



# ED'S BIG BIT



Well here we go.... New editor takes over the reins and drinks deep from the poisoned chalice!

First off, I'd like to thank, on behalf of the club, Kaele's efforts in her time as editor of this illustrious journal and to mention that she's helped me enormously early on by giving me plenty of 'left overs' to use in this issue whilst I get upto speed with the job in hand.

'So, what's happening, ed?', I hear you cry....well, lots of good

stuff inside, including a number of reports on the Scottish 6 Days, a look back on several city races, including our very own (and what great feedback that got on Nopesport), and a summary of the LOG and HALO local summers series. Alongside all this, we have the chairman's piece and AGM report and the minutes of that meeting are also covered briefly. The club kit is here and will no doubt be appearing on a green sward near you soon and the fortnightly club training is in full swing, so come on down and party with the rest of the clan! It's a slightly new design for this issue and my plan is to send it out via email to members, wherever possible, to help the club cut

down on costs. However, if you really do want my wonderful organ in your hands, so to speak, then let me know and I'll mail you out a hard copy each time.....

As ever, this newsletter will only be as good as its contributors, so I'm hoping that my in-box is filled over the next month or so with race reports, reviews, articles, etc..... come on everybody - put pen to paper and help me out now!

Next issue is planned for the end of November, to coincide with the club handicap championships at Walesby - the end of year Blue Ribbon event.

## Chairman's Sound Byte

Since my last correspondence I am happy to report the safe arrival of Joshua Jake who was born back in June. It only seems like a few weeks since Sarah told me the joyful news and already he is 4 months old. I hope that in the very near future he will be competing in his first event (with just a little help from mum!)

On the orienteering front it has been a very busy period for the club and committee. We held another successful City Race, all reports were very positive and I can confirm we have just been approached about the event being part of the "Cities Cup" next year; this is a big compliment to the club. To continue with the positive theme we have just received delivery of our new Trimtex club tops. If all that wasn't enough we have just received a grant to purchase our very own SI kit....Crikey Christmas has come early! We hope to use the SI kit for the first time at Riseholme next month and will be using it for next years Summer Series.

It's not just LOG who are unveiling new toys this month, BOF have just launched their new website. Anyone who visited the last one will know all too well just how frustrating it was to navigate around and trying to use the Search facility was just useless. All that has been put to bed though; the new website looks good, it's easy to use and contains some cool features. For those of you who do not renew by Direct Debit you can

now renew online. There are options to update your personal details, send emails to other BOF members and a more interactive fixtures page. The menu options on the home page are simple and within contain a lot of useful information which is easy to navigate to. All in all it has progressed from an embarrassment to the federation to its pride and joy!

Those of you who are National BOF members you may of read an article in the latest edition of "Focus" about the "Whole Sports Plan" for those of you who are not National members, or who skipped that page it's basically the Federations Development Plan ("Vision") for 2009-2013. "What relevance is that to me" I hear you cry; well truth be told it's very important; important to BOF, EMOA, LOG You and Me. BOF have to lay down its vision for development every 4 years. This "Vision" is then sent to UK Sport, Sports England and a few other groups with a nice covering letter asking "Can we please have some money?" These organisations mull over our nice letter and decide how much to give us. Currently the funding received is approximately 75% of the total BOF yearly income (the other 25% being made up of membership fee's & levies) This money is secure until April 2009 when the next period starts. This is where BOF's "Vision" comes in... Sport England (largest provider) has moved the goal posts and as a result are changing how they fund the sport. 35% of their funding will go to BOF and the remaining 65% will be spread around the regions.

Great! Each region will get an equal share of the 65%...Wrong! The money will be awarded on a kind of means tested basis. Each region has to submit its own development plan to BOF who incorporate this into its "Vision". To enable the region to produce its plan they have to ask the clubs what areas they are keen to develop and where we would like to see our region progress. This pretty much means the clubs have to produce a plan too. Now this is where you come in.

We need to hear your views on what you would like LOG to be doing over the next 6 years. Should we be looking at working with schools more? Should we try and recruit some of the 10k+ polish population we have in the county? Perhaps you have your own ideas? Get in touch with the committee, post your ideas on the Yahoo Group or even write an article for the Newsletter. We need to know what people want or else we can't create a Development Plan. If we can't produce a plan then funding for EMOA & LOG will be much less than other clubs and regions who have put together a plan. I am attending the BOF "Development Conference" in 2 weeks time, if you have an opinion please get in touch, I can only represent the views of LOG if I know what those views are. I hope to see you all running in your nice new LOG tops at Hartsholme.

Happy navigating  
Steve B.

### Inside this issue:

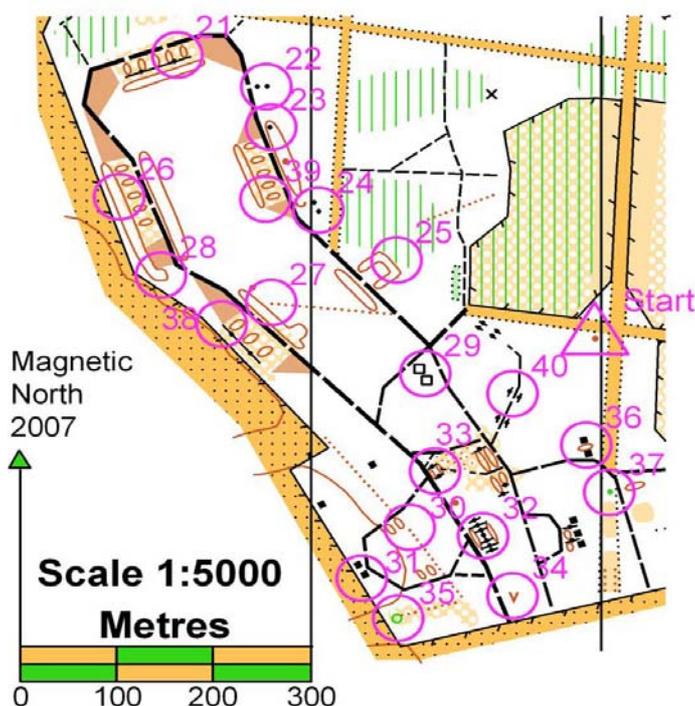
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# LOG SUMMER SERIES 2007—REFLECTIONS

**Riseholme Park 10.5.07:-** Fast running was the order of the day as usual at Riseholme, but Karl Pickworth kept the technical course runners on their toes with another of the dreaded corridors and windows maps. Kevin Kirk from RAFO won the short with his first run of the series, as did Charles Nell, also of RAFO on the long course. On the technical Liam Harrington was back to winning ways after his slip up at Twyford, ahead of a closely packed group. Highlight of the evening was Paul Murgatroyd emerging like the creature from the black lagoon, after unsuccessfully trying to cross a deep ditch! There are photos circulating.....

**Belvoir Castle 17.5.07:-** This was another joint venture with LEI, and in the mud and rain it was back to winning ways for RAFO's Siobhan Byrd on the short course. LEI's own James Hornsby won the long on home ground, while WAOC's Mike Capper took victory on the technical course. Mike is a regular visitor to LOG events, so it was nice to see him get this victory, with LOG's Steve Kelly in a fine 2<sup>nd</sup> place.

**Ostlers Plantation 24.5.07:-** Returning to Ostlers after about 20 years gave a fantastic evening of orienteering on a gorgeous sunny evening. Keiran Sherriff won the short course this time, and LOG's Colin Currie took the long, but the real entertainment was on the technical. Tim Staniland sent us off for a traditional loop of controls, but then half-way round it all turned into a game of "Bing-O"! Normally bingo in orienteering jargon means an unfair control in a pit in the middle of a featureless forest, where luck determines who finds it first. But this time it was proper bingo, we even had a card to fill in. Basically you had to visit various controls in any order, hoping that you would find the right letters to complete a line, diagonal or corners on your card. There was an element of luck, but there was also strategy and navigation, and it was brilliant fun. Steve Bones won on the night, but you can read a full account and explanation in the August edition of *Compass-sport* magazine.



The crazy "Bing-O" Section of the Ostlers Plantation Map as planned by Tim Staniland as Part 2 of the Technical Course for the Summer Series Event on 24.5.07

**Lincoln University 7.6.07:-** Another hot sunny evening, and the first fully urban race for our summer series. Siobhan Byrd got her 3<sup>rd</sup> win on the short course, whereas Stuart Thompson from FVO took the long. The long and technical courses covered an area up to West Parade and as far east as Broadgate, ducking in and out of alleyways, car parks and assorted nooks and crannies. The technical course was a score format, but without a time limit, and although Liam won again he was first to admit that Andy Stevenson in 2<sup>nd</sup> was the only person to spot the optimum route.

**Callans Lane 21.6.07:-** Andy Ebdon of RAFO planned the courses at Callan's Lane, and everyone was glad that the wood wasn't as fierce as it appeared from the tracks! In fact it was very runnable in the blocks. Ian Bond of RAFO won the short, Alan Holyoak the long, and Stuart Thompson the technical.

**South Common 2.8.07:-** The 2007 Summer Series finished on a fine evening the Lincoln South Common with only the short course trophy winner still to be contested. As with the previous year's event, Liam Harrington used the Lincoln Cliff area across the road to extend the event area. This gave an extra potential challenge to the Technical Course runners who were running a score course. Whilst many controls on the common were only worth 5 or 10 points, the adventurous could risk all to grasp 50 points from the furthest placed control. The

risk, inevitably, was the points penalty for being over the allotted time, which I thought was fairly determined to make anything other than the smallest time over not worthwhile.

The long course started off toward the far south east corner of the common before working across the the Cliff area across the road and back again. The use of mini kites made for a greater challenge with the long grass. This was particularly the case with the very last control in a depression. grass and crouching right down to

punch the control without being seen. I had to have quite a long search for it and was eventually grateful to Joanne Nell for pointing out where she'd just found it. By this time, HALO's Neil Harvatt had arrived on the scene and I have to confess to creeping through the long. This was done on the basis that he's far too disgustingly fast! It was a good few minutes before he appeared at the end after me.....

K. Pilcher

## LOG SUMMER SERIES 2007— TOP 5

### Short

Pos	Name	Club	Age	Hp	Tw	Rp	Bc	Op	Lu	Cl	Wc	St	Sc	Tot
1	Siobhan Byrd	RAFO	W16	-	50	47	50	48	50	47	-	37	48	246
2	Luke Grayson	RAFO	M16	45	-	44	48	49	-	49	49	-	49	244
3	Nikki Harrington	LOG	W45	49	-	-	-	47	46	45	46	45	43	233
4	Kevin Kirk	RAFO		-	-	50	49	-	42	43	43	35	44	229
5	Craig Youngs	RAFO		-	-	43	44	46	37	46	44	44	-	224

### Long

Pos	Name	Club	Age	Hp	Tw	Rp	Bc	Op	Lu	Cl	Wc	St	Sc	Tot
1	Charles Nell	RAFO	M16	-	-	50	49	49	49	45	-	49	-	246
2	Alan Holyoak	IND	M40	-	42	44	47	44	-	50	40	48	-	233
3	Patrick Hoey	RAFO	M16	49	-	-	-	47	48	44	-	44	-	232
4	Joanne Nell	RAFO	W40	47	43	45	44	37	41	41	46	45	47	227
5	Andy Furnell	LOG	M40	-	44	40	-	38	0	47	41	42	46	220

### Technical

Pos	Name	Club	Age	Hp	Tw	Rp	Bc	Op	Lu	Cl	Wc	St	Sc	Tot
1	Liam Harrington	LOG	M20	50	49	50	-	48	50	46	48	50	-	249
2	Steve Bones	LOG	M21	49	50	-	-	50	48	-	47	-	-	244
3	Paul Murgatroyd	ULOG	M40	48	45	48	48	46	-	44	49	48	-	241
4	Dave Denness	LOG	M45	44	-	49	45	47	44	47	-	45	48	236
5	John Bennett	LOG	M50	47	48	45	-	49	46	-	-	-	-	235

Full results available online at — <http://www.summerseries.logonline.org.uk/>

# LINCOLNSHIRE POACHER 2007

For only 60p, maps pre-marked and bagged, most events using electronic punching, the Poacher surely has to be the best value orienteering in the Country bar none. The 2007 series took the Poacher to new levels of value, as the SI punching gave access to Route Gadget and similar web based witchery.

The long course this year was dominated by EBOR's Dean Field, but LOG's own Liam Harrington pushed him hard to finish 2<sup>nd</sup>, winning two of the evenings in the process. Other notable LOG performers on the long course were Paul Murgatroyd with a

credible 5<sup>th</sup> place in his first full Poacher season, and John Bennett who finished 7<sup>th</sup>. On the short course Mel Clark had another good season to finish 5<sup>th</sup>, with Karl and Richard



Pickworth in 8<sup>th</sup>. Perhaps the surprise result of the series was Karl and Richard's victory at a mega technical

Normanby Country Park, which saw many experienced orienteers make huge errors. Some weren't as brave as others and didn't post their routes on Route Gadget, or maybe it was simply because they went so far wrong they had no idea where they went?

It is a shame that those LOG members in the south of the County can't get to Poacher events, they really are fantastic year after year. Thanks must go to Pete Kullich who continues to co-ordinate the whole thing, and his band of willing planners/organisers, without whom none of it would be possible. Roll on Poacher 2008.....

## LINCOLNSHIRE POACHER 2007—FINAL RESULTS

### Short Course League Table (Top 3 plus selected LOG members)

Pos.	Name	Age	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	Total
1	Zac Field	M12	50	50	50	50	50	50	50					350
2	Jake Field	M12	47	48	48	49	48	49	48	44	49	50	50	343
3	Peter Robinson	M40	48	47	47	42	49	47	40		44	48	48	334
8	Karl Pickworth	M21			34	38	43	42	38	50	40	42	47	302
17	Kaele Pilcher	W45			45	40			39		42	44	41	251

### Long Course League Table (Top 5 plus selected LOG members)

Pos.	Name	Age	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	Total
1	Dean Field	M40	50	50		50	47	50	50	49	50	50	48	350
2	Liam Harrington	M20	49	49		46	50	48	49	45	46	49	50	344
3	Neil Harvatt	M50	47	47	50	49	49	49		50	48	48	49	344
5	Paul Murgatroyd	M40		43	47	35	43	47	46		49	38	45	320
7	John Bennett	M50	44.5	45	42	44	44	41	43	47	37			309.5
11	Steve Bones	M21		48	48				47	48	45	45		281
15	Phil Longstaff	M55	39	31	40	39	39	38	34	36	38	39	31	272
18	Sean Harrington	M50	36	29	36	32	34	37	35	40	32	34	37	255
22	Andy Furnell	M40	31	32	35	27	27	35	32	38	30		29	233

Full results available online at — <http://lincspoacher.org.uk/>

# FUTURE LOG EVENTS

## 2007

- 21.10.07 C5 - Come and Try It, Hartsholme Park, Jon May  
 22.11.07 C5N — Night Event, Riseholme Park, Paul Murgatroyd

## 2008

- 13.1.08 C5 - Come and Try It, South Common, Paul Murgatroyd  
 13.4.08 C3 - Regional Event, Bourne Woods, Glyn Mayley  
 17.04.08—7.08.08 Summer Series 2008  
 14.9.08 City Race, Historic Lincoln, Steve Bones

## 2009

- Feb 2009 Lincolnshire Bomber 2008, "North Lincolnshire", TBD  
 9.04.09—30.07.09 Summer Series 2009

# Club Training Sessions

There have been five training events run now, providing a real mixture of practices and skills. Ranging from mini-O interval work on the Astroturf at the University through to last week's highly intricate and challenging Micr-O on South Common, there's been something for everyone. Coach Murgatroyd has tried to bring a blend of fitness, sport science and navigation training to each session and hopefully those who've been attending have found the sessions both enjoyable and informative!

We return to the University campus next time and have moved the start time back to 6:30pm, thus allowing more time for people to make it down after work. These sessions only cost £1 and will be continuing on a fortnightly basis throughout the winter period, so come on down and join in the fun and frolics!

Check the website for further details of each session or email me (details on the back of the newsletter) if you want to know more.

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The fiendish Micr-'O' exercise—looks deceptively simple, but could you identify the right kite from the four available choices at each control!?

# EAST MIDLANDS LEAGUE 2007

There have now been 10 events in the 2007 East Midlands Orienteering League, out of a total of 14 events, the best 8 to count. The striking thing is that there are no LOG members at all in the current results table published in the recent EMEWS. Admittedly the tables only show the top few positions, but this is a concern in itself.

It isn't long ago that LOG had members competing for top positions in several age groups in the EM League, so it is worrying that we appear to have disappeared. What are the issues



**"Come on fellas....SMILE!!"**

or problems? Are LOG members going to events but just not finishing high enough? Does the club need to be more proactive, encouraging members to get to more events? Do we need to organise more car shares, or arrange to meet as a group at more

events? If there are issues for some people getting there then let's do something about it. The Yahoo Group has the facility to organise car shares, but it is rarely used.

Remaining events in the EM League are:-

11<sup>th</sup> Novembe - Byrons Walk

25<sup>th</sup> November - Watermead Country Park

16<sup>th</sup> December - Walesby

## IMPROVE YOUR O

*This month we are concentrating on City Race skills as you have to adopt a different mindset compared to traditional orienteering.*

*The first obvious thing is to familiarise yourself with the different map scale and symbols. City Race maps are drawn to International Sprint Specification (ISSOM), and the scale can be either 1:4000 or 1:5000, to show the extra detail of urban areas. So 1 cm on the map represents 40 or 50 metres on the ground, meaning that things will come up very quickly, making it is easy to overshoot. Contours are shown at either 2.5m or 2m intervals. Many of the symbols are the same as traditional O-maps, but many of the significant ones are different. Buildings are shown in grey rather than black, roads are a lighter shade of brown, as are paved areas and hard standing.*

*Paths, alleyways and cut-throughs are shown as narrow paved areas rather than dashed black lines. Out of bounds in built up areas is shown with the traditional olive green colour, these are usually gardens and other private spaces.*

*The most important symbols on City maps are those showing impassable features such as high fences and walls. These are shown in thicker black lines than their passable counterparts, and they are made to stand out prominently on the map. You must understand that if a feature is shown as impassable that is exactly what it means. Even though it might be passable on the ground to a fit strong competitor, doing so will result in instant disqualification, no arguments.*

*Tactically the emphasis at City Races has to be on speed, even more so than in a forest. Generally everything happens much quicker, the distances are shorter and there are few times when the terrain slows you down. So time standing still while you plan your route is usually wasted time. Plan on the move, don't spend ages weighing up the pros and cons of different route choices, pick one and go. You might find a better route when you sit down with the map at home, but think of the time you would have wasted standing still looking for it on the course. Check Route Gadget for a big City Race and see how the elite often take longer routes, but they run like hell and don't waste time standing still thinking.*

# YORK CITY RACE

*On Whitsun Bank Holiday Monday several LOG members went up to York for their annual City Race. Most of us had been last year, but this time it was also the first event in the new UK Cities Cup. The race followed the same format as last year, starting and finishing in the same small City square just south of the Minster. The courses went over some of the same ground, impossible to avoid in Cities just as it is in forests, but most courses got into a new area north-east of the river.*

*Next time most of us hope to recognise which small road on the map is The Shambles so that we can avoid the tourist grid lock, but otherwise the running was excellent I think we all*

*“Obviously these races do tend to favour the speedsters”*

*expected more signs of the Cities Cup Series, but apart from the winners podium this was notable by its absence.*

*Comments on the internet seem to share the disappointment that more wasn't made of this opportunity to advertise the Series, but then it was early days and we expect more publicity at subsequent events. Obviously these races do tend to favour the speedsters, but it was gratifying to look on Route Gadget afterwards to see that even the best made errors in the heat of battle, but most of us did some daft things so best to keep quiet about them!*

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

# LINCOLN CITY RACE

The urban orienteering series returned south of the border for the 4th installment of The UK Cities Cup. Lincoln Orienteering Group (LOG) have long been supporters of urban orienteering and of the series with urban environments providing some of their most testing terrain. This promised to be yet another high quality round of racing and for the mens race in particular it was a chance to close the gap on overall Leader, Murray Strain, as he was not competing.



The format returned from Kingussie's sprint distance to a middle distance length, favoured by most of the series event planners this year. Due to it's location, a strong contingent travelled from Sheffield and returned with the top spots

in both the mens and womens open.

The Johnson couple of Oli and Jenny, making their debut's in the series, took the wins in convincing fashion in the event which was opened by the Lord Mayor of Lincoln. Oli beat his clubmate, Mike Sprot, by over 2 and a half minutes, who was a further 3mins ahead of another SYO athlete, Andrew Preston.

Jenny's win was even more convincing in the, womens race beating current series leader Helen Palmer by over 4mins! Helen did extend her lead at the top to 10 points over Laura Daniel who had to settle for 3rd

on the day.

It was yet another success for the event the new series with high quality planning and organisation from LOG.

*(Taken from Nopesport)*



# Scottish 6 Days – Run in Competition

For those of you who do not know of, or have not been, the Scottish 6 Days is a biannual international event held in Scotland. The format is 6 days of top level orienteering starting on the Sunday and finishing the following Saturday with the Wednesday as a rest day, and boy do you need it.

The courses are split by age class with a short or long option in most classes. The may be up to three starts in different places but usually the last control and finish is the same for

each course. Often there is a tapped route from the last control to the finish with the club tent pitched on one or both sides of the run in. This makes for a very convenient club competition – who can make the faster time on the Run In?

The overall win for the 2007 Run In Competition was Paul Murgatroyd with 2 clear wins and joint first. Second was Andy Furnell with 1 clear win and 2 joint firsts and third Dave Denness with 1 clear win and a joint first. Well done lads. (K. Pilcher)

Name		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Paul Murgatroyd	M40L	0.28	<b>0.55</b>				
Paul Murgatroyd	M40S			0.24	<b>0.26</b>	0.17	<b>0.23</b>
Dave Denness	M45L		1.00		0.29		0.25
Dave Denness	M45S			<b>0.20</b>		<b>0.15</b>	
Andy Furnell	M40S	<b>0.27</b>	1.02	0.25	0.30	<b>0.15</b>	<b>0.23</b>
Robin Stevens	M40S	0.37	2.05	0.39	0.36	0.21	0.31
Glyn Mayley	M50S	0.35	1.04		0.34	0.18	0.32
Kaele Pilcher	W45L	0.29	1.23	0.29	0.37	0.25	0.33

## IN DEFENCE OF GIRLY COURSES

*Much was made amongst the LOG contingent present at the Scottish 6 days about Paul Murgatroyd's decision to switch from M40 long course to the short course after 2 events, including the accusation that he was switching to a "girly course".*

*The girly course in question was, of course, the one where Robin Stevens and myself were fighting out a closely fought battle to finish higher than the other - and it was certainly anything but girly! On the face of it, the first couple of days looked to be the most challenging as far as the climb was concerned. This certainly proved to be the case on Day 2 at Balavil where even the parts where contouring was required proved very tricky underfoot. What was shown as white and, in theory, runnable forest, proved to be very rocky and the going difficult. At this stage the individual contest was going well for me, with Robin having his worst day and putting me 2-0 win in the series.*

*The going got a bit easier on day 3 (Inshriach West), less climb and even a substantial track run which I enjoyed*

*enormously after the tough terrain that had preceded it. I made it 3-0 over Robin on this one, but Paul immediately shot ahead on points after his drop down from the long course.*

*Day 4 was the most enjoyable for me amongst the coastal forest area of Cublin. There was plenty of intricate*

*'The event was physically tough, very technical and certainly NOT girly!'*

*contour detail but flatter runnable areas in between allowed me to speed up a bit. Unfortunately, whilst I navigated fine amongst the contoured areas, I twice failed to navigate correctly back from controls to the nearest major path and lost time. 3-1 on the series whilst Paul surged further ahead.*

*Day 5 (Camerory) was when the description "girly" least applied. Surprisingly little climb (85m) for such a detailed contoured area. Much of it was geared to contouring around steep*

*slopes which, in the early part of the course, was on loose rocky ground. I found this really hard going and would call it my slowest run - except running only came into it at the very start and the last 2 controls.*

*Day 6 (Anagagh West) featured more challenging detailed contours. This was the only day that the accusation of "girly" carries any weight - as we were at least fortunate enough to have a finish in the main field, whilst a number of other courses had a separate finish which required a significant walk back afterwards. By this stage Robin had levelled it at 3-3 and finished higher than me on points. Paul meantime was well out of sight having gained enough points for a silver badge.*

*In conclusion, the event was physically tough and very technical and certainly not girly. The point that has to be made though is that for someone as fit as Paul to be doing such a course is girly - just not the course itself!*

(A. Furnell)

# A VIEW FROM HALO

**Day 1: Alvie:** The week started with a vengeance. The greatest climb of the week was coupled with typical Scottish terrain. Steep hillsides with heather moorland on the top. Lots of squiggly contours and a good scattering of boulders & crags in the forest. The car park provided the spectators with views of the competitors trying to navigate across complex rock features on the open slope down to the finish.

**Day 2: Balavil:** Essentially two hills with a river in a deep gorge in between. The river required a lot of care when crossing. Although the hill tops were open, the courses mainly stuck to the lower slopes where traversing the complex contours in limited visibility made the navigation particularly challenging. Especially as the dense network of old tracks, narrow rides and extraction lanes were not mapped.

**Day 3: Inshriach West:** A name that has become synonymous with technical difficulty from previous years. The start for the longer courses was in an area of light green so low visibility meant that care had to be taken. This was particularly the case as mapped rides and unmapped extraction lanes could be easily misinterpreted. Once out of this area, the forest was much more open, and as in previous days navigation by contours rather than rides was the technique to use.

**Day 4: Culbin:** A totally different area and experience to the other days. The wooded sand dunes of the Moray Firth. The forest is essentially flat with a ridge of complex sand dunes running along the shore line. Behind these, hillocks and mounds with complex contours rise from the flat forest floor. Although there is a path network, relocation could be difficult as one area looks very much like another, with no big features to home in on.

**Day 5 : Camerory:** A pair of wooded hills in an area of moorland, Contouring around the hillsides meant a lot of care was needed with the now familiar difficulty of deciding which patch of open / crag / boulder was which and if it was on the map. Hard going under foot through the forest for the less fit. On the moor, navigation was easier with the big features evident, The going through the heather was tough however, and those with several legs on the moor found it a bit of a slog.

**Day 6: Anagach West :** A series of detailed moraine ridges finished the week off with another hard days competition. There were no big hills, but the total climb was still significant up and down the 25m high ridges. Although there was an extensive path network, the well planned courses meant the paths could not be used very much. The one disappointment was

the need for a remote finish on some courses, about 1 Km from the assembly area. There was a total lack of atmosphere at this finish which was a bit of a let down on the last day.

**Overall thoughts:** Another excellent Scottish Six days in some of the best bits of Scotland. Although the orienteering was challenging, the planning was generally very good with quite reasonable finishing times. Days 5 & 6 were within walking distance of the campsite & Event centre. and all the other days were within reasonable travelling distance. The organisation was again impressive with only one or two minor glitches. It was great that the finish was in the assembly area each day (apart from some courses in day 6). It really led to a good atmosphere. A special mention to the ladies servicing the loos. They were there every day and all day with a pleasant smile with a mission to keep the loos clean. The best loos ever! The weather was kind most days. A little rain at the start of the week, and only one day when the car parking field looked a little desperate, so a typical Scottish week.



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## SCOTTISH LOG CONTINGENT—FINAL RESULTS

Pos	Name	Class	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	Total Pts.(Badge)
123	Dave Denness	M45L		128:30 (106)		87:25 (101)		109:23 (109)	2018
105	Dave Denness	M45S			50:05 (39)		65:33 (38)		2130
90	Andy Furnell	M40S	99:21 (84)	127:50 (75)	110:12 (84)	86:51 (81)	130:19 (76)	118:00 (78)	1526
75	Glyn Mayley	M50S	65:59 (76)	86:11 (73)	mp	56:46 (66)	65:25 (60)	69:34 (68)	3307
99	Paul Murgatroyd	M40L	96:54 (76)	107:46 (64)					1631
38	Paul Murgatroyd	M40S			55:50 (28)	49:20 (23)	82:58 (48)	69:28 (38)	4204 (Silver)
82	Kaele Pilcher	W45L	103:45 (76)	143:19 (66)	97:21 (80)	98:47 (79)	131:09 (71)	116:48 (68)	1564
87	Robin Stevens	M40S	108:09 (85)	199:33 (77)	115:21 (85)	82:58 (78)	97:00 (62)	103:14 (77)	1984

# “The Future’s Bright, The Future’s Sprint-O”

“I am convinced that the future of orienteering lies in sprint races”, was the quote from a certain JP Bennett several weeks ago, as we stood there contemplating the start of the LOG summer series event at Riseholme Park. At the time I felt he may have been exaggerating the case, but the more I reflect on his statement, the more I begin to see exactly where he is coming from. As I stood in the evening sun at the completion of the Kingussie sprint race, on the Wednesday ‘rest day’ of the Scottish 6 day Festival, my thoughts turned once again to his comments and it became even more obvious that he was extremely prescient in his thinking.

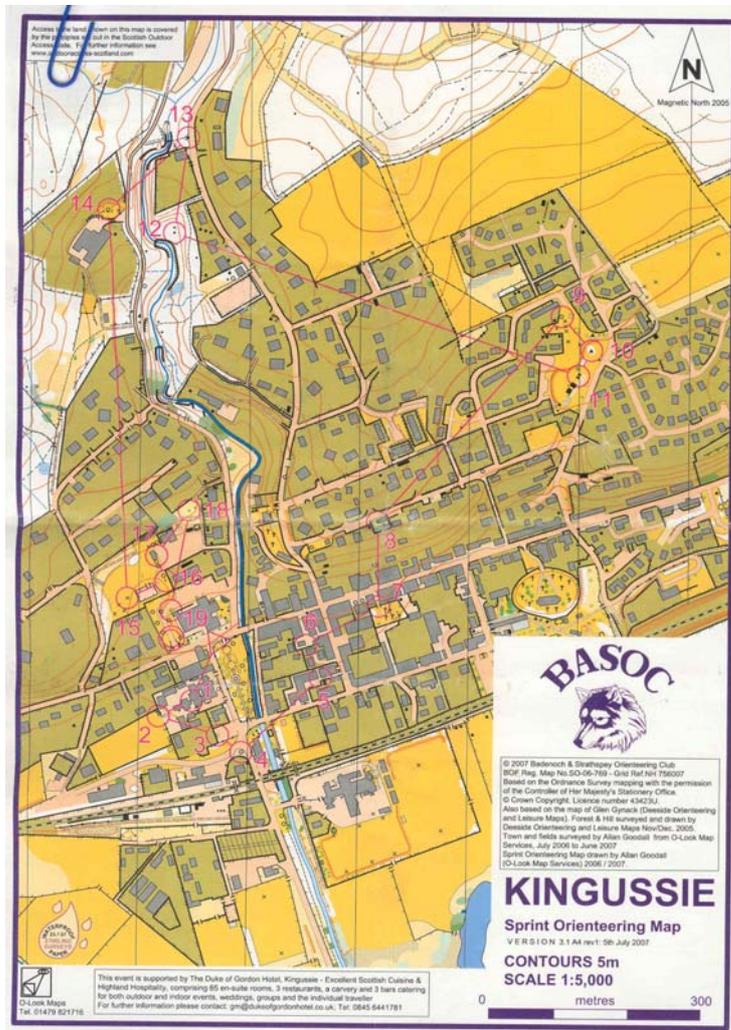
There is no doubt that sprint racing is an aspect of the sport that is fast and frenetic and appeals to those brought up on the adrenaline of short road races. Flying around the streets of Kingussie, with collecting features and controls appearing at breakneck speed on a 1:5000 map, allows for a quick fix that would appeal to many speed junkies. Room for error is small when working at pace and route choices need to be made quickly and accurately if the runner is to be ultra-competitive in this environment. Kingussie made for a fantastic ‘street-o’ arena, with a mix of intricate road networks, and occasionally challenging areas, where route choices were plentiful. Alongside all this, the odd piece of ‘off road’ terrain thrown in gave variety and kept competitors on their toes.

With everything happening so quickly, luck inevitably plays a part in determining the success of the race outcome. For instance, at one point in my run, I was tracking down a fellow competitor on a long leg between controls 11 and 12, when he disappeared to his right about 50 yards ahead. Glancing down at my map, I saw that he’d taken a detour along a small track between two rows of houses, something I’d missed when making my original selection a few minutes previously. Undoubtedly, without this unintentional assistance, I would have missed out on this intricate detail and shot past this path to the optimum route choice.

Connoisseurs of ‘pure’ orienteering may balk at the concept of street O, and there is no doubt that the less skilled navigators can make up for small errors by putting their foot on the gas, overcoming their deficiencies with speed and fitness, but it does allow newcomers to the sport, particularly those from a road running background, to be competitive amongst the battle hardened veteran orienteers.

So, is JP right in his assessment? Is this the future of our sport? Certainly the number of competitors lining up to take part in the variety of courses on offer in Kingussie would suggest so. The great advantage of street-o is that it brings the sport to the people, off setting the need to make long, sometimes expensive, journeys to far flung wood and moor lands. Here in Kingussie the sport was on

display for all to see, in front of people who may have heard of the sport, but never witnessed it up close before, and this can surely only benefit the development and interest in orienteering in general.



I would hope, on the back of this exposure that youngsters, seeing runners around them, moving at speed and, in some cases, with no little athleticism, would want to find out more and, maybe, become involved themselves. Certainly, for those from a road running background who have never tried orienteering, this is an easy and accessible means of trying another sport allied to their main interest, with no great additional cost or equipment and that has to be seen as a positive. Overall it is no doubt a strong marketing tool, putting over orienteering as a fresh and exciting sport, and needs to be used to bring flesh blood into the sport.

All of those in Kingussie that evening would no doubt echo JP’s sentiments and, as the sun set on another great day in the Highlands, the organisers of the Spey 2007 festival could reflect on another superb day’s orienteering, in what was a wonderfully inspiring week for the sport.

# AGM—Chairman's Report

*It's hard to believe that a year has passed since I took the Chairman reigns from Ian, who, a year ago told us all he wanted to step back from club activities to spend more time with Brenda and his family. I am pleased to say that he soon saw the error of his ways and accepted our invitation to become Club President, a role I know he has enjoyed and one which has benefited the club.*

*A year ago we were discussing the Lincolnshire Bomber and how 2 small clubs managed to put on a fantastic event that won praise far and wide and put Lincolnshire on the orienteering map. That set the seeds for our biggest project to date when we gambled on running the event again this year, aiming to push the limits of what a small band of helps can do. In 7 months we managed to organise a race around an RAF base and 2 races around the City of Lincoln, an urban environment unfamiliar to all involved which threw up different and often challenging situations almost on a weekly basis. The largest task involved creating 3 new maps, the Historic Lincoln map being the clubs largest to date and was completely drawn from scratch with the finishing touches being added just 5 days before the race! This was a feat other clubs would not of even attempted. The gamble paid off, we ran an amazing event and even made a profit. This would not have happened if it wasn't for the hard work our members put in to making the event happen, on behalf of the committee I thank you all.*

*On the back of the Bomber success we were asked to hold a City Race as part of the "UK Cities Cup" a national league of Urban and Sprint races. After the Bomber this should have been a formality however the City Council Safety Group were adamant this would not be the case and again tested the skills and often patience of the organising party. As always though the LOG machine rolled on to provide another quality event, one we will now be holding on an annual basis.*

*In between the 2 previously mentioned events it's hard to believe we ran a series of 9 Summer League events. This year for the 9<sup>th</sup> year running the series had an increase in competitor numbers and profit, featuring over 200 runners. Our thanks must go to Sean Harrington for his hard work, persuasion and, at times, almost bullying attitude to make this happen.*

*Unfortunately for all the positives that happened this year we also had our fair share of negative moments. We were dealt a terrible blow (literally) when Stapleford suffered in the January storms. Over 30,000 trees were blown over devastating large areas of the wood. This meant the cancellation of the Compass Sport Cup which was due to be held in March. Then more recently we have had to cancel the Twyford Woods District event planned for 21<sup>st</sup> October due to a rally being held the same day. These events, while perhaps not missed by the event organisers have left a small hole in the club accounts. Thankfully, due to the prudence of past treasurers we have accumulated a comfortable buffer zone and can weather the occasional storm, however, I think this is a good reminder that while we do have the desire to put on as many top quality events as we can, we have to be careful not to overstretch ourselves and not push our luck too far.*

*I am going to close on a couple of positive points for the year ahead. We are expecting the delivery of our new club kit within the next few weeks. This is a fantastic development and my thanks go to Paul Murgatroyd for dealing with this. Hopefully we will be seeing lots of LOG tops in the woods at the start of the winter season. I believe there maybe a couple of tops left, please contact Andy Lucas if you are interested.*

*Lastly I have great pleasure in announcing we have just received a large grant to buy ourselves a Sport Ident Electronic Punching set. This is intended to help us with our schools development, an area we are going to be pushing next year with a league and championship event already in the pipeline. The kit should also give an extra edge to next years Summer Series enabling the planners to explore new ideas and give the competitor better feedback on their run and compare routes with others. This will be an invaluable training tool I am sure. Lets all hope the next 12 months are as productive as the last 12 but with a little less spice!*

*Happy Orienteering!*

*Steve Bones*



# MINUTES OF THE AGM—4TH OCTOBER 2007

**Present:** Sean Harrington, Ian Durrant, Kaele Pitcher, Ian Pitcher, Steve Bones, Nikki Harrington, Paul Murgatroyd, Andy Lucas, Dave Denness, Andy Furnell, Jon May, Joanne Nell, Michael Nell and Liam Harrington

**1. Apologies:** Karl Pickworth, Richard Pickworth and Amanda Roberts

## **2. Minutes of 2006 AGM:**

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

Proposed by: Steve Bones      Seconded by: Ian Durrant

## **3. Chairman's Report: .**

**4. Treasurers Report:** We have a good bank balance of around £3200 having made a loss this year of around £300. This is because the Stapleford event was cancelled and we have spent a lot of money on new equipment for the club.

## **5. Election of Officers: See overpage for details**

## **6. Membership Proposal:**

(a) It was agreed that LOG would make the junior membership free.

For: 14    Against: 0    Abstain: 0    Result: Passed

## **7. Any Other Business:**

Planning on a Schools Championship next summer, 7 schools have been asked, having one event at each school, with the top male and female from each year running for their schools.

Sean Harrington to organize the handicap event again for the NOC Walesby event on the 16.12.07.

Try to have a club relay and BBQ next year after the summer league.

A night event is planned for the 22.11.07 at Riseholme starting at 6pm.

Jon May wants to put on a small event in the Lincolnshire Wolds in March.

Meeting closed at 8.09pm

## CLUB KIT

It's finally here and it looks groovy....!

To all those who ordered a trimtex LOG top, I'll be bringing them down to the Hartsholme CATI event on the 21st October and to all the club training events over the next few weeks.

However, if that's not convenient for you, then drop me an email or give me a call (my details are on the back page of the newsletter) and we'll arrange some other way of getting the kit to you.

I do hope that everyone enjoys wearing



*New club tops..... shortly to be seen in a wood near you....*

it and that the design goes down well with members—I'd appreciate your feedback...did I get it right or should my alternative career as a clothes designer be put on the back burner for the foreseeable future.....?

Finally, do we want to look at ordering other items? Club trousers, other breathable t's, O socks....?

Let me know.... Ever your willing servant

Ralph L.

# IN CASE OF INJURIES.....

Accidents and injuries can happen to the best of us (or even the 'not that good of us' really) so this is just a reminder that as a member of LOG you can get a discount at:

The Lincoln Physiotherapy & Sports Injuries Clinic

Cabourne Health Care Complex

Cabourne Court

Cabourne Avenue

Lincoln

LN2 2JP

Tel: (01522) 529000

They also have two further clinic's at:-

Market Rasen Physiotherapy & Sports Injuries Clinic

24b Waterloo Street

Market Rasen

LN8 3EP

Tel: (01673) 844900

South Lincoln Physiotherapy & Sports Injuries Clinic

Hykeham Green

Lincoln Road

North Hykeham

Lincoln

LN6 8NH

Tel: (01522) 688699



## LOG COMMITTEE POSTS—2007/8

*Following the AGM held on Thursday 4th October at The Dog & Bone, the following officers have been elected for 2007/8:*

<i>Position</i>	<i>Elected</i>	<i>Proposer</i>	<i>Seconder</i>
<b>Chairman:</b>	Steve Bones	Sean Harrington	Ian Durrant
<b>Vice-Chairman:</b>	Sean Harrington	Steve Bones	Ian Durrant
<b>Secretary:</b>	Liam Harrington	Jon May	Dave Denness
<b>Junior Rep:</b>	Liam Harrington	Andy Lucas	Andy Furnell
<b>Treasurer:</b>	Andy Lucas	Steve Bones	Liam Harrington
<b>Fixture Secretary:</b>	Jon May	Sean Harrington	Andy Lucas
<b>Membership Secretary:</b>	Dave Denness	Paul Murgatroyd	Steve Bones
<b>Publicity Officer:</b>	Paul Murgatroyd	Andy Lucas	Ian Pilcher



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

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

*The next LOG-NEWS is planned to go out at the end of November/ beginning of December, when we will have reports from the OMM amongst other great events.*

*Also we'll have a preview of the East Midlands Championships at the magnificent Longshaw Estate on the 9th December, where we hope to have a strong LOG contingent competing across the classes, and a look at the second Club Handicap Championships, the Blue Ribbon, planned again for the NOC Walesby event on the 16th December. It'll be interesting to see what our erstwhile organiser, Sean Harrington, comes up with in terms of time handicaps and whether he stuffs his son as well as he did in 2006!*

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

## **SELECTED NATIONAL FIXTURES**

### **October**

**24th** EM LEI C5 Local Event & LEI Winter League. Hermitage Leisure Centre, Whitwick, Coalville. SK434158. Ernie Williams, 01530 832829. ernie.williams@btinternet.com £2.50/£1.00. Start 11.00 to 12 noon. www.leioc.org.uk

**28th** YH EBOR C4 District Event. Oliver's Mount, Scarborough. A Cooper & P O'Connell, 01904 766159. acc\_cm@hotmail.com. £6.50/£2.50. EPS-SI. www.eborienteers.org.uk

### **November**

**10th** EM LEI C5 Local Autumn Series. Brocks Hill Park, Leicester. SP619977. Lee Powell, 0116 2477985. £2.50/£1.50. EPS-SI. White, Yellow, Orange plus short score. Start 11.00 to 12.00. www.leioc.org.uk

**10th** SC OUOC Oxford City Race 2007. University Parks, Oxford. SP515072. O4S Organiser: Scott Collier, 07791 564449. organiser@cityrace.org.uk. Entries: Ekaterina Orekhova, Merton College, Oxford, OX1 4JD, 07722 024069. entries@cityrace.org.uk CD: 26/10/07. TBA + £1 Emit hire. Lim EOD + £1.00/£1.00. Chq: Oxford University Orienteering Club. EPS-Emit. String course. Dogs on leads in the assembly area. Starts 11.30am-1.30pm. Version 3 Emit cards only. www.cityrace.org.uk

**11th** EM NOC C4 District Event. Byron's Walk, Nottingham. SK513528. Richard Robinson, 01623 559883. rich\_t\_robinson@yahoo.co.uk Fees TBA. EPS-SI. www.noc-uk.org

**18th** EM DVO C4 District Event. Linacre, Chesterfield. Steve Kimberley, 01246 280430. stephen@skimber.demon.co.uk £7.00/£1.00, Family entry: £15. EPS-SI. String course. Dogs on lead, in car park. www.dvo.org.uk

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

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

### **December**

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

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

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

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

