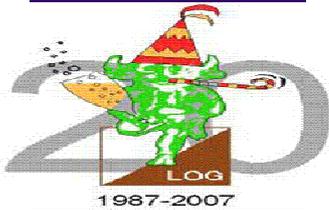


2009 Issue 5  
Sep/Oct

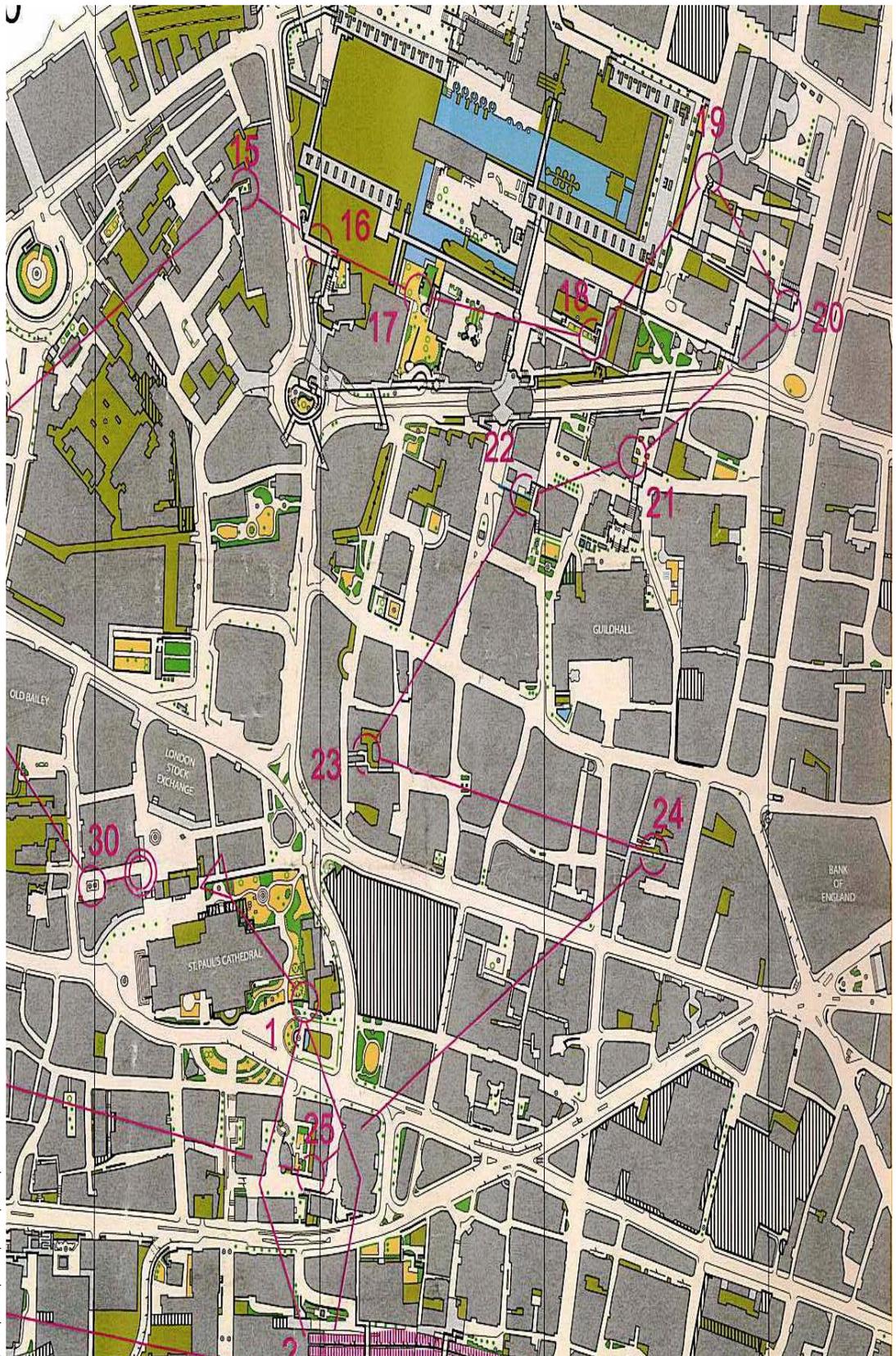


LINCOLN ORIENTEERING GROUP - WWW.LOGONLINE.ORG.UK

# LOG-NEWS

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**SLOW's 2nd London City race map, with the start and finish of the M40+ course shown here. Note, in particular, controls 15-20, through the multi-storey Barbican—nightmare! More details of the event inside.**

## ED'S BIG BIT



A smaller than usual LOG-NEWS hits your email boxes this weekend, primarily due to the lack of activity in the traditional end of summer hiatus in the O calendar. Hopefully though this won't

detract from the quality of the final issue and you still find it interesting and informative!

It's also been a frustrating time for me since picking up a knee injury at the Eagle Isle Ultra back at the start of September. Missing out on a couple of EMOA league events and not being able to train at all, beyond a few weight and core sessions, makes

you realise how much you miss the simple pleasure of running (although the Chairman might disagree with me on this one....)

Trying to take the positives out of it, though, it gives the body chance to recuperate from the battering of a heavy summer spent training and recharge and refresh, to hopefully come back stronger in the autumn—well that's the theory! This weekend's club trip to Chester will see if I can get back on track...

Anyhow, that's enough self-indulgence for the moment—how is your fitness and training going at the moment? If you've been taking part in the club's programme of autumn training sessions, then hopefully you're feeling the benefits of what has now become a weekly occurrence. The mix of fitness and technical work has allowed us chance to concentrate on all aspects of orienteering training and hopefully the

participants will fully reap the benefits when it comes to the winter series and other races around the East Midlands.

We're starting now the build-up to a busy period in the O calendar, as October sees a month of city racing (Chester, Cambridge and Oxford) plus the start of our second winter series on the last Saturday of the month. This then leads into a hectic schedule of EMOA events, culminating in the L1 Midlands' Championships on Cannock chase in December and then, the coup de grace, the Walesby Blue Riband Club Handicap race, to round off 2009. Will Andy Lucas be the first LOG'er to retain this prestigious award, something which has evaded all previous recipients? Or will the pressure takes it toil, as it did with the luckless Dave Denness... time will tell!

*Paul Murgatroyd*

## Chairman's Sound Bytes



We are now well into the club training on Thursday nights, we have been getting a hard core of about 10 people to most of the evenings.

This year it has been a mix between technical and physical, which has made for a nice change. There is still chance to get to the last couple of sessions before the serious orienteering starts again in the winter.

The first of our 6 Saturday morning winter series takes place at the West Common on 31/10/09, it would be nice to see a strong turnout of LOG members to get the series off to a

good start. This is an ideal opportunity for members of the club who do not like to travel too far to come along and have a run out. I would like to thank Ann & Geoff Gibbs, Paul Barnes and John Mather, all of whom have volunteered to have a go at planning for the first time. Each has been allocated a mentor, to help them along the way, and apologies to Ann & Geoff, as they have drawn the short straw and ended up with yours truly!!

I would like to thank Joanne and Michael Nell for taking their cadets to the Peter Palmer Relays to represent LOG, From what I hear, they had a great time, and further details appear later in the newsletter.

Congratulations also go to Joanne and Michael, being amongst the first recipients of the 'Service to Orienteering' awards. This is in recognition for all their hard work in the development of young orienteer's in the Air Cadets.

I would also like to thank them for their continued support of LOG events with the cadets, the run up from Spalding is quite a task on such a regular basis.

The Bourne L3 event on Sunday 22/11/09 is getting ever nearer, please can people who can help on the day get back to me ASAP to enable me to sort out who will be doing what job. As well as helping out, there should be time for all helpers to still have a run, so don't worry on that count!

Finally, the LOG AGM is being held on Thursday 29/10/09 at the Golden Eagle pub on the High Street, Lincoln, starting at 8:00 pm. Please can all members make every effort to be there on the night to elect the new committee for the next year and to attend to all the vital business that is required to keep us running as a well-oiled machine.

*Sean Harrington*

# FUTURE LOG EVENTS

## 2009/10

**22.11.09** L3 Bourne Woods (East Mids League), Dave Denness

**31.10.09—23.01.10** Winter Series 2009/10

*31.10.09 West Common (Geoff & Anne Gibbs)*

*14.11.09 University of Lincoln (TBA)*

*28.11.09 Hartsholme Park (Paul Barnes)*

*12.12.09 Lincoln Christ's Hospital School (Sarah Pike)*

*09.01.10 South Common (John Mather)*

*23.01.10 Sudbrooke Park (Paul Murgatroyd)*

**11.02.10** Riseholme Night Score event, Paul Murgatroyd

**14.03.10** L3 Stapleford Woods (East Mids League), TBA

**08.04.10—05.08.10** Summer Series 2010

*08.04.10 Hartsholme Park ()*

*22.04.19 Bourne Woods ()*

*06.05.10 Sudbrooke Park (Paul Murgatroyd)*

*20.05.10 Stapleford Woods ()*

*03.06.10 Ostler's Plantation ()*

*17.06.10 RAF Cranwell (Michael Nell)*

*01.07.10 Sleaford Town ()*

*15.07.10 Nettleham Village ()*

*29.07.10 Stamford Town ()*

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



Lincoln Orienteering Group



# EMOA DEVELOPMENT DAY



East Midlands Orienteering Association

## Development Day 7<sup>th</sup> November 2009

**Would you willing to help your club?  
Want to find out how?**

The association has arranged several training courses.

**Planner's course** - Covers planning colour coded courses

**Organisers Course** - Enables you to organise a colour coded event.

**Mapping course** - How to start surveying and using OCAD

**Controller Grade 3** – Aimed at those with some experience planning and organising.

**Controller Grade 2** – for existing Grade 3 controllers with the relevant experience.

**Venue** - Groby Community College, Leicestershire

**Time** 9.30 – 4.30

**Cost** – No charge to EMOA club members. (Grant obtained from British Orienteering)

Lunch provided

### Level 1 Certificate in Coaching Orienteering Course (3day course)

Day 1: 7 <sup>th</sup> Nov	Day 2: 28 <sup>th</sup> Nov	Day 3: 5 <sup>th</sup> Dec
Groby Community College	Berry Hill Park	Berry Hill Park

**Cost** £195.00 Bursary available for those willing to offer time to coaching in their club or the region.

If you would like discuss the details of any course or would like further information please contact either the Regional Development Officer: Pauline Olivant Tel 0115 9872083 or email [p.olivant@btinternet.com](mailto:p.olivant@btinternet.com)

or your Local Club contact:

Sean Harrington

Tel: 01522 791344

Email: [sean@logonline.org.uk](mailto:sean@logonline.org.uk)

Application forms are on EMOA web site. [www.emoa.co.uk](http://www.emoa.co.uk) or from your club contact.

Closing date for applications is

**Coaching course 1<sup>st</sup> October 2009.**

**All other courses 24<sup>th</sup> October 2009**

All completed forms to be sent to Pauline Olivant

**Email** [p.olivant@btinternet.com](mailto:p.olivant@btinternet.com)

## LOG CLUB KIT – NEW STUFF!



The club are currently taking orders for new t-shirts and hoodies and the pictures here show the designs of these items. The kit will have the LOG club logo (ie. the imp on the kite) embroidered onto the front left in white, with 'Lincoln Orienteering Group' underneath. The t-shirt is a breathable man-made fabric, perfect for working out down the gym in, and the hoodie is 100% quality cotton, superb for keeping you warm on those cold winter evenings!

Retailing at £18 (t-shirt) and £28 (hoodie), there is a sample of the kit available, which you can have at look at to gauge the quality of the garments and to try on for size (they are on the 'generous' size and run from XXS to XXL!).

Orders are being taken from now until the end of October (first winter series event) and will be available at all training nights, the AGM and the winter series event on Saturday 31st October at West Common. If you would like to order either or both of the garments, please let me know by email or in person, along with the size you're after.

Paul Murgatroyd



## CLUB TRAINING & WINTER SERIES

*Continuing throughout October, and running every Thursday through to the start of the Winter Series, club training has been a blend of fitness and technical work, alternating on a fortnightly basis between these two focal points.*

*The coaching sessions have included technical exercises, led by club coaches Liam Harrington and Paul Murgatroyd, and have concentrated on individual development of key orienteering skills, and the physical, where sessions have a fitness theme running throughout. With the last sessions taking place over the next few weeks, members will have a final opportunity to get themselves into a groove before commencing the Winter Series, which kicks off at West Common on the 31st October.*

*Session start times and venues are advertised via email and on the club website and last around an hour. The cost is only £1 a time—what a bargain! Hope to see you there sometime soon.*



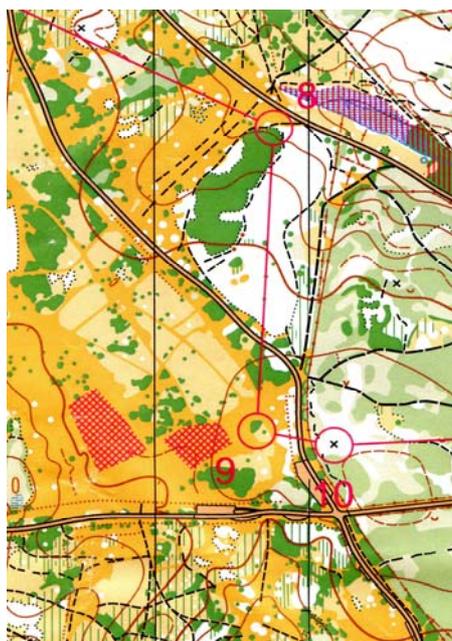
*After the success of last year's Winter Series, this year's programme of races will be following a similar format. Six races, based around Lincoln, will include time-honoured locations, such as West and South Common, alongside a new school's venue in Lincoln Christ's Hospital.*

*Again, two courses will be put on each time, with something for everyone! The Short course will be aimed at beginners and juniors and the Long course will be for those more experienced orienteers looking for a Saturday morning run-out. Coaching beforehand will be on offer to help everyone, from novices to veterans, improve their skills!*

*Trophies will be awarded to the winners of each course, with the best 3 results to count. The EMOA scoring system for the EM league will be used again (details available at: <http://www.emoa.co.uk/>) and further info on the series is now on the LOG website at: <http://www.logonline.org.uk/Leagues/Winter/index.htm>*

# PETER PALMER RELAYS

After a three-year break, the Peter Palmer Junior Team Relay returned to the location that many think of as its 'spiritual home' – Sutton Park in the West Midlands. Situated just to the west of central Sutton Coldfield, it has National Nature Reserve status and provided ideal terrain for orienteering with a rich mixture of features. A good network of paths and tracks provided the basis for the easier courses, and the more technical requirements were satisfied by a wide variety of vegetation and contour detail. The quality of the mapping was superb, with EGNOS-enhanced GPS data ensuring that every thicket was accurately surveyed in.



The LOG team of Juniors, who were all Air Training Corps cadets from Spalding, travelled over on the Saturday afternoon to the event centre on Clifton Road. The weekend was to kick-off (literally) with a five-a-side football competition, but the team opted for a swimming session instead, an opportunity to practice in readiness for the inter-Squadron swimming later in October. With all the registration formalities complete, the team headed

off to the town centre to find something to eat.

Hunger satisfied, it was time to find the team's allocated space in the large hall at the Wyndley Leisure Centre, just a couple of hundred metres or so from registration. The atmosphere of the occasion was really kicking in now, with almost 200 people eagerly anticipating the mass-start in the morning.

Amazingly, when the lights went out at 10:30 there was almost total silence – everyone had clearly decided to get at least a few hours of sleep before things got started. The first alarm went off at 04:30 and that was the signal for not just the first lap runners, but more or less all the occupants of the hall to get up and get going.



*Kevin Kirk (L) in the mass-start line-up*

LOG's first lap runner, Kevin Kirk, was down to the team tent at the assembly area ready to go in good time. With only a couple of low-key nights events as his previous experience, Kevin was in the line-up for the mass start at 05:30 with some of the country's elite junior runners, all in their best club kit and massive headlamps. Quite an intimidating experience, but not losing his nerve Kevin ran his 5.1km Red in a respectable 51:31.

With four gaffles on lap 1 there was constantly changing company on the course. A well-prepared Rebecca Navarrete was tagged by Kevin and started out on her lap 2 Red as the first light of dawn showed over the tree-tops. Her race started well, with a good run through the first two controls, but having no night-O experience at all, found it very difficult and unfortunately missed one or two controls. Next out was Steven Barnett on the third leg, a Light Green equivalent. With his typical Mr. Cool head on, Steven put in a steady performance to come in at 1:07:31 and hand-over to Georgia Davey on her lap 4 Orange, who came in at 45:55. Two decent laps there from a couple of young orienteers who only started in the sport this Spring. By now, time had unfortunately overtaken events, and our last two runners were assembled for the mini-mass start. Craig Youngs, the lap 5 runner, whose mission was to have a clean fast run on his 2.5km Yellow. Craig did not fail, finishing in a few seconds over 20min. Starting with him was Tom George, on a 6.2km Green. Tom was set to have a good race, but in the heat of the moment mis-punched a control.

So there were real triumphs and some disappointments. Was it fun? Yes, was the decisive opinion of all the LOG team and helpers. Did we learn from it? Yes, without doubt. Next year then? Yes, please!

There are some things that are vital if you are going to make an event really special, such as good weather, good planning, good maps, enthusiastic competitors, and that enigmatic component, atmosphere. This one had it all.

*Michael Nell*

# EAST MIDLANDS LEAGUE — 2009

east midlands orienteering association



## EMOA League—Remaining Fixtures 2009

1st November	Byron's Walk	NOC
8th November	Wakerley Woods	LEI
22nd November	Bourne Woods	LOG
13th December	Walesby	NOC
20/27th December	Grange Woods	LEI

The last two events at Calke Park and Harlow has seen an increase in two more members making the EMOA league standings from last time the league was printed in LOG-NEWS. Appearing for the first time in 2009 are Kevin Kirk on the Light Green course, who claimed the maximum 1000 points at Harlow, and Andy Furnell, with his first run being all the way back at Lount in January.

Making strong showings so far this year are Georgia Davey, new to the league and appearing in 2nd place in her class and Joanne Nell, who continues her early season form with a good haul of 3614pts so far, putting her in 2nd place on the Blue. Shown below is the latest table with, as usual, the LOG & associated RAFO members shown in comparison to the league leaders..... Note that our event has switched to Bourne Woods on the 22nd November (was originally Stapleford). Hope to catch you next at Byron's Walk on the 1st November, the day after our first winter series event on West Common.

### East Midlands League 2008 (LOG & RAFO members' placings after 6 events)

Colour	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	Best Eight Scores	Overall Position
Yellow	Russell Kirk			321		438									759	9th
Orange	Georgia Davey				557	672	831		1000						3060	2nd
Lt Green	Kevin Kirk			693					1000						1693	11th
Green	Tom George			564			477		696						1737	23rd
Blue	Michael Nell			754	699	877	760	650	854						4594	4th
Blue	Joanne Nell			816	834	1000	964	825	778						5217	2nd
Blue	Andy Furnell	529							549						1078	39th
Brown	Paul Murgatroyd	879			739	718									2336	15th
Brown	Liam Harrington	780				677									1457	25th

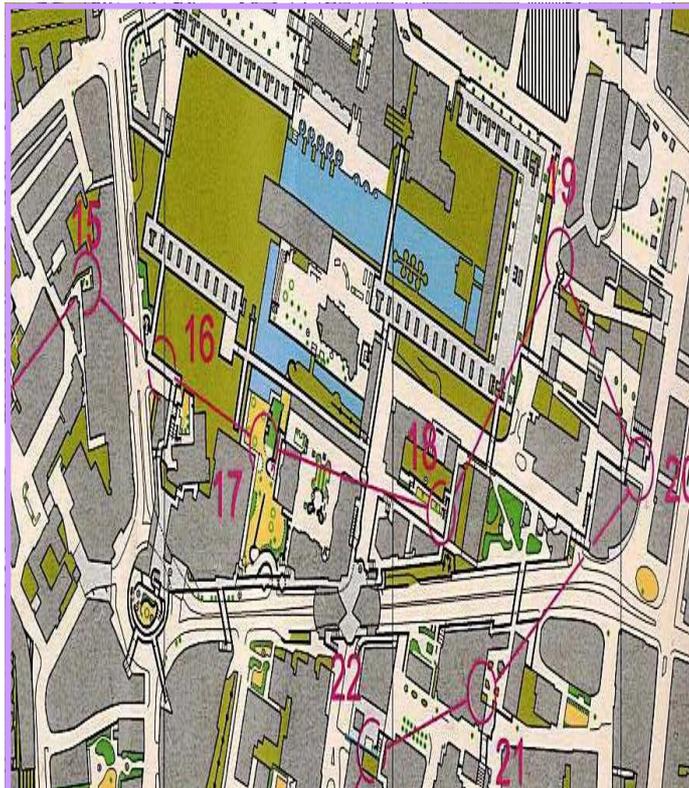
Key to Events: 1 Lount, 2 Lindop, 3 Willesley Woodlands, 4 Stanton Moor, 5 Carsington Pastures, 6 Swithland Woods, 7 Calke Park, 8 Harlow, 9 Byron's Walk, 10 Wakerley Woods, 11 Bourne Woods, 12 Walesby, 16 Grange Woods

# NOPESPORT URBAN LEAGUE—LONDON

*Having missed out on the inaugural event last year and being impressed by the vast amount of positive feedback been thrown at SLOW after the event, I was determined not to miss out in 2009. Unfortunately, it coincided with the end of the Eagle Isle Ultra and I'd picked up a knee injury in the final stage of that epic, so was unsure as to how I'd get on. Ignoring my sensible voice to knock it on the head and put my feet up with a cold beer in hand, I ventured down on the train to St Paul's square.*

*So, what to say? Well, the weather was fantastic, the turn out of orienteers up around 500 and the buzz around assembly was just what you'd want from an urban event. The courses were second to none, with the intricacy of the multi-levelled Barbican an absolute mind melt. One runner was heard to say the course was 'unremitting', which was pretty accurate, as nearly every leg required the ultimate in concentration to execute quickly and accurately. Just a shame the knee wasn't as happy about the experience.....*

*Paul Murgatroyd*



The section of controls through the Barbican. The problem here for all was the interpretation of what was up and what was down—a degree in guesswork required at times...

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.**

**Regular features include Dave Peel, Senior GB Team Coach providing coaching tips, "Know your Class Leader!" which takes a look at some of the individuals at the top of different age groups, Mountain Marathon Review, Controller's Conundrum, Out of Control, MTBO, Quizzes, Competitions and Fixtures. All the big races are covered throughout the year.**

**We produce a professional and action packed magazine, full of maps and orienteering excitement which any orienteering enthusiast would appreciate. We cater for everyone from the beginner to the expert, with ideas to improve, inspire and intrigue.**

**Cost**  
Current members of BOF (British Orienteering Federation) receive a £1 discount.  
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# EAGLE ISLE ULTRA

The inaugural Vango Eagle Isle Ultra was always set to be a tough, uncompromising challenge. Strength sapping trails, steep mountain climbs, river crossings, ridge and forest running promised to make this a tough one for even the most seasoned of ultra athletes. Combine this with periods of zero visibility, driving rain throughout the first two days and wet, testing underfoot conditions and you have a challenge worthy of the hardest of athletes.

On 3rd September the athletes began to gather in the beautiful and scenic grounds of Duart Castle for pre-race briefings and registration. After a rousing speech from Sir Lachlan Maclean, chief of Clan Maclean and owner of Duart Castle, an aerial flyover of the route was covered on the big screen and safety briefings concluded. Norwegian flasks were then cracked open and Scotch Broth and Pasta served. Meanwhile, outside the wind began to howl and the rain thundered onto the ancient castle roof. Harsh weather was a certainty for the following day.

While the runners slept through the small hours of 4<sup>th</sup> September, a team of mountain marshals made for the ridge to the west of the castle to lay out the course for the day ahead. Conditions on the tops were tough, with driving rain and extremely low visibility, but the course was deemed good to go and at 0815 the Eagle Isle Ultra exploded into life. Across the fluttering Vango banners the athletes charged, along the narrow coastal tracks toward the start of the ascent of the hills. An early lead was taken by Paul Murgatroyd, who charged confidently into the hill mist, closely followed by a small group keen to keep pace. Behind them the pack spread evenly across the mountain ridge, with all seemingly undaunted by the harsh conditions facing them. At the back of the field, Stuart Hamilton was struggling with bad cramp and resultantly reduced his pace. Stuart is an avid mountain man and had viewed day one being his

strongest. Despite obvious pain he trudges through the checkpoints making steady progress. As he does a call is received from the seasoned and much respected athlete, Jo Kilkenny, reporting that she has gone off course and sitting tight in line with athlete loss procedure. While a safety team began its search, the rest of the field began to trickle off the mountain, through the forest and back to level ground. They now have a short 8km of off-road terrain until camp.

Late in the stage, Stuart decides to call it a day with 4km to go to camp. With dusk approaching, and his cramps showing no sign of abating, he is retired from the event. Meanwhile Jo has been located and put on the right track. After an arduous additional 10km stretch of mountain side, bog and forest, Jo is pointed in the right direction and duly sprints off for camp. It's been a tough day all round with many now accepting how difficult the remaining days are likely to be.

Day 2 of Vango Eagle Isle Ultra was always set to be a tough one, at a testing 53km. The start was easy enough, with a pleasant loch side run along the shores of Loch Ba, but what would follow thereafter was a tough mountain section, made even more difficult by torrential rain. The final section of the day would feature a long, undulating section of track and road before heading back over the mountains to camp. At 0800hrs the event kicked into life again, with the athletes heading off into the mist. While they did, water levels on the hills rose steadily, turning picturesque streams and rivers into deep, fast flowing obstacles to progress. As the pack fought their way up the mountain side they came to the first of these rivers which was now flowing fiercely. Linking arms, and watched closely by Karen Liddell, the safety marshal, the pack crossed and continued on. Soon they began to appear on the other side of the Glen with Paul Murgatroyd, Eoghan Carton and Michael

Bach Neilsen leading. The rest of the day was spent negotiating boggy glens, rivers, tracks and hilly road with the athletes finishing on a 10km stretch into heavy, and very wet, winds! Full credit to all as conditions were very testing! Sadly we had lost seasoned and ever popular athlete, Howard Cook, during the day but everyone else made it in in various states of fatigue.

Day 3 was to be a pleasant 39km forest and coastal run into the finish line at Tobermory. Finally the sun put in an appearance and the day turned out to be a cracker. With all athletes running well, and conditions favourable, the hardy souls who had made it this far raced off for the forests to the north of Mull, passing some of the finest scenery on the island. Everyone pushed on well and soon the first of the athletes began to appear in Tobermory. First through was Paul Murgatroyd, who had commanded the lead from day one in a very impressive and modest fashion. Next was Ireland's Eoghan Carton. Eoghan won the Gobi challenge 2008 team award and now did so again with his Irish team. Third place went to Denmark's Michael Bach Neilsen, who battled hard throughout the event and thoroughly deserved a quality finish. Over the course of the afternoon the rest of the pack came in to medals, cheers and the full respect of athletes, support team and passers by.

Final Thoughts....

Raw, unyielding and remote 'expedition' style events like Eagle Isle Ultra attract the highest calibre of participant and this year was no exception. Over the three days we were together the support team and I witnessed such incredible feats of athletic ability and mental toughness, we felt thoroughly proud of each and every one of the athletes involved. Maximum respect to you all!!

*Dave Scott*

[www.sand-baggers.com](http://www.sand-baggers.com)

## THE ART OF GOOD PLANNING—PART 2

With the EMOA running a course for planners on the 7th November, (see elsewhere in the newsletter for details) we continue our series of articles from CompassSport on planning. Author Tony Thornley writes:

Everyone knows what they feel is challenging orienteering. Unfortunately, what one person finds hard, another may find easy or boring—the Planner's dilemma!

In this article, I've tried to define what makes a fair but challenging technical competition for any 'hard' course (technical levels 4 or 5). The starting points have to be the five basic principles from part 1 of this series:

1. Orienteering is running navigation
2. Navigation is map reading (including route choice and use of compass)
3. Orienteering courses must be fair
4. Orienteering courses must be appropriate to the competitors' expectations
5. Below the top technical levels, courses should develop confidence and skills.

So, you're on the start-line for an arm-chair planner's course to test skills.....

- The description of the course should be accurate.
- It should match the technical and physical guidelines (see BO rules).
- Classes requiring different technical levels should not be doing the same course.
- Climb should be no more than 40m/km of course length for the stronger classes and less than this for the others.
- Older and younger runners have different needs. For the older, aim for more mental and less physical courses. Try to avoid areas which are very steep, green, difficult underfoot or hard to read on the map.
- For the younger runner, make the course developmental if possible. Watch that the technical level is right and that the course does not



*The start should be chosen to make the best use of the terrain*

- short courses run in the best terrain
- in steep areas, the shorter courses should go mostly downhill (so you climb to reach the start)

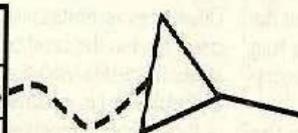
- encourage cheating or crossing out of bounds areas.
- Unnecessary controls on a course should be scrapped. You may need more turning controls in a small area, but most events should be able to manage with ~100 controls in total.
- A control should mark the end of a good leg and/or the start of another. It is not an end in itself. It must be fairly hung so that it is a) as visible with a runner there as without and b) visible from 10% of the distance from the nearest realistic navigating feature (ie. Knoll, track, wall).
- In general, hang the flag low where the terrain is detailed and the map good. Hang it high when the terrain is vague or overgrown or the map is poor. Watch especially pits, small depressions, boulders in boulder fields and any

thickets.

- Mix leg lengths and directions. Long legs planned first to give a) route choice, with the best route needing thought all the way, b) two legs making up 30%+ of the whole course and c) any crossing at right angles. The same, basic long legs can be used on many courses with different end controls.
- Use a map exchange in small areas. If necessary, use a long leg to cover 'dead' ground, not a series of short, dull legs.
- Use short legs in technical terrain to give a change in technique and direction. They can also help to break up steep climbs.

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*The orienteering should begin at the start line: no easy, warm-up legs for the competent!*

# THE ART OF GOOD PLANNING—PART 2

*'Dead' controls can be used to turn corners*

*Vertical climbs or descents should be avoided, especially on "Seniors" courses. This leg is inexcusable.*

*Legs diagonally across a slope are always harder than straight up or down - note my error! A good control is fair, but expensive if you miss it (like this one).*

*Think about flora and fauna. Try to leave some unvisited terrain as a safe haven, and have the courses going in the same basic direction. Avoid 'wet' control sites (eg marshes) if possible.*

*Long legs are possible, even on 'pathy' areas (but the road route was too tempting during this night event - I'd have gone straight in daylight).*

*If walls or fences can only be crossed at crossing points, put a control on the crossing point (approach side). If this is not possible, the preceding controls should be very close to the crossing point, and the point itself well taped.*

*The end of the course should be hard to test map-reading when concentration is at its lowest.*

*It is preferable to have an easy finish control with a taped route from it. If not, have an obvious catching funnel.*

*Remember: good courses look good on paper and feel good in practice.*

## Lincoln Orienteering Group Executive Committee Meeting – Sept 10th 2009

		<b>Action</b>
	<b>Present:</b> Dave, Ian, Sean, Paul, Liam, Sarah, Michael	
<b>1</b>	<b>Apologies for Absence</b> – Andy, Jon	
<b>2</b>	<b>Approval of Minutes of Meeting on</b> 13.08.09 – Agreed	JM to email an ER2 Form to ID DD to look into membership for next year if it is still free for new members
<b>3</b>	<b>L3 Event 22.11.09 (Bourne)</b> – A controller is still needed for this event, Dave and Tom are happy doing the planning/map updates between them.	JM to sort a controller out.
<b>4</b>	<b>Winter Series 09/10</b> – All events now have planners. Events will be run in the same format as last year, short demo course, followed by a Short and Long course. Publicity has been sent to the LSP for them to send out.	PM to check that the flyers have been sent around schools.
<b>5</b>	<b>Summer Series 10</b> – Events that have be chosen are Hartsholme, Bourne, Sudbrooke, Stapleford, Ostlers, Riseholme, Sleaford, Nettleham, Stamford. Will start on 8.4.09 and be every other week, and will finish with a chasing sprint on 5.8.09 at Lincoln Uni.	
<b>6</b>	<b>Night Event</b> – The next night event will be on 11.2.10 at Riseholme.	PM to sort a flyer out.
<b>7</b>	<b>Website</b> – Still on going, designer only just started on it, Paul, Ian and Liam are keeping an eye on how it is going.	
<b>8</b>	<b>OCAD</b> – Have agreed to buy the new version.	PM to sort out getting it
<b>9</b>	<b>Club kit</b> – Happy with the sample of kit, waiting for some more designs to come, before deciding on the best one. Costs T-shirt £15+VAT Hoodies £24+VAT  Look at the possible of subbing the cost of BOF coaching kit for Coaching with the money from winter series grants.	PM sorting out designs  LH to look at cost of kit
<b>10</b>	<b>Schools</b> – Ian has more events planned for a few schools, also looking at getting a grant for mapping Monson Park in Skellingthorpe.	
<b>11</b>	<b>Clubmark</b> – Policies need signing which were agreed at the last meeting.	SH to sign and send to ID
<b>12</b>	<b>AGM</b> – 29 <sup>th</sup> Oct – Look at the Golden Eagle starting at 8.00pm  Need the number of club members for the AGM	ID to check the venue DD to check the membership
<b>13</b>	<b>A.O.B</b> – a. Agreed that LOG would pay the entry fee for the Peter Palmer relays.  b. look at doing the Blue riband event again at Walesby just before Christmas.  c. There is an open day at the West Common on 27.9.09 which Robin and Ally are running a CATi at, all members are asked to help out if possible.  d. Look into the Yvette Barker to see if LOG could enter.	b. SH to look into.  d. LH to look into
<b>14</b>	<b>Next Meeting</b> – 29.10.09 – after AGM	

# SCHOOLS ORIENTEERING

A busy day at The Holt Primary School in Skellingthorpe on Monday 21<sup>st</sup> September. The school is mapped and has five courses over-printed and laminated, 15 mini kites and twenty punches. Starting with year five and then years six and three, 90 pupils enjoyed running three courses in their allocated 40 minutes in the morning.

After lunch it was the time for the very young Reception class to be taken round by half of the year five pupils who had already done the courses. Year one were also taken round by the other half of year five and finally years two, three and four were let loose. The enthusiasm and energy never fails to amaze me and each class were disappointed to be told 'sorry no more, we have run out of time' It is very satisfying to have lots of young people saying 'thank you Mr Durrant, I really had a fun time' In total 190 young people enjoyed orienteering for the first time. I was ably assisted by Mandy Scarborough, a newcomer to the club, who took care of the start and finish and giving out the maps and control cards. I still found something to do of course.

Julie Leach, Headmistress, is determined that orienteering will continue at the school and pro-

poses a longer period in the New Year, weather permitting. She also wants lots of leaflets about the club to pass on to parents.

29<sup>th</sup> September saw me at Blyton cum Laughton with years 3, 4, 5, and 6. Another 93 young people getting their first taste of orienteering. Each class ended their session with pleas to do 'just one more course please' If only we could harness this enthusiasm and get the parents on board. The school is part of a school partnership in the Gainsborough area and details are being circulated around the other schools about getting mapped to participate.

St Lawrence School, Skellingthorpe, has asked me to do six weeks of coaching in January/February 2010 for one hour on Friday mornings 11am – 12am. They have already had a day orienteering in June this year so this is a welcome follow up. The Holt will not want to be outdone on this either so I may well be doing two mornings a week. The two schools are talking about an inter-school competition, home and away, and then a final event at Monson Park in the village, once I have it mapped of course.

Sunday 27<sup>th</sup> September involved a 'come and try it' event on West Common, 2 – 6pm, although we started to pack up at 4.30 just before the Red Arrows flew over. Sarah put all the controls out and for the first hour we had more helpers than competitors. Robin had arranged for leaders and their scouts to turn out and help and the event ran very smoothly. At about 3pm we started to get family groups and all the children had a go shadowed by the senior scouts. Finally groups of female students, dressed more for discos than running round the common, arrived and really got into the spirit by running round the course very competitively. I think we may have picked up some new temporary members among the student community as well as some interested parents. Unfortunately I never thought of taking publicity material, other than the orienteering leaflets, so missed the chance of pushing the winter league. I have passed them to the three schools where they will be forwarded onto the pupils.

*Ian Durrant*

## CLUBMARK



The club has now formally adopted a number of guides and policies, in line with British Orienteering best practice, in order to ensure that the quality of experience given to young people and vulnerable adults is both enjoyable and safe.

Copies of these documents can be obtained by emailing me at [iandurrant@ntlworld.com](mailto:iandurrant@ntlworld.com)

Clubmark is the only national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards. Further details can be obtained from the website: <http://www.clubmark.org.uk/>

*Ian Durrant*



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## FUTURE ISSUES

The next LOG-NEWS will be hitting you in-trays at the start of December and we'll be reporting on the second LOG winter series, which will have reached its half-way stage by then. It'll be interesting to see whether we can build on the great strides made last winter and continue to see an increase in new members to the club. The EMOA league will be winding up to its end of year conclusion and club member's final standings will be taking shape. We'll also have a report and results from our colour code EML event at Bourne Woods and everyone's eyes will be turning to the end of year bash—the Blue Riband event at Walesby. Will Andy Lucas become the first winner to defend his trophy....?

The Nopesport Urban League will also be nearing its conclusion and our intrepid reporter in the field, Mr Andy Furnell, will be bringing us news from Beverley, Chester, Cambridge and Oxford - what a busy man!

## SELECTED NATIONAL FIXTURES

Sat 10/10/09	East Midlands	<a href="#">LEI</a>	Local	LEI Autumn Series Event	<a href="#">Castle Hill Country Park</a>	EOD	<a href="#">SK555082</a>
Sun 11/10/09	Yorkshire and Humber-side	<a href="#">EBOR</a>	Local	EBOR Colour Coded Event	<a href="#">White Horse</a>	EOD	<a href="#">SE600920</a>
Sun 11/10/09	North West	<a href="#">DEE</a>	Local	Chester City Race	<a href="#">Chester City</a>	EOD O: 27/09/09	<a href="#">SJ405665</a>
Sun 01/11/09	East Midlands	<a href="#">NOC</a>	Local	Local Event	Byron's Walk	EOD	<a href="#">SK513528</a>
Sun 08/11/09	Yorkshire and Humber-side	<a href="#">EBOR</a>	Local	EBOR Colour Coded Event	Raincliffe Woods	EOD	<a href="#">TA010888</a>
Sun 08/11/09	East Midlands	<a href="#">LEI</a>	Local	Local and EMOA league Event & Yvette Baker Regional Heat	Wakerley Great Wood	EOD	<a href="#">SP962987</a>
Sat 14/11/09	East Midlands	<a href="#">DVO</a>	Local	Local Score Event	Longshaw	EOD	<a href="#">SK251801</a>
Sun 15/11/09	East Midlands	<a href="#">DVO</a>	Regional	Regional Event	Eyam	EOD O: 06/11/09 P: 06/11/09	<a href="#">SK 200780</a>
Tue 17/11/09	East Midlands	<a href="#">LEI</a>	Local	Welbeck College Score Championships Day 1 & Open Event	Outwoods	EOD	<a href="#">SK515163</a>
Wed 18/11/09	East Midlands	<a href="#">LEI</a>	Local	Welbeck College Score Day 2 and Open Event	Outwoods	EOD	<a href="#">SK510145</a>
Sat 21/11/09	Yorkshire and Humber-side	<a href="#">SHUOC</a>	Local	Sheffield City Chase 2009	Sheffield City Centre	EOD	TBC