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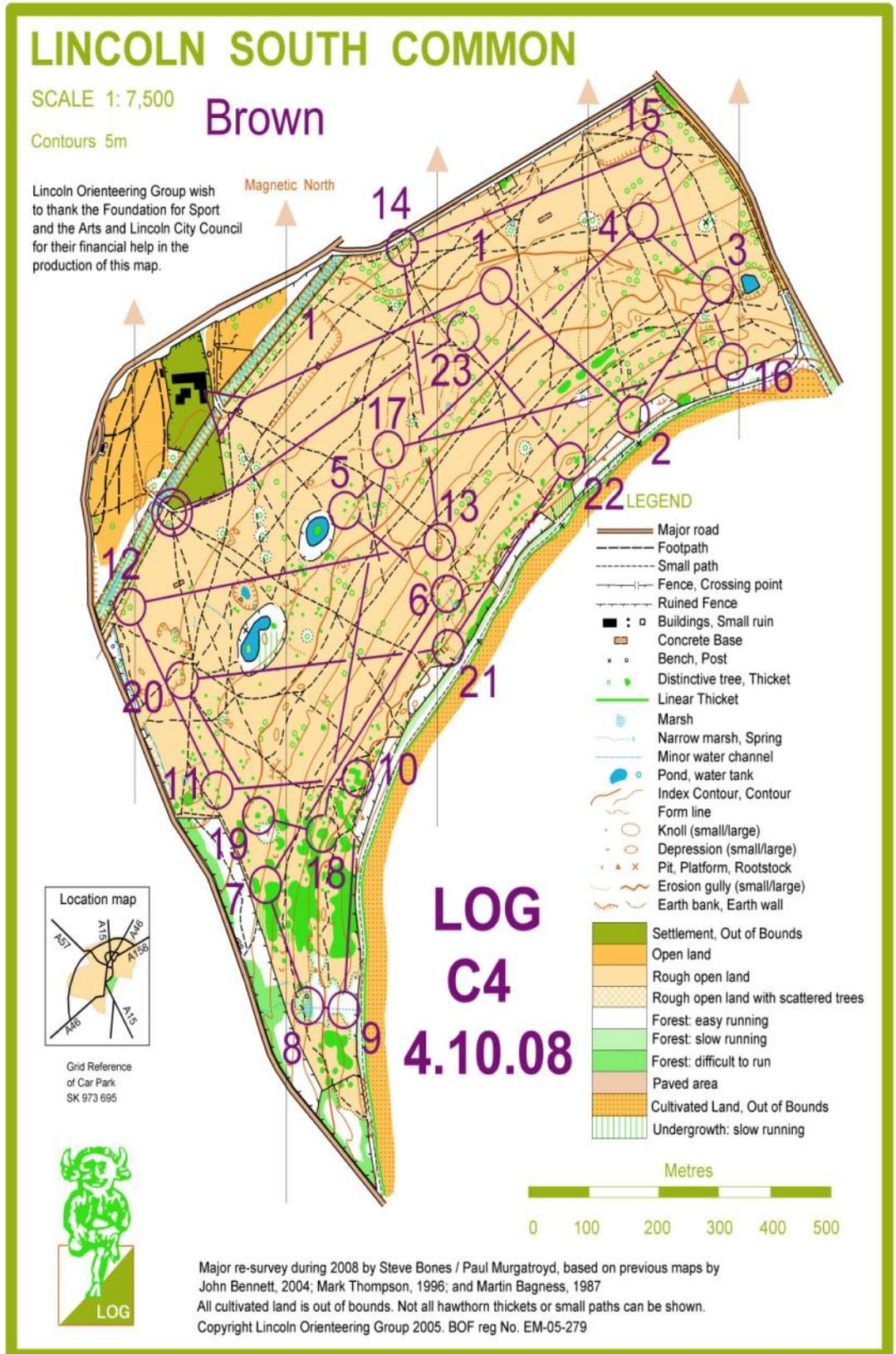


LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

LOG-NEWS

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LOG's second C4 event of the year at South Common on Saturday 4th October saw a total of 64 runners across the spectrum of courses. Here is shown the Brown course, as planned by Liam Harrington and won by Paul Murgatroyd in 62 minutes and 20 seconds. Reports and full results are on pages 5 & 6 inside.....

ED'S BIG BIT



Again the newsletter is delayed slightly this time around, primarily due to the fact that so much has

happening in the last couple of weeks. What with the C4 at South Common and the AGM too, I didn't want to miss out on all this news and have it appear later on in the year when the moment has passed. Full reports and results, plus all the recent happenings on the LOG committee, are to be found within the pages of this illustrious organ.

One thing that came up at the AGM was the success of this year's club trips. Over the past twelve months we've been, as a group, to the Oxford City Race, the Twin Peaks and the Phoenix, plus small contingents have represented the club at BOC, the JK and the Welsh 6 Days. I asked for ideas from people to see what we fancy doing as a club next year. My own initial thoughts are that it would be nice to have a greater representation at the JK in the North-East and the Scottish 6 Days on Tayside than we've had in recent times, but, on the more 'low key' events, I'm really open to suggestions. What do you think?

We're now into a busy period for the club, with training winding down to be replaced by the Winter series, then the City Race at the end of January, a night event in February,

and then the return of the Bomber weekend, and the 2009 summer series, in April. Now that's a lot for a small club and we'll need all hands to the deck for many of these events. However, based on the evidence at South Common last weekend, it looks like the club is in good shape on that front,, with many members turning out to ensure it was a successful day for LOG.

Finally, a quick mention on kit—we've got a new order of Trimtex tops just in and we've got two styles for members to choose from, with a small amount of stock to hold us over. If you're interested in purchasing one, details are on page 13.

See you out there.....

Chairman's Sound Byte



A very successful summer series now seems to be a distant memory, and here we are, with the new winter league soon to be starting on Saturday 01/11/08, at the West Common.

All 6 venues have been confirmed and further details can be found in the newsletter and on the website. The events are primarily aimed at newcomers to orienteering, but it would be nice to see a good turn out from existing LOG members and with a handicap scoring system, we might just see an unusual winner this series.....

The South Common event has also come and gone and this was the first

time that LOG had run a District event on a Saturday. The turn out of 64 competitors was a bit disappointing, as we usually would expect around the 100 mark for an event of this kind. As a club we will have to decide if this was a mistake or whether it would be worth another try, as most people are used to doing their orienteering on a Sunday Morning and seem reluctant to move away from this tradition.

Our next two major events are the City race in January '09 and the Bomber in April '09. The City race preparations are well advanced and we will probably have a range of courses covering the various age groups, as has happened previously, but the Bomber still has much work to be done on it. As usual, I will be chasing people up for help at both events a bit nearer the time. Keep those dates free, if you can!

For my sins, I seem to have landed the job of LOG's representative on the EMOA committee. I attended my first meeting on Monday 06/10/08 at Clifton

village hall, which for anyone who does not know is on the outskirts of Nottingham, on the way to East Midlands Airport. Various topics were discussed, one of the main ones being the need for a development officer on the committee to take EMOA forward, please feel free to talk to me if you are interested or require more information.

Finally we are hoping to run the club "Blue Ribbon" handicap event again this year. We are still looking for an appropriate date and venue, however, as Walesby is not suitable, NOC having changed it to a score event this year. The HALO C4 at Primrose Warren on the 14th December is looking a strong contender and hopefully we'll have a good turn-out again this year. Can Dave Denness hold onto his trophy or is there another pretender waiting to snatch his crown....? Please contact me for further details, if you are interested in taking part.

Sean Harrington

FUTURE LOG EVENTS

2008

- 21.8.08–16.10.08 *Club training nights—various venues (see website)*
1.11.08–17.1.09 *Winter Series 2008/9 (see below)*

2009

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



CLUB TRAINING/WINTER SERIES

Club training will shortly be taking a mid-season break, as we gear up for our first ever Winter Series. The focus for the training sessions this year so far has been the development of key navigational skills and an examination of race tactics and strategies. Having spoken to several members over the spring and summer races, it was clear that many wanted to look hard at how they orienteered and ways in which they could improve and fine tune their practices.

Using the experience of the club members, the initial sessions looked at, firstly, a group practice around a typical course and shared thoughts and ideas on techniques and strategies for the various legs and then, secondly, pairs work, taking it in turns to shadow each other around several loops and bounce ideas off one another regarding their performances.

Later sessions have looked at honing compass and pacing skills and it has been interesting to see what both the experienced and the novice orienteer are learning from these practices. The winter series could be interesting.....



The all-new LOG Winter Series will start on the 1st November and have coaching beforehand (10-11am) for those interested, pitched at all levels of performer, from beginner to veteran.

This will then be followed by the usual competition, with start times between 11am-12pm, including the option of 2 courses, an easy 'Short' (2-3km), for those new to the sport, and a 'Long' (4-5km), which will suit the more experienced orienteers or those wanting more of a challenge.

The dates and venues are as follows:

01/11/08	West Common
15/11/08	Riseholme Park
29/11/08	University of Lincoln
13/12/08	North Kesteven School
3/01/09	South Common
17/01/08	Hartsholme Park

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

Controller's Report

It was good to be a part of the LOG team on Saturday morning. Good organisation, I didn't even need to be there. Checking done from 7.30 to 9.30am, then back to Mill Lodge for breakfast with the family, who had joined me in Lincoln for a Wedding Anniversary.

As usual, the small band of workers had got things well underway by 11.15am when I re-appeared. The courses were very well planned by Liam, who is an up and coming 6-day orienteer. He was kind to 'Brown' runners, sending them to the top of the hill 4 times only (*Ed: It was more than enough, believe me*). Liam made very good use of the area, and competitors with local knowledge fared well.

Lt. Green no. 1 presented a problem for one lady orienteer, who spent ages trying to locate it. She had found control (40) and 46 was only 25m away. We had others who spent 10's of minutes searching for the marsh (56); 'twas in the re-entrant just east of the marsh grass. Unfortunately the form line showing the shape of the re-entrant was slightly obscured by the control circle. A number of runners misread 9 for 6, easily done whilst under pressure to do well.

The climb for each course was omitted from the descriptions - sorry, my fault for not checking thoroughly the prepared courses. The climb was significant and runners may have chosen a shorter course had they known the truth. Brown: 200m; Blue: 145m; Green: 145m; Light Green: 75m. Add 100m to your course length for every 10m climbed then you will have a true flat distance to work out the time in minutes per K for your course. Equivalentents are therefore: - 10.3km; 8km; 6.4km; 4.9km: Well done. Aching leg muscles on Sunday.

The turn out for this Saturday morning event will be a talking point for the LOG committee, which will no doubt deliberate eventually. The youngsters from NOC doing the 'Yellow' were most welcome, as were those from further afield from HH and LEI. Some of Halo's were at the NN event at Hexham and another at the Great North Run.

South common is an excellent area to have on the doorstep. The morning was bright but breezy which made for good Orienteering.

Brian Slater (controller)

Planner's Report

This is the second time I have planed a district event, the last one being on the South Common almost two years ago—how time flies! The common is an area I know really well, with it being on my door step and having trained on there many times before. However the new map prepared by Steve Bones, and finished off by Paul and myself, meant that a slightly different dimension was added.

Knowing the area meant I could armchair plan all the courses first before going out to check my ideas at a later date. I ended up going to the common 3 or 4 times to check the courses and how they fitted in with the new map. Tinkering with the map continued pretty much up to the day of the event, as discussions between Brian and myself added elements to the map.

On the day the turn out was a bit disappointing, but we did not except a large entry, with the event being held on a Saturday and not the usual Sunday, when most people seem to like to go orienteering. We were very lucky with the weather on the day, it was quite cold and very windy out in the open, but at least the rain kept off until after the event had finished.

I find that planning courses helps with my own orienteering, as you have to go out and find the feature on the map and not the kite which normally stands out more and is easier to find.

As far as people at the event were concerned, I received plenty of positive comments regarding the courses on offer, which at least makes me feel it was worth all the time an effort that had to be put in by everyone. The new map looks pretty good and certainly the infamous 'dodgy corner' is now much more reliable. Steve has done a great job here and many experienced orienteers commented on how much more they could translate from map to ground in this area.

Liam Harrington (planner)



LOG C4 – SOUTH COMMON RESULTS

White (length 1.5km, 10 controls)

1 Imogen Wilson LEI W10 15:39
 -----White standard-----

Yellow (length 2.0km, 11 controls)

1 Nicholas Wilson LEI M10 16:20
 2 James Mellor NOC M12 16:49
 3 Rowan Lee NOC M12 16:54
 4 Jessica Beresford DVO W12 18:15
 5 Dominic Leake LEI M10 18:55
 6 Tom Banks NOC M12 21:19
 7 Ben Moore NOC M12 23:30
 -----Yellow standard-----
 8 Sanjay Puri NOC M12 24:31
 9 Nat B-Pilsworth RAFOW6 25:56
 10 Kam Khalil NOC M12 26:18
 11 Kane Teal NOC M12 27:18
 12 Fraser Lim NOC M12 29:22
 13 Charlotte Webster NOC W10 54:34
 14 Thomas Webster NOC M12 56:17

Orange (length 2.7km, 11 controls)

1 William Parkinson NOC M12 24:17
 2 Jack Lord NOC M12 24:58
 3 Kieran Huggan NOC M14 26:02
 4 David Allerton NOC M35 28:51
 -----Orange standard-----
 5 Alice Bennett LOG W40 52:53

Light Green (length 3.5km, 15 controls)

1 Martin Wheeler LOG M50 33:27
 2 Graeme Huggan NOC M50 53:24
 3 Ian Durrant LOG M65 57:31
 4 Jordan Webster NOC M14 60:57
 5 Brian Ward DVO M70 68:48
 -----Light Green standard-----
 6 Richard Pickworth LOG M60 119:25
 7 Anny Gibbs LOG W60 126:19
 dsq Ben Lord NOC M14 53:28
 Missing nos 12-13
 Mary Boothroyd LEI W55 rtd
 Missing nos 1-5,7-15

Green (length 5.0km, 16 controls)

1 Ian Wilson LEI M40 48:53
 2 Paul Beresford DVO M35 53:33
 3 Eliz. Parkinson NOC W16 58:12
 4 Amanda Roberts LOG W45 59:31
 5 Pauline Ward DVO W60 63:58
 6 Peter Leake LEI M65 65:13
 7 Jane Booker NOC W50 69:28
 -----Green standard-----
 8 Helen Parkinson NOC W40 74:41
 9 Gary Boothroyd LEI M55 77:14
 10 John Woodall NOC M70 80:59
 11 Andy B-Pilsworth RAFOM35 84:20
 12 Mark Webster NOC M40 86:26
 13 Geoff Gibbs LOG M65 200:51

Blue (length 6.6km, 24 controls)

1 Luis Perdigao NOC M21 66:08
 2 David Booker NOC M50 69:10
 3 Robert Parkinson NOC M50 70:03
 4 Alastair Paterson LEI M40 70:08
 5 John Fulwood HALO M55 75:11
 6 Keith Roberts NOC M45 75:35
 7 Alison Hardy LEI W40 76:01
 8 Peter Harris HALO M50 83:24
 9 Michael Smith HALO M60 87:23
 10 Helen Smith HALO W21 88:59
 11 Sarah Pike LOG W35 92:06
 -----Blue standard-----
 12 Andy Furnell LOG M40 99:53
 dsq Michael Lord NOC M45 81:40
 Missing no 6
 Thomas Honniball NOC M21 rtd
 Missing nos 16-18

Brown (length 8.4km, 23 controls)

1 Paul Murgatroyd LOG M40 62:20
 2 Clive Street HH M50 67:41
 3 Ruedi Billeter NOC M55 71:50
 4 Roger Lewis SN M35 72:57
 5 Rhys Roberts NOC M20 79:03
 6 David Gourley LOG M45 82:09
 7 Ian Wells LEI M55 90:28
 -----Brown standard-----
 8 Sean Harrington LOG M50 98:44

east midlands orienteering association



HARTSHOLME INTERNATIONAL ORIENTEERING EVENT

On Sunday 17th August, an event was held at Hartsholme Country Park to raise funds for the park users group. Unfortunately our stand only mustered the princely sum of £2.00, with maps at 50p and only four paying customers. There were however, many more participants than that. Some family groups comprised two adults and five children, who participated for the total sum of 50p. Some children on their own claimed to have no money and were allowed to 'have a go' regardless. I strongly suspect we were the only stand that donated 100% of the takings.....

Despite fears about getting wet, the day stayed dry and allowed the use of display boards outside the tent, two sail banners and ample tables and chairs. If there had been awards for the best stand, I am sure LOG would have won first prize.



The team comprised myself, Nikki, who provided the kites, Amanda, who provided the float, and Richard, who provided the muscle. I was suitably controlled (bullied), instructed (bossed) and generally administered (fed cake and sausage rolls). I was also allowed

to wander around the course and keep the participants running in the right direction with lots of encouragement. It was frustrating to see so many potential participants walk on by, but those I accosted and persuaded to have a go, without exception on their return, said they had enjoyed it. We might just get a few new faces at our winter series.

It was truly an international event, as we had a family from Spain, who Nikki thought she recognised from a summer event, an American from Arizona and some grandparents from Durham. Our peaceful existence was spoilt early on by someone looking for their fire engine, a big red thing apparently, and the local policeman continually playing with his siren.

Amanda lobbied me regarding the formation of a W section, on the grounds that the females members had no chance in the summer series competing against Liam. Nikki beamed with pride, but I think she agreed. I suggested to Richard that we should lobby for a veterans section on the grounds that we had no chance in the summer series competing against Liam. We felt that 60+ was a suitable starting point. Food for thought? (*Ed: The winter series will see the first handicap system being applied to a LOG competition, so maybe the 'Liam Show' might come to a juddering halt there.... Only time will tell*). I thought that a suitable alternative would be to encourage Liam to take up snooker but I kept that thought to myself - Nikki does not always beam.....

A good day, we flew the flag and hopefully stirred a bit of interest in some of the families. We shall see. The next similar event is on 10th September, a Wednesday, already sorted using the same course and equipment, just need some helpers, cake and sausage rolls.

Ian Durrant

THE PHOENIX LONG 'O' & O WAS IT LONG....

Force Ten (Phoenix) Long O

Paul Murgatroyd, Jon May and myself (Spike) arrived about 5 o'clock at the camping barn to be met by Liam & Sean Harrington and Tim Staniland, who had been there about an hour, sunning themselves. The barn was Five star as far as barns go. It was luxury. Bunk beds with mattresses and pillows, a microwave, fridge, kettle, toaster and, most importantly, a TV to keep up with the Olympics. Oh, and a good shower and toilet. Did I mention that the pub (The Barrasford Arms) was next door too. Paul had really out done himself this time.

The theme for the weekend was drugs, not literally, but the use of Science in Sport (SIS) by Sean to help improve his performance. After a quiet few drinks and dinner in the pub during which we discussed night time etiquette. No snor-



Spikey and Liam go dog-hanging with the best of them

ing and all go to squeeze (visit the toilet) if needed at about 4am-ish, to reduce levels of disruption to beauty sleep. The forecast for the weekend had not been bad and, expecting a damp day, we were all pleasantly surprised by a sunny morning as we headed up towards Kielder water, about 30miles away. Before we left, Neil Harvatt from Halo joined us. After a steady walk (of 2km) to the start Jon set off, followed by Spike, Tim, Paul and Sean, as a pair, and finally Liam.

The first part onto the hill was the same for all of us even though we were doing three different courses. Along a track- fantastic, then a scramble along a stream through some trees and up onto the hillside through the heather to a ridge with a boggy track but at least it was run able (ish).

At the start I had managed to keep Jon in sight but once he reached the ridge that was I last I saw of him. I was then overtaken by Tim and shortly after by a leaping gazelle in the form of Liam. I caught up with Tim again briefly at the first kite, which had taken me 1hr 18mins to reach, and then spotted Paul and Sean hot on our heels. A little later as I jogged down a fire break and then flew (well fell) into a nice cool wet boggy bit, Tim appeared from the woods just further down. We joined up and made our way up a particularly nasty section to the second kite, here we were caught-up with by Sean and Paul, who did the second kite in 47mins.

The third kite was just 600m away, but it took us twenty five odd minutes to reach it. The terrain was very difficult and tough (heather - you either love or hate it...). Paul was bimbaling



Remind me, again, how the hell did you talk me into this....???

along, as he does, but Tim, Sean and myself by this point (2 ½ hrs in) were really starting to get very tired and frustrated at the toughness of the ground conditions. We joined up as group to morally support each other and, as we reached the ridge we first ascended some 3 ½ hours earlier, Tim decided to head back to the finish. Sean and I agreed to fight on with Paul; we estimated that we had at least another two hours out on the hill to reach the fourth and fifth controls.

After the final arduous trek through the heather to the fourth control we decided to head for woods and cut through to forest tracks.

(continued overleaf)

PHOENIX LONG 0 (continued)

This was great, bashing our way through the woods, to come out pretty much spot on to where we wanted to be. It was then a steady jog to get back ASAP. Finally we all reached the finish, to be met by a now rested Tim. We had not seen Liam or Jon all day and we were to later discover that Jon and Liam had seen no one all day, until they saw each other at their fourth control.

After freshening up, we had dinner in the pub, along with Jon's parents, following negotiations of a special evening meal tariff we had enjoyed the night before. Then began the steady departure of people to bed as the day's torture took its toll.

The following morning (after a 3.30am coordinated squeeze) the day dawned overcast and a little gloomy. Sean and Tim decided that they really did not fancy any further heather bashing and so headed off to a pub near the finish to sample the Sunday lunch (it was very tempting to join them). Instead, I chose to run with Paul (I should have known better really, but you know me, too keen for my own good...). Although the course organisers had said the second day would be easier conditions (and they were), Jon decided to run the slighter shorter C course that Paul and I were doing, instead of the longer B he had done the day before. Liam stuck with the A course. When we saw the routes, there was much less heather to cross. Paul and I decided to do a slightly longer route but one that involved minimal heather, a choice made by many that day, apart from the insane few, such as Jon.

The first control was close to where our fourth had been the day before, so off we set through the heather and then back through the forest and onto tracks, where I have never ran so far in one day for a long time. All was going well until we reached the bottom of a steep hill section up to the fourth control. Here we met Jon, running down the very muddy and slippery hill. I had hit the wall, Saturday had caught up with me, plus all the running after 2 $\frac{1}{2}$ hours. Paul had been fantastically encouraging and gently pushing me all morning and then showed amazing patience at my slow ascent to the fourth con-



The C team of Spikey and Paul powering their way to the finish on Day 2

trol. On our descent we met Liam heading up the hill. The last track run was really painful and difficult; both mentally and physically I didn't have much left and we still had about 3kms to get to the finish.

Meanwhile Sean and Tim had finished their very tasty Sunday roasts and were ready and waiting with cameras. Jon was first to finish, followed by Paul and myself.

The second day had still been very

challenging, but at least the conditions under foot were a little easier and the time out was on average 3 $\frac{1}{2}$ hrs, compared with 6 - 6 $\frac{1}{2}$ hours the previous day.

Sean and Tim had a new found respect for our LOG mummy, Nicky, who has watched us all off and patiently waited for our return at many previous events. Sean had also graciously allowed the local population of midges to dine on his legs.

The weekend had been very trying but a lot of fun as well however the entertainment was not over yet. About an hour later we all regrouped at Scotch Corner services on the A1 where I was struggling to walk up four steps into the building, my legs had gone and normal walking eluded me for about three days.

In terms of the results Liam finished 7th in Group A with an overall time of 9:35:49, having covered 22.4 & 18.4kms over the two days. Jon finished day 1 in 6:35:28 and 14th place in group B and day 2 in 3:09:49 and 10th place in group C, having covered 19.4 & 12.8kms over the two days.

Spike had an overall time of 9:38:37 and 9th place. having covered 16.7 & 13.8kms over the two days. Paul and Sean completed day 1 in 5:52:15 & 7th place in group C. And Paul (slowed down just large a tad by me) completed day two in 3:34:27.

Sarah Pike

EAST MIDLANDS LEAGUE — 2008

east midlands orienteering association



EMOA League—Remaining Fixtures 2008

12th October	Charnwood Forest South	LEI
2nd November	Bestwood	NOC
9th November	Bagworth Woods	LEI
14th December	Whitesprings	DVO
28th December	Beacon Hill	LEI

As expected, a decent turn out from LOG members at South Common means that points are once again being accrued and the table starts to take shape again with only five events remaining. It will be interesting to see how many LOG'ers manage to qualify with the maximum 8 counters—not too many looking at the latest table below. As usual, the LOG & associated RAFO members are shown in comparison to the league leaders...

East Midlands League 2008 (LOG & RAFO members' placings after 11 events)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Best Eight Scores	Overall Position
Yellow	Rachel Kirk			327	589		1000											1916	5th
Orange	Craig Youngs			591	695		652											1938	8th
Orange	Kevin Kirk			753			923											1676	9th
Orange	Rebecca Navarette				1000		1000											2000	5th
Lt Green	Luke Grayson			756	1000													1756	10th
Green	Daniel Richardson			468			641											1109	41st
Green	Lucy Nell					628	285											913	29th
Blue	Michael Nell			601	859	610	700											2770	25th
Blue	Andy Furnell	481			634	483	556					598						2752	26th
Blue	Sean Harrington			575		545		676										1796	42nd
Blue	Joanne Nell			641	836		653											2130	7th
Blue	Julie Mendes						842				657							1499	13th
Brown	Paul Murgatroyd			686		795		859				929						3269	9th
Brown	Liam Harrington			712		764		814										1476	17th
Brown	Dave Gourlay						782					756						1539	36th
Brown	Dave Denness		700			766												1466	37th
Brown	Sean Harrington						542					679						1221	39th

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

The Dave and Jon Mountain Marathon, Edale, 2008.



Old Packhorse bridge on Kinder Scout, location of the OMM warm-up

As preparation for this October's Original Mountain Marathon, Dave Denness and I spent a weekend in the Dark Peak. Our aim was to recreate as much as possible the conditions (misery?) of a mountain marathon at the end of October in the UK. As novices to the OMM we had a number of concerns to address: kit, food, navigation, team work and not least slogging up and down the fells around Borrowdale for two long days.

We planned to do two days from Edale, in the Peak District, carrying all the required kit, eating OMM style food, sleeping in the tiny tent and practicing running and navigating together. The focus for Saturday was to push our navigation and Sunday the emphasis was more on the physical side. The weather forecast suggested heavy rain all weekend - well you might as well do these things properly!

We arrived late for our day 1 start time, but as event organ-

isers and sole entrants we were able to quickly negotiate a later slot. We had a good six and a half hours on the hills visiting control sites from the 2007 Capricorn, which was held in this area, and going as far north as Alport Moor.

The weather turned out to be a good deal kinder than the forecast. Later that evening we checked the results and were delighted to find that we'd made it into the chasing start for day 2. We celebrated with a couple of pints and a meal in



Now if Jon is smiling like this at the end of the OMM, you know he's just not been working hard enough

the Nag's Head (not in keeping with OMM spirit), I know, but what the hell....

Day 2 emphasised the ups and downs of mountain marathons, literally. We made our own route, inspired by the "Kinder Dozen". Kinder Dozen is a daunting route around the whole Kinder plateau, which takes every conceivable op-

portunity to ascend and descend, 12 in all. The "Kinder Hat-Trick", being a rather wimpish derivative, was still about 900m of climb, but more than enough for us. The weather reverted to plan, and we spent the morning in mist (a much better test of nav) and got very wet. On the whole—job done!

OMM is the weekend of the 25th and 26th of October in the Lake District. LOG have good representation:

B Class: Dave Gourlay and Andy Stevenson.

Long Score: Liam who has drafted in some fell running talent to partner him.

Medium Score: Paul Murgatroyd and Mark Smith; Dave Denness and Jon May.

Jon May



Dave D in full flow at the Macc Forest event earlier this year

KNOW YOUR MEMBERS

This section of the Newsletter is to enable members to find out more about each other, to give recognition to their achievements and to provide a sounding board for their thoughts on LOG, orienteering and life in general.....this month the spotlight turns to the second female to be interviewed for this slot—Miss Sarah Pike (aka Spikey)—



How did you get into orienteering?

Through teaching outdoor education. I started canoeing, joined a club and then volunteered for a play scheme, aged 15. About a year later I went to do my Basic Expedition Training Award, passed this aged 17. I began A levels, but hated them and went on to do more GCSEs instead. I then escaped to Shropshire to my first outdoor centre, where I taught a whole range of activities, and moved from centre to centre until I arrived at one where the site was mapped. I began to do a few events then, alongside some instructor training, but stopped until recently.

So, when was it you decided that you'd had enough of outdoor centres and you wanted to go into mainstream teaching?

It came about when I was knocked off my bike in London in the middle of my Geology degree! Originally I had intentions of being a Geography teacher, but damaged my knees and hips quite badly which set me back. I then volunteered to work at an aquatics centre, which led into working with birds of prey, which led into working in zoos and then I hit 30! I owned my car, my bike, two fer-

rets and a bird and that was it. I had no pension and I thought I needed to grow up and get a job that paid! I managed to get a job working as a science technician working in a school in St. Albans in Hertfordshire. I loved it, helped the teachers, met my partner, Andy, on a watersports trip. It was whilst I was commuting to see him up and down the A1 that I needed to get onto my teacher training. By this time, I had ditched Geography and decided I liked Science much more.

So, presumably you'd returned to A levels at some point in all of this?

I moved from Shropshire to Leicestershire where I did A level Sport Studies and Geography spread over three years. It took so long, because in the middle of this I decided to have open heart surgery so I could run better!!

Hell! How did that come about?

I was born with a hole in the heart and had been having regular check-ups throughout my life, without problems. But, as I grew up, my sports changed from being cardio-vascular in make-up to less so. I was okay in outdoor pursuits, as many of the sports you could take at a steady pace and build up from there. However I realised that by then I couldn't run 200m without passing out or vomiting. So I was really concerned about being a hazard at work. They did further investigations and discovered that I had an extra muscle bundle across the pulmonary valve and so it was a chop and a patch to put it right.

Has everything been okay since then?

Yeh, superb...until that cycle accident! Quite cheesily, though, I entered the original Gladiators series after the surgery!

And did you get on telly?

No, unfortunately I didn't get that far. I was fit enough to do the entry tests, but didn't get past that phase. Exciting though!

So, back top the teaching career, how did you end up in Lincoln?

That was through meeting my fiancée at the school where I was a science technician. He was from Lincoln and has two boys and, after a while of commuting north, I decided to move up here and did my training at Bishop Grosseteste, before my first full teaching post at Lincoln Christ's.

So, you've returned to orienteering recently—what do you see as your aims within the sport?

To be able to run the whole course without stopping! Just, really, to get that bit faster and be a little more competitive and to increase my own technical skills.

And on the coaching side—you're doing the new UKCC level 1 award?

Yeh, hopefully try and encourage the kids to come out and join the club and do a bit more running, as orienteering can hit so many different people. You don't have to run the course, people can come out and just enjoy being mentally challenged.

Finally what's your favourite bird of prey!?

Oohhh...tough one. Probably a burrowing owl, they're cheeky monkeys and mine used to live on the dashboard of my car, and my Steppes' Eagle, she was great.

Spikey, thanks very much and all the best for your orienteering in the future.



LOG Executive Committee Meeting –Aug 21st 2008

		Action
	Present: Paul, Ian, Jon, Andy, Sean & Liam	
1	Apologies for Absence – Dave	
2	Approval of Minutes of Meeting on 17.07.08 – Agreed	
3	South Common C4 – This event is being held on Saturday 4 th Oct 08, as we can't use the parking field on the Sunday. Officials are Planner Liam, Organiser Sean, Still need a Controller and the Event needs to be registered with BOF	Jon to register the event and find a controller. Sean to E-mail out request for help
4	Winter League – We now have a planner sorted for each event and dates pencilled in, permissions are just needed now. Website needs updating.	Sean to sort out NK Paul to sort Uni and Riseholme Jon to sort West/South Common and Hartsholme
5	City Race – Event is planned for 25 th Jan 09. Paul planning the event, Sean is Organiser. Access and controller still need to be sorted.	Access/controller – Jon / Steve
6	Bomber – 25/26 th April 09. Relays are to be held on the Sat at Riseholme and the C4 and Long-O around the Earl of Yarborough's estate. Relays to be planned by Jon, Sean to be organiser. No controller yet, we will also need lots of help on both days from the Club members	Sean to talk to Martin about controlling the event. Sean to talk to the Nell's to see if the Cadets might be able to help.
7	Club Kit – Another order is to be placed for club tops and the club will keep some for stock. Waiting until the new design of hoodies and jackets come out in Sept from Craft to see if we will order these as well	Paul to send in order.
8	Mapping – Paul now has all the latest maps and if anyone has updated the maps for their summer league event Paul would like a copy. Paul, Dave and Liam are to go on another mapping course with David Olivant to look at how to start mapping a new area.	
9	Publicity – It was decided to get some professional flyers made up to advertise the winter league	Paul sorting out flyers
10	Clubmark – Paul have been talking again with Pauline Olivant about clubmark and it was decided to ask her back again to the next meeting to see what the committee could do about it.	Paul to arrange meeting with Pauline
11	A.O.B – a. Decided to have the AGM on the 9 th Oct 08, a venue needs to be sorted. b. We have been asked about doing a permanent course on the South Common by LSST, but committee decided it was not feasible. c. Look at getting some frames for the Start/Finish banners	a. Sean to sort venue out. c. Liam to talk with Amanda
12	Next Meeting – 15/16 Sept, See which one is best for Pauline.	

LOG Executive Committee Meeting –Sept 16th 2008

		Action
	Present: Paul, Ian, Jon, Dave, Sean, Liam and Pauline (RDO)	
1	Apologies for Absence – Andy	
2	Approval of Minutes of Meeting on 21.08.08 – Agreed	
3	Clubmark – Pauline discussed Clubmark process, talking through what we need to do to gain it and how it will help the club in the future. Agreed to put to members at the AGM.	
4	South Common C4 – Planning all in hand. Need to check registration with BOF.	Jon to check registration with BOF. Sean to finalise plans with LOG members
5	Publicity – Flyers are almost ready to print for the winter league, awaiting confirmation of November fixture at NK school.	Paul sorting out
6	AGM – The AGM is to be held at the Golden Eagle on 9.10.08, all members to be contacted, it was decided e-mail was ok.	Liam to let members know
7	A.O.B – Ian to look into cost for start/finish frames	Ian D to find out costs
8	Next Meeting – After the AGM on 9.10.08	

LOG KIT—IT'S HERE!!

We have just taken receipt of a new order of LOG tops, with both the current TRIMTEX slim fit model and a new looser fit, traditional O version now in stock, each in a range of sizes from medium to triple XL!

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

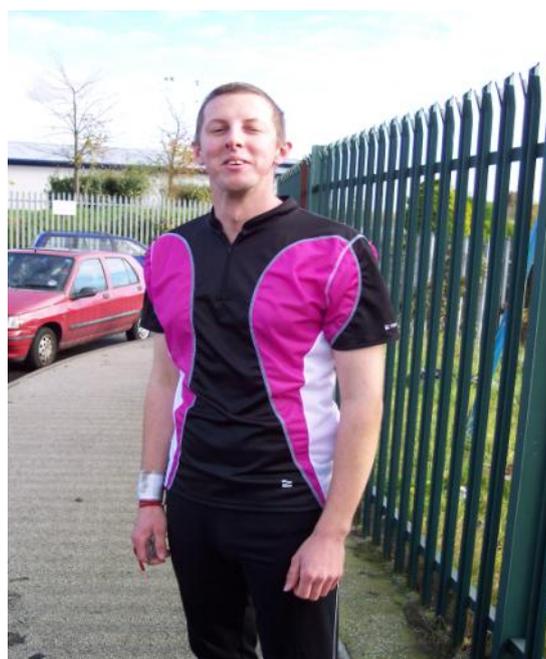
They will also be made available to purchase at the following venues:

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

Lincoln City race — 25th January 2009

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

But only so long as stocks last — buy early to avoid disappointment!!



LOG AGM—October 9th 2008

Lincoln Orienteering Group - Annual General Meeting

Thursday 9th October 2008 – The Golden Eagle, Lincoln at 8.00pm

Present: Sean Harrington, Ian Durrant, Paul Murgatroyd, Andy Lucas, Dave Denness Andy Furnell, Jon May, Phil Longstaff, Sarah Pike, Michael Nell and Liam Harrington

1. Apologies: Amanda Roberts, Joanne Nell, Steve Bones, Nikki Harrington, Tim Staniland, Alice Bennett and Kaele Pilcher

2. Minutes of 2006 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: Sean thanked Steve for all the good work he had done for the club, Commented on the good year we have had, with a great turn out to the latest summer league, and talked about the coming year with the new winter league starting soon, the city race and bomber both coming early next year.

4. Treasurer's Report: We have a good bank balance of nearly £4000 having made a healthy surplus this year of around £650. It was stated that the club needs about £1000 a year in general running costs. Our main income now seems to be the summer league with our district events not doing quite so well.

5. Election of Officers:

Post	Proposed	Proposer	Seconder	Outcome
Chairman	Sean Harrington	Andy Lucas	Liam Harrington	Elected
Vice Chairman	Paul Murgatroyd	Sean Harrington	Andy Furnell	Elected
Club Secretary	Liam Harrington	Andy Lucas	Dave Denness	Elected
Treasurer	Andy Lucas	Paul Murgatroyd	Sean Harrington	Elected
Fixtures Secretary	Jon May	Liam Harrington	Sarah Pike	Elected
Membership Secretary	Dave Denness	Paul Murgatroyd	Liam Harrington	Elected
Publicity Officer	Paul Murgatroyd	Sean Harrington	Dave Denness	Elected
Junior Rep	Charles Nell	Michael Nell	Sean Harrington	Elected
Un-posted	Michael Nell	Sean Harrington	Andy Furnell	Elected
Un-posted	Sarah Pike	Sean Harrington	Jon May	Elected

6. Club Mark:

A discussion took place about club mark and what it meant for the club to gain it, we also asked for a volunteer take control of the project. Sarah Pike said she was happy to help but did not want to be the main person in charge.

7. Any Other Business:

Decided that we would once again enter the Compass Sport Cup when details were available.

Talked about ideas for club trips next year, the ones this year had been very successful.

Meeting closed at 9.00pm

LOG Executive Committee Meeting –Oct 9th 2008

		Action
	Present: Paul, Ian, Andy, Sarah, Jon, Dave, Sean and Liam	
1	Apologies for Absence – Michael Nell	
2	Approval of Minutes of Meeting on 16.09.08 – Agreed	
3	Clubmark – Talked about this at the AGM, we are looking for someone to look after the project.	
4	Winter League – We have now got the flyers which are being posted to schools and other groups. Hopefully we will get an interview with the Lincolnshire Echo before it starts and get it in the paper. Design an entry form so we can get new peoples' contact details.	Paul to sort entry form and talk to Echo
5	City Race – Flyers need making. Planning going ok, access has been sorted. A controller has not yet been sorted, ask Martin Wheeler if he is able to do it	Sean to sort flyers and ask Martin
6	Bomber – Still need to find a controller from LOG, may need more help at the meeting to push the events on now that Steve has moved.	
7	EMOA Meeting – Sean is now LOG's EMOA rep. EMOA have their Development Officers post vacant at the moment, we are going to see if we can get a job description for this.	Sean to look into
8	Si Kit – Look at getting 15 new boxes and 15 dibbers with funding for EMOA and possible putting some LOG money towards it as well.	Andy to supply costs
9	AOB – It was agreed to reduce the Uni map access cost to £100 for the year. Look at sorting membership forms out so we have them at the winter league events.	Dave to look at membership forms

Britain's National Orienteering Magazine



CompassSport

CompassSport is the National Orienteering Magazine for the United Kingdom. It is 52 pages of full-colour news, maps, reviews, reports, previews, competitions, profiles, fixtures, photos, coaching tips and advice, including coverage of MTBO, Trail-O and much more.

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The Thinking Man's Sport

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

The next LOG-NEWS is scheduled for the end of November, when the first few events of the new Winter series will have taken place and we'll be reporting on the races and results so far.

Preparations will be in full swing by then for the City Race in January and the Bomber in April, plus we'll be gearing up for the end of year club championship—the Blue Ribbon at a venue to be decided. This will be the third year of this event and it is always interesting to see, with the handicaps in place, just who manages to surpass their 'average' pace for the year and hold it together, as the other members bear down on them. Last year's was a cracking race, with the majority of the field coming in within a few minutes of one another, so here's to the 2008 event, where Dave Denness will be looking to defend his title. The competition will be fierce and I have a sneaking suspicion there might be a new name on that trophy by the end of the day..... Here's looking forward to a great winter of racing!

SELECTED NATIONAL FIXTURES

October

12th EM LEI District Event & East Midlands League. Charnwood Forest South, Loughborough. SK523118. C4 Laurie Fluck, 01509 503107. £7.00/£2.00. EPS-SI. Parking £1.00. Dogs allowed on Lead. www.leioc.org.uk

18th EM DVO Local Event. Markeaton Park, Derby. SK335370. C5 Val Johnson, 01773 824754. gmjandfam@aol.com £3.00/£1.00 Family entry: £7. www.dvo.org.uk

November

1st-2nd YH Yorkshire Pudding Weekend

O4S 1st - Day 1 Leeds City Chasing Sprint. The University of Leeds Campus, Leeds. SE295346.

C4N 1st - Day 1 Night Event & Yorkshire Night League. Beckett Park, Leeds. SE273365.

O4S 2nd - Day 2 Skipton Town Race. Skipton Town Centre, Skipton.

Martyn Broadest, 0113 2328982. martynATbroadest.org.uk £6.50/£2.00 (£2 discount for adult BO members) per event. EPS-SI. Dogs allowed on leads please. See website for full details of the Yorkshire Pudding Weekend. www.aire.org.uk

2nd EM NOC District Event & YBT Round. Bestwood, Nottingham. SK565475. C4 Catherine Hughes, 0115 8774089. Catherine@midlandsnordicwalking.org Fees TBA. EPS-SI. String course. www.noc-uk.org

9th EM LEI District Event. Bagworth Woodlands, Coalville. SK458067. C4 Peter Hornsby, 01530 456066. mapping@lineone.net Fees TBA. EPS-SI. Dogs on Leads. www.leioc.org.uk

16th EM DVO Regional Event. Shining Cliff, Belper. SK335522. C3 Organiser: Sal Chaffey, 01773 825418. dave.chaffey@zetnet.co.uk. Postal Entries: Mike Godfree, Highfields, Mapleton Road, Ashbourne, DE6 2AA, 01335-346004. Mike.Godfree@btinternet.com CD (postal): 03/11/08, (online): 09/11/08. £10.00/£3.00 (inc Students). CC - £7.00/£1.00. Lim EOD +£2.00/£1.00. Chq: DVO. EPS-SI. String course. CC - W, Y, O, R. Dogs on lead, in car park. Entries preferred on-line via website: www.dvo.org.uk

22nd YH TNS UK Cities Cup Race 3. Sheffield, Sheffield. C3S Stewart Caithness, 0131 3375495. wattok@nopesport.com www.citiescup.nopesport.co.uk. Full registration pending

