



LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

# LOG-NEWS

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Course 2	2.5 km	20m
1	161	
2	162	↖
3	163	↗
4	164	
5	165	
6	166	→
7	168	↗
8	181	×
9	180	↗
10	182	↗
11	174	↗
12	176	■
13	177	
14	169	→
15	171	↗
16	170	↗
17	172	↗
18	173	△

30 m

**University of Leeds & Woodhouse Moor**

**Course 2**

**Women's Open, M40+**

Scale 1:4000

0 metres 250

Contours 5m

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Strictly Impassable / Out of Bounds

- Area with Forbidden Access
- Building Development Site
- Garden
- Buildings
- Lake
- Hedge
- Uncrossable Wall
- Uncrossable Fence

Survey by Gyorgy Hetenyi (Woodhouse Moor) and Chris Burden 2008 based upon the Ordnance Survey mapping with the permission of Controller of Her Majesty's Stationary Office. © Crown Copyright Licence No. 43423U. BOF Registration No YH-08-821 Cartography using Ocaid 9 by Chris Burden Copyright Airmonters 2008 www.airs.org.uk Printed by www.print5.co.uk

The map of Leeds MU at AIRE's recent Chasing Sprint City Race event, part of the Nopesport Urban League. Course 2—Prologue is shown in its entirety. Report from our intrepid LOG'er, Andy Furnell, features inside.....

## ED'S BIG BIT



Another year coming to an end and a chance to reflect on what we have achieved as a club during the past twelve months.

Undoubtedly the biggest move forward has been the

introduction of our winter series, where we now have the opportunity to provide orienteering for the Lincolnshire community on close to a year-round basis.

With the club running sixteen C5's (including the summer series and a night event), two C4's (incorporating the City Race, next due at the end of January), a biannual Bomber, a club handicapped Champs in December and club training sessions in between all of these races, we're now in as strong a shape as we've ever been.

The membership is starting to grow on the back of these local events, helped by the coaching sessions now being put on before the winter events. These are helping newcomers feel more welcome and serve to introduce key members to them, as well as give valuable introductory hints and tips to make their entry into the world of 'O' as positive an experience as possible.

So, where do we go in the next twelve months...? The New Year sees a plethora of events, including the

last two winter series events, the City Race and the Riseholme Night 'O', quickly followed by the Bomber and the start of the 2009 Summer series in April. New areas are being mapped by the club and we hope to introduce at least a couple of these into the 2009 summer series.

We are making a push at gaining Clubmark status and club president, Ian Durrant, is going to be co-ordinating all the work to achieve this kitemark standard, hopefully by the end of 2009.

Club weekends will be continuing, with the first of the new year to be taking in the Thetford Thrash event. Hopefully this will build on the success of those held this year and we look forward to other trips to BOC, JK, Scottish 6 Days et al...

It's gonna be a fun 2009.....

## Chairman's Sound Byte



The "Blue Riband" event has finally been confirmed as being at NOC's Walesby event on Sunday 21/12/08. Can anyone who has not already registered an interest please contact me ASAP.

By the time you read this newsletter, we should be half way through our new winter series, with the first three events being completed. Further information regarding the remaining three events can be found later in the newsletter. I personally have been very pleased with the turn out at each of the races. One of the main reasons for running this series was to attract new people to the sport, with the hope that some of them would also join the

club. Therefore I am very pleased to welcome four new members so far to the club, Geoff & Anne Gibbs, Hayley Fox and Sara Daniell, all of whom joined at the Riseholme & Uni events. Let's hope we can keep this conversion rate going for the rest of the series!

The organisation and planning of the 3rd annual Lincoln City race, on Sunday 25/01/09, is going well. Paul has all the courses planned and the controller, Chris Bosley (LEI) is happy with them. I would like to thank Jon May for all his hard graft in sorting out the paperwork for the council, required to enable the race to go ahead. I am still looking for helpers on the day, so if you are available, please get in touch with me ASAP.

Unfortunately, there has been very little movement on the "Bomber" front, but hopefully in the New Year things will start to take shape. Once the City race and Winter series are

wrapped up, this will become our main focus as a club.

In the coming weeks I will be putting the details together for the summer series. As per usual, this means I will be on the lookout for planners for each of the events, therefore if anyone out there would like to give it a go, please get in touch. If you have never planned before do not worry, as there is plenty of support available from the more experienced planners in the club. Look at Phil's report from the Winter Series and you can see how much joy a planner can get!

The committee is very busy at the moment, looking after the clubs affairs, including items such as Clubmark and the purchase of additional SI kit.... No rest, and all that....

Finally I would like to wish all LOG members and their families a Merry Christmas and a happy and successful New Year in orienteering.

*Sean Harrington*

# FUTURE LOG EVENTS

## 2008

1.11.08—17.1.09 *Winter Series 2008/9 (see below)*  
21.12.08 *Club Championships—The Blue Riband, Walesby*

## 2009

25.1.09 *City Race, Historic Lincoln, Paul Murgatroyd*  
5.2.09 *C5N - Night Event, Riseholme Park, Paul Murgatroyd*  
12.2.09—26.3.09 *Club training nights—various venues (see website)*  
9.4.09—30.7.09 *Summer Series 2009*  
25-26.4.09 *Lincolnshire Bomber 2008, "North Lincolnshire", TBD*  
22.11.09 *C4 Stapleford Woods, TBD*  
5.11.09—21.1.10 *Winter Series 2009/10*



## CLUB TRAINING/WINTER SERIES

The all-new LOG Winter Series has now reached its half way point and attendance so far has been very promising. 28 runners made their way out on the inaugural event at West Common, with nearly half of these having received some top quality coaching from the likes of Messrs. Harrington (Snr and Jnr), May and Pike beforehand. The next event at Riseholme saw 33 competitors, with many of those running in their first LOG event. Then the ever popular 'city race' style event at the University of Lincoln witnessed another 35 punters, with the Echo providing coverage in their Sporting Matters column, and yet more new faces coming along. By the midway point 4 new members had been signed up to the club.

Race reports and results of both short and long course series are shown in full later in the newsletter.

Many thanks so far go to Andy Lucas, for his planning at West Common and his sterling work with the computerised event system, and Phil 'The Legend' Longstaff for his efforts at Riseholme Park.

The remaining race dates and venues are as follows:

13/12/08	North Kesteven School
3/01/09	South Common
17/01/08	Hartsholme Park

Remember that coaching for beginners and improvers is running from 10-11am each time and then this is followed by the usual competition, with start times between 11am-12pm, including the option of 2 courses, an easy 'Short' (2-3km), for those new to the sport, and a 'Long' (4-5km), which will suit the more experienced orienteers or those wanting more of a challenge to their navigational skills.

Entry fee is £1.50 for all and will include SI dibber hire. Need more info? Contact Sean Harrington on 01522 791344 or go to the LOG website: <http://www.logonline.org.uk>

Trophies for series winners (best 3 events to count) plus a new award for the most improved orienteer are all up for grabs!



## 1. Saturday 1st November – West Common, Lincoln

(Planner: Andy Lucas)

It's two years since I planned my first "O" event. On that occasion as some of you may recall, I had stumbled across the "Delete Footpath" command in OCAD, and was quite confident I wouldn't be asked again. However, either the passage of time has erased the memory, or we were just plain desperate for planners, so, after registering a passing interest as a reserve in case there were insufficient volunteers, I found myself having the dubious honour of planning the first ever LOG Winter Series Event.

My biggest fear for this event was about how many people would turn up. Although a great deal of effort had been put into publicising the series, it was still an unknown. As it happened, I needn't have worried. We started the series off with 28 map sales, many people also benefitting from the coaching/training session available beforehand. Many thanks to all those who helped this happen – hopefully not only does it give some tuition and guidance to newcomers, it also gives a warm, friendly feel to the club.

The weather could have been kinder. When I arrived to start putting the controls out, the Common was white over. But the rain soon came. Not enough to put us off, but enough to be a nuisance. It did however give Ian a chance to try out one of the small tents he purchased some years ago (that no-one else knew about), and very useful it was too.

The event could have been marred by the loss of Control 37 from a horse shelter - a lesson to all of us who were quick to blame the younger generation. (The control has since been retrieved). On the plus side, it did give Paul an idea for a novel place to position a control site, but I'm not sure there is an ISOM 2000 symbol for said place.

The results... Liam made a flying start, after declaring his intentions of sub 5 mins/km and just managing it, despite his efforts of throwing it on his route choice to the last control. Paul ("I'm only 75% fit") also stormed around the runner's course in just over 32 minutes. John Mather made the short course his own, finishing 5 minutes ahead of the field, even though he was carrying a foot/ankle injury. The handicap results show a different story, with HALO's Neil Harvett thrashing the local LOG contingent on the Long Course, to claim the 1000 points. Ian Durrant flew the flag for LOG though on the short, despite initially deciding to run the course in reverse.

This series has given us the chance to resurrect RouteGadget. If you're not familiar with this gizmo, it's an on-line tool that allows you to plot your route on the map used, and compare your route choice, speed, mistakes etc. with fellow competitors. If you haven't marked a route up yet, don't be shy, have a go. We won't laugh too much. You can access RouteGadget via the Results pages.

Lastly, "Thank you" to everyone who assisted on the day. Whether you were coaching, fetching & carrying, dealing with newcomers, collecting in – whatever you were doing, it made life simple for me on the day. I can honestly say, given this experience, I may be persuaded to plan another – in a couple of year's time of course!

## 2. Saturday 15th November – Riseholme Park, Lincoln

(Planner: Phil Longstaff)

We had another encouraging turn out for this, the second event of our new Winter Series, held at the Riseholme Park campus. Again the pre-event training & familiarization on offer was enthusiastically supported and Ian, Paul, Sean & Jon must be thanked for passing on their valuable "O" knowledge to their "charges". Also as we all know, these events also rely on many helpers and thanks go to all of you.

As a first time planner I've learnt a lot and continued to do so even when it was too late and I'd printed the maps, but the experience is valuable as have been the comments received so far. My Short Course was 2.6Km with 12 controls and I stuck to the remit of keeping it simple not wishing to put off potential recruits to Orienteering by getting them lost. I'm not aware that any did, although three of the Scouts punched a control that was not on their course instead of the intended one. Apparently it was a case of one made the mistake and the other two followed him and did the same.

## LOG WINTER SERIES 2008/9 – REPORTS

It didn't seem to upset them though because almost as soon as they'd finished they were off again, first to check out their mistake and then to do the course again but this time in reverse. Some even did the Demo course again. A great run saw our own Ian Durrant tying in first place with young Daniel Pyecroft and another young competitor, Travis Bland only 2 seconds behind. After applying the handicap system for the table, Ian again gained maximum points – will anyone get near him this series – I doubt it!

My Long Course was 5.9Km with 17 controls and the most difficult aspect for me was to achieve a course containing enough of a challenge without making it too technical. I tried to incorporate an element of route choice, but the experience I've already gained from the day would lead me to a few crucial changes if I could plan the long route again! Liam Harrington had a storming run finishing in under 30 minutes, with Paul Murgatroyd, fast approaching full fitness, pushing HALO's Neil Harvatt into third place. However, after applying the handicaps it was non-other than the organiser of HALO's brilliant Summer Series, Peter Kullich, who grabbed the 1000 points, with Neil close behind in second place. What can Paul and Liam do against these "age-advantaged" HALO flyers I wonder! The Long Course table could get very interesting as we progress through the six Winter Series Events.

Finally, I have to say that I've enjoyed the whole aspect of planning and really do encourage anyone thinking about having a go to "just do it" – contact Sean and put your name forward. The Winter & Summer Series events are ideal for first timers and there's plenty of help out there from our more experienced members and perhaps even I can now offer advice from the point of view of a very recent "first timer".

### 2. Saturday 29th November – University of Lincoln

*(Planner: Paul Murgatroyd)*

My thoughts whilst setting out the controls amidst a grey blanket of freezing fog varied from 'just how many crazy folk are we going to get turning up today?' to 'is this really worth it?' to 'who's idea was it to hold a winter series?' and finally 'bloody hell, the Echo are coming today, we're gonna look a right bunch of muppets!' .... Fortunately these fears were dispelled as a total of 35 runners came through the Human Performance Centre doors to sample what is always a popular format – street 'O' - I should have had more faith!

In terms of performances, the eye catcher was Phil 'The Legend' Longstaff making an overdue return to form to capture the top spot on the Long (5k), beating the M21 whipper-snappers, Thomas Honniball and Jeff Colbert into second and third respectively, once the handicap system had been applied. Andy Lucas made his competitive debut in the series and put in a fine all-round effort to take fourth. Steve Bones even made a pilgrimage back to the land of his fathers to register his first points! However the talking point was the young Liam Harrington's continuing problems with city racing. For the second time this year he ended up miss-punching and in the 'dsq' column at a University event..... The race was there for the taking, too, with his opposition out of the picture today. Surely, the boy must view this as a 1000pts gone begging!

On the Short (2.2k), the evergreen Ian Durrant bagged his third consecutive maximum and is now sitting pretty atop the leader board. NOC's William Parkinson (2nd) and Monty Pilsworth (3rd), both juniors forging ahead in the world of orienteering, put in sterling efforts and were rewarded with 994 and 939pts respectively. In fact only 5 seconds separated 1st and 2nd after the handicap system had come into play, showing what a tough competition this was for the top spot.

So, we reach the half-way stage, with the overall series picture beginning to unfold. Sean Harrington sits proudly at the head of the Long table, but he has Neil Harvatt (HALO), Paul Murgatroyd and Phil Longstaff closely behind, all having one 'game in hand'. Nikki Harrington takes second currently behind Ian Durrant in the Short course table, with newcomers Amanda and Dave Mylett not too far back from there. Still much to play for, as our attention swings to NK School, North Hykeham, for the next event on 13th December before a Christmas break. Liam Harrington is planning and the courses should be fast and furious!

LINCOLN ORIENTEERING GROUP  
www.logonline.org.uk



# LOG WINTER SERIES 2008/9 – TABLES

	Name	Age Category	West Common	Riseholme	UL	Total (Best 3)
<b>LONG</b>						
1	Sean Harrington	M50	832	741	862	2435
2	Neil Harvatt	M50	1000	975		1975
3	Terry Matthews	M55	610	696	654	1960
4	Phil Longstaff	M55	907		1000	1907
5	Simon Carruthers	M35	613	620	669	1902
6	Paul Murgatroyd	M40	953	928		1881
7	Liam Harrington	M20	936	910	0	1846
8	Thomas Honniball	M21	768		977	1745
9	Celia Hughes	W45	483	547	602	1632
10	Martin Wheeler	M50	788	767		1555
11	Vernon Davis	M65	775	728		1503
12	Jonathan May	M21	679	687		1366
13	Graeme Huggan	M50		637	690	1327
14	Geoff Gibbs	M65		630	557	1187
15	Sarah Pike	W35	586	553		1139
<b>SHORT</b>						
1	Ian Durrant	M65	1000	1000	1000	3000
2	Nikki Harrington	W45	722	669	641	2032
3	Amanda Mylett	W55	774		801	1575
4	David Mylett	M55	708		727	1435
5	Nick McAndrew	M45	521	376	490	1387
6	Monty Pilsworth	M10		397	939	1336
7	John Mather	M35	812	351		1163
8	William Parkinson	M12			994	994
9	Daniel Pycroft	M12		882		882
10	Travis Bland	M12		881		881
11	Clare Hanna	W40			775	775
12	Tim Patterson	M55			667	667
13	Adrian White	M35	661			661
14	Hayley Fox	W21	640			640
15	Anne Gibbs	W60		628		628

The Top 15 on both the Short and Long Courses are shown here. For full, unabridged results, see the web-page and follow the link to the Winter Series

**[www.logonline.org.uk](http://www.logonline.org.uk)**

# OMM REPORT — A LOG (& HALO) PERSPECTIVE



*After all the hype and hysteria of what was an incredible weekend recedes into the memory, we bring you reviews by the intrepid LOG crew, all of whom can proudly say in their dotage 'I was there'...*

**Jon May (Medium Score) writes:**

Dave and I spent the night before in the comfort of a camper van, but the comfort didn't distract us from the weather forecast. As a concession, I'd packed two sets of tent pegs.

Even before the weather forecast, Dave and I had talked about taking conservative options on Day 1: wake up fit and well and ready to have a good go at it on Day 2. As we stood at the start in the wind and rain, this inclination was strengthened. And then we got the map: mid-camp was at Buttermere to the West and, in the main, the points were spread to the East of the start and North of mid-camp. We went West to collect some low value points, whilst heading in the right direction for mid-camp and the high value points to the North of there.

The worst conditions we experienced were in the saddle above Honiston Mine. We walked into the wind and rain not able to look forward, and fighting each step. Funnily enough, after we visited the control and turned around, progress was much easier. We dropped down to the mine to have a review of our options. Plan A had been to cross the



road and up to the Dale Head area, but we'd taken a really long time to get there and we knew what the conditions would be like. Plan B was to head toward mid-camp and pick up a few easy controls, after staggering up a stream, regularly being blown over, this turned into Plan C to get down to mid-camp early and look forward to a better day tomorrow.

However as we finished we were told that day 2 was cancelled and that we should make our way back via the roads to the start area. The mood in the barn as people were feeding themselves, getting into warm, dry clothes and preparing to follow these instructions was cheerful but disappointed. There was no hint of feeling that we'd survived some horrific ordeal.

We did head off back to base, only to be stopped by Mountain Rescue who had closed the road. The conditions were certainly no worse than we'd spent all day in, and very reluctantly we turned around. The night in the barn with all the others at mid-camp was certainly a memorable experience.

Only as we got out of Borrowdale near Keswick and the radio and phone reception returned did we realise what the BBC were making the story into. Luckily I was able to text my family before they'd seen the worst of the "news". Strangely, Philomena's phoned buzzed away with her friends and family whereas my friends and family either don't get up very early on a Sunday, don't care, or assumed I'd be fine.

Personally having built up over several years until I felt able to enter this event and then worked through variously finding a partner and being injured, to suffer the first cancellation ever is certainly disappointing. Next year ...

**Liam Harrington (LS) writes:**

This was my 5<sup>th</sup> year of doing the OMM, so I feel as though I'm starting to get pretty experienced at it now. This year, for the first time, I was competing with Steve, a runner from Retford and a friend of whom I ran the OMM with last year.

The weather this year was certainly not the best and probably the worst I have been out in, but we still managed to get through the first day with our reduced time of 6 hours, instead of 7 hours, getting to mid-camp with about 15 mins to spare. This was when we found out that the event had been called off, which I was gutted about as I thought we had a really good score on the first day, considering the weather conditions..



We started off the day in the dry, and the rain didn't start for about the first half an hour to an hour, but from that point it was non-stop all day, often horizontal and straight into your face, which hurt and made it very difficult to read the map and look where to go. It was sometimes impossible to walk forward with the wind being that strong and you would just have to stand there and hope it didn't force you backwards or blow you to the ground. The only bonus was inevitably for some of the time it was on your back and pushing you up the hills so much that you ended up running up them!

Unfortunately, with all the rainfall, it made all the streams incredibly deep and fast flowing. We had to cross two in spate, one being about waist deep and the other up to chest deep, so that was a bit scary wondering how deep it was going to get and if we would make it across without being swept downstream.

*(continued overleaf)*

## OMM REPORT – A PERSPECTIVE (contd.)

We did end up missing a few of the controls we planned to collect at the start, due to the weather slowing us down, but we still finished Day 1 with 200 points. As the roads from the mid-camp to the start were flooded we ended up sleeping in a barn as most of the fields were flooded as well.



Out of all the teams on the long score that made it to the mid-camp we finished 23 of out 115, the start list had about 250 teams, so many didn't make it all the way around. Now I am looking forward to next year thinking where it will be and who I will share the experience with.

### Mark Smith (MS) writes:

Many memories will last following our 2008 OMM experience. Ambulance rides, needle-like winds, flying maps, wilf's cake of course, being in Keswick by 7 am on Sunday morning, and this one in particular.....

It happened after an hour into the event, whilst descending a rocky crag. Having made our way up a twenty minute climb, we crossed a flooded fell to bag an easy 50 pointer. With several route choices, we opted for a tricky descent into a valley and then up over a steep face to open up a series of controls. Beginning the scramble down the loose rock, it was clear that choosing the right course was going to be paramount. We had already been blown across the top by winds I've never experienced before and turning ninety degrees to start our climb down I knew

the wind was going to be pushing us sideward. As we slipped our way down, a small re-entrant to my left offered up an attractive shelter from the growing gale. Keeping an eye on my partner, I soon found myself sailing down quicker than I wanted, and realised my contact had been lost. Popping up like a meerkat the very moment a gust stole my breath, I was shocked to see my other half leave the ground. Covering 15 yards quicker than I could blink, I fumbled across to assess the damage. Expecting the worst, the casualty was holding an arm which was relievingly only bruised. After a quick survey we carried on and soon forgot about the incident. It was only whilst warming up in the car after our retirement did I consider ourselves extremely lucky out on that mountain side.

### Neil Harvatt (HALO) (C class) writes:

The first control was straightforward, a steady climb up to a stream source with the wind at our backs and we were running in a runnable and sheltered part of the fells, but we lost that shelter when we came over the next top and it was about this time that the rains started, gently at first but soon becoming incessant. Climbing the next hill was almost comical, people suddenly and involuntarily running up the hills with a huge gust behind them, we passed by a small pond that looked more like the sea as waves crashed against the edge. Then began the nightmare, due to the shortened course, we now had to re-trace our steps back to the top of Honister Pass and rain and a gale-force wind in your face seems strangely different to one at your back. Every step was an effort, sometimes they were impossible, standing still was seen as progress. Looking up was dangerous as your face was stabbed with the rain. I was following Paul at this time, every few moments I would look up to make sure I was going in the right direction. Often I couldn't see him, then I'd spot him at the periphery of my vision, sometimes to the left and then to the right. I thought "what's he doing?", until I realised that it was me, not going straight, I was zig-zagging along in an effort to tack against the wind. I also noticed that I had started chanting to myself to keep me going "Never again, never again, never again, never again, never again..."

The sights down Honister Pass were amazing, all the babbling brooks had turned into torrential waterfalls, the sides of the fells were practically white, the river in the pass couldn't cope, but the road did a good job of managing the overflow. The winds here, unbelievably, were worse, much worse, than on the fells. The water on the road was coming down in waves, with breakers, people were hiding behind boulders for any modicum of shelter, the largest gusts did take you off your feet and thrust you further down the valley and with cars also on the road this was somewhat worrying.

When we left the road and took to the fells again the winds continued unabated. I've known bad weather before but never for such a sustained period of time, there was no let up. After being blown off my feet on the fell I broached the subject of retiring. Cunningly Paul said, "I can't hear you – let's get round the next bend and discuss the route". We got a small amount of shelter there and realised that we were not far from the penultimate control and the final one was adjacent to the overnight camp so thoughts of retiring were dismissed and we completed the shortened course in 4 ¼ hours. Quite a good feeling but not good enough to remove the chant from my head "Never again, never again, never again, ..."



# EAST MIDLANDS LEAGUE — 2008

east midlands orienteering association



## EMOA League—Remaining Fixtures 2008

14th December Whitesprings DVO  
28th December Beacon Hill LEI

A plethora of events since the last update, with three more races at Charnwood, Bestwood and Bagworth, enabling the committed LOG'ers to continue to rack up points as we approach the season's finale at Beacon Hill. As usual, the LOG & associated RAFO members are shown in comparison to the league leaders...

### East Midlands League 2008 (LOG & RAFO members' placings after 14 events)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Best Eight Scores	Overall Position
Yellow	Rachel Kirk			327	589		1000											1916	5th
Orange	Craig Youngs			591	695		652											1938	9th
Orange	Kevin Kirk			753			923											1676	11th
Orange	Rebecca Navarette				1000		1000											2000	5th
Lt Green	Luke Grayson			756	1000													1756	16th
Green	Philip Denness					640							723					1363	41st
Green	Daniel Richardson			468			641											1109	46th
Green	Lucy Nell					628	285											913	33rd
Blue	Sean Harrington			575		545		676					551	583	500			3430	24th
Blue	Andy Furnell	481			634	483	556					598	421					3173	26th
Blue	Michael Nell			601	859	610	700											2770	31st
Blue	Dave Denness				890		728											1618	53rd
Blue	Joanne Nell			641	836		653											2130	9th
Blue	Julie Mendes						842				657							1499	15th
Brown	Paul Murgatroyd			686		795		859				929	789	807	730			5595	7th
Brown	Liam Harrington			712		764		814					532	842	835			4499	10th
Brown	Dave Denness		700			766			733				779					2978	20th
Brown	Dave Gourlay						782					756	681					2220	29th
Brown	Jon May						509						600		547			1656	42nd
Brown	Sean Harrington						542					679						1221	44th

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

# IMPROVE YOUR 'O'

I was asked recently by a LOG member to devise a training schedule leading up to major events next year in the orienteering calendar, particularly with a focus on the British Championships at the end of February in the New Forest, Hampshire.

When considering any fitness programme, the overriding factor will be what are the goals for your training? Obviously this will depend on your base level of fitness and what is a realistic target to achieve in this time. Bearing in mind that there is about 12-13 weeks until the race weekend, a good level of basic fitness can be achieved in this period and, if you are following a reasonable schedule at the moment (maybe 2/3 sessions of fitness work a week), then much more can be achieved with a tighter focus on results and possibly loftier ambitions than just getting round in one piece!

The schedule below is geared towards someone who has been following a fairly regular period of training for a while and has achieved a sound baseline level of fitness. The aim should be to build from 2-3 sessions per week up to around 4-6, if time, injury, illness, etc. allows. The key sessions are highlighted and these are geared around 3 runs a week – a steady one (aerobic endurance), a tempo/race speed one (aerobic threshold) and a speed one (anaerobic endurance) – to develop all key aspects of

## BRITISH CHAMPIONSHIPS - TRAINING PROGRAMME

**Aims:** To increase running to ~4-5sessions/week (~25-35miles/week)

To build core strength/muscle endurance

To allow rest & recovery every fourth/fifth week through a lighter training week and then taper with two weeks to go to the British Champs

To include various race events along the way to test fitness and equipment and raise motivation

MONTH	MON	TUES	WED	THURS	FRI	SAT	SUN	No. of Key sessions	Total no. of sessions	APPROX. MILEAGE
Dec	Recovery run (3-5miles)	Core circuit	Speed session *	Wt training	Steady run (5-8miles)	Rest	O Race/tempo session (5-7miles)	3	3-6	Total~20-25Miles
Jan	Recovery run (3-5miles)	Core circuit	Speed session *	Wt training & easy run (3-5miles)	Steady run (6-9miles)	Rest	O Race/tempo session (5-7miles)	3	3-7	Total~25-30Miles
Feb	Recovery run (3-5miles)	Core circuit & easy run/bike (3-5miles)	Speed session *	Wt training & easy run (3-5miles)	Steady run (6-10miles)	Rest	O Race/tempo session (5-7miles)	3	3-8	Total~30-35Miles

If you are starting from a lower level of fitness and/or can only commit yourself to a 3-a-week schedule, then these are the important ones to focus on. The 2-3 'extra' sessions allow a mix of recovery/gentle work, in order to develop the base of 'miles in the legs' and help with endurance over the medium/long style races, and also bring in some cross-training, eg. circuits. This helps to develop other key areas of running-related fitness, such as core strength and muscular endurance, but allows for more variety and helps to keep the orienteer fresher, both physically and mentally. The programme is both progressive and gradual over the three months and should feature a lighter week every 4-5 weeks, to enable to body to recover and strengthen itself for the next step up. Obviously races should feature along the way, in order to keep the orienteering skills up to scratch, and also serve as a check on how the fitness is developing.

The table below shows my personal schedule for December and gives more detail on what each session will be based around, particularly the key focus ones. There is a variety of speedwork, to keep motivation and variety high, as these sessions are both physically and mentally draining. A number of races are scheduled, which will serve as quality tempo/threshold sessions. Finally the average mileage per week is shown and a lighter week over Christmas has been planned to allow for festive 'recovery'!

MONT H	WK-COMM	MON	TUES	WED	THURS	FRI	SAT	SUN	MILEAGE
DEC	1-1st	4M recovery run	Warm up, then core circuit (20min - 12-15x45secs)	3x1M intervals plus 2M warmup&down - 6M	Wt training (3x8x15 inc. core wk)	6M steady	Rest	D&W Mini MM (3hrs)	Total=30Miles
	2-8th	4M recovery run	Warm up, then core circuit (20min - 12-15x45secs)	6M fartlek	Wt training (3x8x15 inc. core wk)	6M steady	Rest	C4 Primrose Warren (1hr)	Total=25Miles
	3-15th	4M recovery run	Warm up, then core circuit (20min - 12-15x45secs)	6x600m intervals plus 2M warmup&down - 4M	Wt training (3x8x15 inc. core wk)	6M steady	Rest	C4 Walesby (1hr)	Total=20Miles
	4-22nd	4M recovery run	Warm up, then core circuit (20min - 12-15x45secs)	5M pyramid session	Wt training (3x8x15 inc. core wk)	6M steady	Rest	C4 Beacon Hill (1hr)	Total=25Miles
	5-29th	4M recovery run	Rest	6M hilly run	Wt training (3x8x15 inc. core wk)	Rest	C5 South Common (30-35mins)	8M easy run	Total=22Miles

# CITY RACE 2009

**LINCOLN ORIENTEERING GROUP**

**PRESENTS**

**THE 3<sup>RD</sup> ANNUAL**

**LINCOLN CITY RACE**

**SUNDAY 25<sup>TH</sup> JANUARY 2009**



**West Entrance to the Cathedral: Junction of Castle Hill/Bailgate**

**MAP REF: SK976718**

**This is an SI electronic punching event**

Registration: 10.00-12.00; Starts: 10.30-12.30

Fees: Seniors £7 (reduced to £5 for National and East Midlands members of British Orienteering); Juniors £2; E-punch hire £1

Four courses: Men's Open (8km) / Women's Open & Men's Vet 40+ (6km) / Women's Vet 40+ & Men's Super-Vet 50+ (5km) / Junior & Women's Super-Vet 50+ (4km)

Planner: Paul Murgatroyd

Organiser: Sean Harrington – 01522 791344

Controller: Chris Bosley

Terrain: City centre, urban environment, including Castle, Cathedral and University grounds

**[www.logonline.org.uk](http://www.logonline.org.uk)**

## LOG Executive Committee Meeting –Nov 29th 2008

		<b>Action</b>
	<b>Present:</b> Paul, Ian, Sean and Liam	
<b>1</b>	<b>Apologies for Absence</b> – Andy, Jon, Dave, Sarah, and Michael	
<b>2</b>	<b>Approval of Minutes of Meeting on 9.10.08</b> – Agreed	
<b>3</b>	<b>City Race</b> – Planning sorted. Agreed M/W16 can run the open courses. Final details need to go out by 7.12.08. Paul needs access to the Castle and Bishop’s Palace before opening times, contact them both the week before to sort.	Paul, Sean, Jon to do final details, Liam to put on net. Jon to sort access.
<b>4</b>	<b>Bomber 09</b> – Another meeting is needed to push this along, also help is needed from club members. Steve is still happy to attend the meetings if he is around, but can’t do as much as before.	Sean to sort out a meeting.
<b>5</b>	<b>Clubmark</b> – Ian has kindly offered to be in charge and taken the folder, he is going to sort out what the club need to do to compete it. Members are asked to help where possible.	Ian
<b>6</b>	<b>Si Kit</b> – It was decided that we would ask EMOA for 15 new boxes and 20 dibbers.  Also look at making some more of the small SI stakes, as they are good for the open areas	Sean to take this to EMOA meeting  Liam to talk to Andy
<b>7</b>	<b>West Common</b> – We have a meeting about the horse owners taking the controls from the common and also a letter is going to be sent complaining about it.	Ian to do letter and attend meeting
<b>8</b>	<b>Schools</b> – Ian has been running courses at Stapleford for the Sincil School	Ian
<b>9</b>	<b>Permanent Courses</b> – Ian is going to a meeting to see if we can put a course up at both South and West Common	Ian to sort
<b>10</b>	<b>A.O.B</b> – Blue Riband event is next month.  Talked about areas we can use for next years Summer series, dates have been sorted already	Sean sorting peoples times out.  Sean to sort areas with dates and planners
<b>11</b>	<b>Next Meeting</b> – TBC	

# CLUB CHAMPIONSHIP - 2008 - THE BLUE RIBAND

*Chairman, Sean Harrington, writes: "We are once again running a club championship at NOC's Walesby event on Sunday 21/12/08. 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 grassland, 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 NOC Score event, running on the same day, to give us a junior club champion.*

*In general the handicaps for last year worked out quite well, with a number of runners featuring strongly at different*

*stages and it was only after the dust had settled that the new Blue Riband Champion, deposing last year's victor Andy Furnell, was M45 veteran, Dave Denness.*

*Last year we had 10 people competing and it would be nice to get a few more there this year. 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).*



*Winner Dave Denness (right) pictured receiving the Blue Riband trophy from Vice-Chairman, Sean Harrington, following his 2008 victory at Walesby.*



## Blue Riband Handicap Final Table – 2007

Pos.	Name	Age	2007 Calculated Avge Speed	Course Distance	Predicted Completion Time	Actual Completion Time	Difference (+/-)	Non-handicap Race Position
1st	Dave Denness	M45	7.7 min/km	7.2k	55min	51:09	-3:51	4th
2nd	Sean Harrington	M45	9.5 min/km	7.2k	69min	66:36	-2:24	29th
3rd	Dave Gourlay	M45	6.8 min/km	7.2k	49min	47:20	-1:40	2nd
4th	Paul Murgatroyd	M40	6.9 min/km	7.2k	50min	48:54	-1:06	3rd
5th	Robin Stevens	W40	9.4 min/km	7.2k	68min	67:28	-0:32	31st
6th	Amanda Roberts	M40	10.5 min/km	7.2k	76min	76:40	+0:40	44th
7th	Andy Furnell	M50	9.6 min/km	7.2k	70min	74:50	+4:50	41st
8th	Liam Harrington	M40	6.3 min/km	7.2k	45min	51:54	+6:54	5th
9th	Simon Carruthers	M45	8.5 min/km	7.2k	61min	71:08	+10:08	36th
10th	Michael Nell	M40	10.1 min/km	7.2k	73min	84:42	+11:42	48th

# CHASING SPRINTS

Having spent most of this year avoiding the more challenging hilly events, whilst trying to gain a level of fitness where I can do more justice to them, the Urban Racing events that are becoming more widespread have been a more popular choice with me in their place. The prospect of a weekend's urban events was too good to resist, so Kaele and myself headed off up to Leeds University on the Saturday morning for a Chasing Sprint race.

For those who aren't familiar with this format it involves two races. In the second race the winner from each class starts at a set time and everyone else follows on at however long they were finishing behind the winner. I was hardly to get the opportunity to do much chasing though,



**Kaele heading out on the Chasing Sprint (part 2) at Leeds**

as my first action in the first race was to totally underestimate the 1:4000 scale and run off the edge of the map and then spend a good few minutes trying to work out where I was. Even after this, the first two controls took me half my time for the whole course and I was way behind anybody else. I had my excuse for the poor run ready though - this of course was all deliberate on my part so that my 2<sup>nd</sup> start would be later and

I could take photos of the 2<sup>nd</sup> start for this article....

Kaele had finished 17<sup>th</sup> out of 21 in the first race and had a few others in her sights for the 2<sup>nd</sup> race. Unfortunately the ones she was chasing all did better in the 2<sup>nd</sup> race and another 17<sup>th</sup> place finish left her 18<sup>th</sup> overall.

A night event in Beckett Park, Leeds was on offer but with B+B booked near Skipton, the lure of Skipton Balti was much stronger. It was a chilly breezy morning the next day in Skipton - one of those where I was keen to get started and warmed up. We started in a park to the west of the town centre, but from the start involved a run alongside the canal into the town. The course then continued through steep terraced streets before circling back into the town centre. This was the trickiest part - I was caught out just once here by heading straight down an obvious dead end. The latter part of the course sited controls in a school grounds, back into the park and into another school grounds. One of the school controls behind a building at the foot of a steep earth bank into a mass of mud! Not what I'd expected from Urban Racing. A better run overall saw me finish 35<sup>th</sup> out 38 whilst Kaele came in 25<sup>th</sup> out of 30.

A good weekend's orienteering and some more points gained in the Urban League. Lucky with the weather and good to see these events well supported, as well with over 200 competing at Skipton.

The last major urban orienteering event of the year in Sheffield took the same chasing sprint format used in Leeds and formed the final event in the Nopesport Urban League. For Kaele and myself it was the opportunity to gain a few more places in the league, but unfortunately we would both only be able to count 4 events to a maximum of 5 to count in the league.

Winter had set in early as we headed for the Sheffield event centre, a temporary building at the university, which provided two rooms for changing and one for download plus toilet facilities, but for the numbers involved this proved to be very crowded. An unexpected 2k walk from the centre to the start left us quite tight for time but we just made it in time for our starts. The prologue event was based in The Edge Campus and required careful attention to entrance points and uncrossable walls. I was determined not to make the same mistakes as at Leeds so took my time over the first control. Even then I ended up to the south of it when I thought I was to the north of it. Fortunately I quickly spotted my error and began to settle down and get used to the 1:3000 scale of the map. Experience of past Lincoln events came in useful later on when the familiar game of count how many student apartment blocks you've run past came into play. With 22 controls over 2.3k, though, quick thinking was called for. Fortunately I avoided any major errors and came in 31<sup>st</sup> out of 35 in my class - but had left myself with nearly 2 minutes to catch up on the next person in the chase. Kaele, meanwhile came in 18<sup>th</sup> out of 22, but had another competitor worth chasing at just 30 seconds ahead.

With a couple of hours to spare before the chasing event we, and many other competitors, took over the café in the neighbouring museum. By chance we ended up sharing a table with Kathryn Willis, who Kaele was starting 30 seconds behind in the final. Whilst having lunch we spotted a guy setting up a control right out the café. The same set of controls that had been used in the morning had been collected in and were being put out again for the final. For me, the guys that managed to get all this done in a couple of hours were the real champion sprinters on the day!

The final saw the exhausting process of getting everyone started off to the right second. The course took us around a lake, into a park, beneath an underpass and back around a number of AstroTurf pitches and university buildings. As far as the chasing was concerned I saw no-one else from my age class on the course - I neither caught up or was caught up. Instead I had to take consolation from narrowly beating a competitor on the Women's Open who was running the same course. With there being a retiree though, I managed to improve one place to 30<sup>th</sup>. Kaele managed to overtake two competitors and, with two retirees, improved to finish 14<sup>th</sup>.

We'll certainly be looking out for events in 2009 in a bid to improve on our final league placings of 15<sup>th</sup> (Kaele) and 27<sup>th</sup> (myself). For anyone that has not tried a chasing sprint event, I would recommend it. It brings a rare experience of head to head running to orienteering. There's an ideal opportunity in the New Year when our neighbours from HALO host a series of 4 such events that form the East Yorkshire Sprint and Chase Series. More details at [www.halo-orienteering.co.uk](http://www.halo-orienteering.co.uk)

# LOG KIT—IT'S HERE!!

*A reminder to all club members that we have taken receipt of a new order of LOG tops, with both the current TRIMTEX slim fit model and a new looser fit, traditional O version now in stock, each in a range of sizes from medium to triple XL!*

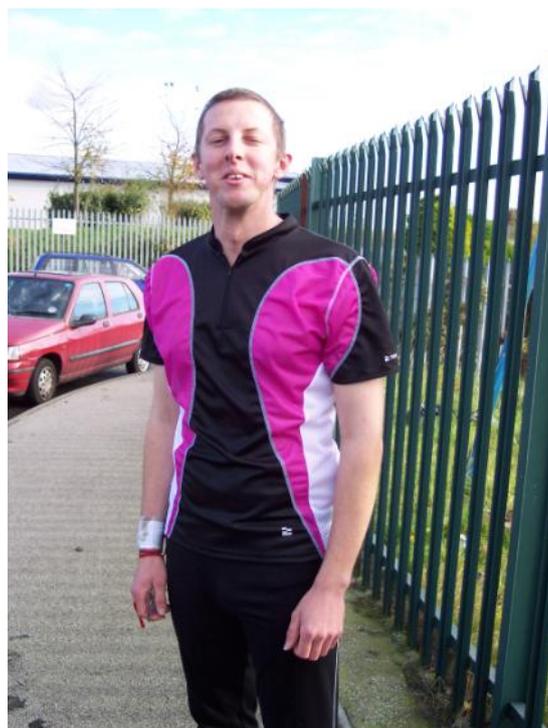
*The tops are retailing at £39 each, so if you'd like to get hold of one, then please get in touch with me (contact details on the back of the newsletter).*

*They will also be made available to purchase at the following venues:*

***Last training night & Winter series, all bar the North Kesteven event***

***Lincoln City race — 25th January 2009***

***Night Nav Score event, Riseholme Pk — 5th February 2009***



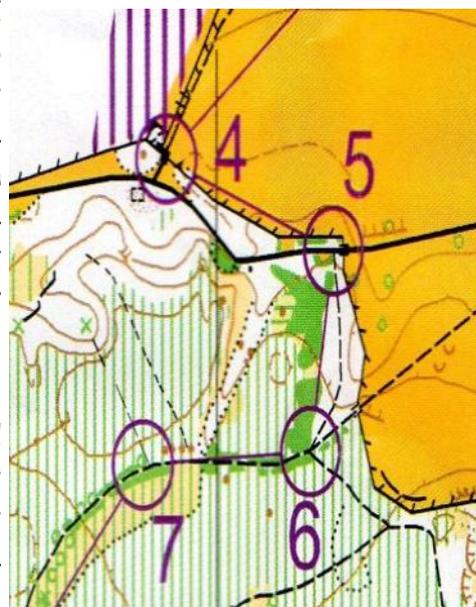
## MY FIRST EVENT

Today Mummy and Daddy did take me orienteering for the very first time. We went to Warden Warren, a parkland near Biggleswade. Daddy did run a Spanish Score, where he had to find all 30 bleepy boxes as quick as possible. He did it in 35 minutes, about 7 minutes behind the winner.

We then did do a Yellow course, Mummy read the map and I holded the dib dib. I did walk for the first 2 controls and dib dibbed in the bleepy box, which flashed at me. I is very slow so went in the buggy for a few controls (I still dib dibbed the bleepy boxes). The course was ok, the first half was in open parkland and we did see the next control all the time. Then we went into the woods, where it went a bit cold and I had to put on a hat (I tried to take it off but nasty Mummy and Daddy put it back on).

The controls were very easy until we got to number 8, which was tricky, Daddy said it was a dog leg (I thought it looked just like the other bleepy boxes) and shouldn't be on a Yellow course. This made Daddy very grumpy and say things about the planner. Daddy then got even more grumpier when a gate was locked and had to lift my buggy over the gate.

At number 10, I did walk again for the last 2 bleepy boxes, while trying to splash in the puddles. We got to the finish in 55 minutes and came 22<sup>nd</sup> out of 22. We were only 2 minutes behind the next runner ... if Daddy was not with me, I would have come higher!



*JJ Bones, 2<sup>nd</sup> November 2008*



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

***It's good to talk***  
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*The next LOG-NEWS is scheduled for the end of January, when the final events of the first LOG Winter series will be over, the series winners of the Long and Short will have been crowned and we'll be reflecting on the lessons learnt from this new venture for us.*

*The Club Handicapped Championship at Walesby and the 3rd Annual City Race will also have taken place and reports, photos and results from these will be in the January issue. Final preparations for The Bomber in April will be taking place and we'll be starting up another round of club training nights, beginning with a mass score event at Riseholme on the 5th February. These events are becoming gradually more and more popular, as club members look to hone their techniques and keep themselves fit in between more 'serious' events in the orienteering calendar. Finally, the first club weekend trip is also approaching — the Thetford Thrash on the 7th/8th February — so much orienteering, so little time! See you out there....*

## ***SELECTED NATIONAL FIXTURES***

### **December**

**13th** YH HALO Night Event & YHOA Night League. Primrose Warren, Scunthorpe. SE957065. C4N Neil Harvatt, 01302 772911. neil@neilharvatt1.orangehome.co.uk. Fees TBA. EPS-SI. No dogs.

**14th** YH HALO District Event. Primrose Warren, Scunthorpe. SE957065. C4 Neil Harvatt, 01302 772911. neil@neilharvatt1.orangehome.co.uk. Fees TBA. EPS-SI. No dogs.

**14th** EM DVO District Event. Whitesprings, Matlock. SK297645. C4 Ian Hodson, 01246 297394. sjblackburn@sky.com £7.00/£1.00 (inc Students), Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. [www.dvo.org.uk](http://www.dvo.org.uk)

**21st** EM NOC District Event. Walesby, Mansfield. SK669702. C4 Neil Fraser, 0115 9830397. neil.f@virgin.net £7.00/£1.50, 65+ non-BOF £5.50; students £1.50. EPS-SI. String course. [www.noc-uk.org](http://www.noc-uk.org)

**28th** EM LEI District Event & East Midlands League. Beacon Hill, Leicester. SK510145. C4 Bob Haskins, 01509 842449. bobh@piperdrive.org.uk £7.00/£3.00. EPS-SI. Parking £2.00. [www.leioc.org.uk](http://www.leioc.org.uk)

### **January**

**1st** EM DVO Street-O. Melbourne, Nr Derby. SK386252. S5 Doug Dickinson, 01509 265653. doug@doug dickinson.co.uk £2.00/£1.00. Dogs allowed on leads at all times. 11.00 mass start. Event - 1 hour score. [www.dvo.org.uk](http://www.dvo.org.uk)

**17th** EM NOC Local Night Event. Shirebrook, Mansfield. SK536665. C5N Tony Horsewill, 0115 928 9760. ajhnottm@btinternet.com £2.00/£1.00. [www.noc-uk.org](http://www.noc-uk.org)

**31st** EM DVO Local Event. Holmebrook, Chesterfield. SK360730. C5 Mike Godfree, 01335 346004. £3.00/£1.00 Family entry: £7. [www.dvo.org.uk](http://www.dvo.org.uk)

