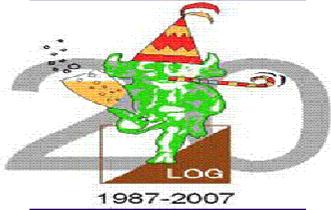


2009 Issue 6
Nov/Dec

NEWSLETTER AWARDS 07 08
CompassSport



LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

LOG-NEWS



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Photos of LOG'ers in action at the recent Chester and Cambridge City Races, all part of the Nopesport Urban League. More details of the events and the club weekend to Chester inside.

ED'S BIG BIT



You get to the end of another year and you start to get a touch reflective.... How has the club been doing, what works, what doesn't, where do we go to next, that kind of thing!

My overall feeling about LOG is that we're definitely heading in the right direction. The development of a year round programme of 'events', whether that be low key, informal races, more 'upmarket' colour code events, or just training sessions on a weekly basis, the club is now more active than it has ever been on that front. The knock-on effect has been a gentle increase in new members,

with around 8 or 9 joining on the back of last year's winter series, and another 3 or 4 already signed up for this year. Keeping these newcomers coming back for more and getting them to renew their membership is obviously key to sustaining this growth and I hope that many will do so—the new year membership list will be revealing on this front!

On top of this healthy increase has been a number of other initiatives, most of which are in their early stages of development. A grant has gone in for £4500 to enable us to remap Stapleford Woods, our premier area that is desperately in need of a revamp in order for us to put on colour code (and bigger!) events there again. There will also be money left over for us to look at mapping a new area for the first time, which would be a great addition to our portfolio—more on this in the next issue, hopefully! If this is successful, there may be scope for more bids to go in to access other

Grants and then we can really go to town on new areas—something we need to do, as the increase in events means that we're tending to recycle the same areas again and again—there's only so many times you can run around Hartsholme Park, as lovely as it is!!

So, onto the end of year Blue Riband club handicap race and I for one am looking forward to finally, at the fourth attempt, having a clean run at this event! Also, early in the new year, we get chance to go one step further than we did last year, and qualify for the Compass Sport Trophy final for the first time in the club's history. We need everyone in the club to come down to Downham Market and support this effort. Now, if we can just make sure that nobody miss-punches on the day.... eh, Andy...?

Paul Murgatroyd

Chairman's & Vice Chairman's Sound Bytes



The club's AGM was held at the Golden Eagle on Wednesday 11/11/09, there was a bit of confusion with the booking and the marquee at the back did not look too inviting, eventually we got

sorted with a room at the back which suited us fine.

The main part of the evening was spent on electing our new committee, I would like to thank Dave Denness who stood down after 3 years of covering the membership secretary post

and also welcome Amanda Roberts (membership secretary) and John Mather (non post holder), who have both joined the committee this year, all other posts remaining the same as last year.

The Bourne L3 event was held on Sunday 22/11/09 and, despite a dodgy looking weather forecast for the weekend, we were very lucky on the day with a bright start to the day with just a few showers later on.

We had approximately 100 entries on the day, it would have been nice to see a few more people, when you consider the amount of work that goes into an event like this, but, as usual, we had a good turn out of LOG helpers to set the event up in the morning and staying late to collect all the controls in, so thanks to everyone for that.

The EMOA recently ran a series of different courses for its members, there was a good turn out from LOG

and we now have more people within the club who can help with Coaching, Planning, Mapping and, with a bit of luck, we will soon have a new Controller for LOG.

We are now half way through the winter series, with the Hartsholme event having just taken place. The numbers have been steadily increasing, starting with 31 at West Common, 38 at the University and 51 latterly at Hartsholme, of which 38 ran the long course. From all the comments I have heard, it looks like everyone has been enjoying the series. Thanks again to new planners, Anne & Geoff Gibbs and Paul Barnes, who all put on some good courses for their events.

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

Sean Harrington

FUTURE LOG EVENTS

2009/10

12.12.09—23.01.10 Winter Series 2009/10

- 12.12.09 *Riseholme Park (Sarah Pike)*
09.01.10 *South Common (John Mather)*
23.01.10. *Sudbrooke Park (Paul Murgatroyd)*
28.01.10. *Training session—University of Lincoln (technique)*
04.02.10. *Training session—University of Lincoln (fitness)*
11.02.10 **Riseholme Night Score event**, Paul Murgatroyd
18.02.10. *Training session—University of Lincoln (fitness)*
25.02.10. *Training session—Hartsholme Park (technique)*
04.03.10. *Training session—Hartsholme Park (fitness)*
11.03.10. *Training session—South Common (technique)*
14.03.10 **L3 Stapleford Woods (East Mids League)**, TBA
18.03.10. *Training session—South Common (fitness)*
25.03.10. *Training session—Riseholme Park (technique)*
01.04.10. *Training session—Riseholme Park (fitness)*

08.04.10—05.08.10 Summer Series 2010

- 08.04.10 *Hartsholme Park ()*
22.04.19 *Bourne Woods ()*
06.05.10 *Sudbrooke Park ()*
20.05.10 *Stapleford Woods ()*
03.06.10 *Ostler's Plantation ()*
17.06.10 *RAF Cranwell (Michael Nell)*
01.07.10 *Sleaford Town ()*
15.07.10 *Nettleham Village (Paul Murgatroyd)*
29.07.10 *Stamford Town ()*

05.08.10 **Midsummer Madness—Chasing Sprint**; *University of Lincoln*, Paul Murgatroyd



Lincoln Orienteering Group



1. Saturday 31st October– West Common, Lincoln

(Planner: Geoff & Anne Gibbs)

Halloween saw the start of the club's Winter Series with an event on Lincoln's West Common. Registration was in the car park; entrants were then immediately faced with the most hazardous task of the day - crossing Carholme Road. Saturday morning traffic was nose to tail at 50mph.

A short four-control demonstration course had been set and one or two newcomers took to this, with club coaches in attendance to provide hints and advice. Competition courses were a 3km nine-control short and a 6km fifteen-control long course. Controls had been purposely sited away from people or horse areas in order to keep everyone happy after previous issues on the Common! The terrain was easy and even long grass and marshes were not much of an excuse to slow down.

Twelve entrants (some groups) ran the short course, while eighteen took on the 6km challenge. It was a successful event, with top podium positions going to Clare Hanna (24:35) for the short course and Paul Murgatroyd (29:59) for the long. However, once the handicap scoring system came into play, defending Long course champion, Neil Harvatt, claimed the maximum 1000 points, along with the Pickett Family on the Short course. Well done to Charlie Thomas on his first competition run, claiming a number of experienced scalps along the way!

2. Saturday 14th November– University of Lincoln

(Planner: Amanda Roberts)

Wow - we were lucky! The forecast was for horizontal rain and driving winds. As I printed out the maps, I was wondering whether we would have any competitors at all. Luckily, Saturday morning was bright and sunny, with a brisk wind to blow away the cobwebs. The training session was well attended, with plenty of new orienteers having a go with the guidance of our club instructors. This is the third event I have planned, but the first one in the urban jungle! Different problems seem to crop up each time. The lessons learnt this time are:

- 1) How to change the print format from portrait to landscape - a simple task if you know where to look, but very frustrating if you don't.
- 2) That not all printers seem to produce the quality of print required to make the course on the map stand out from the map details, especially on an urban map with so much dark detail - luckily it was a bright day and I hope everyone managed to see the routes well enough.
- 2) To remember that level crossings close when trains come through town and to design the course to avoid them - I apologise to those who were caught by the barriers going down and hope it didn't spoil their run.
- 3) That it is possible to catch Paul Murgatroyd out! - it cost him valuable time and he got pipped at the post.

Congratulations to Liam Harrington, winner of the long course and to Georgia Thomas, winner of the short course.

3. Saturday 28th November– Hartsholme Park, Lincoln

(Planner: Paul Barnes)

This winter series event took us back to Hartsholme Park and, for me, the first time I have planned an event. This was also the first test of the new Gripples, which seem to work well, as none of the controls went missing—a bonus, considering the issues we've had at South Common in the past. Many thanks to Jon May for his help, both with the planning and setting out the markers. Thank you also to the kind people who stopped behind to help collect them in—much appreciated!

We had a very good turn out for the race, with a record 50 individuals/groups taking to the fast underfoot conditions around the park (and luckily the rain held off, once again). Winner of the Long was Liam Harrington by just under a minute, while Craig Lucas won the short and consolidates his place at the top of the series table. I even managed to get my kids to go around the short course and you never know, we might have a couple more Barnsey's signing up for next year!



LOG WINTER SERIES 2008/9 – TABLES

	Name	Age Category	West Common	Uni of Lincoln	Hartsholme Pk	Total (Best 3)
LONG						
1	Paul Murgatroyd	M40	980	1000	995	2975
2	Andy Lucas	M40	935	935	966	2836
3	Phil Longstaff	M55	957	987	859	2803
4	Dave Gourlay	M45	959	931	872	2762
5	Neil Harvatt	M50	1000		1000	2000
6	Robert Parkinson	M50		929	933	1862
7	William Parkinson	M14		874	959	1833
8	Liam Harrington	M21		912	903	1815
9	Martin Wheeler	M50	790		860	1650
10	John Fulwood	M55	772		876	1648
11	Anne Gibbs	W65		811	827	1638
12	Hayley Fox	W21	396	605	570	1571
13	Sean Harrington	M50		771	786	1557
14	Amanda Mylett	W55		779	765	1544
15	Paul Barnes	M21	666	837		1503

	Name	Age Category	West Common	Uni of Lincoln	Hartsholme Pk	Total (Best 3)
SHORT						
1	Craig Lucas	M12	730	890	1000	2620
2	Allsopp Family	M10	452	756	667	1875
3	Harry Gourlay	M10		787	798	1585
4	Hazel Williams	W10		778	687	1465
5	Toby Williams	M10		724	682	1406
6	Ben Mather	M10	427	457	451	1335
7	Pickett Family	M10	1000			1000
8	Georgia Thomas	W14		1000		1000
9	Hannah Mather	W10		452	450	902
10	Ian Durrant	M65	900			900
11	Clare Hanna	W40	838			838
12	Geoff Gibbs	M65		787		787
13	Ryan Lucas	M10	782			782
14	Chris Smith	M40			759	759
15	Hazel & Toby Williams	W10	749			749

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

www.logonline.org.uk

CHESTER CLUB WEEKEND



“Chester was originally a fort founded by the Romans 2000 years ago, it was the last English City to fall to William the Conqueror. The city walls are the most complete in Britain, it also boasts a Roman Amphitheatre and the famous shopping rows.”

A contingent of eleven LOG members (nine runners and two professional photographers - Nikki & Lisa) travelled to Chester on the weekend of 10/11th October for its first ever city race, organized by the local DEE club.

Paul M. insisted the LOG entry should be pumped up with high levels of liquid, vitamins and protein, so Saturday evening a jolly to the pub, where copious amounts of amber nectar were consumed, was high on the agenda. Then, on for platefuls of the very finest Indian cuisine. Paul B. was intending to be hot on the run, so scoffed all the hottest green chillies on hand, much to the horror of the staff.



Look, trust me, sport science research tells you this is the perfect way to prepare for a city race

Despite all this frivolity, the turn out at 8 am breakfast was an impressive 100%, hangovers soon sorted by consuming very large full English breakfasts. We then made our way

to the race starting point in Chester Town Hall Square. Promise of a nice day by the weather man seemed to be wrong as it was chilly and drizzling.

A late start, due to some unopened gates, then off at 1 minute intervals. The race was a mixture: including parts of the wall; some uninteresting streets; part taped route along the race course; there and back across the river; through parks and finally up and down the rows. The overall



It's behind you.....

opinion was it could have been a far more interesting race with more controls and fewer long legs, but it was their first city race and we all learn.

Super whippet, Liam, had a great run, coming in 6th overall, which put him temporarily in the lead for the Men's Open title in the Nopesport Urban League. Paul M., in spite of his recent injury which has kept him from training, came in a very respectable 16th. Paul B. did extremely well, coming in 30th (must have been the chillies). Sean, our beloved chairman, if the previous night's rumour of ten pints consumed in the day were true, did superbly well just to get round. Andy was the last LOG'er to finish and then promptly rushed off, probably feeling guilty about not wearing a club top!

In the women's open, Amanda enjoyed herself, with her dodgy her calf holding up, and recorded a solid 28th. Clair finished in 44th and then rushed off to a lunch date. Geoff, like a fine wine, is improving with age as he whooped his other half for the first time. As for me, well that's another story.....



The inevitable 'dog hanging', but Geoff has seen it all before

LOG Results

Men's Open

(7k; 17 controls; 82 entries)

Liam Harrington	6 th	42:07
Paul Murgatroyd	16 th	46:02
Paul Barnes	30 th	50:26
Sean Harrington	73 rd	65:50
Andy Furnell	80 th	75:11

Women's Open

(5k; 13 controls; 62 entries)

Amanda Roberts	28 th	45.11
Clair Hanna	44 th	53.30
Geoff Gibbs	53 rd	63.30
Anne Gibbs	55 th	65.27

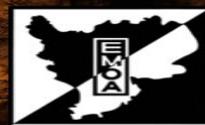
Full results available at—

<http://www.deeside-orienteing-club.org.uk/index.html>

Anne Gibbs

EAST MIDLANDS LEAGUE — 2009

east midlands orienteering association



EMOA League—Remaining Fixtures 2009

20th December Walesby NOC 28th December Beacon Hill LEI

With now only 2 events remaining in this year's league, the final placings are close to being finalised. Making strong showings this year are Georgia Davey, new to the league and appearing in 3rd place in her class and Joanne Nell, who continues her accumulation of points to top the Women's Blue. Husband Michael also continues to rise up the table and is now in 3rd place on Men's Blue. Shown below is the latest table with, as usual, the LOG & associated RAFO members.

East Midlands League 2009 (LOG & RAFO members' placings after 11 events)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	Best Eight Scores	Overall Position
Yellow	Russell Kirk			321		438				376					1135	8th
Orange	Georgia Davey				557	672	831		1000	888					3948	3rd
Orange	Diane Read										515	466			981	14th
Lt Green	Kevin Kirk			693					1000	514					2207	9th
Green	Martin Wheeler								831			957			1788	27th
Green	Tom George			564			477		696						1737	28th
Green	Andy Furnell									560		597			1157	38th
Green	Craig Youngs								497	435					932	40th
Blue	Michael Nell			754	699	877	760	650	854	814	787	873			6418	3rd
Blue	Paul Murgatroyd									1000	904	964			2868	20th
Blue	Andy Furnell	529							549		586				1664	36th
Blue	Robin Stevens										729	734			1463	39th
Blue	Sean Harrington	612										723			1335	44th
Blue	John Mather					661							607		1268	48th
Blue	Joanne Nell			816	834	1000	964	825	778	956	1000	1000			7395	1st
Brown	Paul Murgatroyd	879			739	718									2336	16th
Brown	Liam Harrington	780				677					809				2266	17th
Brown	Charles Nell				580				836						1416	31st

Key to Events: 1 Lount, 2 Lindop, 3 Willesley Woodlands, 4 Stanton Moor, 5 Carsington Pastures, 6 Swithland Woods, 7 Calke Park, 8 Harlow, 9 Byron's Walk, 10 Wakerley Woods, 11 Bourne Woods, 12 Walesby, 12 Beacon Hill

NOPESPORT URBAN LEAGUE

Andy Furnell writes: Just as this time last year, October and November's fixture list showed a promising number of Urban Orienteering events, including the climax to the Nopesport Urban League series. Things didn't quite off to the anticipated start though, as HALO were forced to cancel their planned event in Beverley, which is now planned for 21st February 2010.

So, instead, the first event up was in Chester, for which Paul had organised accommodation to make it a club weekend. The location of the hotel could hardly have been better, with a Good Beer Guide recommended pub just across the road and a choice of two Indian Restaurants next door. Most of us arrived in good time to have a wander round town on the Saturday afternoon before retiring to the pub and restaurant in the evening.



The Sunday saw no less than eight LOG competitors taking part in the race, which started close by the cathedral. The number of courses was limited to a men's, women's and junior courses. This did result in quite a few veteran men's competitors opting for the women's course, rather than the full 7km of the men's course. There was a delay in the starts, due to problems with gaining access to a park. The men's course took us across the city centre to the aforementioned park, then back across to the northern and western side of the city walls. It was at this point that I made my one significant error - despite our walk the previous day having taken in this area. A taped route was set up along the

edge of the racecourse to get around a major road before heading across the river to the south of the city. It was at this point that I decided to test that the controls were fixed securely. Whilst reaching for one control whilst on wet cobbles, one foot went one way and other foot went the other and grabbing the control was the only way I could stay upright.

The final part of the course was back in the city centre, including a run up into the historic galleried shopping areas. I thought that overall it was an enjoyable event, but with a large part of the 7km course inevitably being outside the historical parts of the city, it didn't seem to be right up there with the best urban events. The key result on the day was Liam Harrington's 5th place finish, which left him in strong contention for the Men's Open trophy on the Nopesport series.

Two weeks on and it was down to Cambridge. This event was originally planned as part of a two day event back in February, but had to be postponed as icy conditions made it unsafe. Again, there were 8 LOG competitors taking part. Starting on Jesus Green, the course took us across the city through various colleges. The siting of several controls in college grounds led to frequent direction changes. Despite the fact that I know Cambridge very well, this could be surprisingly disorientating and I was caught out totally when I emerged from one college and crossed a road to find myself on Parker's Piece when I thought I was somewhere totally different. The course ended with several controls in Jesus College - including one on an distinctive sculpture which several of us commented that we couldn't even remember seeing on the day - such was the focus on where we were going. For me, I thought this was an outstanding event. It was a real privilege to get into all the college grounds, most of which I'd never seen.

The Oxford event coincided with the first event in LOG's Winter Series, so I was set to travel down alone. Unfortunately I wasn't feeling well at the time and didn't even feel like taking on the long journey, never mind the event. It was a shame, as the event certainly looked interesting. It started

at the University Parks, the same location as the previous event two years earlier, but instead headed off in the opposite direction across the city centre. In the event Thomas Honnibal was the only LOG member present and improved on an already strong showing in Cambridge, with an excellent 7th place finish. The turnout for this event was most impressive, with over 450 competitors across all age classes.



Finally, Sheffield came round and, by this time, other results had left Liam safe in first place in the Nopesport event. The event format was a Chasing Sprint, as it was last year. For those unfamiliar, this comprises two short races. After the first race (Prologue), the winner sets off first on the second race (Chase), followed by each other competitor after the amount of time they finished behind the prologue winner. This leads to some fast and intense activity on the Chase event as competitors look to make up places. It also brings a 'first over the line' finish that we don't normally get in orienteering.

As an event centre, the Student Union building (formerly the spectacular failure that was the National Centre for Popular Music) was used, which was ideal for the purpose. A long walk was required to the start of the Prologue to the west of the city centre - and I'd left it late, so this turned into a steady jog. This didn't make for an ideal preparation as I made the worst possible start. I was having problems making out the

overprinting on the map (well, that's my excuse) and headed for number 8, which was close to number 1 on the map, and got on the wrong side of a fence for it, before relocating, and only then realising that it wasn't even the right control.

Things improved after that, as the latter part of the course worked it's way over to the finish at City Hall, but any hopes of a meaningful chase event had gone. As part of an eventful day though, after my run, a couple of controls on the housing estate that was being used were removed by a security guard, leading to some frantic activity back at the event centre to get the finish times adjusted to exclude the problem course legs. This was going on whilst Paul, Liam and myself slipped off for lunch, returning in time for the chase event. This took place in main part of the city centre. The first part was the most interesting, as the courses had the same controls in a differing order around the City Hall.

By the time I started, the Men's Open competitors were being unleashed and things were getting really manic out there. I made a few errors again, but enjoyed the testing course - having to be at the right level was a frequent challenge - before reaching the finish at the event centre.



The presentations soon followed, both for the individual event and for the Nopesport series and Liam picked up what must surely be his most unusual trophy to date - a house brick with an engraved plaque on the front, for winning the Men's open title! Also featuring strongly from LOG were Tom Honniball, with a 3rd place on the Men's Open and Paul Murgatroyd, who ended up just off the podium, in 4th place, in the Men's Vet 40+ category.

It's been an excellent series of events again, and looking ahead to 2010 the choice of urban events looks set to expand even more with the likes of Carlisle, Pickering, Nottingham, Bradford and Otley already scheduled, in addition to many established events. It just remains to see what Nopesport end up selecting for the league, as they really are spoilt for choice now. Our own city race will be on Sunday 5th Sept.

EMOA DEVELOPMENT DAY



East Midlands Orienteering Association

Development Day

7th November 2009

Starting out as an idea posed by your very own LOG committee, this training day quickly took on a life of its own.

Recognising the need for more planners within the club, LOG proposed at the start of the year that EMOA put on a training day for those club members interested in a level 3 course (planning upto and including the old 'district' level event). To their credit, EMOA committee quickly realised the potential for a full development day within the region and started to look at expanding the range of courses on offer beyond just a planner's event.

Within a couple of months the framework had been finalised and adverts were flying round the region, with a full programme of controller's (level 2 & 3), planner's, mapper's and coach's (UKCC level 1) on offer for interested parties.

So it was that the club bought fully into

this opportunity and Saturday 7th November saw Grosby Community College play host to this one day extravaganza.

A total of 8 LOG'ers made their way over to Leicestershire to take part in the day and the following courses were host to keen club members: Level 3 controller's (Jon May); Level 3 planner's (Paul Murgatroyd, Dave Denness, Liam Harrington); mapper's (Tom Honniball, Anne & Geoff Gibbs) and Level 1 coach's (Michael Nell).

The day was pretty full on, with registration at 9am, after an hour's journey to the college from Lincoln, and went through to beyond 4pm (in Michael's case, past 5:30pm). However, all courses were nicely balanced, with a mix of underpinning theory and interactive practical elements allowing this theory to be put to the test in the woods at the back of the college.

Only the UKCC course required more input than one day could manage and Michael will be following up on this over the next few weeks. On successful completion, this will bring the number of qualified coaches in the club upto 5 and Michael's hoping to use his new found skills with the RAFO Cadet group.

Some of the others have already put their new qualifications to the test, with Dave Denness planning the Bourne Woods colour code event less than a month after sitting the course—good effort. Jon May also took on the controller's role, albeit in a low-key 'informal' sense.... The good news is that the event passed off incredibly smoothly, which is testimony both to the quality of training provided by BO and EMOA and the commitment and energy shown by Dave and Jon (with a little help from Liam and Sean along the way!)

OMM REPORTS

Liam Harrington writes: This year I was entered into the Long score, again with the same partner as last year, Steve Watson, who is from Retford running club. We were hoping for slightly better weather than last year, when it had to be called off half way through day one. Friday we travelled down to the event centre at Builth Wells' showground. All the facilities were inside a building, which is very luxurious in contrast to the normal tents. There was also hot food and a bar, which we thought we'd best make the most of.

Saturday started with a 20minute bus drive, before a short walk to the start area. We had 7 hours to collect as many points as we could and started really well. At about half way through our time limit we had covered approx 25km, picking up 180 points. We then had a choice of an easier and shorter route to the mid camp, which would have got us 100 points, or a longer and harder route which we thought could get us up to 50 more points. Having done well so far we decided on the longer route, but the underfoot conditions were not as good and we struggled to keep the pace we had earlier, which meant we had to decide not to go for all the controls and just pushed to get back within the time limit. Although we gave this our best shot, we were 45 seconds late back, losing 2 points from our score. Overnight - 50th out of 193.

Sunday we had an hour less on our time, we decided to not overstretch ourselves again with the time, so picked a route we could change more and be closer to the finish. Our route also went a different way from the start from ~90% of everyone else, so we wouldn't get stuck behind slower teams away from the start. We had another good run, and having picked a solid route with a high scoring potential, we finished 17th for the day out of 179, giving us an overall place of 28th of 179.

Jon May writes: Dave and I had a score to settle. Having eyed up the OMM for many years, we finally got all the necessary components lined up last year, only to be defeated by the first cancellation in the event's 41 year history. We were very clear, crossing the finish line was what mattered. So we headed off to Wales in good time, repeating the luxurious arrangement with Philomena driving us there in the campervan. During the evening a really quite merry Liam appeared at the window, he'll learn (but perhaps not for a few years yet).

After an early start on Saturday morning, the first leg was quite simple, but had two route choice options, a long round the path choice or a more direct down into a valley and up the other side. I think anywhere other than the first leg of an OMM, we'd have gone direct, but low risk and a chance to jog away some nerves made us take the path choice. Mid way through this leg, about 2.5 km from the start, Dave and I were astounded to see a crowd of around a dozen gathered at the junction where the path met a road. Quite who decides to tackle the OMM but has to stop to read the map at a T junction I don't know, but this of course is why everyone should attend their local orienteering club's training sessions.

Two things that we'd read about the area were that if it's level it will be wet, and that the tussocks are appalling. We were able to confirm the first of these on the second leg, taking a straight line across some ground that met both aspects of the description.

After control 4 we turned into the wind for a 4 km leg along a ridge. There was a path, but it was boggy and the wind and rain drove against us the whole way. We had identified very early on that the next leg would be the crux of the day. In a straight line it was 8k, but 8k of rough high ground. This time the map even told us that it would be rough and wet, so based on our experience of the terrain that was not deemed tough enough to be marked as rough and wet, we leaned toward the longer option. We veered away from the purple line on a

path going in the right direction, if not exactly in the right place. The approach to the control was up a short climb and across just over 1 km of moor. The difficulty of that section made us glad not to have chosen the straight route.

By now we were getting closer to mid camp, unfortunately this was where we made our only navigational error of the day. Probably distracted by the company we took a line that we knew wasn't right but that was well worn. We found ourselves separated from the route down to our control by the biggest tussocks I've ever seen, and a sharp drop. It was impossible to stay upright on these tussocks and Dave and I took turns to amuse one another with spectacular tumbles, before finishing day 1.

As we went to the Day 2 start, we saw Dave Gourlay and Andy Stevenson coming back down. They had had a superb Day 1 and had been in the chasing start, but Andy's knee was injured and they had to give up. The weather was much better on Sunday, and visibility was excellent. Our nav to both control 1 and control 2 wasn't the best, but nothing dramatic. As the day drew on, the pace picked up, both in our running, and the frequency of controls. Near the end the planner indulged in some masochism, with a control placed at the base of a hill. This was so steep that standing on it felt precarious, and the reward for going down was simply to turn around and come back up.

The final few controls were all downhill, and by now all competitors were being funnelled towards the same finish. One last burst of adrenaline saw us visiting the wrong rocky re-entrant, but other than that, knowing we were going to make it drove us on. Across the final field, Dave did a passable impression of a sprint for the line.

And so it was over, finishing 129th out of 257 starters. All that reading, planning, training, buying and weighing kit was finally worth it.

CLUB CHAMPIONSHIP - 2009 - THE BLUE RIBAND

Chairman, Sean Harrington, writes: "For the fourth year running, we will again be holding the Blue Riband club championship at NOC's Walesby event on Sunday 20/12/09.

The plan, as always, is to give each runner 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 7.0 Km, you will be given 70 minutes to complete the course. We will then give out approximate start times, working from the highest handicap going off first, 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, but 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, if any, controls in it.



Winner Andy Lucas (left) pictured receiving the Blue Riband trophy from Chairman, Sean Harrington, following his 2008 victory.

In general, the handicaps for last year worked out quite well and we seem to be fine tuning the system

nicely! Liam Harrington, as expected, was the quickest around the course, but by the time the handicaps kicked in, the winner by just 1 second over Phil Longstaff was Andy Lucas. He managed to wrest the crown from last year's winner, Dave Denness, who was there on the day, but claimed to get injured in his warm up in the car park!!! There was a slight issue with the course length on the day / handicaps, but I won't go into that again – just ask Phil!!!

The first year we had 10 people competing and last year we had 17, so lets see if we can make it up to 20 this year. If you are interested in competing at this event and have not already let me know, please contact me asap on 01522 791344 or sean@logonline.org.uk.

Sean Harrington

Blue Riband Handicap Final Results Table – 2008

Pos.	Name	Age	2007 Calculated Avge Speed	Course Distance	Predicted Completion Time	Actual Completion Time	Difference (+/-)	Non-handicap Race Position
1st	Andy Lucas	M40	7.5 min/km	7k	52:30	51:21	-1:09	3rd
2nd	Phil Longstaff	M55	8.5 min/km	7k	59:30	58:22	-1:08	7th
3rd	Jon May	M21	8 min/km	7k	56:00	56:31	+0:31	6th
4th	Liam Harrington	M20	6 min/km	7k	42:00	43:19	+1:19	1st
5th	Joanne Nell	W40	9.6 min/km	7k	67:12	68:50	+1:38	11th
6th	Simon Carruthers	M35	9.5 min/km	7k	66:30	68:12	+1:42	10th
7th	Amanda Roberts	W45	10 min/km	7k	70:00	71:43	+1:43	14th
8th	Andy Furnell	M40	9.7 min/km	7k	67:54	69:55	+2:01	12th
9th	Sean Harrington	M50	9.2 min/km	7k	64:24	67:14	+2:50	9th
10th	Michael Nell	M55	9.8 min/km	7k	68:36	73:52	+5:16	15th
11th	Paul Murgatroyd	M40	6.5 min/km	7k	45:30	52:23	+6:53	4th
12th	Mark Smith	M21	6.6 min/km	7k	46:12	53:11	+6:59	5th
13th	Geoff Gibbs	M65	13 min/km	7k	91:00	99:01	+8:01	18th
14th	Ian Durrant	M65	12 min/km	7k	84:00	93:10	+9:10	17th
15th	Matt Harrington	M21	8.7 min/km	7k	60:54	70:24	+9:30	13th
16th	Kaele Pilcher	W45	11 min/km	7k	77:00	87:48	+10:48	16th
17th	Anne Gibbs	W60	12.5 min/km	7k	87:30	DNF	—	—

THE ART OF GOOD PLANNING—PART 3

With the EMOA having run a course for planners on the 7th November, we continue to build on our new found knowledge with the series of articles from *CompassSport*. Author Tony Thornley writes:

Having managed to plan some good outline courses for a Colour coded event in a few weeks' time, you start to wonder whether it'll be a success. Here's what you have already done:

- * Made some visits to the area with the map (or a good draft).
- * Planned courses in outline and checked that the courses satisfy the BO guidelines on technical and physical demands.
- * *With the organiser:* Checked access and permissions, agreed on car parking, and determined start and finish locations
- * *With the controller:* Agreed courses to be provided, approximate course lengths, and a time schedule for the event.

You are now at the stage of selecting and taping control sites.

Choosing Control Sites

Fairness

Every control should satisfy both the criteria of visibility from 10% of the distance from the nearest attack point or realistic (ie. obvious at speed) navigating feature, and of being as visible with a competitor at the control site as without—as far as possible. Take particular care with controls on:

- **Green features** — the control flag tends to get hidden.
- **Clearings** — you may see it whilst walking, but a runner with sweat in his/her eyes may not (and clearings/green controls are nearly always unfair at night).
- **Sunken point features** — a flag in the bottom is likely to be a 'bingo' control.
- **Open areas** — try to ensure that controls are not visible to runners 100m+ away.
- **Low visibility or high undergrowth areas** — can you navigate to the flag?

Dog legs and conflicting directions

A 'dog leg' is when a runner leaves a control by the same route as he approaches, tending to lead others into the control.

The same situation can happen when runners on one course leave a control as those on another approach it. Both situations are potentially unfair, and should be avoided either by having additional controls, or by using a turning control to take people away from the potential dog leg.

The problem tends to be thought of as the ultimate planning heresy, which it is not: bingo controls and using badly mapped control sites are far worse. Also, it is difficult to avoid dog legs on urban courses, where route choice and speed of navigation are more important factors for the planner to consider.

Unfair routes

When checking that each control site is fair, you need also to check that all reasonable routes are fair. Does the map show the green vegetation similarly on each route?

Overuse

300-400 competitors can use a site without desperate problems. Avoid having several controls within 50m just to ease congestion—it can be unfair, and makes relocation easier. If you must have close controls, make sure they have very different codes.

Which side of the feature?

Your outline courses will determine which part of the feature the flag should go on: the competitor on the quickest route should come to the feature before the control if it is a raised feature like a knoll. Most sunken features will need the control sitting on the edge.

Taping Controls

Visit and tape control sites, crossing points, start, finish, map exchange. To be fair to the Controller, you must use longish pieces of tape that will be visible against the vegetation and hung at a consistent height.

One preference is for pairs of tapes: orange and white, flexible plastic of at least 15cm to blow in the wind. If this is not possible, for example because they will be taken or eaten or environmen-

tally unacceptable, the Controller may prefer to check the sites immediately after you have taped them—say the next day—to minimise the risk of removal. When taping controls, try to put the tape as near as possible to the position that the control will be hung.

Each tape should be numbered. It is simplest to get a list of your club's control codes and use those. If you remove any sites, don't reuse the code unless desperate. When taping controls, note any obvious map corrections.

Putting it together

You have now got to the 1001 detailed jobs that will make the event work. Here are a few shorthand hints:

Descriptions

The originals should be checked and approved by the controller before printing.

Stiles, crossing points, taped routes

These jobs may need to be delegated, but you should have tapes at the right places, your responsibility extends from the start line to the finish. Crossing points should either be brightly marked on the day or have controls at them.

Hanging controls

It takes longer than you think and it pays to organise it all carefully indoors. The controller will want to know the order and timing of your control hanging. An experienced planner may manage a control every 5 minutes, but some help makes the job much easier. All controls should be checked on the morning of the event, if necessary with some help.

During the event

Ask competitors, particularly competent runners, where they went and what they thought of your courses. Don't take offence, even when they're clearly wrong—try to learn.



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BOURNE WOODS—PLANNER'S REPORT

I had planned the Summer Series event at Bourne this year, so when the Level 3 Stapleford event had to be moved to Bourne I was 'offered' the chance to have a go at planning this one too. This would be my first experience of planning a colour coded event and I was given reassurances that my inexperience would not matter, as there would be an experienced controller to make sure nothing went too far wrong.....

Planning the Summer Series event was a good start, as it highlighted parts of the map that needed updating. Luckily for everyone, Thomas Honniball was able to spend time this summer making lots of much needed revisions to the map. Progress over the summer with finding a controller was not so good and it was eventually decided by the powers that be that Jon May and Liam H. would volunteer to fill in for this role.

Jon and me were booked onto BOF Controller and Planner Courses respectively, with the only problem being that the courses were both only two weeks before the event (by which time maps should really already be back from the printers for final checking).

By the beginning of October, Thomas had made most of the changes to the

map so I was able to really get cracking with planning. Looking at the BOF guidelines for the technical difficulty of the different colour courses things did not look too problematic. One of the surprises for me was that the most challenging courses to plan were the white and yellow. These had to be revised many times to ensure they met the guidelines.

The BOF planning course, although very late in the day, was a real help in that it gave loads of practical tips that are not written into the guidelines. The downside was that there needed to be lots of last minute changes made to the courses I had already, in theory, finished. Jon had also learned from his course and was able to give lots of valuable controller's advice.

My other main challenge was with OCAD. I can normally just about muddle through with the basics, but having to have 2 parts for the blue/brown courses and different scales for white-green was way above my skill level. So thanks are due to Paul and Liam for their help, but Steve Bones deserves a special mention as well. Steve gave loads of helpful advice, but at first I thought his last e-mail, on the day the maps were due to be sent the printers, must surely be a joke ...

'Hi Dave, Just found a problem with the map - the small knoll symbol is the wrong size. It should be 0.50mm @ 1/15k and 0.75mm @ 1/10k, its currently 0.38mm @1/15k and 0.57mm @ 1/10K...'

No joke. I just hope you all appreciated the effort I had to put in to make sure that your small knolls were the right size....

Once the maps were sent off there was a brief quiet spell until the event. Putting the controls out went without a hitch and once again thanks to Liam for checking them all on the day. The weather fortunately was good for the event itself, and Sean as organiser mobilised his teams to set up with all the usual LOG efficiency. This seemed to go smoothly and everyone appeared to enjoy their courses—well, no-one complained, which is always a good sign! There were quite a few cuts and scratches evident on finishers to prove the point. The only serious complaint on the day was from a very brave young man who told Amanda and LOG Mummy that he was very disappointed that there was no string course and we should do better next time. He's destined for great things, that boy...

Dave Denness

BOURNE WOODS—LOG/RAFO RESULTS

Yellow (length 2.4km, 9 controls)

1 Hazel Williams LOG 27:02

Light Green (length 3.6km, 13 controls)

3 Phillip Denness LOG M18 42:16

4 Christopher Smith LOG M40 45:53

mp Anne Gibbs LOG W65 110:27

Blue (length 7.2km, 18 controls)

2 Paul Murgatroyd LOG M40 56:21

7 Joanne Nell RAFO W45 75:11

8 Michael Nell RAFO M55 77:10

12 Robin Stevens LOG M45 79:25

16 John Mather LOG M35 83:44

20 Sean Harrington LOG M50 86:59

28 Phil Longstaff LOG M55 107:37

Orange (length 2.6km, 9 controls)

4 Bella Williams LOG W10 35:24

8 Diane Read LOG W45 42:04

Green (length 4.6km, 15 controls)

2 Martin Wheeler LOG M55 45:25

8 Amanda Roberts LOG W45 52:02

13 Karen Williams LOG W40 57:48

18 Andy Furnell LOG M45 63:01

20 Claire Hanna LOG W40 67:29

25 Geoff Gibbs LOG M65 123:46

Brown (length 8.7km, 27 controls)

1 Justin Williams LOG M40 74:01

4 David Gourley LOG M45 89:22

mp Paul Barnes LOG M35 84:22

rtd Andy Lucas LOG M45 Missing nos 6-27

Full listings are available on the website: <http://www.logonline.org.uk/Result/Bourne09/index.htm>

Lincoln Orienteering Group Annual General Meeting – Nov 11th 2009

Present: Andy Lucas, Sean Harrington, Nikki Harrington, Joanne Nell, Michael Nell, John Mather, Andy Furnell, Ian Durrant, Amanda Roberts, Dave Denness, Jon May, Paul Murgatroyd, Sarah Pike, Liam Harrington.

1. Apologies: Hayley Fox, Steve Bones, Phil Longstaff, Clare Hanna, Robin Wright, Kaele Pilcher, Charles Nell, Geoff Gibbs & Ann Gibbs.

2. Minutes of 2008 AGM:

These were accepted as a true and accurate record of the meeting.

Proposed by: Sean Harrington Seconded by: Ian Durrant

3. Chairman's Report:

We have had a very good year, which included the first running of the winter series, Lincoln City Race, Bomber and Summer Series, with training moving to every week. Thanked all the members who had helped out with the events, training and planning. Personally thanked Paul for all his hard work within the club over the last year which has really helped the club move forward.

4. Treasurers Report:

The clubs finances are in a solid position with around £4000 in the bank. We made a very small profit this year, just over £20.

5. Election of Officers:

Post	Proposed	Proposer	Seconder	Outcome
Chairman	Sean Harrington	Andy Lucas	Sarah Pike	Elected
Vice Chairman	Paul Murgatroyd	Sean Harrington	Jon May	Elected
Club Secretary	Liam Harrington	Sarah Pike	Andy Lucas	Elected
Treasurer	Andy Lucas	Sean Harrington	Paul Murgatroyd	Elected
Fixtures Secretary	Jon May	Sarah Pike	Amanda Roberts	Elected
Membership Secretary	Amanda Roberts	Sarah Pike	Jon May	Elected
Publicity Officer	Paul Murgatroyd	Sean Harrington	Liam Harrington	Elected
Junior Rep	Charles Nell	Sean Harrington	Jon May	Elected
Welfare officer	Sarah Pike	Andy Lucas	Amanda Roberts	Elected
Un-posted	Michael Nell	Jon May	Ian Durrant	Elected
Un-posted	John Mather	Paul Murgatroyd	Andy Lucas	Elected

6. Any Other Business:

- Talked about membership fees, happy how they are at the moment and no need to raise them
- Look at the constitution for next year
- Sean Harrington is happy for anyone to take on the EMOA rep from him

Lincoln Orienteering Group Executive Committee Meeting – Nov 11th 2009

		Action
	Present: Andy, Sean, Nikki, John, Ian, Amanda, Dave, Jon, Paul, Sarah, Liam	
1	Apologies for Absence – Michael	
2	Approval of Minutes of Meeting on 10.09.09 – Agreed	
3	L3 Event 22.11.09 (Bourne) – All going ok, Blue and Brown are to be back to back maps and all will be waterproof.	
4	Summer Series 10 – All ok at the moment, planners are needed though	
5	Website – The new site is now live, there are a few bits that need to be uploaded / changed but it is almost finished.	PM/ID to finish off the site.
6	Club Kit – T-shirts and hoodies have now been sent to the printers, and should be here around January 10.	
7	Coaches Kit – Coaches can buy there own kit at the moment through BOF, but the club may subsidise it if we get a grant for the summer series.	
8	Compass Sport Cup – Entering again this year, all members are asked the take part if available, it is going the be at Shouldham Warren, Downham Market on the 24.01.10	LH to enter the club
9	Schools – ID and PM held meeting with new PDM and Pauline Olivant regarding future directions for schools O and club liaison	
10	Clubmark – Ian would like a copy everyone’s CRB for his records We need someone to go on a Child protection course	Everyone – let ID have copies of CRB LH and maybe MN to go on the course
11	A.O.B – a. Look at getting a grant for mapping, as Stapleford needs a lot of work doing on it. b. Andy has fixed the 2 laptops that were not working correctly. c. Ageed to keep Route Gadget for the next year and see how much we use it. d. LCHS has Building works still ongoing so may not be able to use it for the winter series, Riseholme could be used instead. e. Look at getting some gripples, to use to lock SI units too, for city races. f. Jon is keeping the details of runners and non runners at events for insurance reasons. g. We have a event booked for 20.3.11, this needs to be checked with EMOA	a. PM looking at grants d. Sarah to find out more info from school e. PM to look at g. SH lo look into
12	Next Meeting – TBC	



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The Thinking Man's Sport

It's good to talk.
groups.yahoo.com/group/lincolnschire Orienteering Group

FUTURE ISSUES

The next LOG-NEWS will be hitting you in-trays at the start of February and we'll be reporting on many events that have happened over the festive period. Firstly, we'll reflect on the conclusion of the second LOG winter series and the series' winners will be known by then. Also, we'll have the report on the 2009 Blue Riband Championship, with eyes focussed on whether Andy Lucas has become the first winner to defend his trophy. Next, we'll have just returned from Downham Market for the first round of the CompassSport Trophy against HALO, SUFFOC, CHIG and SOS, so we'll see if we can go one step further than last year....

Not stopping there, the final standings in the 2009 EMOA league will be reported on and the calendar of new events will be out by then for the 2010. Also, the 2010 Nopesport Urban League will be under way, with Liam defending his Men's Open title against strong opposition. It's gonna be a bumper edition! Merry Xmas, everyone.....

SELECTED NATIONAL FIXTURES

Sun 06/12/09	Yorkshire and Humberside	SYO	Local	Colour Coded Event	Ramsley Moor	EOD	SK282742
Sun 13/12/09	West Midlands	WCH	National	National Event , Midlands Championships & Interland Selection Race	Beaudesert, Cannonock Chase	EOD O: 06/12/09 P: 02/12/09	SK052132
Sat 19/12/09	East Midlands	DVO	Local	ShIPLEY Country Park - (White to L/Green)	ShIPLEY Country Park	EOD	SK340733
Sun 20/12/09	East Midlands	NOC	Local	Local Event	Walesby Forest	EOD	SK664703
Sun 20/12/09	East Midlands	LEI	Local	LEI Xmas Novelty Event	Aylestone Meadows	EOD	SK568009
Fri 01/01/10	East Midlands	DVO	Local	New Years Day Street Score	Darley Dale	EOD	SK275624
Wed 20/01/10	East Midlands	LEI	Local	LEI Winter League Local Night Event	Cademan Woods	EOD	SK440170
Sat 30/01/10	Yorkshire and Humberside	SYO	Regional	Middle Distance Event	Sheffield	EOD O: 26/01/10 P: 17/01/10	SK328921
Sun 31/01/10	Yorkshire and Humberside	SYO	National	Northern Championships	The Gritsone Edges and Big Moor	EOD O: 28/01/10 P: 17/01/10	SK254754
Sun 07/02/10	East Midlands	NOC	Regional	Regional Event	Blidworth	EOD	SK583522