began our preparations in earnest around late summer. I'd learnt a great deal from that salutary experience in 2006 and had come back wiser and better prepared for the event this time. The equipment was better, more streamlined and much of it had been proven in the cauldron of the

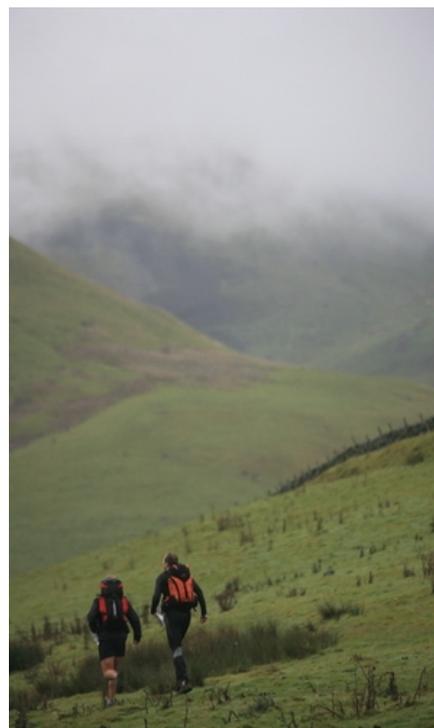
*Probably the greatest change from the previous year, though, was my attitude towards the race.'*

Sahara earlier that year. I'd become fitter, with many more long distance events under the belt and, best of all, those woefully inadequate tracksters had long since been consigned to the bin....

Probably the greatest change from the previous year, though, was my attitude towards the race. The OMM is without doubt a truly raw, elemental experience. Always staged at the end of October, the weather is, at best 'changeable' and this fact, added to the combination of large distances covered over difficult terrain, often with tricky navigational elements thrown in, make this an event for the true hardcore enthusiast. There was no way I would be underestimating the challenge of the event this year.....

Over 2000 runners had decided to take on the 7 classes on offer this year and many of these individuals were pitching camp around us on

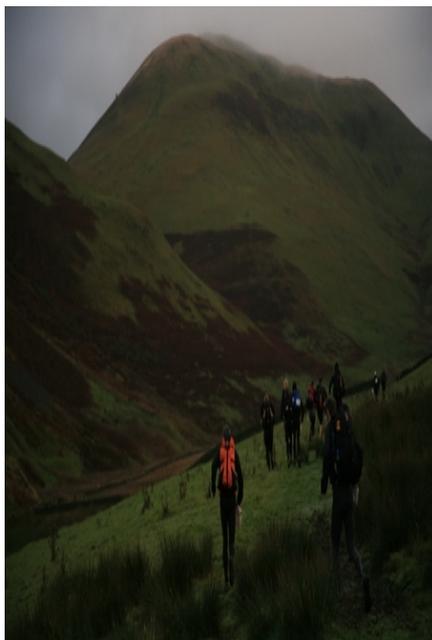
the Friday night, as we arrived in the small village of Durisdeer in the Lowther Hills. This much underrated and little known area off the M74, south of Glasgow, was to be our playground for the next 48 hours. Only reaching around 750 metres in height, what they lack in scale, they more than compensated for this in terms of number. Clusters of peaks, ranging from 5-700m in altitude, are riven by steep sides and valleys



which fall brutally and swiftly to the floors below.

The pre-race information had announced that the key to this year's racing would be to maximise the terrain weaknesses and the skill of route choice would be the ultimate key to success in all classifications, but particularly the score classes.

Avoiding too much ascent/descent in our planning was to be a real challenge and our strategy for day one was based around this. Mark and I had two goals for this year's race. The first was to push hard for the highest certificate we could on the Long Score class and here we felt that silver was certainly achievable, with gold as our stretch target. The second was to beat our fellow LOG compatriots.



Unfortunately Liam had lost his erstwhile colleague, Steve Bones, to the trials of fatherhood some weeks previously and had managed to hitch up with another partner, Charmaine Heaton, with only around four weeks to go. Although Liam had heard that she was a keen ultra-runner, and would obviously be fit enough for the challenge, the lack of time available to gel as a team and work out their best strategy for the weekend would be a great disadvantage.

The need to spend time in each others company, and form a workable bond, was obviously the reason why they opted for a cosy night at a friend's house some ten miles away from the event centre..... either that or Liam's getting soft as he moves into his twenties!



So, the goals were set and we moved out onto the hills on Saturday morning. The day went well, in difficult navigational conditions, with the cloud level being around 3-400m above sea level for most of the day. Only losing five minutes on one tricky point, we were happy with our achievements in bagging 300 points with over twenty five minutes to spare of the maximum seven hours available. The weather truly closed in for the last thirty minutes of our run and for the rest of

the evening and throughout the night, storms raged around the campsite. However, we were safe, sound and feeling ready for another six hours on day two.

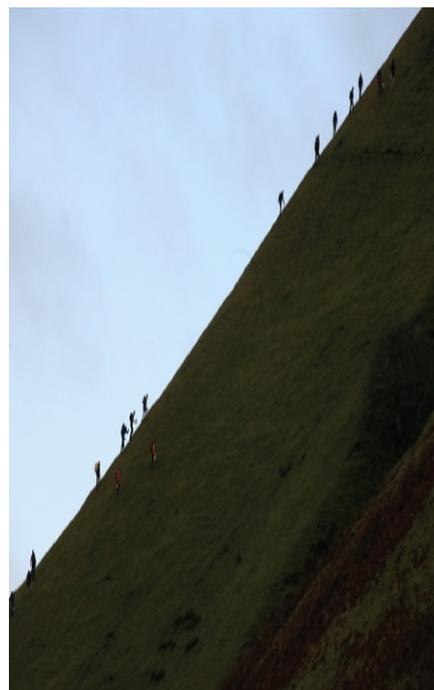
As dawn broke on the Sunday, we were relieved to see that the tempestuous weather of the previous night had abated and day two was looking likely to provide a glorious backdrop to our efforts. We had finished the stage in 59<sup>th</sup>/211, but were only 11 points clear of Liam and Charmaine at this stage, they having lost six points for a late finish.

*"However, we were safe, sound and feeling ready for another six hours on day two"*

Meeting up with him over breakfast gave us chance to compare route choices and we began to realise then that we'd been caught between two stools in our tactical approach to day one. Although we'd covered much more distance in our attempts to stay high, this strategy had not reaped the points reward which it could possibly have done. Liam had managed to bag only five points less with a more conservative approach and they had concentrated their efforts on collecting a cluster of points close to the finish, where the route choices contained more climbing but for less distance covered.

Many of the top 20 teams had taken a similar route to ours, but had had greater levels of mountain fitness and experience, which they'd brought to bear on collecting the elusive 50 and 60 point controls on the far reaches of the map.

With this knowledge in mind, we went through the day two start with map in hand and began planning out our route for that stage. Feeling



relatively fresh, we opted again for the longer legs, but this time we knew that we'd have to make this strategy count by picking up the two big 50 point controls on offer. We were happy, though, as this involved a good deal of ridge running and contouring and the weather conditions were definitely in our favour for this approach. Finishing again around twenty five minutes early, a good day had seen our final tally rise to 555 overall and this moved us up 14 places to 45<sup>th</sup>/211 and placed us smack in the middle of the silver badge group. Goal number one had been achieved!

Goal number two was soon confirmed as in the bag, as an encounter with Liam outside the main marquee confirmed that they'd managed to collect 190 points on day 2, with an overall tally of 479 and finishing in 99<sup>th</sup> place. Again this gave Liam and Charmaine sufficient points for a silver badge and reflected well on LOG's achievements on another classic OMM weekend.

Will we be back next year? Who knows, but at least the memories of 2006 have been replaced by much more pleasurable ones.....

# BO Development Conference

## Session 1 - Development

Normally these kinds of meetings are to be dreaded, lots of discussions about how we should develop but no one wanting to commit to anything too radical, i.e. to move away from traditional orienteering - if it's not a standard course in woods its just not orienteering!! – However today was different.

For the first session we were split into 10 groups with 6-9 people in each group and asked a particular question. All the questions related to development such as what activities could a club put on? What target groups should we aim for? Should BOF do more to help clubs? Should we be looking at paying key individuals?

After an hours discussion we were asked to report back to the rest of the room. A general theme emerged from all the groups: Keep it simple, Keep it local.

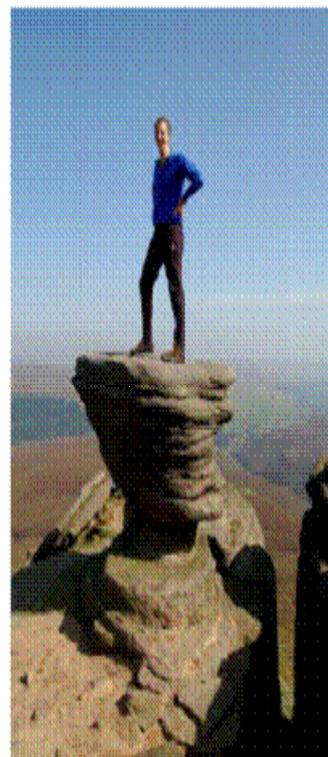
There were various discussions on the best way to encourage new comers into the sport, these included targeting schools, the use of "come and try it events" running leagues and targeting other events such as 10K runs and Agricultural shows / Country Fairs. Each of these are excellent tools a club has to offer however all to often they are not exploited to their full potential. These events need consideration, what is the target group? Can these ideas be tied together? A stand at a county fair / road race with mass leafleting works well to promote the start of a league. School development requires a bit of time and does not always produce results, why is this? Can the clubs do more? Can the club bridge the gap between their own leagues/CATI's and school events? To see a result you have to encourage the parents, can a club provide for the school and parent??

We looked at what kind of programmes a club could out on to encourage newcomers. The kind of events required need only be simple and local to the target area/group. A couple of courses starting from a popular point such as a café or focal point seem to work well. It sometimes pays to run an event from the same location for a few weeks, start at the local café but each week send the course off in a different direction, do this for 4 weeks then move on to a new area for a few weeks. The event needs to be fun; clubs need to look at different ways to entertain the audience.

These kinds of events are great for newcomers but do require someone's time. How can a club look at reducing the demands on its members? One club from my group say they run these events as a one man show and the courses are planned utilizing the local Permanent Course – the posts are already out, you just need to provide pens.

The discussion highlighted Publicity as the key area clubs are failing in. We are very good at promoting our events to the orienteering world however we are not very good at trying to sell our sport to the outside world. Ideas floating around the room included trying to get more coverage in the local media, advertising the event in local shops and café's, sending some members out around the venue on the day with flyers to hand out to the regular users, whether they are dog walkers, families or joggers. The documentation needs to be simple, look at discussing the essentials and get them hooked on the idea of the sport and the club.

While there are lots of ways a club can directly promote itself and orienteering there are other ways a club can indirectly promote the sport. Clubs can work with local country parks and education centres, these are currently trying to promote their areas and getting the maximum use of out it, by mapping a small area and training the staff you are opening the sport to more people while having to put little effort in. Once initial training is given it's just a case of keeping the centre topped up with leaflets and club details.



The thing that struck me the most was just how much LOG is doing out of all the above, we are running a successful league that's relatively simple to put on, we hold different kinds of events (Score, Norwegian, Bingo!) we have good ties with the university, we are starting a school programme, we make use of the Lincoln 10K, we even have a relative amount of success with getting articles into the echo.

We just need to look at how we can tie these events together more, become a bit more structured and target our audience more. The conference certainly provided me with lots of new ideas, I hope to work with committee and bring some of these in however we do need the input of all our members. Whether it be suggesting ideas or assisting at events it all helps.

# BO Development Conference

## Session 2 – Event Structure

British Orienteering currently runs 5 levels of events – Local, District, Regional, National, Championship. However for the last few years this system has not been working as well as it perhaps should. The gap between District events and Regional events has narrowed in recent times, it is now common place for a District event to have per marked maps, electronic punching, portaloos, quality planning on quality areas. These used to be reserved for Regional events, however as costs come down and competitors expectations increase we now find a situation whereby we resent paying twice the price for a Regional event in Bramble Woods when last week on Some Town Moor we ran at a fantastic District event for a few quid. This situation is not sustainable and something has to give. As a result BOF have set up an “Event Structure Review Group” and aired their results at the conference.

After lunch we had a brief presentation by Lyn West, Chairman of the Steering Group, giving the results of the group. Their proposal was for a 3 tier structure, Championship, Standard & Local events. As with the Development session we were assigned to groups and asked various questions relating to the Steering Groups proposal.

The feedback from the groups suggested that a 3 tier was not suitable for the current climate in British Orienteering. The “Standard” level covered a very broad spectrum, from simple District events like LOG hold to Multi day events like the Scottish 6 Days. All these events would be eligible to run as a “Rankings” event. This creates its own issues, by being a rankings event or not being a rankings event you in effect make 2 tiers within the Standard tier. Clubs may then want all their events as a “Ranking” event as it will pull in the punters, this will create poor “Ranking” events and land us in a similar situation to what we have now.

The Steering Group took the comments from the conference back to the drawing board and I have learnt in the last few days that they are now proposing a 4 tier structure. The new proposal works as follows:

### Level 1: Championship Events

British Orienteering Champs/British Relay Champs/British Night Champs/British Middle Distance Champs/British Sprint Champs and the JK, together with the five Area Championships - Scottish, Welsh, Northern, Midlands and Southern (plus N. Ireland? All of these will be Ranking Events (with weighting?) and will also comprise the events for the Masters Cup. (Grade 1 Controllers will be required)

### Level 2: National Events

Multi-Day Events such Scottish/Lakes/Croeso together with ‘major’ weekend events SINS, October Odyssey, White Rose, etc., with full range of Colour Coded courses linked to age classes

and are ‘Ranking Events’. (Grade 2 Controllers)

### Level 3: Regional Events

Using full range of Colour Coded classes from White to Black and also, if the full range of colours used and suitable terrain available, could be declared to be ‘Ranking Events’ by request of Regional Association/Organising Club (though there are suggestions they should all be non-ranking). (Grade 3 Controllers)

### Level 4: Club Events

Each Club able to do as they wish (as is already happening now) and which would range in number from a handful of events to dozens annually per Club. As has been generally agreed already the stress is on the importance of local Club Events in encouraging participation and progression, using all sorts of available areas close to cities, towns and villages, schools and sports centres, and including parks, small local woods and heathland. (No Controller required but Clubs should arrange for experienced orienteers to be available as ‘Advisers’/‘Mentors’)

A single ranking list will be produced and a new levy system is proposed where the rate will depend on the number of competitors rather than the class of event. Full implementation is proposed for 2009.

## Session 3 – EGM

The third and final session of the day was the EGM. BOF had called an EGM as it was vital that we change the management structure of the federation to bring it in line with current UK law. Currently BOF have a “Council” made up of a Chairman, 2 Vice Chair & Treasurer along with 4 elected members and 13 regional representatives. Although “Council” is the highest level in the federation the day to day running of the federation is delegated to a “Management Committee” which consists of a Chair, 2 Vice Chair, A treasurer and 4 Councillors. The management committee basically consists of 8 members of the Council. This is a complex, out of date way of running the federation and raises questions of accountability. As a result the EGM was held to approve (or deny) the proposal to bring in a Board of Directors - 10 individual – who would replace “Council” & “Management”. After an hour long debate, it went to vote and eventually passed by a 78% / 22% majority. The new Board of Directors will consist of 9 “voted” individuals at AGM with the 10<sup>th</sup> being the Chief Executive. The new Board will come into affect at the next AGM (Easter 2008)



# KNOW YOUR MEMBERS

*This new item in the Newsletter is to enable members to find out more about each other, to give recognition to their achievements and to provide a sounding board for their thoughts on LOG, orienteering and life in general.....the series starts at the top of the club's hierarchy, with Mr. Steve Bones...*

The editor catches up with Steve after his run in the Oxford City race on the 10<sup>th</sup> November and finds out more about the illustrious chairman of LOG



## **Going back to the infancy of your orienteering career, how did you get into the sport?**

Sat in a classroom at school, I saw this small advert for a local orienteering event and I went to see Martin Wheeler, the head of geography, to ask him what this orienteering malarkey was all about. For my first event, I ran the Orange course in October 1995 at Thieves Wood (a NOC, C4 event) and got hopelessly lost! I didn't know what anything meant, the numbers, the circles on the map, what kites I should have been going for..... after about 20 minutes of this madness, I bumped into Martin's wife and she kindly took me under her wing and guided me around the next 5 controls, before I went off and completed the course under my own steam. But I didn't like it at all!

## **So you didn't enjoy the sport at first – what made you come back for more?**

Well, at that event, three girls who were with us got badly lost and they were out for around 3.5 hours and on the way back on the bus myself and Martin's son, Simon, took the mickey out of them all the way home. That was a good

crack and when the next one was advertised I wasn't sure about doing it again, but I enjoyed the social side and thought 'hell, why not!' It was at this event that something clicked upstairs and I thought 'if I'd run that I'd have won, instead of coming 3<sup>rd</sup>.' and the competitive spirit kicked in and I was hooked.

## **When did you start to take orienteering seriously?**

Around May/June 1996, I left school and joined LOG on Martin's advice. I meet Ian Durrant and he kindly gave me lifts to events and I started to do more and more events, until I was orienteering on a weekly basis. In 1998 I ran my first Blue and did those for a year before moving up to Brown.

## **What would you class as the highlights of your orienteering career to date?**

Winning the M18 class at Springtime in Shropshire, coming 2<sup>nd</sup> at BOC relays, picking up top junior champion on summer series and the LIMP too.

## **And the lowest point of your career?**

Getting injured, back in 2001. I twisted my knee badly in climbing a tree, whilst doing my job as a tree surgeon, and the cruciate ligament and tendon damage put me out for a year. I started orienteering less because of the injury and the effects of it on my sport and job.

## **Were you still involved in the club at this time?**

Oh yes, I was on the committee, so I was still involved in planning and organising events.

## **Tell me about your time on the committee**

My first post was fixture secretary, which I did for 3 yrs and then, about 3 or 4 years ago I was made chairman and I had that position for a year, before Ian Durrant took over once more for another year. In 2006 he relinquished this role and I've been chairman again since that time.

## **What do you see, as the figure head of the club, the future direction for the club?**

We need to run lots more events. Currently we have only one or two district events alongside our fantastic summer series, which has grown in numbers and popularity, and we need to do more on

this front, particularly at a local level. It is planned to run a winter series next year on Saturday mornings, of about 5-6 events. This, in addition to the club training, should see more continuity throughout the year. We're also mapping new areas to increase the number of places to orienteer and provide more variety in our summer series.

## **You also have this concept of a Lincolnshire Orienteering Trail – can you explain more?**

It would be nice to allow people to orienteer when they want and this would be a great way of introducing them to the sport, by having a number of permanent courses set up around Lincolnshire, run in conjunction with HALO.

## **What about the school series next year?**

We've been given a grant to promote this and a number of schools have now been mapped, all of whom we're hoping to get involved in a league next year. Several primary schools could be brought on board and Ian Durrant is currently working with some schools to put on all day events, which are going down well with both the children and teachers.

## **What do you see as your future ambitions in orienteering?**

Firstly, I'd love to get my fitness back, so I can start beating Liam again! Summer series 2008, I don't want to be second.... I aim to carry on promoting and marketing our sport at a local and regional level and I'll be doing my level 3 controller's course soon. Finally, I'd like to get more involved in British Orienteering, possibly sitting on the council one day. We need, as an association, to concentrate on local events more.....

## **And, finally, how's fatherhood treating you?**

It's been hard – finding time to train and to put the hours in to map has been very difficult. Prioritising has been tricky and you need to be organised in order to knuckle down and get some quality work done. Not sure I'd recommend it!

**Steve...many thanks....**

# AROUND THE SHIRES

*This new section looks at what's going down in the other orienteering groups of the East Midlands area and brings you news of important, interesting and/or irreverent tit-bits which are of relevance to our group.*

## DVO

*"2009 sees the 40th anniversary of orienteering in the Derwent Valley. It is said life begins at 40 so to celebrate the milestone the club will hold a special event. Previously clubs (including DVO) have reenacted an old event, using old maps and old style punches. It was however decided that this is old hat. To celebrate DVO40 it was decided to celebrate by doing what we do best - orienteering—and where should we orienteer, but in no less than the World Heritage Site which is the Derwent Valley. A long O between Ambergate and Cromford is one of the proposals linking all our areas and new areas that overlook the Derwent Valley between these points. There will also be traditional orienteering within one of these areas. We need sponsors and volunteers to make this idea or any other idea come to fruition."*

## NOC

*"This year's Scottish Six-Day saw the first Nordic Walking introductory workshop at an orienteering event. Nordic Walking is a full body workout that is similar to cross-country skiing without the skis. In Nordic Walking, lightweight poles are used to produce a forward push during the walking stride. The active arm, shoulder and upper-body movements involved mean that Nordic Walking exercises a much higher proportion of the muscles in the body than walking or running. Nordic Walking burns between 20 and 46% more calories than ordinary walking, but without feeling much more strenuous. It can be very useful for cross-training in athletes particularly because each push on the pole activates the core muscles (stomach and back muscles). Also, the use of the arms to partially support the body weight makes it more acceptable to people with knee or leg problems. As a low impact activity, it can be very helpful for people coming back from injury, or to reduce risk of injury during training.*

*So, how did our intrepid orienteers get on? After thirty minutes or so instruction they were ready for their first walk through the town, practicing pushing on the poles in a natural rhythm with the movement of the legs. At the second park they were introduced to some more advanced sport moves including running, jumping and bounding up hills with poles. For many people, it was great opportunity to loosen off tired muscles and have fun learning something new."*

## LEIOC

*"I had been lucky in avoiding significant injuring since I started running in the early 1980's. I switched from road running to orienteering in 1989 and leaving the tarmac behind has probably helped. This year I have acquired Piriformis Syndrome – otherwise known as 'a pain in the butt'. Why now? Probably it had something to do with shifting 140 cubic feet of garden soil - twice - either side of the JK weekend. However, I knew I was also a bit lazy about warming up and stretching before a run and cooling down after so I thought I should review my routine. I started by looking at my old running books but then turned to the web – well what-do-you-know, lots of articles suggest that we should not be doing static stretches before exercise.*

*Whether the research is based on Australian Squaddies, Scandinavian footballers, Honolulu Marathon runners or American Students; studies show that stretching before exercise either makes no difference or even that it can be a cause of injury. I have also discovered that there are two sorts of stretches.*

**Static stretches** – like the 'can I push this tree over' familiar at the start of most orienteering events - are aimed at increasing flexibility. They can slightly slow you down for an hour or so after you do them. They are best done as part of cooling down.

**Dynamic stretches** (also called functional stretches) warm up the muscles for the specific movements involved in the activity you are about to do. In orienteering we have to: lunge over ditches; lift the knees high over the undergrowth and nip sideways to avoid eye-level branches. Warming up needs to prepare the muscles for all these movements. A sedate jog along the path to the start will only prepare you effectively for a sedate jog around the paths on the course. So when I get back to running you will see me doing my new dynamic stretching warm-up as I go to the start. As well as circling my arms as I go I will try the lunge walk – taking large steps, keeping the chest up, looking straight ahead and moving my arms and legs together. After 15-20 yards of that and a short jog I'll try the high knee walk, lifting each thigh until parallel to the ground with toes extended. Another jogging break and then I'll try the calf walk, straightening the foot to extend the ankle on each step, followed by a few yards of sideways running. (Ref: Brad Walker (2006) The truth about stretching [www.runnersweb.com](http://www.runnersweb.com))"

# CLUB NEWS

## Compass Sport Cup

If we want to enter this years Compass Sport Trophy, looks like we will have to go to Thetford on Sunday 13 Jan 2008.

To make it worth while we need to make sure that we have at least 13 competitors to score.

Therefore could you please let team captain, Sean Harrington, know if you are interested in joining the LOG Team in Jan by email - sean@logonline.org.uk

Sean will sort out what courses people will need to run if and when we get enough support to go to the event.

## Planners Course

30Jan/2<sup>nd</sup> Feb – Email Steve Bones (steve.bones@logonline.org.uk) for further details, if interested.

## Mapping course

David Olivant has agreed to come over and do a small course with some of us. I think there were 4-5 of us interested. We may be able to get funding again for this. Email **S t e v e B o n e s** (steve.bones@logonline.org.uk) for further details, if interested.

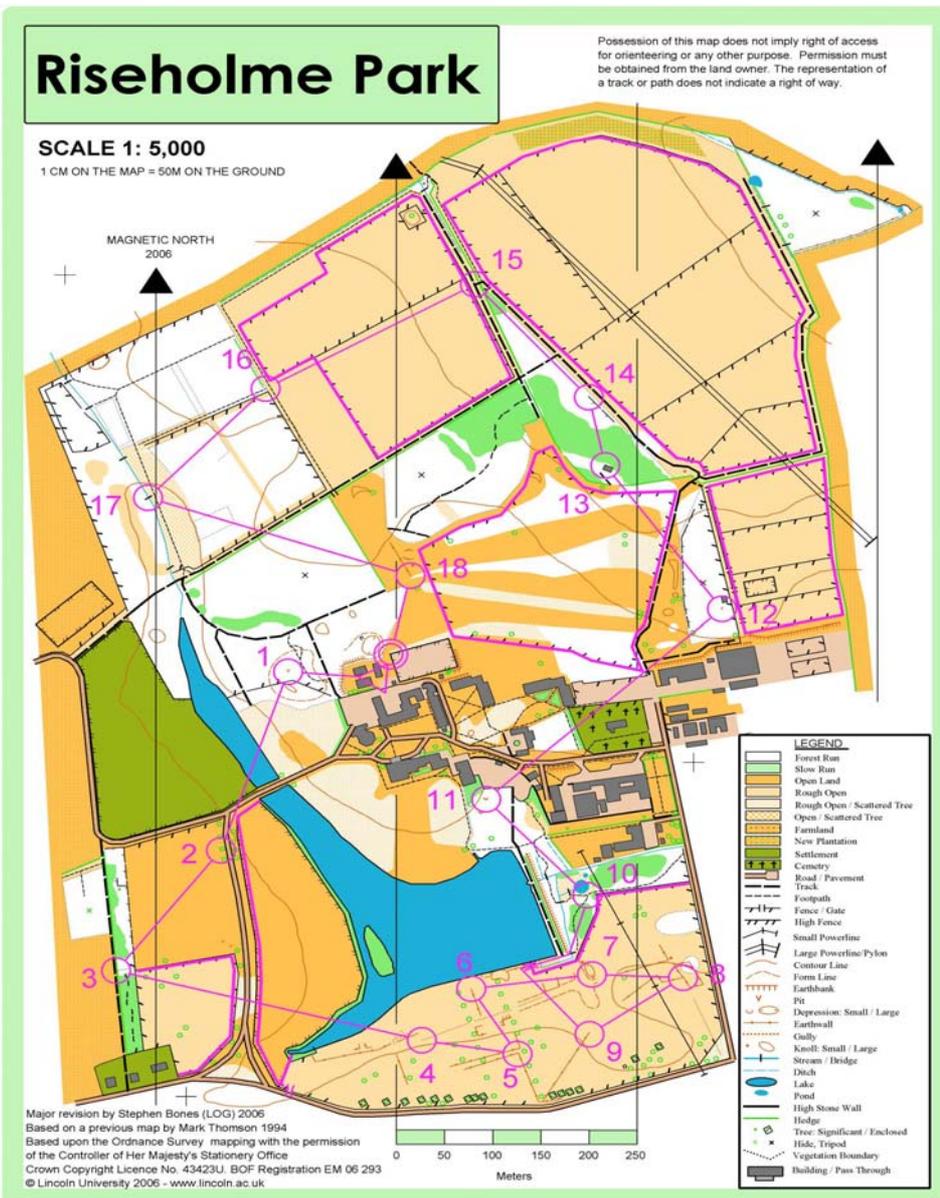
## EMOA league

For anyone who hopes to be in top 3 – prize giving is at Calke Park in Feb 2008

## Riseholme Night Nav—part 2

Event 2 of this mini-series will be happening on Thursday February 28th and will comprise a mass start score event, from 6:30pm onwards.

Bring yourself, a torch and a friend down to support the club—only £2 a time, including SI and dibber hire—what more can you ask for....?



## Riseholme—part 1

Congrats to Liam Harrington on his winning of the first Night Nav event this winter.

Results below:

*Dark* (length 3.3km, 18 controls)

1	<b>Liam Harrington</b>	26:09
2	<b>Paul Beresford</b>	31:30
3	<b>Andy Lucas</b>	41:31
4	<b>Phil Emery</b>	45:58
5	<b>Steve Emery</b>	50:49
6	<b>Robin Wright</b>	52:08
7	<b>Sean Harrington</b>	61:42
8	<b>Amanda Roberts</b>	67:47
9	<b>Ed</b>	77:56
10	<b>Matthew Douce</b>	107:47
Dq	<b>Joe Brader</b>	84:18

(1 out of order)

**Rtd Summers**

(Missing nos 6,15-17)

**Rtd Domanic**

(Missing nos 15-17; 6 out of order)

**Rtd Fox**

(Missing nos 12-18; 7 out of order)

(Course shown opposite)

# SELECTED INTERNATIONAL FIXTURES—2008

## Feb 2008

- 02.02 - 05.02 Portugal O-Meeting *Portugal Faro*  
08.02 - 10.02 "Internacional Trophy of Cantanhede" - WRE *Portugal Tocha and Cantanhede*  
28.02 - 01.03 MOC 2008 Mediterranean Open Championship *Italy Bari*

## Mar 2008

- 08.03 - 09.03 Lipica open *Slovenia Dutovlje*  
20.03 - 23.03 Spanish Championships *Spain Calasparra*  
20.03 - 22.03 Påskeløb Fano 2008 *Denmark Fano*  
21.03 - 23.03 Sandstone Easter *Czech Republic Ceska Lipa*

## May 2008

- 01.05 - 04.05 Graz Schöcklland Open - AlpeAdriaCup *Austria Graz*  
10.05 - 12.05 3 Days of Belgium *Belgium Arlon*  
10.05 - 11.05 24 Stunden Orientierungslauf Schweiz *Switzerland Neuenegg/ Bern*  
23.05 - 25.05 Baltic Cup 2008 *Poland Koleczkowo/Rumia*

## Jun 2008

- 07.06 - 08.06 Suvejooks 2008 *Estonia Läsna*  
07.06 - 08.06 Brown Cup Bulgaria *Veliko Tarnovo*  
20.06 - 25.06 5 DAYS OF PUGLIA *Italy Vico del Gargano - Rodi Garganico*  
28.06 - 05.07 World Masters Championships *Portugal Marinha Grande*

## Jul 2008

- 06.07 - 11.07 Kainuu Orienteering Week *Finland Kajaani*  
07.07 - 11.07 holland-OL *Netherlands Breda*  
13.07 - 18.07 Fin5 - Orienteering Week *Finland Saarijärvi*  
21.07 - 25.07 O-Ringen Dalarna 2008 *Sweden Sälen*  
23.07 - 27.07 OO.cup/08 *Slovenia Ajdovščina*  
28.07 - 02.08 5-days in Uslar, *Germany Uslar*  
30.07 - 03.08 Nordvestgaloppen 2008 *Norway Voss/Bergen*

## Aug 2008

- 02.08 - 09.08 6 Days of Aveyron *France Cornus*  
08.08 - 10.08 Grand Prix Polonia 2008 *Poland Katy Rybackie/Gdansk*  
08.08 - 10.08 Aargauer 3 Tage OL 2008 *Switzerland Vordemwald*  
29.08 - 31.08 Highlands Open 2008 - The Latin Countries Cup *Italy Asiago - Vicenza*



More details available at :  
[www.worldofdo.com](http://www.worldofdo.com)



**LINCOLN ORIENTEERING GROUP -  
WWW.LOGONLINE.ORG.UK**

Newsletter Editor:  
Paul Murgatroyd  
9 Northfield Avenue  
Sudbrooke  
Lincolnshire  
LN2 2FB

Phone: 01522 753114  
Fax: 01522 886026  
E-mail: pmurgatroyd@lincoln.ac.uk

***The Thinking Man's Sport***

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

*The next LOG-NEWS is planned to go out at the end of January, when we will have reports on the East Midlands Championships run at the magnificent Longshaw Estate on the 9th December and a look back at the second Club Handicap Championships, the Blue Ribbon, run via the NOC Walesby event on the 16th December.*

*We will also be looking forward to a new year full of exciting events to get the orienteering juices flowing— the Jan Kjellstrom Orienteering Festival in Surrey on the Easter w/e of 21st-24th March, our very own district event at Bourne on the 13th April and the BOC at Culbin in Scotland on the 19th/20th April and that's just for the early spring— joy!*

*If you go anywhere interesting to orienteer over the winter, please send us something to the editor for inclusion in LOG-NEWS.*

## ***SELECTED NATIONAL FIXTURES***

### **November**

**25th** YH SYO C4 District Event. Bentley Woodlands, Doncaster. SE570075. Colin Best, 0114 230 2621. colinallanb@yahoo.co.uk £6.00/£1.00. EPS-SI. Parking £1.00. Dogs on leads. www.southyorkshireorienteers.org.uk

**25th** EM LEI C4 District Event & EMOA League. Watermead Country Park (North), Leicester. SK606114. Rachel Simonetti, 0116 2996174. rachelsimonetti@mac.com £7.00/£2.00. EPS-SI. Parking £1.50. www.leioc.org

### **December**

**2nd** YH HALO C4 District Event & Yvette Baker Trophy Final. Normanby Hall, Scunthorpe. SE887168. Neil Harvatt, 01302 772911. neil@neilharvatt1.orangehome.co.uk £6.00/£3.00. EPS-SI. String course. Parking £1.00. No dogs. www.halo-orienteering.org.uk

**8th** YH SHUOC O4S Chasing Sprint. Ecclesall Woods, Sheffield. Andrew Llewellyn, 07969347377. andyllewellyn@gmail.com [preferred contact method] Fees TBA. EPS-SI. Parking £1.00.

**8th** YH HALO C4N YHOA Night League Event & Night League Event. Normanby Hall, Scunthorpe. SE887168. Neil Harvatt, 01302 772911. neil@neilharvatt1.orangehome.co.uk £6.00/£3.00. EPS-SI. Parking £1.00. www.halo-orienteering.org.uk

**9th** EM DVO C2 NATIONAL EVENT & EMOA Championships. Longshaw Estate, Sheffield. SK273805. Organiser: Viv Macdonald, 01629 734307. r.macdonald@shu.ac.uk. Entries: Mike Godfree, Highfields, Mapleton Road, Ashbourne, DE6 2AA, 01335 346004. Mike.Godfree@btinternet.com CD: 25/11/07. £11.00/£3.00. Lim EOD +£2.00/£1.00. Chq: DVO. EPS-SI. String course. Lim CC courses - white, yellow, orange & light green. Dogs in car park only. Parking £1.00. Entries preferred on-line, via website. www.dvo.org.uk

**16th** NOC C4 District Event. Walesby, Mansfield. SK669702. Stephen Wright, 0115 931 3592. steve.val.wright@ntlworld.com £7.00/£1.50, £5 for 65+. EPS-SI. www.noc-uk.org

### **January**

**1st** EM LEI C5 Local Event & Winter League. Abbey Park, Leicester. SK585054. Roy Denney, 0116 2338604. roy@emoa.co.uk £2.50/£1.00. Start 11.00 to 12.00. www.leioc.org.uk

**1st** EM DVO S5 Local Street-O Event. Bakewell. SK221684. Steve & Sian Mead, 01629-735205. s\_mead@talk21.com £2.00/£1.00. 1 hour score. 1100am mass start. Parking - pay and display at Smith's Island Car Park, Bakewell. Dogs on lead. www.dvo.org.uk

**23rd** EM LEI C5N Local Night Event & LEI Winter League. Bosworth Park, Market Bosworth. SK412031. Peter Hornsby, 01530 456066. £2.50/£1.00. EPS-SI. No dogs. Starts 6.30pm-7.30pm. www.leioc.org.uk

**27th** YH SYO C3 Regional Event. Tankersley, Sheffield. SK345985. Organiser: Colin Best, 0114 230 2621. colinallanb@yahoo.co.uk Entries: TBA. CD: 13/01/08. £10.00/£4.00. Lim EOD + £1.50/£1.00. Chq: SYO. EPS-SI. Lim CC courses up to Light Green, String course. Parking £1.00. Dogs allowed on leads in the car park. www.southyorkshireorienteers.org.uk

### **February**

**3rd** YH HALO C3 Regional Event. Pillar Woods, Caistor, Lincs. TA132059. Organiser: John Fulwood, 01507 466314. johnfulwood@supanet.com. Entries: addressee TBA. CD: 25/01/08. £9.00/£3.00. Lim EOD +£2.00. Chq: HALO. EPS-SI. CC - O & LG, String course. Parking £1.00. No dogs. www.halo-orienteering.org.uk

