



LOG-NEWS

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Longshaw Estate
Scale 1:15000
Contour interval 5m

Magnetic North 2007
DVO

2 M20L
M35L
M40L

	2	M20L	M35L	M40L	9.380	415
1	193	→	∧			
2	114	▲				
3	119	∞				
4	122	∇				
5	125	▲				
6	109	∞				
7	130	∞				
8	106	↑				
9	104	∞				
10	110	∞				
11	166	∞				
12	112	∞				
13	157	∞				
14	138	∞				
15	132	∞				
16	128	∞				
17	177	∞				
18	121	∞				
19	123	∞				
20	138	∞				

2 miles 320m

NATIONAL EVENT & EAST MIDLANDS CHAMPS
9 December 2007

Courses close at 15:00

CompassSport final on the 16th October is on the Longshaw Estate in Derbyshire. This is the map from the East Mids Champs in 2007 (mud splattered and all...) to allow some intensive map geeking for those coming along to take part

ED'S BIG BIT



Well, it's been an emotional four years as your editor and I hope you've enjoyed the fruits of my labours during that time. Ally Wright, LOG's erstwhile publicity officer, now takes over the reigns from the November issue and I wish her all the best in taking the newsletter on to the next level. No doubt she will put her own inimitable stamp on it! A final request from me to the assembled readership...it's rare that I've received much feedback, good or bad, in my time as editor and sometimes I have wondered whether the hours slaving away,

putting all these issues together, has been worthwhile, or whether they've just disappeared into the electronic ether, never to be read by the majority of the membership. So, if you do indeed read and digest what is sent to you on a bi-monthly basis, then please let Ally know your thoughts on her efforts and, more importantly, support her with articles from time to time. If everyone contributed one article, on whatever subject, she'd be able to fill the newsletter for the next ten years! To those who have contributed over the past four years, I'd like to thank you for your time and your input—it's always valued highly.

Looking forwards, it's our 25th anniversary next year and thoughts of those involved in the committee are already turning to how we can celebrate this. A dinner is being talked

about, possibly in the spring time, and we're looking at basing a number of events around the city race weekend in Sept. Finally, HALO are having their 30th anniversary next year and we've been looking at their plans to run a relay along the Viking Way up to the Humber Bridge with interest and we've expressed a desire to be involved here too.... It would be nice to have a tie in with them to celebrate all of our continued dedication to Lincolnshire Orienteering!

So, lots going on, with a number of events, including the winter series, up to 2012 and beyond. The future's rosy and I look forward to seeing Ally's first newsletter in charge to kickstart the 25th year of LOG!

Paul Murgatroyd

Chairman's Sound Byte



The 5th Lincoln City Race was held on the 4th of September, where we again had a tremendous turn out of over 200 competitors. Thanks to Paul M for planning some good courses, I even ran out of class to make sure that I got to cover all parts of the map that were being used. There was plenty of discussion on the day, especially around control 50, I think this was on all courses except for the juniors and this receives more discussion elsewhere in the newsletter. Comments in general were very positive and I believe that the vast majority of competitors had a great day out.

Many thanks to all the helpers on the day, its amazing how many people turned up at 8:00am, must try that free parking idea again!!!

We have had two new members join the club in the last 2 months and I would therefore like to welcome Sebastian Hall and Delphine Suty. Whilst Delphine has been a regular at club events for the past year, Sebastian would seem to be a totally new face on the map, therefore I hope to see you soon at one of our training sessions or winter series.

I would like to think by now everyone knows that we have once again reached the final of the Compass Sport Trophy. This is being held at Longshaw (DVO) on 16th October, opposite the area for last year's final. Please can all club members make every effort to attend and, if you are competing, please let Liam know asap, as we have to enter as a club and not as individuals.

The next LOG events coming up this year are those in the 2011 Winter Series. We are returning to the area around Lincoln, having targeted the South of our area last

year. The series consists of 6 events, with the first one starting on 05/11/11 at Branston on Andy Lucas' new map, followed by Washingborough (also new), Stapleford, Lincoln, Chambers Farm Wood and Sudbrooke Park. .

On the EMOA front, we are looking at having an urban league next year, with each of the clubs putting at least one event on. The winners would then be decided from the proposed 6 events, with 3 your best 3 to count. The EMOA AGM is being held on Monday 17th October at Clifton, vacancies still exist for Secretary and vice Chairman. If anyone is interested in going along, please let me know ASAP.

Finally this year's LOG AGM will be held on Wednesday the 19th October at the Golden Eagle pub on Lincoln High Street, starting at 7.30pm. Please can all members try and make this meeting.

Sean Harrington

FUTURE LOG EVENTS

- 06.10** Club Night - *Riseholme Park* - Technique
13.10 Club Night - *Riseholme Park* - Fitness
16.10 **CompassSport Trophy Final - Longshaw**
20.10 Club Night - *South Common* - Technique
27.10 Club Night - *South Common* - Fitness
29.10 **CLUB TRIP - Leeds & Skipton Urban Weekend**
- 03.11** Club Night - *West Common* - Technique
05.11 **Winter Series #1 - Branston**
10.11 Club Night - *West Common* - Fitness
17.11 Club Night - *Hartsholme Park* - Technique
19.11 **Winter Series #2 - Washingborough & Heighington**
24.11 Club Night - *Hartsholme Park* - Fitness
- 01.12** Club Night - *University of Lincoln* - Fitness
03.12 **Winter Series #3 - Stapleford Woods**



SUMMER SERIES WINNERS



Short Series winner, Georgia Davey (RAFO), has her trophy collected on her behalf by Joanne Nell, here pictured with vice-chairman, Paul Murgatroyd.



Technical Series winner, Paul Murgatroyd (LOG), collecting his inaugural summer series trophy from LOG chairman, Sean Harrington

Long Series winner, Will Parkinson (NOC), wins the trophy two years on the trot and here he is shown collecting his trophy from LOG vice-chairman, Paul Murgatroyd, following their runs at the Lincoln City race last year.



Team Trophy winners: Anne Gibbs (LOG) collects the trophy on behalf of Team Marsh Harrier, which included Paul Barnes (LOG) and Georgia Davey (RAFO), from vice-chairman, Paul Murgatroyd.



LINCOLN CITY RACE 2011 – PLANNER’S REPORT

When I began planning the 2011 city race, several months ago, my starting point was Liam’s courses from the 2010 event. He’d been given, by lead mapper Steve Bones, the new area of Stamp End and the Arboretum to play with for the very first time. This meant that much of the western part of the city and, in particular, the University campus, was unused in 2010. I therefore wanted, if possible, to avoid going back to the Arboretum area so soon and, instead, use the centre and western parts of the city map, much more than had been the case in 2010. I also began considering areas to use for the start/finish/assembly, as St Benedict’s had been a success in 2010 but, again, I wanted to avoid going out of the same venue twice in succession. A number of possible squares were toyed with, before deciding on St. Swithin’s. This had the advantages of being central, in full view of the public for marketing purposes and close to the main car park of Broadgate. It also had the unexpected bonus of having a large area of tree cover, which came beautifully into play during the race when the deluge hit!

So, the general course area was decided upon and Sean began to arrange access permissions. We hadn’t been able to get into the castle in 2010, but this came back into the mix, along with the usual Bishop’s Palace and Cathedral areas. Armchair plans commenced and I immediately decided to throw the majority of courses, with the exception of the junior class and our new D course for Women’s Super and Men’s Ultra-Vets, pretty much straight up into the old quarter. I also wanted to include a long leg on all courses coming from here and couldn’t resist the idea of going from the Cathedral in the NE corner all the way down to the University campus in the SW corner. Many urban courses in the past couple of years have had few ‘classic’ long legs and I think this is a shame, as one of the points of urban racing for me should be about maximizing route choice and long legs of a km+ do this beautifully, especially when working through such a historic city as Lincoln. By mixing in some control picks around the old quarter and the campus either side of this long leg and I was reasonably happy with courses B-D.

Then came the challenge of the A and the E courses. The A needed to get more distance than was the case in the first draft and I wanted to avoid going over the same area time after time, with runners ultimately becoming bored by this. Therefore, although contrary to my original plans, I decided on using the eastern area of the map, as Liam had done in 2010, with the same crossing points over the main route through Lincoln as before, but I reversed the general flow. At this point I was conscious of the fact that, with a timed crossing, many orienteers use this generous allowance to plan the next few legs and I wanted to avoid this, so I set up a map exchange at this point. I like to think that this worked well, but no-one actually mentioned this at all in their post-race commentary.... The eastern part needed a small tweak to enable use of the hospital accommodation area but, by doing this, it meant there was, again, a nice combination of long-ish legs with some control picking interspersed. The final length was, including the climb, a touch on the long side and skewed the recommended course ratios, but all the A runners I spoke to enjoyed the challenge and seemed to value the diversity from east to west of the city that this extra length allowed.

Finally, the junior (E) course. This is becoming ever more difficult to plan, with the restrictive insurance regs now being imposed, but Lincoln is fortunate in having a great campus that allows for safe urban running, but with a good degree of technicality to keep the juniors interested. So, the courses encompassed this area, with just a few controls leading in and out of the campus. I hope that those running the E class felt satisfied with what was on offer?

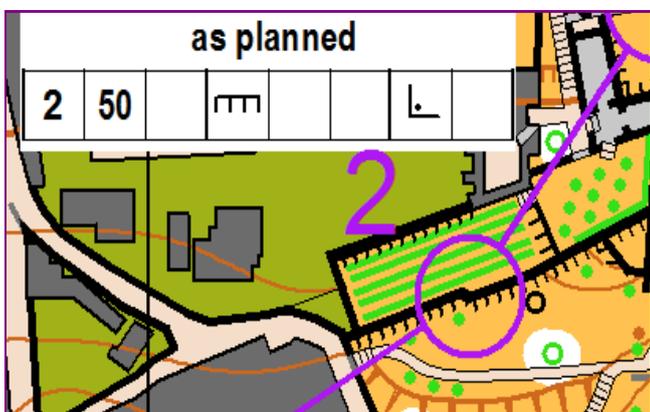
The race itself ran remarkably smoothly, with the increasingly experienced LOG team now becoming old hands at arranging a cracking urban event, and this helped take the pressure off me on the day. I’d like to take this opportunity to thank Sean, as lead organizer, and the rest of the club in providing such a great support mechanism to make our premier event such a joy to be involved in. Working with Peter, as controller, for the first time was also very enjoyable, and his guidance and input throughout was essential in helping to shape the finished article!

Finally, I cannot finish without a brief mention of control 50, which caused a good deal of discussion and controversy on the day and has continued to be debated on Nopesport. At the time of planning, I wanted to include a number of the usual urban ‘traps’ in amongst the courses and this was obviously part of one of those. I tried to be as accurate and as fair as I could with the control description, being very aware of how some that I have personally experienced as a competitor in recent times have led to issues, complaints and, in some cases, courses with voided legs, and I felt happy, initially, with the finished product. It was only when runners were coming back in on the day, and some began to declare that they’d interpreted the ‘SW inside corner’ symbol as ‘foot’, both of which are of course very similar, that I realized the ambiguity that existed and the oversight on my part. Peter discusses this at length in his commentary and, as I agree with the sentiments expressed there, I will not repeat them here. Suffice to say that, if I were to plan this control site and the legs using it again, I would probably have gone with Peter’s first alternative and moved it north to the other crag bend (ie Crag, NE outside corner). This would then have avoided a description that was open to such misinterpretation and confusion. To those who were affected by the ambiguity on the day, I can only apologize profusely. I hope that this didn’t affect your enjoyment of the race too much and would love to see you all back in Lincoln for the 2012 event, one that has extra significance, as it will be part of our club’s 25th anniversary weekend and is also being mooted as a race in the 2012 UK master’s cup series.

Paul Murgatroyd

LINCOLN CITY RACE 2011 – CONTROLLER’S COMMENTS

I really enjoyed working with the LOG team. Paul was a well crafted (maybe crafty?) and diligent planner and Sean and his LOG organisational team made the event run very smoothly. Pauls courses were great from the outset with some challenging legs, both short and extremely long. Many of you went out of your way to pass on your thanks, I echo those thanks for a job well done. Despite checking control sites and descriptions many times it almost seems inevitable that something will cause so controversy. The particular leg that caused big debate is that leading to control 50 (Crag SW inside corner). Every course had a leg up to this control (apart from the traffic free course E). It was crucial to the event that this leg was testing, but fair. The leg to control 50 was just as Paul planned and, I thought, would be an excellent test of urban orienteering skills. My main concern was that the route may have been similar to legs used on some previous Lincoln races and might give an advantage to those who had done orienteered here before and who had good memories. I did moot the idea of placing the control at the cliff foot, the south side, to vary the challenge and to wrong-side those who have got into the 'planner always puts controls on the far-side of uncrossable features' mind-set. We decided to keep the challenge of the run to to north side and the complex navigation within the Bishops Palace. This was the leg in discussion (control 10 on course D—Figure 1):



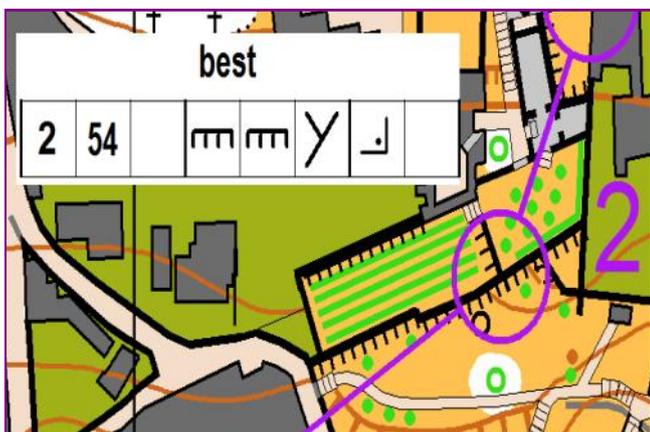
If the crag had been mapped with the impassable wall symbol (ISSOM 521.1) then there is no further reasonable debate as the description would have been unambiguous. I accept what some competitors have said about this. Although it is common, though not strictly to ISSOM, to map such very high stone walls as crags.

The 'SW inside corner' qualifier in column 7 is too similar in design to the qualifier for foot of (see the last map). This was unintentional and was certainly not done to trick competitors as some suggested in our post race discussions. What we were trying to do was make the description unambiguous and we certainly failed in that! My sincere apologies to those who thought that we were trying to be devious. With the benefit of hindsight we could have easily avoided this by moving the control 2m to the next bend (Figure 2): -



This is a better solution that just using a generic description of 'crag top' and making the decision to go to the top literally flagged up. There are also better placements for the site (FIGURE 3)

I consider that the competitor should be tested to work out the correct side of the feature to run to, being one of the key tests of urban orienteering, but should not be tested to distinguish between two very similar control qualifiers.



This kind of trick has no place in races at this level, but could be 'entertaining' at Level D fun events. Now that I have discovered how similar the control qualifiers are, I shall seek a change in the 'at the foot of' to make it more evident: -

Thanks to all of you for coming to the delightful City of Lincoln and making a great competition and (thanks also to SYO) a fantastic weekend of urban orienteering.

Well done LOG.

Peter Hornsby LEI

LINCOLN CITY RACE 2011 - RESULTS & PHOTOS



LOG CITY RACE RESULTS (LOG & RAFO MEMBERS)

A (length 8.7km, climb 155m, 26 controls)

5	Liam Harrington	LOG	M21	57:33
9	David Gourlay	LOG	M50	63:22
12	Andy Lucas	LOG	M45	70:04
15	Mike Chapman	LOG	M21	73:47
18	Charlie Thomas	LOG	M20	76:38
19	Jonathan May	LOG	M35	77:07
22	Kevin Kirk	RAFO	M18	83:05
23	Tom George	LOG	M18	86:18
24	Stephen Bones	LOG	M21	90:40
25	Chris Smith	LOG	M40	92:06
27	Sean Harrington	LOG	M50	102:03

B (length 6.3km, climb 105m, 19 controls)

18	Andy Stevenson	LOG	M40	55:05
26	Andrea Page	LOG	W21	60:30
47	Sarah Edwards	LOG	W21	66:42
42	Hayley Fox	LOG	W35	68:05
43	Alison Wright	LOG	W21	68:54
49	Adrian Moseley	LOG	M40	72:41
55	Andy Furnell	LOG	M45	80:45

C (length 5.1km, climb 90m, 16 controls)

26	Tanya Taylor	LOG	W40	51:47
29	Jeffrey Baker	LOG	M60	52:28
32	Martin Wheeler	LOG	M55	54:10
43	Trudy Crosby	LOG	W50	60:13
47	Clare Hanna	LOG	W45	62:35
56	Geoff Gibbs	LOG	M70	79:54
57	Phil Longstaff	LOG	M55	81:09
mp	Delphine Suty	LOG	W40	71:21

D (length 3.6km, climb 85m, 13 controls)

13	Anne Gibbs	LOG	W65	55:37
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E (length 3.3km, climb 15m, 15 controls)

6	Craig Lucas	LOG	M14	29:59
12	Nick Fletcher	RAFO	M18	39:04
13	Milly Beach	RAFO	W16	40:57
17	Charlotte Fox	LOG	W10	56:16
20	Ben Mather	LOG	M10	81:18
21	Hannah Mather	LOG	W10	81:19
mp	Alex Wright	RAFO	M16	26:41
mp	Luke Fortune	RAFO	M14	28:04

NOPESPORT URBAN LEAGUE 2011



September has proved to be a key month for urban events, with a repeat of last year's double header weekend of Sheffield and our own Lincoln City Race, followed by the London Race the following weekend. Unfortunately for me, family commitments, followed by leaving for a holiday in a wet and windy Lake District, restricted my involvement to just the Lincoln race - and even then making my excuses from helping out at the event.

South Yorkshire Orienteers took the Sheffield City Race into yet another new area of Sheffield, this time in Gleadless Valley in the south east of the city. Comments on the race refer to it as a physical course and the 250m climb over the 5.4k B course certainly seems to back this up. Many top national competitors were present pushing Liam Harrington and Paul Murgatroyd down to 20th and 26th respectively on the A course. Hayley Fox and Clare Hanna came in 73rd and 81st respectively on the B course.

The following day saw our own Lincoln City Race this time based at St Swithin's Square. Unlike last year's event, that ventured over Broadgate out to the Arboretum, this year's

courses returned to the University campus. This was with the exception of the longer A course, which did venture into the Arboretum to avoid excessive repetition. I at least managed to avoid my error of last year in completely missing a control to at least register a time - if not a very good one.

The inclusion of access to both the Bishops Palace and Lincoln Castle was welcome but the Bishops Palace was to be the focus of the main talking point from the event. I thought nothing of what I thought appeared to be a control at the far end of the vineyard in the Palace. This turned out to be correct but as I punched the control one disgruntled competitor had reached the top end of the Usher Gallery was moaning that the control description was a crag foot and obviously thought it should be his side of the wall. The subsequent debate led to quite a detailed piece in the controllers comments.

The other notable feature of the B course was one of the longest legs seen on the City Race, venturing from the north east side of the Cathedral down to the far end of the University grounds. The plus side was that this at least included the down-

hill run, so wasn't as bad as it looked. Plenty more controls were included within the University as the student apartment blocks were used - fresh in the minds to those of us local runners who had done the chasing sprint event there not long before.

Regrettably I couldn't hang around for long afterwards to get much more feedback from others on the event. It was good to see though over 200 competitors present at the race, which really has established itself as a major event for the club now.

The overall standings in the Nopesport Urban League show it as unlikely there will be many LOG competitors able to register the full six scoring events. With only four events to go, only Liam Harrington and Hayley Fox have three scores to their names and are currently in 3rd place on the Men's Open and 10th place in the Women's Open respectively. Elsewhere only John Mather and myself (Veteran men), Jeff Baker (Super Vet Men), Sarah Edwards (Women's Open), Tanya Taylor and Clare Hanna (Veteran Women) have registered two scores on the series to date.

Andy Furnell

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.

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Current members of BOF (British Orienteering Federation) receive a £1 discount.
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FITNESS FOR ORIENTEERING

This series of articles is covering a range of topics within the field of strength and conditioning, with the aim of helping to develop the orienteer's physical conditioning, irrespective of age or ability. In this issue, we focus on a deeper look at core training.....

The use of core training for orienteering fitness development has increased markedly over the past few years, with many club nights now regularly incorporating such exercises into their programmes. British Orienteering, in their Strength & Conditioning DVD released a couple of years ago, state that such exercises 'help to improve posture and increase strength in the muscles deep within the abdomen which connect to the spine, pelvis and shoulders.' In addition, many advocates of core work have theorised that it helps to improve sport performance and prevent and treat injuries (Cissik, 2011).

However, statements such as those above are actually founded upon very little scientific research. What evidence does exist is often contradictory, limited or taken out of context and clarification is needed here. This article will look at some of the recent studies in this area and attempt, where possible, to draw out conclusions for the orienteer.

Performance Improvement

Theoretically, there are three main areas in which the core musculature could be involved in orienteering performance. Firstly, these muscles help to stabilize the trunk and pelvis, which could assist in helping the orienteer to maintain running form, particularly in the uneven terrain often encountered in orienteering races. Secondly, it is the kinetic link by which force is transferred from the lower to the upper body and finally, the core's muscles may be actively recruited to perform an athletic movement, such as in twisting and flexing the trunk as obstacles in terrain are negotiated at speed.

The research supporting the claims of performance enhancement is sparse. In one of the most relevant studies, and one which supports the use of core work for orienteers, Sato and Mokha (2009) found that a six week core training programme for recreational runners improved 5k time trial perfor-

mance by an average of 47 seconds, but no significant effects on lower extremity stability were discovered. In contrast, Stanton et al. (2004) found that six weeks of stability ball training improved high school athletes core stability measures, but no significant changes in running economy were observed. Finally, Tse et al. (2005) examined the effect of an eight week core training regime on the performance of college-aged rowers and found no significant improvements in any of the performance measures (vertical jump, broad jump, shuttle run, 40m sprint, medicine ball throw or 2000m rowing test).

Certainly, based on very limited evidence, the picture is a confusing one and much more work is required in this area before we can state with any confidence whether core work is of benefit to athletic performance and, if so, what should be the correct method of training to optimise the potential effects.

Injury Prevention

The primary area focussed on by authors who support the use of core work for injury prevention is that of lower back injuries. However, once again, the limited research available here is conflicting. Nadler et al. (2002) applied a 2-5 times per week, 30-45 minutes per session, core strengthening programme in club athletes and found no significant changes in the incidence of lower back pain (LBP). In contrast, Durrall et al. (2009) found no new episodes of LBP reported during the season, when investigating the relationship between a ten week, 2 times per week core training programme and LBP in female club gymnasts. Caution must be taken with these findings, as other factors could have contributed to the lack of LBP and it is thus impossible to prove a definite cause and effect link existed here. Again, more research is required in this area to clarify the situation.

Injury Treatment

Some studies conducted around core training for rehabilitation from LBP have shown positive results. Goldby et al (2006) showed that core work once a week for ten weeks reduced disability from LBP, Hides et al. (2001) found that isometric holding exercises twice a week for four weeks prevented

recurrences of LBP and, finally, Kumar et al. (2009) discovered improvements in daily life performance measures resulting from a five week, alternate day, core training programme. Unfortunately the details given in the methodology of these research studies is insufficient to make definitive recommendations for the structure of a core training programme. Also, criticism has been levelled at this work on the basis that the sample sizes tend to be small, there is little long-term follow-up work applied and other studies have shown placebos to be as effective as treatment.

Overall, then, the literature is hardly definitive about the benefits of core training. However, until more detailed research has been conducted in this growing area of scientific interest, there will be many who continue to advocate the use of core work for performance enhancement, injury prevention and rehabilitation. Certainly, it is the author's view that there is a good deal of anecdotal and experiential evidence to continue to encourage orienteers to include core exercises in their strength and conditioning programmes and, until the science unequivocally rejects the notion of core work, we should continue to use it to supplement our other strength and conditioning work. It is with this view in mind, that we now switch our focus to outline a potential range of core work specific to the orienteer.

Core Exercises

When designing a programme to focus on core development, the orienteer should consider a number of factors. Firstly, there should be a mix of static and dynamic exercises which will work on both isometric and isotonic strength development. Isometric exercises can include holds such as the plank, 'supermans', 'bird dog' and single leg balance, all of which have the potential to help improve poise and stability. They also have the advantage of requiring minimal equipment, are generally easy to perform from a technical viewpoint and they can be conducted in any setting. Progressions can be applied through use of Swiss balls and balance discs, once the technique has been mastered and the orienteer is requiring a more demanding workout. Dynamic exercises

FITNESS FOR ORIENTEERING

also assist in the development of balance and agility, but will generally recreate this in a more challenging, sport-specific fashion through the orienteer having to control the movements, as they would when running through terrain in a competition. Higher forces can be applied and movements through a range of axes used to develop all-round strength. Again an assortment of equipment can be employed here, dependent upon availability, and various stages of progression can be undertaken, once the orienteer is ready to begin taxing the musculature further.

Secondly, the orienteer should select a range of exercises to stress the three main regions of the core: upper (principally the upper torso, including muscle groups such as the pectoralis major and latissimus dorsi);

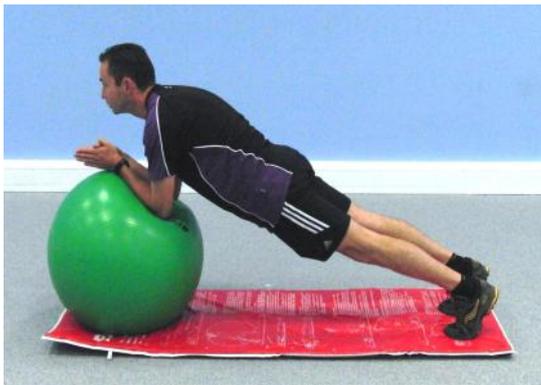
middle (central torso muscle groups, eg. rectus abdominus, external obliques) and lower (hip girdle musculature, eg. gluteus maximus, psoas major). This will ensure all links in the central kinetic chain are strong and imbalances are avoided. The exercises demonstrated below have been selected to cover this range of core musculature.

Finally, these exercises can be integrated into general resistance training sessions, as a part of the warm-up, for instance, or can be applied as dedicated circuits, where the focus is solely on core exercises. The orienteer should look to perform these exercises at least a couple of times a week in order for significant strength gains to be made and can either choose to perform them for a number of repetitions or for a specific length of time, with

total exercise time being in the region of twenty to thirty minutes per session

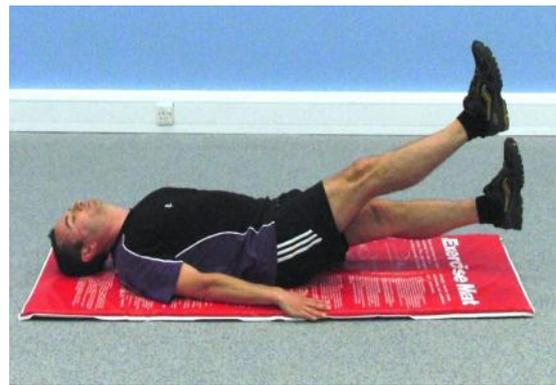
The figures that follow demonstrate a range of suitable exercises forming a nine station circuit, focussing on exercising the different regions of the core, but these are by no means exhaustive. A variety of books and web resources exist, which show many more examples of appropriate exercises that can be utilised, and anyone looking to develop their sessions once they have mastered the fundamental techniques should seek these out to expand their knowledge of this area. The easier exercises are shown first, and suggested progressions are given to the drills, but again many variations exist to continue to make these more difficult as the orienteer becomes stronger in the core.

Figure 1. Plank on Swiss ball



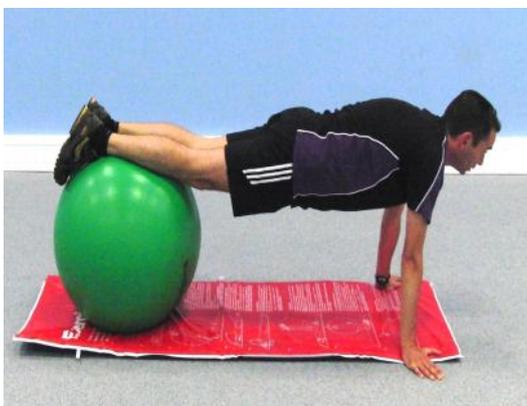
Suggested progression – Raise and lower supporting legs alternately during static hold. Remove swiss ball and perform with supporting arms on mat if too difficult.

Figure 2. Scissor kicks (move legs alternately up and down)



Suggested progression – use ankle weights

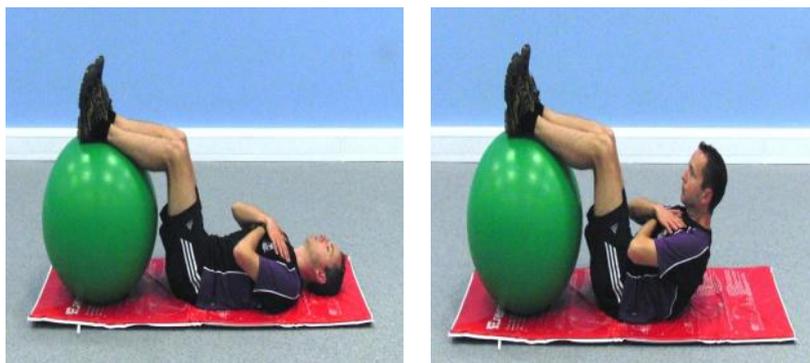
Figure 3. Hip flexion with Swiss ball



Suggested progression – Move to one legged curls, alternating with right and then left leg

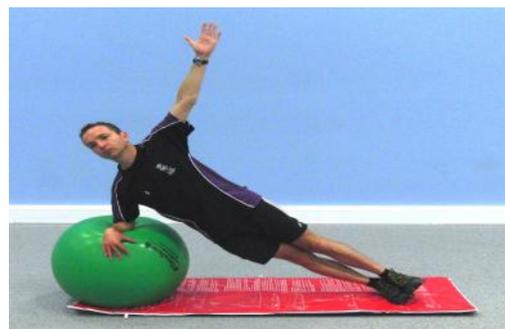
FITNESS FOR ORIENTEERING

Figure 4. Abdominal crunch with Swiss ball support



Suggested progression – use a weight/medicine ball held across the chest

Figure 5. Side plank on Swiss ball



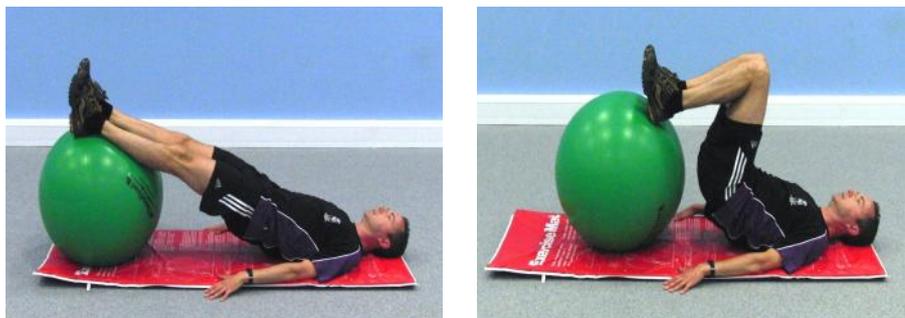
Suggested progression – Start with wide supporting base (feet apart) and then gradually narrow this. Remove Swiss ball and perform with supporting arm on mat if too difficult.

Figure 6. Laying twist on Swiss ball (sweep alternately to left and right sides)



Suggested progression – use a heavier medicine ball/weight

Figure 7. Hamstring curls on Swiss ball



Suggested progression – move to one legged curls

Figure 8. Leg raise with Swiss ball



Suggested progression – Bring in a rotation left and right of the ball at the top of the raise.

Figure 9. One legged squat with Swiss ball support (can be done as static hold)



Suggested progression – increase weight of medicine ball and rate of squatting

Lincoln Orienteering Group Executive Committee Meeting – September 15th 2011

		Action
1.	Present: Sean, Paul, Amanda, John, Liam, Hayley, Sarah E, Jeff, Tanya, Ali, Geoff, Ann, Pauline Olivant.	
2.	Apologies for Absence: Michael, Clare, Andy	
3.	Approval of Minutes of Meeting on 10 Mar 11: Agreed. Matters Arising: 2. 25th Anniversary Celebration and dinner - Agenda for next meeting. d. Yvette Baker Trophy – Agenda for next meeting. 11. Club Printer – Possible grant available – Agenda for next meeting.	
4.	Treasurer's Report: The committee was happy with the treasurer's report. The accounts are up to date and ready for audit in time for the AGM.	
5.	EMOA Report: a. EMOA Levies – LEI had suggested that EMOA levies should be reduced as part of the Development Plan. This was to be discussed at the EMOA AGM. b. EMOA Committee – EMOA were looking for a Vice Chairman and Minutes Secretary. c. East Midlands League – it was decided not to include urban events in the League. d. Future Events – S Common, 4 March 2012 – Agenda for next meeting.	
6.	BO Development Plan /Community 'O' Clubs/Participation Club: Pauline Olivant updated the committee on the way Participation Clubs would be set up. She could see there was potential for Spalding but was still keen to see one set up in Lincoln. SH & PM were to discuss ideas for Spalding with MN. PO was to set the ball rolling to advertise for a potential coach in Spalding.	SH, PM PO
7.	Container: The container needed a good sort out. Volunteers were asked to speak to SH about possible dates. It was agreed that the old tents should be thrown out. SH was to speak to ID reference the portable toilets.	All SH
8.	Winter Series: a. Venues - All venues were registered, Washingborough and Branston still needed final details. Geoff and Anne agreed to plan Sudbrooke with PM as course controller. JM was to liaise with the Sudbrooke Scout Group re use of the facilities for the final event. b. Entry Fees - It was agreed that there needed to be a Club Member Discount. LOG/BOF Members £2, Non Members £3. c. Standardisation – It was agreed that loose control descriptions would be available. The short course needed written descriptions. The long course needed both written and pictorial descriptions. If maps needed to be A3 they should be sent to PM for printing. Quantities of each map still needed to be confirmed.	JM, PM, AG, GG
9.	Club Trip: The next club weekend was confirmed as the last weekend in October covering the Leeds/Skipton races. Entries need to be made on Fabian. PM had sent out an email and was collecting names so travel/accommodation could be arranged.	All, PM
10.	AGM: The AGM was set for Wednesday 19th October 2011 at the Golden Eagle, Lincoln at 7.30pm. AR to send out notice to all members and to book venue. AL had been Treasurer for 5 years and a new volunteer was needed.	AR
11.	AOB: LOG Kit – Due to arrive for the Compass Trophy Final. PM requested that all members try and co-ordinate other items of running clothing to give a team image. Publicity – AW updated the committee on how the club was being promoted. The Facebook page was up and running and a Twitter page was being considered. It was suggested that our website should be rewritten using Wordpress as this would allow us to update it ourselves more easily. It may mean a new post on the committee for a web manager. LH to discuss technical side with AL. AR to agenda for next meeting. 'O'Entries.com – AR to find out more about it. Compass Sport Trophy – LH to send out email requesting members to enter and co-ordinate team entry.	LH, AL AR LH
12.	Date of Next Meeting: Date of Next Meeting: Wednesday 19th October 2011, Golden Eagle Lincoln after the AGM.	



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The Thinking Man's Sport

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

FUTURE ISSUES

The next LOG-NEWS will be under the new stewardship of Ally Wright, LOG's Publicity officer. Due out at the end of November, there'll be reports on the winter series so far, with the first two events having taken place on the new maps of Branston and Washingborough. There'll also be reflections on the 2011 Nopepsort Urban League from our roving reporter, Andy Furnell, and a look back at the club weekend to Leeds and Skipton, which is planned for the end of October. Finally, there'll be a preview of the club's end of year handicap event at Walesby—can Tanya Taylor become the first LOG'er to successfully defend her trophy (well, I know where my money lies on this one...) Phew, what a lot of stuff for her to pack into the next issue! Good luck Ally..

See you all out there!

SELECTED NATIONAL FIXTURES

Sat 01/10/11	East Midlands	LEI	Level D	LEI Level BEE Orienteering Races at Wistow Maize Maze	Wistow Maize Maze	EOD O: 13/09/11	SP639959
Sun 02/10/11	Yorkshire and Humberside	SYO	Level C	SYO Regional Event	Wincobank	EOD	SK375908
Sun 02/10/11	East Anglia	WAOC	Level D	WAOC Ampthill Park Colour Coded and mini-Blodslitet	Ampthill Park	EOD	TL023382
Sun 09/10/11	East Midlands	LEI	Level C	East Midlands League Event	Outwoods	EOD	SK522148
Sun 16/10/11	East Midlands	DVO	Level A	CompassSport Cup Final	Longshaw	P: 01/01/70	SK265799
Sat 22/10/11	East Anglia	CUOC	Level B	Cambridge City Race	Coe Fen, Cambridge City Centre	EOD	TL444575
Sun 23/10/11	East Anglia	WAOC	Level C	WAOC Colour Coded event including an Yvette Baker Trophy Heat	Rowney Warren	EOD	TL123403
Sun 06/11/11	East Midlands	LEI	Level B	LEI Regional Event	Fineshade	EOD	SP990985
Sun 06/11/11	Yorkshire and Humberside	SYO	Level C	SYO Regional Event	Ramsley Moor	EOD	SK290755
Sun 20/11/11	East Midlands	DVO	Level C	DVO Regional Event & EM League	Calke Park	EOD	SK367226
Sun 27/11/11	Yorkshire and Humberside	SYO	Level B	SYO Regional Event	Burbage Moor	EOD	SK272808